

[MISSING FROM THE RECORDED SPEECH]

... away from each other. And we'll tell you first of all, somebody will show you. He will show you. First you have to put your hand on to your heart. But do it without thinking. This is the first state of Samadhi. Now you put your right hand like this. Put down your head and see with your left hand, see if there's a cool breeze coming out of your head. Keep away from your head. Some people get it far away, some may get it closer. It may be a hot breeze. If you have not forgiven, it will be hot. Now, please, put the left hand towards Me and put down your head and see for yourself if there is a cool breeze or a hot breeze coming out. Don't ...

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and ask this question three times, "Mother, is this the cool breeze of the Holy Ghost?" "Is this the All Pervading Power of Love?" Ask any one of these questions three times. Now, please, take down your hand. All those who have felt a hot or a cool breeze out of their head or of their hands, or out of their hands, please, raise both your hands. I bow to you all. Again. Can I see it again? I bow to you all again. You have felt for the first time, tomorrow again if you are here and we will have the full knowledge about Kundalini, but don't think about it. It's a living process. Don't argue because it is not down at a mental level. Now enjoy yourself! Thank you very much.

## 1990-1017, Press Conference

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17 October 1990

Interview

Bucharest, Sala Palatului (Romania)

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[BEGINNING MISSING] ...and in our body also everything is controlled. Our nose grows to a certain point, eyes grow to a certain point. So it regulates, organizes. It's the most efficient organization. Sitting down here you can feel the vibrations of any person whether dead or alive. Because it is the causal of the subtle of ether also and we ourselves become like a computer. Whatever you want to know you can know on your fingertips. Even if you have ten children who are realized souls, you tie up their eyes and ask them,

"What's wrong with this gentleman?" They will say, all of them will say the same finger, this is the finger for it. Now, this finger relates to your this center, on the right hand side. If you ask the gentleman, "Are you suffering from throat trouble?"

He'll say, "Yes, how do you know?"

So, it's a universal truth you know, because Spirit is a universal being within us. And so we develop a personality which is universal. This personality does not record any conditioning of a race, or country, or religion, or anything - transcends. Above all, this all-pervading Power is compassion and loves you, and the Spirit that shines in your attention makes you really dynamic.

Every chakra you see here has some specialty. For the second chakra, which we call as Swadishthan, is the chakra for creativity. Many artists who have come to Sahaja Yoga are today world famous. The creativity comes from within. You have the technique but the creativity must touch that wider dimension. Many artists, painters, architects, all of them have reached great heights. One architect in India was suffering from blood cancer and he got cured in Sahaja Yoga. And he was given a special award as a "Star" of architecture for building the best building, constructing the best building. While a professor of agriculture who researched in growing more wheat and he's called as a "Star of India" for producing the maximum amount of wheat.

There are three doctors in India who have got now MD for research in Sahaja Yoga. They have shown that many diseases can be cured through Sahaja Yoga. There are four hundred doctors in Russia who are now practicing Sahaja Yoga. Four hundred. There are scientists who were, I think, about three hundred scientists who came to My lecture. Some were space scientists and they asked for Realization and they got it. They said: "We have no peace within ourselves." And then they felt very nice.

There are so many aspects of this new awareness, but I would like to have questions from you. Would be better.

Question: He would like to know what was the exact beginning of this technique, this practice?

Shri Mataji: Oh, it's very ancient, thousands of years old. We had three kinds of movements in India, about our research. First one was that people wanted to master the matter. So they used all kinds of mantras and all kinds of, you can call, worships, by which they could master the right side, the five elements. And that's how they got it - science. But that's very dry and they felt there was no peace and joy in that pursuit. So, they started another movement, to the left hand side, of emotional devotion to God. But in the center there was a very secret group, called as Naths, who tried the method of Self Realization. But it was so accepted that one master will have only one disciple, till the twelfth century. In the twelfth century [ie. 1200s] one saint, one of them, whose brother was his master - his name was Santa Gyaneshwara. He told him that "We have to talk about this knowledge to the whole world and you must allow me to break this tradition."

So in his book that he wrote a treatise of Gita, Gyaneshwari, about Gita, and another book, two books he wrote he talked about this knowledge. Specially in Gyaneshwari in the sixth chapter. But the priests said that "This is to be closed. We should not read the sixth chapter," the priests, as usual, because they didn't know what it was. The priests, as usual, they are all money-oriented, everywhere. So they wouldn't allow this thing to be published or to be read. So it was kept a secret till the sixth century before Christ.

Another great master came in and who also talked about it. All that was carried on by other people like Kabira, Nanaka, all these people wrote about him. But, you see, it was not explained, so nobody understood. They didn't really understand. In this century I decided to find out a method by which we can give en masse Realization. I had all this knowledge. I was born with it. But I didn't want to talk about it because it would be another Bible and people would just read it, and read it and read it. So wanted to put it to a practical, pragmatic happening. And I discovered on the fifth May 1970, the method, to do it. Since then thousands of them have got Realization.

After Realization, this subtle knowledge becomes very easy to understand and to master it. Like one enlightened candle can enlighten many other candles. That's how it started spreading. It's a living process of evolution. You cannot pay for it, you cannot put in effort, it just works automatically. It is spontaneous, that's Sahaj. Sahaj means spontaneous. It cannot have any pretensions because it's the truth. Because the truth is you are the Spirit, the truth is there is this all-pervading Power.

So you don't have to pretend, you don't have to wear a special dress, you don't have to do anything like that. It's all inside and it is absolute. So we cannot say when it started, that's the first idea, but it culminated on the fifth of May 1970. Every discovery, you see, starts improving on itself. Like this is a jet age. And so Kundalini is really acting like a jet. I mean, here we had five-six thousand people. Practically everybody said they felt it. Russia we had sixteen thousand sadhakas, fifteen thousand, ten thousand, it's all in thousands, it's all there. Same in India. And we have... Sahaja Yoga is worked out in, I think, fifty-six nations they've told to Me, fifty-six nations. Except for Norway, Sweden, what else? Denmark.

You saw the yesterday's... Norway fellow?... You see, they think we should shout about God, to say about God. You see, we can earn lot of money, that's all. Two persons, both of them were shouting, as if the God is in their pockets. But all these religions, why are they fighting, if there is one truth? They were not fighting when all these great incarnations came, they didn't fight anyone - anyone. Because it's all man-made. As I told yesterday, that all these great incarnations and all these prophets came on this Earth like flowers on one tree of life - tree of life, of spirituality and according to the different times, they did different work. And this time I have to do the Kundalini awakening job. But then the people plucked the flowers and said, " This is my flower, this is my flower." And they fought with the dead flowers, with the dead flowers. That's why these problems. The essence of all the religions is one, whether they talk of formless God or God which is in form. The essence is "seek the eternal" that is through Self Realization and understand the transitory in its limitations and use that with your wisdom. But none of them are seeking the eternal. They are just seeking the money, or the power, like all the false gurus.

[SECTION MISSING FROM DVD] ...of the whole drama.

When we are not realized, we are moving on the periphery, like a wheel, and we are disturbed. But a realized soul is on the axis, which is silent. So he has the peace within himself. Whatever may happen outside, he sees it, clearly. A realized soul is in a meditative state of thoughtless awareness. That is, he's watching everything without thinking. It's a state of Samadhi, Nirvichara Samadhi. So he doesn't react, he sees clearly and he's not afraid to state what is the truth. I think the journalists should become that so that they see the truth and then write it without fear. Then it's a big responsibility.

Now, then the third thing that happens to him that he develops a power by which he can give Realizations to others. Fourthly, he has collective consciousness, he can cure people, he can counsel people, he can comfort them. And actually his face shines, he loses his aging process. Now I'm sixty-eight years of age Myself and I travel like mad. I'm always about two days in a city and I'm traveling. I'm all right. I keep quite fresh. So you become extremely dynamic, but at the same time you are very compassionate, is a beautiful combination. And such a person, by his nature, his peace, is very magnetic. We have now people from fifty-six nations

who come for a seminar in India about from every country, hardly about sixty to seventy. You will see them and you will feel that they are angels. They're all so one with each other, no problem, no quarreling. Such friendship, such joy. Of course, they tease each other like friends but it's such a joyful event. So you become a universal being. Now, to your country some Frenchmen came here. Russia, you'll be amazed, twenty-five Germans went for Realization. I felt so grateful. If you see the Germans, they are so gentle, so beautiful. You won't believe it. They are so transformed people.

I don't know how much to describe these saints. They are so loving, so beautiful. They will change the whole world because they work for the benevolence. They help in the agriculture, they help in every sort of field, in education. We have so many beautiful children, very beautiful families. It's a very different world they establish. I can go on describing them.

You have questions? Now what is the second question?

Question: The people who got Realization, what should they do afterwards - the next step after Realization?

Shri Mataji: You see, in some people it's just complete, they're up there, some people. They get just dissolved. I mean they touch their depths very fast, some, very few. And they immediately change places. For example, just now you are facing Me and they're asking for Realization. But then they come here and face everything. But some people have some physical, mental, emotional, conditional problems. So they have to come to the collective, all of them and have to work it out. We can say some people have a loose connection. So it has to be faced, that's all. But it is a collective happening. You cannot sit at home and say that I am doing Sahaja Yoga. Like one nail is cut out, then the body doesn't look after that. So you have in the living organism and that way you enjoy. What is the third?

Question: What does happen to the persons which refused Realization and went out of the hall before Realization?

Shri Mataji: That's their look out, their freedom. You can't force them. But, you see, with some people, they are like if they see many people coming to Sahaja Yoga, then they follow. So let us see.

Question: She would like to know what a Sahaja Yogi must do against the negativity in the world.

Shri Mataji: See, Sahaja Yogi is an enlightened person. And when the light comes, the darkness falls away, it just disappears, because it is very powerful. If you are more people, the better.

Question: She would like to know if death is a result of our errors or a law of nature.

Shri Mataji: No, no, it is - anything that is born has to die. We just change our dress as we do every day. That's how we change this body. But what is it that we learn when we are in this world? We had a driver in My family who was a very patient and regal person. So I tried to think about him and I found out that in his last life he was a king and he was so much worried and he was fed up with his life. And he saw his chariot driver so peaceful, nicely sitting, not worrying about anything. So he prayed that "Oh God, please, make me a driver next life." So every life you learn and you ask for something so you get it. Supposing somebody is too much in love with someone, like mad absolutely, and cannot marry that person, also may commit suicide. Next life that person marries the same person and learns a lesson, takes a divorce.

Question: What happens with our karma after Realization?

Shri Mataji: Our karma gets sucked here, is the Agnya Chakra. Can you show please? Is this center, above the optic chiasm here. Now this Agnya Chakra controls on both the sides, one side the pituitary, another side the pineal body. So what you see on the yellow one is our ego and what we see on the left side is our conditioning. These are two balloons: ego and superego.

Now, because we have ego we think we have done karmas. Animals don't think that way. I mean if they have to kill an animal, they kill it and think, "What's wrong?" All right. We think we've done this, we built this, we've done this job, that job, this is wrong,

this is good, like that. Then we start harming others, troubling others. With ego we do not feel bad, we hurt others. But with superego we feel hurt and we don't love others but we trouble ourselves. Both things are just the same.

So now, when the Kundalini rises through this center, there is Christ on this center. Now we say that Christ died for our sins. We say. He suffered for our sins. But still the churches teach you must suffer, they teach you must feel guilty, that you are sinners. While Christ has died for us already. He has suffered for us. Are we going to suffer more? You see, just to frighten us and get some money out of us I think. All right. So now what happens when the Kundalini passes through that, these both institutions are sucked in, because of Christ, sucked in.

And that's how karmas are finished, conditionings are finished, because Christ was enlightened. That's how then this limbic area that you see in between - is the limbic area - it opens out. And that is a thousand petals. That's shown outside, but actually is inside. And then it comes out and you feel the Cool Breeze of the Holy Ghost. Because Kundalini is the reflection of the Holy Ghost. But what is Holy Ghost? It's a mystery.

They have a Father, God the Father, God the Son and no Mother. Holy Ghost is the Primordial Mother. In Sanskrit we call as Adi Shakti, the Primordial Mother. But in Christianity, I don't know what's gone wrong with them. They don't even allow women to be priests. And another limit of Christianity is that in London they're discussing that they should have homosexuals as priests. While Christ has said, for morality, such a great thing He said, about adultery.

He said "I verily say to you, thou shall not have adulterous eyes." Outside. Even the eyes should not be adulterous. Means the eyes without any lust or greed, because He is at Agnya, on the optic chiasm, where the two optic nerves cross. That's why - of the eyes. But how many Christians have those kind of eyes, even the priests? And what sort of Christianity we have when they went and killed all the people in South America and North America? Columbus, thank God, went down that side. If he had come to India, I would not have been here. We all would have been finished.

And even in India, I was born Myself in a Christian family. They came with a gun in one hand and the Bible in another hand. Indian Christians believe that Christ was born in England. Really I tell you. Horrible... the way they made conversions. In India we don't make loaves, we don't have system of loaves; you see we make little - things. So they used to put a loaf in the water of the well. Missionaries used to put loaf in the village well. Loaf is what you call - bread. And they would say that "This is the meat of the cow. So now you are all finished. You are no more Indians." Because it is a sin to take the water which has got the cow's meat in it. So simple, good people in India used to become Christians, the whole village would become Christians.

Even now, they have very funny ways. I Myself I was in a Christian religion so I know all of them. Even this Madam Theresa, this lady Mother Theresa, you know, she collected money from Indians, got some stables and put people from the streets there, converted them, they would die. That's all. And that's how she gets a Peace Prize, because she's converting, because, you see, the Christian nations, they gave her a Peace Prize because she's making these dying people Christians. What's the use? And no one dares to speak about it. There's nobody can speak about these things. And she's such a hot-tempered woman. She got her heart attack so many times. It's the fact, I'm telling you the truth. Even in China they did the same. It's a terrible thing, I think. How can that be Christianity, how can that be Christ?

Also we had a very funny experience, I must tell them about Russia. My husband is the Secretary General of the International Maritime Organization. He was elected by thirty four nations. And that's how I went with him first to Russia. So they asked Me, "What you want to see?"

I said, "I would like to see some nice special church, for the architecture."

So these officers took us to a church for this black order with this Orthodox Church. Because we were VIP so the head priest came with us, showed us round. And then we had to have lunch with them. So he told us that "These days we are fasting, so we cannot eat meat, but we can drink."

And he drank, drank, drank so much that he forgot that we were sitting there. And the whole body fell on the table. We got a fright you know really. And these officers said, "Now get along, get out, get out, go on." And they laughed a lot. And they said, "We must tell you the story about the Czar."

That the Czar wanted to have the some religion in their country, in Russia. So he first asked the Catholics to come in. So the Catholic Pope said that "You can drink as much as you want, anything, but you cannot marry again. You cannot divorce."

So he said, the Czar said, "That's not possible. We change our wives all the time. So now, they said, "All right. Send for the Islamic."

And the Musulman said that "Of course, you can marry many times, but you cannot drink."

So they said, "We cannot live without vodka."

So now they sent for the Orthodox Church. They said, "You can marry as many times you like, you can drink as many times as you like, as long as you pay us well."

And they are supposed to be orthodox. And we felt very, you know, embarrassed, both of us, Me and My husband, because we had respect for the church and respect for the big building, so beautiful. But this is what it is in every religion, even in Hindu religion, same. There is no priesthood in Sahaja Yoga.

Question: He would like to know which is your opinion, Shri Mataji, about the Romanian spirituality. Even that today, comparing it with the tradition and tortures of Catholic Church, we can say that in Romania that it would be much more gentle.

Shri Mataji: Yes, you see, the Catholic Church is conditioning everywhere, is not only in Romania. Conditioned people, too much. It's a firstly that you are a sinner, that you must confess. All those priests with whom you confess, they go mad. The poor things, they go mad really. And thirdly they talk everything mystery. And maybe the Catholic Church is the only interested in people who are not spiritual but who have money or power. Like Makarios was a great friend of Pope, because... all the people are like the kings and queens and the prime ministers that they will meet that Pope. They respect the worldly powers and the worldly wealth, not the spirituality. And that's why there is no place for poor people. There's no place for poor people.

I think the Catholics are the poorest compared to the Protestants, except in Switzerland, because they have banks. And there they themselves are having a affair with the Mafia, Mafia and what else? They were combined with Mafia and Swiss banks. There were lots of things, he can tell you all about it - behind you sitting, from Switzerland. He'll tell you. Nobody can write against them because then they start writing about, against.... So, human beings must see clearly: What do you want? Why do you want to go to God? For what, for what purpose?

You go for there for peace, for joy, for benevolence. But it's a big conditioning, very big conditioning. Yesterday you saw how they were talking. I told them that they said, "Christ is going to do everything." And when Christ is not there, you are talking about Him. But when He was there, they crucified Him. And now I'm living here, I'm before you. Why don't you take your Self Realization? You have not seen Christ. Because you are born in the Christian religion, that's why you are Christians, not because you have seen Christ. Supposing you were born in the Islamic. If Turkish had stayed here, then you'd have been all Muslims. Only you can understand Christ or anyone when you have got the light. Otherwise you cannot. And these people are using the name of Christ just to make money, that's all, simple as that. Try to understand, they have done no good to anyone. I have not seen them doing any good to anyone. Just reading Bible, anybody can do. Reading Bible is like reading a prescription, because who is going to give the medicine? You have to take the medicine, no use reading. Reading is only mental. You have to have the experience.

Question: He would like to ask your opinion about a specific sect, about something very specific to Romania, a special monk which had his place, who lives in a hole, means a house in a rock and who was in every moments, in difficult moments was

asked for and he was answering the others, I mean the king, the king, about...

Shri Mataji: Must be. Must be. Must be a realized soul. There were so many, so many like that. Nobody understood them. They were alone. He was a realized soul - vibrations flowing. The vibrations are flowing.

So one has to deal with the problem, understanding that people are simple, innocent and they are seeking and they are being cheated, that's all. Simple as that. And so many priests are also very good hearted. Extremely simple, some priests are also good. They think they are doing God's work. They think. They are so simple-hearted. So many nuns and all these things. I mean I don't know from where this idea of nunnery came also. They brought so many women from India and made them into nuns here. In Rome you only find Indians are nuns and what you call them, the priests. Only Indians. From the poorer countryside. So many.

Question: He said that You, Shri Mataji, have talked very much about God but not about the classical yoga and he would like to know if it is connected with the classical principles of yoga.

Shri Mataji: Hundred percent. You see, the classical Yoga we can call is, first is Hatha Yoga. Ha is the right side, means surya and the chandra, means the sun and the moonlight. So Patanjali is the one who wrote, Patanjali. It's such a big book. And there are ashta, there are eightfold, eight aspects of Hatha Yoga. He wrote thousands of years back. And in fact if you do the exercises that these people do, is a wee, wee, wee part. And that too has to be done with discrimination. We too use that, when if there is any physical problem on your spinal cord we use that. But ultimately they will talk about Samadhi.

[SECTION MISSING FROM DVD]

...and they kill people. And the world may fill with that drug problem. Oh, or such a violent place. Horrible... then AIDS, all diseases, all kind of diseases. It's a mad place. People have really become stupid. It's horrible. Now also, they have got money problem, terrible money problem. They... terrible money problems. The dollar has gone down like that. So, even those who are free countries - nothing to learn from them. So, when you are realized souls and then you get to your freedom, you'll be the ideal people of God. And it works, in a beautiful way. Beautiful way. You can't bear, even... means they can't bear money, they can't bear freedom, they can't bear love. Today they love somebody, tomorrow they divorce. So they should get Self Realization. This is more important than any other freedom because in Sahaja Yoga you become totally free. All right? So for Romania it's a very big thing that you get your Self Realization and then you show to the world how you achieved your freedom.

Question: What can you say about the courses of Ron Hubbard, scientology, dianetics?

Shri Mataji: Less said the better. People vomit blood. From that course people vomit blood. Horrible. Horrible. And there is some guru, I'm told here, who is teaching people Hatha Yoga from the Mooladhara, from the sex. Horrible, don't go. Oh, God! It will be like Rajneesh nonsense, you know, Rajneesh himself died of AIDS. One test - anybody who asks for money for this knowledge, just don't believe that. That's all, simple as that. This knowledge cannot be sold. It is invaluable. This is a very simple thing. Now, you still have some more question?

Question: How can I start this Sahaja Yoga practice?

Shri Mataji: Tonight you'll be coming to the program, I know and you'll get your Realization, that's all. In a collectivity also you must start. And then we have a center here, we have very nice Sahaja Yogis and you just have to rise. That's all. As they'll tell you everything about it. Nothing is to be paid. Nothing. But once you come to Sahaja Yoga, you won't like to leave Me. Not because I., because I love you. Love is the most precious thing a human being knows. Nothing greater than love. So we'll understand the power of love. So far we have only used power of hatred. Because you grow, you grow with love. You get nourished, you flower and the fruit of your life. That's what it is.

Translator: He has gone to a next question.

Shri Mataji: Which is the another?

Question: What advice can you give to those people who feel that they came on earth with a special desire for something from above, a special desire in them? What advice can you give them?

Shri Mataji: Of course, must be. My advice is that now be thankful that you are going to fulfill that desire. You are all seekers of truth. That's what you must know. And if you find the truth, then you must know that truth has to be truth. But you'll be surprised to know that truth is love. It's beautiful. It is poetic.

Question: We have two questions. Maybe the first question is that can you say more about Kundalini Yoga? The second question is how will you "definite" that word "absolute"? What is the definition of the word "absolute"?

Shri Mataji: "Absolute" cannot be defined. That everything negates.... Everything relates.... "Absolute" is something like everything is relative of that. It's not relative.

Interlocutor: He said that he forgot all the questions he prepared. Is this a solution?

Shri Mataji: Yes, that is.

Question: She said that in Romania today there are many people who do practice Hatha Yoga and other different forms of Yoga. If they become Sahaja Yogis, do they have to continue their practicing of Hatha Yoga?

Shri Mataji: You see, in the light of Sahaja Yoga you see what is good for you, what is bad. Say, for example, you are a right-sided person, then Hatha Yoga is not good for you, will give you heat. But say you are left-sided, then there are "besides" the things, things that you have to do. But then you have to know what to do, I mean it's not at random.

Question: How?

Shri Mataji: That he will tell you, you yourself will know on your fingertips, yourself will know. But after Sahaja Yoga there is not much need to do all these things to such an extent. You get good health, everything is fine. Why do you go, you don't want to go... Then you just want to meditate, then you relax. There is no prohibition; there's no compulsion, nothing. You become your own master.

Question: Why do so many people obey to You? Obviously You have shut on the light. You saw many people, maybe recently, audience, publicly and You have the feeling of people. Right?

Shri Mataji: Of course.

Question: I mean, is there a difference between these people? This audience is like... You find that Romanian people, this Romanian audience, and feel a difference between the audience last night compared to the audience in Russia, or in America, or in Germany, or in England? Did you feel them? I mean ... their reactions?

Shri Mataji: I felt that Russians are not so much conditioned by religion, and here people have more conditioning by religion. And that's something I felt yesterday. But then when this fellow came, thank God he came.

Shri Mataji: Yes, who knows? They came, it was nice. Because probably if they came, I could talk of Christianity, otherwise I could not have talked. So it wasn't a wrong thing. It was good.

Interlocutor: ... good for audience.



Shri Mataji: Yes. You see because they could see the difference also. The audience could see the difference and I could talk about Christianity. But I did feel they are conditioned by Christianity, did feel. So that's how I had to talk. And otherwise they just opened, you see, a new subject, which was very important. So I'm thanking to them. Though they were mad, but doesn't matter.

I mean they came from somewhere, out of the blue, from Norway, and just started saying, "God, this, that..." So everybody couldn't understand, "What is this?" They could see the Christianity... So it was better. You see, Christians are also very fundamentalist, I tell you. Very big fundamentalists. They think they are the only chosen ones and because they think like that they do not seek. And the fundamentalism is more intellectual. It's not like Islamic where they fight, you see.

So the fighting Muslims are exposed. Everybody's called fundamentalist. But Christians it's not easy to point them. For example, in England, there's only one religion, is Church of England, is the only religion, Church of England. See? It's fundamentalism. Fundamentalism means that you place the blinkers and you don't see anything else, is fanatic. Is ego-oriented. By which you do not mature. Just you don't mature.

Question: She would like to know if this happening with the two Norwegians boys is something very rare to you, Shri Mataji.

Shri Mataji: Oh no, very common. They could be anyone. They need not be these Norwegians, they could be anyone. Very common. I'm quite used to them.

Question: Also if you felt that they were sincere in their madness or there were was something behind them?

Shri Mataji: No, no, no. They must have been paid by someone, they might be missionaries or they could be possessed. You see, all fundamentalists are possessed people. They are all possessed with the idea that "We are the best." It's a possession. Otherwise why should they do? Actually they should ask for their Realization, normally, isn't it? For their benevolence. But they are possessed. What can you do?

Question: He wants your personal advice. He is practicing Hatha Yoga and he is advised by someone else. He would like to know if to continue this kind of relations.

Shri Mataji: You better take to Sahaja Yoga first. You'll find there's lot of heat on your right side. All right? And this kind of Hatha Yoga makes you very dry also. They drain you of emotion. So better fall in love with somebody, that's very important. Are you married? Is he married or not? Is he married or not, what is he saying? You are happy with your wife, or you get angry with her?

Answer: Never.

Shri Mataji: Then it's all right. Then it's quite a balanced life, but still you try Sahaja Yoga. You will know what's wrong where, all right?

Question: He would like to have a, I can't say, something only special with You, some yoga session only with You. He would like to make a demonstration of Hatha Yoga.

Shri Mataji: No, no, no, .... I can't bear... I can't bear... all the bones come out, all the bones come out, I am saying, bones, bones come out. There's no need to do all that. Why waste time? Very bad. This gentleman is asking....

Question: What makes exactly collective consciousness, collective awareness? And what is the connection with the collective unconsciousness, psychologically?

Shri Mataji: Jung has talked. See, the collective unconscious becomes conscious. That becomes conscious. That comes into

our conscious mind. That's it. Jung has talked of it. But Jung, you see, got his Realization, he talked about it and I addressed the Jungian Society in New York. So I've not read this, I've not read him much. So I just opened the book, like this and there was a diagram that he had made of a human being. What he had done, that he said that the collective unconscious is at the bottom, then the subconscious, then the collective subconscious, then the subconscious, then the conscious mind and then the other things like that. But like - horizontal layers. This was the mistake, because your subconscious mind is placed on the periphery. Subconscious is on the left. Subconscious is on the left and then the collective subconscious. Everything that has gone out of the circulation of evolution is in the collective subconscious.

Now, on the right side is the futuristic side. So is the supraconscious, is the collective supraconscious. So all the ambitious people are in supraconscious. Now the superconsciousness [MISSING RECORDING] ...and the collective unconscious is the Kundalini. Now, when She rises, She connects you into the superconsciousness. So you become conscious of the collective consciousness.

But the mistake was that it is not horizontal. Because when you say it is horizontal, then people go to subconscious mind, then through collective subconscious, then through the collective unconscious, means the movement is descendant. But our Creator is a great organizer. Now, supposing you have to go to the aeroplane and if you have to pass through all the luggage and all everything and then go to the airport, it's going to be difficult. So He has kept both these things vertical and the central path is there, is clear - is called Brahmanadi, the central path. It is like a spiral. It's like a spiral and the innermost part of the spiral is the Brahmanadi. As I showed you here, you see, those...

So even if there is a little aperture here, few hair like strings of the energy can pass through that and they can break through. Once they break through then the all-pervading Power starts coming on our sympathetic nervous system like this. So the chakras open more, then the strings pass. But you get little light to begin with and in that light you see how it works. That's how it works. And ultimately you get full enlightenment. All right. Still more, one more. All right. Now this is the last then. We have to go, you have to have your lunch over here.

Question: He asks if You, Shri Mataji, are the only founder of Sahaja Yoga?

Shri Mataji: No, I'm not. I told you, it started long time back. Now, I am, you can say, that I made it an en masse Realization, en masse.

Question: Only You, Shri Mataji?

Shri Mataji: Yes, so far. I mean, you can also, you can take it from Me also.

Question: And the rest... and the other part of the question was: "Who will come after You here?"

Shri Mataji: We should not be futuristic. We shouldn't worry about that part, we should be in the present. All right? I don't want to divert your attention to something else. Because present is the thing. Past is finished and future doesn't exist. So we have to concentrate on the present. Only in the present you grow. So we have to establish the present within. All right? Thank you very much, thank you. Please have your tea.

Reviewer's Note:

Further partial conversations related to Shri Mataji giving advice and working on individuals.

[Note by John Noyce:

The reference to 'Twelfth century' is to the 1200s. This is traditional Indian usage.

The Western equivalent is Thirteenth century.

Gyaneshwara's dates are usually given as c.1275-1296.]

## 1990-1020, Evening Program before Diwali Puja

View [online](#).

20 October 1990

Evening Program

Venice (Italy)

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

1990-10-20 EP before Diwali Puja Venice Italy

Shri Mataji: See the self-confidence you see that I am a realized soul so what? :)

[unclear due to sitar instrument in-between Mother's speech]

Then we say yoga as 'jog' that is When yoga becomes "jog" it is touchy...[unclear 05:28 ]the attention becomes the spirit.

Sahaja yogi (Artist ): And this was on the 30th of September I have a concert ...It was the morning concert after the concert I changed and I was staying in Zikh Which is very close to Kha (a place ) So I was staying in Zikh with some friends ...[39:25 unclear] when I played last, Rajesh was going back to Bombay and next to him was sitting a lady and Rajesh started talking to this lady, and this lady said Where are you coming from? So Rajesh said there is puja and Shri Mataji was there and We have puja that weekend and Nishant Khan played at ...And this lady was a friend of mine She was sitting next to Rajesh. So she was very surprised So she said oh I wish I had known about him I would have come and this friend I was again staying [unclear 40:22 /with these friends ]So after my concert I changed into Jeans and the T-Shirt you know ...Then I went out left and walking and looking into the old[unclear] city ...And we were walking and I was trying to find an [unclear] I was trying to find the restroom and I got a restaurant .....[unclear 41:00 ] too many Americans , Japanese, and foreigners ...

Shri Mataji: Zoom Lenses ...

Sahaja Yogi: So I was looking about 45 minutes [unclear ] and then suddenly I turned about and there was a big photograph Shri Mataji smiling ...and this poster was [unclear 41:48 ] ...

Then my friend said that this photograph was so beautiful. It almost said that you have found a good place So I went inside [unclear 42:10 ]...

Shri Mataji: This is all about Sahaja ...

Artist: It is your blessings with me. Wherever I go, in any path ...I feel so happy ...(in Hindi)

Shri Mataji: This is the "Ruhani" power which likes you ...It is flowing on you ...You don't know your photo has come and that contains full light ...You are sitting in front of me and playing and all there is light ...I will show you ...Nobody will believe ...there is all light ...

Artist: Everything is opened (chakras and all)

Shri Mataji: Hussain Khan sahib ...was the first time sitting in front of me ...little hesitating too ...After that second time when I went to Pune, they said (Papaji) they are playing very very well...Then I said he is the same person ....(Hussain Sahib)...then he went to ask [unclear 43:40 ] he came running to touch the feet...And said Mother how did you recognized us ...then I said I recognized you ...Now his name is very famous. His name is also famous ...Yours is famous no doubt but his name is also famous ...

Artist: You give "Ashirwad" or blessings ...I was telling the same thing that Whatever love they have given, also by your grace whatever I have got (affection)I am coming here and playing for you I feel like I don't get this type of mood anywhere... I don't get this type of people, I don't get the people who listen so affectionately ....Where I will get the people who listen to me so lovingly /affectionately...

Shri Mataji: This is an accord ...

Artist: Now see, that the "jog" is also very serious Raga...In Hindustan we play "Jog ", and there are many good listeners in Hindustan but this kind of "gana bajana " (playing ) is very difficult... very difficult ...It is never seen anywhere ...Now it's all your

blessings ...

I was very afraid tomorrow as Shri (name of the artist) didn't come I thought because [unclear44:57 ] ...I want to read this ...because the raga is such that ... "Jog"...

Shri Mataji: The song "jog" is there from years ... in our country.

But jog and yoga (yog ) ...You have done the yoga now "jog" will happen ...

Artist: (elaborates about Sahaj yogi and its pronunciation in his raga )

Shri Mataji: Sahaj yog is correct...

"Saha" means with you ... "Ja" means "who has taken the birth"...Yoga means reunion...Reunion with the divine is your right ...This is the meaning ...

Artist : (elaborating the "jog" raga )

Shri Mataji: All the beauty has come up

Artist: "Tum jano "

Now a lot of things came in "JAno" also ...

Shri Mataji: "Knowing everything "

Artist: By giving the love you told everything ...

Shri Mataji: Wah!

Artist : "tum ko tadap dekhan ko "...Now many things comeup with this "Dekhan" word ...

It is not only looking for someone ...But it is also to wait for somebody ...

It is looking from eyes as well as waiting also ...

" Tumko tadap sehen " means "inko tadap " Now I will not use "inka" word because it is about you. (then there is again one line and he elaborates like this:) By recognising they are happy and have faith that you are there (omnipresent ) ...

Shri Mataji: I have understood them...You have become a poet now ...

Artist: Not a poet ...

Shri Mataji: Bhai Sahib is chartered Accountant and he is a poet...Now tell that one who is a chartered accountant who doesn't know the "Rasa"...(Shri Mataji says about baba Mama also in between which is not clear)...It is so well ...

Artist: I wanted that on this occasion of Diwali, I should offer you something ...Because to make this "Khayal"(thinking ) is a very difficult task ...

Shri Mataji: No the way you have written [unclear 48:35 ] You will be surprised that the word "mahi "...Portuguese also use the word "mahi" for mother ...And in Bulgaria also the word "mahi" is used for mother. And in Maharashtra also ...Although the word mahi you have spoken is " avadhi " word. (in Hindi)

The Mahi word he has used is for mother and in many countries, it is called Mahi ...The Portuguese call it "Mahi".

Artist: If you have some special wish then please tell.

Shri Mataji: Play anything ...You are playing very well...

Namdevas poetry as you know is "Jogwa mahi aicha"

NAmdeva uses to say that We will ask "Jogwa" from Mother.

The same thing you told us...Namdeva used to say this ...That I will leave everything and will say to mother that please give me "jog"

And this is the "Jog".

This is a very beautiful Raga ...

very Beautiful ...

Artist: All the evening I thought that whether should I play this or not

Shri Mataji: No, No, Jogwa is a beautiful song everybody loves. The thing is, we never heard this type of Song ...(Mother praising the artist )

Shri Mataji: We enjoyed a lot ...Today is the finest (performance) Isn't it?

[Concert ]

Shri Mataji: See After the "joga"...After the reunion Now what the prise of God ...

I know the song of this raga ...is like this [unclear58:22 ] Oh god give me the most auspicious day that is then he praises god that

you are the one that looks after the whole world Who [unclear] and in the description of God is absolutely [unclear 58:44 /after this]. This is the description of God after meeting alright!

Artist: (showing appreciation )

Shri Mataji: Now see the description of this.[unclear59:03]

[concert]

Also,[1:07:07 unclear]the feeling ...Every feeling of mirth is established ...It was put us into mirth ...The feeling of mirth ...that mirth is expressing[unclear1:07:16]

the quick movement just from the "tar" means the top scale ...top to the [unclear 1:07:25 ]...

Actually one thing that before enlightenment is the blindness it has is no connection but this is the thing that you are connected then you start feeling the beauty that there has been a kind of a mirth...mirth I should say ...The heart starts jumping in a very mirthful mood[unclear 1:08:09] and you can't express it ...Like Kabira has said that "Jab mast huey phir kya boley "

when I am born to an absolute complete [unclear] of resolution into the joy than what should I talk about ...There is no word[unclear1:08:36] And that's how the situation is -When you just enjoy! in thoughtless awareness ...And this is What it is.

Real bhakti ...is that you are in thoughtless awareness... in your present ...very close to spirituality ...

And this is what this time ...to wake up ..the thoughtless awareness within you ...In Indian Music, you shouldn't think too much ...If you think then you are lost ...The words also are not so clear cut You have to just allow your heart to flow with it just allow you to work out...& know that you are realised souls ...and that you are describing the beauty of God ...And how we are describing ...It's an abstract...It is "nirakara" ...It's not in words [unclear]. So in abstraction, you are describing ...flows like waves that are [unclear] in your heart and then it touch your brain and go back to it.[unclear1:09:57]That's why they enjoy it so much ...Now the artist tries to make an audience but the accord is only when you are connected with the same ocean of love ...then in the ocean of love the wave starts moving and they reach the shores and again this play goes on ...and[unclear 1:10:34]when you are not bound by anything but ...[unclear 1:10:49 ]

Absolute ...Extreme joy ...Can you see the rakhi to this Sitar...

Sitar is the sister ...We believe here the rakhi too much ...In the Sahaja yoga, We believe in Rakhi ...the festival of brother and sister...Even the sitar, is a sister Its respectful ...

[concert ]

[unclear1:25:40 ]

You must have seen it in raga but it was across...Cross style ...

[unclear1:56:52 ]

Today we saw, What a mastery I saw him half an hour he was fast ...So now I think we all Sahaja Yogis should bestow upon him the title of the star meaning the master at this young age. You are a star ...the sunshine ...

Sahaja yogis: Wah!

Shri Mataji: You are a star! Now you have become a star ...Automatically ...You are ...in Sahaj ...

Artist: This is all your blessings...

Shri Mataji: No, No Today you were like master ...I was looking from half an hour everybody is surprised ...

Artist: Your blessing! Can I play for 5 minutes?

Shri Mataji: yes yes (again mother appreciates )...Can you see that ...What a voice ...of course tabla is there but the rhythm with the right hand ...He kept the same rhythm ...the rhythmic movement ...1:59:34So beautiful and at this young age this gentleman has become now a master ...I think he is the youngest ...He is the youngest I have known so far ...

There would be a program in Pune ...Please do come ...

Artist: will come, definitely ...

Shri Mataji: Many of the Sahaja yogis are living there in Pune ...400 -500 people are staying ...

Artist: In Ganpati pule ...

Shri Mataji: O.K you come in Ganpati pule ...

Where the program is next now...(Shri Mataji asking from another Sahaja yogi)

Artist: Puja ...

Shri Mataji :When is the puja ?

Other Sahaja yogi : 3 or 4

Shri Mataji: 3 or 4 ...

Artist: I will give you a card...GanpatiPule...

Shri Mataji: You wish to come on Ganpati pule?

When ...

Other Sahajyogi: 22to 25...

Shri Mataji: No in Pune also there is your home ...Do come!

I have made your home in Pune ...please see

Artist: I will come ...

Shri Mataji: Because we are from [unclear2:01:45 ], that name was "pratishthana" earlier ...There is a Shalivahana ...We are descendent of them ...

So the day when you celebrate Eid ...that day is the first day ...Which is called Gudi Parwa ...in Maharastra.

Artist: yes...

Shri Mataji: When there is eid ..then there is Navratri's first day ...

Artist: yes ...from that day

Shri Mataji: From that day it happens ...That dynasty name was "Shalivahana"[unclear2:02:32 ]

Artist: I will definitely come!

Shri Mataji: Ganpati pule, is a very wonderful place ...

[unclear2:02:43 ]

There is a very beautiful poem ...On the shore of Bharat ..in Bengali ...You will see that in Ganpati pule ...All these people in the world will come ...

Artist: Will come definitely !

Shri Mataji: yes come definately ...

[Concert ]

They all are powers "Shakti "

Because "Ra" means energy .."Ga" means which penetrates ...The energy that penetrates ...

[Concert ]

Shri Mataji: The song is " Saiya nekas gaye mai na ladi" something ...My life went away I could not find you "ranga Mahal ke dus durwaze", this body is the abode of [unclear], "na jane kaun si khidki khuli "I don't know what was the window opened mysterious Sahasrara ...

## 1990-1021, Diwali Puja: Touch Your Depth

View [online](#).

21 October 1990

Touch Your Depth

Diwali Puja

Chioggia (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Diwali Puja. Chioggia, Venice (Italy), 21 October 1990.

It was such a surprise to see you all in that procession. Actually I was waiting and waiting, and I thought, "Why these people are not coming to call Me for Puja?" It was a beautiful surprise, it's very joy giving. The joy was dancing in your eyes. I could see the lights in your eyes and this is the real Diwali.

Diwali word comes from two words: 'dipa' and 'awali'. Dipa means, you know, lights, and awali means rows, rows and rows of lights. Seems it's a very, very ancient idea and all over in the world, you see, whenever they have to celebrate something then they put lights. And lights because light gives joy, gives happiness. So to overcome the darkness of ignorance also we have to enlighten ourselves. And that is why is important that everybody should get Self-realization to feel the light within themselves. And you must have noticed that after realization the eyes also sparkle. There's light in the eyes of every Sahaja yogi.

Today is the day when we worship the Lakshmi, Lakshmi principle, which is in our Nabhi. Lakshmi principle that is understood, I've told you many a time, described Lakshmi to you that She stands on a lotus and She has two lotuses in Her hands. That means She's so benevolent, so kind that She doesn't pressurize anyone. But normally you don't find that. Anybody who has money, he'll just try to pressurize or try to push down. Even in Sahaja Yoga I've seen people like that. If they are little better off, they try to push people, organize them, to control them as if they think this is a power they have got out of the money that they have.

But She Herself stands on a lotus - that means on the beauty. The beauty of Her being is shown that She doesn't trouble anyone, She can stand on a flower. So the first thing, those who have to worship Lakshmi have to remember one thing that they are not to pressurize anyone, to push anyone, to control anyone or destroy. But She with Her feet on the lotuses nourishes the lotus.

In Her two hands She has got lotuses. Lotus is a sign of beauty and they being pink, is love. So what does it symbolize? That a person who has Lakshmi, who has money, who has wealth should be extremely generous, like a lotus which allows a horrible gnat-like, black, porky, poking type, little beetle also to come into it and to sleep. And She provides in the lotus a beautiful bed of comfort to such a person. He is black, he's got thorns in it, but he's coming to rest, surrendered. And then She covers it with Her petals and makes it comfortable and protected.

So for a person who has money that should be the temperament, otherwise he loses his money very fast. Or he's always insecure about his money. He doesn't know what to do. He wants to put money here, hide there, hide there, hide there. And there's no grace about such a person. And the house is such that you never feel comfortable because all the time they're worried the carpet will be spoiled, this will be spoiled, that will be spoiled, that should not be so. What's the use of having such a house which gives you a headache? I mean [it's] common sense!

A house should be such where you can live freely, at least a house should be like that. But the soon we become materialistic we get out of our Lakshmi principle. All the beauty of our wealth is finished. I've seen people that even a rat doesn't enter their house, leave alone human beings. They polish their silver, they polish their brass, they polish their furniture, their beautiful house is done with beautiful paper, expensive things. But a rat also doesn't enter.

And this is what is the Western materialism is: that we get so much worried about everything. I asked them, "Why are you so much worried?" They said, "Because it's an investment and we have to sell the house." Everything is an investment, they themselves are investments, I think. How will they enjoy? They cannot enjoy their wealth because everything seems to be an investment. Their head is an investment, their hair investment, nose investment, ears investment, everything is an investment! What's the use of becoming human beings? You are just nothing but investments!

Doesn't matter if the house is little bit sold, you get little less price. What does it matter? After all you have lived in that house. But I've seen that it's very common that if a guest is sitting and the child spills something, immediately before the guest we'll start

cleaning it. It's very bad manners. What is this carpet worth than a human being? So the Lakshmi principle is to understand that matter is for expression of your love. How much you do for others, how much comfort you can give to others. I've seen some people, I've been to some people that the Gruha Lakshmi, the woman who is in the house, won't even look after the tea of the people, nothing!!! She's just enjoying herself and bothering about the carpets or I don't know, about the soap, about this..I mean so low level it is, not even, it's not even a humanistic thing!!!

So, Lakshmi principle means love. This very few people understand. To them Lakshmi means money in the bank. No, doesn't mean that. It means money or anything like that to express your love.

The another symbolic thing about Her is She's a mother. And mother just gives - nirvajya. She doesn't charge any interest for what she gives. She just gives. Her enjoyment is giving. I mean I always think what should I cook for you? If I can do this, I can buy this, I can buy this present for you. I mean Diwali is a good day for Me that I can give you so many things that I want to give you. And I love it! Nothing like the joy of giving. If you have more things it's a headache. It's a headache. But you think that "I have to buy this thing now. What should I buy for...oh I have to give it to this one, this will fit that person alright." So it relates to the collective feeling, a very beautiful feeling.

So the Western people have to understand that materialism has gone too far into their heads. Everything to be insured, for what? But in India if we have such people, I know one or two people are like that, in a, say, in a city, small city. Then if they see in the morning these people they'll go and have a bath! Or if they are seeing somebody coming from that side, of that kind, they'll just go in the other way round. I asked, "Why is it Baba when that one who is coming...?" "Is a horrible materialistic fellow! Better go this way!" But here in the West what should you do? Everybody is like that! Where should you hide yourself?

So we have to realize, in all introspection we have to realize, that we have gone too much into materialism. That doesn't mean that you should not make money! That doesn't mean you should not work, you should be lethargic, that you should say that "Oh, Mother has said. Now, let us be lotus eaters." Not that. Try to understand!

If you are making money it is just to give. Then otherwise your situation will be bad, you'll be always insecured about money. And those who have money instead of feeling secured they are the all day shaking like this, I have seen. So what is the use of having? Is better not to have anything like that that shakes you. Better to settle down with a little hut somewhere and enjoy Sahaja Yoga! So Lakshmi tattwa is not money-oriented. Supposing you take a dog or take a donkey and put lots of notes on that, will you call him a lakshmiapati? Or take another human being who has got ten cars to show off, who has got a swanky car, and who is nervous, twitchy. Will you call him a lakshmiapati? There is no grace in this kind of money that people have. They are crazy, they have no traditions, they have no sweetness, nothing in them. They are dry, as if the whole juice has been taken out of the sugar cane, they are like that. And nobody wants to go to such houses. But to be very frank in such houses if I eat, I get vomiting. My Lakshmi doesn't like it.

So you should feel obliged that you can give to others. You should feel obliged that you can do for others. This is the first sign of a Sahaja yogi. I shouldn't say but, what I've heard from many people that people don't like to spend any money for Sahaja Yoga. They'll spend for anything else. They'll take some, what you call, the face, what you call them? Cosmetics. Or men may buy something expensive, watches, some things. But for Sahaja Yoga they don't want to spend.

Now you have to know that Sahaja Yoga is for the emancipation of the whole world. What is this cosmetic going to do for the whole world? Or your watch, what is it going to do? Or the way you dress up or the way you try to show off, is it going to help the world? You are here to help the world and not to decorate yourself and just to make advantage of Sahaja Yoga!

So it's very blissful. Sahaja Yoga is extremely blissful. It gives you first the glimpse of Lakshmi that it gives you money. You are blessed. And then that is the first temptation and you fall a prey, and you go down.

So this Lakshmi principle is to be understood in its proper way. For Sahaja yogis is very important because it is not so superficial as we think. It is much deeper within us and when we touch our depth, it shows.

Then there are two other symbols we see. With left hand She gives. I've given this simile many a times that, if you open one door the air won't come in. You have to open the other one so it circulates. She must give. So all those who have Lakshmi tattwa developed in them, they think what to give. But they don't give the worst thing that they have. Just like a waste paper basket is a friend, "Ah! This is useless. I better, instead of throwing, I can give it to that friend." And then friend says, "All right. It's very nice. I'll give it to another friend." And all friends are used as waste paper baskets. Whatever is the worst is given. How can you touch your depth? Whatever is the best if you can give, if you are free to give, you should give the best.

So, one of the snags is that we have never learnt the art of giving. If we learn the art of giving then it's so joyous, so beautiful. Because we are very ego-oriented, we understand what gives us joy but we don't understand what will give joy to others. And when we understand what will give joy to others, then that joy reflects on us much more, thousand times.



But there is then, as I said, that on the periphery both things work out. From one side are the miserly, from the other side are the exploiters. So if you become generous, the exploiters are there. So then an antithesis, another type of people become, who get nervous, who don't know what to do, where to go.

In Sahaja Yoga you do trust people, all the time. You give. Of course sometimes you are exploited. So doesn't matter, that's not your look out. You have not committed any sin. The one who has exploited you, he has committed the sin and he is going to suffer, so why should you worry? But with the help of this divine power, the one who exploits will suffer. And you will get ten times more than what you have lost. This is what it is to be understood by Sahaja yogis. That we are now blessed by this divine power. We are not alone. All the time it is blessing us.

So giving means nothing is mine. "My, my, my, my," has to be given up. Even in Sahaja Yoga I was surprised that people in the West who were not attached to their children get very much attached to their children. And they just think about their children and nothing else. This is another kind of selfishness. If you just think of your own children only and nobody else, then the same children will become devils and teach you a lesson. And you'll say, "Next time, oh God, don't give me any children, had enough!" But if you make the child collective and teach child to give others and to enjoy that, then from the very childhood the child becomes extremely generous. I mean generosity is the quality, is of an incarnation - aishwarya. Aishwarya doesn't mean only the money, the wealth, but generosity excels the money. That is aishwarya, and that is the sign of an incarnation and sign of a Sahaja yogi.

The another hand is like this. That means She gives you protection. If you don't feel protected with money, throw it away. Just run away from it. Headache. But also She gives protection to others. A person who has Lakshmi, he has family, he has children, he has everyone. The worst thing I've seen [is] that in the West the parents don't give any money to their children when they grow up. Then don't look after them but they are so possessive! On the contrary, in India we give all our lives to our children and we are least possessive. And they are even possessive of the grandchildren. That's why the families are like this here.

So the whole system has gone in a funny way, chaotic. So it is important for Sahaja yogis to understand that they will first of all look after their children, give them whatever they need, nourish them, give them guidance, don't spoil them. And, secondly, once they are married and have children they will not try to possess them and possess their children, their wives.

And this protection that is given is the protection of a mother. Say you are working in an office, you're working in a hospital, you're working in a factory, anywhere you are working, all other people who are working under you are your children, are to be treated like that and they are to feel like that. They have to feel it's a family. Try this!

My husband, I told him that, "You treat your office as your family." So early in the morning they used to arrive from Calcutta, about say five o'clock, by plane. And I would Myself cook their breakfast and give it to them. They were just ordinary clerks. Because this is how through the protection, through the care, through the love you can make them so dynamic and that is how the Lakshmi tattwa will increase. Otherwise there will be strikes, there will be fights. This is the enlightenment!

That's why a person who thinks he is capitalistic must understand that the capital is worth nothing if you don't know how to use your Lakshmi principle. That's why they end up in jail, they end up in lunatic asylums or they become smugglers or something happens to them. They just go off. They are never respectable. And I haven't seen any statue of a man who has been garlanded for being rich!

So if you are rich, nobody is going to respect you. But for generosity, something substantial, what you have done. Something substantial - for others, for the society, for Sahaja Yoga.

We are working out now ashrams and projects and things and all that but when it comes to money, Sahaja yogis think, "Oh no, that's not my job. Only I can send my child there. Mother must look after all the children, Mother must do this, Mother must find out this, She must provide for this." Everything She should do and what about me? I'll just put money in the banks, Swiss banks specially."

So one has to decide, "How much of my money I am giving for the work of Sahaja Yoga?" I don't want your money. No money is to be given for Sahaja Yoga, in the sense, for your realization. But if you have to have a hall, if you have to have a program, if you have to have an ashram, anything is to be done, you need money. And for that anybody asks, "All right give one pound each" They won't give. "No, why should I give one pound?" And there's a national competition in that, national competition.

It shows that still you have not touched your depth. If you touch your depth, you'll give and you'll enjoy your giving. You must touch your depths. So the enlightenment is yet not complete.

Now, I'm saying it to you all individually, you introspect yourself and see for yourself. Let us see, count how much money have I given for Sahaja Yoga work, all of us, individually. Now, you will give Me present, because you think that gives you blessings.

That's not the point. Point is - "How much money I have kept for Sahaja Yoga out of my income?" This is the first question of Lakshmi principle.

Now, how the Mahalakshmi tattwa comes in? First the Lakshmi. Lakshmi is born out of the sea. Now, why She was born out of the sea? She was born out of the sea because Her father is a generous personality. Look at the sea. It spreads its wings all over, gets itself heated up completely so that clouds are made. And these clouds go and bang at those high mountains where it rains. They form the rivers and then they come back to the sea. But all this, while the sea contains all the salt within itself, all the salt is within itself. And then it gives salt. Christ has said, "You are the salt." What is the salt? Salt, which gives the taste to food, is your Guru principle. You cannot become a Guru, you cannot become a leader, if you are a miserly person. You cannot. How horrible even it looks, just imagine!

So She is born out of the Guru principle. And this Guru principle starts working in you, when you have this Lakshmi principle awakened. Not money, I'm not saying money. Is the Lakshmi principle when you start thinking, "What sweet thing I should give to another?" When you start thinking, "What should I do for others?" You have to be extremely sweet, soft, not dry, not dry people. "How to express my love?"

So first thing is, as the sea spreads its wings and says, "All right, let the sun take away my water, let me boil, let it become the clouds." In the same way you people have to understand that unless and until I allow the Sun, that's the Spirit, to evaporate this water from me, means to give to others, how will I develop this guru principle within myself?

You cannot have salt in the seawater unless and until you evaporate it. So you cannot become a guru unless and until you allow the evaporation of this water, of this wealth, the money that you have. But if you are not matured enough, like the sea, then you will remain at a level that, like mad, collecting all the muck of the world and ultimately end up in some lunatic asylum. Because all maryadas are lost, all dharma is lost. Without guru principle, how you can have dharma?

You do not think of anybody else, you do not even think of your father, mother or anyone, you don't think of your collective work, you don't think of the world. That's too much. So you become small, small, small, small, small. But when this Lakshmi tattwa starts, that's the first inkling of love, love for others.

I know you all love Me very much. But it's not complete reflection of your Mother. You have to love each other and share everything with each other, with love. Then this first light of love, Lakshmi, starts showing in you. In that light when you move, you become very deeply generous, enjoy your generosity.

But I've seen before Sahaja Yoga people don't care for their children, don't care for their wives, don't care for anything. Either they go to the pubs or they have other women kept or something like that. But after Sahaja Yoga, like a pendulum, they move to the other extreme. Then their wife is the most important. Even if she's a bhoot, anything, she's the most important thing. Then the children. Like hawks, they grab their children, their wife, their house, their things. To them then becomes, "This is the main duty. Mother has said we should have good families." But I didn't say that you become slaves of your families. I don't say you break your families, but don't crush them with your narrowness. Let them grow, let them open out.

So from one extreme to another extreme you move. You have to come in the center.

So this love has to start showing itself, manifesting itself in all humility. You are doing it for yourself, you are not doing it for others. If I'm trying to help somebody with money, I'm trying to help Myself because I can't bear that person in trouble, so, no obligation. And I do it secretly. I don't want to talk about it because I'm enjoying it secretly, I'm enjoying Myself. I'm not enjoying the idea that I'm doing this for others but just for Myself. So the ego part that is within us, which is more bloated with money. I mean, you can take out a man who has money. They'll stand off from others. They're different, you know. Then you think, "Is he coming from lunatic asylum?" "No, no, no, no, he is very rich." They look as if they are from lunatic asylum, but they are "No, no, no! They are rich, rich people, very rich!" They stand in a wing, angular way, look at others in an angular way, very stupid people.

So this is what we have to understand, that we have come out of one kind of nonsense, we should not jump into another. And we should see that we are here for Sahaja Yoga. We are specially chosen for Sahaja Yoga. We have to work out Sahaja Yoga and nothing else. All our family, all our household, everything, everything is nothing but Sahaja Yoga, because we are dedicated, that we are deeply into it.

So all these questions I find - women dominating men, men dominating women - will all disappear the moment you decide that we have to awaken Mahalakshmi principle within us. And the Mahalakshmi principle is the principle where you start seeking the truth and nothing else.

But how can you seek the truth without any light in your hand? It's not some sort of an abstract thing or just a drama. "Oh, I'm seeking the truth with my eyes closed and with darkness in my hand, I'm seeking the truth!"

How can you take to Mahalakshmi principle unless and until the Lakshmi principle is embedded in you? Unless and until you feel

that love for each other, you have felt that love, you have expressed that love, you have been generous, you have been enjoying the generosity of your own. Then only you can rise up to that principle of Mahalakshmi which is the spiritual principle.

And this spiritual principle has been established within us by penances of all the deities, if you see. See, look at Sita. She was born a daughter of a great king, married in a family who was so rich. And She had to go in the jungles without even shoes and She had to starve Herself for our sake. And then with all these She suffered, without any comfort She lived and then was attacked by this horrible Ravana. She lived with him and kept Her chastity and purity and then She came out of that ordeal and She created this Mahalakshmi principle to begin with. Why did She do it? She should have succumbed to this Ravana and should have enjoyed. I mean, normally people would do that. Why did She suffer so much? Because She had a nobler life to lead to, for our sake.

She had to do that ordeal for our sake. And She did it. So She was the first incarnation, we can say, of Mahalakshmi principle. You see Her background and from where to what She went. Sakshat Mahalakshmi had to go through all these things to show us that if you want to have the Mahalakshmi principle within you then what sort of a woman you should be. That's the first we have seen Her in anything.

Then who came afterwards than Her, is Radha. Radha came, Ra-dha. 'Ra' is energy, 'dha' is the one who has sustained, is Radha. If you see Her life, all Her life She worked out our Kundalini - Raasa. Full of sweetness, full of beautiful generosity, She danced and danced and danced. Her feet used to pain when Shri Krishna used to rub them. And She didn't go with Shri Krishna. When He became the king She said, "You go, that's all right. I'm not [going]. I have to still work out Mahalakshmi principle among the gopas and gopis." She stayed back in a small place. But how much surrendered She was to Shri Krishna, how much surrendered She was to the work of Virata. That She knew, "I have to work out the Virata's work." And She stayed back. There are so many beautiful stories about Her. So this second penance of the Mahalakshmi we know in Radha.

Then the third one came as the Mother of Christ. She gave Her child to be crucified. Will we just introspect ourselves! How much we are attached like hawks on our children. If anybody says anything to the children, people don't like it. I've got reports from Switzerland that if anybody says anything to the children, the parents don't like it. No. Nobody should say anything to their children. Here She gives Her child to be crucified for the emancipation of humanity. I can't even look at the cross. While we are so much attached to our children, what are we teaching them? Are we teaching them any sacrifices? Are we teaching them any sharing? Are we teaching them any tolerance? Are we teaching them forgiveness? On the contrary, if anybody says anything to the child we don't like it, leave alone crucifixion, leave alone even little punishment. The child has now become the biggest ordeal for Sahaja yogis. I can tell you, I can see it so clearly.

The attachment to children is so great in the West that I am surprised. Everybody gets children, what's so great about it? The greatness is what kind of children you are.

Tomorrow these children ..... Please move the child that side. Don't do that. Get out! Please get out and don't do that in the lectures. I don't like women standing here and moving their carts and this... Show some respect! Can you do that in a church? You see sometimes I do not understand that a certain protocol also women don't understand. Please take child out and don't keep the thing [pram] here, go out! Please tell her. You don't take your perambulators (prams) in the churches do you, where there is no Adi Shakti sitting? Because the principle is mainly your own child, it's grabbing you, I tell you, it's grabbing you. Your children are grabbing you and you are grabbing them.

So we must understand. Are we allowing our children to grow big? Are they generous? Are they saints? Are they beautiful? How do they talk to others? Are they confident? Tomorrow they are going to be the leaders of Sahaja yogis. Like Shivaji's mother, like Jijamata, how she made the son great! It's the mother who makes the children great, and if she wants all the time to sort of a, grab the child and the child to grab the mother, then it is suicidal, suicidal for you and suicidal for the children. What have we done about our children?

Is duty of every Sahaja yogi to see that their children grow, grow as great people, greater than you. They have to look after the world. If you spend time with your children, see that you mould them, you nourish them with love and tell them that they should give love to others. That they should behave in such a manner that everybody should feel that love through them. Otherwise they will become devils like Ravana. Ravana was a realized soul and spoilt by his mother, became a devil.

If you don't want your children to be devils, first of all understand that they are not your children, they are My children, under your trust. And you are not to make your children dwarfish and smalls. This is a new temptation I find in Sahaja Yoga people are developing, so be careful. I wanted to warn you because we have to make our children like lights. Light burns for others, not for itself.

We talk of lights, Diwali, all right, but these lights are burning for others every moment. Do we learn from them? Are we burning

for others? Are our children going to burn for the others? You are making them so selfish. So thousands and thousands of children are going to come. And even when they are born realized, I've seen you spoil them. I mean, if you take a diamond and put it in a gutter it will be lost. It's like that. Even if you have the best children, you can ruin them by this kind of stupid idea that, "That's my child, this is mine."

Expose your children to good things. Tell them what is good. Tell them how to be good to others, tell them to look after them, tell them how to press the feet of others, how to comb the hair, how to give food to others. Teach them! Let them carry little trays and feed others, to the birds, let them give water to the flowers. Don't make them small. Some of the children are really dynamic, great saints born to you, but you are ruining them and I have to warn you about it that, in Mahalakshmi tattwa, if you have to now give it to them, please remember that all these great incarnations of Mahalakshmi had to go through such ordeal.

So what is the incarnation of Mary teaches us? Many people say, "Oh what was Mary? After all, She was just nothing." Look at the incarnation of Mary. What does She teach us? You are supposed to be Christians. You are supposed to be Hindus. Supposed. But what do they teach us these Mahalakshmi principles? The last Mahalakshmi principle came as Fatima. Fatima, the Gruha Lakshmi, She stayed at home. She didn't show off. She was not the one who went out. She stayed at home, looked after household, looked after their children and made them two great warriors. Her children and Her husband, they fought for the right, they fought for the truth. She was a Gruha Lakshmi.

I've seen, I'm sometimes very much amazed also, that if you see the television, [when] a child is lost is the mother who speaks, the father does not. He seems more shocked than the mother. Mother is trying to show off because she thinks in the television she will be seen. She's forgotten her pain, she's forgotten everything. She is the one who is speaking, the father is quiet. He's much more shocked than the mother. Is a common thing you see. Normally a mother should be shocked.

So what is the principle of Mahalakshmi? Is that first is of sacrifice. Sacrifice their own children on the altar of truth. Of course that is not needed in Sahaja Yoga. You are all blessed people, you don't have to sacrifice anything whatsoever. But if you do not develop your children into proper ways, they will hold you responsible and they will say, "Why did you not give us a full scope to develop?"

If you find your child is obstinate, if you find your child is miserly, if you find your child he doesn't know how to share love with others or dominating, try to curb it down immediately. Children are very clever, extremely clever. The moment they realize that they will lose your love, they behave themselves.

So this Mahalakshmi principle has to grow among men, as well as in women. We have families now and this has to work out, that, do the whole family people sit down and meditate? Do we teach our children the proper protocol of Shri Mataji? Like a lady bringing a perambulator in the hall - is absurd! I mean, can you bring a perambulator in the church? This is more than a church. Do you realize whom are you facing? And this is what you have to tell your children because this is the greatest time. This is the greatest time when you are here, the greatest time of spirituality, of the complete manifestation of the powers of the Goddess, where your children have to be the real flowers of beauty. Please don't try to cover them up with their souls dying out there under the cover of so-called love for them.

So we have now three principles of Mahalakshmi that we have seen. And the fourth one is Myself. Mine is a much deeper work, much wider and tremendous patience is needed. It won't work out if I sacrifice anyone. I have to sacrifice Myself. I have to sacrifice My family, so-called. I have to sacrifice My sleep, sacrifice comforts, everything possible under the sun. I have to sacrifice for one reason that, your Mahalakshmi tattwa should be manifested. It should have its fruits.

So you came to Sahaja Yoga as the seekers of truth, blessed by Mahalakshmi principle already and if that is so, let us feel it. We love our Mother. Why? Why do we love? Why do we love Her? Because She loves us.

But love doesn't mean without any effort, without any work, without any sacrifice. I don't feel the sacrifice. I don't feel at all anything like that. Outwardly many people say, "Mother, how much You are traveling! Mother, how much You are doing this!" I don't feel that because I enjoy it. And that is what it is important.

If we have to develop our full personality we have to know that our love should not be only a lip service. We have to work. I've seen people when it comes to working for Sahaja Yoga, they just run away. Where are they? Nobody is available, all are out. Only five, six people are working. And where the rest are? "Oh, they'll only come Mother when You will come."

What work have you put in? What effort we have put in? We, just we are enjoying ourselves, all right. But enjoyment without any effort, enjoyment without any sacrifice cannot be complete. If you are attached to your comfort, to your laziness, to your selfishness and all that, of course that will be there, but you cannot enjoy. You cannot enjoy. You'll only enjoy when you just care for enjoyment and the rest of it is finished.

Now before you is your Mother. I've seen yesterday people were sleepy. Today also there are many who are sleepy, sitting here, can't open their eyes. Why? Because they're not yet in it. But for Me, I can keep awake for three nights, ten nights, twelve nights, and I can sleep for one hour or for one year, if I want. Because everything is under command. Why is it in command? Because I love. This is the power of love. The power of love gives you complete command over everything - over your body, your mind, over your ego, over everything. Complete command - power of love.

Now I went to Greece and you know what things I brought from there. And then we went into this shop to buy some things for your Diwali Puja. But they were so expensive! I said, "No, no, no, no, it's too much, too much." But they'll buy something. We found out that, that was sold in here in Italy. But can you believe that is sold in Padova? When you are having your puja here, the presents are sold here at a very cheap price, ten times less! Now who has arranged all this? This power of love.

If you love someone without any expectations, then this power of love just floods you with things, with ideas, with everything. But just try to understand. It should be pure love, without thinking, pure love, just a feeling that I'm enjoying it, anything. The whole day I went there and Hamir was quite upset that Mother, poor thing, had to be without food, had to do. But I was just enjoying. He was feeling that I'm working so hard. I didn't feel that way, just enjoying. But this enjoyment is not possible for a person who has not become the pure love. Is that the trouble is. The source of enjoyment is this power of love and it won't fill the heart which does not have love. As simple as that.

So when we are celebrating here today, these lights are what? They love. They are burning just to give you the joy. Even flowers, even fruits, the whole nature. What can the Fruits do, we eat them, we enjoy them. They like it. What do the flowers? They come out for a short time, they live, we bring them here, we spread them, we enjoy them. They are happy about it. They're happy that they're touching Mother's feet. But what they're going to disappear tomorrow. They're going to die tomorrow. They're not going to live long. But this is the greatest moment for them.

They ask a flower, "What do you want?"

Said, "I don't want any kingdom, I don't want anything but the road on which Adi Shakti is going to walk, please throw me there. That's all. That's all I want."

What is such enjoyment in that, that we don't want any kingdom, we don't want anything, nothing? What is that in there? Is the pouring of this love into you. Completely filling you up. That it is so evident you can see it, living example before you. That's how I've lived all My life. I don't feel sleepy. You've never seen Me sleeping in any program, have I? But I can see many even now sleeping. I mean you have to wake them up. I can't understand. Because their hearts are not open. If they open their heart, they can't sleep, even if they want to. They're sitting before Me, why should they close their eyes after all? Is the most surprising thing that they'll go and touch the feet of My photograph and before Me they will sleep. It's absurd!

So you must know, all of you have got that depth. All have that beauty within you but you should be intelligent enough to see this point that, have we touched that point? Are we lost in that point? Now you introspect. What I'm saying don't think of others, think of yourself. Have we got that?

On this day of Diwali looking at these beautiful lights which will disappear, even a moment of that think that they are, they're so happy. So have we touched our, that beautiful thing which is eternal within us? Have we touched it? You ask anyone, "Do you meditate?" You eat your food, all right. Why do you meditate? I asked you about meditation, why is it so? Do you look after yourself? What are you looking at, wasting our lives? Every moment is so precious, every day is so precious, every year so precious.

Sahaja Yoga is progressing very fast and you people have to decide that now your Mahalakshmi tattwa has to give its fruits. Let's see. I was happy to see you so happy, joyous. I wish you could give this joy to each other. That gives Me the greatest pleasure. Of course now there aren't much fights and nothing's going on but there are small, small things where I find people have funny feelings about each other. So forget about it. You are Sahaja yogis. After all, what is going to happen? Everybody has to die in any case. But at least you led a life of spirituality, of eternity. See, look at them. They all know they have to die but, "Let's burn as much as we can." We have the light. Everybody doesn't have the light. "Let's burn." This is to be understood and then you'll enjoy. Even the shortest life which is like a shooting star is worth something than a boring life of a dead person.

The child is crying tell her to take away the child.

So for this, the protocol has to be understood. It's very important to understand protocol and the protocol is this, that ,you are not to question Me. You are not to question Me, you are not to doubt Me. This is very important if you have to keep your Sahasrara open. If you have any doubts, then know that you are not yet there. Please keep your Sahasrara open. Without your Sahasrara being open you cannot do anything. Surrender means nothing but keep your Sahasrara open. This is the way you are going to

grow.

What are you going to surrender to Me? I can create the whole world like I create worlds after worlds. What are you going to give Me? But just surrender. You have to give nothing to Mother, you have to be one with Her, you have to be lost in Her, is to enjoy Her, to know Her. That is the day when there will be a perfect Diwali in this whole world. I'll see My children becoming great lights of knowledge, truth, peace and joy. That is the day I'm going to feel that we have done the job alright. And let's have that real Diwali. And I'm sure it's going to be very soon. Why not compete with other countries in this like Russia, like Bulgaria instead of competing in nonsense. Let's compete. How many Sahaja Yogis we have got? What have we got to be given for Sahaja Yoga?

All this will create such a beautiful personality of self respect because unless and until you have Self-knowledge you cannot have respect for it. But now you have Self-knowledge so the whole thing is going to change. Today I wanted to speak to you more than the puja. Is a short puja, is not a very big puja for Lakshmi because is already within you. But in this short puja I wanted to speak to you that now you must respect the Mahalakshmi tattwa.

Now Mahalakshmi tattwa has got four sides. Is the first is the Lakshmi tattwa which I told you is the love, to express your Lakshmi principle, to be generous. Then we have got the Raja Lakshmi. Raja Lakshmi principle is that you are like a king "I am the realized soul, so what! I'm like a king!" The kings don't beg, do they? I mean if they beg then they are beggars, they are not kings. Of course these days I don't know what the kings are doing.

But, we are kings, we are royal. We walk like royal people. I mean I see people sometimes walking in a manner that doesn't behave a Sahaja yogi, living in a manner that doesn't behave a Sahaja yogi. We have to walk with the dignity of a king. And the king is the one who gives, who doesn't take anything. Is the Raja Lakshmi principle in you, has to come, in all the ladies.

You see so, also ladies should not give way to fashions. If you start changing your fashions that means you are not at all from the royal family. I went to Japan. You'll be surprised, they were very respectful to us, extremely respectful. I couldn't understand, you know, Me and My daughters. So we asked the interpreter. I said, "Why are they so respectful to us? Everywhere we went they gave us the present and bowed to us?"

He said, "Because they think You are from royal family."

I said, "Why, why do they think we are from royal family?"

"Because You comb Your hair so well and that You don't go to any hairdresser. Royal family people never go to any hairdresser get their heads to. Because Your hair are so well done. That's why they think You must be from the royal family."

Can you imagine? While we are like bhoots, how can we be Sahaja yogis?

Tomorrow you have to wear the crowns. We should not have dresses like beggars. Do you think so that's the sign of a royal family person? You must dress up well, neat, clean, not like a sanyasi, colorful, beautiful but with dignity. It should not be a fashion. Fashion is taken by ordinary people, by vulgar [people]. King doesn't take the fashion, does he? He creates the fashion. He doesn't take fashions. So you play into the hands of the fashions, this... Recently I heard the fashion is for women is to have their hair here (covering forehead). Why? Closing the Agnya like that?

If you are playing into the hands of these modern entrepreneurs and modern ideas and all those things, then know that you have no a personality of a Sahaja yogi. A Sahaja yogi has his own personality. He doesn't change according to somebody says, "All right, everybody is like this, so you should be like that." He has his own style and he has own ways of dressing up.

In everyday life also a royal person is such, the whole dignity of a royal person. You don't take money from others. You don't borrow money from others. Do you think the king, the day he starts borrowing money, he'll no more be a king.

Then a royal person always talks with a dignity as well as respect of the dignity of others. He doesn't use cheap words, slangs. Royal language he uses. Now these slangs I do not know, I do not know much about them but is very much in the fashion that you go on in a slangy way. You ask somebody some questions "eaa! eaa!" Is this the way a king would speak?

I tell you in every behavior, if you know that you are the king and you are the queen, the whole personality will change. But a beggar, if you bring the beggar and put him on the chair of a king, still he is, anybody coming, "Please give me something." Wearing the crown he says "Oh, Please get me.."

Now you are sitting on the thrones. In Sanskrit word is, in Hindi they say, virargj, virargji. Let this kingdom show through your behavior. The kingdom of God, show in your behavior. If you are a miserable creature, a TB patient, how can you be of the royal family? If you are a lanky-panky person how can you wear your swords? The other day they gave Me one sword to hold. I tell you many of you cannot hold it, it's so heavy. But in My Royal Spirit, I can.

Same with the ladies if they have to wear the dresses of a royal family. Even to wear the crown you have to have a head that is capable. So that royal nature has to come in your own behavior, when you talk to others and anyone. Like royal people never ask questions, never. "Hmm," they will say. "Hmm." But a beggar will ask a question. We call him a sawali, the one who ask a

question all the time. But why should a king ask when he knows all the answers. Why should he ask for any questions? I know some people who are such headaches.

Now say I'm in the road. "Will You take white water or blue water?" "Baba, I take water whether blue, white anything and that's all." Then they'll say, "Will You take a white comb or a red comb?" "Arey bhai, give anything." By their asking only you get fed up that "I don't want anything. Now get out of the road, please."

Then another style is, "I have a problema, a problema." Nothing problem, problema. "What is the problema?" "I don't know how to carry on with my job." Problema. Because you are a problem, that must be this problema. But Mother doesn't say, it's all right. She will suggest one thing. "But in this, this", then She suggests another solution. "But in this, this", then suggests three solutions. She will go on suggesting ten solutions. Still you will forget it's your problem, you think it's Mother's problem you are discussing. This is not the way the king is. The king gives solutions, he doesn't ask for solutions. Otherwise should he be king? And once you decide, "I am the king and I am going to solve my problems," the problems should be solved like this. (Mother clicks her fingers twice)

Do I tell you My problems any time? I never use this word also - problem. This is a modern word. 'Problem' we used to only use in mathematics, I think in geometry so far, really! We didn't know that it was used in general life. So if you are the king you solve your problem. If you solve your problem, then you are a king. If you cannot solve your problem then you are a beggar.

Then cheap things. To use cheap material, cheap things, cheap language, everything cheapish, is not a sign of a king. I would buy one sari in the whole year but a good quality sari. And I've got saris since My marriage, even before My marriage. All those saris are with Me because I would buy only one sari of a good quality once a year, finished! And traditional, not cheapish. But people will have twenty saris and they didn't know what to wear. They'll still walk out saying, "I have a problem, I have no sari." Because all saris are very cheapish you have bought. Same with men. Same with men. They try to save money, penny-wise pound foolishness.

And if you ask them. "Mother, You know what happened, I have no clothes."

"All right you come without clothes, then what to do?"

"No but there is this."

"All right, then do one thing."

It is impossible to tell them that this is stupid. You are the king, the way you talk to each other. A king doesn't talk too much, doesn't. If you are too talkative then remember you are not a king. The king doesn't talk too much, very little, 'yes' or 'no'. Or whenever he has to talk, he talks sense. Also he is not glum. Another extreme are glum people. You don't know how you stand with them.

So one has to know that you are in charge of yourself as a king or a queen and you carry yourself with that dignity. You do not shout. You do not say things slowly, as if you neck is chocked. Some Sahaja yogis talk like that. They think it's very, they are kind to Me. No, in freedom, but not shouting at Me and in a dignified manner. Dignity is something cannot be taught. It has to be inside yourself. A person is not self conscious but is conscious of his dignity. He doesn't do cheap things, never. Never the cheap things, you know.

Once a gentleman met My husband. He said, "Why don't you come and dance?" He said, "No, I don't dance because My wife doesn't dance." He said, "Bring Her to England, She will start dancing." He said, "You take Her to Moon also She won't do." That's what My husband told. "She's not going to dance with this kind of a ball room dancing. That She will not dance."

It's for the men and women to understand, that is not dignified. On this point you should decide, "If this is not dignified we are not going to do it. We are from the royal family of Shalivahanas and we are not going to do anything that is undignified." All the ladies, all the men, all the Sahaja yoginis and the Sahaja yogis are very different from all others. And this is what we have to understand, that how dignified we are for a Raja Lakshmi. Then the Gruha Lakshmi I've already told you. And the Lakshmi tattwa I've already told you.

But there is another principle which is called alakshmi and that alakshmi principle is where you may have everything, but you are a beggar, alakshmi. And that is what is to be avoided. Alakshmi, without any Lakshmi principle. Then there is kulakshmi. Kulakshmi is when you use your money for wrong things. You use your money for drugs, for this, that, for bad business. Whatever business you do you should know what you are doing, is for what. Kulakshmi. Grabbing the money of Sahaja yogis or Sahaja Yoga is the worst type of a Lakshmi, it's very, very serious. So that's how you come down. And, now when you see the whole world is, how it is, when you have to pull it out, you have to have more strength, more strength to pull them out, strength of love. Again we come to the same point: strength of love. That's the strength keeps Me laughing all the time, enjoying Myself. Even a least [part] of this joy I cannot give up. In the same way I bless you with all the Lakshmi principle and Mahalakshmi

principle but above all the principle of love, the pure love without any expectations, nirvajya.

I bless you all on this auspicious day. May God bless you!

Have wisdom and understand that Mother has said it out of Her heart, out of Her love, out of Her feelings for us. May God bless you! Thank you very much.



## 1990-1024, Truth Is What It Is

View [online](#).

24 October 1990

Truth Is What It Is

Public Program

Turin (Italy)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I bow to all the seekers of truth. At the very outset we have to know that truth is what it is. We cannot organise it, we cannot conceptualise it, and at the level of human awareness we cannot know it.

Whatever I am going to tell you today, you should not believe blindly, but please keep your mind open like a scientist. In case, say, the hypothesis I put before you, and if it is spiritually right in all honesty, I hope you will accept it.

You have to reach the state of human awareness. But not yet we have reached the state of absoluteness. If all of us had felt the absolute truth, then there would have been no problem. But there are so many ideologies and people are divided in the name of God as well. If there is one God, then why should there be so many differences? Why should people fight? Because we are sitting in the darkness of ignorance. We cannot relate to each other. So there is something to happen within ourselves, that we have to have some transformation. Within us is placed the mechanism which works out this transformation.

The mechanism which is shown in this diagram, you can see it. In the triangular bone, which is called as Sacrum, there is a power which is called as Kundalini in Sanskrit language. She is called as 'Asis' in Quran, and She is the reflection of the Holy Ghost within us. Holy Ghost is the primordial Mother power.

Now this power is the power of pure desire within us.

As you know the law of economics is that the desires or the wants are not satiable in general. We have one desire, say for example, to say, have a car, but then you have another desire. Once we get the car, we want to buy something else. So we jump from one desire to another.

Whether you know or not, we have a very strong desire within us and that is that we should get united with this all-pervading power of love.

The truth is very simple. The first thing is, that you are not this body, you are not this mind. You are not your intelligence nor your emotions. You are not your ego or your conditionings, but you are the pure Spirit and when you become the Spirit, then you know the second truth that is, there is an all-pervading power of love. This all-pervading power of love does all the living work. For example, these flowers that we see come out of very small seeds. We do not even think how these flowers, such beautiful colours, the fragrance, have come out of a small little seed. We take it for granted. But all this work is done by that power which we describe as the all-pervading power of divine love.

This is the power of the Holy Ghost, and when you feel it, then you are surprised that it moves in your hands like cool waves of breeze. So far you have never felt it. You have never known the existence of it. But it is very simple to awaken this, and to become the Spirit, so that you can feel this power. As if this instrument when it is not connected to the mains has no meaning, our life also as human beings have no meaning, unless and until we are connected to the mains.

This Kundalini, the one which is in three and a half coil, rises to six centres above. And the last centre which is below the Kundalini looks after our excretions, also our sex. It has nothing to do with our ascent. Kundalini is above that centre. When She rises above these six centres, She nourishes them. These six centres look after our physical, mental, emotional and spiritual

being. That is why, as a result of awakening of this Kundalini, you spontaneously get cured of any physical and mental problems. Don't have to take any medicines, don't have to go to doctors. Then when She comes out of your fontanel bone area, you get the actualisation of baptism –actualisation.

It is nothing artificial, and you cannot pay for it. How much do we pay Mother Earth for giving us these beautiful flowers? God does not understand money and you cannot purchase divinity. All those people who collect money in the name of God and live on that, are really sinners. They have no business to do that. But we are ignorant and they take full advantage of us. If tomorrow, Christ comes on this Earth, how will you recognise Him? He will not take any money from you. And how will you find out that He is the Christ? Because you are not yet at that stage where you can feel the truth.

So now you have to think or desire to have your self-realisation. That is when your Spirit comes into your attention. Then your attention becomes enlightened. Then it is the source of all the knowledge. The absolute knowledge. Then you can find out on your fingertips what is wrong with you, on your centres. You can also find out what is wrong with another person. If you know how to correct, then you can cure yourself and you can correct others also. This attention goes on purifying you automatically, because there is light. Supposing you are holding a snake in your hand, and there is darkness. If I tell you there is a snake, you might say that, "This is just a rope." You won't throw it away till it bites you, but if there is light, then you will throw it away yourself. That is how you become your own guide, your own master.

Also, you have within yourself the centre of peace. When the Kundalini rises above this centre, goes into the limbic area, then you feel absolutely peaceful, otherwise our attention is moving on the periphery of a wheel. But then we enter into the axis of our attention, which is all peaceful and we enjoy that peace in the state of thoughtless awareness where we are very aware, but we do not think. If you want to think you can think, but if you do not want to think, you need not think. Many people have foundations of peace, all kinds of pretensions in the name of peace. Many people have won noble prizes in peace, but within themselves there is no peace. I have seen, some of them they are very hot tempered. I do not know how they got this noble prize. So this peace is within ourselves, which we achieve spontaneously.

The highest of all is that we start watching everything without reacting. That is how we achieve a state by which you know everything, or I should say we enjoy everything. Say for example there is very nice piece of cloth here, done so well by some artist. If we look at it, normally we start thinking, what a nice piece. How much one must have paid, how much you have to pay, how we get money, should we insure it? If it is ours it is a headache. If it is somebody else's then we start thinking how are we going to acquire it? But the poor artist has made this with such joy. It is completely lost in our thought, but when we are watching it without thought, beyond thought, then all the joy the artist has put into it just starts pouring on you, from both the sides and starts absolutely soothing it down.

Thoughts start and then end up, again another thought starts and ends up. Between these two thoughts, there is a little space which is the present, but we live on the cusp of these thoughts, sometimes in the future, sometimes in the past. But when the Kundalini rises, She makes these thoughts very lean and there is a big gap and we remain in the present. Because past does not exist and future we do not know. Present is the reality. So all the dynamism of the present starts working in us and a person becomes extremely dynamic, extremely healthy and at the centre is extremely compassionate. He transcends all the limitations of human thinking. He transcends beyond all the races, all the visions, all the ideas that human beings have created and becomes really righteous. Because when you see this main part (on subtle system chart), this is the one which is created as ten valencies for us. These are ten commandments you can say, within ourselves. So these commandments get awakened, and when they get awakened we really become righteous, really!

One way we are Hindu, Christian, Muslim, anything, but they can commit any sin. No one can, no one can be bounded by their so called religion they follow. So because innately, this religion that is within us which is a real religion is not awakened. Carbon has 4 valencies while human beings have 10 valencies, and when they are awakened, you become – actually you become. It is not a question of thinking or dealing something, but actually inside yourself you become a righteous person. What we call, you become a real saint, as they say in Sanskrit language, 'Dvija,' means twice born, like a bird. Like a bird is an egg and then it becomes a bird. In the same way, we also are first human beings and then we become enlightened souls, and what do we

become with that? We become collectively conscious, our consciousness develops a new awareness.

I am sorry some people had to leave, but they will come back again and they will also get realisation. Actually this is God's work, there cannot be any danger in it.

Now again, those who do not want to have their self-realisation can leave the hall. Because it cannot be forced. Because I respect your freedom. As you have to enter into total freedom, where nothing can dominate you, no bad habits, no bad thoughts, nothing that you do not like can dominate you. So for that total freedom, I expect your freedom, and unless and until you desire this and asking for your self-realisation, I cannot give you. So it is about ten minutes procedure which we will follow and I am sure you will all get your realisation. Now somebody will show you how we have to nourish our centres ourselves. Now we have two powers within us which I could not tell you about because we are short on time. One is on the left side, another is on the right side. The left side power is the power of desire which looks after the left sympathetic nervous system. And the right side power is the power of action, which looks after our physical and mental activities. And the left side looks after our emotional side. So, symbolically you put the left hand on your lap towards myself. You can keep it on your lap. Then we put our right hand on the heart. In the heart resides the Spirit. Then we put our right hand in the upper portion of our abdomen on the left hand side, we are only working on the left hand side. And then we take down our right hand to the lower portion of our abdomen. This is the centre of pure knowledge that manifests on your central nervous system by which you operate all divine laws, by which you become collectively conscious. Then you raise your right hand in the upper portion of your abdomen on the left hand side. This is the centre of your master, that you become your own guide. Then you raise your right hand on your heart.

Then you have to put your right hand in the corner of your neck and your shoulder, and you are to turn your head to the right. This centre catches when you feel guilty. After all, you are a human being and if you have committed these things, it is alright, because this divine power has the capacity to dissolve all your mistakes. Because it is the ocean of forgiveness. You are not to feel guilty at all. Now you have to put your right hand on your forehead and put down your head as far as possible. Here you have to say that you forgive everyone. You forgive everyone in general. Some people say it is difficult to forgive, but whether you forgive or do not forgive you do not do anything. But if you do not forgive, then you get into wrong hands.

Now you take back your hand to the back side of your head and raise your head as far as possible, as back as possible. This is the centre where, for your own satisfaction, without feeling guilty, without thinking of your mistakes, you have to ask forgiveness from this power of love.

Now, stretch your palm fully and put your centre of your palm on top of your head in the centre. Is on the fontanel bone area, which was a soft bone in our childhood. Now put down your head, push back your fingers fully so there is a hard pressure on your scalp. This is very important. Now move your scalp seven times towards the clockwise.

That is all we have to do. Now at the very outset, I have to say there are three conditions. The first condition is that you are not to feel guilty. You have to forgive yourself fully. Forget the past. The second condition is that we have to forgive everyone in general. This you do not have to think about every individual. And the third condition is that you have to be self-confident, that you all can get self-realisation. Should not have any diffidence about yourself. Do not look at people who tell you, you are sinners. You are not. Christ has done everything for us. He has suffered for it. We have to just awaken, that is all. So please do not think that you are sinners, you have done mistakes. Forget it. At this moment, you are all going to enter into the Kingdom of God. So you should be very presently placed towards yourself. After all, human beings are the epitome of evolution. And a little breakthrough is needed, little gentle is to be done. So do not get conditioned by what others have told you about yourself. Have full confidence.

Now there is one request, if you can take out your shoes this Mother Earth helps us a lot. Need not take out socks, only the shoes. Because shoes are tightly on there.

Now you have to close your eyes and you can take away your spectacles if you like. If you are wearing tight in the neck or tight on the waist. You have to be very comfortable in the sense, you should not bend too much or stretch yourself too much, but be

comfortable. Sahaja Yoga is very comfortable, you do not have to go any 'malaya' (mountain) and stand there on one leg. The divine power is very anxious that you should all get your realisation.

So now please put your left hand towards Me and just close your eyes. Please do not open till I tell you. Please put both your feet apart from each other, if you are sitting on a chair, but if you are sitting on the ground it is alright. Now please close your eyes, put left hand towards Me and right hand on your heart.

Now if you want to call Me Mother or Shri Mataji, whichever way you want to do. Now you have to say a very fundamental question, ask a very fundamental question to Me in your heart. Please ask three times in your heart, "Mother am I the Spirit?" Now if you are the Spirit, you are your master, you are your guide.

Now please take your hand to the upper portion of your abdomen on the left hand side, and press it hard. So here you press it hard and ask Me a question three times, "Mother am I my own master?" Please put the (left) hand on your lap, not towards Me. Left hand on your lap. Now here you ask a question three times, "Mother am I my own master?"

I have already told you that I respect your freedom, and I cannot force pure knowledge on you. Now take down your hand on the lower portion of your abdomen on the left hand side, and here you ask Me a question. "Mother please may I have pure knowledge? Mother please give me pure knowledge." Say it six times, because this centre has got six petals. As soon as you ask for pure knowledge, the Kundalini starts rising, so we have to nourish our upper centres with our self-realisation.

So now please raise your right hand in the upper portion of the abdomen on the left hand side. Here you have to say with full confidence ten times, "Mother I am my own master." Say it ten times.

I have already told you that the greatest truth about you, that you are the Spirit, and you have to become the Spirit, otherwise you cannot enjoy life. By becoming the Spirit, you become the instrument of God, and this great divine power of love starts flowing through you. So raise your right hand on your heart and say with full confidence, "Mother I am the Spirit."

This all-pervading power is the ocean of knowledge. It is the ocean of compassion and blessings, but above all it is the ocean of forgiveness and you cannot commit any mistake which cannot be dissolved by this. So now raise your right hand to the corner of your neck and your shoulder, and put your head to your right. Here again you have to say with full confidence sixteen times, "Mother I am not guilty at all." Please say it from your heart and believe Me you are not guilty. If you do not say it properly, Kundalini won't pass through this centre.

Now raise your hand onto your forehead and put down your head please. Here again I have told you that whether you forgive or do not forgive, you do not do anything, but if you do not forgive, you play into wrong hands. If you do not forgive everyone in general, this centre is the very constricted one, and you have to awaken Christ in this centre. So now say it from your heart, "I forgive everyone in general." Not how many times, but from your heart.

Now take back your hand to the backside of your head and push back your head fully. At this centre, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to say, "Oh divine power, if I have done any mistakes, please forgive me." Say it from your heart, not how many times, say it from your heart.

Now the last centre, you have to stretch your palm fully, and put the centre of your palm on top of the fontanel bone area, it was a soft bone as a child. Now push back your fingers, that is important, push back your fingers and put down your head fully. Now press it hard, your scalp, and now move it several times slowly, but I cannot force on you self-realisation. I respect your freedom. So just while moving your hand you have to say seven times, "Mother, please give me self-realisation." Please move it clockwise with the pressure.

## 1990-1101, Arrival

View [online](#).

1 November 1990

Arrival

Kuala Lumpur International Airport, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

ARRIVAL TALK AT KUALA LUMPUR 01.11.1990

Shri Mataji: You are out! You are all prepared! Nice to see you all. You have so many flowers! Can I have some water? Name of yogi [UNCLEAR] How is your work?

Thank you (Yogi giving the water). (Shri Mataji asking for foldable hand fan 'Phanca' in Hindi) In my purse. You people have given me already isn't it (yogis giving flowers)? Mother for your Good Life, as long as we have a good life we are able to. Look at these lotuses. This is Mahalakshmi's style; very big. You had rain here?

Yogi: Yes, raining yesterday. This morning also.

Shri Mataji: All cleared out. The atmosphere is clean because of that. Lots of Indians are here? Lots of Indians! Hello! (Yogi giving flowers) May God Bless you.

Here it is, the purse. He is searching there. Tell him it is here.

Yogini: (Asking Shri Mataji whether she can fan Her) Mother! can I do?

Shri Mataji: No, I am alright. special child, you are. Only one person can do it.

Yogi: I can do it for you.

Shri Mataji: It is alright. So how is Perth now? I was told hangar has been done partly. What is the height of the hangar?

Yogi: Hangar is actually big, fabricated, it is still in the factory. Because It has taken a while to get the building pass, permission. Because, we had to show what we wanted; a big hassle, so that they give us approval for production.

Shri Mataji! Because for people to build they must be having an objection?

Yogi: Rule is that so many people [UNCLEAR] so that they have to give us permission.

Shri Mataji: If pre-fabricated not much work then.

Yogi: That's right.

Shri Mataji: (looking at the flowers) This is the place of Mahalakshmi. These flowers only we have in India in Kolhapur that's all, these flowers. ( Shri Mataji telling a Sahaja yogi) Why don't you sit up there? You have to be comfortable in Sahaja Yoga. Go up and sit.

I was thinking that the water, Ng told me that it is much cheaper to buy here. Whatever we have to buy, we buy here and these people will come to the airport and hand it over to you when you are going, in the same plane. You can put them in suitcases or

something.

But, you go directly or stop at S'pore?

Yogi: We stop at Singapore only for an hour.

Shri Mataji: Your baggage will go direct?

Yogi: The luggage will go direct.

Shri Mataji: To give them, somebody has to go.

Ng: Or they can stop over here.

Yogi: Ya, that's the other thing. We can tell them to stop here and pick it up.

Ng: You can spend a day or two here.

Shri Mataji: Laughing

Shri Mataji: How many coming from Perth?

Yogi: From Perth 5 and 50 from Sydney.

Shri Mataji: If Sydney people can come via Singapore also it is possible, it can be kept in the handbags.

Yogi: Customs are a bit funny.

Shri Mataji: Australia? how they trouble me, My God! They are horrible. I think they take money. Very funny. No customs troubled me as they did. Actually, I didn't know what was inside. I told them also I don't know, this is for our Puja we brought it. Still, they got after me. I said you take away and do what you like. See, the economy is so bad, who is going to send anything there.

Yogi: It is worse.

Shri Mataji: Worse; they wanted me to send them something from India. They sent me all those things UNCLEAR. The main problem is the economy has gone down so much that it will all be a waste. They wanted to start a business, I stopped and told: "you do know what is the situation there". Thank God!

Yogi: That was Robert, my brother.

Shri Mataji: Your brother? Our Avinash flying very high. I had to stop him.

Yogi: Europe and Russia.? (Yogi asking about Shri Mataji's Europe and Russia Self Realization Tour)

Shri Mataji: Oh ! Russia. Nobody will believe if I tell what happened. I mean they just accepted Me as Power of GOD. They are so wise and deep. Maybe there has always been introspection in their character. They are writers, novelists, be anything. There has been introspection. They are not like western people, like others who have got so-called freedom. So much of our attention is wasted. Just they saw me and just there. We have 600 doctors who are practising Sahaja yoga. They are learning about it; there is the proper school is going about. Two Hundred scientists of very high level, one who met UNCLEAR. ; absolutely there. See our ego is so much that we are in the dungeon of the artists. For any program, there has to be a stadium for 14000 to 16000. Even in

Bucharest, Oh My GOD! You won't believe how they are working out. You may be frightened that they might even break the hall; unbelievable. They do not have any false gurus. They understand who is a false guru, who is not. We in the west pay for something UNCLEAR.

Say, In America, we have altogether only 100 Sahaja yogis throughout compared to Russia. Just hundred somehow or other sticking on. But, Even I went to South America, tremendous! Even Sydney or any place, even New York. when I am there somehow or another hall is full. Real Sahaja Yogis? Russians have some sort of emptiness within. I mean they are well off in a way, no poverty. Everyone married gets a house. Then the car is there; food is there. Don't have to work so hard. No struggle, nothing. Everything homemade. Now because of this change, also they have reached that stage of sagacity, I think they have given up these things. They have adapted it. That it is why all settled down this way. Now we have to change the method. For example, the government offer them 'you have your houses and we won't charge you pay rent'. They said no, no. You better keep and take from us rent, you have it.

Yogi: Here we will be happy to have this.

Shri Mataji: Here tax this and that; all kinds of problems. Everything looked after by the government (Russian); happy go lucky people and suddenly they have to look after themselves, they have to start their own, they are quite frightened. Alright whatever it is, we should say there is a very great number of people waiting for us. Then Bulgarians, and we went last to Romania. That was another place, absolutely tremendous people; very nice. In a way they are deeper than Russians, I would say in a way. They have more of 'bhakti' , devotion. Russians are more sort of they have sorted it out to that point that Mother is the Saviour. But these people are emotionally attached. It is a question of UNCLEAR, I should call these people and show the whole world.

Already we were in in the plane, we were going to Russia, Moscow, in the plane They found a magazine, My photograph all about My work everything is given. Some people's UNCLEAR given. (Shri Mataji asking a yogi) What magazine is that?

Yogi: Business USSR

Shri Mataji: In the plane in English, I was so surprised. Everybody started coming 'give us Realization, give us Realization', in the plane. So that's how it is working out.

(Shri Mataji looking at the yogis) Now we are all prepared for the program? You have advertised?

Yogi: I show the advertisement.

Shri Mataji: Just I read an advertisement, that for Kundalini, for tantra this that. It is an advertisement. His name is Guru Wong.

Shri Mataji: Very nice ( Shri Mataji read the advertisement shown by yogi, Ng).

Yogi: Mother do you want to rest.

Shri Mataji: I think so. I will have my bath and rest.

(Yogi showing an article about the program)

Shri Mataji: See the whole night they put the film before me and wouldn't allow us to sleep. I just don't know why. In five hours they showed two films. Everybody was complaining we want to sleep; we want to sleep. But, No. So sleepy. I will have a bath and sleep for a while.

Yogi: Can we say your Manthras. Can we say Three Great Manthras?

Shri Mataji: Alright please say.

(Manthras recitation).

Shri Mataji: So, what time is the programme. Eight Clock?

Yogi: Eight'o Clock.

Shri Mataji: I hope you all will be there before that time. Is nobody going to translate?

Yogi: It will be in English.

Shri Mataji: Only in English? Only I speak. It's alright.

Yogi: Mr Shyam will give an introduction.

Shri Mataji: Yes, Yes, he can do so, opening. He must have gone to sleep also. Terrible really. The whole night playing films. I reach there a little later? Because if he speaks then I go after he has spoken.

Yogi: Then we start the 7.30 or so.

Shri Mataji: What time is the programme?

Yogi: Eight O' Clock.

Shri Mataji: Then eight O' clock you start the program. I should reach there by 8.30. Give me half an hour. Alright? May God Bless You.

Shri Mataji: I go without 'chappals' [sandals] [Yogi bringing Shri Mataji's sandals]. In the house it is alright. Lots of vibrations.



## 1990-1101, Arrival Talk

View [online](#).

1 November 1990

Talk to Sahaja Yogis

Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

Transcribed i Arrival Talk Kuala Lumpur

HHSM :May I have some water? Thanks nice house she has got.

HHSM :(Language foreign.....) Passport. (unintelligible) in my purse.

HHSM :You people have given me already, isn't it?

Yogi :Mother we were a bit late. The airplane was a bit late arriving at the vehicle.

HHSM :Thank you. Look at these lotuses here. It is Mahalakshmi's style, very big.

Yogini :Mother, Jai Shri Mataji.

HHSM :Yong, how are you? I love this.

HHSM :It rained here?

Yogi :Yes it was raining yesterday. Raining this morning also.

HHSM :All cleared out. The atmosphere also has cleared out. Lots of Indians are here?

Yogi : Indians?

HHSM :Lots of Indians. Ha, Hello.

Yogini :Hello Mother. (Mother receives a rose and namaskar)

Motor engine sound inaudible

HHSM : Here it is the purse. He is searching there, tell him it is here. (Hindi) inaudible

Yogi : Aha. Ok

HHSM : I have got the bag and it must be something there.

(Hindi) inaudible

Yogini :Can I fan you Mother?

HHSM :(Fanning) I am alright. This is the special style na, only one person can do it.

Yogi :No, I can do it for you.

HHSM : It's alright, so how is Perth now? I was told the hangar has been done partly.

Yogi : (Laughs) Ha Ha

HHSM : How? What is the height of the hangar?

Yogi : How's the hangar is actually it has been fabricated, it is in, it is still in the factory and

HHSM :Achha

Yogi :Ya, because It has taken a while to get the building losses, the permission because

we weren't sure what we wanted is being cancelled and so they have given us

approval now for next round.

HHSM :Because for people to give they must be having an option.

Yogi :That's right. You see, the law is that so many people unrelid can't live together.

Thank you... in the in the law but they have given us permission.

(From 4 min 38 seconds to 5 mins) dialogue not audible because of motorbike sound)

From 5th minute

HHSM : Fabricated. Not much work done

Yogi :That's right

HHSM :See the place of Mahalakshmi we have these flowers.

Only in India we have in Kholapur. That's all. These flowers.

Why don't you sit upstairs up the? (inaudible from 5 min 22 sec to 5' 28s due to motorbike sound)

HHSM :You have to be comfortable in Sahaja Yoga, right? Don't make (inaudible) Please go up and sit down. Yeah.

HHSM :I was thinking that , you see the water and he told me that it is much cheaper to buy

here things.

Yogi :Yes

HHSM :Whatever we have to buy, we buy here. And these people will come to the airport

when I need to do some work when I am going, on the same day.

Can put them uh in some suitcases.

Yogi :Yeah

HHSM :But you can go directly. You have directly or you have to stop at Singapore and then go?

Yogi :We stop at Singapore.

HHSM :How much time?

Yogi :Only for an hour.

HHSM :Or so your luggage will be directly

Yogi :The luggage will be there directly.

HHSM :So we have problem how to live with them.

Somebody has to go.

Yogi :Or they can stop over here you know. Collect So it is the other thing uh.

When, when we started travelling we cannot stop here and pick it up and come through that one. We can spend a day or two here.

HHSM :Uh ha ha (laughing)

So there are, I see I don't know how many coming from Perth?

Yogi :Uh from Perth is 5

HHSM :5 so from there it is about 55 or 45.. Or how much is that?

Yogi :50, 50 from Sydney

HHSM :50 from Sydney

Yogi :40, 40

HHSM :If Sydney people can come why Singapore also is possible?

Yogi :That's right.

HHSM :Can we have the handbag or something?

Yogi :Yes, because the customs are a bit funny, that's why.....(inaudible at 7 min 34 sec)

HHSM :Australia is not.

Yogi :Terrible

HHSM :How they trouble me, remember?

Yogi :Yeah

HHSM :Oh my God. They are horrible people

Yogi :Hmm

HHSM :I think they take money

Yogi :Hmmm

HHSM :A very, very, very funny people.

PAUSE

HHSM :No custom has troubled me as they did, really. Nothing at all. Actually I did not know what was inside it I. I told them, I don't know it's for a Puja, we got it. This is how we got it, is that how we got it but still they got out. I said do whatever you like. If you want take it away and do whatever you like.

PAUSE

HHSM :You see one of them is so bad. Who is going to send anything there?

Yogi :It is getting worse.

HHSM :Worse. You see they sent me. They wanted some things from India but they have sent me all those things. 8 m 48s what you call .....(inaudible) The main problem is that the economy has gone down so much that it is all a waste. I told him first, so even if they were starting some business I said stop it first, you don't know what is going around. Thank God.

Yogi :That was, that was Robert, my brother.

HHSM :Robert

YOGI :Yeah, yeah

HHSM :That's what I was saying.

Yogi :Yeah (muffled)

HHSM :That's how Avinash is very .....(Hindi). Have to talk to him. ...(9m 30s) has no salt

Yogi :Murmuring (Inaudible) And in Europe Mother. In Europe and Russia

HHSM :Ah Russia. In Russia nobody would believe what happened. Nobody would really believe. I mean they have just accepted me as power of God. Just accepted. Really wise, really so deep. Maybe there always have been introspection in that sense. Writers, novels or anything. It always has been introspection. They are not like western people or like others who have the so called freedom who have the so called freedom, so much of attention is wasted but just the sum of it indeed just, now we have just six, we have 600 doctors who are practising Sahaja Yoga.

Yogi :Yeah

HHSM :Yeah, they are learning about, there are proper school-going about it and there are 200 scientists of higher-level the one who made Sputnik.

Yogi :Sputnik

HHSM :Absolutely there. See our ego is so much you are in the dungeon of darkness and ignorance. And for any programme, it has to be a stadium, 14 000, 16 000, even in Bucharest, oh my God, you won't believe how terrible it was. And you might be frightened how they might even break the hall.

Yogi :Really

HHSM :Unbelievable. And they do not have any small, small. They understand (in audible)

Yogi :That's right

HHSM :You see We are, the west, if we can pay for something, we will be very proud.

Yogi :See

HHSM :Now, say in America we have already have altogether only 100 Sahaja yogis. Only 100 throughout somehow or rather sticking out compared to Russia just 100 somehow or rather sticking on but even when I went to say South America, tremendous, tremendous. No even in Sydney or any place you go even in New York you see I am there somehow or rather the hall is full. But real Sahaja Yogis (motorbike sound). Russians don't have a sort of emptiness from here. I mean they are very well off in a way. You see there is no poverty, no poverty. Everyone who gets married gets a house. Then cars are given, food is there now of course it is a little worse. They used to get everything, everything, I have seen that they don't have to work so hard, no struggle, nothing, everything on me. No problem but now because of this change so also, also it had reached that stage of scarcity that I think that they, they had given up work no interest to do work, no interest they have no pay That is why it all settled down this way. So he had to change the method but for example the government offered them, you can have your houses we will not charge you anything, you can take your houses but you have to maintain them .I said 'No' you better take from us then you have it. (Laughs)

Yogi :Laughs

HHSM :Can you believe it?

Yogi :Here they take two houses.

HHSM :Huh, Here the thing is taxes. This, that, all kinds of problems. Everything is looked after by the government, so they were very happy go lucky people and now suddenly they have to look after themselves they have to start their own. (motorbike

sound...inaudible) 14m 25s. Alright whatever it is we should say that it is a very great number of people waiting for us. Then the Bulgaria' same thing and then last we went to Romania, before this Puja. That was another place absolutely tremendous people, tremendous. Very nice. In a way they were even deeper than uh. Russians I would say.

Yogi :Ah

HHSM :In a way, because they have more of bakhti, devotion but Russians are more sort of . they have sorted it out to that point. Mother is the saviour but these people are emotionally attached. It's the question of who I am sure all this will be exposed very soon to the whole world. (inaudible) Already when we were going in the plane, we were going to Russia, Moscow and the plane we found a magazine with my full photograph it's all about my work everything given and some people interview was given, everything. I was so surprised in the magazine you know in the (Hindi) but some sort of a magazine it was. All the magazines were

Yogi :Business USSR

HHSM :Business USSR should start

Yogi :Really?

HHSM :Yeah and on the plane in English Language. You see that, then I was so surprised that everybody started coming to me "Give us realization, give us realization in the plane". So that is how it has worked it out. So now are we all prepared for the programme?

Yogi :Yes, yes

HHSM :You have advertised?

Yogi :Yes, I will show you the advertisements. This is how we are printing

HHSM :Oh, very nice. I really found one of the advertisements for Kundalini, for tantra, for this. There was an advertisement

Yogi :Some, another Guru is it?

HHSM :Yeah, yeah. His name is Mr Song or Wong, Wong. Guru Wong.

Yogi :In Malaysia?

HHSM :Yeah Ah. Saw in the newspaper, Guru Wong.

PAUSE

HHSM :In Hindi

Yogi :Replies in Hindi

HHSM :Very nice, very nice.

Yogi :Would you like to rest now?

HHSM :I think so. I will have my bath and rest

Yogi :There is this, Hinduism Today” article

HHSM :Ah, Ah.....( In Hindi ) I wanted to avoid it,

Yogis :Chattering

HHSM :Absolutely. Very sleepy, absolutely sleep you see the thing the whole night they put the film before me and wouldn't allow us to sleep. I just don't know why 5 of us, they showed two films. Everybody was complaining, “We want to sleep, we want to sleep” but no, so sleepy. I think I'll have a bath and sleep for a while.

Yogi :Could we say Your mantra? Could we say Your 3 mantras?

HHSM :Yes, alright please.

Yogi :Let's say Mother

“Aum twamewa sākshāt

Shrī Mahalakshmī Mahasaraswatī Mahakali

Trigun'ātmika Kundalinī sākshāt

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyāi namo namah

Aum twameva sākshāt Shrī Kalki sākshāt

Shrī Ādi Shakti Mātājī Shri Nirmalā Devyāi namo namah

Aum twameva sākshāt Shrī Kalki sākshāt

Shrī Sahasrārā-swāmini Moksha-prādāyini Mātājī

Shrī Nirmalā Devyāi namo namah(3X)

HHSM :So, what time is the programme, 8 o'clock?

Yogi :8 o'clock

HHSM :So I hope all of you will be there before that time and nobody is going to translate only in English.

Yogi :It will be in English, In English

HHSM :It's alright.

Yogi :We want Mr Sham to give a .....first.

HHSM :He can give some opening.. We must have gone to sleep also. It's terrible it was really the whole day and night they have films. Alright so I will reach there at 8 'clock exactly. No because he will speak, then I will go after he has spoken.

Yogi :Or maybe he can start at 7.30 or so.

HHSM :What time is the programme?

Yogi :At 8 o'clock

HHSM :Then 8 o'clock you start the programme, I should reach there by 8.30. Give him half an hour. Alright. May God bless you. I will go without chappals, in the house it is alright. There are lots of vibrations.



## 1990-1101, Seek the Eternal

View [online](#).

1 November 1990

Seek The Eternal

Public Program

Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) - Reviewed 1990-11-01 Seek the Eternal, Public Program Day 1, Kuala Lumpur, Malaysia

I bow to all the seekers of truth. At the very outset, we have to know one thing that truth is what it is. We cannot conceptualize it with our human awareness nor can we organize it. It is what it was and it is what it is, it will be what it is. So to know it you have to rise higher than this human level into the level of spirit. Unless and until you do that whatever you think whatever you conceptualize creates problems.

That's why all the scriptures have said one thing that seek the eternal and treat the transitory with all its understanding and limitations but this is only possible if you have become the spirit. All the saints have said that you have to know yourself, unless and until you know yourself, the illusion and ignorance won't go. If you see in the Chinese right from Confucius, Lao-Tze all of them have talked about it.

For Christians, Christ has said the same thing, for Sikhs guru Nanak has said the same thing that you must seek the truth. And when these people have told you all these things about Sahaj yoga, it is very important to understand that you should not blindly believe anyone of us. Blind faith will lead you nowhere because you are seeking the truth. So unless and until you have found out the truth you are not to believe into anything blindly. If you just believe blindly into something or because you are born into something then you must know that there is something beyond it.

Moreover, Sahaj means 'Saha' means with, 'J' means born. Born with you is the capacity to this yoga means the Union with the all-pervading divine power. So the truth is the first fundamental thing that you are not this body, you are not this mind. You are not these emotions, nor you are this ego or conditionings but you are the spirit. This is the truth. That's the truth is and unless until you become the spirit you will not know the truth and the second thing you have to know is that all living work that you see, all these beautiful flowers coming out of one seed, one bulb. All living work is done by this all-pervading power of God's love.

So by becoming the spirit you know the second truth that is this power that is all-pervading but you do not know it only mentoring. All our knowledge is mentored but you know it on your central nervous system and this is what all these Christians called it is Agnostics, the people who knew 'Gno', 'gna' word comes from Sanskrit word 'dhyna' or we also say 'gna' in marathi language, we call it "dhyna". So this Agnostics means to know and that's what is the knowledge that is the gyanis, that is the real people who know not mentally but on your central nervous system you must feel this all-pervading power. Unless and until you do that and establish your connection fully you will not know what it the truth. Till then whatever you do is blind faith.

So you have to go beyond blind faith. You have to go beyond this and all of them have said the same thing again and again but we are forgetting it. We just read, we read about the prescriptions these saints have given us. As guru Nanaka has said that unless and until you know yourself you will not see the illusion, we go on reading it, no use reading or the same thing Christ on thyself, now go on saying 'know thyself', 'know thyself'. By saying 'know thyself' will you know yourself?

So, there is an arrangement within us, whatever is there they have shown you just now and told you about is Australians have come all the way for Malaysia. Now, these arrangements exist within yourself. Even here I would say that you should not believe when we tell you about all these arrangements we have within ourselves. But as a Scientist, you must accept what I am saying as a hypothesis and if it is proved to be true, as an honest person you must accept because it is for your benevolence. It will prove the existence of all these saints and what they have said it.

It is for the benevolence of your human body, for the benevolence of his mental side, his emotional side and it is for the benevolence of your country, of all the countries of all the world. So this has to happen, is called the resurrection time. As in the Quran, even Mohammad Sahab has said it's 'Kiyama'. At this time he said that your hand will speak, your hands have to speak and this exactly what happens in Sahaj Yoga. Your hands start speaking, you start feeling on your five fingers as shown their these 5-6 and 7 centres on the left side on the emotional side, on the right-hand side you feel mental and your physical sign. Now in certain countries,

I think some people are very introspecting like Russia. They must have told you about Russian experience. They are extremely introspecting and that's the reason why it settle down with them in such a big way even the scientist, 200 scientists came and they took to Sahaj yoga, 600 doctors have come to Sahaj yoga, they are working it up. But it could be a cock and bull story, but one must know that falsehood can be found out very easily. When you go to anybody false, they will charge you money. First interest would be how much money you are going to give them.

Their interest is how much money you have in your pocket or they will have some other interests which are not in any way pure interests. The pure interests should be that you get your self-realization. Of course, for which you cannot pay and you cannot put in too much of effort. This is the basic thing if you understand, you can get rid of many false people who are running here and there. But if you are frivolous, you may do start guru-shopping and all that. There cannot be a guru shopping, the guru has to give you the real as they call it the 'asal'.

The real, the reality has to be given. If reality is to be given, you cannot charge for it because it is so invaluable. So, those people who are seeking God, or those who are seeking their peace, seeking their own self-realization should understand one thing that you cannot pay for your self-realization. But, it happens like this that we are deluded by the way people advertise, by the way, people are pretentious. But there cannot be pretentious about Sahaj yoga because it is reality.

Now as it is the time, quite a lot has passed and these people have told you about you, today being the first day it was my style is that I am likely to have some questions from the audience. But sensible questions not aggressive questions. Because it is within you, it is your own power, its your own mother and tomorrow I will explain you everything this power that resides in you. This is the power of your ascent. So, is it possible for you to ask me some sensible questions about it, I will answer then we will have about 10-15 minutes session of self-realization.

16:58 Of course, I will let you know. I am now going to be here, I decided to be here only for 2 days, but I think I will be here for 3 days now and I would like to be meet the people of Malaysia, will be good idea. May God bless you!

## 1990-1102, Yoga Yukti

View [online](#).

2 November 1990

Yoga Yukti

Public Program

Girls Guide Hall, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Kuala Lumpur, 1990-11-02

I bow to all the seekers of truth. As I told you yesterday, that the truth is that you are the spirit and the second truth is that when you become the spirit you can feel the all pervading power of God's love. Yesterday so many of you have felt and now we have to know that unless and until we are connected to that power which is "Yoga", which happens spontaneously "Sahaja" born with you is this right to feel the existence of God's love to get connected to have the yoga. Yoga also means "Yukti" means we can in very simple English way "trick of the trade" "Yukti" means how to work out this power. So the first is to feel the yoga and then is to feel in collective consciousness our own chakras our own subtle centres and the centres of other people. Then we have to know how to correct those centres. This is the part we call as "Yukti" which one has to learn. For that nobody has to pay anything. It's a knowledge above any money, above any gold, above any precious thing you think because it's too precious, you can't pay for it. So now we have here as I told you there are seven centres before one, two three four five six and seven centre and these centres are created by two Nadis, one is on the left side and another on the right side. Left side nadi is called as "Ida Nadi" or "Chandra Nadi" or the "Moon Nadi" which caters to our subconscious mind and the right side nadi is called as the "Pingala Nadi" which caters to our right side and to our future to our supra-conscious mind. The left one looks after our subconscious mind as I told you and also manifest on the physical side what we call the left sympathetic nervous system and on the right side the another nadi which is called as "Pingala" which is the "Surya Nadi" the "Sun Nadi" or the channel manifest supra-conscious mind which caters to our futuristic ideas and also it manifest the right sympathetic nervous system. In Russia, a very well known mathematician and a scientist came to see me and he asked me that, is the brain divided into two halves and it is not the similar one but hetro constructed. I said yes, and I showed him why and he was really amazed and he said that how does the Doctors dont know about it. I have also done medicine and I told him, the Doctors treat the tree by treating the leaves while Kundalini is the root "Mul" and when the Kundalini rises she nourishes all the centres, all the subtle centres within us. Let us see the nature of these two Nadis which as within us and when joined together like a left and right and they combine like this and form a central path of our ascent and this central path is very clearly there of course sometimes gets obstructed when we use too much of right or left. The human nature is to go extremes. When we go too much to our emotional side this (left) got pulled out too much and when we go too much to our right side this goes on pulling on to the right and sometimes some sort of a shock on a left can just break it like this. At that time diseases like cancer or the diseases which you call as Psychosomatic diseases which are incurable according to the medical science manifest. These are definitely curable through Sahaja yoga if they are not gone beyond the condition of we can say of no return and they have been cured. You can also cure. It's not necessary that we have to import people from Australia with time and do something. You can go to Australia now and can help them there but it depends on the people how deep you are and how deeply you feel the concern for the whole humanity. For example I came to Kuala Lumpur, before I went to Australia but today in Australia I don't know how many centres we have how many countries are there or how many Sahaja Yogis are there. But here I found people are just lost in ritualism or in some sort of false Gurus or into the activities which has nothing to do with reality. Now for example how dangerous it is to go to the false Gurus I don't know will show you here. On the left hand side this is a Nadi which we call as "Chandra Nadi" and there must be some knowledge about it becасue people call madness or lunacy. It comes from the moon, lunacy. So this "Chandra Nadi" is the one which is responsible for subconscious mind and for our collective subconscious mind, that is whatever is dead since our creation that resides on the extreme left of ours. So when as I told you it breaks centres, it goes to the left. Now this can happen if you go into the domination of any ordinary person. Supposing if your father is dominating, he tortures you, if you have a step mother you can go to left side. Then you develop diseases of left side like which are purely left sided diseases which can be called as histeria, lunacy, epilepsy or those diseases plus sometimes people have depressions. This is all due to the fact when

you move extremely unhappy, dominated. On the right hand side diseases are caused due to the overactivity of the mind. For example if you see here, the yellow one is the Swadishthana chakra. This is the second chakra and this second chakra is responsible, as you see there moves over whole of the green area and is responsible for looking after your liver, your pancreas, your spleen, your kidneys and some part of your intestine, the lower part of the intestine. Now this has another function which Doctors do not know that it converts your fat cells for the use of the brain. So those people who are very futuristic, plan too much, think too much they use this centre so much that it has no time to look after the other organs of the body. I have been talking so much. So now the Swadishthana chakra's job which is to look after all these functions becomes very limited, those people who think too much, future planning they do all the time, live in the future is to convert your fat cells for the use of the brain. So such people become right-sided people and they use too much of their "Prana" is the breath. As a result their liver, the spleen, the pancreas, the intestine and kidneys all suffer negligence. Such people develop terrible liver problems. We do not know how dangerous it is to have a bad liver because Doctors can not treat it. They can when you are about to die they will tell you, you have a cirrhosis of a liver or a liver cancer. This liver gets heated up because it has one function to eliminate all the heat of the body into the bloodstream and the heat is actually is the poison of the body because it can not function what happens that the whole heat starts going upward and downward and you develop diseases like asthma. Also you develop diseases like kidney trouble where the kidney stops working. If it rises even higher you develop the trouble of right Vishuddhi where you just stop talking, you cant talk. The voices go out. When the right side increases too much it has an effect on the heart and one can get a very massive heart attack. Now these are purely purely physical things. Now in Sahaja Yoga there have been people who had trouble with liver and they have been cured completely, is a very simple method by which you can cure yourself, very simple method but it's very important that you should get your liver alright because liver is the seat of the attention. I have been saying this for last twenty years and now there are some scientist who have started saying that liver is the seat of our attention but it is. Liver is the seat of our attention. So the second thing is your pancreas, your pancreas gets affected because you think too much and no attention is paid to your pancreas, you develop a disease called as diabetes. Only the people sitting on the desk and planning and thinking develop disease called diabetes. While the poor people say in India, in Maharashtra if you go the village if you do not make the spoon to stand at the right angles in the sugar, they think it's no sugar, it's no tea, it's water and they never get diabetes. The reason is they live for the day, sleep off nicely next day they get up fresh. They are not bothered as what will happen in the future, what is the future plan what should we do futuristically and most of these plans fails because future doesn't exist. Now in our country we have had eight futuristic plan out of which two have not been completed and they will never be completed. The reason is at that moment in the present you should see what is the need and start acting on the present and the future takes its own course. Say today I have to go myself to go to Singapore, supposing then I have to book it. That booking is today's job that is not tomorrow's job but the futuristic planning too much of futuristic planning leads you in the trouble and they say there is a new disease which I have already told them that this will come has started which we call it as yuppies disease. When the people start using their rational mind too much when they use that mind too much then it so happens that their conscious mind becomes absolutely tired and if they are there being unconsciously they are alright for example if they are walking they are alright but if they think that they are walking they just drop down. It's a kind of new paralysis disease. We are also treating that in London we have seven doctors who are working out on yuppies disease. Now on the left hand side that you have got one I told you is the pancreas which gives you diabetes. Then is the spleen, spleen is the speedometer, is the rhythmic thing as if there is any emergency if you are running fast, supposing if you are eating your food and immediately you want to run then what happens you start getting pain on the left hand side, why? Because your spleen starts emitting red blood corpuscles for this emergency. So we create any emergency like that poor spleen has to work hard but the way today's life is hectic get up in the morning, read the newspaper such a emergency you read the newspaper oh God what has happened so many died I mean they never report something nice or soothing See it has to be something exciting sensational so you get a shock that's the first shock to the whole system. Then you are in a hurry so you somehow or the other eat your breakfast may be in car certifying there is a big jam you start getting upset then you go the office you find the boss is angry with you and the whole thing is such a slavery of your watch that you go into a crazy system of emergencies. As a result this poor spleen of yours also gets crazy. It doesn't understand what's wrong with this gentlemen and it starts losing its rhythm and it's just vulnerable. At this time if there is any shock from the left side you develop a disease called blood cancer and people can only certify that within one month you are going to die or within one week you are going to die but this people who have been certified like that have been cured by Sahaja yoga.

So I am just telling you how our day to day life is so hectic and this hectic life can lead us to any type of cancer any time. As if we

are all vulnerable because of this modern ideas of life. If you know about the old style of eating was that the husband would sit to eat his food and wife would sit next to him and would fan him and the husband would be eating his. Here now the husband is a poor thing trying to finish his breakfast, the wife is nagging what about this money, what about that. Husband is worrying this is nagging wife, fighting with a wife something else and the fight is on at the time they are eating the food where the wife is supposed to give all the peace, all the support to the effect of the husband after all he is going to the work otherwise he comes from the office also he comes in a very big mess he is angry with some people shouts at his wife and wife shouts at him and then ultimately they divorce. This kind of a mess of a life is also responsible for spoiling your spleen but this is not the only problem. The third problem is even more serious that your kidney gets coagulated by the heat of the liver and once it is coagulated you just cannot pass urine. You have to go on the dialysis for which you have to pay lots of money and ultimately as soon as you go on the dialysis you know you are going to die very soon. So already you are certified to be dead. Now this can be easily avoided if you do not go for your dialysis and come to Sahaja yoga, your kidneys can start working. How? By raising the Kundalini. Now the fourth thing I told you about kidneys is such a person gets extremely constipated, with a hot-tempered. Such a person is extremely hot-tempered person I have seen because of the heat he can't help it. Now we have the left-sided problems, they are purely left-sided problems are that you go to your false guru. He dominates you. By his domination, you become push to the left side. You have no personality of your own and mostly these gurus try to mesmerize you by putting some sort of a dead soul into it. I must tell you this your Kuala Lumpur is full of such gurus and full of these false things. I put my foot here and my foot got caught up into it but even in the villages it's worse, specially with the Indians because they are very ritualistic people and they believe into anybody who comes with a "Kashay Vastra" that is the saffron cloths. These are all cheats. Some of them might be just coming from the jail and you just start believing in them and what they do is they know the method of pushing you on the left by dominating you and then put some sort of a spirit on you. Now it is being accepted that there is a soul and the soul of the dead can affect you. If this is the case that a soul of a dead person can affect us we should know there must be some people who know this work and they do it. Otherwise why people get so dominated just ask a question. Why do they give away their money? Why do they sell out their houses to give money to others? Why it happens like this? How these gurus have made such a lot of money? How they have built empires of their own? We won't give or money to anyone like that but why do we give?

So they mesmerise you, they dominate you, all this mesmerism is nothing but a domination of a Spirits on you about which all the people have talked. Guru Nanaka has also talked about it. Christ has talked about it. Mohammad Sahab has talked about it. There is no one who has not talked about these things that there are "Badhas", there are Spirits just by saying there are not they doesn't see that they are not. They are there but we can easily get rid of them like the other day one gentleman said that somebody is controlling my mind. Thank god he knows he is being controlled but some people even don't know that they are controlled and they just get lost. Now the worst thing is that these are seekers of truth. They are seeking the truth. They are real people, they are honest people, they are good people, genuine people and they fall into the traps of these people because they come with a big talking and pretensions and people thinks oh God, look at this, what a man he is, he says he can do this he can do, he can walk through the wall, he can fly in the air. What is the need to fly in air? I don't understand. What is the need to walk through the wall? Can't you walk through the door? What is the need to do all these things? But you people somehow or the other think that this is God's power. It is not. God's power is to give realisation. Those who were really Godly people have talked only about self-realisation. If you have the God's power then you can give realisation to others and you can raise their Kundalini and explain to them everything about Sahaja Yoga. It's a very subtle knowledge but amazingly now this Australians never knew also what is Ganesha is? They didn't know what was Omkara. They knew about Christ that to very little because they allowed to Christ to live only for three and half years that also they didn't understand who was Christ? But today if you ask them they know more than you, more than any of the Bramhins, all the subtle things that Adi Shankaracharya has talked about. This subtle knowledge how they have grasped? Because they have got light in their brain. With that it is knowledge that you can grasp. You can read between the lines. Now when the heat rises upward then it coagulates your lungs, by that you develop asthma and ultimately if nothing of these things happened then there is a massive heart attack. All the left-sided problems as I told you that somebody dominates you is the just opposite that liver does to you. Liver makes you arrogant, extremely dominating and a dominating man doesn't know that he is torturing others. He doesn't know that. He torture others but the left-sided person tortures himself. He thinks of the society he thinks of depression. He thinks he is the worst person on the Earth and he wants to get rid of everything in that he has or ultimately he becomes epileptic or he gets his lunacy or he becomes a quierised, weird person. This can be also achieved through certain drugs. Certain drugs make you right-sided and certain drugs make you left-sided. For example, drugs

like recent ones coming from Columbia like a cocaine make you right-sided, LSD and all that and left sided ones are these "bhang" and all that take you the left side. Also the drinks that you take is also left sided. Now the overactivity of these two centres (Channels), two channels one creates the yellow thing upward there is the ego. We think we are doing this we are doing that. Now supposing some tree is dead you made this platform and now think oh what a great thing they have made, what have we made? Dead to the dead. We have done no living work.

Who does the living work is the God Almighty, this power, that does the living work. You don't do. So when the living work starts through your hands you will know you are a saint. For example if you give vibrations to these trees, if you give vibrations to these flowers they will grow even when they are cut. We have experimented with very great scientist in Austria they were advisors in the UN in agricultural side that non hybrids see it can grow ten times more than normal seeds as much or more than hybrid. I have myself experimented this and I am amazed how much result it can give. Not only that but animals and things if you give them vibrations they give such a big yield just like an Australian cow without being hybrid and their milk is of very different type. Even the crops that come out of a vibrations these divine vibrations very nice to taste and very different. You can make them out and they shine as your eyes shine after realisation. Also these things shine if you give them vibrated water or if you give them vibrations. All these things are to be seen and to be understood is not to be believed blindly. They have to worked out. You are all intelligent people and you have to see for yourself if you have these powers to raise the Kundalini of another person to give vibrations to all things which are growing to cure other people definitely you have to believe honestly that you have achieved this divine power but these are the powers of compassion of love. You do not do it for any purpose but just because you love another person because you are compassionate. You just do it and when you do it you feel extremely happy and you do not want any return for it. As in Sanskrit called "Nirvajya" you do not want any return. If you see the lives of all these saints what did they get out of human beings, nothing except for torture and trouble and scandals they didn't get anything but they were all the time busy doing good things. Nobody told them don't do this don't do that but they did not do it. The reason is when Kundalini rises you see at this green part we call it as "Bhavasagara" is the void then this green part gets enlighten and this is where our valencies are which we call as the "Dharma". The religion is not outside it within ourselves. For example, you may be anything you may be Hindu Christan Sikh or Muslin any any community, you can commit any sin there is no inhibition from within because I am a Christan because I am a Hindu because I am such and such I cannot do it. You can commit any sin anyone any one who proclaims I am these and these has no meaning inside they has no effect inside. The reason is this religion has to be awakened within you and as carbon has four valencies we have got ten valencies and when these ten valencies are enlightened we absolutely become righteous ourselves we have not to tell them. For example, I have never told anybody that don't do this. I have never told. I said, alright let the Kundalini come in and immediately it will work out and that's what has happened and Sahaja yoga has created angels in this world really I tell you angels. They are such wonderful people so loving so compassionate so dynamic and in a place like England where there is such a lot of unemployment, when they come in Sahaja Yoga they get their jobs can you imagine? They all get their jobs. It is hard to find one Sahaja yogi who hasn't got a job. Everybody is employed and if you ask them what are you doing, I am employed by the God means they are working for the God. So these transformation has to take place if you have to change the atmosphere of these world. Unless and until you understand your responsibility that you are born at these hour where this transformation is taking place in so many countries and should take place here also. Unless and until you feel that today it can not work out anywhere. I came here as I told you six years back and I am coming afterwards because now there are found there are some Sahaja Yogis but the way they have worked out things here, I was amazed the people were doing here Guru shopping going from one place to another. After coming to Sahaja yoga when you found out something there even then also go to some other places they what should we say that you have no intelligence or what or you have no understanding. How can we do Guru shopping? Once you have found out water somewhere we must dig the well there. Its like that I have to tell you that now at least I go away please, do not be frevelus, do not be selfish and do not become enamoured by these false Gurus because its not good for you not good for your children not good for your country or good for the whole world. So one has to take it in such a way that why I am sticking on this Guru? what is so much in me? why should I stick on to him? What has he given me? And the best way to know a guru is to see the disciples. What sort of disciples they are? Have they gained any knowledge? Are they knowledgable? What do they know about inner life? What do they know about divine life? You have to find out. You go to some guru and only you are emptying your purse. What's the use of such Gurr? Now on the left hand side as I told you all these disease you might develop and it's just what you call as left side problem due to the overpowering of subconscious on you. Also the viruses now the virus is the attack from a left side on a person who is right-sided. All the viruses comes from left side this much Doctors have agreed. So this left side viruses are the things that are

dead in the process of evolution and are thrown out of the evolutionary process and they attack and that's how you get viruses and effects of the viruses affects you by that you get into trouble of psychosomatic disease. Now the AIDS, I told the Americans long time back that AIDS is going to come but I feel you the Americans are the worst as far as the Spirituality is concerned absolutely because they are so money oriented that they can not understand anybody who is not taking money. When I went to Boston they asked me how many rolls royces you have? I said I have none, I have only one mercedes car that belongs to my Husband. So they were surprised, I have no rolls royce, they said then we are not interested. Everything they want is should be a commercial activity, should be money-oriented and if I do not take money then something wrong with me and something wrong with Sahaja yoga. This is the sign of what, stupidity. If anybody believes that everything should be purchased they are sadly mistaken and this is what has lead Americans into terrible troubles one after another. They have had all kinds of funny, all kinds of funny false gurus also they worship bitches, they worship satan means everything free. Do what you like. This so called freedom has lead them into such problems that they cannot understand reality that you cannot purchase reality. For them its something which is insulting because their ego is so much develops they think if you can not pay for something then it is insulting. If you have such stupid ideas, funny ideas how can you enter into the kingdom of God. you have got your human life without paying anything. What have we paid for these beautiful eyes that we have? They act like a cameras what have we paid? For all that we have achieved through our evolution what have we paid? So first of all one must understand the most important thing is that spirit can not be purchased with material things. Spirit dominates the material things. Now the material things can dominate the spirit. Now as it as I have told you the "Kritayoga" has started and this Paramchaitnya is active, it's working tremendous and everybody who is here should understand the importance of these and try to get to it and work it out so that you have no problems which are personal may be collective may be problems which are beyond your control. All these can be solved if you become one with the all-pervading power. Now this all-pervading power is the one that is doing all the living work as I told you, is the ocean of knowledge. Once you become one with that that energy starts flowing through you when connection is properly fixed. All the time it is flowing and you don't feel tired, you don't feel upset, you become extremely peaceful because spirit is the source of your peace. I have seen people who have been given noble price for peace of course " " is a realised soul but rest of them I know all them very well because of my another live that I have they are the people full violence in their hearts and extremely disturbed and upset people. We can by no chance say that they have any peace within their heart but they have got peace foundations all talking this is a peace foundation and they are getting a peace noble price. If you see them they are horribly hot-tempered people and nothing inside because spirit is the source of peace and we become witness. We start seeing the the whole thing as a drama you no more think you just see it as you say "Niranjan" you see it without getting any reaction from anything. You just see it and once you see it you know it and you know it and you can correct it. You don't get a reaction for everything because this reaction gives you just a thoughts which are empty. So you become thoughtlessly aware when your Kundalini rises above this (Agya) centre. This is "Nirvichar Samadhi" as described in a hatyoga, that you become thoughtlessly aware. You become thoughtless but you are aware, extremely aware and the thoughts which are bombarding you all the time, thoughts that we spoiling your attention they just quite up because thoughts come from the future and the past, we are dancing on the cums of the thoughts but what happens to you is this that when this Kundalini rises these thoughts become smaller and in between is the present and you remain in the present. When you remain in the present then your attention is absolutely there at peace with everything and you just see things without thinking. This is the first step what we call as "Nirvichar Samadhi" then the second stage starts when you become get through your "Bramharandra". You have seen that cool breeze starts coming out. At that time also you start doubting. Some people think must be the fan, must be the air conditioner all these doubts come in and then you start growing with it. Then your life becomes like a miracle absolutely miracle. You don't know how this miracles are working. You find everything tailor made how everything is working out so well. How we meet the people we want to meet ? and how everything works out so well for yourself? and when that happens slowly your state within improves and then you reach a state what we call as "doubtless awareness". Then you start not receiving but giving then you become a master. Then you start giving realisation to others. Now I cannot go to the villages of India but in every village that we have people they all been enlighten by Sahaja yogis. Even an ordinary bullock cart fellow was talking to me I was surprised. He was talking like a Kabira. I said baba, from where did you get this knowledge? Do you read Kabeer? He said I don't know Hindi then from where is? It's all coming from within. All these starts coming from within but your attention becomes so pure. Attention becomes so pure, your eyes becomes so pure that Christ has said, "thou shall not have adulterous eyes" meaning you will be not having lust and greed. Tell me which eyes do not have that? But once get your realisation then your eyes becomes so pure that even a glance of such a personality can do wonders, can change the life of another person. It can change your own atmosphere and atmosphere of another person. Your all are capable of getting it. Its not I am saying some story like see we take a television set in village in

remote area in India they have never seen a television and you tell them that this television set give you beautiful pictures from all over the world. They are not going to believe it, they will never believe it but you put to the mains they will know what it is. In the same way whatever glory you are, whatever beauty you are, you can only discover when you are connected to the mains and this has to happen at any cost this has to happen with human beings. It depends upon who has so much wisdom to get to it. So the spirit that resides in the heart has the power not only to enlighten your attention but to act your attention. You put your attention to something and it works. You just put your attention to something and it works. Now you reach at the state where you are in "Samuhik Chetana" means collective consciousness. You can feel the centres that are within yourself because of self-realisation and if you put yourself out by giving yourself what we call it as a "Bandhan" is separating yourself from others your can see the centres of others very clearly but now if you know how to correct this centres thats the only thing you can correct your centres and you can correct centres of others. That's how it works and this "samuhik Chetana" has described by yu who was a disciple of Freud who resided against the Freud and started a new method of discovering and he is the one has talked, in the future when people will get their realisation they will be in collective consciousness.

Now then we have apart from this that we know the absolute truth. You make ten children sit down they are realised souls tie up their eyes. Ask a fellow how much, what's the problem with this fellow, this Sadhaka who is sitting before you. What is these seekers, tell us what's the problem? they all will raise the same finger. This is the finger (Visshudhi) You ask fellow, have you got any trouble with your throat? Yes, how do you know? This is the finger for throat. All the children will say the same thing because they know the absolute there is no quarrel. How can there be a quarrel? Everybody sees that I am sitting here. Now you are all seeing that with your eyes so how can there be a quarrel that I am sitting here or not? Unless and until you are blind. If you see the same thing, you say the same thing there is no quarrel and its proved to be the same then there is no different ideologies nothing. Actually basically these ideologies are same but they look different outsidely. For example If I have all the powers I am capitalist. I have a capital. I am the capitalist but I can't live with my capital unless and until I distribute it unless and until I become communist. So I am capitalist as well as communist because I have the real powers that's why I have to distribute. What's the use of distributing money? It is useless, it has no power. Like this Australians got their realisation, for them it was not necessary to spend all the money and come to Malaysia and to help you out but they couldn't help it. They have the powers, why not go to the Malaysia? As I went to Estanbul Asian block, all the people from Europe joined me and also Americans but here they said that Mother you to East Asia we must help you here, we are here. So now they are sending people to Kaula Lumpur then I am going to Bangkok then to the dype then to Hongkong, everywhere they are sending people just to help me out. They are sending their own money to do it, why? What's the need? They are not taking any money from you. Nothing of the any kind. What are they going to gain? Nothing but you enjoy it. You enjoy sharing the joy. You cannot enjoy the joy yourself, you want to share it with everybody. You want everybody to have this joy, because the Spirit is the source of the joy. Joy has no duality it doesn't have happiness or unhappiness. Its just joy. You just start enjoying everything. So far you have not been enjoying anything if you had there would not have any problem. And as you know the economics as it stated that in general no wants are satiable. Today you want a land then you want to have a house then you want to have a car then you want to have an aeroplane. Whatever you have you never enjoy. You start thinking from one to another to another to another because it is not pure desire. The pure desire is only this Kundalini which is sitting there is a triangular bone three and half coils is the pure desire. Whether you know it or not the pure desire within is to become one with this divine power. Unless and until you get this desire fulfilled whatever you may be whatever may you achieve you will never be in joy. You may be happy little bit because your ego is pampered. Now in this thing you have seen this ego is developed on this(left) side and superego means the conditionings are developed on that(right) side but when this (Agnya) centre opens fully, this two are sucked in and the Kundalini comes out and you feel the cool breeze. Shankaracharya has described it as "Salilam Salilam" Cool, cool, cool. All whatever these people have said you will be amazed to say that they have all said the same thing may be the different aspects according to the time as we call it as " Samayachana" If there was a war, if people were attacking surround rights by that we have to be prepared then at different times different problems. Now today is the problem of Kundalini awakening is giving realisation and that what the work I have to do and I have to prove the existence of the reality not only that of all the saints, of all the incarnations, of all the prophets who came on this Earth and who they were and why they came and why they worked all that has to be proved and you can all prove it in your life time. Of course there is a deeper significance to everything and how that works out and all that. When you come to follow on our program they will all tell you but its important first of all, you must have that much understanding wisdom. Sahaja yoga is not meant for stupid people. Its not meant for the people who are cowards. Its meant for the people who are intelligently right to see the point. Its meant for the people who are brave to face themselves. One should not be afraid. Now as I have said about guru



some people get frightened, nothing of these kind. Who are these gurus after all? They are false. falsehood will fall down very soon. First of all they will fight among themselves and not only that they get exposed and get destroyed. So there is nothing to worry, you must have full confidence you must get all of your realisation fully established. It's not that only the awakening and that you are feeling the cool breeze or you are feeling the all pervading power. But the main thing is that you all should become masters of this art. All of you can be and all of you can enjoy yourself because how beautiful you are. So today I am saying I have again told you everything and I must say that yesterday I have answered most of the questions but if you want five minutes you can ask any questions if remaining but not personal questions please. Do not ask personal question I have already told you that if you come to Sahaja yoga all your personal questions will be solved. All your problems will be solved. I promise you that.

Seeker: (Inaudible question)

Shri Mataji: absolutely wrong, absolutely wrong, I am treating them now. They feel vibrations the other way round you will also feel a kind of a short circuiting. This is another kind of dangerous thing. Vibrations doesn't mean that you shake. If you shake before something then there is something wrong with you or with the system. Please understand it doesn't mean you should shake. You should feel peaceful. You should feel happy. If you go into some sort of a funny justification and funny actions then it's not proper. Naturally you have to be dignified, you have to be beautiful. Have you heard of any saint any real person doing all these nonsensical things. So this "" I am already treating them. It's just talk of vibrations but vibrations can be negative as well that many people who are mad or possessed they shake before me or those coming from false gurus shake before me or those have funny ideas of themselves also shake before me and then they settle down. So if you go to any system that shakes you all the time it's not vibrations. So all sorts of things you must have heard about but do once they say that you will get self-realisation?

Seeker asks about Kaliyuga.

Shri Mataji: Now about Kaliyuga, you should not worry too much. If human beings are alright Kaliyuga is finished.

Seeker: Inaudible question

Shri Mataji: please be seated, I will tell you.

(Shri Mataji asks Sahajayogi about question)

Alright please be seated, I will tell you.

Kundalini yoga is actually that Kundalini reaches you to the yoga but I know a gentleman who has written a book and he says that you start getting burnings and this. If somebody comes from the village and puts his finger into the plug and says that I am getting burning then we see that what to do and this fellow I know him too because one of his relations is in Sahaja yoga, he leads a very licentious and very bad life. He makes such a lot of money out of the people and to link someone like this irreligious is against God and then I met one gentleman from this Kundalini yoga who came to me and this is not at all the Kundalini yoga nothing of the kind, Kundalini is your mother, why will she burn you? On the contrary they work on the Sympathetic, the deities sitting them in the red one hits them hard. That's how they get these people. One fellow came had all the blisters around his neck in the Kundalini yoga and he was running here and there like a mad cat. So I said what's the matter just call him in. He said this is Kundalini yoga I have done and I have got this. Then I made him sit down, I soothed him down and I cured him. Just to make some money, just to leech to people they are doing all these tricks see because there is a market. There are thousand and one people who know there is a market a new category of the people born like you who are seekers of truth. It is said my William Blake that the new category of the people whom he called as men of God will be born in those days and they will have the power to make others Godly. He described clearly all these things. You must always see the disciples of Kundalini yoga. Now what they got it. There is a lady who is in America. When I went to America they told me that you must get a copyright. I said of what, of your lectures I said they said because they will use your lectures I said very good and they will raise the Kundalini I said it's even better. My job will be blessed after all if they can help me it's a very good idea but they just took words from all my lectures and she said actress, she is an actress and she also says that I am raising the Kundalini. She has heard everything from me, she talks

everything about Chakras and these but doesn't give realisation to anyone. You can call it anything there is another lady who is talking the other day I read it in the newspaper in Singapore there is an advertisement about Kundalini, all the chakras. I mean its so, I can't understand it has to be the experience of actualization. It has to actualize. Like the Baptism is also alright doing something put on your head you are baptized, no it has to be the actualization of baptism. Your second birth has to transform you. Like the bird is called "Dwija" means again born because its an egg then it becomes the bird like we are also closed now like this and then we become free. That's the second birth. It is not just certifying I am twice born, its falsehood. If one wants to live with falsehood you can't help it you know. For what they are living with the falsehood. What are they going to get? Also you find people selling books. Selling books, this jeo walmikas selling bible, what's the use of reading bible if you can not get your self realisation? Then you find this Hare Rama Hare Krishna they are selling Geeta, what are they salesman or what? Has Christ asked anyone or Krishna has asked anyone that you go and sell Geeta. This is knowledge, I said what is Knowledge? Just read it.

In Sanskrit called "PadhatMurkha" means the one who reads too much and gets mad. Kabira has said "Padhi Padhi Pandit Murakh Bhaye" By reading too much even the educated have become stupid. I never understood this when I was the child. I said How can that be? But now I know what it is? They talk, somebody talks on Geeta as if he is Vyasa. He talks so stupidly I have heard him talking about Geeta. He said that Bramhins are born as Bramhins. It cannot be in Geeta. I challenged him how do you say? I said because who was the one who wrote Geeta was he a Bramhin? He was a illegitimate child of a fisher woman. How can he write that you are born as a Bramhin. Who wrote Ramayana? Valmiki, who was he? He was a dacoit and he was a another Fisherman who was a dacoit who wrote Valmiki how can he be? how can he say like that? So everybody thinks I am the highest. Christians says they are best they are chosen ones Hindus say they are the chosen ones. Sikh says theta are the chosen ones. Jews says they are the best. Nothing of the kind. Jew also is the one who knows. Sikh also means who knows. Christians also means who knows and Islam also means who knows. Nobody Knows in ignorance you may certify yourself anything but it is, it is for no use. It is detrimental to your growth, not only that but it is how dangerous it is to be carried away into this type of things. Then todays main problem is fundamentalism and it comes from where? It comes from ignorance. They will all go to hell straight forward march I tell you. How can they achieve anything when they do not know anything whatever is said. Mohammad sahab said that at the time of Qayamah your hands will speak but where are the Muslims? And where are the Hindus? Where it is said you have to know your spirit. And where are the sikhs, what Naank sahab has said it I mean he is the greatest man who has talked about it so much work he has done but what have they done? Where are Christians stupid people? All of them are seem to be funny like in England the only religion is church finger. And how Christianity have spoilt you can see very clearly. Where people walk with pistol in their hands and consider bible in the other hand. They kill so many poeple. Thank God Colombus lost his way and went to America otherwise I would not have been here. They would have killed all the Indians by Spanish in the name of God. how can you kill Human beings in the name of God? So you must have your wisdom now to understand that these all these great prophets, all this great incarnations, all these prophets and saints and all divine people were born on the same tree of life. All these flowers were plucked by people saying this is mine this is mine. They plucked the flowers saying this is mine, this is mine, this are dead flowers. Don't ruin yourself and ruin your children, ruin whole community and as it is the whole world. Today the problem is fundamentalism with human beings which is madness. It's not only Islamic, Christians are greatest fundamentalist. Hindus are another fundamentalist. Fundamentalism is not going to help you. What is going to help you is knowledge, is truth the light and in addition to all this nonsense we have false gurus like Kundalini Yoga, Tantrayoga this yoga that so many of them. All of them are going into commercial activities.

## 1990-1102, Talk to Sahaja Yogis

View [online](#).

2 November 1990

Talk to Sahaja Yogis

Mr Ng's house, Petaling Jaya (Malaysia)

Talk Language: English | Transcript (English) – Draft

Conversation with yogis Kuala Lumpur 1990-11-02

He was smuggling this Barwana [unclear] or something and giving it to the disciples and making them dance. He has done all this. I tell you really very surprising it is very openly said there was one lord on there or something (English one) who turned out to be an approval he told all this and he was the one who started smuggling there.

I don't take tea at night I would prefer Chinese food as long as I am here alright not Indian food I had enough of it very heavy

Sahaj yogi -would you like some now?

Shri Mataji- yes.

Sahaj Yogi- the food is very nice. Chinese!

Shri Mataji very nice it is very good food and you know they select everything very carefully and eats very carefully and China it itself is very wonderful...

They went on one picking restaurant. They just go on picking ducks all portions of picking are used and it is interesting to see only men can cook it it's like that it's a very heavy work. They empty the picking completely from inside making it into a bag filled with water and they hang it into the hangers below that it is the fire made out of Rosewood or applewood and that's how they cook they put sugar syrup outside so it becomes crispy and inside soft but only men can do it such a big (unclear).

Sahaj Yogi-you eat duck mother, Hem?

Shri Mataji- yeah anything

Sahaj Yogi- because if you like this one tomorrow I would bring duck mother

shri mataji- alright,

The Pavlov was a great cook and she give me a royal (unclear)...

I said I don't eat too much but of course I love Chinese it's very light that's why I very light food.

Please come in Chinese food is very light that is a best part of it there was Hindu boy sitting next to these two sardarji's and who was talking to them all the time but the sardar Ji got the name of Nanak but this fellow never got it...

(Unclear) the same seat is it? She gave it to you?

She took it? But this is the one that she had bought for me you remember for my puja I mean this style in this style...

It has very nice photograph she has got that.

The first attack was on Malaysia ...first attack.

Please put your left hand towards me. Take it easy take it easy. No hurry! Now sit properly put your hands outside and left towards me. Now it's better.

If Hindustani will come they have done kundalini yoga, hath- yoga etc... It will be very difficult for you. You say clearly that we have also done (TM/TL unclear)...we know, Now there is an article in newspaper in Marcos there was the first smuggler TM wale.

These gurus have only introduced drugs. If you go to the roots, these gurus they are the one who have done this. There was some Chinese at least 50% were Chinese. If you had advertised, in the Chinese paper might have been more. I think in Hong Kong at least we should tell them to advertise in Chinese paper. They said nobody to translate Cantonese but in hongkong everyone could understand English. Because they were under English people for so many years. Everyone understands. It's good, now vibrations are better... Left was too much this morning and also now. Some bhoot have gone here, nobody left. Worst are these Brahma kumaris...

Sahaj Yogi- Raj yoga

Shri Mataji- So called raj yoga happens internally automatically. It spontaneously happens within yourself. The first part is they, do not allow them to get marry. 3 ladies who were pregnant due to Sahaja yoga.

Sahaj Yogi- have you tried to call (some sahaja yogi)

Shri Mataji -yes bring the phone here. Timing is such if you move from one place to another.

Australians have to calculate so many time from where am I and I hope they are not as fast and steep in 12 o clock in night and 10 in morning. I have little calculated and I don't know how to work it out it tells you the time of few places. Christ has done how to work it out. Calculators at cheap for here? So we have to get all these things also sarees and these things are very cheap. Better to do shopping here.

Sahaja yogi- Mother, how are you? (In phone)

Shri Mataji- Hello! Greedo how are you hello, I am speaking, Mataji this side hello hello hello may god bless you ...Greedo what happened to the house you got it. Did you get the ashram hello; hello; hello; can you hear me? Can you hear me can you hear me?

Sahaj Yogi - Checks the mobile saying hello hello twice

Shri Mataji - (name) how did you get all these people?

Sahaj Yogi- he knows from people in Hong Kong.

Shri Mataji- and you know Cantonese or not...yes because they were saying that it should be translated Cantonese but I think in Hongkong everybody knows the English language. Yes everybody knows and speaks well there is no need...

Mother ask the Sahajyogi about the mobile phone...

Sahaj yogi- mother phone is not working.

Other sahaj yogi- In HongKong Shri Mataji, Mrs Mehanti Where you stay last time she has come back to India and is finishing here.

Shri Mataji- Asks the name once again...

Sahaja yogi- Mehanti ... She has returned to India already.

Shri Mataji- no no but not she, this was the lawyer Crescenta what was the name of the lawyer who is doing in Hong Kong.

Sahaja yogi- Crescenta, yes..... he rescued here.

Shri Mataji-I have seen him last time how is he now he is the one who was saying that we should have somebody to speak Cantonese but I don't think it is necessary.

Sahaj yogi- he wants to...unclear

Shri Mataji- he wants the Chinese to come in but I don't think Chinese need Cantonese there I personally think in HongKong you have all kind of Chinese not only these speaking manganese but most of them speak English.

Better now?

Sahaja yogi -right hand very cool

Shri Mataji- and left?

Sahaj yogi-Less cool

Shri Mataji- it should happen...

I will go upstairs but I will telephone alright. Also I will telephone from there.

So in Hong Kong there is not so much problem but only thing I thought that if we could advertise or we could have some.... You bought some posters or things? Yeah we have some posters and somebody could work it out on the posters. And if you can go and it could be done if you put on posters then it could work. There's still time

From here I am going to Bangkok and then to Taipei and then to Hongkong because Hongkong I think people would be coming because of the problem they are facing now.

Sahaja yogi - (unclear)

Shri Mataji- very uncertain. Also this Chinese government last time was quite frightened but at this time practically it's over I think it's....also the students were indiscriminate in a way you can't go and just ask the freedom like that I must say. You have to build it up but he should not have got this...see what has happened is even in India they try to have some reservations for certain cast so they used to throw stones and this and that and so many were killed and this Ram janmabhoomi was also... Baba ...11 people were killed but one thing you must understand that Rama cannot be born in every case and this is not a mosque also not a mosque I was not interested in communal side of it but at least the Ramas place should be Shri Rama's place it is a fact ....

He must be sleeping for children for them it was too late but it was short and sweet worked out. It's better that way tomorrow I

will tell them all about so we have to now follow on. Where do you have to follow on? Where you will have?

Sahaj yogi -in this house

Shri Mataji- house? So many will not fit in it...

Lots of people.

Sahaj yogi -we have Mondays and Wednesdays

Shri Mataji-no but Monday you have follow ons. Someday else ... Maybe you might lost some people then you can have it here. You see how people are....Because first follow on there is always a big flat then they start receding and receding... They don't want the truth... so delusion... (mother laughs)

Andy got surprised that after coming to sahajyog are they go away that's so stupid. Worst are the Americans worst but in America Chinese and these black people and the white skin Americans are the worst. They just want fighting me all the time and they like all false gurus very much.

Let him sleep now it's too much for him you better put him to sleep. It's too much for children. He too has a little liver you must put his liver right...now sleep now... alright ... So let's see tomorrow.

I mean so many people got that I did not call you to give realization tomorrow but maybe we will find tomorrow the people who have really got it where they will touch my hands and that time you should go there and...

Water flower? In your garden? Can you believe that left and right exactly I have not seen one like this before? Alright so you can still talk on the phone I'd let it little bit sound here also. So may God bless you all! Is he there, I am coming...

## 1990-1102, Informal Talk

View [online](#).

2 November 1990

Talk to Sahaja Yogis

Mr Ng's house, Petaling Jaya (Malaysia)

Talk Language: English | Transcript (English) – Draft

Informal Talk. Mr Ng's house. Petaling Jaya, Selangor, Malaysia. 2 November 1990.

During the initial few mins of the talk, Shri Mataji speaks in Hindi interspersed with some English words. Shri Mataji appears to have done some shopping and asks the man "You are saying that you will give 50% concession" after which the man is explaining that if it is a 200% export there will be a duty of only 1%. In reply, Shri Mataji says, "no duty and no income tax" and "also your material is at half price. It's tremendous..."

(The English talk begins here.)

Shri Mataji: ( Laughter) [UNCLEAR] This they used for the bridegrooms (referring to the headgear worn by Sahaja Yogis). (Laughter) But they can come as their ... can come as their father, uncle or someone else.... I had to tie it for so many of them myself with my own hands. When your wedding who tie?

Sahaja Yogi: It was a different one, Mother. It was a [UNCLEAR]...

Shri Mataji: Another type?

Sahaja Yogi: Yes, another type.

Shri Mataji: When we had it in Delhi, we had 16 marriages. There we use this type. So they did not know how to tie this style so I tied up for everyone. And the television came to see who has got 16 sons to marry like this (Laughter). That was the first. Now of course .... It was the seventies ... It's terrible. Marriage is a ... last minute one fellow appears from somewhere. He ... did not know how to wear the dhoti.

Sahaja Yogi: Must be fun.

Shri Mataji: Such fun it is... (Silence) ... Great fun. Ganapatipule is nothing but fun (Laughter) because it is very spartan. Now we built up something for you. I hope it is all right. I have not seen it. But now we have built up about 7 or 9 dormitories something like that. Big rooms she has. So... permanently. Covered with grass roofs with the (attached?) ...[UNCLEAR] ... I am sure it is better than what it was. And the bathrooms are permanently made. Beautiful bathrooms. Let us see now how it works out. Even in {Pave?} thanks to this Mr Warren ... When he left me I could save some money. I do not know how, know how much he contributed... the money. I suppose pound also has gone up very much. But still, Warren was another lesson to me. Gavin. Same thing with Gavin... [UNCLEAR]... But the saving has been so much these three years. We could build so many things. I built an ashram in New Delhi. Very big one...[UNCLEAR] ...built one ashram in Vashi. One big one in Ganapatipule. Bought the lands. I do not know what was this fellow was doing. But they are saying that they had about 300,000 pounds with them. It is too much. ...[UNCLEAR]... His wife told me he perhaps has cancer. He is vomiting blood and all. It is too much. [UNCLEAR]. I would have known you know. We did not have a proper committee... everything. I do not know how he managed. Very clever.

Sahaja Yogini: Very clever.

Sahaja Yogi: Very silly, Mother.

Shri Mataji: Very silly.

Sahaja Yogi: Very silly.

Shri Mataji: Of course .... I did not say that how much ...[UNCLEAR]... it has doubled down. But still the amount of money I have saved and I have been able to achieve ...cannot understand. This is the fourth year ...(Silence).

Now there will be permanent bathrooms for you in Vashi, (Lucknow?) and also in Ganapatipule. Bathrooms and WC . And now you can also start... that of course I was telling you 21 ashram (drafts?) of India [UNCLEAR] same like Ganapatipule... because they have not been able to do the [window?] ... I said forget it. Just now there is no need...(Silence)... They are real (thieves?) I tell you. Even Terence did the same I think. They collected money for some sort of project. I don't know which project they gave.

Sahaja Yogi: It's a... India Project... [UNCLEAR]

Shri Mataji: What was the need to give cash for them?

Sahaja Yogi: [UNCLEAR]

Shri Mataji: What was the need [UNCLEAR]

Sahaja Yogi: [UNCLEAR]

Shri Mataji: American Dollars ...

Shri Mataji: Warren and company. Terence and Warren ...They made such a lot of money out of Sahaja Yoga. I just don't understand (UNCLEAR). [Hindi]

Last 3 years only I have been saving such a lot of money. I don't know what they have been up to.

Are these India project [UNCLEAR] or ...

See that lady came and approached us. I did not know about it ... But one thing nobody tells me na. You must tell me what's happening. How am I to know? Nobody told me anything. I told everyone. Anybody ask you for extra money let me know. Even to (UNCLEAR). You can always write to me telephone to me ... (Pause). Even [UNCLEAR] as well and he behaved in such a manner know... I mean you cannot have any contact with him. ... his [UNCLEAR] has gone off. The other day he came to receive his wife. I said call him but he said I would not come because [UNCLEAR] I'm not all right in my dress for Mother...[UNCLEAR] protocol... He never came. He never came. Otherwise I would have asked what about this India project business. Even if have ...(Pauses)...He is going to give some cock and bull story (UNCLEAR).

Sahaja Yogi: I think a lot of the money probably when he got back to Australia...(UNCLEAR)...he bought a car, practice, he got into a practice, a house, driving a Mercedes...

Shri Mataji: His wife was telling he's got lots of money.

Sahaja Yogi: So this is where ...[UNCLEAR]

Shri Mataji: From where did he get it?



Sahaja Yogi: (UNCLEAR)

Shri Mataji: But I told Steven don't have a fight with his kids. Because they will go and do propaganda against Sahaja Yoga. Be friendly with him. Gradually we will see that he goes off. So he was rather friendly. Because I said that these people are very, very dangerous. Asked him to just make peace do not fight. Even with Warren. But James was not such a bad man... But why? (Pauses)...(In Hindi). You see if you had given any money...Indian Sahaja Yogis are extremely honest because they are afraid of me. They know what it is. They'll never touch it. The trustee is my brother only, the chartered accountant, Baba Mama. I have not get to my trustee. You better go and check. Because I must have someone to check it because I have no time. He told me he has never come across such honest people, the way keep all the money, the way they look after it.

[Shri Mataji looks at a Sahaja Yogini.]

Shri Mataji: What is your name?

Sahaja Yogini: Sheila.

(Shri Mataji looks at another Sahaja Yogini.)

Shri Mataji: You are with the same ...which family?

Sahaja Yogini: Myself? Different family....(UNCLEAR)

Shri Mataji: You see that gentleman? What's his name?... the other Indian...the old one.

Sahaja Yogini: No. No. I'm different. Different family.

Shri Mataji: You are not related to him.

Sahaja Yogini: No.

Shri Mataji: What's his name? Ariaratnam or something.

Sahaja Yogini: Rajaratnam is it, Mother? Rajaratnam? Ariaratnam.

Shri Mataji: He has been to gurus something like that ... I think I'll go upstairs. (Pauses)) I don't think he's all right.

Sahaj Yogini: I saw him.

Shri Mataji: Also, I think in Sahaja Yoga if you really seriously work it out everything, you can get rid off anything... guru or anything you can get rid off. If you do not want to work it out and then it's half way, this way, then of course nobody help you. I think this is the main thing. You have to seriously think about it.

Shri Mataji: Suits you... this colour suits you people. Hmm... That's nice (Laughter)... I didn't know where were you. In the car I think... with all of them

Sahaja Yogi: Thank you, Mother.

Sahaja Yogini: It's so nice.

Shri Mataji: It's all plastic... so tomorrow we'll go and buy those jewellery for the ladies and...

Sahaja Yogi: Some cameras... camera...

Shri Mataji: Yeah... Cameras also we'll see. You didn't buy any camera.

Sahaja Yogi: I'm not not ...?

Shri Mataji: [UNCLEAR]These people are (UNCLEAR) coming via Singapore or (UNCLEAR)

Sahaja Yogi: (UNCLEAR)

Shri Mataji: How are they coming?

Sahaja Yogi: (UNCLEAR) Sorry Shri Mataji

Shri Mataji: These Sydney people are coming via Singapore?

Sahaja Yogi: I'm not sure yet...we still haven't finalized their tickets yet. They can come via Singapore

Shri Mataji: They should.

Sahaja Yogi: Because you need to take Visa (UNCLEAR). I'll call Steven.

Shri Mataji: Hmm?

Sahaja Yogi: I'll give a phone call to Steven and find out.

Shri Mataji: Just find out. It's better if they come and these people can go...they can go by plane and meet them...(Pauses)...It is a big thing this time. 100 people are coming free from the Eastern block. 100 people. [UNCLEAR] Last time also 35 of them. Just ... still I would save money (?) I am sure. But this time, you also have to ... pay their tickets. They were saying, Mother we'll manage. (Pauses)

We have purchased 2 beautiful ashrams in Rome, very huge...nice with 12 acres of land.

Sahaja Yogi: Outside of Rome or...?

Shri Mataji: That one?

Sahaja Yogi: Outside of Rome?

Shri Mataji: It's about 1 hour's drive. Not even that. From the airport it's about 35 minutes.

Sahaja Yogi: Hmm.

Shri Mataji: Very close...All right. (Shri Mataji does the 'namaskar' to the Sahaja Yogis). I'll just have my [UNCLEAR].

## 1990-1103, False guru's shoebeating process

View [online](#).

3 November 1990

Talk to Sahaja Yogis

Mr Ng's house, Petaling Jaya (Malaysia)

Talk Language: English | Transcript (English) – Draft

Conversation at Mr Ng's house, Departure Talk, Petaling Jaya, Malaysia, 1990-11-03

Shri Mataji: ... Sahaja Yoga, something wrong and some very [unclear] stuff going on. And then, suddenly, he came to Sahaja Yoga. And the poor man, he suffered so much. But still, you know, what happened that only he came to Sahaja Yoga, for about a year or so; I think or less than a year.

He was also in Greece [unsure] for months, and he is a big official in the government, very big official. You see, they [disciples of Mahesh Yogi] always take people who are in position, who are professionals, something like that. Here people always [unclear]. They only bother about Sahaja Yoga.

So, what they do - you see, ultimately the other day, when I had gone to Delhi, morning time, he was sitting in the car and he was wheeling three times. And he has just [unclear] of the car and he had just turned around. It went like that. [Shri Mataji is doing three turns with finger] He was inside and he was quite all right he had almost nothing. The car was completely broken. And he got a sort of insurance for that and he got insurance. So, you can imagine how terrible they are. Still, they follow him. And this accident took place and he was so lucky! He said, "Mother how I escaped?" I said, "You are a Sahaja Yogi. Whatever they may try, nothing can happen". And he got back a new car now because of the insurance. But still, I mean, they are like that, very troublesome.

Sahaja Yogi: Mataji [unclear] you want me to write down his name [unclear].

Shri Mataji: No, no, no, no, no. It is not like that. You go out [In Hindi: and write down on the earth the name 'Mahesh Yogi']

Sahaja Yogi: Yes, I did.

Shri Mataji: Acha. [In Hindi: and you give bandhans seven times with hand saying, "Mataji, Mataji, Mataji" and then hold in your right hand, hold the left slipper. Use only this for the purpose. Don't use that slipper for anything else. Rubber slippers are good and hit it 21 times, then leave the slipper. With the other slipper, there are two slippers.

Sahaja Yogi: Yes, yes.

Shri Mataji: Hit with the left slipper. Next, write your name on the ground and give a bandhan seven times and take the right slipper in the right hand and hit it seven times.]

Sahaja Yogi: With this one?

Shri Mataji: With this one.

Now don't use these slippers for wearing. Use these slippers again and again for this purpose. Rubber slippers are good. So that the effect goes. The effect stays for a long time. It is terrible stuff.]

It's a terrible stuff.

Sahaja Yogi: Self-adjusting, [Hindi].

Shri Mataji: [In Hindi: The camera is good?]

Sahaja Yogi: It is J BC camera.

Shri Mataji: It's here.

Sahaja Yogi: Give it to me.

Shri Mataji: This you have to take it inside, I think.

You all have got these? Those who do not have like this? Take one of these. We are going to leave all for you. You have? There

are three, four. One for you.

Angie, you want one? One for you. All right, we are leaving some with you. In case the new people come in, you can give them. They have to settle down, first of all. They have to settle down then only you should give.

Hello. Do you have the badge? No? All right, come on. Can you move this, please?

Now. So, this you can give to Angie.

Sahaja Yogi: [In Hindi] We can give to the kids.

Shri Mataji: [In Hindi] We have given the kids. Give these to Angie.

You see when I was travelling from Bombay to Taipei and all that, I got presents for you. Now all the men, one by one. Take your presents. I hope you will like them. All the men.

Sahaja Yogi: Come, come.

Shri Mataji: The ladies. [Hindi] You wait. I will give a sari.

Sahaja Yogi: You wait.

Shri Mataji: I will give a sari.

Sahaja Yogi: You got it? Did you get it?

Shri Mataji: In Hindi. There are two children. Very small present. It is a token of love. You can put flowers.

Sahaja Yogi: You needed sixteen? Exactly 16 are there.

Shri Mataji: That's all. Finished. You can give yours. I already gave you one present. Show me the present I gave you.

Sahaja Yogi: Wah, wah, clapping. [All Sahaja Yogis clapping].

There it is becoming a very difficult country. You can't take out anything. You can't take out gold. You can't take out silver. [Unclear] smuggled out. [Shri Mataji laughing.] Oh my God! Where am I going to take this? This is too much. What are you doing? This is too much. What are you doing? This is too much. Appreciation is too big. [Laughing] [unclear] We did not give her anything. [In Hindi] Give from here for both the children.

Sahaja Yogi: [In Hindi] Which one should I give?

Shri Mataji: [In Hindi.] Give from yours. Give it to your sister. What is this?

Sahaja Yogi: [In Hindi] Any child who did not get a gift? Is there anyone who did not get the gift except you of course? Did she get the gift? She got it. Everybody except the saree everyone got it.

Shri Mataji: She got it? So beautiful!

Sahaja Yogi: [Unclear]. Oh, Oooh. Very good. [Applause].

Shri Mataji: [Unclear] very, very, small. What is there? I come here because I am your Mother.

Sahaja Yogi : It is just the beginning.

[Laughter].

Shri Mataji: So clever! Can I have some water? So many presents! As it is, they have bought some saris to be presented. One sari came to me from the Indians.

Oh, great!

Sahaja Yogis: Wow, woah! [Applause].

Shri Mataji: It's is beautiful. This is beautiful. This is pewter? Ah, I was telling you that! I was telling you that I had to buy some pewter from here.

Oh. Beautiful. Nothing can be better than this, I tell you, really. Beautiful. I just desired you to know that I should buy pewter. I just desired that I should buy some pewter. Because you see your pewter industry is very well known. I just sit here! You should not have spent so much money. You could have just given me one plate. It would have been all right. The plate is quite complete.  
[Laughter]

Sahaja Yogi: He chooses his words very cleverly.

Shri Mataji: [In. Hindi] He is a very intelligent man. Very sweet. All right.

Some more gifts given.]

Sahaja Yogi: [Unclear] Gupta.

[Applause]

Sahaja Yogi: Thank you all, thank you. I don't think I deserve it after all those harsh words to me. But still thank you very much. Take it easy or excuse me for what I said. Thank you very much.

Shri Mataji: All right. You see what I am saying, "Be careful now". I must tell you, "Be careful". You know, these new people, when they come, they start seeing how far you can control them. Otherwise- I bought a house in London about eight years back. And for six years, he knows also [name unclear], they were all staying in that house free, never paid a single pie, nothing. I didn't know what to say to them, you see. They were just staying there nicely. I was paying for electricity, gas, everything, for six years they were on my head. So, this is what it is.

So, one has to be careful. You should try to see because many people come to Sahaja Yoga, just to exploit you. So, be careful. You should say that, "If you are a real Sahaja Yogi, all right. But if you are not", then they should not. Otherwise, they will exploit you completely I tell you. We have had so much exploitation. So much, so far, that you can't imagine. Of course, Malaysian people have self-respecting. But otherwise you find people, Americans especially, they are very exploiting people. So, poor Angie is here alone. And they all come and occupy all his rooms and throw him out. [Laughter].

Sahaja Yogi: Shri Mataji, do us a favour. When we come here next time, you should not be alone. He deserves it now. He deserves it now!

[Laughter].

Sahaja Yogi: It is a feeling and a request from all of us, please.

From brother's Angie.

Sahaja Yogi: No comments.

[Laughter].

Shri Mataji: No comments. Really, brain fails.

Sahaja Yogi: He cannot say yes. He cannot say no.

Shri Mataji: So. And I am very happy I could come and to meet you. And we had really a very good programme, I must say. The people were young and nice and open and seeking. And I am sure it will work out. You see, for Sahaja Yoga we need people who are really seeking deeply. We cannot have every person as a Sahaja Yogi. You see, you can give Realisation to many. But how many will become Sahaja Yogis is the point. And gradually, you will understand many would try, you see, to get to it and work it out properly. Because unless and until you touch your depth, you cannot enjoy Sahaja Yoga. You have to touch your depth then

you enjoy everything. But if you do not touch the depth, then you are still hanging in the air, and still you can be thrown away. So, best is to develop your depth in your own houses, but it is a collective happening, you see. Like the nail, if it is now taken out, then it doesn't grow. In the same way, you have to be collective. If you are not collective it doesn't work out.

All of you have to be very, very collective. And then all these 'badhas', everything will run away. But the place is full of negativity. Full of negativity. It is so much so, that I had to tell yesterday to all the people, normally, I never say that. But it is so much. And so you have to work it out. And I am sure, once they see the light, they'll all run away. They'll run away. But I must thank Angie that single-handed he has managed all this and brought so many people to Sahaja Yoga. And I must congratulate him for this and no words can really express my feelings for him.

Sahaja Yogi: Give him a big hand.

[Applause]

Shri Mataji: This time, if anyone wants to come to India you are welcome. And even if you have less money, we can make a concession for you there. And you can come with your ticket and we can - you will not pay the whole amount. You can pay about 1000 rupees, I think. About 1000 rupees is the amount you can pay for the food there. But you see, the foreigners are paying such a lot. And because of their help, I have been able to build up so many things, and so many, I bought so much of land. And their food and everything is separate from that of Indians. But you can come as Indians there, and pay the part of Indians only. And so we can manage to make it very cheap. So, you have to come. There's a - did you find out about the ship? Is the ship going?

Sahaja Yogi: I forgot to ask.

Shri Mataji: But even if you go by ship, it goes up to Madras. It is better to take a plane.

Sahaja Yogi: I think we can manage [unclear].

Sahaja Yogi: The airfare is not very much to go to Bombay.

Shri Mataji: Hum?

Sahaja Yogi: The airfare is not very much to Bombay from Bangkok.

Shri Mataji: Then it is all right.

Sahaja Yogi: Because the ship is quite expensive. The price is almost very close to the airfare.

Shri Mataji: Really? But the ships are going?

Sahaja Yogi: Yes. The ships are going.

Shri Mataji: Which corporation?

Sahaja Yogi: The ships are going from Singapore and Penang to Madras and back.

Shri Mataji: I don't know. My husband was the Chairman of the Shipping Corporation of India. I also came once by that ship.

Sahaja Yogi: That was once earlier from Madras.

Shri Mataji: Yeah. Now another ship was that, the state of Madras.

If the airfare is not much, you all can come, you are welcome. All right?

Sahaja Yogi: They can come and stay with me if they like.

[Conversation in Hindi:

They can stay in the Indian camp.

Shri Mataji: There are separate Indian camps there. It is 1000 rupees but if they want to eat non-veg then it is more.

Sahaja Yogi: That is about 1200 rupees.]

Shri Mataji: If you want to have nonveg food, it is still 1200. And for vegetarian food 850.

SahajaYogi:1000.

Shri Mataji: It is not much, one thousand rupees. So, those who want to come please let us know beforehand, and come along, at least for Ganapatipule you can come. Because for the whole tour it is much more. This is only for Ganapatipule we have made it a small thing for people who are nearby.

So, for the whole tour, it is quite expensive. It is like 850 pounds, I think, it is quite expensive. Because also, it is very expensive for the whole month. We live in the villages and in far-off places. We have to go by bus, it is so expensive by road. Now the petrol is so expensive so we have increased 50 pounds more. Otherwise, it was 800. Some money is also saved now. I have taken 3 years. Before that, it was managed by other people. I don't know what they did with the money. Now also lots of money has been

saved. We have been able to do lots of things there.

But in Sahaja Yoga, one has to be genuine, you see, if you are genuine then you get genuine. You should not be hypocritical, that's very important. If you are hypocritical, you never get any advantage out of Sahaja Yoga. So, this is my request. Try Sahaja Yoga at home, meditating and also in the collective. You have to be in the collective. No question. All right?

May God bless you.

Thank you very much for these presents.

Sahaja Yogi: We continue with the presentation from the Australians.

Shri Mataji: All right go with that presentation.

Frank is a great leader of Perth.

[Applause]

Sahaja Yogi: This is very embarrassing. [unclear] Thank you very much. [Applause]

Shri Mataji: They have been very sweet. They offered themselves. I didn't ask them, they offered themselves. [Applause]

Sahaja Yogi: They have been of great help.

Shri Mataji: Yeah. Great help.

Sahaja Yogi: Be careful about the camera. Ah, I told you. [Applause]

Shri Mataji: Thank you for everything. So, hope we are in small number. We are not in any way less than anybody else because we have got powers. Nobody has powers as we have. We know everything so one has to just believe in oneself and everything will work out. I am sure everything will work out. Gradually this Malaysia, we will have lots and lots of who are Sahaja Yogis, lots and I am sure after some time Muslims will also come. Today we gave realisation to three, four Muslims there.

Sahaja Yogi: Seven Muslims came, Shri Mataji. Seven Muslims, 3 Sardars and 6 Punjabis.

Shri Mataji: And those South Indian girls.

Sahaja Yogi: Yes, three South Indian girls. And another gentleman, nobody knows where he came from. Nobody knows. I have got with Mother's permission; I have got a very interesting thing to tell all of you because you are all my brothers and sisters. In India, I had only one day before Shri Mataji got her command to come with her so I could take my visa for Malaysia. I thought I could take Singapore and Malaysia on Friday. And Friday all of you know what happened. We were just, we did not know whether Friday came or not. Suddenly last evening I realised I can't go to Singapore because I don't have a Visa and they are very, very strict people. And Singapore people and the communist countries they don't allow you to stay for one hour if you don't have the Visa, so I came and requested to Mother, Shri Mataji, I am sorry...

Shri Mataji: This is Communist?

Sahaja Yogi: No. This is very, very, I don't want to say Shri Mataji but it's almost a dictatorship.

So I was very embarrassed the whole night and Frank was giving me a lot of consolation. [People laughing] No, no, do this and ultimately I took a, you know, request Shri Mataji. "Sorry, I won't be able to go." SHE said, "what is the problem". I said, "I cannot get Visa". SHE said, "Alright, let them go". In the morning Shri Mataji said, "why don't you try". I said, "and you know today is Saturday and Sunday they don't open. They are very strict people."

"Why don't you try". I said, "All right Shri Mataji, I will go, and as I bowed you know in HER feet and wanted to go, SHE said, "good

luck". Immediately I told them, "I got my Visa already." And when he went to Mr [unclear] house and called, he said, "you don't know today is Saturday and we don't open but we do not talk to people." I said, "I know that, but even knowing that, you must listen to my problem". "I will lose my job for the lie, you don't understand the problems". "I am in such a service you will never understand what service it is". They thought maybe I was some ICS officer or this or that. "So, okay why don't you come over at 11 O'clock". And from there we rushed and myself photographed and then exactly at 11 o'clock we were there but I don't know to whom I talked. I was so excited I did not ask the name of the person. The gatekeeper won't allow us unless you tell and he dialled the councillor and everybody said, "No, no we didn't talk to him". And he said, "OK, wait, and at 11.20 we got a call from inside and somebody asking, "send these two people inside" and not only that, he opened the automatic gate for us and asked us to park the car by the side of the car of the councillor. And we went in and this guy was in his chappals, shorts and T-shirt. And he looked at us and he said, "you need a visa?". I said, "sorry sir, yes". "Sorry, we woke you up at this hour in the night from your residence". He said it was "Ok". What documents do you have"? I said, "this is my ticket and my passport". He saw the passport. There are about 52 stamps to Singapore in the last 4 years. He said, "this is okay, I will give you the Visa." And this is not the only thing. He did not ask for the photographs and the beautiful thing, I put the date on the form as 3rd November and he was giving me the Visa on the date of 2nd November and I don't know how I pronounced it, shall I put the date as 3rd November. He said, "No, no because I have given you a visa for 2 nd November". The next problem was the ticket because we had cancelled all the flights. My flights. I said I will go on Tuesday morning. So I was dazed as to what to do now. We went to a Travel Agency the girl said, "you get a flight for 9.30". I said, "that is not possible" .I talked to SIA. They said "no, there is no flight. They said, "no, no, you are in Malaysian Airlines and still open". And re-confirmed my booking along with Shri Mataji and another friend from Australia. It was a miracle. We are all going at 9.30 morning, tomorrow.

Sahaja Yogi: [Unclear]. waiting list and then Shyam gets a ticket and she checks and she takes the list and she says she is on the waiting list before George. [People laughing] And when we reached the residence, we did not know where Shri Mataji is. We called back here and she left at 11.30. And Mr [unclear] goes out and there was no space for parking. Just on the corner, I don't know why people did not see that ... beautiful spot where he parked. Ah, they are there, they are shopping and we just reached there. It was such a beautiful. Who was with me? Mr [unclear]. Yeah.

Shri Mataji: He got it there inside?

Sahaja Yogi: Shri Mataji, just in the corner and it was lying just there for 5 minutes nobody was parking there. He parked his car there and he said, "I don't know why people did not see so I just put my car there in the corner."

Shri Mataji: Parking is a big...Sahaja Yoga is like that. So many miracles. I must tell you a story. My husband is very fond of good tea and a particular type. It is called prestige tea today from a shop and we used to get it from an Indian shop ..in London. So fond of good tea any other he won't take. So, for last, I mean, for one week I was telling him must get the tea, tea. Tea is over, tea is over. He said, alright we will get it. Don't you worry I will get it? I Said otherwise I will arrange it. He said no, no I will get it. And it was Saturday and I told him again, "will you send the driver to get the tea". He said, "I will" and again he forgot. He was very busy. So, there was a reception in his office, so I went down there and I told him, "did you get your tea?" He said, "no, no I forgot". I said, "be prepared to take any tea we have in the house". But when he came down I told the driver, "Take him around the tea centre." He said, "what, it is 9 O'clock, you want to get tea there." "Let's go, what is the harm in trying, it is a little ahead". Little angry he said, "how can you go now?" So, we went and we stopped the car and we saw all lights were open. Of course, in London, most of the lights are open all the time but the doors were open and people were moving about, so I told Mr Srivastav, "Please go and see what is happening there". He went in there and he said, "come along we are waiting for you, you are so late, we have been waiting for you". I was just looking like that and he came back with five big tins of tea. So, I said, "what happened?" He said, "They had a sort of function today and they had invited me and I had completely forgotten about it. I had forgotten about the function.

Poor children were sleeping and both of them brought. All right [unclear].

So, I said, "What happened?" He said, "you see, they had invited me for today's function, they were all waiting for me here and I was late, and they have given me as present these five tins of tea". How things work out. [laughing] I mean on a Saturday evening



they were still there. So amazed at it. So, you see this Param Chaitanya works it out beyond our mind. Beyond our understanding, it all works out and if it doesn't work out you give it up. That means it is not working. Something doesn't work out just give it up. That is how it is.

I am sorry you are late. I was asking for you when I reached here. Such doll-like children you have. I think for children you must get some vibrated sugar. You have? Both children have got liver. And it is better because of the heat also, too much sun. One should not give dairy products as far as possible, and give them sugar, vibrated water. That is good for them and sugarcane also I saw. Fruits are very good, any juices with sugar are good but try cheese or anything dairy products that are not good. Even if you have [unclear] put it in the fridge in the night and take it out and then give it to the children. Because it is so hot here that you can get this liver problem very badly. That is what I find. People are extremely thin, very thin

[Unclear] was asking today, "I am 23 so thin and my parents are saying nobody is going to marry you. You are very thin". [Everyone laughing] You see, Indians are frightened of thin people. They think there must be something wrong. Why is he so thin?

Sahaja Yogi: Shri Mataji, I promised this pendant. These are the pendants for those children.

Shri Mataji: Such nice works.

Sahaja Yogi: Say thank you.

Shri Mataji: I think that is very big for you. A smaller one is better. All right. That is very big for you. This one is very clear. [Shri Mataji talking to the child] No? We got limited things. Have you got the batches? You have?

Sahaja Yogi: [In Hindi]. There are 4 or 5 more.

Shri Mataji: [Unclear]

Give it to them.

Sahaja Yogi: These are vibrated ones.

Shri Mataji: When you come to India you must wear this. Let us know when you are arriving, we will arrange for your transport from there. All right.

Sahaja Yogi: You take this downstairs. These are vibrated ones. This paper is the bill. Bring the bill back, please. All can go now.

Shri Mataji: Leave them here. You can get it later on. All right. Thank you very much for the nice gift. Beautiful. And I will have a nice tea and especially my husband will enjoy it. Beautiful.

May God bless you. All right.

Sahaja Yogi: Maha Mantra recited.

Jai Shri Mataji.

Shri Mataji: That's nice. The kundalini is steady. As long as the Kundalini is steady you are alright. This Wobbliness or this sort of a, what you call, shaking, then there is something wrong. Now, look at this man yesterday. See this fellow Sardarji. How he was looking. He drinks and Sardars are not allowed to drink. That is why he was having all trembling [pointing at the stomach] ... They are not supposed to drink at all. Sardarji is not... his hands were shaking. We tried but not to that extent. Couldn't cure him completely. He might develop something like blood cancer afterwards. Before the photographs also starts shaking. Before it

was much worse. He has to worry for himself.

May God bless you. Enjoy yourself.

[In Hindi] We Indians have a lot of 'luggage'. They follow various gurus from all over the world and their works and beliefs and they come and go and half the people run away. These beliefs in the gurus have made them very ritualistic. Here they are very ritualistic people. So, what happens, they go to the rituals. Ritual makes them [unclear].

You have to tell them bye-bye. You have to give up the rituals and everything and take to this. Otherwise, Sahaja Yoga is not for them. The Brahmins are just exploiting them, you know. Brahmins are the ones who are just deceiving them. It is too ritualistic here. Too much. You have to tell them gradually. This is what we have to give up: all our gurus, anything, we have to beat them with shoes and also, we have to see that they do not have this ritual done by Brahmins. We can do our rituals on Mataji's Puja and all that. We shouldn't do these rituals. It can be very dangerous. When you people come you bring the pillows if possible, 10 kilos.

Sahaja Yogi: [Unclear].

Shri Mataji: Sixteen. That is a better number. That is true.

Sahaja Yogi: I mean if we come[unclear]by our company.

Shri Mataji: You should send the van. You can send it to my daughter. I will write down her address. Gupta knows. I am very bad at these things. You have to inform, you see. You have to inform this lady [unclear]. What did she say?

Sahaja Yogi: She was [unclear].

Shri Mataji: She was there. Martin. Yes. She was there. Mary Martin.

Sahaja Yogi: No Madam, [unclear]. Kay's husband.

Shri Mataji: Kay's husband was there? He is the right [unclear].

Sahaja Yogi: Finally, the visa will come up by Tuesday by courier.

Shri Mataji: I don't know, you ask him. He will tell exactly what is the program. I have told...Yes. And I will also write it down.

Sahaja Yogi: I think it is the name of the company, lawyer.

Shri Mataji: Company lawyer. [Hindi] Phone number of Kalpana. Kalpana's address [Hindi]

Sahaja Yogi: [In Hindi] Shri Mataji, You gave Realisation to two ladies in the shop This is for a relative of them.

## 1990-1105, The aim of spiritual ascent is to seek the Spirit

View [online](#).

5 November 1990

The Aim Of Spiritual Ascent Is To Seek The Spirit

Public Program

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

1990-1105 PUBLIC PROGRAM Day 1 BANGKOK

I'm sorry for being late but there was some sort of flooding and the whole road was closed! I bow to all the seekers of Truth.

At the very outset, we have to know that the Truth is what it is. You cannot conceptualize it, you cannot organize it; also you cannot feel it with your human awareness. You have to become a subtler being. The truth is that you are not this body, you are not this mind, you are not these emotions. But you are the Spirit. And another truth is that there is an all-pervading power of God's Love about which all the scriptures have been written. So the aim of spiritual ascent is to seek the Spirit. You have to be the Self. Unless and until you become that, you will be filled with a kind of emptiness. And you will feel extremely restless about it. This all-pervading power is the one that does all living work. We take it for granted, these beautiful flowers, everything, we take it for granted. We do not also think how from a little seed these beautiful flowers have come out. But there's a mechanism within us also, which will sprout and give us the second birth. For this, you cannot pay and we do not pay to Mother Earth for what She does for us. We cannot pay for it. But people have forgotten that it is so invaluable. And there are so many false people also preaching and taking money from all the people. All the religions we started by these great incarnations and prophets also have now become man-made. If you are intelligent enough you can see for yourselves that they have achieved nothing for us. All these incarnations and prophets were born on the same tree of life, tree of spirituality. Only the people have taken away those flowers, and they called it that they are mine, ours; and then, they are fighting with those dead flowers. So there was nothing wrong with any prophet or with any incarnation. What we have to do to get to the essence of everything? And the essence of every religion is to seek the Eternal and to know the limitations of Matter. And it is transitory so we have to use it with all understanding. So now, it is important that at this juncture of human race, a new age have started. It is an age of our mass realization.

I am sorry that I have come to Bangkok very late. This is I should say the last country that I am visiting. It is working out in 56 nations and there are people who are now giving realizations. Like one enlightened light can only enlighten another light. So this is the age of Enlightenment in the real sense of the word. It's not some sort of an artificial, pretentious belief; and it has to work out within yourself, the transformation. I would say today being the first day, I would like you to ask me some questions. First thing I must say that whatever is said to you should not be believed into with blind faith, but you must keep your mind open like a scientist and see for yourself. This is like a hypothesis for you. And if it is proved, as honest people, you have to accept. Because it is not only for your benevolence but for the benevolence of your children, it is the benevolence of the whole world. If this instrument is not connected to the mains it has no meaning. In the same way, if we do not get connected to the mains our lives have no meaning.

So what Buddha has said is that "Buddham sharanam gacchami" that is you have to surrender yourselves to Buddha; buddha means enlightenment. But that doesn't mean it's just a mental concept, it's a state. And then He has said "Dharmam sharanam gacchami". So, the Dharma is within yourself. It is like ten valences within us. You may belong to any religion, you may be Christian, Hindu, Muslim, Sikh, anything...you can commit any sin. Human beings may have many brands, but they are all just the same. Because there is no dharma enlightened within them. That is "Dharmam sharanam gacchami", then "Sangham sharanam gacchami". Sangham is the collectivity. But when you get your realization, you become (it's again becoming) part and parcel of the whole. It's not just a certificate. You can feel it on your central nervous system, on your fingertips, all your centres and the centres of another person. And if you know how to correct those centres, you can cure yourself and you can cure others. You can

help people mentally, in mental cures, physical cures, but above all, spiritual Joy starts going through you. Tomorrow, I will tell you the nature of Spirit and the nature of this Kundalini which is resting in the triangular bone called as the sacrum. But today, I would definitely like to have some questions from you which are relevant. Please.

Yogi: What is the meaning of the word "Sahaja"?

Sri Mataji: Sahaja, all right, I thought they must have told you. "Saha" means "with", "ja" means "born": "born with you" is the right to have this yoga, yoga means union with the divine. In short, Sahaja means spontaneous; I mean like a living process.

Yogini: [UNCLEAR]

Sri Mataji: Hardly anytime. Awakening takes no time but you have to establish yourself fully; some people do it in three days, some people take at the most one month, but you completely get established. And for which you don't have to pay. But you must have value for your life, that is very important. Moreover, it cannot be forced, it cannot be forced. It has to work through your asking, through your freedom.

Yogi: You said that you use this particular technique to get enlightenment; what exactly You mean by enlightenment?

Sri Mataji: Enlightened means that your central nervous system...whatever you have achieved in the evolutionary process, you can feel it on your central nervous system.

Now, supposing there's a dog and the dog can go through any dirty lane, but for human beings it is difficult. The reason is evolutionary process has brought us the sensitivity to dirt and filth. But when this enlightenment takes place the Spirit which resides in your heart, which is just a witness, starts enlightening your attention. I told you that on your central nervous system, you can feel the different centres of people and your centres too. And you know the absolute, absolute truth; because you can feel the cool breeze. In case, whatever you ask, it's yes about it, like a computer. Supposing there's a man who is dressed up like a sâdhu baba and comes here like a saint, how will you make him out, whether is true or not? But even if you have 10 children who are realized souls, you tie their eyes they'll immediately tell whether he is false or not. So lots of false ideas, lots of blind faith drop out. Supposing we are sitting in the darkness and somebody is holding on to a snake, and you tell him that's a snake, he may not accept till he bites; but if there is even a little light, immediately he drops the snake. I've seen wonders of Sahaja Yoga, that people taking drugs and all kinds of funny habits just drop them overnight. So you know the absolute truth and you know about yourself and you know about others. Your attention becomes very pure. So much, so that even a glance of such a person can do wonders. There is no lust and greed in the eyes anymore. I mean you become a saint. But there's no show about it; you lead a very normal life. You become extremely dynamic, full of energy, but you are extremely compassionate. The description can take one complete lecture. So it is better to experience this all-pervading power. Is there any question, any more? That's good. I think if you all sit on one side, it will be a better idea. All of you. One should not feel...I think that people are a little upset because of a few people, but one should not be upset because, in the beginning, it's always so.

See there is no end to knowledge and I must have given thousands and thousands of lectures only in the English language. But when you come to this hall, I had just to tell you that you put on the one switch and all light is coming. But it is all built-in within you; the system is all built-in just like as if this is built-in. So if I go on telling about the history of electricity, how it came to Bangkok, it is quite boring. Best thing would be to get the experience. Now, there are three conditions for our ascent. First one is that you have to forget the past and not to feel guilty at all. People might have told you that it's a sin and all those things that you are sinners, so don't believe that. After all, you are human beings. You are not gods. You are the only ones who can make mistakes. So please, do not feel guilty. Now if you feel guilty then the centre here, on the left-hand side, catches very badly. It's a very dangerous thing also because it gives you diseases like angina and all the diseases which are caused by lethargic organs. Moreover, spondylitis is another disease you can get with this feeling guilty.

The second condition is that you have to forgive everyone in general. Most of the people say it is very difficult to forgive; but whether you forgive or you don't forgive, you don't do anything. But if you do not forgive, then you torture yourself and play into

the wrong hands. That means you live with a myth. So, in general, you have to forgive, it means don't think of each and every person, just say I forgive everyone. You feel much lighter immediately.

Then the third condition is that you all have to be extremely self-confident. You are not to doubt yourself. You are all capable of getting Self-realization. So, please don't be diffident, don't count your mistakes. Now you feel guilty and forgive everyone in general. This will help us a lot to raise the Kundalini. If you do not forgive then the centre on the optic chiasma is like this, very tight and it won't open; it has to open out like that; otherwise, the Kundalini won't rise. So, all your life you tortured yourself, now at least at this time you should forgive everyone. I mean to say you should be very pleasantly placed towards yourself. Because you do not know what Glory awaits you. You will only know your meaning and your greatness once you get your Self-realization.

All right, now very simple things we have to do; [Yogi's name/UNCLEAR], can you come here, please? You can show them, come along. Now, he will show you how we are going to nourish our centres ourselves.

First, you see that, and then we will have to close our eyes; it will take hardly 10 minutes altogether. I'd be happy if you could take out your shoes because this mother Earth helps us a lot. And both the feet have to be apart from each other because these are two powers which work within us. Please, keep the shoes behind, it would be better. Now, please put both your feet away from each other. Left side is the power of Desire; the right side is the power of Action. So you please put your left hand like this on your lap very comfortably. You have to sit comfortably, not bending too much or bending backwards, but you are comfortable. The left hand towards me like this suggests that it is your desire to have Self-realization; it's symbolic. The right hand we will use for nourishing our centres on the left-hand side. All right; so now -he will show you also, you can have a look- put your right hand on your heart. On your heart. Here resides the Spirit; but the seed of the Spirit is in the fontanel bone area which was a soft bone in our childhood. Then we take our right hand on the upper portion of our abdomen, on the left-hand side. This is the centre of your master. This is created by great incarnations of great masters, like prophets. Now, this right hand you have to take it in the low portion of your abdomen on the left-hand side and press it hard. This is the centre of pure knowledge. Pure knowledge is that which manifests on your central nervous system. This is what Buddha is. From where the word Buddha has come. That means it is not mental, but you feel it on the central nervous system; also from Vidyâ, Vidyâ is meaning the same thing. Now, raise your right hand again on the upper portion of your abdomen and press it hard with your fingers. Again, raise your hand on your heart. Now raise your hand in the corner of your neck and your shoulder. And turn your head to your right, fully. I've already told you that this centre is in jeopardy when you feel guilty. Please do not feel guilty about anything. Now put your right hand on your forehead across and now put down your head. This is the centre where you have to ask for forgiveness, you have to forgive everyone. Forgive everyone in general. Now you have to take your hand back on the back side of your head and push back your head. Here you have to ask forgiveness from the all-pervading power, without feeling guilty, without counting your mistakes. Now the last centre, which is important: stretch your hand palm fully, bend your head down and put the centre of your palm exactly on the fontanel bone area which was a soft bone in your childhood. Now press it hard, push back your fingers; important is to push back your fingers so there's good pressure. Good pressure on your scalp; now please move your scalp slowly seven times clockwise, slowly seven times clockwise. That's all we have to do. There's one thing you have to bend your head, that's better. Then you can pressurize it better. And don't move the hand, move the scalp, please. All right, that's very simple now.

Now, we close our eyes; you may take out your spectacles. If there's something tight on your neck or on your waist, you can loosen it a little bit. Close your eyes please; keep both the feet away from each other and left hand towards me. Now please put your right hand on your heart; nowhere you have to ask a question to me. You may call me Sri Mataji or Mother, whatever you like. Now ask a very fundamental question: "Mother, am I the Spirit?". Ask this question three times. Please ask this question three times. Now if you are the Spirit, you are your guide, you are your master. So now please take down your hand on the left-hand side in the upper portion of your abdomen. And here you ask a question again three times: "Mother, am I my own master?". Ask this question three times. I have already told you that I respect your freedom and as you have to attain the complete freedom, I have to respect your freedom. So I cannot force pure knowledge on you. You have to ask for it. So now please put your right hand in the lower portion of your abdomen on the left-hand side. Here, you asked six times because this centre has six petals: "Mother, please give me pure knowledge". Say it six times. As you start asking for pure knowledge, this Kundalini starts rising. So we have to nourish the upper centres with our self-confidence. So please now raise your right hand onto the upper portion of your abdomen on the left-hand side. And here you have to say with full confidence ten times: "Mother, I

am my own master". I have already told you that the truth is that you are the Spirit. You are not your conditioning, your ego, but you are the pure Spirit. So now please raise your right hand on your heart and here with full confidence say twelve times: "Mother, I am the Spirit". This all-pervading power is the ocean of knowledge. It is the ocean of compassion and bliss. It is the ocean of Joy. But above all, it is the ocean of forgiveness and whatever mistakes you commit, this ocean of forgiveness is very powerful and he can dissolve all of them. Now raise your right hand in the corner of your neck and your shoulder. And now put your head towards the right, fully. Here you have to say again with full confidence, 16 times: "Mother, I am not guilty at all". I have already told you that whether you forgive or don't forgive, you don't do anything. It is a myth that we do not forgive and as a result, we torture ourselves and play into wrong hands. So now please raise your right hand on your forehead across; and please fully put down your head. Here you have to say from your heart, not how many times: "Mother, I forgive everyone in general". Please send your head, please bend it. I forgive everyone in general, please is very important. Say from your heart. Now please take your right hand on the back side of your head and hold it tight. Push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to say from your heart again, not how many times: "O Divine power, if I have done any mistakes knowingly or unknowingly, please forgive me". Please put your hand on the back side of your head, push back your head. Now, the last centre; now stretch your palm, put the centre of your palm on top of your fontanel bone. Now again I cannot cross over your freedom. I respect it and I cannot force Self-realization on you; you have to ask for it. So now press your scalp fully and move it seven times slowly saying "Mother, please give me Self-realization". Bend your head. Move your skull clockwise with full pressure.

Now take down your hands please; please put both your hands towards me like that and watch me without thinking; now put your right hand like this and bend your head and see with the left hand if there's a cool breeze coming out of your fontanel bone area. Now don't put your hand on top of your head, please; away from it, some people get much further. You might get also a hot breeze, it doesn't matter because you are not forgiven. Now please put your left hand towards me and now bend again your head and see for yourself if there's a cool breeze coming out of...now do not doubt...maybe hot breeze. Now please put your right hand towards me; again bend your head and see for yourself again if there's a cool breeze coming up. Now raise both your hands towards the sky like this and fully bend back and ask a question three times: Mother, is this the power of God's Love? Other: is this the cool breeze of the Holy Ghost; Mother, is this the Paramachaitanya? Now please bring down your hands, please. All those who have felt the cool breeze or hot breeze out of your head or on your fingertips and hands, please raise both your hands; both your hands, please. It's good. May God bless you. You all felt it? Then, good.

Tomorrow again those who have not felt it will feel it tomorrow and I'll meet all of you individually. Also, you can telephone to your friends and ask them to come. Isn't it? And or maybe they are feeling guilty? So tomorrow it will work out. I am sure it will. Thank you very much. Hope to see you tomorrow with all your friends, and I hope to be here very early. And I'll explain to you everything. (The white skin doesn't get it). There, they all got it. Good, we hope to see you tomorrow again and get more friends. Now you should not discuss around you because this is beyond mind. You can't think about it. If you start thinking you lose again the vibrations. So thank you very much. It's a very good beginning.

Yogini: You will give us course?

Sri Mataji: Yes.

Yogini: When?

Sri Mataji: Tomorrow. We'll be having a follow-on here later on. Tomorrow, I'll tell you all about this, everything, and then they will have a follow-on. I will tell you everything. All right, tomorrow; and also we are having here some people who are staying over there come all the way from Switzerland and they want to have a follow-on program.

Yogini: [UNCLEAR] We are very late.

Sri Mataji: What happened is that today there was some sort of flooding on the way and for this, we were stuck at the airport. Do you come from what part of India?

Yogini: I live here for 20 years. I'm Jain.

Sri Mataji: Jain is the thing I'm teaching you. What Parshwanath has done, you see. Jain is to know.

Yogini: Yes, I know.

Sri Mataji: So now this is what it is you have to have, all right? All right; May God bless you. I'm very happy.

A yogini, leading another yogini to Sri Mataji: She has a problem in the back.

## 1990-1105, Talk to Sahaja Yogis

View [online](#).

5 November 1990

Talk to Sahaja Yogis

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

1990-1105. Informal Talk Bangkok Thailand

Shri Mataji: Hello, sorry but you see, it was impossible, the roads were all closed with such traffic. May God bless you. That is how they give the garland here? Beautiful. Namaste, Namaste,(in Hindi)So tell me, you all have come?

Sahaja yogi: With your grace.

Shri Mataji: He told me that you know a lot of people here, so I told them, send him here since I am also going there now. This is all Sahaj convenience, people have come from so many places.

(People welcoming Mother with arati and Mother talking in Marathi).

How do you like your sister in law? She is alright? I am already there.

(In Hindi)You are amazing Sardaji, you have come. I told them if he can come it will be good. There are lots of Sikhs here. Are there Namdhari people here?

Sahaja yogi: Yes there are lots of people here.Lots of them.

Shri Mataji: Really.?Many? You have to explain to us what is Namdhari because many people, don't know much about it.

Sahaja yogi: Shri Mataji, this is my son-in-law and my daughter.

Shri Mataji: Good, good.

Sahaja yogi: Another daughter who is there is already a Sahaja yogi. This is the third daughter. The mother in law doesn't allow her to stay there, and someone murdered my brother so I had to go there.

Shri Mataji: He was murdered?

Sahaja yogi: Yes.On Wednesday morning. He went on Tuesday night and then he did not come back. His companion took him and he was shot.

Shri Mataji: His companion?

Sahaja yogi: Don't know. His younger brother.

Shri Mataji: But why will they murder?

Sahaja yogi: There have been fights between the brothers.



Shri Mataji: Your brothers? Real brothers?

Sahaja yogi: It was told that someone from outside murdered him or got him murdered. What is the truth, we don't know.

Shri Mataji: When was this?

Sahaja yogi: This Tuesday. He left the house on Tuesday night, and I came to know on Thursday, the 1st. Your program was arranged so we thought of meeting you.

Shri Mataji: Everything will work. How old was the...?

Sahajayogi: 32 years.

Shri Mataji: 32 years, Arre Ram. He was a young boy. You have understood? Her brother was killed by someone here. He was 32 years of age only. They are you see great Sahajayogies. Somebody told me that there are lots of Nagdharies. There are different types of Sikhs. They wear white and they believe in so many things so I said ask him to go down because if they are Namdhari we can get them to Sahajayog. This is too bad that has happened.

Sahaja yogi: This is the son-in-law. They removed him, told to go out of the house and left the house because of the mother's instructions.

Shri Mataji: (looking at the daughter's photo) Your daughter is very nice.

Sahajayogi: She is a Sahajayogini.

Shri Mataji: What happened to, her vibrations..

Sahaja yogi: She only told that Shri Mataji has the program. The daughter told that Mataji is coming.

Shri Mataji: No one else informed you?

Sahaja yogi: No. We were told you are going to Delhi from Goa. So we came we thought will take the photos with us and show you.

Shri Mataji: Everything will work out. There is a little..

Sahaja yogi: His mother says there are two marriages.

Shri Mataji: Whose? The girls?

Sahaja yogi: The boy's mother. I am the girl's mother. She troubles them a lot.

Shri Mataji: Whose two marriages?

Sahaja yogi: The boys.

Shri Mataji: Does it happen like that here? She is such a sweet girl, where will they get a girl like this? What does the boy do?

Sahaja yogi: He is doing C.A.

Shri Mataji: I have ..has he passed?

Sahaja yogi: No he is doing it, yes he has passed, no.

Shri Mataji: What is the girl doing?

Sahaja yogi: She was in the first year and then she was doing her second year B.A., we got her married, 8th of April. We also saw your program in March. We did not go near but watched from a distance. We thought Mataji goes there and but we did not gather the courage to tell you.

Shri Mataji: He had come. Now I am here.

Sahaja yogi: There was too much of rush.

Shri Mataji: Too much. In Pritam Pura, there is too much of rush.

Sahaja yogi: No, we are in Patel Nagar.

Shri Mataji: You met me in Ram Leela ground.

Sahaja yogi: We went there.

Shri Mataji: The boy will get alright.

Sahaja yogi: We wanted to tell you that at 68, I was sleeping and I saw Shri Sadguru in full white and told him I am reading Namaz and it doesn't look good because we are Namdhari and reading Muslim text. This happened in December 1968. He stood up and said you are the granddaughter of so and so and you tell me like this. Then by the grace of Sadguruji, YOU called us and all of us came, Sikh, and all religions have come here. All the 'dharma's'.

Shri Mataji: All the Dharmas. Sadguruji, must be believing that all the religions should come. Nanakji also said the same thing. Where is your Sadguruji?

Sahaja yogi: He has some heart problems.

Shri Mataji: Bring him and I will cure him.

Sahaja yogi: No, UNCLEAR.. when all the dharm are the same...

Shri Mataji: Take him there and he will be alright, health also and the other people can also come. This is being followed for such a long time and what was achieved? The name of Nanak Sahib is being spoilt.

Sahaja yogi: No, they cure other people also.

Shri Mataji: Everything is alright, He was a realized soul, even I know that at that time. He was a Shradavan person, but everything does not happen according to his wish. What are we doing? We have to achieve it.

Sahaja yogi: Even when I had a fall and fractured my leg, I saw that some evil power and after three days my leg broke. With your grace, I come to know everything.

Shri Mataji: I will remove everything.

Sahaja yogi: How was the program in Singapore?

Shri Mataji:(In Marathi)Can I have water.? (In Hindi)Amazing. In Singapore, there are lots of South Indians. There are Sikhs also. Ten or fifteen of them had also come. First time when I went, six years back, nothing was established. Then went again. Let's see in Bangkok, what happens. I had come previously while in transit and the vibrations were not good then. Now don't know. What is your say, Prakash?

Sahaja yogi: UNCLEAR

Shri Mataji:(laughing)It is only your love that has brought me here. Both of you.Yes.That has brought me here. Really I tell you. Everybody asked me how many you have in Bangkok? You have many or not? Even George was asking so I told them about you two. You are the real children of this country because you are the one who has brought Sahajayogi here. I never felt like coming before. Still, I came to know that you are both from this country. I never felt because last time I came the vibration was very bad. The Mooladhara was very bad here so I was thinking about what is going to happen?. This country is, you see Rama came and ruled here for many years. Before he went to find Sitaji he was here and he is 'Maryada Purushottam' he is, and what I heard about Bangkok was very sad that people are losing their value system, their 'Maryadas' and all that. At least you are there so I have come now. I am sure it will work it out. It will, it will definitely.

Sahajayogi: Would you like to have something?

Shri Mataji:I will have some water that's all. Sorry, there was such a jam but I said a lot of vibrations are needed in this place so I was quietly enjoying it. So when did you come, Martin?

Sahaja yogi: UNCLEAR

Shri Mataji: Did some postering? (Laughing)

Sahaja yogi: Yes, UNCLEAR, doing things, organising... wonderful job UNCLEAR.

Shri Mataji: I will talk of Buddhism. We are the greatest buddhist because I have created so many Buddhas,( laughing) but they have lost so many things. Kuala Lumpur also, of course, I mean it was because I was there six years before I said better try. It was wonderful this time. But also we had thought of going to Singapore to buy things for you people. Just image, you know they told me, Mother, Kuala Lumpur is much cheaper, if you want to buy for Australia and better go and we bought the whole of the market, I tell you. So cheap it was, so cheap, I mean these people are not going to be garlanded UNCLEAR. They have the best things.

Sahaja yogi: Cheaper than India?

Shri Mataji: Oh, much cheaper. Even Indian things were cheaper. In India they give a promotion, they say 50 per cent less, all kinds of things. Her father met me. He told me that she is going to France, she has gone. She came here, not to France?.

Sahaja yogi: directly to France UNCLEAR

(Mataji talks in Marathi)

Sahaja yogi: After eating he has breathing problems (in Hindi)

Shri Mataji: Who has?Him?After eating what happens?

Sahaja yogi: He feels suffocating.

Shri Mataji: Will remove it now that we are here.UNCLEAR went to the shop to see, then they said that first give us the blessings, then one after another one after another, laughing so many people came and they all started working on them and then came a German boy. I don't know how he appeared there. He has been a seeker, he has been to some Hathi yoga thing. Poor fellow, he was crying, the body was shaking and he was doing all kinds of funny things but then he got alright and he was smiling and laughing and we worked on him for 50 min. In a shop, can you imagine? There was shopping and there was realisation.

Sahaja yogi: Everyone got realisation?

Shri Mataji: Everyone. And then I stayed on and I said I will meet all of you one by one so we called them and asked them, whom do you worship? Some said, Guru Nanak Dev. I said alright ask them to ask Shiva, Ganesh, they all got it. What's your name?

Sahaja yogi: Vilas ..( talking in Marathi)

Shri Mataji:(in Hindi).Ok Sardarji, how much do you enjoy in Sahajayog?

Sahaja yogi: UNCLEAR

Shri Mataji:(Quotation in Hindi about Kabir)

Sahaja yogi: UNCLEAR

Shri Mataji: We are in joy and happiness, delighted. When I see the Sahajayogies, who had all come there, I felt so good.

Sahaja yogi: Now it's like one satguru and one YOU, Mataji. We cannot separate. One is Mother and the other Father.

Shri Mataji: One gets connected with wherever is one's destiny.

(In Marathi18. to 19.30)

Shri Mataji: There is a lot of vibrations in that photo.This photo.

Sahaja yogi: I have experienced that everything works out when we close our eyes in front of YOUR photo.

Shri Mataji:( laughing)It is spread all around. (Talks in Marathi).

See these Indians have bad habits of taking early in the morning baths and going out, so you be careful with them when you go out in France. This happened, with UNCLEAR who started taking his bath as usual and going to work you see. Taking bath, just going to work, when he got this tuberculosis. There is another girl who got tuberculosis also in Milano. In Milano also, is another cold place, she would just take her bath and walk out and she got tuberculosis. You have to be careful there. Let her take bath night before sleeping. That's much better, to begin with.

( Talks In Marathi )

Shri Mataji: (In Hindi). Who are you? You from Australia? Is it? You look such an Indian. (everybody laughing). Really? You are

from where?

Sahaja yogi: UNCLEAR

Shri Mataji: Really?

Sahaja yogi: We are from the Rain forest in the Hills, Shri Mataji..

Shri Mataji: That is because of the equatorial climate. I thought him to be, I mean he is brownish in colour. You don't have to do sunbathing. (laughing)

Sahaja yogi; UNCLEAR

Shri Mataji: That's right. There is no need. We have to accept whatever we are. You should not go too much against the nature. That causes problems. This competition must go away. Here they are racist and they want to make a planned racist. What is the need? Why be a racist first of all? They believe in the white skin and they want to make their white skin into dark. It's so absurd, isn't it? You should not fight nature too much. It's alright after all. This ideas are entrepreneurs you see. Befooling that you must have brown skin because then they can have their health resorts or some things and you will go to the seashore and you spend a lot of money in holidaying and buying their stuff to make your self brown for you on the seashores. That is the reason. It's all beautifying things, that's all. I mean I would tell you 25 years back nobody used to do that. It is a new idea that has started and now looks at all the seashores are spoilt because what is done is wrong.

Sahaja yogi; We have the stinging jellyfish in the summer which stings every. ( laughing)

Shri Mataji: What happened to your 'miracle' that we created there. Going on?

Sahaja yogi: UNCLEAR Going on and the Marine Biologists UNCLEAR. The Adishakti has come.

Shri Mataji: I was asking you where are those jellyfishes, what you said those..starfish. Where are they? Not one we saw. We went round and round and round. Not one we saw. Have they disappeared with vibration? God knows where they have disappeared.

Sahaja yogi: Never know.

Shri Mataji: So now it is prospering the whole thing? It is coming up. Good.

Sahaja yogi: Takes a long time for the barrier reef to grow. So now we grow.

Shri Mataji: Because when I was going, I saw them you see, suddenly awakening, they were moving, there was a kind of a movement. I saw so many of them. I don't know if you noticed it or not, a bunch of them suddenly started shaking like that, I saw with my own eyes. So I could see the life is coming into them because they were static, but everything was shivering like, I saw it happening.

Sahaja yogi: So the tourist industry should be very indebted to you Shri Mataji.

We must take note. (Laughing)

Shri Mataji: Nothing so great. Actually, I am indebted to you people. For one reason. "Whatever I Am, I Am'.I haven't done anything special. I have been like this and I'll be like this". But you are the people I have to thank. That you have changed your self. You have accepted Sahaja yoga. You have come to Sahaja yoga. You are enjoying Sahaja yoga. For a Mother, this is the

greatest thing you see. As she has done the cooking it is alright, but when you eat and enjoy that is a real joy.

Sahaja yogi: UNCLEAR

Shri Mataji: I will go there and have. I am happy you all are here. I do not feel I am in a foreign country at all. (Laughing) (In Hindi). Seeing you all it feels like I am at home.

Sahaja yogi: UNCLEAR

Shri Mataji: Very nice, UNCLEAR. You have gems all over. Its only Sahajayogies can appreciate Sahajayogies. Only human beings who can appreciate other humans beings are Sahajayogies. Nobody else. You see there are jealousy and other things but only after 'Realisation' we start learning this, as I have told you that Namdeva who has written poems in the UNCLEAR. He went to see a person called Gora Kumar. He was from the Kumar, means, the potter and his potter was there and he was just trying to knead the clay with his feet, he was working it out and Namdeva went and saw him there and what he says, I mean only a yogi can say to another yogi. He said (in Marathi quote) 'I came to see 'Nirakara', formless but here is the form standing before me.' What an appreciation of one person to another. No question of jealousies, competition, nothing, just a complete understanding, this is his famous couplets. (quote in Hindi). So this love and this understanding is tremendous. When I see among Sahajayogies you were there also, Martin was there and how everything was so beautiful. Engie was another sweetie pie, wasn't he? Such a sweetie pie he was. (Laughing) He was saying, 'Mother, after coming to Sahaja yoga even, how could he do that? After coming to Sahaja yoga?' Yes after coming to Sahaja yoga. How could he do after coming to Sahaja Yoga, he couldn't understand. You see now you have become a bird, how could you get back to the egg stage. He could not understand. After coming to Sahaja yoga. Such a sweet fellow Engie, such a sweet fellow I tell you. Shyam Gupta is bent upon getting him married this time. (Laughing) Shyam Gupta another gem, I tell you. He went and shouted, what do you mean by coming to the house like this, entering into his kitchen, what is this?

Sahaja yogi: So they have a strong collective in relation.

Shri Mataji: You see I was surprised last time when I came, these Chinese came to see Me in Singapore. I was on my way to Australia I was so surprised, about 30 of them. I said, how are you here? They said we came by plane and so we are inside the airport. And I said so many Sahajayogies? There was only one (UNCLEAR).

I have never eaten Thai food. I don't know what sort it is. I have eaten Chinese. Is it something like Chinese? It is not hot?

Sahaja yogi: It is hot.

Shri Mataji: I don't eat hot. Very little hot. That way I am not Indian. Don't know what has happened to my tongue. I have become.. cannot eat too much hot. As it is from the very beginning. Anything sour or hot, anything extreme I do not take.

Sahaja yogi: You like sweets? I hope you will appreciate.

Shri Mataji: Sweets also I do not eat much, you know that.

Sahaja yogi: Oh, yes.

Shri Mataji: In the puja you see, they have so many sweets that I don't know what to do. (Laughing.)

Sahajayogi: Here is one fruit Shri Mataji. Durian.

Shri Mataji: Korean?

Sahaja yogi: Durian. (Hindi)If you permit me I will get it tomorrow. It is very famous here. It is like a jackfruit. (In Hindi) creamy, creamy.Very nice.

Shri Mataji: Okay will eat. Have not eaten. Is it sour?

Sahaja yogi: (in Hindi).No, no. There is a rice dish called UNCLEAR.

Shri Mataji: Get a little. You know that I eat very little.

Sahaja yogi: These are good items. There is another very famous vegetable item but it will be hot.

Shri Mataji: I cannot eat hot and spicy things. Little hot is ok but just now they gave so-called Indian curry as South Indian the whole mouth was burning. Does Thai food have chillies?

Sahaja yogi: Yes.UNCLEAR.If you want we can get Indian food cooked for you and bring it.

Shri Mataji: No, no. Don't get anything. Don't take pains. I am tasteless. I am not for food and taste, it should be simple and light, with not too much of chillies. I can eat spices but not chillies. Bring little food. They want to bring food.

Sahaja yogi: Should I make food?

Shri Mataji: Tomorrow you can make little food here.

Shri Mataji; What is the program now?

Sahaja yogi: UNCLEAR.sing bhajans but we do not have any instruments.

Another Sahaja yogi: We have UNCLEAR

Shri Mataji What do you have?

(In Marathi) Do you have harmonium? They have something to play. So when do you want to sing? Today? Tonight. Alright, then what is tomorrow?

Sahaja yogi: Tomorrow program in the evening Shri Mataji.

Shri MatajiWhat time?

Sahajayogi:7.30, in a hotel somewhere outside Bangkok.

Shri Mataji: What time is it?

Sahajayogi:.7.30 in the evening.

Shri Mataji: Oh, I see. Then day after tomorrow?

Sahaja yogi: Day after is another program in the same place on Tuesday in the evening.

Shri Mataji: When am I going? I have no idea.

Sahaja yogi: On a Wednesday, that is 7th, Wednesday, 7.30.

Shri Mataji: What is the date today?

Sahaja yogi: The fourth.

Shri Mataji: What time am I going?

Sahaja yogi: Monday program, Tuesday program, so you are going on Wednesday, so that is 7th.

Shri Mataji: What time? On Wednesday?

Sahaja yogi: 9.15 in the morning.

Shri Mataji: In the morning? Alright. Taipei people have been informed, have they?

Sahaja yogi: We tried UNCLEAR normally there should have been some kind of article in the newspapers. UNCLEAR We have generally informed all the newspapers that there will be a conference. Some people called to say at home to say that they are free, that they wanted some confirmations so we think that it was okay in the newspapers but we could have advertised as much as we could have.

Shri Mataji: But you have put Websters alright?

Sahaja yogi: We have put UNCLEAR

Shri Mataji: That is more than sufficient. You see because at the airport they said, we are expecting this lady and all that. How will they say that unless they know? Now for Taipei, they have given me a visa which was in my UNCLEAR but they haven't yet sent it here so somebody has to contact.

Sahaja yogi: Yes. Some gentleman rang from India and he gave me the consignment note and it is coming in Federal Express and will arrive here on Tuesday and we can confirm like... UNCLEAR

Shri Mataji: But Taipei whom are you going to contact?

Sahaja yogi: There is one UNCLEAR personal here and he wanted to know when you are going to come.

Shri Mataji: Is it Paolo who telephoned? The number he gave.

Sahaja yogi: No. I don't remember. No, he said he will call back.

Shri Mataji: Alright, it is Pablo who has come from New York, all the way. Tremendous person Pablo, I mean he went to Canada and what is that place near Canada, nearby, very near Washington, what is that place, where the seashore is very famous, they always have some Conferences and all that.

Sahaja yogi: Above New York?.

Shri Mataji: No, no. Not New York. The other side. No, no, not this side, the other side. Near Washington.



Shri Mataji: He will organise. Doesn't matter. He is very, very clever. That place is very famous place. I told him he has to go there and he got a job next year. (Laughing) I went there and now we are getting a Residency in Italy and I said I would like to stay in Como and Robert was sitting there and I asked, 'will you come to Como?' He said, 'yes Mother, why not', and next day four of them got jobs in Como. Next day. How things are working out I tell you. And I missed my plane. I must tell you. This story is the best. I missed my plane in Rome because they said it's cancelled so I said, alright tomorrow I will go back on the same plane. They said there is a plane in the morning and I said, no I will go by the evening plane and the day I had arrived in Milano there was some house for sale, they had advertised in Rome and UNCLEAR..had brought that, it must be six, seven days difference. I said why not telephone to her. We would like to go and see the house. Went there and two nice big, big houses in 12 acres of land and for a song. I said immediately buy and finish it. In that one day, I bought it and then I caught the plane. So UNCLEAR said there is the name of the Mother, 'Begavathi', the one who has speed. A beautiful Ashram, you will enjoy it there. Very old Ashram style, not lavish style, Ashram style, beautiful. It is just meant for an Ashram.

Sahaja yogi: Mother would you like to do some shopping tomorrow in Bangkok?

Shri Mataji: I would like to see, they say it is a nice shopping place and you get Rolex here for six pounds. ( Laughing.)

Sahaja yogi: And when you are done, quite an interesting place maybe to see, we have got a river just near the house and we can arrange for a boat and we can go together with along the river.

Shri Mataji: I would like to see some Historical places. There are some nice temples they say. I would like to see that.

Sahaja yogi: There is Ayodhya which is not very, I think it is 260 kilometres from Bangkok. Around 85 kilometres it is all city Mother, so they named it as Ayodhya.

Shri Mataji: They call it Ayodhya because he stayed here, Rama stayed here. They talk about Bhairav Nath, they talk of Bhirav and all that.

Sahaja yogi: We can go there by boat, Mother.

Shri Mataji: Alright. But early in the morning, the plane is. If you can make it in the evening it would be better. Then I can see all these places because I have never been to Bangkok before. Because Taipei program is not, on Wednesday, it is on Thursday.

Sahaja yogi: So on Wednesday..

Shri Mataji: Yeah, I think, let us do one thing, he will telephone to me tomorrow and I will know exactly. Taipei we have got four days or five days there. I would like to go and see this Rama's place, Ayodhya, I have heard such a lot about it.

Sahaja yogi: There is also a temple. They call it the Buddha Emeralds temple in Bangkok which is very famous for Thai people this Buddha. They found it it's ..., say like Jade and every year the king himself comes and do the puja Buddha, he changes the clothes of the Buddha, everything and so they worship very much. UNCLEAR

Shri Mataji: They believe in the Future Buddha at least. They are the ones who believe in Maitreya.

Sahaja yogi: UNCLEAR

Shri Mataji: Yes, they do believe in Future Buddha. Alright, we will have some dinner. Bangkok is a very cold country now so I gave up all my cotton series and brought the silks. (Laughing) That's alright, will manage.

Sahaja yogi: UNCLEAR

Shri Mataji: Upstairs will be better. After 6 O'clock, I don't take tea. As far as these things are concerned I don't....

## 1990-1107, It is high time for us to have an introspection

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7 November 1990

It Is High Time For Us To Have An Introspection

Public Program

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

Public Program – Day 2, Bangkok Thailand, 06-11-1990

[Introduction by a Sahaja Yogi until min. 04:40]

I bow to all the seekers of truth.

As I told you yesterday that truth is what it is. You cannot conceptualize it and you cannot also feel it with your human awareness. You have to become the Spirit - the subtler being. This is the knowledge of the roots. And if you have to know the roots you have to become a subtler being.

All the civilization has grown outside as a big tree but we should find out our roots otherwise all this civilization will be destroyed because we have lost our balance completely. In Russia people believe that democratic countries have all roads paved with gold but they do not know how demonic these democracies have become - such a lot of violence, so many diseases and so many people absolutely sick. So it is high time for us to have an introspection and also to get out of this relative world of different ideologies we have to find out the absolute.

So the only way, as it is suggested by all the religions and all the saints, is to get your Self-realisation. As all this is been explained to you now, you know there is within our understanding and reality this instrument is hidden and this is built within us during our evolutionary process. We have become human beings with a purpose and the purpose of our life is to be the Spirit.

He has already explained to you the medical side of Sahaja Yoga. By Sahaja Yoga many have been cured by psychosomatic diseases like cancer. All kinds of muscular diseases, all kinds of incurable diseases Sahaja Yoga has been able to cure in many cases. Also many diseases - like mental diseases, have been cured by Sahaja Yoga. It is your own energy, it is your own being that works it out. Within you this energy is residing. There are three doctors in India who have got now the MD. In Sahaja Yoga they have shown how epilepsy and asthma and cancer can be cured. If you were doctors I would have explained to you in medical terminology how it works. But in Russia there are 600 doctors who are practising Sahaja Yoga now and 200 scientists who are doing Sahaja Yoga.

So it is important for a lot of you, all of you to know that the time has come for us to get this higher state of awareness. But the nature of this kundalini is that she is your mother; she is your individual spiritual mother. She is the reflection of the Primordial Mother. She is the one who is awaiting to give you your second birth. She is the power of pure desire. All our other desires are not pure. Today we want to buy a house then we want to buy a car, then we want to buy an aeroplane: like that we are jumping from one desire to another. That's why economics is saying that wants are not satiable in general because the power of pure desire is Kundalini.

Whether you know it or not the desire which is pure within you is to be one with the divine Power. Unless and until you become one with that all-pervading divine Power you are never going to be satisfied. You'll always feel the emptiness within you. Now the nature of the Spirit is that it is a reflection of God Almighty within us in our heart.

[Shri Mataji speaks aside: Why don't you sit down please, don't disturb everyone. Please be seated, don't disturb.]

So the Spirit is the reflection of God Almighty in our heart but the seat on the Spirit is in the fontanel bone area - here - which was a taalu in your childhood. So now the meeting of the kundalini with the seat of the Spirit is the yoga. Yoga also has another meaning; means the trick - "yukti"; it's called as "yukti" - means the "trick" on this technique to know. So first you have to achieve your Self-realisation and then you have to know the technique how to give realisation to others. Every one of you is capable of getting Self-realisation.

As I told you the other day that I've given thousands of lectures only in English language, apart from other languages. So in this short time I may not be able to explain to you every aspect of Sahaja Yoga but you can achieve your Self-realisation and then you have to come to a follow-on program to know the technique and to grow. Of course, you don't have to pay for anything but you have to give some time to yourself. Unless and until you feel your depth the seed of doubtless awareness won't be sprouted.

So first you get the state of Nirvichara, Nirvichara samadhi meaning "thoughtless awareness" and the second state is doubtless awareness when then you can give realisation to others, you can cure others, you become extremely dynamic and very compassionate; and then your awareness becomes collective - that you can feel the centers of other people and your own centers. You have to just correct yourself and then you have to correct others. Actually you become your own master, you become your own guru.

But I have to tell you that this is a collective happening. You cannot say, "I am doing this in my house and still it doesn't work out." but you have to be in the collective. Like a nail is cut out then the body doesn't bother about it. It's a collective thing, means the whole body is collective and if one nail is cut out from the main then the body doesn't bother about the nail which is gone out. I mean to say that the body will grow but the nail won't grow. I wish you could come to India and see them - people from 56 nations come together. There is no quarrel, there is no fighting, there is no jealousy. It's such a purity, very pure relationships. And the enjoyment is so great. Only after realisation you can enjoy another person.

So I have to tell you that you should just desire that you should get your Self-realisation. Of course, if you have any questions you may ask me and then we'll have for about ten minutes again the session of realisation.

Yes, please.

Question: How does it feel when we reach Self-realisation? How we know we have reached it?

Shri Mataji: When you get your Self-realisation then you feel the cool breeze of this all-pervading Power, like a cool breeze, not very cool but very soothing and a breeze like this starts flowing which we called as paramchaitanya. So you start feeling it for the first time. It's described by Adi Shankaracharya as "salilaam, salilaam" - means the "cool and cool and cool", it soothes you down. Also you feel the cool breeze coming out of your fontanel bone area when the Brahmarandhra - it's the last chakra, it's the limbic area, it's like that - and it opens out and when this opens out then you start feeling the cool breeze coming out of your head. In the beginning maybe little hot, maybe, little hot you might feel because sometimes if you have a liver problem or if you have not forgiven people you do feel that. But actually it works out ultimately. This is the feeling. Also your eyes get a glint of a shine, in the eyes; eyes become little different than normal - there is a glint in the eyes that shines. And you feel extremely peaceful; you feel the whole thing is like a drama when so many things happen one after another. And so many miracles takes place, I should say, everything, you feel its tailor-made made for you.

Like they wanted to write a book on the Sahaja Yoga miracles and the gentleman who was writing it said, "Mother, I don't know, within one's month time I have a pile here and a pile there. I don't know what to do, how to select." So all the time you feel this, the guiding hand of God's love is there and He is helping us out in everything.

Question: Can we sit down and raise our kundalini or is there some special technique?

Shri Mataji: I must say somehow I've developed this Sahaja Yoga in such a manner that in a very comfortable way you can get realisation. You don't have to worry. Formerly they had to go to Himalayas and do all kinds of things. It is made very easy now; somehow it works sitting down- whether you sit on the ground, you sit on the chair. Sometimes I found that people, if they are sitting higher than me could not get. But even that is now worked out. Whatever may be the position in which you are kundalini will rise. It is made so easy that people don't believe that it's possible. But we must know this the age of jets and as the growth is outside so fast we have to have the inner growth also fast.

Question: What is the procedure to get Self-realisation? Is much time needed?

Shri Mataji: That we are going to do now; we'll just work it out. That's very good question. No, it's not much time is needed. Actually, you have to come to the collective and they'll tell you morning about 5 minutes and evening about 10 minutes if you can sit down for meditation, they will tell you how to do it. Actually when you get into the meditation, you don't have to do it. You are all the time in meditation. So you don't have to spend much time for it. But you must meet; you must learn about it, how to fix it up. Because first the connections are loose, we can say, of the human beings with the Divine. Like this connection could be loose so we have to see that it's fixed properly. Once it is fixed there is no problem. So that's what you have to look after.

But after all, these days we are trying to save time. We have got watches in our hands - all the time we are saving time, saving time. And what are we saving? For wasting only. So time we are saving for ourselves, for our growth. If you do not grow now it's going to be very dangerous. You can see how the world is becoming dangerous - ecologically, physically, mentally - how many problems there are. Like this stress. Nobody knew what this stress was about 15 years back; people ignored it. All these things are coming up because of the complications human beings have created. But in a way it's good - because of these complications only they are seeking the truth and because of the truth they'll find the peace.

Question: Can you tell us about dieting?

Shri Mataji: I'll tell you what. It's the prakruti of a person, is the personality of a person that's important. Now we have two types of people, definitely one are left-sided and right-sided. Right-sided people have to have more carbohydrates. The left-sided people have to have more proteins. And the central people are the people who are ascending; for them also a diet which is not so much [UNCLEAR], which doesn't come out of the Mother Earth. So it is definitely according to the person, how a person has to have. And gradually you yourself will know what sort of a diet you need. But after some time there is nothing like dieting, you can have whatever you like. But say there is a patient with only right-side and his liver will be out - as I told you yesterday how with liver you get asthma, this, that, all these problems - so the liver has to be cured. For that there is a diet; for a month you have to do the liver diet. Once you are finished with the liver diet you are alright. So diet is not such an important thing in Sahaja Yoga.

Actually Sahaja Yoga gives you complete freedom, absolutely no restrictions because you become your own master, you don't do wrong things; you just don't do it. Overnight people have given up drugs, overnight, drugs. Overnight so many things have happened because as I told you yesterday the story that if it is complete darkness and you are holding onto a snake, for example, and if somebody tells you, "Now throw away, that's a snake." you may not believe and you won't throw it till it bites you. But in the light, as soon as a little light comes you'll throw it away by yourself, nobody has to tell you.

Question: Is there any possible danger in the practice of yoga?

Shri Mataji: Not at all, never. You see, these people who have written against the Kundalini are all tantrikas - the people who are misusing this knowledge. If you say, supposing a villager comes and puts his fingers in the plug and then says that, "I got the shock." then you can only say that he doesn't know, he has no knowledge. But kundalini is your own mother and as your mother took all the labour things upon herself, she takes all the labour things upon herself; except sometimes you might feel a little heat - that's all - coming out; that's important, the heat must go out of your body.

But these people might have done it because they do not want people to get their Self-realisation also. And none of them say

that they can give Self-realisation because they cannot. It's mostly a commercial activity whether it is in the name of God or in the name of Kundalini, it's all commercial activity. As this Mother Earth doesn't understand money, in the same way your kundalini doesn't understand money.

Question: Is it to be done with supervision or we can we do it at home?

Shri Mataji: If you'll come to the collective they'll tell you what it's to be done - how to work it out at home. And then you have to again meet in the collective, they'll tell you what is to be done; it is not a supervision but just a guideline till you become perfected in the art, in the state. And then you yourself can do it. That is how Sahaja Yoga has spread.

Like say Martin, when he came suddenly started Sahaja Yoga there. Or she, Janine, she got her realisation in Switzerland, she came here and she started Sahaja Yoga here, it's like that.

Question: After how long practice one can enlighten the yoga?

Shri Mataji: No, no, first I'll give you realisation just now. And it's a different song because you have, I mean the way you are you will get it in no time because if you are anxious to do it honestly it works out very fast. You touch your depth very fast, it's not so difficult. But if you are all the time doubting yourself and this and that then it takes little time but in any case it works, in any case. So far I have not known anyone who has been coming to Sahaja Yoga and has not got that depth. So you all have that depth within yourself. And this is what it is that immediately you start feeling it and immediately you start feeling this cool breeze and then you don't think about it because you are beyond your mind. It starts working, the kundalini itself rises again and again.

Yes, madam.

Question: Can you feel [UNCLEAR]?

Shri Mataji: First you just feel here but later on what happens that - there is the innermost nadi, it's called Brahma nadi - through which few hair like energy passes, first of all, and opens this and that's how the grace starts falling on your sympathetic nervous system - these are two nadis.

I think you all understand English, don't you? Who doesn't understand English? At all? Alright, then tell her.

The centres are like this, the left and the right side. [Shri Mataji shows with her hands.] Now when you use right too much or left, see the center? Becomes constricted. And when the grace starts falling on these two sides of these channels, then they are released and they open out more and more strands of kundalini rise. It works very fast. You don't have to worry about how much time it will take. Actually you enjoy it so much and your attention becomes so peaceful that you just feel that you are in meditation.

And once you become fully enlightened then you start giving realisation to another person it's the most joyous, most joyous. Actually we do not know how glorious we are. Like, say, in an Indian village you take a television and show and say that, "In this box you can see all kinds of films and things." they will say, "Oh, how can it be? This is just a box." But if you put it to the mains then it's fantastic. Then you start enjoying yourself only.

There was somebody, he was asking some question there. Or have I answered you already?

Question: How do you feel the Kundalini?

Shri Mataji: No, you just feel, you first feel the cool breeze on top of your head. You feel the cool breeze all around yourself. And then you feel your own centres on your fingertips, you know. Like these are five, six and seven centres on the left side and this is on the right side: again, one, five, so six and seven; seven centres on the right side and seven centres on the left side.

Question: Do you feel the cool breeze?

Shri Mataji: No, not me. I don't feel anything. Yes, you can feel it yourself.

Question: Why some people are poor and some people are rich? Why we are not all same?

Shri Mataji: It depends on what kind of desires they had in previous lives and how they have spent their life before in their evolution, what is their prakruti - what is their aptitude. This is what makes your jaati, not the cast but jaati. It's said that your caste is not the thing, it's what your aptitudes are, what you are seeking in life. But to think that the rich people are happy is your wrong idea, completely wrong. The richest countries are like Norway, Sweden, Switzerland, they are all competing among themselves how many are going to commit suicide.

But after Sahaja Yoga you find that you are blessed very much, even materially, financially to such an extent that you feel absolutely satisfied. And this idea of poverty and richness all finishes with that, then you want to be spiritually rich. Now for example, I have all the powers, supposing, then I am the greatest capitalist because I've got the powers. But I cannot be happy unless and until I give it to others so I'm the greatest communist also. I'm about 68 years of age and I'm travelling like mad just to give to people. There is no need for me - I'm financially quite alright, everything fine, my family is good - but I can't help it.

So this idea of some people rich, some people poor, it comes out of ignorance. After Sahaja Yoga practically everybody gains a lot and also try to help each other. It's very amazing how this new generation, of new age, these people are so beautiful. They are angels.

Question: Can Sahaja Yoga help children in education and improve their status?

Shri Mataji: Of course, very much. We have children who were very dull in their classes and they got realisation - they are standing first. Most of the scholarships, they are the ones who are buying all the scholarships all over. Not only that but we also have got schools of Sahaja Yoga for children.

Question: Is Sahaja Yoga ancient?

Shri Mataji: Yes, it's very ancient. Sahaja Yoga is extremely ancient but recently you can see that, "Sahaja samadhi ligo" (Get Sahaja meditation), Guru Nanak Dev has said, "Sahaja samadhi ligo" but Sahaja is a very ancient technique; it was used by the Nath pundits like Goraknath, Machindranath. Machindranath came to Bangkok also, he came to Burma. His disciple was Goraknath. But it was a tradition that one master will have only one disciple - that's why because [it's] the tradition. And the .... Of course, in the 14th century - fourteen thousand years back you can say - Markandeya has written about Kundalini. Also there is mentioned about it quite a lot by Adi Shankaracharya in the sixth century. But only at the time, in the twelfth century, when Gyaneshwara came he requested his guru - was his brother - that, "You should allow me to talk about Kundalini in an open way." And in his book "Gyaneshwari" he has written in the sixth chapter very clearly about Sahaja Yoga.

Question: How long is needed?

Shri Mataji: First you'll have your Self-realisation in no time, no time at all. It depends on. It hardly takes at the most, for anyone, more than one month. It's very simple, it works out very fast. It's nothing, you cannot say so many days, so many hours, so many minutes, like that. Because how can you say how long will it take for this flower to come out? It's like this, it's a living process, depends on the personality. Some people do it the very same day they get realisation they jump into their depth; some people do. Some people take time. Like we have here now one Thai gentleman passed by - he got it, his realisation, the moment he was there. So it is not time, it is the personality that makes the difference.

Question: How long did it take you to get it?

Shri Mataji: Nothing, I was born like this. I was just born like this; I didn't take any time. After your realisation you'll know more about me. Alright?

So should we now have the Self-realisation?

So at the very outset I have to say that I cannot force Sahaja Yoga on anyone. You have to ask for it, you have to desire it because I respect your freedom. And because it is complete freedom, this freedom has to be respected. So one has to take an attitude that you want your Self-realisation.

There are three conditions before we start that I would like to tell you. The first one is that you are not to feel guilty. Whatever you have done in your past just forget it. As I told you before also that you are human beings and only human beings can commit mistakes. Gods cannot commit mistakes. And animals never think they are committing mistakes; animals never think that way. We only, the human beings in this intermediary state have this problem that we feel guilty for everything. Also one thing is that we should not suffer to get our Self-realisation. God Almighty is the most loving father, he is father of all the fathers and how would he like you to suffer to attain him? Why he would do that? Which father would do that?

So the second condition is that you should forgive everyone in general. Some people say that it's difficult to forgive but actually whether you forgive or don't forgive you don't do anything. So you just torture yourself under a myth and the one who has troubled you is quite happy. So why torture yourself? You don't have to think whom you have to forgive. Just forgive in general; don't think about anyone.

Now the third condition is that you have to be very confident that you will all get your Self-realisation.

These are the three conditions. If you don't forgive then there will a problem on this centre - Agnya chakra - because it's tight like this, very constricted. But if you forgive it releases and it becomes openable and the kundalini can pass through it. And if you feel guilty then the centre here - left side centre - goes into jeopardy and as a result you get horrible diseases. One of them is angina, it's kind of a, you get heart attack. And then another one is spondylitis - when the disks slip out.

So now I don't want to frighten you anymore. What I'm trying to tell is that you should be pleasantly placed towards yourself.

Alright. I have to request you to take out your shoes because this Mother Earth helps us a lot. And you have to put both your foot little away from each other because these are two powers, left and right. Left side is the power of desire and the right side is the power of action.

So now you have to place your left hand towards me like this, comfortably on your lap, which is symbolic and is suggesting that you want, you desire your realisation. Now you have to use your right hand for nourishing your centres.

Please take out your shoes. You may take out your shoes and also spectacles because sometimes it's better. And please don't open your eyes till I tell you. But just now I'll show you and afterwards you can take out your spectacles.

Now please put your left hand towards me like this and right hand on your heart. In the heart resides your Spirit. Now please take down your right hand in the upper portion of your abdomen on the left hand side. We are working only on the left hand side. This is the centre of your mastery which is created by great prophets and great masters. Now please take your right hand in the lower portion of your abdomen on the left hand side. This is the center of pure knowledge; pure knowledge because it manifests on your central nervous system by which you feel the all-pervading Power and by which you know the laws of the Divine; and by which you know how to use this power. Now you have to raise your hand again onto the upper portion of your abdomen on the left hand side. Then you have to raise it onto your heart again. Now you have to raise it in on the corner of your neck and your shoulder as far back as possible and turn your head to your right. I've already told you that this centre catches when you feel



guilty. Now put your right hand on your forehead across and now bend your head as much as possible. This is the centre to forgive everyone in general. Now we take back our right hand on the backside of our head. Hold the head properly and push back your head as far as possible. This is the centre where - without feeling guilty, without counting your mistakes, for your satisfaction - you have to ask forgiveness from this divine Power of love. Now the last centre. You open out your palm fully. Put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now push back your fingers as far as possible. Put down your head. Push back your fingers to put a good pressure on your scalp. You have to push down your head nicely otherwise it won't work out. And now move your scalp clockwise slowly seven times. Push back your fingers otherwise the pressure won't be there. That's all we have to do.

So now we close our eyes, put the left hand towards me like this, both the feet away from each other and right hand on your heart. Here you have to say - you can call me "Mother" or "Shri Mataji", whatever you like - in your heart you have to ask a very fundamental question three times. Here you ask the question, "Mother, am I the Spirit?"

If you are the Spirit, you are your guide, you are your light, you are your master. So please take your right hand in the upper portion of your abdomen and press it hard, on the left hand side and press it hard. And ask another question three times, "Mother, am I my own master?"

I've already told you that I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So now take your right hand in the lower portion of the abdomen on the left hand side. Here you have to say six times because this centre has got six petals, "Mother, please give me pure knowledge." As soon as you ask for pure knowledge your kundalini starts rising.

So now raise your right hand in the upper portion of your abdomen on the left hand side and press it hard. We have to now open all these centres with our self-confidence. So here you say ten times with full confidence, "Mother, I am my own master."

I've already told you that the truth about you is that you are the pure Spirit. You are not this body, you are not this intellect, you are not these emotions, you are not this ego or you are not these conditionings but you are pure Spirit. So now raise your right hand on your heart please and here you say 12 times with full confidence, "Mother, I am the Spirit."

This all-pervading divine Power is the ocean of knowledge. It is the ocean of joy and bliss. It is the ocean of compassion but above all it is the ocean of forgiveness. So whatever mistakes you might have committed this ocean of forgiveness is very powerful to dissolve it. So now raise your right hand onto the corner of your neck and your shoulder and turn your head to your rightfully. Here you have to say with full confidence, "Mother, I am not guilty at all." Say it 16 times.

I've already told you whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands and you torture yourself. So now raise your right hand on top of your forehead and please put down your head as much as you can. And here you have to say from your heart, not how many times, "Mother, I forgive everyone in general."

Now please take back your hand on the backside of your head and push back your head as far as possible. Here you have to say for your own satisfaction, without feeling guilty, without counting your mistakes, "Oh, Divine Power, if I have done any mistake please forgive me." This also you have to say from your heart, not how many times.

Now stretch your hand fully, stretch your palm and put the centre of your palm on top of your fontanel bone area. Now put down your head. Press back your fingers so that the pressure is alright. Here again I cannot cross over your freedom. I cannot force Self-realisation on you, you have to ask for it. So please move your hand clockwise, move your scalp actually clockwise saying seven times, "Mother, please give me my Self-realisation."

Please take down your hand. Put both the hands towards me like this and watch me without thinking. Now please put your right hand like this and put down your head, and see for yourself with your left hand if there is a cool or a hot breeze coming out of your fontanel bone area; don't doubt it. Don't put it on top of the head but little away from it. Some people feel it much further. Yes, good.

Now please put now left hand towards me like this and put down your head again, and see with the right hand. There may be hot breeze because you have not forgiven. Please forgive otherwise it won't work out, I'm telling you, please forgive.

Now please put right hand towards Me and bend your head again, and see with the left hand if there is a cool breeze coming out of your head.

Now please raise both your hands towards the sky like this and push back your head. And now here you ask a question three times, "Mother, is this the all-pervading power of God's love? Mother, is this the cool breeze of the paramchaitanya? Mother, is this the cool breeze of the Holy Ghost?" Ask anyone of these questions three times. Now please put down your hands.

Now those who have felt cool or hot breeze out of their heads or in their hands, please raise both your hands, both your hands. Alright.

May God bless you.

Most of you felt it and I would like to meet all of you one by one. I would like to see why you two didn't feel it; you should have felt it. Now come along.

[Shri Mataji works on individual seekers on the stage until the end of the video.]

## 1990-1108, Talk to Sahaja Yogis

View [online](#).

8 November 1990

Talk to Sahaja Yogis

Bangkok (Thailand)

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

Conversation with Sahaja Yogis on three songs, Bangkok (Thailand), November 8th, 1990,

[Conversation with Sahaja Yogis in English when Shri Mataji receives gifts.]

[Hindi]

[The Sahaja Yogis sing 'Ganesh Stuti (Hem.ja Sutam Bhaje) ' Sanscrit 11]

[Hindi]

[The Sahaja Yogis sing 'Is. Liye (by Sanjay Talwar) ' Hindi 25]

[The Sahaja Yogis sing 'Powada'. Marathi 16, recorded as 15 before]

34:13

It was written by one Miss Kulkarni who was going to Shivara. And she met my cousin. He looked, let's say, [unsure] with a different sort of a face, you see? And she felt he was rather different. She asked him, "What is your surname? " And he told my surname. So, she asked about Me. He said, "She's my first cousin". She asked all about my family and she went to see Me in my house and then she wrote this.

[Hindi]

Babamama sung this song when he had come to London for the first time. And everywhere now, you 'll hear that song. It's not yet in the book [at that time].

It's written for a sister. This song is very nice. 'Kadhi, kadhi', is it 'Kadhi, kadhi' is it the name? No, no I don't think so.

[Hindi]

'Sainya Nikas. Gaye Mai Na Lari Thi' That's a Kabira saying. 'Sainya Nikas. Gaye Mai Na Lari Thi'. [Hindi 57]. These three songs nowadays, you must hear mister Guido and compaignie. We were going in the car and they said, "Mother this song, we want to know the meaning". I said, "All right. Play it, I'll write it down the whole thing". Now they know it by heart. Sing it very well. That's the first one is very nice. It's about a person who is a seeker. [Marathi 45].

The first sentence is that:

'Majitz. Hakk Maz.La Yete Kadhi Kadhi'. Sometimes I hear myself calling myself.

'Gar.Dit. Shoddh. Mazha Ghete Kadhi Kadhi'. That call sometimes tries to find me out of the crowds.

'Andhar. Ved.Nancha Ghela Lutun. Chandra'. The darkness of my painful life has really looted the Moon, means the Moon is the inspirer of all the poetry. But it has also looted the Moon, it's so much darkness of my pain of seeking.

'Tzahul. Tzandanachi Yete Kadhi Kadhi'. But sometimes, I do hear the footsteps or glimpses of stars. Though the Moon is lost to me, I cannot get inspiration from the Moon, I'm so much in the darkness of my pain.

'Parkya Gharat. Mazhya Kaule Hi Sukhachi'. In the dilapidated house whose footsteps I hear

'Hi Dhul Anganichi Gate Kadhi Kadhi' the dust of courtyard [?] my sometimes seek.

'Awaz. Ha Kunatza Alhe Kunitz Nahi' whose one is this? There is no one.

'Majetz. Dhuk. Ata Has.Te Kadhi Kadhi'. It's my own pain that sometimes smiles.

It's beautiful, poetry is so nice. The emptiness of the hankering of the seeker.

[Hindi]

You have to be a seeker to feel the depth of this song.

And this one is of Kabira: 'Sainya Nikas. Gaye Mai Na Lari Thi'. 'Sanya' is here, is the life. But, you see, the people don't understand. 'Sainya' also means 'beloved'.

He says, my beloved, my life left me, I didn't fight with it, I didn't fight with it.

I remember only one or two sayings.

'Meri Gar Na Na Mano, Saheli Se Puchho'. If you don't believe me, then you can ask my friend.

'Chadar. Oruk Palanga Pari'. I was lying quiet, covering myself with a sheet. I didn't fight with my death when it came.

The last one is the best as far as you're a Sahaja Yogi.

'Rang. Mahel. Ke, das. dar.vaze'. I was 'Rang. Mahel' means this body, 'Rang. Mahel' means the palace of enjoyment; this body, the palace of enjoyment has got ten doors, 'das. dar.vaze'.

'Jane Kaun.Si Khir.Ki Khuli'. God knows which window was open, means the Sahasrara. God knows which window was open.

41:11

[Hindi]

[The Sahaja Yogis sing 'Hasat. Ali Nir.mal. Ai'. Marathi 11]

50:18

So very full of joy! You're always worried about Me. So, thank you very much for everything. It has been a wonderful time and now we have some nice people. I wish you all the luck for follow ups and I hope you build up very good Sahaja Yogis here. Once they are build-up, then you can have more. But, you see, in the beginning we shouldn't have too many.

[Hindi]

## 1990-1110, Blind faith doesn't lead you to enlightenment

View [online](#).

10 November 1990

Blind Faith Doesn't Lead You To Enlightenment

Public Program

Chientan Youth Activity Center, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At a very outset, I have to say that truth is what it is. We cannot organize it, and we cannot conceptualize it with our human awareness. Now whatever they have told you, whatever I'm going to tell you, you have to listen to it with an open mind of a scientist, you should not believe me blindly. Blind faith doesn't lead you to enlightenment, but you please keep your mind open and treat whatever I'm saying or they're saying as hypothesis, and then if it is proved, then as honest people, you have to accept it.

The truth is very simple. The first thing is the fundamental that you are not this body, you are not this mind, you are not this intellect or this conditioning or ego, but you are pure spirit. And the second truth is that there is an all pervading power of God's love which does all living work. For example, these flowers so beautiful here have come out of one little seed. We do not even think how it has happened. All these living work is done by this all pervading subtle power. So when you become the spirit, you can feel this all pervading power as cool breeze on your fingertips. Whatever you may believe, whatever you may think, a time will come when you will feel the emptiness within yourself. Because in the evolutionary process, now you have become a human being, but you have to become the spirit as the last breakthrough. It is a living process. For example, this Mother produces all beautiful things for us, we do not pay her anything. Spontaneously all it happens because she has the power. So you cannot pay for your evolution, and it is a spontaneous happening.

Sahaja means, "Saha" means "with", "ja" means "born". Born with you is your right to be in yoga, meaning the union with this Divine power. As human beings, you have a right to be united with that Divine power of love. You have already been told about the subtle system that is, which is within us, which works out your evolution. Kundalini is the power settled in your triangular bone which is in three and a half coil, and this bone is called as sacrum in the medical terminology, that means the Greeks knew that it's a sacrum bone. This kundalini is the power within us which is of pure desire.

We know that {Econamical }said that in general one's are not satiable, are not satisfied. Is not satiable, is not satisfied. Today you want to have a house, tomorrow you want to have a car, then you want to have a helicopter. First you want to have a house, and when you get the house, you don't feel satisfied about it. But this power within us is of pure desire, whether you are aware or not, this power resides within us, and the desire, the pure desire is to be one with this all pervading power.

Like this instrument here. If it is not connected to the mains, it has no meaning. In the same way if we are not connected to the mains, we have no meaning. But as a result of becoming the spirit, you jump into the ocean of truth, into absolute truth. All the realized souls, all the enlightened souls say the same thing, so you know the absolute truth, there are no different ideologies. Because it is not only mental conception, but it is reality. But this experience has to be actualized.

People have been talking about it, so many people say that we are born again. But it's not some sort of a certificate, it is a state of your being where you can feel this all pervading power, and you can use it, you become a righteous person automatically. Because in the light, you see everything. For example, I'm holding ..supposing you're holding onto a snake, a snake, and you are sitting in darkness, and somebody tells you that you are holding onto a snake, you may not believe, you may say it's a rope, you may not throw it away till it bites you. But if there's light, even little light, you will leave it throw it away.

In the same way, when you find the light of your spirit, immediately, you throw away whichever is bad for you, and you have power to do that. We have seen people giving up drugs overnight. And so many things have happened to people that they got

their transformation and they can't understand how they suddenly changed. They have become extremely dynamic, at the same time, extremely compassionate. There cannot be pretention about truth, it's reality. So reality has to be faced as it is. And then you discover in reality that you are a beautiful person that you are extremely dynamic, and that you are so very compassionate. Ultimately you become one with truth, and you know the truth. The whole world you look at it like a witness and enjoy the play. There is no question of any quarrelling or fighting, but just the enjoyment of love and blessings, so you jump into the ocean of joy, and joy doesn't have duality, it is not happiness and unhappiness. It's just joy.

I'm sorry I came to this country very late. I've been doing this work for the last 20 years in various countries. And in 56 countries now Sahaja Yoga is working out.

Apart from this, many incurable diseases have been cured by the raising of kundalini. Very serious diseases have been cured, and there are three doctors in India who have got their M.D. in Sahaja Yoga in curing incurable diseases like Epilepsy and blood cancer. There are 7 doctors in London who are doing research on Sahaja Yoga. So that's just the by products of the kundalini awaking, that's not the main thing. You yourself get the power to give realization to others. And you know everything about your inner being, and because you become, again, I say you become collectively consciousness, you can feel the centers of another person also. That means that you can feel on your fingertips the centers of another person.

So, is a new world, a new age which has started now. I'm sorry that today we don't have so much time, the first time I'm here, I would like you to ask me some questions, and then we can have the session of our realization that will take at least 10 minutes.

Yogi: The question is, half years ago she has an accident if she sat too long, she felt sore, is there any way?

Shri Mataji: I'll teach her after the program.

Yogi : He asked we mentioned the God create this world. Is this God special one or any other God?

Shri Mataji: Any other God?

Yogi : Only one god you mention or any other God?

Shri Mataji: I think first one must get realization. That's much better because God is not a concept is a fact, but it has many aspects. It has many aspects. For example, a person could be a father, could be an uncle, could be a son. He has many aspects. But after realization, you will know all about it, and you will know that it's the truth because it's easier to find out the truth after realization. Now for example, Christ said he was the son of God, but many people didn't it. But after realization, you can ask a question that "Was Christ the son of God?" and immediately you start getting vibrations on your hands cool vibrations. So that proved that Christ was the son of God. Now there are many Jews they are Sahaja Yogis who worship Christ.

The blindness has come to us through the conditioning of religions also. But first we must find out the reality. Because they are all incarnations of the Divine force, all the prophets are also the Divine force. They were born on the tree of spirituality at different times like flowers, and they were living flowers,, they were living flowers. And we pluck the flowers and we started to say "this is mine." "This is mine." We're fighting, then we were born in one religion, we believe this is the best religion, and all the rest are bad. Everyone thinks like that, but whether you are Christian, Hinduism, Muslim anything, Buddhist, everybody is capable of committing anything. So there is unnecessarily we are fighting because we are fundamentally in a way, and blind, we are blind. We don't want to open our eyes to see. You must use your intelligence. All these people have said that " Seek your Self." All the religions have said "Seek the Eternal." But we are not doing that.

These are all money-oriented or power-oriented. These are all religions are man-made. They are money-oriented or power-oriented. None of them are spirit-oriented, which is the universal being within us, that is why we are separated from each other. Imagine in the name of God, what a sad thing. So whatever I tell you also, you may not believe, when you have your enlightenment, then you can see for yourself. Is there any other questions?

Yogi : How is Sahaja Yoga different from the Bible?

Shri Mataji: Oh! Very much. In the Bible, Christ has said, "You have to be born again." And he has said, "I have sent you the holy ghost who will consult you, who will comfort you, will relieve you, relieve, comfort, and who will redeem you, means raise you to a higher state, raise you to a higher state of spirit. But they are not looking out for holy ghost, holy ghost is for them is a mystery. It's not a mystery, after Sahaja Yoga, you will know that.

I was myself born in a Christian family myself and I was amazed the way people went down killing to convert people. And thank God, Columbus did not come to India and went to America, otherwise, I will not have been here. All the people in America you see don't find a single aboriginal there, not one single. United States. And also in Chili and Argentina. I wanted to see somebody, they show me in a museum. Some of them run up to Colombia and above that Bolivia, they are now in Bolivia hiding. This is Christianity. Is it what Christ wants us to do? Firstly, Christ doesn't want us to feel guilty. He died for us for our sins, and actually he's placed on this Agnya Chakra where both the optic thalamus crossed each other, and it controls the pineal and pituitary glands within us.

Pineal and pituitary glands are medical terms. So when the kundalini passes through the chakra, it awakes Christ awakens him there, and he sucks in our ego and superego which is our conditions, and opens out this point. That is what he is that he died for our sins. Why should we suffer? He has already suffered for us. God does not want you to suffer. It is all a myth that you should suffer and give money to these people.

God Almighty is our father. He is the loving father. He is the father of all the fathers. Why will he want you to suffer? So these are all mythical things they are preaching whether it Buddhism, Hinduism, Christianity, Muslim everyone. There is no need to suffer at all.

Shri Mataji: You see with this body only you can give realization to others. Only this body you can give realization to others. Then you don't want to escape, but you want to give to others what you have got.

Yogi: He said we are going to die anyway.

Shri Mataji: That's all right. That's future. But before that we can do good work. And after realization, your life expands quite big, and you become over energetic, you become over energetic. Now I'm going to be 68 years of age, I'm travelling every third day, so, nothing happens to me. Become over energetic.

Yogi: Why do we have to have the candle?

Shri Mataji: You see, the candle is used for a particular type of people. You see there're two types of meditations we have. One for the left-side, one for the right-side. Now the left-sided are the people who live in the past, very unhappy, depressed. And the right-sided are the ones who live in the future and very aggressive. So we have to use the light for the left-sided people, and for the right-sided people, we have to use the water. Because the left-sided people have less light in them, you will know gradually everything.

Yogi: She's asking can we teach her how to meditate?

Shri Mataji: Yes. First I will give you realization and then you have to about mantra, so you have to establish yourself well. Your connections are to be established and then you can do it.

Yogi: She asked how do we become part and parcel of the whole?

Shri Mataji: That's what we are going to do now. Very good question.

Yogi: He asked is self-realization the same as Bible , the reborn?

Shri Mataji: Yes, of course. Yes, of course. You see like in Sanskrit language. An enlightened soul is called a Vijaha, and a bird is also called as a vija. Means a bird is first an egg, and then it becomes transform into a bird, you see. So in the same way, a human-being is closed now as you see there, they're closed, and then when you're realized, you'll open out.

Shri Mataji: What does she say?

Yogi: She said why can't we leave the body and again return come back to the body .....

Shri Mataji: It doesn't happen that way. The way it happens is that you get your self realization as Buddha got it, and then you start giving to others as simple as that. Buddha did not leave his body. Mahavira did not leave his body. You want to give it to others. Just now you are asking then you came on the stage and you want to leave. And people who want to leave their body because they have not known the truth, they felt the emptiness. That's why they want to leave their body. But once they know the use of their body, they want to use it.

You see this leaving your body I tell you clearly and honestly is done by spirit. They take you out your body and sometimes, they did not even return. That's why so many children are dying now in Swaziland, their spirit is taken away and they never return back, is all nonsense, because you don't know anything about it.

Moreover, you see, we must understand one thing very clearly that everything should be knowledgeable. We should know everything, what we are doing, it should not be some half-baked trick. It is knowledge, knowledge not only of your mental capacity, but also on your fingertips you know. Means on your central nervous system you know, on your central nervous system you know, like a dog cannot feel the dirt but human beings can feel. That is what is called as " " from Buddha word, means you should know on your central nervous system.

Also in the Christian religion in the beginning, they called it "gnostic". Is the same so we have to know, for example, they know everything, they're not just my disciples such of a thing they know. Why should we be blind about this knowledge? Everything should be known to you, and you should become your own masters, you don't need any master. You see, you have the light, and you become your own masters. And in that light, you will understand what these great masters were, what these great incarnations were, what God is, in that light.

So, you must ask for real knowledge, not some sort of a mesmerism. Because it is for your benevolence, of the benevolence of the whole world. All right, now let us have our realization now.

Now, at the very outset, there are three conditions I must tell you. At the very outset, there are three conditions I have to tell you. The first one is that you have to forget the past, and you are not to feel guilty. I verily tell you you are not sinners, I verily tell you you are not sinners at all. But those who tell you must be something wrong with them. After all, you are human beings and only human beings can make mistakes

God, you are not Gods. So, first of all, forgive yourself, and don't feel guilty at all. Now I tell you physically what happens if you feel guilty. This center on the left catches very badly, and you get diseases like angina, also diseases from lethargy organs, diseases of the lethargy organs, and also spondylitis. So now, please don't feel guilty.

Secondly, second condition is that you have to forgive, forgive everyone without thinking whom you are to forgive in general. Because whether you forgive or you don't forgive, you don't do anything. But if you don't forgive then you play into wrong hands. So it is important that we should not play with myth. So forgive everyone in general, you feel much lighter just now.

Now, third condition is that you have to be confident, must have self-confidence that you all can get your realization. These are the only three conditions. It will

take hardly 10 minutes for you to do this journey, and the most fulfill three and a half to fulfill. All right, please take out your shoes if possible it's good to touch the mother earth.



Yogi: He has a question. He has a question. He wants to ask a question.

Shri Mataji: Not now, you can ask me later, all right? Now, just now, we are doing different. We'll do it later. It's all right. You see, one thing I must tell you, I must tell you one thing, I'm very good at answering and I can answer any questions. But it's a mental acrobat. By asking question or getting the answer, you will get your realization is not guaranteed, it's a happening, it's an actualization. So you should just desire that you want to have your realization. All right, these. Now we have two powers within us, left and right, left is the power of desire, ordinary desire, and the right is the power of action. So we put both feet away from each other, and we sit comfortably, sit comfortably. Neither bending nor stretching yourself.

Dr. Can you come and show them, show them how to do it. You can come up. You have to stand and show them. Now, he will show you. He's from Austria, just to help you how, he's a doctor. Now he will show you how to put your hands onto your centers. Now please put left hand toward me like this, this is symbolic, symbolic comfortable, comfortable, this is symbolic suggestion that you want to have your self-realization. This cannot be forced on you, it cannot be forced. I respect your freedom. Because ultimately you have to become completely free. So it cannot be forced on you. So, put your left hand towards me, like this. Those who do not want should leave the hall, that would be very kind of them.

Now, and the right hand on your heart, and in the heart, reside the spirit, but the seat of the spirit is on the fontanel bone area here, on the soft bone which was in your childhood. Then you put your right hand in the upper portion of your abdomen. This is the center of your mastery. Left hand, left hand towards me, right hand on your upper portion of abdomen. Right hand. Left hand towards me, and right hand here. Left hand is all the time like this.

All right. Now, then you take down your hand on the low portion of your abdomen on the left hand side. We're just talking on the left hand side. Lower portion, quite low, lower portion, still lower, much lower. Tell them to put it lower, you put it lower. Swasdisthana, you put it lower. This is the center of pure knowledge. Lower, still lower, lower, in the lower portion. Yes, correct, here. This is the center of pure knowledge. Loudly, say it again, loudly. They didn't hear. This knowledge manifests on your central nervous system.

Now, again, raise your hand onto the upper portion of your abdomen, then on your heart, then in the corner of your neck and your shoulder here, and turn your head to your right. Now you take your hand on your forehead across, and put down your head as much as you can. This is the center where you have to forgive everyone in general.

Now, take back your hand on the back side of your head, and push back your head as far as possible. This is for your satisfaction without feeling guilty, without counting your mistakes. You have to ask forgiveness from this Divine power of love.

Now stretch your palm fully, and put the center of your palm on top of your fontanel bone area which is the soft bone in your childhood. And now, please put down your head. Now push back your fingers fully, so that there's a good pressure on the sculp. This is important to push back your fingers. Now, move your hand your sculp with clockwise 7 times. That's all we have to do.

Now you may take out your spectacles if you like, and close your eyes. You should not open your eyes until I tell you. So first thing is you should be very pleasant press yourself, very pleasantly press, not be angry with yourself. Now, please put your left hand towards me, right hand on your heart, and both feet apart from each other.

And now, close your eyes, please. Now here, you ask me a question. "Louder, Loudly." You can call me Mother or Shri Mataji, whatever you like. Ask the question very fundamentally, "Mother, am I the spirit?" Ask this question three times. Now, if you are the spirit, you are your master, you are your guide.

So now, take down your right hand to the upper portion of your abdomen and press it hard. Here ask me this question three times. Ask me another question three times. "Mother, am I my own master?" three times. I've already told you that I respect your

freedom, and I cannot force pure knowledge on you, you have to ask for it.

Now, please take your right hand in the low portion of your abdomen and press it hard. Here you have to ask six times, because this center has got 6 petals. "Mother, please give me pure knowledge." Say 6 times. As soon as you ask for pure knowledge, the kundalini starts moving upwards. So we have to nourish the upper center with our self-confidence.

Now, raise your right hand in the upper portion of your abdomen on the left hand side and press it hard. Now, here, you have to say, here you have to say with full confidence 10 times, "Mother, I am my own master." Say it 10 times. I've already told you that the greatest truth about truth is that you are the spirit. You are not your body, intelligence or your mind, (Loudly) you're not your ego or your conditionings, but you are pure spirit. So now, put your right hand on your heart and please with full confidence say 12 times. "Mother, I am the spirit." This all pervading power is the ocean of knowledge. It is the ocean of bliss and joy. But above all, it is the ocean of forgiveness. So, you can not commit any mistakes it cannot be dissolve as a power of this ocean of forgiveness.

So now, raise your hand and put it at the corner of your neck and shoulder and turn your head to your right. Here you have to say again, with full confidence, 16 times. "Mother, I am not guilty at all." I've already told you that whether you forgive or you don't forgive, you don't do anything. But if you do not forgive, then you play into wrong hands, and unnecessarily torture others. So do not think whom you are to forgive, you forgive in general.

Now, raise your right hand, right hand onto your forehead and put down your head as far as possible. Here now, you have to say, from your heart, not how many times, "Mother, I forgive everyone in general."

And now, please take your hand to the back side of your head and push back your head fully. Here, without feeling guilty, without counting mistakes, just for your satisfaction, you have to say, "Mother, Divine power, All Divine power, If I have done any mistakes, please forgive me." Say it from your heart, not how many times.

Now, stretch your palm fully, and put your center of your palm on top of your fontanel bone area which was the soft bone on your childhood, press it hard and push

back your fingers. Here again, I cannot cross over your freedom, I respect you, so I cannot force self-realization on you, you have to ask for it. Now, please put down your head, and press it hard your scalp. And here, you move your scalp clockwise 7 times saying, "Mother, please give me my self-realization." Please bend your heads, please bend your heads, please bending, bend your heads, please bend your heads, bend them fully and press it hard, now take down your hands.

Open your eyes, and put both your hands toward me like this, watch me without thinking. This is the first stage one arrive at this thoughtless awareness. Zen also have describe it, Zen has described, Zen.

Now please put your right hand like this, forward and bend your head and see with your left hand if there is cool breeze or hot breeze coming out from your head. Bend it properly. Now, put your left hand toward me, Don't put your hand on top, is away from the head. Left hand towards me, and again bend your head, and see from your right hand Now do it with right hand again. Put the right hand, and do it with the left now. Left hand you feel it.

Now, please raise both your hands toward the sky like this, and push back your head, and ask a question 3 times, "Mother, is this the cool breeze of the Divine Love?" "Mother, is this the cool breeze of the Holy Ghost?" "Mother, is this the Parachantanya?" Any one of these three questions you ask three times. Now, please bring down your hands. Please bring down your hands please. All those who have felt cool or hot breeze out of your heads or on the fingertips, raise your both hands. Raise your both hands higher. Those who have felt the cool breeze from their heads, all those who have felt, please raise your hands, don't be afraid, please raise your hands. Please again, Let's see. It's good. Cool or hot breeze. So I would like to meet them one by one I think. I'll see what's the matter. Chinese are very good at it. Just Sahaja Yogi should come here, please.

## 1990-1122, Medical Conference

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I bow to all the seekers of truth. At the very outset I have to very humbly say that truth is what it is, we cannot organize it, we cannot order it, we cannot describe it, it is also beyond human awareness. This is the fact which I am placing before you and also one has to realize that if it is not possible to comprehend in our human awareness we have to cross a certain threshold of our awareness. Unless and until that happens we cannot understand the truth, it's not a mental feat these are not mental acrobats or emotional outbursts. It is something that is all the time there and then what's the truth.

Another thing I would like to say very much at the outset because you are all scientists here sitting, as scientist you must keep your mind open otherwise you can never discover new things. If you are just settled with what you know so far that doesn't show that you are a scientist. A scientist must keep his mind open all the time and these... all these that they have talked you need not agree, you need not blindly follow it, there is no need to follow it. But one thing is sure that you must take it as a hypothesis... as a hypothesis as any scientist would take and then see for yourself if it is true then as honest people you must accept it.

So now what is the truth, it's very simple, first truth is that you are not this body, you are not this mind, you are not these emotions, your ego or conditionings but you are pure spirit.

And the second truth is that there is a all-pervading subtle power on us which is called Brahma Chaitanya in Sanskrit. And this Brahma Chaitanya is the one that is doing all the living work, any enterprise that is undertaken by human beings is naturally limited because they have not crossed the threshold of limitations, they have to cross that limitation and then they will be surprised that what I am saying can be true and they can feel it. I see beautiful flowers here with such fragrance, we never even think how a little seed can produce such beautiful flowers, from where it has come the energy to this mother earth the way she produces different types of flowers different type of trees, we just take everything for granted. But there must be some energy which is organizing it, if I tell you there is energy which is called as Rooh in the Quran it is called as Rooh, in bible it is called as all-pervading power of divine love. In every scripture it is [UNCLEAR], now going to the scriptures by doctors is something is an impossible feat also. They might have Ganeshas put in their house they might just say Namaste to it and see saint also say Namaste.

But the time has come for us to evolve higher, and this is your heritage, it is the heritage of our country which is brought forth before you. It is surprised this knowledge was known thousands of years back in our country... thousands of years back... but the tradition was that to have only one disciple and one master not more than that, this was the tradition. In this Maharashtra itself you have had so many saints, in the time of Gyaneshwara he was the only one who ventured and requested his elder brother who was his guru to permit him to at least say about it... at least to expose it in words and as his guru permitted him he described it in his Gyaneshwari in the sixth chapter [UNCLEAR]. In that he has described it clearly but because people did not know about it those who were supposed to be in-charge of religion couldn't accept it, so they said this is "Nishidda" this is not good and nobody paid attention to it. Now today is the time has come for the actualization of experiences [UNCLEAR] described in those beautiful verses of Shri Gyaneshwara and so many have experienced it, before that we have to have one understanding that we have not yet reached our absolute, in any field what so ever, that's why there are so many ideologies so many quarrel so many fights. We find out one thing today tomorrow find out something wrong, then you find out [UNCLEAR] then we find out penicillin the we say penicillin is wrong, so the action reactions are going on but nobody has reached the state of absoluteness and if it is possible to reach why not, you don't have to pay for it, you don't have to suffer for it, on the contrary I am seeing those people who have got realization are tremendous are very beautiful. I myself amazed that these angels from where have they arrived.

The most responsive country was Russia I was so surprised that these people have never heard a name of any religion or god or anything but they are the best because there has been no conditioning, no false ideas are there and when I started speaking there I was amazed they invited me to a another gathering like yours and six hundred doctors from all over Russia had arrived

and when I talk to them they wrote down each and everything that I was telling and studied it thoroughly and I was surprised that in my next visit there were four hundred doctors practicing Sahaja Yoga. They said mother this is the best, you don't have to pray anything, you don't have to trouble anything and you just [UNCLEAR], but that by no means it means that doctors will lose their practice because every one doesn't come to Sahaja Yoga first of all, and secondly everybody doesn't get cured by Sahaja Yoga but many can get cured and many problems can be solved.

So I would not say that doctors don't have practices or they cannot earn money, they can earn quite a lot because there are so many diseases specially in our country the poor people have no money and some people also say that I am... I am a teacher for poor... and I am a teacher for sick... I am a teacher for people who are suffering. Whatever you want to say about me is a fact that if the doctors want to practice Sahaja Yoga it will definitely give them good health, good understanding of the parasympathetic nervous system, now we talk about autonomous nervous system, is a name given to a system autonomous, now who is this auto, can we say automobile there is a driver sitting, now who is this driver within us, who is doing this within us, who is running our sympathetic and parasympathetic nervous system, we never think about it. Doctors are very honest so they don't want to talk also they admit that certain points we cannot be explained to me. For example, chemicals like glycidic acid protein and adrenaline augment or can relax any center nobody knows why, how, nobody can explain. They admit it, there is another simple thing we should understand that any foreign body which enters into the body is thrown out but when, a mother conceives a child the fetus is looked after, nourished and at the right time thrown out, who does that, who manages all these things, who looks after the remote controls. And so many things that are there already known to Sahaja Yogis are now [UNCLEAR] by so many doctors. For example after realization in the sky you see a cluster of round round what you can say loops... you must be seeing also... also you see chaitanya as small little commas, you do see. So they all asked me what is this, I said there are all dead source, he said dead source, yes we all have source and on our back there are source, source is in seven loops which looks after our remote control. Now they have found out with surprise, and I have told them also that there is a receptor in every cell and this receptor is reflected by these seven looped soul within us and creates all the necessary movements necessary activities and when another soul sits on you then the whole thing changes and you develop all kinds of [UNCLEAR] and all those complications in the physiologicals making. Now can you imagine they have found out now that in the receptor they have found out through microscopic investigation that there are seven loops. In India of course I would say medical science have not reached that stage as in America or in Russia. And Russians also are so introspective that they want to know that after all what is the end of all these, why are we here, they are so introspective that way they have taken to Sahaja Yoga it really amazes me. I thought it will be in Maharashtra where so many saints were born and people will take to [UNCLEAR] to think about it what is this kundalini, of course as you know at the time of [UNCLEAR] he has talked about Sahaj [UNCLEAR], he has talked about find yourself within yourself [Marathi versus] and then he is the one who told you seek it within yourself but Kabira who was such an enlightened soul has talked about kundalini, he says, it takes a little bit of name there, Ida, Pingala, Sukamana nadi. This is Ida nadi on the left side which in our medical terminology which manifests your left sympathetic and right side is the Pingala nadi which manifests your right sympathetic and the sukamana nadi is the central Susumna. [Hindi versus] all these things nobody could understand, the other day I was surprised when I told them he has also sang like this [Talk in Hindi] they were surprised that [Talk in Hindi] was he talking about some beloved, I said beloved is the life, he was talking life left me I didn't fight. So these people didn't know about him they had their experience of spirituality, they knew about kundalini everything was there but they did not know the method of amass realization. This is the only thing contribution I have made is to find out a method by which I can give amass realization, if you have to give me any credit is that much only because I thought I was born for that kind of a work that we have to give now amass realization. This is a new yuga that is coming, now it is nice to laugh at everything and make fun of everything that's a sign I think of a person who doesn't want truth, but if you know what you are inside and what is your [UNCLEAR] what are these chakra is a remarkable thing. I mean I must tell you that we have definitely cured blood cancer of the people who are just on the death bed, it's a fact I can tell you the people who have been cured you can write to them and find out. We have cured so many diseases also cancer also nephritis also these all muscular problems, lot of them have been cured and he is only one of the cases but there are so many patients of diseases suffering from mental trauma, depressions they have been cured. But the problem is with the sick people is that most of them they do come to get cured by they don't take their self-realization and this upsets me because after all one should have common sense, we would not like to enlighten any candle or to look after the candle or to repair any light which will never give light, what's the use of curing a light which will never give the light. So naturally the attention is more on the people who would get their self-realization and give light to others and work it out.

Once this kundalini raises it pierces through we call it as Brahma Randra and becomes connected with this all-pervading power, in the beginning people just feel the cool breeze of this all-pervading power, now the cool breeze of the all-pervading power may

make you feel funny but in bible it is described as the cool breeze of the Holy Ghost and this Holy Ghost is the kundalini with in us, you feel the cool breeze, even Adi Shankaracharya has described it as [Sanskrit words] but not in the cool breeze that you feel unless and until you use it you will not know what it is. Once you start using it you will be amazed to know that you have become collectively conscious, it's a new dimension of an awareness where you can feel the troubles of others, problems of others and also you can know what problems you have. Once you know that what is your problem and if you know how to correct it you can get it corrected and you can correct others. For this living work you cannot pay, first of all you cannot pay for anything that's divine, anybody who takes money in the name of divine is a false one. So now if you see this mother earth, we put any seed into it and she gives us flowers how much does she take, how much can you pay for any living work, it is the work of love, we don't understand love, this is a detached love, love that nourishes the whole world organizes the whole world looks after everything. See every tree has its own limitation we have our own limitation when we cross it we become malignant we become troublesome. All we care all the understandings of our lives are absolutely guided by this Chaitanya Lahiri and then you might say that then mother why there are so many problems, it's a simple question you can ask, the problems are because of ignorance, we are still ignorant and once we become knowledgeable all the problems will be solved I mean now you know I am quiet old women, I might be the oldest among all of you because I am sixty eight years of age and I travel every third day and they said mother don't you get tired, I said no because I don't think I am travelling I think I am just you are there that's all. So to get rid of your diseases only is not Sahaja Yoga, it is as he said is the totality of your personality. You get your realization you become extremely dynamic, the doctors get themselves heart trouble, I know many doctors who are heart patients and doctors who you are dealing with cardiac diseases they are heart patients, its a common. And so many people who are looking after a particular type of a disease themselves suffer from the same disease but they don't know how to protect themselves. So first of all the doctor should be healthy and for that it is important they should follow Sahaja Yoga. For Sahaja Yoga you don't need anything but a pure desire... pure desire to be the spirit that's all you don't need anything. If you have a pure desire because this kundalini is in at your pure desire, all our desires are not pure because today we want to buy a house alright then we are not satisfied then we want to buy a car still we are not satisfied then we want to buy a helicopter then another thing... never satisfied... but this is the desire which raises within us and this desire is the desire to be one with this divine power. You may be aware you may not be aware, you may not be knowing about it because we are too modern to know about these things. But in any case if it works out you have all the facilities of a very beautiful life, it's like I always give an example of a television if you take to a remote village of India and show them and tell them that you can see all kinds of pictures in this all kinds of music you can hear, they will say what is this, this is just a box what are you telling are stories. And when you put it to the mains what do you find a fantastic [UNCLEAR] in the same way we are all very fantastic, absolutely fantastic, we human beings are the epitome of evolution and this is the last breakthrough we have to achieve, once we achieve it you will be surprised how glorious you are how great you are, all your sweetness will come in to such beautiful version of yours that you will be really surprised at yourself. There are many people [UNCLEAR] words which I don't know what it means and once they come to Sahaja Yoga they became absolutely righteous... beautiful... the world has to change and our country where we really need help it is important that we should really take this energy.

The greatest thing about our country is that this is the country of Yoga, in the country were there are vibrations everywhere, once I was travelling with my husband in the plane I told we have touched our country, he said how do you know, I said see over the whole Chaitanya is here. He went inside and asked the pilot, he said sir we [UNCLEAR] so this I what our country is. We are living in a very great country we have great wealth of spirituality, we should not laugh at these people we should not make fun of them we should not forget that we are born in this country for a purpose at this time and if you people take it up seriously, Sahaja Yoga, I am sure that a day will come when you will realize that this is the truth and for truth we have to just open our minds a little bit more as you have to do it even in scientific research. If you were not to accept anything you would not have [UNCLEAR] you had so many hypothesis but then you have to open mind and see for yourself it works.

Now here are only two doctors from England, we have seven doctors in England who are working it out, they have taken a lot of pain to do things and to find out collect so many what i can say data's for you, but actually i have not collected any data from [UNCLEAR] i really don't remember also. But my main point is that if I am curing you it's not for your health not for you, I am curing you for the benevolence of the whole world, you are one of them who can do such a lot and see now out of so many people got realization also so many who got to cure, there are so many who have come and who are working it out. There is no money involved, there is no question of money, I don't understand money and there is no question of also doing any kind of funny justifications [UNCLEAR]. It's very very simple, it's your own, I am doing nothing, it's your own, it's like one enlightened candle can enlighten another candle, what is so great. There is no obligation either, it's all free it's your own, it's your own property. He was

telling me Mother you have given them as their energy, I said I have given none, you are in it, it's just a [UNCLEAR] that's all. And the triggering can be done even by you.

Recently somebody went to Romania, one Sahaja Yogi, and he came back and he said Mother I am really shocked, I said why, please look after me I may have developed ego, I said why, he said there were five thousand people for my meeting and all of them got realization, I said it is perfectly alright, but when you know you have ego that means you don't have, when you have ego you [UNCLEAR]. So all these things can be easily understood what is this kundalini what is left side what is right side.

In Russia I met a scientist and he came and asked me, he said he is a doctor mathematician, very clever very [UNCLEAR], he asked me Mother what it is of the brain do you think they are just the same or they are different both the sides, I said they are different then I told him all about Sahaja Yoga, just he was so [UNCLEAR] he said Mother we never knew this knowledge. I am just working out from outside I said how, he puts electrode here electrode there like that, I said it's very simple you get your realization then I will tell you what is left side what is right side. And surprisingly this man has written a paper now on that, in such a short time, so we have to understand that we have a great heritage, we are born in this country, we have such a great heritage and we have learnt all these from the western people, alright, let us give our advancement and it is absolutely medical, because it comes from India does it become non-medical, this is not only from India, I must tell you that it is described in all the scriptures by all the saints and everybody have said the same thing but if it is same reason that means that it is unscientific. Doctors could be saints also or they have to be something different. It's now the time has come for you to combine the whole life into [UNCLEAR] because it's such a great time we are born. I would like you doctors also to consider it. First time I spoke about I think sixteen years back to a gathering like this in the All India Institute and I was surprised the [UNCLEAR] of that university was so impressed and so good and all that and we got some very good doctors from there who worked it out. But I found that the people were not receptive as in the dinner today they were also interested only in dinner and they were just laughing making fun and all that, it was very disappointing. But today Delhi is very different, it's very different and thanks to Dr Rai and Dr Chu and Dr Talwar and Dr Neerav that they have really worked it out so well that now it is going to spread among the highest institutes, now these doctors have got their MDs, now if they have got their MDs in Sahaja Yoga please try to understand those who must have gained their MDs must be of some high level and they have accepted that Sahaja Yoga is the one that works out. It is a... to be your self-experiencing... yourself to be finding it out... yourself to work it out... yourself to believe in things... even I say anybody has done it so what, you just do it yourself and find for yourself what has happened [UNCLEAR] how much you know and the knowledge is extremely subtle you might say [UNCLEAR] you will be surprised with in [UNCLEAR] you will be master... within [UNCLEAR] you will be master... nowhere difficult. This is the simplest thing to do and I am sure it will all work out [UNCLEAR] and these all the doctors have been receptive always been doesn't matter, I also did my medicine for few years to find out the terminology because I didn't know what are the terminology these doctors are using and then I learnt the terminologies I gave up, because I know what it is but I don't know the terminologies which are important but when I studied medicine it is long time back and now the terminologies also changed so it's very different. But whatever it is our systems have not changed we all just the same [UNCLEAR].

So you have to find out for example recently they were talking about liver which I have told them long time back that our attention comes from liver and also not only that now I will tell you one thing which you might think is something new which you would never had heard before. Just one example, there is a chakra called Swadistana, it's the second chakra, I mean hypothesis again, now this center looks after the aortic plexus, just for hypothesis again. Now this center is also responsible accordingly to us but to Sahaja Yoga for converting fat of your stomach for the use of the brain where we are using our brain cells all the time by thinking, this much you know, now, so this center also has got other things to be done. It has to look after the liver, it has to look after the pancreas, spleen and part of the [UNCLEAR] and also part of the [UNCLEAR], this particular center has to [UNCLEAR], now what happens when we are right sided as we call them, the people who are futuristic, planned, much work, much hard and all that all such people they use this center too much because they need too many brain cells because they are studying they are working hard they need brain cells. When they are doing that they are going to an [UNCLEAR] as a result this center cannot look after all these organs which I told you, so first of all they become liver patients as far as I know in medical science till you get cirrhosis nobody knows what's wrong with liver. But liver can be detected even if it slightly hurt or slightly affected by itself, immediately you feel the liver on this finger, those people will think too much develop a horrible [UNCLEAR]. Now the function of the liver as you know is to throw out all the poisons of the body into the stream of blood, but when the liver has no energy it becomes absolutely over excited and sort of very heated up, so this heat passes over it goes upward and causes problem in the another center called as the right heart which looks after our lungs, that's how you develop Asthma. Sahaja Yoga has definitely cured so many Asthma, there was patient who was suffering from thirty five years, I don't know if he is here or not

and he was completely cured. Now this heat goes up and then also it goes downward, when it goes downward it coagulates your kidneys by which you stop urinate and then you put on dialysis, finished, that patient is certified to be dead very soon and also to be [UNCLEAR] very soon for such an expense. Sahaja Yoga can cure all these things very easily just by taking out the heat of the liver, there is a method very very simple method by which we can take out the heat. It has also simpler manifestations like you feel very bilious and you feel like vomiting and you don't feel like eating food and the attention is always upset.

But it has another problem also that when you are using this only for activity of the brain then the activity of other organs also go down, one of them is the pancreas. The pancreas we know that we suffer from diabetes only the thinking people will suffer, those who sit on the chairs and plan suffer from diabetes not the people in the villages specially in Maharashtra if you go unless and until you put the spoon at right angles with the sugar they won't say it is tea they say this is water and they never get diabetes, none of them, because they are [UNCLEAR] they don't think, we are the ones who think too much we develop this diabetes and this diabetes can be easily cured with Sahaja Yoga. My brother has diabetes, he is completely cured now, he eats everything that he likes and I mean there are so many who have been cured.

Now the third disease is even worse because our life is [UNCLEAR], suppose if we get up in the morning read the newspaper it's the worst thing to do [UNCLEAR] because all horrible things are written then you get such a shock of your life, so many died so many killed so many things being destroyed. What is happening all that creates an emergency and when this emergency is created as you know very well that the spleen starts creating more RBC Red Blood Corpuscles now when RBCs are created, once alright, then you after reading the newspaper you are in a hurry, you take your breakfast with you on your way you are eating in the car or whatever vehicle you are going and such a hectic way you live then you reach the office and the boss is shouting why everyday... why are you late... why did you come late sort of things that is another [UNCLEAR]. So the modern life so full of tension, hectic and the [UNCLEAR] too much of slavery to watch that people get absolutely hectic and this poor spleen becomes also crazy, it's a crazy [UNCLEAR], so it is now venerable, venerable for what, blood cancer. Blood cancer sets in, this is the point one must understand how blood cancer comes. Of course it has something to do with bone marrow also but basically it is this hectic life that we live, work hard and also we have no relaxation of our brain and that's how it sets.

Now I have told you about the kidney also it works, also it gives you terrible constipation because it works on the large intestine, the lower part, and such people are extremely constipated very hot tempered angry irritable controlling everyone, but there is good point about them also that they are successful and that's what people think that they are successful so we should try to follow them. But with Sahaja Yoga you will be healthy as well as successful, you will be happy as well as dynamic, you will be compassionate as well as knowledgeable. All these people are within you they are normal and they have to just raise and we [UNCLEAR] just it is your own which you have to receive.

Now in this short time I don't know how much I can tell you about this knowledge because only in this English language I must have given at least three four thousand lectures and there are tapes about it and they are available with people who are Sahaja Yogis and not non Sahaja Yogis. Because it is a subtle knowledge and to understand it you have to be [UNCLEAR]. Sahaja Yogi is a person who is [UNCLEAR] shastra that first you become thoughtless aware the nirvachar samadhi and the second stage is nirvikalpa samadhi where there is no doubts about it. [UNCLEAR] but that's a state, in that state you can give realizations to other you can cure people you can do everything and nothing can touch you, you are completely protected. So this is the second state one has to achieve of Nirvakalpa Samadhi and that stage, I mean you can diagnose people alright but you will also know lots of remedies because your brain is not used all the time because brain is enlightened I say in a very limited way but once the kundalini raises the brain is completely enlightened, may be not so much in everyone but it does in much more enlightened I would say and that's now you will know so many things. You will know about architecture, you will know about nature, you will know about so many things, our ecological problems can be solved through Sahaja Yoga entire [UNCLEAR] there is no other way out because we have no balance, we are imbalance that's why we have created ecological problems and till a Sahaja Yogi normally he doesn't use the machine made things much, he uses mostly handmade handicraft and because of the vibrations and so the machinery goes down. Ecological problem is caused by a [UNCLEAR] if we are transformed so many of that problems that has troubled. Castism, fanaticism all these comes from ignorance you cannot blame it for falsehood, people making money in the name of god all these things will disappear immediately. You will be surprised first when I went to Russia, it is such a good thing to say about it so beautiful that twenty five Germans came to give them realization, I mean the way they met each other, you see I felt this is the end of our problems now, such joy such love such understanding. We have a center of Sahaja Yogis in Ganapathipule where fifty six nations represent and there are about two to three thousand people, I have never heard them quarreling fighting or anything and my husband also says that these are angels from where did you get these angels, but they have become angels you are all capable of becoming angels and having that strength within yourself, that will give not only give

you joy happiness and pride in your virtues but also emit that [UNCLEAR] this is how we are going to bring peace. It's a tremendous thing and this has to go from Indian's this is my desire, I was born in India and I felt that India is the first to take it up but I must say it's in Russia it's working, and one day Russia will be the most powerful country I felt the way things are working out. It's amazing it's a different world altogether, two hundred scientists, one of them has done this sputnik thing they came to my program of course I talked to them about science whatever was possible in the connection between science and Yoga then they said Mother now we had enough of science now give us realization. And I gave them realization then one of them came and said Mother can you explain that only by attending your program people get alright they get cured, how is it, I said I don't know if they get, but I must say something tremendous is happening if that is happening. But according to them it's now a religion there Sahaja Yoga, really what is going to happen really I don't know, you intellectuals you educated people have to understand and know that we are great country we have this knowledge of kundalini, people look for wisdom from us and we have to give this great knowledge to them, this is a very simple thing to know. There should not be any controversy about it because unless and until you experience it how can you have a controversy, it is something suppose you have a blind man come and I tell him now this is a red color, he says what how it is a red color, open your eyes see for yourself, you can see for yourself, you become your own master you know about yourself you know about everything.

I think all of you would like to do that, you know for medical studies we have to work very hard for seven years and even seven years is not sufficient most of them end up with ten years eleven years. So this is nothing just eight days ten days you can work, I hope all of you will take it up with seriousness and it will all work out. Thank you very much, may god bless you.

[Announcement] Friends I am requesting on behalf of all of you since Mother is here if she could bestow this realization to us over here but I will request all the members to please take the seats and please don't server soup or anything now just after fifteen minutes after this session the soup shall be served. I shall request all the delegates to please be seated and it is their i will say a good fortune that they are here today, Mother is here, sometimes we have to wait for years to get her for a Diaz to get this realization. So she is here and I shall request each one of you to please follow the instructions when she is giving the realization and go home duly realized so that then you can practice further. Thank you

Actually this is request that I should give you all your self-realization, but I must tell you one thing that it cannot be forced on you... it cannot be forced... you have to ask for it, you cannot just force self-realization on anyone because you are free to choose and ultimately you have to have a complete total freedom. So one has to understand that to achieve that freedom first this freedom of yours... this freedom that you have has to be respected and that's what I respect and I would say those who want to have realization should be here it will take ten minutes at most and those who don't want to have should not be forced... they should go and they should not bother about it, if there is any such crowd, also you can ask questions afterwards when you are eating your food to doctors and all they will answer all your question, because I know some people have some questions in their heads I can feel that but first try to get your realization because these are all mental [UNCLEAR] and I am very good at answering questions I can tell you... I am quite an expert. Now after so many years I have known all the questions that people ask and what to answer, but that is not going to guarantee your self-realization. What is going to guarantee is the pure desire to be realized and this is something you all being Indian's can achieve very easily. So please those who do not want it should really leave, get up and go over... go that side... and then we can have the questions answers whatever you like.

Now at the very outset I have to tell you there are three conditions, the first one is that you have to forget the past, forget the past with whatever mistakes you have committed whatever things you have done whatever wrong you have done so called please forgive yourself that you are not guilty at all please... this is something has been told to us you are a sinner you are this that you fast this is all nonsense nothing of the kind. You are a human being you are not god, only human beings can commit mistakes so what does it matter and at this moment you are all forgiven you can say like that and please do not feel guilty for anything what so ever. What about this English language you said that morning till evening you are going to say I am sorry... I am sorry... I am sorry... so also this language has a problem that creates [UNCLEAR], I always tell these English doctors that so difficult to speak about Sahaja Yoga in English language because spirit means Aatma spirit means dead spirit also it means [UNCLEAR] so imagine such a language such limitations but whatever it is we should not feel guilty. Normally Indian's don't but I don't know about doctors, normally Indian's don't feel guilty that's a good way, what is there to feel guilty, though we are told morning till evening you are paapi you are this you are that forget it... forget it

Now the second condition is that you have to forgive everyone... everyone... now you have to forgive means you don't have to do anything, actually whether you forgive or don't forgive you don't do anything it's just a myth and when you don't forgive someone



you are playing into wrong hands. The person who has tortured you and troubled you is enjoying why you are feeling that o god this man has tortured me done this and you are suffering, so please forgive because this forgiveness is very important for this center which is [UNCLEAR] the center [UNCLEAR] it is such a constricted place that if you do not forgive it will never open out but if you forgive really just forgive means to say forgive and it open out like this and the kundalini can pass through. So if you feel guilty this center catches now this one was i was telling about himself. See this is he is a formal man and used to feel very guilty and that's why he had this Angina. Angina is caused by feeling guilty or telling wrong mantras, now this gentlemen had this problem he didn't know what problem he has and I just removed the thing that center I opened out, he got his realization he was alright, it's very simple. So also you might get Spondylitis other troubles and also all the diseases of the lethargic organs that manifest if you have this guilt, this is such a myth we are carrying on. If you think something is done wrong never do that again, face it up but why to feel guilty all the time, that's a wrong attitude and that doesn't help the self-realization. And I say if you are guilty you would have been in jail why you are here, take a very pleasant attitude towards yourself, you should be very pleasantly placed towards yourself, after all you are a human being, that's two condition.

And third one is to have a full confidence that you will get your self-realization, this is very important, atma vishwas, you must have full confidence in yourself that you all can get self-realization. Do not condemn yourself, don't feel guilty, don't think of anything, don't think of others just think of yourself and that you are all capable of getting self-realization. These are the three conditions before we start.

It is something so surprising that for getting realization people have to go to Himalaya and all that, you don't have to do that, it's a very comfortable [UNCLEAR]. And people sitting on the chairs also get realization they don't have to sit on the ground or stand on the [UNCLEAR]. Now only thing you have to remove your shoes and thank god you are sitting on the mother earth which is this Pune is known as a Punya Patanam. Punya Patanam in the scriptures described as the city of Punya, so you are sitting on such a beautiful auspicious city's land where you have to take out just your shoes that will help this mother earth to suck in any problems you have [UNCLEAR]. [Mother talking in Hindi]

Now as it is I could tell you all about the different chakras that are within us and now that which you can find out very easily, it's a knowledge very easily available to you. Like this electricity we have to just put on one switch, one switch on and all the lights coming, but if I have to tell you about the electricity how it has come and all that such a boring thing. So best thing is first you get your enlightenment and after that to know about all these things.

This is what is Gyana yoga, gyana yoga means gyana doesn't means by any chance it is brain or the mental activity, it means on your central nervous system what you know is the Bodh, Bodh is what somewhere Buddha has come, same in Veda, Veda means which is known on your central nervous system. Of course it is medical terminology, I am trying to explain to you meaning of these words, so now gyan, also in the tradition of Christianity in the beginning the people who were realized souls were called as Gnostics, from the word "gna", "gna" is the word used as "gna" is the same word Gnostics they use. So this is to be understood that in every religion where the prophets came in where the incarnations came in, where ever they try to show the path they talked about self-realization. All of them, of course according to time they talked this much that much and all that but today the time is of kundalini awakening which you all should get.

All right, so just remove your shoes and just put your feet on the mother earth, keep both the feet apart from each other because as I told you these are two different energies within us. Now we have to now only work out on our left side so the left side, this left hand is the power of our desire, ordinary desire and the right side is the power of action, so now you have to put the left towards me suggesting of your desire to have self-realization, just put [UNCLEAR] very simple put the left hand towards me like this, just in a very simple way. And if you have anything inside around your neck too much or on your waist too much then you can remove it otherwise it is alright. Now please put your left hand towards me like this and right hand we are going to use for nourishing our centers on the left hand side, it is very very simple... very simple... that we follow. Before you close your eyes will show you how to do it, it's very simple.

So left hand towards me and right hand on your heart first... heart... in the heart resides the spirit, though the seat of the spirit lives here, in the heart resides, and being the seat here when the kundalini touches the seat we start feeling the new dimension of new awareness in our hands as cool breeze but actually it gives us collective consciousness a new dimension.

So first you put your right hand on your heart then you put it on the upper portion of your abdomen on the left hand side, now those people who are been to wrong gurus who have gone to places where they should not have been should know that your own master you don't need any master you are your own master, only thing is your kundalini has to be awakened and so you have to put your right hand on the upper part of your abdomen which is the center of your master and we call it the principle of guru... guru tatva... which is created by all the great saints of gurus. Then you have to put your right hand in the lower portion of

you abdomen, now this is the center of pure knowledge, pure knowledge is the knowledge that manifests on your central nervous system and gives you all the idea about the divine gods and also the new dimension that manifests which gives you complete knowledge of absolute truth. Then again you raise your right hand in the upper portion of your abdomen, then on your heart, then you raise it in the corner of your neck and your shoulder in the left side of the vishuddhi [UNCLEAR] and put your head towards your right. This center as I told you... you feel very... very much spoiled when you feel guilty. Then you have to raise your right hand on to your forehead across and put down your head which is a front side of the AAgnya chakra. Now here you have to forgive all the people in general, you don't have to think about every individual but just to forgive everyone in general. Now take back your right hand on the back side of your head please, now push back your head as far as possible now this is the center where without feeling guilty without counting your mistakes just for your satisfaction you have to ask forgiveness from this all-pervading power. Then you have to stretch your hand fully the palm the center of your palm is your fontanel bone area actually, so now you put your right hand on the fontanel bone area which was the soft bone in your childhood. Now press it hard push back your fingers put down your head as far as possible put it down press it hard your scalp should be pressed well push back your finger and now you have to move your scalp seven times clockwise, clockwise very slowly seven times your scalp not the hands over the scalp clockwise... that's all... that's all we will have to do now, now those who are not doing it should not also watch others it's not civil so they can just move out a little bit be better because those who are doing it are all right and those who are not doing it should not watch other people it is not very civilizing to watch others why they are [UNCLEAR]. There are some people who don't have any room I think to sit down is it... some chairs to sit down...

So first of all you have to be very pleasantly placed towards yourself because now we are going to enter into the kingdom of god which is joy and joy all over. Before closing up your eyes you can take out your spectacles, it might help your eye sight also, please take out your spectacles.

Now please put your left hand towards me be careful that you keep both the feet away from each other and now put the right hand on your heart, keep your mind open... keep your mind open, here now you can ask a question, to me you can call me Mother or you can call me Shri Mataji whatever you would like "Mother am I the spirit" now this is the most fundamental question "Mother am I the spirit" ask this question... close your eyes... please don't open your eyes till I tell you... Mother... three times... no in your heart... ask the question in your heart... three times... now if you are the spirit in the light of the spirit you are your own guide so you become your own guru your own master... so now please take your right hand in the upper portion of your abdomen on the left and here please say again another question "Mother am I my own master" ask this question... three times again... I have already told you that I respect your freedom and I would not like in any way to force you to have self-realization, you have to ask for it and I cannot force pure knowledge on you either, so now you take down your right hand in the lower portion of your abdomen on the left hand side... press it hard... and here you say it six times because this center has got six petals "Mother please give me pure knowledge" you have to ask I cannot force six times "Mother please give me pure knowledge" as soon as you ask for pure knowledge the kundalini starts raising, so now you have to nourish your centers... upper centers... with your self-confidence .... Aatma Vishwas... So now raise your right hand in the upper portion of your abdomen on the left hand side and press it hard, here with full self-confidence you have to say "Mother I am my own master" this will neutralize all the effects of false gurus also "Mother I am my own master" please say it ten times, I have already told you that the fundamental fact the truth is that you are not this body you are not this mind you are not this intellect emotions conditionings or your ego you are the pure spirit. So now please raise your right hand to your heart, here again say with full self-confidence "Mother I am the pure spirit" this all-pervading power is the ocean of knowledge is the ocean of compassion and blessings but above all it is the ocean of forgiveness and whatever mistakes you might commit please understand that this ocean of forgiveness is quite capable of dissolving all of them. So now raise your right hand in the corner of your neck and your shoulder and turn your head towards your right, here now with self-confidence full self-confidence you have to say it sixteen times "Mother I am not guilty at all" "Mother I am not guilty at all", I am saying it that Indian's don't feel guilty but I think here I find many people have this problem. Please don't feel guilty at all, I have also told you that whether you forgive or don't forgive you don't do anything but you play under a myth and you torture yourself in the hands of wrong people, so will you please now raise your right hand to your forehead across and put down your head as far as possible... please here you have to say "Mother I forgive everyone" you don't have to think about whom to forgive why to forgive what they have done, just in general "Mother I forgive everyone" this has to be said from your heart not how many times this is very important as I told you that this center is very constricted and please all of you should say if you do not forgive the kundalini cannot raise and then you will say Mother why I didn't get my realization, so just say I forgive everyone. Now please take your right hand on the back side of your head on the optic lobe we can say and push back your head as far as possible, here for your own satisfaction without feeling guilty without counting mistakes you have to say "O divine power please

forgive me if I have done any mistakes or committed any mistakes knowingly or unknowingly" please again say this from your heart, not how many times but from your heart you have to say. Now the last center is Sahasrara which is made of [UNCLEAR] thousand petals and is the most important one, so now stretch your palm fully and put the center of your palm on top of your head on the center should be just on top of fontanel bone area, which was a soft bone in your childhood, now please try to put down your head as far as possible, push back your fingers, this is very important, push back your fingers, you have a proper pressure and now try to move your hands pressurizing on the scalp in a clockwise manner, here again I cannot cross over your freedom, I cannot force self-realization on you, you have to ask for it. So please ask seven times "Mother please give me self-realization" "Mother please give me my self-realization" say it seven times when you are moving back. Put down your heads please... put down your heads [Mother blowing in to the mike].

Now take down your hands, please open your eyes slowly and put your both the hands towards me like this. Now put the right hand little further and bend your head and see with your left palm is there cool breeze coming out of your head, now you have to see on your head if the cool breeze is coming out of your head, may be hot also... may be hot... hot breeze may be coming... doesn't matter, if you have not forgiven or if you have liver problem it can be hot, so just see there is a cool or hot breeze coming out of your fontanel bone area called as Brahma Randra just try to feel it, don't put your hand on the head, it is away from the head you feel it as you call [UNCLEAR] just feel it. Now take the left hand towards me now bend your head little ahead and see with the right hand there is a cool breeze coming put the left hand towards me like this and see with the right hand, bend your head [UNCLEAR] now again please put your right hand towards me move your hand and see for yourself there is a cool breeze coming from your head. You will feel absolutely thoughtless, this is the first stage of Nirvachara Samadhi you will feel thoughtlessness. Now raise both your hands towards the sky and push back your head... push back your head... and now ask a question three times any one of the questions I tell you "Mother is this the cool breeze of the Holy Ghost" "Mother is this the Rooh the all-pervading power of God's love" or "Mother is this the Brahma Chaitanya". Ask any one of these questions, push back your head, this is like a computer you start working, you become a divine computer start answering. Now please take down your hands, you feel very relaxed and there won't be any thoughts.

Now all those who have felt cool or hot breeze on their hands or out of their heads please raise both your hands, all those who have felt please raise both your hands. So many of you, may god bless you... may god bless you... may god bless you.

Thank you very much, I must thank [UNCLEAR] for organizing this beautiful meeting of such nice people who are seekers of truth, for Indian's and who are going to create a new world, for India as well as further all those people who have really brought in one of you and I have to meet you. You will be surprised your attention will be [UNCLEAR] just forgive and then you can feel each others head also you can feel... you can feel each other head there is a cool breeze coming out.

(Talk ends here)

## 1990-1201, Talk Unidentified

View [online](#).

1 December 1990

Talk to Sahaja Yogis

(India)

Talk Language: English | Transcript (English) – Draft

### Talk Unidentified

When there is opposition of any kind, or inconveniences, we start becoming subtler and subtler, as long as we accept it as a challenge. Every seed which is sprouted has a small little primule, out of which comes out the shoot and the root. And the root is so delicate and small. At the tip of the root, there is a very intelligent cell and this cell knows how to carry on its journey. So it gradually penetrates into soft muddy, land, but when it comes across any stone, then it encircles round it. Now, it could manage just avoiding it but no it encircles, so he uses that stone for future, support, of the tree. So intelligent it is, and that's how it works out its way to the source.

So you might start thinking that: "Look at this little cell that you can see through microscope. It has got a sense how to penetrate into the soil, also to go round the stones, also to go towards the, source of water. So what is the guiding factor? We never think about it. All the trees, all the animals, are in complete bandhan of God. Absolutely. They have no freedom of their own in a way. They are completely guided by God, and that guideline is, in that little cell.

We have seen many birds flying out, thousands and thousands, all the way, Siberia to Australia. Who guides them? How do they know where is Australia which is so far away? And again they come back to the same. They too have a magnet. But how do they know that Australia is in the south or the north? Even if you have the magnet, how do you know you have to move in particular direction? They too have in their little brain, a controlling factor. Or we can say the remote control of God. It is that minute, it's detailed, so widespread and how it works out. It's tremendous. It's only human beings have this freedom. And they are the only ones, if they want, they can break their heads completely. Or if they want they can ascend or go to hell.

Freedom is given to you, and that remote control is taken over I think. So you have to decide in your own freedom as to what you want to do [INAUDIBLE] Wisdom is important. Also good conditionings can make you understand. The other day I gave a lecture on shraddha. Means faith. So I told them, because you didn't understand Marathi - I want to tell you little bit about it. The first one is the tamasik is the ignorance. Faith in ignorance. Like you believe in someone, just because you are so ignorant. Like so many gurus who came from India, like so many...So to believe in those people comes out of ignorance. Absolutely. And also there are lots of blind faiths even in the west I've seen, for which they do not give any explanation.

So people have faith in such people who talk of God. That Graham fellow, Graham is his name? Billy Graham - I mean I don't know how people can have faith in such a nonsensical ...I really tell you. He shouts and he screams. Horrible. So, this kind of faith would be there out of ignorance, that's very, very blind. So we call it a tamasik. Tamasik meaning in darkness. Tamasik. So then we have another one, which we call rajas. That you have faith in your kings; you like people who are politicians; you run after people who have positions and some sort of a thing like that. This is another faith. This is also very dangerous because they are human beings just like us, and they can any day deceive us and torture us.

Now the third one, is the faith which we call as sattwic, is the faith - what is sattwic in English? I don't know what's - there's no English word I remember for sattwic. Meaning which is out of wisdom. Here you believe in a person because you see his character, his behavior, his life, his style; so that's why in India we have faith in Saints. You know there were remarkable people, very honest, very straightforward, doing all the time good for others, preaching always the good things, making people righteous, helping them out; as we have faith in Abraham Lincoln. We have faith in Gorbacov. So the faith in such people is the faith which comes out of wisdom. But it's said people in Iraq have faith in Saddam. That one is a rajas one. So the third one, that if you have,

third faith - that takes you to the faith when it is enlightened - dolas shraddha we call it, enlightened faith. And this is what you have to judge.

But here when you come, you have to know that many people do not see Me, do not meet Me. They just meet you. They only know you. Of course those who have known Me I don't think have known Me fully. Rather difficult, to know Me. But whatever you have known of Me, you know very well, what sort of a Person I am. But, even you people, have to have that kind of standard, that when people see you, they feel that they have met somebody, a very rare person. I'm telling you this, specially today because I've been speaking about it, but there's one thing one has to [INAUDIBLE ] that in Sahaja Yoga we get lots of people, just seeing My Photograph most surprising, but they come to My program in thousands and then they fizzle out.

So there is something we have to learn, there must be something that they doubt in us. We should introspect and find out why do they doubt us, why do they fizzle out? I think seventy to eighty percent people fizzle out because they have no faith in themselves; because they just expect to be cajoled and looked after whatever it is. But still, if you do the introspection you will know how we deal with them. So we should not tell them: "You have got this chakra caught up, you are a bhoot," and all those things. But I never say that. On the contrary I absorb it and try to improve it, the same way. Then only you will see that those who come to us settle down and touch their depth as you have touched. Because you do not know how much you are changed in Sahaja Yoga.

You are very much changed, you are at a very high level and you can't see a person who is at a low level. But you have come from that level. And look at Me. I too, come down to this level. But still, I never make anyone feel less than Myself. You all feel absolutely loved and cared for by Me, every one of you. Individually you know how much I care for all of you. So, that is how we should be. We should try to show that we do care for human beings who come to us because they are the ones who are going to get to a higher state, and that's something so special, for us to care for such people. I'm sure if that happens now at least this twenty to twenty-five percent you will be able to attract fully and give them what you have got. May God bless you.

## 1990-1203, Devi Puja: A very important task

View [online](#).

3 December 1990

A Very Important Task

Devi Puja

Pune (India)

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

Puja in Pune (extracts), India, 3 December 1990.

So, welcome to all the Sahaja Yogis from abroad. So we start from today our Maharashtra Tour, which you can see is full of these hills and dales. Also, the atmosphere is going to be extremely rustic. Of course the comforts of this place have not been up to the mark, but next year it will be much better, I'm sure. We have decided to purchase even this plot of land, but as you know we have a land on top, there on the hill at the top. That's one of the highest peaks in this area. That land we have already purchased, and we are going to have an Ashram there, and this will be the place used for parking. I hope you like the atmosphere here and the surroundings, the nature.

People in Maharashtra are blessed by great saints and people who were Naths, like Gyaneshwara; and that's why they have a tremendous base of spirituality. But still they are to be guided to get their Self Realization. As you know that without spirituality, the life is very much in, is in imbalance. It does not have a totality of enjoyment. I don't know if there is any enjoyment otherwise also; because if you just live with your machineries and materialism, they cannot give you joy. And that's what you have discovered, the emptiness of life. And that's the reason you want spirituality, to give a complete expression to your personality, which has happened. Luckily it has happened. I'm very happy to see so many people who have felt it. And this is what has to be understood by Indians also, because they think that you people are so well off materially and while they are not, they are spiritually well-off and you are materially well-off. And both the things are so important. The foundation has to be strong, of spirituality, and then you can build whatever type of building you want to build on top of that. But if you do not have that foundation, then the whole thing collapses. Like a tree grows, and it doesn't touch the source of its nourishment, it will definitely collapse. This is what Sahaja Yoga is, that you are touching the source of your nourishment, nourishment to your civilization. And once this nourishment starts flowing, you see what's wrong in those countries where people have gone headlong, gone to the extremes, and what they are suffering. The people here have no idea about it. Also in this country of ours we have lots of problems because people are so simple, very vulnerable. But dealing with the problems of the West, I feel that there's no way out but Sahaja Yoga. As many as we can save, we should try to save them. Whatever may be the achievements in the West, they are going to boomerang, and they may destroy the whole society.

So when you are starting the first day here you should ask for spirituality, the blessings of spirituality, but also the promise that you will help others who are getting drowned into the dry materialism of the West. That's a very important task you have to do. You are all enjoying this beautiful life, and you are at peace with yourself, but this wine of spirituality has to be shared, otherwise life becomes very selfish, self-centered. I know you are frightened of those people, because you think you may catch from them. In this Tour I hope most of you will be made badha-proof and fearless. As I told you, you have to touch your depth. If you live with superficiality, any superficiality in you must be thrown away, then you will sink down. There are all kinds of superficialities which have come to us as a "blessing" of this Western civilization, as also in India we have another. But as I'm talking to you I'll, I would like to tell you about the superficialities that we have in the West.

First of all, the another style is our norms and ideas. Actually it's all a mental activity, as I've told you that the whole art of the West is finished. We cannot have a Rembrandt any more. We cannot have a Michelangelo any more. The reason is, criticism of this art has been so much in the modern times that nobody wants to produce anything which will be criticized, and now only situation left is that our critics are criticizing critics, that's all; no art, because they have no work to do. So this mental activity of putting everybody down and mastering that art, is very dangerous and extremely destructive. And this is what is happening I feel,

in the field of every kind of activity: industry, music, art, everything that you find; buildings, any enterprise, even politics. Everything has become so superficial that you have to be prepared for facing all kinds of oppositions and troubles. But still, as you have your own depth, you can master them all by your tranquility, by your temperament, and by your powers which you have got. When you are not afraid of that society, and when you have that tranquility within you and the courage, I'm sure you can do a lot. Of course we have some very dynamic people in Sahaja Yoga in the West, and very dynamic women also in the West. What may come they never deter, and they have worked very hard to do everything possible to see that Sahaja Yoga is established. So they should be your ideals, and all of you should try to follow them and do the best.

This Tour is a festival for us. It's, of course I say it's a pilgrimage but there are no signs of pilgrimage it looks, because if you see the pilgrims, horrible they look, while you are looking like roses, all of you. So it's a festival for us and you have to feel that festivity within your heart, that joy within your heart, and small, small things you should not worry, because these things cannot be provided in all the places. Gradually we'll be building ashrams in all the places wherever you have been visiting, but you know how difficult it is, in those days where the India is passing through such a bad phase for so many years, where everything is delayed. So the attitude should be that: "We have come here for our ascent." We have to work out everything with that attitude, that we have come here for our ascent, and every moment of our ascent is a festive occasion. Everything is a festival. If you understand that, I am sure you will see the beauty in everything, you will enjoy everything, whatever may be the rustic style. Maybe you may not like the color of these lights, I think, because you may not enjoy it so much. You might get much better things in your own country. But whatever it is, it's not your conditioning that should stop you from enjoying. So please remember that you are now the member of the universal society, and we cannot have our conditionings to mar our happiness and joy. I want you to enjoy this trip fully, absolutely, in a way that you have never enjoyed anything before.

May God bless you.

[English translation from Marathi]

Marathi speech starts at 16:49.

[English translation from Marathi]

Yesterday, I have told you in detail that we have got so much treasure of spirituality; you should have some appreciation for that. When we do not have respect for ourselves, how will we be appreciative of our treasure? Every person in India, in that also a person from Maharashtra should be reckoned as an image of ardent love for God. We ourselves don't have any idea about ourselves. If we are staying in a village and are facing lot of troubles, then we feel that we are insignificant beings. It is not like that. You are going to be of great use; only thing is that we should remember certain things. First and foremost thing is that we should be completely aware about religion ("dharma"). Every religion that is prevalent in our country or in any other country, in all those countries we can say that, it is only been mechanized or in all it has been made as a means to earn money. This cannot be religion ("dharma"). God does not understand money, cannot understand bank, nothing. If someone asks me to write a cheque, I do not understand it, I ask someone else to write it and I will sign it. The people here who plunder your money in the name of God, to give them even a single penny is wrong, this is the first thing. And any person who wears a saffron robe and comes, we start prostrating in front of them. The person has come here after being released from jail and is now wearing a saffron robe, this thought does not come to anyone's mind. We directly start. The people from villages are simple ("sadhe") and straight forward ("saral") - if he says "See, if you give so much money, then so much good will happen to you", he will start giving money to such a person. Sometime back, I had gone to a village, everyone started coming "we have to take darshan (see) of Shri Mataji"; one woman came and she gave me twenty five paise. I told her that I don't take money; she said okay, then I will give you one rupee, Mataji. Means it does not go out of their minds, it is fixed in their minds that money has to be offered to God. But does that God understand anything money? All that is filled in our minds should be taken out first that any person who asks for money, such a person is definitely not close to God. This should be explained to all the villagers by everybody. We have many simple ("saadhe") innocent ("bhole") people and that is why anywhere if you just place a stone, coat it with vermilion ("sindoor") then someone sits in front of it to make money. Anyone who comes and goes will start prostrating ("lotangan") in front of it, offering two paise to him.

Saints like Nrusinha Saraswati have done a lot of work on this. They have lambasted everyone and tried their best but nobody understands it. Saints have, amongst them, a Brahmin, Nrusinha Saraswati used to thrash that person, used to throw away the stone laid out by him. Eknath (a saint) was troubled a lot by people because he partook food at Mahaarwada (a dwelling for low castes India). Do monks ("sadhu") and saints ("sant") have any caste? Who is a Mahar, who is a Brahmin? And if you see our scriptures ("shastras"), if you peep a bit deeper, you will come to know who has written Shri Rama's character? That fisherman, Valmiki. That fisherman had written the character of Shri Rama, not any Brahmin. So all the madness that is within us regarding caste and creed should be removed. There is no meaning to it. It is an indication of stupidity.

It is said about the Devi "yaa Devi sarva bhooteshu, jaati roopena Sansthitha". What does this caste mean? What is a caste? Caste means something within you which you like or your inborn intelligence is what caste is. If any person is in search of God then that person is a Brahmin. Das Ganu says "Amhasi mhanati Bramhan, Amhi jaanile nahi Bramha, Amhi Kasale Bramhan?" – ("I call myself a Brahmin, I have not known the Brahma principle within me, then how can I be a Brahmin?") He himself being a Brahmin, says so. So all this issue of caste and creed should be forgotten. In Sahaja Yoga we do not believe in any type of caste or creed. We do not believe in widowhood, first thing. Women are widows, and men? They are never reckoned as having lost a wife (widower). By doing this, we have subjected women to a lot of atrocity. To oppress can never be righteousness. Any kind of atrocity is Iniquity and any kind of injustice is also Iniquity. So when you come to Sahaja Yoga, you need to bear in mind that all these atrocious practices, due to which Hell has been created in our country, we don't believe them and will never believe in such things.

In the case of caste, we have a very horrible situation. And to speak of marriages – now we don't have any missions to accomplish, we don't have to climb Simhagadh (name of a fort in Maharashtra which means the "Lion's fort"), we do not have to conquer any fort, nothing like that. So what else can one do sitting idly – just arrange our sons and daughters marriages. That's it. There is nothing else to do. It is very surprising.

I realized that they put me in 96 Kuli Maratha community when I was born. I asked, why did you put me in that 96 Kuli Maratha community? In that clan, all are drunkards and they torture their women so much; and in case of marriages, it can happen only within the same clan, the 96 Kuli Maratha community; all are useless people. If any girl is given to a well-educated boy then finished. Searching takes so much effort – but they subject the girl to so much torture. What is this behaviour? Are this 96 kuli created by God? Everyone's nose, face looks the same, everyone's issues are similar - when the way of laughing and talking is similar, when they are children of the same mother, how can it be said that this person cannot marry that person, that person cannot marry this person. Then take dowry, take this and take that - Sahaja Yoga has come to cleanse all these dirty things in our caste/community. To make everything clean and tidy. See how much trouble it is to do all this. Today you have a daughter so you face these issues. Tomorrow if you have a son, you will trouble others similarly.

Although, Sahaja Yoga belongs to sages ("sadhu") and saints ("sant"), it does not belong to Ascetics ("sanyastha"). Being in the society, helping society to progress, helping in refining the thoughts of the people in the society - Sahaja Yoga is such a catalyst.

In your life, those who call themselves as Sahaja Yogis, if they are also having a narrow vision, then they need to realize that they have not yet understood Sahaja Yoga. This is a work of the universe, we have set out to unite the world, instead of that – we belong to this city, you belong to that city, this and that - Has this given any benefit? Has anybody benefitted from this? What is the benefit from this, first you should first observe this. Has anyone benefitted by marrying in the same community? The other day, one woman came to fight with me on this issue. I showed her 10 of her relatives, said now see these people, your relations by marriage. But Dnyaneshwar has mentioned in Pasaydaan that "Techi Soyarika hoti te" which means "these are your relations". What was mentioned in Pasaydan that indicates Sahaja Yoga? Sages, saints have not accepted this; how much they were tortured because they were the children of ascetics . Ascetics had children. Did anyone's father tell them to do this? How much they have been tortured, how much Tukaram was tortured, how much was Eknath tortured as he ate food at a low caste person's place. It is like this. While staying on the land of sages and saints, we should behave like them. Look at their preaching's ("abhanga"), what have they told - what has Tukaram said to Vitthala – ("Tu mahar jhalas he bara jhala" ) "It is good that you



became a lower caste person". Vitthala didn't assault him for that. "Zala Mahar Pandharinath" – "Pandarinath (Vitthala) has become a lower caste person." He has said such a profound thing, but does it get into anyone's head? If Pandharinath can become a lower caste person, then who are you? Just chanting the devotional songs of sages and saints and banging the discs but the essence of it should percolate. All of them worked on the superstition and herd mentality. Dnyaneshwar told about the path further and then said (out of frustration), I don't want to do this and then took his entrancement ("Samadhi"). These idiots won't listen, sometime later when they realize, they may read these very books.

All these foreigners read their books. Now their tour of Maharashtra is over. They perceive you people sitting next to God as for them Maharashtra is a great place. They really consider Maharashtra as a Great country ("Maha- rashtra") and they consider people of Maharashtra as God. Because such great traditions you have, you are sitting in the land of saints. you have taken birth here. Means how great you must be is what they think. But old habits die hard. Again, the same things. Now yesterday, everyone had catch on their Vishuddhi chakra. This chakra. Why? I know, tobacco. In Maharashtra, one cannot do without tobacco, even if it causes cancer or death. From where this evil has come in Maharashtra, I don't understand. The poor sages and saints, all of them advised not to consume intoxicating substances. Sai Nath had burnt all the tobacco and smoked it up, like Shiva (Shankara), but still everyone is stuck to tobacco. Wherever they go they consume tobacco, even while going to Vitthala they consume tobacco before leaving. Vithala does not like tobacco at all. Vitthala sits on the Vishuddhi Chakra and still why do you consume tobacco and go to (worship) him? You should know the purpose, you should hold to the gist of it. Then you say for the sake of it , Mataji we believe in God so much. Some ladies were telling me,

Lady – We worship the Devi so much.

Mataji – What else?

Lady – Well, my husband drinks alchcohol a bit.

Mataji – Is it? And then becomes disgraced. And your (husband)?

Lady - He likes to play cards.

Mataji -Is that so? So after playing cards, he goes to perform aarati, Devi's aarati.

This impurity has increased very much in our society, this is not acceptable to the Goddess, all such things are not acceptable to the Goddess at all. Then you get whipped. Then when you get whipped, you will ask why did this happen to us? I am such a great devotee of God, I am such a great devotee of Shiva, I am such a great devotee of Dattatreya, then how did this happen to me? Hence, first get connected with HIM. Devotees of Dattatreya should definitely be having a trouble of the stomach, take it in writing, I am not lying. Anyone who is having a stomach problem, ask them 'are you a devotee of Dattatreya'. 'Yes.' They should have the trouble of the stomach because Dattatreya, is the deity residing around this area of the stomach which is the place of our righteousness ("dharma") , called the Void, we don't have a photo here so you can't see it. People keep on chanting Datta Datta in vain without getting connected to HIM. In real sense, Datta is actually Mohammed Sahib. So the Muslims will also have the trouble of stomach. Simply chanting Mohammed - Mohammed, Muslims will not achieve anything. Need to be connected. Even they do not understand sometimes, that we believe in God and then how is this coming on us? Why are we in such trouble? The reason for that is that you have still not understood. Mohammed Sahib has told this specifically that such a time will come which he has called as "Qiyama", means resurrection, resurrection will take place; at that time your hands will speak. His preachings are about Sahaja Yoga only. One such person will come who will tell everything. Everything has been told. Muslims are not some other people, Hindus are not some other people , everyone belongs to us. But when you have not found the path, you see it this way only. It is the same for the blind. Like blind people cannot see green and red, similarly we cannot see that we all are one. That is why these quarrels, these skirmishes and what not. Does this have any meaning?

Quarrelsome nature is very common place in Maharashtra. The other thing is family feuds. If anyone advances even slightly, then (others) start poisoning my ears. I have decided to close my ears now, I say. No one knows this that I understand

everything. They will come and tell me that this person is like this, a terrible politician, Mataji, please be careful of this person. I said that I know more about him than you. I will tell you everything later on. They will then look at me with great dismay. How did you know? I can understand, don't tell me about useless things. This person's (views) on that person, that person's (views) on this person, just no end to this. Then how will Sahaja Yoga proliferate? These people don't have these things. Not at all. Once these people come to Sahaja yoga, they become so humble, they are so humble - that they have achieved a great thing. We do not have any idea about this. No quarrels, no skirmishes, no badmouthing each other because I do not like it. Speak up right up front, not behind the back. These people, who do not have the foundation, do not have the perspectives of the saints, who did not have kings like Shri Ram , did not have warriors like Shivaji , those people have advanced so much, and where are we languishing? They have achieved so much then why shouldn't we? How great our past heritage ("poorva pithika"), we are people who have sat on thrones and how are we behaving?

People get obligated to useless people and being obligated, they lose their virtuosity. In this Maharashtra we have to do a lot of awakening and it will happen because Maharashtra has this heritage ("sampada") that is not present anywhere else in this world. That is why I am putting in so much effort over here. That is why I have taken birth in Maharashtra and have been putting efforts in Maharashtra since so many years. So people should realize what their responsibility is, what Maharashtra's responsibility is?

Even if you are staying in a village, are uneducated, still your internal state is very superior. So you need to achieve that state and show the whole world that an ordinary farmer from Maharashtra is also of a very high caliber. It is easy to parrot things out, will keep on reading Mahtmya like a learned ass. What are you going to achieve by reading. Revision after revision, one weekly discourse after another. Has anybody gained by doing that? Whichever village you go, 'Mataji, there is a weekly discourse going on.' What will happen due to that discourse of yours? Is it going to do any good? So you need to get your awakening and being awakened, you need to understand why you are having this plight? Why did we get into all this trouble? And to get your awakening is not difficult; it is a possession ("sampada") inbuilt within you. The complete power is within you. What is yours needs to be given to you. 'What is yours is with you' and it needs to be given to you. There is nothing here for me to give and take; there is no favor from me. Does Mother do any favors? You believe if you have to.

But Mother does everything for her own happiness. Now the specialty of this city is , of this place is that, the land we have taken at Shera is only after seeing the vibrations and then we took this land. Now (people) are going to come and stay here, so on behalf of you all I have informed them that we have purchased the place. These are all devotees of the Goddess, so they need to be looked after. There is a designated location of the Goddess here and in front of them; we should show how deep you all are. You can prosper in all aspects. Only thing is that you first need to achieve depth. Otherwise after you progress, you will again start drinking or will do some filthy thing.

The first thing you need is that your inner power should be awakened. You should have this desire in you that we need to get our awakening.

Today you have come for the Pooja, in the Pooja, energy flows. Usually we don't allow people who are not Sahaja Yogis. Those who have not got their awakening, we do not allow them to come for the Pooja, because he cannot do it, he cannot understand it. But if you are sitting in humility, everyone will benefit from the Pooja and everyone will feel satisfied. So you have to sit in humility. We should keep in mind that we need to achieve something. This is going to happen through the virtuosity accumulated in you. After that you come and tell me. Then I will get this letter, that 'Mataji, we are swimming in the ocean of joy.' To give this, I am moving around villages. Since last 20 years this effort is going on. Now let's see how much work gets done in Maharashtra. In that way, in Delhi, beyond Delhi in the towns and villages, a lot of work is being done. Same way it should happen here because this is the land of saints and this is your inheritance. You need to satisfy the saints. The saints should feel that these people have got what we have given them. It should not be a mere meaningless blabber and also not just banging the crymbals (discs). The reverberations of the crymbals that should emerge from you and the arrangement for that is very easy.

[Marathi speech over at 37:03]

The people who are sitting in the sun can come and sit here, there is space here in the front, come and sit here. There is time for

Pooja, come and sit here. You can come here and sit, there is space here, come in the front. 37.14 secs

[English] You can sit there, after all you are at a height.

[Marathi] Come and sit at the front. Come, like this sit in the front. Sit in the shade, it will take a long time for this. Don't sit in the sun, congregation ("mandali") don't sit in the sun, don't sit in the sun. Sit in the shade.

[English] It is a nice breeze blowing. Alright.

[Marathi] Now who is coming for the Pooja? 38.08 secs

[English] A Sahaja Yogi is asking a question to Shri Mataji: Shri Mataji.

Shri Mataji responding to a question by Sahaja Yogi: Hmmm.

A Sahaja Yogi is asking a question to Shri Mataji: Washing your feet.

Shri Mataji responding to a question by Sahaja Yogi: Yaaa (Yes). Shri Ganeshas. There are how, many children here I think.

[Hindi] Shri Mataji: There will be many children here. Can you check and come?

[Marathi] Shri Mataji: Small children between 5 to 10 years, come and sit here. 4 to 10 years.

[English] A Sahaja Yogi talking in the background: Children 5 to 10 years old.

[English] Shri Mataji: 4 to 10.

[English] A Sahaja Yogi talking in the background: 4 to 10 all the children.[English] Shri Mataji: Sit down.

## 1990-1204, Sitar Concert

View [online](#).

4 December 1990

Evening Program

Tilak Smarak Mandir, Pune (India)

Talk Language: English | Transcript (English) - Reviewed

### Sitar Concert Talk

Shri Mataji: Please be seated.

The combination of two Yogis played so beautifully together, with such friendship and understanding, and love. And all of you enjoyed them so much. I felt the collective consciousness had reached its peak today.

Now for music, whatever has to be said, he is so great that in words, it is difficult to put all that. Music is something that you can not express, unless and until you experience it. It is a question of experience. It is not the mental acrobatic that you have to play with. But it is something to be experienced in your being, in the totality of your personality. And that, when it happens, it just becomes vibrated in the whole atmosphere also. That is what we have experienced after Self-realisation, all of us. And it gives you also the Self-realisation. It was really remarkable!

So now, we can see what Sahaja Yoga can do to all, how it can give a new dimension of a rapport, which has never been seen before. Such a rapport is established, even if you do not know the A, B, C of music, even if you have never been in any Indian school of music, even if you have never heard such an Indian music. Still, once you have felt your Spirit, you can enjoy this music, because, as you know that Indian music and Western classical music is all nothing but spirituality.

So, we were all enjoying the ocean of joy. I am very thankful to both of my children for doing such a marvellous work. May God bless them and let them grow more and more and give more and more joy to all people, so that they take to spirituality. [Applause]

And spirituality is the foundation of everything. Anything we use without spirituality, can go into a wilderness [unsure], that you have seen. Also in music. I have seen people who have not been using spirituality and have gone to music, have gone off, into all kinds of funny things which I never expected. Sometimes, you're so disappointed to see some great musicians falling out with these horrible habits. But once you are a Realised soul, then you may do whatever you like - it's like you are complete wisdom and you can try whatever you feel.

And this is what it is that spirituality is very important for all artists to achieve [unclear]. Whatever may be their achievements, it may boomerang on them. They might develop an ego, they might develop some bad habits, they might do something. But with Realisation, you see, there's no [unclear] - they do not [unclear] the ego in them. And there is such a rapport and such an understanding. It's such a beautiful thing! And I think my vision of a great age, really I felt that it's showing up. I was just - my heart was dancing with joy and I hope you also enjoyed it very much.

So, we have to give them a hand again. [Applause].

## 1990-1205, Public Program

View [online](#).

5 December 1990

Public Program

Pune (India)

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

Sarvajanic Karyakram Date 5 December 1990: Place Pune Public Program Type Speech-Language Hindi

[English translation from Hindi]

I bow to the seeker of truth! Regarding truth, we must know that truth remains stationed at its place. We cannot change it, amend, organize, or implement it. Sadly, we cannot know it by human senses. That is why we see that there is discrimination in the world. People are fighting amongst themselves because they are blind to the truth. Various activities are cropping up, new thoughts emerging, new agencies, and a new set of questions. This does not concern Indians alone but the entire world. In the entire world there, is one desire crossing the minds of humans that is where are we going? Besides, what we have to achieve?

When I will speak to you about this today, I request you to keep your mind open scientifically. A person with a closed mind cannot be a scientist. Whatever I am telling you please listen to it as a hypothesis. If proven then accept it with honesty. Those who live in India think that they live in bad conditions because they have not yet visited the conditions outside. Hence, they think that problems here can never get over. However, if you go to the developed countries, you will realize what kind of problems are faced by them. In America, which we consider developed 65% of people are suffering from some mental nonsense, you will hardly find anyone in the US who will not blink eyes too much or compress nose or eyebrows while making a conversation. It is very difficult there.

30% have the diseases with no cure and at least 45% are addicted to some substance or the other. You can appreciate their problems only when you meet them and converse with them. Economically and scientifically, these countries have done great development, and some of the very developed nations are Sweden, Switzerland, and Norway. However, there is a competition among them on who will commit more suicides. Therefore, the people who have developed in material things why are they committing suicides. Why are they so unhappy? We should think about why it is so. In India, rate of suicide is negligible. why?

What is the reason for it? Secondly, if you visit America, you cannot wear jewellery; you can be robbed or killed. I was in Los Angeles travelling with Dr. Velikar in the car, He told me to put my head down and not to open the door because a week before 11 men were killed there. I enquired "why?" He said just for fun, took the gun and fired. The life of a man is not respected in such places. Therefore, the people who live in these places are not very happy but an unhappy one.

When I came to Pune, everyone says this person is eating into money that person is eating. I said do people have no food to eat here why they eat money. Everyone here is eating money. How this will do. Outside they do not eat money but they are after their own life. Destroying themselves. Spoiling themselves from within. They identify such ways and agencies by which they can destroy themselves. The reason is that science is one oriented in one direction. Love with science renders them indifferent to a poem, home, family, kids, and society. They consider themselves mechanical with no brains, how will you enjoy living. They say that they have become like those leftover sugarcane of which the juice has been extracted. We do not understand anything. We have become dry and nothing left in life.

Just like a tree, which becomes very tall and its roots become shallow that they are unable to reach the water source what will become of the tree. The same has happened to the most developed nations. When I look at them I understand only one thing that spiritualism is shallow there, they have no ground to root them. However, if you do spiritualism without science you will also end up in the same way. We should appreciate that they may be rich in terms of money but you are also rich. Especially in

Maharashtra where saints have worked so much. We should understand that this rich heritage has been passed on to us from them, and we should attempt to reach and attain all that. If we establish the values inscribed in our heritage, then no matter what development happens you will be stable and will not sway by wrong things. If you lose this heritage and think to develop on science alone then it is as if pulling and throwing out your roots. In their case, they never had it. However, this is not the case with us. It does not mean that we talk of any religion; when religion is enlightened then you are enlightened and you can see the superstition from enlightened religion. The great saints of Maharashtra have worked for dispensing away the blind faith. Shri Sarasvati used to take people on the task who used to sit on the side of the road with sindur to collect money. His faith was not blind faith he had the right to do so. However, those who are blind and drink alcohol on one hand and advice others to check their blind faith, are blind themselves. How can they do it? Impossible. It is like trying what is not your rightful quest. For the last 20 years, work has been done on superstition and caste/category system. Certain castes were marrying only among themselves, that has been broken. Our society is so backwards that there are such wrong believes....

What is our Jati/group/caste/category? Jati means 'it is your nature or your attitude. What are you looking for? That what you are looking for is your Jati. I told you earlier also about Shri Ram, He found/recognised one fisherman, one robber. He did not go into the caste or the group category. Who wrote about Shri Krishna or Gita? You all know Vyas who was the (illegitimate son of a fisherwoman) wrote it. Krishna identified him for it, so that these distinctions disappear. He ate half-eaten beer/cherry of Bhilni (tribal woman). He ate saag/vegetable at servant son Vidur. Why did he do this? To emphasize that there is no Jati by birth but by action.

However, if no one listens or they close their brain then what to do? However, in Sahaj when you get realization this false belief falls off. All Jatis and blind faith are removed. Superstitions are not only in Indian society it is world over. In England, such superstitions are there that you will be unable to understand. However, you have to understand them in depth. You have to get your realization.

Until your consciousness achieves that level, you cannot tell the truth/reality, which is called (Kaivalya/ meaning not clear). In Sahaj yoga when Kundalini awakens your palm gets a cool breeze. Adi Shankaracharya (Great Saint of Hinduism) has very beautifully expressed it as "Saleel am Saleelam" (cool breeze). In the Bible, it is called the "cool breeze of the holy ghost". All scriptures have one thing in common, that tell to take your realization. Were these people false/lies that they emphasized that you should take your realization? Have a look at their life they were not looting money or throwing a stone. They never did anything wrong in their life.

Such people are special; you call them saints or Sufi. Sahaj Yoga has been described in the Quran very clearly. When the Day of Judgment come, your hands will speak. It means the chakras in your hands will witness activity. You will know which chakra are catching. We have three types of channels in us, firstly Vedas, second Surrender/Bhakti/ Payers and the third is a very secret one called 'Nath' panthi, very well known to Maharashtrians.

People mug up the books without understanding them. In Nath panthi, one Guru used to awaken the kundalini of only one disciple. They did not talk about Kundalini much with others. Though Adi Shankracharya and before him Shri Markandya has mentioned the awakening of the kundalini. In the times of Shri Gyaneshwar, Nivirit Nath had requested him to break the tradition of kundalini awakening of one Guru to one disciple and to make the kundalini awakening a mass program. Nivirit Nath knew who Shri Gyaneshwar was and his mother before committing suicide had told him to follow Shri Gyaneshwar. Shri Gyaneshwar had said that I will reveal this secret knowledge to the world and in the sixth Chapter of Gyaneshwari, he described the Kundalini. It is in poetry form, so you can interpret it in any manner you want.

However, the sixth Chapter has been forbidden by the people who have controlled the religion. They are useless. They have tortured all saints. They should be ignored because they do not know about the kundalini. This is strange! It is similar to a situation where one does not understand classical music and makes fun of it like a fool. Likewise, they said that no need to read the sixth Chapter. Besides, the great treasure of our nation was in the sixth chapter, which was covered up by these people who were controlling religion. Today because we are fortunate that the day has arrived that, we have achieved it. The love he described, the truth which itself is love, the nectar was described so beautifully you can experience it. Those who raise fingers on

Shri Gyaneshwar, I want them to write two lines in such fine and deep thoughts.

You have no such capability. Such a saint who at the age of 23 had written such things in beautiful colloquial language. What do you know understand about spirituality? He used to eat food at the home of Shri Eknath Maharao. Those who considered themselves Bahman without knowing the Brahm had isolated him. If you read his writing, you will feel that somebody is writing unique things, which one may not understand without self-realization.

The foreigners who join here are not mercenary; these are educated and people with deep spiritual potential/selected people. The description of Shri Shankracharya's "Beautiful waves" description is not possible by any Indian. However, it is very difficult to teach such difficult language/words but when I came today, how beautifully they were singing.

It is very difficult for them to speak/distinguish "DA" and "JA", the tongue was in such a condition, but now you see be it Marathi, Hindi they sing with such ease and write Hindi songs. They listen to our music with such love. It is said that, Indian music came from OM KAR. The OM KAR has been awakened in them. They were indeed taking drugs and alcohol but in one night, they have given up. In Sahaj yoga, a person becomes superman, which is the ultimate end of evolution/development. When you achieve it, you find a great experience within yourself.

When we recite Veda, it means we have to be in the middle Nadi. The one you experience in the middle-Veda. As is said by Namadeva, " " which means that, I will fill 'it' in my senses, not in my brain, as it is not the work of latter. Kabir Das has also said that one cannot know 'it' through the brain but with Atma and that is the truth. The pure Atma.

Besides, to prove it is in your hands. If Hitler comes and says that give me realization I would say take 100 re-births. We can give only to a seeker, who is inquisitive and polite and desires realization. We cannot force anyone; this is the work of love. Secondly, the entire universe is nurtured by power, power that does all living work. Such beautiful flowers bloom from a plant. How? We do not think about it. We do not think why there is one particular height of a mango tree and other or other trees. The nose and mouth of the man are in proportion to his body, we do not wonder what a magnificent camera our eye is. You cannot create this with science. Science has not created any life afresh. Only the shape of dead things is changed by you, the stage has been made from dead wood and you think that you have done something great. Can you create life? This can be done only after realization when you are connected to Brahm Chaitanya. Who will argue with useless people? Adamant people may stay stuck. People aspiring for spirituality only deserve this.

Sahaj Yog indeed changes one mentally, physically, socially but this does not mean that we are sitting here for curing disease only. Today it turned 6 pm attending sick people since morning. I am troubled. They are cured, but that the disease should be cured of a person who will spread the light later. If the lamp is not going to give light, why repair it. Doctors must be worried that when Mother is curing them without charging, then what will become of us.

However, how many come to Sahaj Yoga? All those who are brainless you (doctors) can keep them give me the intelligent ones. I do not want to bang my head with stupid people. However, those with brains are seekers and with depth in them, I am there for them. Their disease is cured not because of me but by their Kundalini. Why me only, now Sahaj Yogis cure others. Curing Physical ailments are not a great thing, for many wrestlers (physically well) also come to me for peace.

We talk only of peace and love and it will remain only talk without experiencing them. You will be surprised to know that the light of your spirit has not reached your attention. That is the source of peace and love. That is the source of pleasure. I am here to prove what saints have told. Those who say that there is no God they are unscientific people. Did they find out if God is there or not? It is convenient to believe that there is no GOD so that they can do drugs, corruption, and immorality behind it. To carry on with the activities they do not believe in GOD but when required they touch the feet of GOD. There is no place for such hypocrites and proud people.

This is for those who want their good and spiritual blessings. All our falsehood breaks through realization. God has prepared everything to bless us. Everything is arranged so beautifully, inside us. Kundalini is your mother; after awakening, it (

) perhaps means that it makes one a part of super consciousness/collectivity. The day it happens, we get collective awareness.

Even small children can read the vibrations and tell what problems you have. Mohd. Sahib said your hands would speak. How will that happen? The chakras in your palm and hands. You have to achieve that because, this is for good of your children, city, and world. However, you have to be wise.

Puna was called Punyapattanam (abode of goodness). Therefore, I thought why not make a home here but the day I set foot so many Bhoots arose. However, I know they will be evicted. One big bhoot has already left and others will follow suit. I am not worried. However, you find a very strange set of people here, they say we are atheists. I ask them why? At least don't tell others to follow, for what have you achieved? You take alcohol, do all wrong things and then say you do not believe in GOD. No man with clear bright character will do that or say. Mahatma Gandhi did not, saints did not but intellectuals say it but how far can intellectuals reach?

What special have the atheists achieved with brain? Einstein said that at one point he was stuck for the theory of relativity, he admitted that he does not know from where (while relaxing in the garden and watching soap bubble) it dawned him this concept of relativity. He was honest in admitting that he does not know from where? When he can admit then why these petty people say that God is not there. Secondly, I find that people are turning westernized in their clothing, music, living style, fashion; you have to see your circumstance.

Are you not ashamed of wearing such clothes in this environment of Pune? Maximum Indian women who have their haircut are from Pune. They go to the salon, get the same hairstyle, and face as per the fashion. If the fashion is to shave heads, they will follow that also. They are following the fashion blindly, I am surprised at woman, and they are imitating English women. They are in a grip of blind faith, meaningless modernism. The Indian culture is so rich that no matter how much you elaborate on the greatness of our culture it is not sufficient. The women of the country have bound the culture well, not men. Our culture is very high even today in terms of family ethics, social bonding, and love for relations. I have lived 18 years with westerners; you will be surprised that after burying their dead they drink and have a feast. You will find people dancing and celebrating. Do not go to their house on Christmas you will find them all drunk/ down on the bed (the phrase has several interpretations- not sure). Jesus was a Great Spirit; they are respecting him in this manner?

Besides, we are no less in foolishness. The concept of God is so diverted. Somebody told that week of Satya-(truth) Narayan (God) is going on; there is no need to add "truth" to something, which is true. Will, your mother gets heaven if you give money. Is this money going to be received by money order? During a visit to a village, one person said Mother does not take money. A man gave me 25 Rs. on refusing the man said ok I would give 1 Re. The mind is so clouded that you think that you can give money to God.

Does God know money or bank? So much ignorance is prevalent. They go to religion while they eat tobacco, which is against the vishuddhi chakra, which is the place of Krishna. These devilish people will break your head. They roam about like mad. Then they say they are in meditation. Do they even know what meditation is? The Hare Rama Krishna followers go begging, the followers of God who is Kuber (God of money) are begging they should be ashamed.

This is the place of Krishna. I do not know abuses like Ramdas ji, he had dented these things but to no avail. Any babaji/Guruji comes you all gather around him. Some people think that ringing bell in the temple is sufficient for religion/dharma. The thirst for spirituality is quenched or for some, you do puja after dressing well. People think that they are following Dharma by reading scriptures or building temples. Still, they are suffering they wonder. The place for Guru is in your stomach. Without being connected to God, you think you can talk to him and he can grant you wishes. However, when you are in connection then you know what are your faults and the faults of others. But, you do not tell the person harsh judgemental things but talk in terms of Chakra. You say mother my Agnya Chakra is catching.

Knowing about oneself is self-knowledge or light of the spirit. You also come to know about others. In India Nanak Sahab, Kabir,



Vallabhacharya, have talked about Kundalini. However, all that has gone to dust. However, when I went to Russia where people had never even heard of such things 14-15 thousand came. Around 400 doctors are doing Sahaj Yog there. You can check. 200 scientists said Mother please do not tell about science, we are done with Science. They have broken all limits. They want to achieve spirituality. After attaining it, you cannot suffer any mental or physical loss.

Your family and the world can benefit from it and you do not have to pay anything then why you do not want to achieve it. It is difficult to understand a man. The Russians got it and they have gone deep in it and enjoying it. I have not done an awakening of kundalini for the first time. It has been done earlier as well, but was only given to one or two persons. Because in the tree of life, you get one or two flowers, but now there are thousands. Thousands flowers can be made; the ambiance/time is such. Forecasts have been there about this, and then why not achieve it? Going back is missing an opportunity of all times. The evolution is going to happen inside us then see what you will become. How powerful, influential, or full of affection. You will enjoy it.

All doubts will fall. You are a great thing. The foreigners who come to Maharashtra believe the one born here must have gone great deeds. We visited the villages; they regarded them very highly, as if they are great souls. I was astonished; I asked them why do you feel so? They said Maa this is Maharashtra which has the Kundalini of the entire earth. To be born here they must have done great deeds in last birth. We did not do so; therefore we were born in such bad countries. We have not recognized ourselves completely. If you take the TV in villages, villagers will not believe it.

When we are not connected we think that we are nothing much but when realization happens and you are connected then you see what a wonderful thing you are. Then you can imagine what a great thing the creator must have been. Recognize yourself and your powers. Around 2000 people come to Sahaj but they do not develop.

Jesus said some seeds fell on stones and some on waterlogged land and died after germinating. However, some germinated and developed into a tree. In Sahaj Yog, some modern ones do Guru Shopping. Today with Mother then tomorrow elsewhere. Will you go digging well everywhere. People also like Gurus who do not say anything. Do whatever you want but keep providing them with money. They eat money.

Anyone who takes money in the name of God is cannot do God's work. Money may be needed for arranging venue etc but if someone says for raising kundalini money is required it is like, saying that by burying money in fields the crops will grow. Earth does not take anything from you for giving you so much. Whatever you put in the earth, it germinates. The same love is in all-powerful God everywhere. Do not fall trap to people who say there is no God and neither to false people who want money. The truth should be assessed. For that, we should have Devi power inside to know what truth is. Both plain waterbird and crane are white but Crane has wisdom.

You have to have the wisdom of separating false from truth. Do not feel guilty. Human can make a mistake. If you were a sinner, you would not be sitting here. So do not think about your faults. For a mother all the children are equal. This is a work of love and happens well. Mother has given simile of Moon to explain that this deep knowledge gradually stabilizes within us. Then there is no doubt. First, you will achieve thoughtless awareness then "Nirvikalp" Samadhi. You will get the gist of our country in Sahaj Yog. Drop all falsehood. Hence, first get your self-realization.

## 1990-1212, Devi Puja: You should have no fear at all

View [online](#).

12 December 1990

You Should Have No Fear At All

Devi Puja

Shrirampur (India)

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

India Tour Puja. Shrirampur (India), 12 December 1990.

First I will speak in English and then in Marathi.

[Shri Mataji speaks in English]

We have come to this place with the idea that we'll be comfortable in the other place as we were before, but you must have known that there's a man who is quite devilish, and he has tried to make this funny arrangement just to extract some money from us for doing nothing.

What I have to tell you, that we should remember that when we are doing right in this Kruta Yuga, this is the time when the Paramachaitanya has become active. That's why it is called as Kruta Yuga. At this time this Power is extremely active. They used to torture the saints in this country and every country who were real people, and they used to also make their lives impossible, because they were lonely people: one saint here, one saint there. But in these modern times we are so many, we have so many Sahaja Yogis all over the world. So first of all we are collectively very strong, and secondly the Brahmachaitanya itself has become active. It's a very great thing, we must realize it within ourselves, that no amount of cruelty, planning against us, any kind of violence of other people cannot harm us. If they ever try to harm us, they'll be harmed themselves; apart from that, all our work will go all smoothly. But we should not lose even for a minute our self-confidence and our determination. Above all we must have faith in the Paramachaitanya which is now active. All our complaints, all our problems are because of ourselves. Because we lose faith in ourselves, then all these horrible things happen. (Mataji speaks on Hindi: She tells to one of the Sahaja Yogis to go there as the inspector has arrived, tell him the same thing) And whatever may happen, even when people stoned us it has helped us a lot. Of course some people were hurt a little bit, but doesn't matter. But the case has been filed, and this horrible organization is under trouble. Nobody could do anything to them. Only when we started our own court case they have become quieter. How things work out for our help, one can see it so clearly, and one should have full faith in oneself to understand that God is with us and He is all-powerful.

So many examples you can give and so many examples I can give, and I can tell you that it is only our diffidence which makes problems for us. Now supposing there was a snake. There's nothing to be afraid of. No snake can bite any Sahaja Yogi. They are more sensible than these devilish people. When I was in Gandhi Ashram we were supposed to get up at four o'clock. Gandhiji was a great disciplinarian. He was not like Me. So everybody had to take bath, and by five o'clock we had to go to the Parthana (prayers). And in the Parthana place, even reaching there we could see so many snakes crawling around, and we were supposed to just go to the Parthana place without complaining. And sometimes you would find a snake just sitting before you like this, and you were supposed to keep quiet and do the Parthana. But nobody was beaten up. All these years I was there, used to visit that place, I must have seen so many snakes; otherwise I have never seen otherwise snakes much in life. But that's the only time I have seen snakes sitting just like this before some of the meditators, and trying to enjoy their meditation. Snakes understand vibrations – they love coolness. Once I had gone to a village and My husband had gone a little ahead; was sitting on a bridge – there were some steps there – sitting like this; and a big python like that started moving under My foot, under My legs. I saw it moving, such a thick one like this. It moved. It didn't do anything to Me, I know it cannot; because it likes the coolness and it was enjoying very nicely moving. It took about one-and-a-half minutes.

So first of all we have to realize that we are Sahaja Yogis, specially blessed people, that we have got Realization which very few people have got in this world. And secondly that all the animals understand us. They understand us better than human beings, because they are under the control of God Almighty. I'm never afraid of a tiger, never afraid of any lions, nothing. I'm never afraid. But if I see a madman or a drunkard, specially a drunkard, I'm not afraid but I get repulsed, because I think this man has such bad vibrations. Because animals never drink. Even a mad dog is better than a madman. So we have to understand that we are not under the control of God that much, because God has given us freedom. But now we are not only under the control of this Paramachaitanya, but the Paramachaitanya looks after us every minute, and that's how things work out. There's so many instances of this kind of thing. But if your faith is wavering, if you are frightened, then you have to a little bit understand that you are not to be frightened. Things have worked out. So many people can tell you so many things. Swiss people were to come for a Puja in Pune. I knew they were to come. They never informed us but I knew, and I was postponing the Puja as much as I could. These people took a taxi from Bombay and they came up to Pune, and they wanted to go to Pratishthana. This they knew, the taxi fellow knew. But instead of going to Pratishthana he took them to another place, Bhugaon, where we all were camping. And these people saw, so they just got down. He said: "No, no, this is not Pratishthana". He said: "This is the place we had to come." And they were just right in time there.

I mean, you can all write so many things, how God has helped you in every way possible: monetarily, as protection, as blessings from all sides. So to solve the problem, we don't have to worry. Actually we should have no problems at all. Some people start thinking that by logical deductions they can find out things. They cannot, because you are at a level that logic doesn't work. You are at a level where Brahmachaitanya works, and it has its own logic. So do not try to resolve anything by logic. First thing your connection with the Spirit will be lost, your connection with the joy will be lost, your connection with the vibrations will be lost. So there is no logical conclusion, but the Divine logic takes over. That doesn't mean that you are a slave, but on the contrary you are the great guest in the Kingdom of God. There's a difference between the two attitudes. Supposing I come here, so they want that they should garland Me. I can say: "I'm not your slave, why should you garland Me?" They may say: "We'd like You to come for a procession." I may say: "I cannot come, I'm sorry. I'm free. I will do what I like. How can you decide for Me?" But I am their guest and they are inviting Me to honor, to look after Me, for protection. If something you people try to do for My protection, should I say that it is slavery? Of course you know that I don't need any protection, but still you try to protect Me. It's all right, I don't mind, because if that gives you pleasure I don't mind, and I don't feel that way about it, as if I have become now a slave of all the Sahaja Yogis. You fix Me up and I am moving like a shuttlecock all the time. I never grudge, never grumble. All right, I accept it, whatever you say. You are not doing to harm Me in any way, or to be disrespectful, but you are trying to help Me out in a way that I should be able to achieve greater capacity to work, and a greater facility. How can I not understand that?

So you have to have that kind of an intelligence to feel the existence of that All-pervading Power all round us. You have seen so many photographs. You have seen on top of your heads there is Light. Though mentally you accept, but in the heart you do not. Those people accept in the heart, I know them, and those who do not accept, I know them. Those who accept Me never allow Me to say: "Why didn't you do this?" Whatever I say they will do, because now they have accepted Me from their heart.

Like yesterday it was a simple thing: I bought these caps for you. So many didn't buy, I was surprised. I went all the way to buy, to protect your heads. Why didn't you buy them? They're worth nothing: three, four rupees is what? – Nothing. Or the dhotis I bought for you. All the way – I don't mind if you don't want to buy, but it's surprising they didn't buy. You could have worn them today and you would have looked very nice. Of course you have freedom; it's worth nothing; but it shows how far you are there. Mother has bought it with such love, She has selected for us, it's worth nothing. I could have given you them as presents also, but I just wanted to test. And this is how the testing comes. After all there's no harm in wearing a cap in this heat; it's better to wear the cap. And also to have a dhoti is better because that's the dress of this country, and whatever is the dress of the country, that is more suitable for this country. It's very hot here and the dhoti, which is a cotton dhoti or a, even a silk dhoti, is a beautiful thing to wear. But I don't want to force anything on you, but it is you who are judged also, that such a small thing like a cap... Now how many of you did not buy the cap? Raise your hands. All right. So give them presents! And how many of you didn't buy the dhotis? Should I give you presents? Please buy... It's finished – all right, so I'll get you more. But they are very comfortable and beautiful, they're very nice, so beautiful, you'll enjoy them. All right.

So small, small things can express our attention very small things. Like such a great sky is there, and when you look at it every leaf, supposing there is a tree, every leaf can be seen against that sky. In the same way Sahaja Yoga is such a great thing. But it shows every small curves, and every delicate behavior. Of course there's no challenge, no personality insult or in any way. But the more you understand Sahaja Yoga, the deeper you go into it, you will know that everything, whatever is done in Sahaja Yoga is for your benevolence. Nothing else, it's for your benevolence. And that this Power is so well-equipped with everything. And you must have full faith in yourself and in this Power, that whatever you do and whatever you want, or whatever is your forward movement, everything is looked after, guided, organized, arranged for you beforehand. Thus you'll be surprised how you are looked after.

Now especially for ladies, there's one of the assets of ladies is to be frightened and another is to cry. So of course I too cry sometimes, but never at my own discomfiture. Never at my own pain, only when others are pained; then my eyes, being collective, start just pouring uncontrolled tears. But for myself, I never cry. For my pain, even if I want to I cannot. I cannot. Just my body cannot. The second thing you must know, I am also a woman, I am never afraid of anything whatsoever. Of course, animals I have already told you. Except for the drunkard – you don't know how he'll behave, because not easy, not senses. I'm not afraid of anything whatsoever. In the same way, you have to know that your Mother is with you and you should have no fear at all. And then to boast of your fear is nonsensical. Once you realize how powerful you are, and how much you are connected to that Power which is so powerful and all-pervading, which does all the living work, you will never get any one of these funny ideas which are to be left behind. You have to cross the threshold of these conditionings that you have had. Just open your heart and see for yourself where are you sitting, where have you reached, under what blessings you are here.

May God bless you.

[Shri Mataji speaks in Marathi]

What I was telling them is we say that God is all-powerful. We know that, means we know that from our childhood. And we worship Him with devotion and do puja and everything. But how powerful he is, if we have any idea then we will never be afraid or scared of anything. He spins the entire world on this one finger. So if we get into the kingdom of the all-powerful God Almighty, who can trouble us? Who will have the courage to trouble us? Simply by giving bandhan to that person once or that being, if we cannot put them in place in one bandhan then let me know that Mother we gave him bandhan. But there must be stability in you. Because if the machine itself is bent or broken then what is the use of that machine and if it is crying then even worse. So if you are bold courageous, nobody will dare to even touch your hair or harm you in any way. We should keep that in mind. We think that God is sitting around somewhere, but it is not so.

Through Sahaja Yoga, He has now come to Kruta yuga and in Kruta yuga, the Bramhachaitanya (all pervading power) has started working. That is the reason we are able to work this out easily. Yesterday we saw that people who have not even heard of me got their realization within five minutes. How did this happen? All of them came for the procession just sat somewhere and everyone got their realization. How is this possible? But once we get our realization we should be capable enough to go deep into that. Also in our country we are under very wrong impression and we have collected lot of dirt when it comes to dharma and guru. This is very distressing. So to repair our machines, we have to pay attention to all these things.

Like Gyaneshwar has said 'Niranjan Pahane' means to look at things in a witness state. Just as a witness. Is it so? Have you done this? Have you done that? Then we will realize what kind of nonsense and confusion we have been carrying in our heads. You should try doing this, desire so and it will work out.

Once a gentleman by the name Shukla came to meet me in Madras, just for a year not much. Then he came to Mumbai and he is holding a high post. He once got a telegram that his mother is very serious and she is going to die of cancer. He immediately left to meet his mother at Rohtak. The doctor told him that she will die within three days and she is suffering from galloping cancer. He was wondering what to do now as it was no use to keep her in the hospital. So he said Mother I just came home, sat in front of your photograph and prayed, please cure my mother. But what depth that man had, instead of dying within three days his mother was immediately cured. He got her to Mumbai. And in Mumbai after showing her at the cancer hospital, the doctor said

she doesn't have any cancer. Then I met him. So unless you don't have that depth, unless to don't go that deep this will not work out.

If it is half hearted then like Sant Ramadas has said that if you are shortsighted then you are gone. There is no need to show off your intelligence. God's blessings are in plenty but there has to be a giver and there has to be a receiver. Otherwise what will the giver do? Things happen and work out instantly. You all know that I don't have any secretary or organization and I don't know anything. I have no idea about the money they take for making all the arrangements etc, but things get done. And anything that happens needs to be witnessed like a drama. Something good will come out of it. There is some reason why it is happening, you will come to know the reason later.

But until and unless you don't dedicate yourself through meditation and go deep within, whatever I say will be only words (proverb in Marathi –bolachach bhaat ani bolachi khadi- meaning words said and listened only for the sake of listening). And with this idle and empty head you get all kind of unwanted thoughts. So this has to be given up and you should be able to get into thoughtlessness. Because your spiritual growth is possible on through thoughtlessness. You should remember this. Without going beyond thoughts you cannot attain spirituality. So in meditation unless you become thoughtless you have not attained anything, you should remember this and we should progress in that thoughtless meditation.

I have said many times that Maharashtra is the foundation of spirituality, for the whole world, the universe and the spreading of spirituality will be from Maharashtra itself. I told these people we can go to other places also and arrangements can be made. But these people want to come to Maharashtra only. The plight of Maharashtra is getting worse day by day and I feel ashamed of it. But they like Maharashtra and want to come to Maharashtra only. And the program does not get organized anywhere else. They can feel the vibrations and they are aware where the vibrations are. And we are not able to see it, we have all the heritage and inspite of being born in a country where the Kundalini of the world resides, in this Maharashtra we are not yet aware of this so how will we even know about the God himself. I don't say this just for the sake of saying. The culture of Maharashtra is such that it may have been spoilt by the Brahmins by doing all sins or unrighteous things and they also created different castes later. Inspite of this foolishness, our culture and moral values can save the whole world.

These people have no moral values in their culture and even if the moral values exists in our North India, because of the stupidity of Muslims the moral values of those people is different. But though in Maharashtra I would say we have to be thankful to Shri Shivaji Maharaj for that. Now going forward if you all realize that the treasure of this great wealth will benefit the entire world, it is such a big responsibility. It doesn't matter how we behave, it depends on how deep we are inside and where our Kundalini has reached, and how much consciousness flows through us.

That way Marathi people are straightforward (out spoken). Even while talking they are very out spoken, not a problem. It could be with Hindi language also, and they speak also that way. And people like it. That is not a problem. But the problem is that we have so many saints who have explained things and we without realizing even after being in Sahaja Yoga, we fast, we shave off our head, what all nonsense we do. Keep fast for this thing, that thing. Many men here still tell me that their wives keep fasting 16 Mondays. Your mother or her mother may have done but what have they got out of it. Who has told you, you have to fast and give us the money. And people in Maharashtra are so fond of fasting that God himself says ok if you are so fond of fasting then be it. You all want to fast so accept this poverty and die of hunger. Then there is no need to fast as it is you can get all the blessings. If you all think that if a person remains hungry by fasting and we will get all the blessings then it is wrong.

Until the Lakshmi principle is not awakened within you completely or is not satisfied, the Mahalakshmi principle will not be awakened. It means a person must be eager to know what to do next. And one of the principles of Lakshmi is to eat to ones content and not fast. It means the craze for fasting has to be stopped especially the ladies. Suppose a child may not eat if he is angry with his mother. So if you want to trouble your mother then you should fast. The how will you come in to Sahaja Yoga, how will you grow in Sahaja Yoga?

Now with these men it's like they are addicted to tobacco, they say what to do Mataji, we are used to it. They cannot remain without having tobacco, no matter how dirty their mouth is or all their teeth fall out or even if they get cancer. The habit will not

go easily, even on his death bed he will say put some tobacco on the body if he dies. Otherwise if he wakes up from his death bed, he will have trouble without having tobacco. And this habit is demonic. But how to give up this habit? These people when they can give up all the dirty habits then why can't you all? In other cases however, we are strong. When it comes to caste then we are ready with a sword to fight. But if there is someone shouting at a woman, from a distance you will come to know that this is definitely a Maratha talking there. But when it comes to tobacco even he is a Collector he will ask his peon and borrow some tobacco from him. He doesn't realize his own respect. This tobacco is a real curse on us. Even women have the habit of applying tobacco on their teeth. And men should also completely stop the habit of having tobacco.

Secondly we are Vishwa Dharmi and we have no caste or creed. Caste should mean what the Devi says "ya devi sarva bhuteshu jaati roopena sanstitha". Means that Her attitude that flows through everyone is the caste. Otherwise, some Brahmin will go and rule and Maratha will go and wash the dishes. Because they know what their caste is, that is, Brahmins rule, they are actually Kshatriyas, but they call themselves Brahmins.

You will realize all these scam when you know that you are a Vishwadharmin. In Vishwadharma there is only one caste and that is Sahaja Yogi. A Sahaja Yogi should get married within Sahaja Yoga. But still there are many people in Maharashtra who do not get married within Sahaja Yoga. And once they get married outside Sahaja Yoga then they say Mataji we are being tortured, for what, for dowry. Then why did you get married? Did I say so? And they also beat up the girls and send them home. Then again they want to get married within the caste. You all have become Vishwadharmis and there is only justice in Vishwadharma, no injustice.

Nobody should be wronged or there should be no injustice on anyone that is Vishwadharma. You all should love each other. If a woman becomes a widow, she becomes sad. But when it comes to man he waits until 13 days are over and on the 14th day itself he is ready to get married. There is no widowhood for him. Who has done all this? Has God done all this? In Sahaja Yoga we don't believe in widowhood. If any woman thinks that she is a widow then she is not a Sahaja Yogini. She should apply kumkum on her forehead. We don't believe in widowhood and we consider it our ultimate duty to get married off the widows.

Then there is superstition (blind faith). There is a superstition in our own religion but there is a terrible superstitious belief amongst Christians. Muslims are even worse. They are fanatics and it can be seen openly. But Christians are secretive. They will do it secretly. We won't be able to see. We call ourselves Indians but there is no answer to all the religious fanaticism (dharmandhata) that exists.

But if we go south, we can see what nonsense is going on there in the name of God. What all is done in the name of God. Why do they pretend? Shaving off a woman's hair, asking her to roll over in the whole temple and pour water on her, I am unable to bear all these nonsense that we do in the name of God. Take up Devdasi, get young girls and not letting them marry and use them. It is still prevalent there in the name of God in the name of Guru. A person who has such sexual feeling and greed for money, how can he become your guru? There are some people who after coming to Sahaja Yoga also go behind such horrible people. They then get troubled by this and I should cleanse them. If something goes wrong, I have to cleanse them again. I have to keep doing this my entire life.

We have become Vishwadharmis. These people (foreigners) have learnt a lot of things from us so we should also learn from them. They have discipline, submission (to surrender themselves to Sahaja Yoga) and they have sacrificed everything and stood for Sahaja Yoga. Left all their past and stood for Sahaja Yoga. Not just that, they have also read everything that is required for Sahaja Yoga. There are people who have written about Quran, about Bible after coming to Sahaja Yoga. They are so helpful to Me as if they are My own hands or My own eyes. It's like everything of theirs is Mine. Anything I say, it's ready. I ask how to do this, it's ready how to do that, it's ready. They are such wonderful people. And they don't even know Ganapati's G. So are they some great people to be born in that country? Whether they had the duty to save the countries in which they were born? Or if some great people from our country were born there. I wonder sometimes. They are great scholars and highly educated people. They live in luxurious houses they have cars. But when they come here they are ready to sleep anywhere. So we need to learn from them. They have learnt quite a lot from us and it is quite visible. But we need to pay attention to what have we learnt from them.

See now you all were feeling hot but suddenly there is cool breeze. Everything is looked after only we need to know that Kruta yuga has started and we are special, we are Sahaja Yogis. So forget all your past. All that is ill-gotten values. Now we have to clothe ourselves with the values of Sahaja Yoga. That will make you spiritually beautiful. There are 7 pujas and every second day there is a puja. I face inconvenience during puja because you people don't absorb vibrations totally. So in today's puja just remember what I have told you all.

To start with if you have to be Sahaja Yogis, you have to give up whatever burden you have carried on your head. Just surrender your children and everything to God. Everything will work out beautifully. All these ideas which are there in your heads, which we have carried for so many years, people have fought for it to go away, but it doesn't go away easily. We should forget everything now in the light of Sahaja Yoga. And what impression they have about us, we should prove that. They will realise it.

They still don't know another curse we have is the disagreement amongst brothers. They don't know the language. They don't know that we are capable of breaking each other's neck. If we don't progress also it is fine but the other should not grow. This aspect they don't know. They think we are saintly people, very good people who don't quarrel with each other. This is what they think of us. Now what do I tell them? All the time there is conspiracy as to how to pull the others down. What is the benefit here? Let all this filth remain in politics not in Sahaja Yoga.

I always talk about this disagreement amongst brothers but often it goes over the head. But People don't understand that we can't get the power of Sahaja Yoga if we continue to argue or disagree. I point out that every time you discuss about someone else, you think about what I would have done if I had been in their place. I am not like that I don't think that way. Why should we die for these people, do we need Sahaja Yoga no I don't I think what these people need, what do they want, what should I give them I never think what I want, I am different I think.

Until now I have not asked my husband to get something for me. He also says I have never seen a wife like you But I don't need anything. I keep thinking what you all need. I understand how you all will act in this situation that is why I love you. What else can a human do in this situation? You all should also think about each other in a similar way and spread love. You should spread love amongst each other. So look at these people they have come from so many different countries and how much they love you. Yesterday you all saw when they met the villagers how they were poorly clothed and still they were hugging each other. In spite of telling them to go they were still around hugging each other. They understand love so much but if we don't understand the mutual love then what is the use. We must even educate the children. They should share things with others, love others. This argument and disagreement between brothers should end in Maharashtra through Sahaja Yoga. We are all one and are the children of the same Mother. What else a Mother need? She just wants her children to be in bliss and joy. Nothing else.

My infinite blessings to all of you

## 1990-1214, Talk to Sahaja Yogis

View [online](#).

14 December 1990

Talk to Sahaja Yogis

House in Pratishthan, Pune (India)

Talk Language: English | Transcript (English) – Draft

I must say that this beautiful Earth has created so many beautiful things. But She Herself is nothing but detached, simple Mother Earth. Perhaps that's My condition, too. When it comes to creation I can create beautiful things. You are so beautiful, too, creatures. But as far as I am concerned I do not think that I require any one of these things or I'm bothered about them, or need them or tempted by them. So what Grégoire has said is because they are insisting that they are going to give Me presents every year and that's why this is a delude to them. But I've been telling them that there's no need now. Let's say, you all consider it, is only no need to give so many presents. What you can do now to start reducing the number of presents you give Me. One country can give one present. If you can do that I'll be thankful, but I'll have to build another house. And the grandeur and all these things are created by Me but never enjoyed by Me. I just enjoy Myself; that's all. And Myself is so big, it is such a big thing, that I don't know what it means; it means grandeur, or nature, or anything, or you all people. I enjoy everything of it.

So for Me there's no need for you to. Now as he said that those people came, three of them ? Brahma, Vishnu, Mahesha ? to give presents to Christ. Yes, they did. And you have given Me, too. But now I think it's better that you people reduce some quantity at least. I'll be very thankful that if something could be done like that, and from next year we should try to make it less and less and less. Because it's very sweet of you to have given Me all those things, because I enjoyed them, they are beautiful things, and when I see them I remember your good heart. But you know that Mother is too simple and though I can create all kinds of things, as far as I am concerned I am too simple. And also Mr. Shrivastava so many times, says also, "You've got so many saris but you'll go on with Your white sari all the time." The reason is, you see, a simple personality can only create beautiful things. A simple heart can only create nice things, because simplicity at the simple level is so simple. Like you are made of seven chakras, seven chakras, then the permutations of these seven chakras, that's all. But supposing you start from outside then you'll have to go to medical science or you'll have to go to another complicated thing. But basically, fundamentally, it's too simple. That's why Sahaja Yoga is very simple, because we are dealing with the fundamental things. So fundamentally, if you are simple then everything that you do is just a combination and permutation of all these things, and all these things when they are put together they make such beautiful things.

For example, as I have told you once I was travelling and we went to a place called Palitana known to be a very beautiful, beautifully carved place. And we had to walk, I don't know, for three miles at least, climbing up or something like that. With Me was My daughter and My son-in-law. Went up and there was a little temple. They wanted to rest. And also we laid down ourselves there. And as soon as I saw all these beautiful elephants were there, so I told My son-in-law, "Look at these elephants. All their tails are twisted differently." He said, "Mummy, we are so fed up. How do you have energy to see the tails?" I said, "Because I see the tails I don't feel tired. That's the point. Because I see the beauty of these tails, I – ". So you see, even in simple things there is so much of beauty. In very, very ordinary persons you'll find that they have a very beautiful things and very nice way of saying things, very simple talks of children like that, it's so simple, so straightforward, and whatever they say it's so deep. So whatever is deep is simple, but when it is expressed outside it can have lots of permutations and combinations and it can work out in a beautiful way.

I must tell you, I had no strain in making this house, nothing. I was not bothered at all. I found everything so easily; I brought it here, put it down here, I never even thought there's strain or anything. Everybody says, "What a concept." But I never conceived anything. I mean, I just don't know. What is a concept is there; I just told, "To Me is nothing great." The whole world is there for us to see and to be fascinated. But behind all that, all this world and everything is created with the very little, simple idea of God, that you all have to enter into the Kingdom of God. That's all; such a simple idea. So He's created such a beautiful world, then he created all kinds of things to bring you to the human level, and now just simple thing is to enter into the Kingdom of God. You



should not complicate yourself too much and once you do that you will be surprised how beautifully you will be able to produce.

Even some artists were extremely simple by nature. Like Ravi Shankar, you know, and his guru, he has got Alla Raka and Ali Akbar; all these were his disciples. Such a great genius man, such a simple man, I tell you. And he knew Me very well. He used to call Me "Ma"; he used to call Me "Mother" from the very beginning. And one day he brought one little deer, a baby deer, brought it to Me. I said, "What's the matter?" He said, "See, this deer was crying too much. So I brought it to You." But I said, "For, why for Me?" "So, You see, he will feel the love of his Mother. So You just caress him." Imagine, such a great artist coming like a little baby to Me, making that. I was so surprised at him. Look at him; such a simple man. He's doing that. And you see, if you see the children when they love, how genuine they are, how they work it out.

The same place there was a child. He was very fond of Me. And one day he decided to bring some pumpkins for Me. So he brought one to Me. I saw him bringing in the thing. He said, "All right, just wait." Then there was, he went back, and there was another one kept little further. He brought that. He had put nine of them in different places. One by one he was bringing them. He brought nine pumpkins to give Me. So sweet. But I said, "Why did you bring nine?" "Because I don't know which one you like so I brought all of them." So simple and so touching; I mean, just [touch/touches/tears/turns] your heart.

So we have to be simple people. We have to talk to each other in a simple way, not in a complicated way, in a very simple, sweet manner. That's how we are going to create a beautiful world. So I would request all of you to be very kindly and very gentle with each other, especially for the newly marrying couples. Try to be nice. Nobody is going to dominate you if you are nice. It's only you dominate yourself. And don't try to control your husbands or your wives. Let them be. Let them enjoy their freedom. They are not going to do anything wrong. So some people try to control too much and there are problems. So please do not try to control like, "If I am keeping it here, they'll keep it there." There's no need. Let it be. Doesn't matter; nothing so serious. But on small, small things, I've seen, such marriages fizzle out. And it is absolutely wrong. So for marriages today, it's a very auspicious day. So many people have been engaged to be married. But one thing you must remember, that you should not lose your connection with joy. It's stupidity. When two nice birds are together they should chirp and laugh and enjoy. Instead of that, if they start pricking each other, what should we call them?

So today it's a great joy for Me. So many people are engaged and are going to get married. But now, understand your responsibility that nothing is to be done. You have to be just sahaj; don't have to do anything. "We are working out." You cannot work out marriage; you cannot work out. Just know about your husband or about your wife and just try to enjoy whatever they are. I mean, I do enjoy that way about My husband, so many things which may sound little queer to people, but I enjoy it. Because I know that's a nice thing about our human beings that they have varieties and they have little, different angles to themselves. And these angles are to be enjoyed and to be appreciated. If you can do that, then you will never fight. Because two persons cannot be alike; even two leaves are not alike. So you should enjoy. Everybody has some sort of a super quality thing or whatever it is or maybe some angle. Just enjoy that angle. You don't have that; so let him have at least, or let her have that. So today, special day is that so many marriages have been fixed out. I don't know how many ? he has not told Me yet the number ? but quite a lot have been fixed.

Sahaja yogi: Fifty.

Shri Mataji: Fifty have been already fixed. All right. So now it's a very big number and will be more by the time we reach Ganapatipule. So let us not create problems out of this. You don't have to sit down. I have seen after marriage they start thinking, "What, what do you think about him?" It's like after realization you start thinking. Once you are married, you are not to think then accept. Before marriage you think. What's the use of thinking after marriage? It's a very common thing. After marriage they start thinking. Then, after marriage you enjoy. After cooking the food you eat the food. Or after the food has been served then you start thinking about it. It's absurd. So this is a very common failing we have had so far. I would like to tell you first of all, you think before getting married and after getting married you carry on. And don't try to control. Don't try to dictate. Try to be nice and sweet. You don't have to go out of the way, but be normal and it will all work out. May God bless you all, specially all the girls and boys who have been engaged.

I bless you from My heart, and enjoy each other; that's the main point.  
So thank you very much. Thank you.

1990-1216, Public Program: Bhartatil Bhrashtachar

View [online](#).

16 December 1990

Public Program

Wai (India)

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

Morning Public Program

## 1990-1217, Shri Chakra and Shri Lalita Puja

View [online](#).

17 December 1990

Lalita Puja

Brahmapuri (India)

Talk Language: English, Marathi | Transcript (English) - Reviewed | Translation (Marathi to English) - NEEDED

Shri Lalita and Shri Chakra Puja, Brahmapuri near Satara (India), during India Tour 1990/91, 17 December 1990.

The knowledge about Kundalini has been expressed in many Sanskrit Shastras since long and also in Ayurveda it is described, not only that but the books which are for curriculum talk about Kundalini and the chakras, because Ayurveda is very, very close to Sahaja Yoga. Even in the western medicine to begin with, you should see the history they took to -dealt with three doshas. They dealt with three problems that we have as in Ayurveda. The right side which has got Pitta means bile; left side which has got Kapha means phlegm, and the central part, the problems of vayu means the gases.

Now luckily so many western people have taken to Sahaja Yoga and have tried to bring down all the permutations and combinations to the simple reasoning of left, right and centre. But the knowledge of Sahaja Yoga is absolutely basics; even in Ayurveda is one step away from reality, of which it says the fundamentals. So you are dealing with the fundamentals of which a human being is built. And if this knowledge was found out long time back in India should we not accept it?

The reason why people went into meditation in those days and found out all these deeper things within ourselves, because they didn't have to fight the nature. You have seen here nature how beautiful it is. You can spend all your life under a tree, while in the West, even before getting out of the house you have to take at least 15 to 20 minutes to be prepared to go out. It's quite a struggle.

So the nature has been so kind and that is the reason people took to meditation and found out all these deeper things within themselves. When they found it out it was all written in Sanskrit language. I have such a big thick book on this, which has described all the Shakti, Pithas and all the Shri Chakras, Brahma chakra, Lalita chakras and all that. But this was just written down, but hardly any person got realisation. But in any other language like Marathi or Hindi which was spoken and written by common people nothing was done.

Nobody knew about it; only a few people who read about it. Especially the Shaiwas, they went into the research and they went into the world. But very few people really got realisation; very, very few.

Then in the 12th century, only the Nath Panthis, who were experts of Sanskrit, who were following it rigidly, that one master, should have one disciple not more than that. This was their tradition.

But in the 12th century Gyanadeva, Gyaneshwara, who was another Nath Panthi, his guru was his own brother, he asked the permission from his brother that please allow me to say all these things openly. At least to say in Marathi language because the common people don't know anything about this knowledge. So he allowed him and he wrote the 6th chapter of Gyanaeshwari in which he described Kundalini. But it was in the 12th century.

After that many saints described talked about it. Where we went yesterday to Satara, you know that's the place where Shri Ramdas lived. He said that Kundalini -there somebody asked him "How much time does it take to raise the Kundalini?" -he said that Tatshan. Means that moment. But the person who wants to take it should be deserving and the one who wants to give should be capable. It's a big condition. This is such a big if- a capital if I tell you. As a result very, very few people got their realisation, and those who were born as realised souls found it impossible to talk to people.

Gyaneshwara, such an enlightened soul himself wrote one beautiful book called "Amruta Anubhav" which I will try to translate, which is very joy giving. To me at least it's very great joy-giving. He went so deep into the understanding of this joy. I wish English language would provide me that subtlety to translate that book.

That he wrote all these things when he was only 23 years of age and at the age of 23 years he got so fed up that he took a living Samadhi that is he entered into a cave and killed himself. They all tortured him very much. Nowadays this 'Andha Shraddha', stupid thing, is not tortured as much, but all these saints in this country or any country have been very much tortured, and there was no police protection. There was no one to publish about what these people are up to.

Despite all that, I find there are many Sahaja Yogis who are now occupying very big positions in the government and a day may come when everything will explode. The biggest problem of our country is something you cannot understand because you don't have this problem. The amount of corruption we have from A to Z for everything. That you cannot understand, I mean I have never known any country where they have this to such an extent. Even say in Philippines, it was only one person who was doing it.

Here every person has to get the money and has to pay the money to hire Johns. For this also unless and until you get to Sahaja Yoga it won't work out. And Sahaja Yoga can only be worked out if people understand that it is their heritage and that they have the capacity to understand Sahaja Yoga and capability to spread it. In north India it is much better, although the vibrations in Maharashtra are much better; it is something funny. Vibrations in Maharashtra are very good. The people in the north India are very good Sahaja Yogis and they are many, many, many in number. We can't say, even in Bombay we get about 12000 people for my programmes, but still the way it is spreading in North India is very surprising. Also, it is spreading. This is Satara because it was blessed by Ramdasa, this district. I think everywhere there is a flower there has to be thorns and this district has got some really very bad culprits. Ahmednagar is much better. Aurangabad we are doing much better; it will work out in Aurangabad much better.

And then if you go to the other side Berhar- from where I come is going to work out very fast. Things are moving very fast there. I was amazed so many people have told me that in Amravati so many are Sahaja Yogis and in Akola, so many are there. I was surprised, I have never been there.

So that is how it is spreading in Maharashtra. So your song of Maharashtra Desha is working out. It's not failing. But I think Satara is the most difficult place. Where we worked out yesterday I gave them left and right as to what they are. It has helped them a lot because those who came to opposes at down and got their Realisation.

So they are misleading people to start some sort of a new culture like you started hippism. And they are collecting young people, the young people are leaving their schools. Some parents came and complained to me about it. They are not paying attention to their studies, they are failing in their classes and these people are stupidly using them. I asked some of the boys "What is your policy?" He said, "We have no policy". "Then what is your aim?". "We have no aim". "Then why are you doing this nonsense?" They said because whatever the elders tell us, we do it." I said: "Have you no personality? Nothing?"

It's exactly what happened when this hippy movement started. Some so-called intellectuals started this horrible hippy movement in the West and when they found they cannot do anything about it, they found it's going to fail. So many children lost their education. So many children I know became pregnant; girls and boys started squatting.

All that took them to the extreme that they became violent. But unless and until there is a change within yourself, how can you change anything outside? You cannot. And the first 7 people I fought, were all hippies; very difficult. They called themselves hippies but they used to honk like a pig. They wanted all the comforts, everything free, extremely dominating and quarrelsome people. But the foundation was laid on them. Very surprising. But I had to work on them for at least 4 years regularly.

So that is how Sahaja Yoga started and today you know how much it has spread, how far it has gone. Only in Maharashtra, this problem is there of so-called intellectuals, this is what they call themselves, but they have no intelligence. I talked to one man. I got fed up. He didn't know anything about spirituality, he didn't know anything about medicine, he didn't know anything about science. I said, "Now what do you know?" It was impossible.

So such people who are jobless, we call them 'recanting', they have no work. They are starting all such things and we should not be upset with them. They are trying to create problems and they are getting money from some sources. They are afraid. I think the politicians are afraid, perhaps that Sahaja Yoga may turn their tables down, because we believe in honesty and maybe a day may come when these honest people might harm them, perhaps. I do not know why. This may be one of the reasons these people are frightened of us.

Or whatever it is we have to understand that for doing any great work, one has to sacrifice. Of course, you are not going to be crucified like Christ, no. Nor you have to sacrifice as my parents sacrificed for the independence of this country. Nor are you going to be tortured. But little inconveniences you may have. But I must thank you very much because of your coming here and singing Marathi songs. They are quite impressed and they think it's only possible because you are all Sahaja Yogis otherwise you could not have done it. So if there are any inconveniences, think that it is a joke, that's all.

Today I was thinking we should do the Puja of Shri Chakra and Lalita Chakra which we have never done. This is the right place to do these two chakras today. A lot has been written about Shri Chakra, and about Lalita Chakra, but to understand fundamentally the left side when it reaches up to Vishuddhi, then it uses on the right side the Shri Chakra, on the left side the Lalita Chakra, to manifest itself. These two chakras are the ones who manifest all that you see. But these chakras are the ones who emit vibrations of different kinds and because of their angularities, like if you have some sort of a cardboard attached with small-small holes of different colours which rotates all the time, you get different colours, also you can get different permutations and combinations. In the same way, different permutations and combinations are created, and that is how you get all the advantages of Sahaja Yoga.

So these two chakras are very important. I do not know if you know of any mantras about Shri Chakra but I'll give you a book. Later on I'll translate it to you and you can compose something for Shri Chakra. Shri Chakra on the right side, Lalita Chakra on the left side.

So what we are really worshipping today is Maha Saraswati Power and Maha Kali Power both put together. So now we've started combining things, not individually. Now these two energies are very important. Without the energy, without the power, nothing exists, for example, if this light had no power to give light or to burn it is useless. In the same way without getting your realisation, you are useless, because your power is not awakened. At least not completely.

But these two powers, give us lots of benefits even without realisation. Whatever you see in this world created is done by these two chakras of the Adi Shakti. But here the power doesn't move, it's not moving. But in the human being the power starts moving, and when it starts moving then we can say it is creating another world.

But movement is not the only thing. This power acts gives you intelligence, gives you all kinds of things which you have as human beings. But later on, this power itself becomes enlightened within you. In the left and right side both become enlightened.

This enlightenment, you get it when you get yourself realisation, but not immediately, not immediately, this one should understand. For example, if you have pain, or if your chakra is catching, you have to use your hands. You cannot say that, 'the energy is flowing within me, it's alright, I can manage', it's not like that.

You have to use your hands to impart that power to yourself or to others. If you have pain in the stomach, then you can say that if there's energy in my stomach why should I have pain in the stomach? But the play of these chakras have to come, and that is why you have to use your power of your hands. If you cannot use your hands then you cannot impart this energy.

Many people have asked me, that Mother, when will it move horizontal? It will move horizontal no doubt, it does, but even that horizontal movement is to be guided by these two very important chakras.

So you must understand the importance of these two chakras within yourself. That's why I have told many a times, don't move your head too many times, and this way many people talk, this style of talking, "no, this, that," very common with French especially. That's another way you are not respecting your chakras, shouldn't move your shoulders too much. Mostly they talk like this, it's anti-chakras, anti-chakras. Should keep your shoulders straight. When you are singing you can move your whole upper part, is all right, but not your shoulders. This is the thing, one has to understand, that these two centres are to be looked after. You can move your neck, your body when you are singing, is important, that helps, but not your shoulders.

Shoulders are to be kept intact, but while saying just yes, you need not go on "yes, yes, yes, yes." Is very very simple thing, but it can have a very bad effect, and those who move their shoulders too much do not feel vibrations much because the chakras are not alright.

It's a very simple thing to be understood that they are the most important chakras we have and whatever is to be used out of this Paramachaitanya, they have to be used by these two centres. Even supposing your some chakra is catching on your spinal cord, you have to use your hands. Somebody can say, "I can just put my attention." Doesn't work out, that good. Because yet your attention has not that, reached that stage where these chakras, like Lalita Chakra and Shri Chakra obey your attention, they do not. So you have to work out with your hands, be careful, don't move your shoulders too much.

And, if you see now Indians when they sing bhajans, they move the whole body. They'll do like this, but never their shoulders. The shoulders will move in the same way as the neck is moving. They might move their neck also. But they'll never move their shoulder like this, and it's regarded as inauspicious according to Indian standards.

Because of this culture, based on what the saints have told, and also about many seers have told, it is more related to spiritual life than to materialistic life. Now the materialistic life, unless and until there is the foundation of the spiritual life, takes you to a very partial development, we can say. But to get a full development, you must have your foundation on spirituality. That's why spirituality being the foundation has to be deep, has to be fully equipped, has to be absolutely perfect. Then the whole building can be built. It's gone wrong in the West, doesn't matter, now you can build it up, and then, you'll be surprised how you become really solid people.

This is a very short talk about Shri Chakra. I think I should sit down and write all about it, and it will be nice handy thing for you to read.

But you must know, that, beyond thought when you go, these chakras become extremely efficient, because the thought puts a pressure on them, and because of the pressure the movement of these chakras is very slow and ineffective. But once you can get out of your thoughts and go into thoughtless awareness, then these chakras start working it out and you start moving much deeper into your own being.

[End of talk 1]

[Talk 3; 4:35 minutes.]

I am sorry I had to talk in Hindi because most of them are Hindi going people. I've just told them what is the importance of Bombay and why so many incarnations came here. And why Shri Rama had to walk in the villages and heal Sandesh of Maharashtra [unsure], what was the need. And the need is that they should all develop their Sahaja Yoga.

Also, this will be the last puja for all of you in India. I hope you all have gained a lot in these different pujas and these different places you have been to.

Only thing is that, want to remember that Krita Yuga has started. Now Kali Yuga is over, Krita Yuga has started. And in this Yuga, [remember] that the Param Chaitanya is absolutely effective and very efficient. Now if you do anything wrong, it will punish you. It may not punish immediately but it will give you a suggestion, it will give you a proper signal that something is going wrong with you. But if you do not want to control your footsteps, then you may go down very fast. So you have to be very careful about that.

Actually, I have told you some many times like that there are two forces working, one which attracts you inside one which throws you out. So, it is important for all of us, all of us to remember that this Krita Yuga is there and in that this Param Chaitanya is overacting. Also, you are evolving. You have been telling Me so many stories how Sahaja Yoga worked out, how sahaj it has happened. All of you have been telling Me very nice stories. But it is part of your playing Sahaja Yoga and that you're placed in the kingdom of God. So in the kingdom of God, you are there, try to enjoy it. That's the only thing you have to do is to enjoy the kingdom of God. But if you try to, sort of, dislocate yourself from this joy, break the connexion of joy by some sort of a thinking which is not reality, then, you are responsible for yourself.

So, I have to tell you that keep the connexion on. Not only that, but try to make it stronger and stronger. And become one with that Divine force permanently, which will flow through you and will – not only enlighten you but will give you so many powers. And you will see this new life in this new year.

Yesterday, as I requested you, we have to work it out now. Individually, we have to go all out to see that we spread Sahaja Yoga and talk about it. On this day I give you complete freedom o do what you like to spread Sahaja Yoga. You need not ask Me any permissions and you can try everything that you want to. But it should be something decent, should not be something indecent and something that is not behooving a Sahaja Yogi. Even if you have to write letters around and say so, anything, even if you have to show the anger, it should be done in a very decent and a beautiful manner. And it should show that it's a Yogi who is talking.

Then, other things, whatever problems you have will be solved in no time. But the main problem is yourself, which should be solved by you, a meditative method. And so much attention we are paying to all our extracurricular activities, but that will definitely fail. It will boomerang on you if you do not have a foundation of Sahaja Yoga.

It's very important to keep attention on your Spirit all the time, so that, whatever you are doing, whatever you are projecting has the base and you just don't get lost. This is a very important thing and I'm sure that you will understand that without the nourishment from the roots, you cannot grow. So this nourishment must be kept alive.

May God bless you. Thank you very much



## 1990-1220, Press Conference

View [online](#).

20 December 1990

Conference

Circuit house, Kolhapur (India)

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

From an ancient time, there is the power of Kundalini has been described in our country.

Now let me tell you how many books it's given now since we have not read Sanskrit we don't know about it. Page 427 Take this book now. There is a lot. Hans Upadesh Now Yoga Chuda Mani, written by Adi Shankaracharya, What he wrote in that book Yoga Chuda Mani, in which he has given Tatwik (Real and truth) and ideological discussion, there was a Dharmamartand named Sharma., he gave him hard time, then he let off that and wrote a book named Saundarya Lahari, then Trishik Brahmani(not clear the word), Dhyani Bindu, then Yog Kundalini Upadesh, means Kundalini, Many Upanishads, Devi Bhagwat, Ling Purana, Agni Purana, then Shankaracharya's Saundarya Lahari

Apart from him Markandeya from Maharashtra, Markandeya where he was from .now we don't know. What we have in Maharashtra, I am going to tell you now what we have in Maharashtra. The three and a half Peethas, which are in Maharashtra that was written in our Scriptures

Now this is Kaylan means Welfare, Auspicious written in Hindi, it's a vast study

We know everything in Marathi but these people have done a lot of work in Hindi. Not much work has been done in Marathi.

Now there are three and a half Shakti Peethas in Maharashtra Which are in Omkar form. One of them is Matar Gad which we call Mahurgad. We have heard that song Mahur Gadavari Tuja Vaas, the other is in Kolhapur, Tin Tuljapur. Mahasaraswati of Matapur, Mahakali of Tuljapur, Mahalakshmi of Kolhapur, and Here it's given all the importance of it. In Maharashtra, Samarth Ramdas has called the Goddess Ramvardayani. Because Shivaji Maharaj used to go to Tuljapur Bhavani. There he has been blessed with a boon, they have done so much study about it but even if it is here, we have not learned that much about it, now secondly Great work has been done in Maharashtra. We have to pay a little attention to ourselves.

In Maharashtra big work has been done, that is Shri Gyaneshwari, very big work. Because there was a Nathpanth, There were three Panth. On the one hand, Veda was on the right side, Bhakti on the left side, and Nath Panth in the middle. Raja Janak was a Nathpanthi. He used to say that a Guru used to awaken a single disciple and impart knowledge of Kundalini. I mean, it was a tradition. I don't want to give it to anyone else. This knowledge is secret and Very valuable, if that knowledge is given to anyone then they will torture him, that's why he did not tell anyone He then had his brother Nivruttinath as his guru. He requested his brother to share this knowledge with everyone because not everyone reads Sanskrit, so I am writing Gyaneshwari in Marathi. If you don't allow me to share this knowledge, how will this knowledge go to Maharashtra? This is how the common man will know it to the masses. This sixth chapter describes the Kundalini. You will know that it was with this permission and Nivruttinath permitted him. That is because, as you know, his parents had to commit suicide. And in that suicide, the mother called the eldest son. Because they were harassed by Dharmamartandas as a child of Sanyasi. So we are going to commit suicide. So you just promise us, if Gyanoba, asks for something, promise that much, give it to him. That's all he asked for in life Then in this sixth chapter he described Kundalini, but he described it because he was allowed to do so. he got the permission. Tukaram has done the same. Ramdas Swami has done this. But no one would reveal it openly. Because it was inner Knowledge. They will misuse it, they will do anything to it.

Woodrow has worked on it, but Woodrow has it all Tantric. The mechanism is a technique that means Tantra. What is Tantra, Kundalini Tantra? What Tantric, what tantric people do? They do unauthorized work, suppose going to the temple and

committing some adultery means that the goddess is distracted or that temple loses goddess attention. From there, the black magic of doing something like that and mesmerism, etc. The horrible filthy type of addiction, and tantric is greed for money. They used to hypnotize and take money from them. I mean, say the lowest. They are very low-level people, they are tantric. Their name is Tantric that they kept it.

And they were spread so much in the sixth century after Shankaracharya. From his point of view, the whole empire was spread from Calcutta to Gujarat. They also got involved in art and in art, all the kings and people knew what it was like, all the arbitrariness. The people who were his ministers due to that arbitrariness. They told us to build a temple. But then we're going to reveal what's going on in the outside world, he said. They had to agree with that. Because they wanted to please the king, to get out everything he said, he named Productivity Kanth. I mean the people, how the people should be that's how they drew it. It will happen if Toom goes.

You know later, these tantric entered every place like Khajuraho. Here they used to offer all that sexuality to please the king. They made the king happy. King said to do it outside the temple. It's as if it's not inside the temple but then it started in the temple. but it used to be visible from behind. So far, there is a place called Kathmandu, on which so many books have been written.

If you read these books then you will come to know that lot of work has been done in India. In Kathmandu, so many temples have been built, and one of the goddesses of the temple is the Virgin.

And because of her, there is Vishnu Maya. So what do we say, we are making wood out of wood, we are making wood out of it, we have to make some idols to protect it, we explained to them that they (tantric) will not come there. He told them what to do and what not to do. Sent to Kathmandu, if seen above there is nothing below. You won't notice what they have done. So there all the Germans and Japanese reached. Chung latches are the dirty type. You will be surprised if you see his books in Japanese. But people think that you have all these types today. God-religion is all about sex. This is the work of Tantrikas. The tantrikas people are behind the politicians and the politicians are behind them.

The real mechanism is Sahaja yoga, I mean, how to show the device you have. Yoga has two meanings. Yoga is a tactic with all its power, oneness with all-pervading power, and other meaning. That's the trick. Just knowing that this is a mechanism is what we all call technique. That means we understand the technique of the machine in the Marathi language. The technique of the machine. Now I am very much grateful to Gyaneshwar. After all, he wrote about if and, we had to show it, because we people don't read in Maharashtra at all, Sanskrit is there nowadays. In our time, Sanskrit was compulsory. Now don't read it nowadays, in the Sanskrit Puranas have remained in the Puranas.

Well now the question of how to prove it, I knew from childhood, I had to do this work. Collective consciousness should be awakened, not by one person because it is a collective action. That work should be interviewed. So I've had flaws in humans since childhood. There is a power that I have, I know that power subtly. Who is how is who is how. Now my background is that my father who is Salve Saheb and my elder brother who is two years older than me, I am behind him. NKP Salve, mine, and politics have no relations. My only sibling relationship with them. The rest has nothing to do with it. So when my father came to Congress, I was very young. Nagpur, yes, there are roads named after him in Nagpur, even if we take his name, people's hearts are filled as he was such a great man, and because of him, we have become great, another my mother, Fergusson College(Pune) Honors Mathematics. Educated family and we are descendants of Shalivahana. Then the real name is not Salvi, it's Salve, they then made us 96 Kulis. (Words not clear) That is, we are Rajputs in a very childish atmosphere.

The school I attended. That school was a very good school with a very childish turn. In it, so many girls have become doctors. Then after him, when I was seven years old, we went to Gandhiji. He had come to Wardha. Gandhiji said, "Yeh sab hamari tayaar Ki Hai. Means you prepared for us" My father was fluent in 14 languages. He was fluent in 28 languages, of which he was fluent in 14 languages. Gandhiji said to my father. "Humko ye bachha de do" means give me this child, father said, "Chalo de Diya means I have given you" and he picked me up.

I had gone just like that, and then I stayed with Gandhiji. Going to school has been going on for many years. . Gandhiji was very

great and he was self-realized. What exactly is that? Well, I say, there is a power that is in your body. Such consciousness flows. Chaitanya If I use the same Chaitanya on something else, the more that consciousness you feel in your hand. If we are born, we know we are human, not some animal. Also, a saint knows that he is a saint

. The experience of this consciousness and its behaviour etc. were. They can never do unclean things. This means He was told to drink alcohol and that he could not take Alcohol. He doesn't want to do the wrong thing or eat money (take the corruption). That is how a saint is. He understands it from within. It is a hermit from within, not from outside. And people know that. Gandhiji was also self-realized. He asked me to do prayers like worship to divine when I was a child. Please tell us about chakras, each chakra..... So he wanted me to tell everyone because they recognized me. Shastriji knew me very well. He was such a great Prime Minister. Once I went, Sir stood at the door to meet me. I was embarrassed. Even Sanjeev Reddy is very big, if I used to go and see him, he would sit on the ground. Gorbachev also considers me. Even the Prince of Wales recognized me. They all recognized me. But a new confusion has started in our country. They don't recognize saints don't even know Saints. How do you identify them? Their character, their behaviour, their way of life, their love. It's good, they recognized me. That was my identity. I should have known that too.

My father loved the country very much. Even my mother too, they were in Ragbag, they left that place and joined the Congress. My mother went to jail for five years, my father also went to Jail. I was small. At the age of eight or nine, I was taking care of my siblings then back, I was in college in the year 1942 the 1942-year movement began. So we have a principal, still, ask him in Pune, he will tell you. I was alone then, I was very young. I will be seventeen or eighteen then. As I was born in 1923. When I was alone I was standing at that gate. When I was standing at the gate alone, people were holding these guns and so on. So I did it alone, I was not scared. After that, they put me on the ice, beat me, and so on, I was small. But now you say how this is possible. Ask Mr. Salve and he will tell you. He knows about it and he used to get angry at me. He used to say, Why are you doing this? We did this kind of work in the year 1942. Went through so many problems and troubles. Had the electric shocks, let it go. So Gandhiji used to say that. You don't want to do spiritual things until you get freedom.

Then I got Freedom and after that, I got married. Luckily my husband is good. He is an ideal man, very ideal, if you give him a plate of the diamond he will not accept it. And so did my father. We want to get married outside the community, Salve Saheb got married to a Sindhi woman. We knew this. And I got married to Srivastava of UP (Uttar Pradesh in North). He is one out of a man in a million. He knew about me and he always called me Avaliya because he knew about me. Avaliya means Avadhut. You are Awaliya (detached from worldly things). There is no one like you. I used to wear only Khadi clothes, but he was stubborn for me to leave khadi as we have to attend parties or go somewhere. After that, he became I.F.S I told him what you would do in the Indian Foreign Service, what you will do you don't drink alcohol. I don't; drink, I said resign from IFS. And you join IAS. So he said then my salary will be reduced by six hundred rupees. Six hundred was a lot then. Don't think of money as six hundred rupees. We are not like we have limited money, so He joined I .A. S. Then He became a collector, sir. He became a collector of Merath (place name). He was promoted so early that when did we reach here, Mumbai? In Mumbai, he became the Chairman and Managing Director of Shipping Corporation. He stayed for a long time, but I thought he was a very honest man. He had gone to work even on the day we got married. We got married this evening and went to work the next day. I felt very good and thought that there are people who will serve our country. Then he left IFS and became IAS. He has worked very work and he struggled and most of the people started respecting him means they believed in his work. . After some time He received the award of Padma Bhushan. He was selected by 134 countries. And we went to London.

Because of his work, we went to London. Now in the newspaper said that now we became NRE, but since we came to London, we are NRE, now since we came to England. Did we become NRE, is that a sin? We will not be something else. People write anything whatever they like.

What does that mean? He was selected in London four times anonymously by these people. . Four times, because of that we lived for sixteen years in London. He is still the chancellor there at Maritime University It's been two years, he doesn't get leaves, but he has given resignation. I will come when I have a holiday. While doing all this, I started Sahaja yoga in 1970. It is happened because of Rajneesh. I admit that Rajneesh knew me, ghosts know me quickly. He said that she is Adishakti. I don't want to go his way. They followed me. He thought that it was time to tell her husband. Look at my work over and over again because I did a

lot of social work. Friends Life has done a lot of work on leprosy. People pay me. Honest people get paid. You take that saying. They followed me. We have an Impala car. I want an Impala car. That car is the car of Shipping Corporation. We can't sell like that. This is the limit of Greed of that man. But about how to tell the Sir C P, but finally, he was able to tell sir CP that. I have arranged a big work at Nargol. You send her. She is very spiritual. Anyway, sir told me you go, I am also going to Delhi. Let's go once and see what it is. Then I went to Nargol. In Nargol Sir CP had a Parsi friend of his. Stayed at his house. His suit etc. was very good.

There was a tree where I was sitting there watching them. He was hypnotizing everyone and everyone was rolling on the streets like this, tearing clothes. Hypnotically, my head said, what are you doing, what a man, the women were taking off all their clothes and getting naked. You can do what I told you in hypnosis. People carry others on their backs like little children. Find out why you are hypnotized. Mind you, I watched it all. I see it all. I meet everyone, meet him. I saw everyone Muktanand. Got everyone's information. Found out about certain places? I went to Muktanand, but I was feeling really bad about this Superficiality. Now somehow I have to open this last Chakra by doing something. It will not work without doing this. And I was there all night alone at sea and five in the morning I opened Sahasrara. There are seven chakras in that place. Did you give him a picture of Kundalini, what I saw as soon as Sahasrara was opened, Kundalini went up like (Mother is telling in Marathi "Khat Khat var geli"). As your telescope is opened, and as it is your kumkum, it glows from close, and Gold gets brighter in Fire, very peaceful and how it looks, like so many different types of light of the lamp, Strong in many ways. How would I tell this to anyone, Tell me, would anyone have heard me? Kabir says, "How can I explain everything to the world? the Whole world is blind (sab jag andha)" so I told myself let's start Sahaja Yoga, So start with one woman. She is still there, it was coming into her body (She was Possessed) that's why she came to me. I gave her a Bandhan.

The first public program we conducted at Bordi. A total of thirteen people came, Total was 14 people. Then slowly the work began. Then I was with Saheb (Sir C P). This is a 1970s story. He then moved to Iran. A lot of work has been done. We have disciples in Iran. Then he came to London. After London, we toured all over the country. This work started in many countries. And last, when Gorbachev, came, I told Saheb that he is self-realization. Lenin is also self-realized.

It all started by putting pressure on him and putting pressure on his party. If you've ever read his books, you'd be surprised if he says the stateless state should come. A man should be in a position where there is no need. The state-less state should no longer be needed. Means you go beyond all that. But he thinks that if materialism becomes perfect in man, he will come to it. We have been told that if the Lakshmi principle is fulfilled, then the Mahalakshmi principle is awakened in man. So they set the clock that way. But because of that, there was one advantage, people like when Stalin, So much oppression that all people's attention is on God, not God but they do not know God. They don't know Ganapati. Does not know anything. This also contains articles. I met that man and I was amazed at how much work he did on the chakra. . He came and met me. He is a great scientist. Worked Chakra and read a lot. Surprisingly. Sixteen thousand people and more used to come to our program in that country.

We had to get the Stadium for these programs. Now a minister and others (some Marathi words are not clear to me), our International Minister is also a Sahaja yogi. Last time, these people were throwing a stone at them there in Ichalkaranji (city of Kolhapur), your country was disgraced, they didn't argue with me at first. They were initially respectful after the speech. Before starting the speech while sitting on the bus these people brought hockey sticks. Everyone was drunk. Everyone got drunk. I even know their names can even take their names, that time they were small but now they became village goons. Something was closed in Ichalkaranji, (some Marathi words are not clear) even There were some ladies carrying hockey sticks then. What they did, all the buses had 8 to 10 children standing by the side of the bus. When they were getting into the bus they started beating them on their feet,

They were so beaten up that they didn't tell me in a single word. They were beaten so badly that they started making some noise by that pain I was like what is happening, then they told me that they got beaten by these people. Then I said why didn't you tell me there? If you would have told me then we would have gone to the police and gave the complaint. Then I went to the police commissioner. " Look at Mr. Shiddhu," tears came in the ladies' eyes. They started crying, I said what is this, they have beaten even ladies. Mr. Shiddhu said I will take care of this. It was good that we got their names. Got their list. Now all of them are in big trouble

This is the first appearance (Dashawn) of superstition and the second darshan took place. That means Mumbai will have about twelve thousand people, at DE Silva. This Mr. Manav, a householder, sat in front and started taking photos of me. Our people said don't take a photo of Shri Mataji while talking. Keep the peace, it disturbs when she is speaking, but such a stubborn man, we had to tell him please keep quiet. Something 10 to 12 young boys had come with him. We did not know anything. They will be between ten and twelve thousand people. We had a suspicion. I don't remember his name, I think Mr. Amrute. He was a Sahaja yogi, He was sitting behind and distributing a book of Sahaja yoga, he was not selling it. These people went and trampled him. All the books were snatched away and he died eight days later.

I was on travel, whom do we ask, do we have any evidence? Who killed them, how do we know that they are the same people?

And Mr. Manav came forward and we have a gentleman from Shipping Corporation. He said that these people are from Andhra Pradesh (committee of Eradicate Superstition) I said that is a very good thing. It is a very good thing that works to eradicate superstition. He says he wants to meet if you have time. Now I make it clear that take their test. They don't know science, they don't know spirituality. What was his education, Person with BA (Bachelors in Art) is better than him, No reading, no obsession. This leader, how the leader should be? That means (He should be a deserved person) then he came and sat in front of me and said I will. Challenge you that awaken our kundalini he challenged like a tiger, I said what will happen if you challenge. You have to appeal if appealed, Kundalini will awaken, and you know what? Who are you? You don't know doctorate you don't know medicine. How I would talk to you now Ok sit down another man came, said Madhav Gadkari. Ok sit down Young man, (some words are not clear), and this is hypnosis itself, I said you practice hypnosis yourself, your kundalini will not be awakened. If it

Is black magic, it's not possible, then he wrote it back. He wrote to the newspaper and how did they print these wrong things in the newspaper? They have to ask us before printing. They have printed the wrong information on the paper. Why did not they ask that what was false? I said that awakening your Kundalini is a very difficult task for you because of your hypnosis but still we will try, then we got the tape for him. I gave them a tape recorder and taped it, and told them to go home and read. So, he said, people were saying it did not go in their head (means they did not understand), he was not educated, no medical knowledge. If I say parasympathetic. Do you understand? This should be remembered today.

We learned medicine in 1947. Where did medicine reach today? If you are not interested in medicine, how would you know then medicine where it has reached today? What do you know about medicine? Well, this is Kundalini. All our Ayurveda is based on Kundalini. There is a school near Varna (place name in Maharashtra). You know there is Ayurveda College. There is an Ayurveda school. You can go to Varna and ask. Even in the book, it's given about Kundalini, mind, and soul are everything. So that means our Ayurveda is all wrong? Not to the medical. What will I do about it? How do Foreigners know Ayurveda? But now my name has appeared in the International Medical General. Even the name of Kundalini and The name of Sahaja Yoga has come.

Now Mr. Chug, who is a doctor has come by chance. He has got the degree of MD, he is in Sahaja yoga. Now the day before Yesterday came the second doctor. He is the third doctor it's like he cured someone's blood cancer. 'Tell them, what you have to tell. One Mr. Magdum from Bombay he had blood cancer, Shri Mataji is saying this doctor is from Iran. Then that doctor was saying about Mr. Magdum "He was declared to be dead after one month. Shri Mataji is asking to tell about Arun Goyal, he was a friend of him. Now Dr. From Iran is saying He completely cured, Shri Mataji is asking since How many years he had cancer. Three years ago, cancer has completely cured No problem, all the tests have been negative. The disease has been cured. Now, these are doctors themselves MBBS and he is a big doctor in Iran. From there he has come to learn from me. It's easier to talk to them now. Because they know and understand the parasympathetic nervous system. Let me tell you a little about it, it's a little difficult. What is the social knowledge, the knowledge of our spirit, what is the knowledge of the spirit?

The spirit is what we call Satchitananda. When the knowledge of spirit awakens to the people, the only truth, we call it Kaivalya. The only truth now is let's say there are little 10 kids. Self-realized, if you close their eyes (tie with ribbon) and ask the children what was wrong?

Then asked the man what was wrong. They all will show one finger or two fingers. There was sensitivity on their fingers. There was a sensation. Shows two fingers. What these two fingers show. What does this mean? He must have a brain problem. Or the trouble of Vishuddhi. The little ones will tell too. I mean, that's how it happened. Your computer has started. Your software will be connected to the main. Self-consciousness, self-consciousness comes and it comes. The power that gives self-consciousness. Her name is Kundalini. Now you see. It started with Mains. That is Kundalini. When it connects with the mains then only gets knowledge when it starts as a computer. Everyone agrees on this. We now have 56 countries. It includes people from 56 countries. Never quarrel. No arguing. Everyone agrees. Now we have a high level of ideology but people have different ideas. Yes, but once you get the realization, then man understands. You asked another question. Is very good. How it happens in society. Now the flaws in the society. They are man-made. That we have to accept or believe. God did not give this to the man

If these human beings are to blame, then their moral values should be changed. Values changed, changing policy values does not allow your children to respect their elders. Then not to respect Guru. Now, what happened due to change in moral values, how to behave, arbitrariness, and ego came. And all these types of ego are ego. But when you make progress in spirituality, you will find balance in spirituality. Right now we performed marriages. But no dowry. I don't tell anyone but they don't take it. It feels kind of dirty. Proper marriages take place. Their kids are beautiful. You might be surprised, we performed so many marriages. None of them ever said I wanted dowry.

Saint Gyaneshwar wrote the sixth chapter after asking Nivruttinath. How much did this benefits society? Today society benefited, I believe society got benefited today. Like how the tree is growing the tree grows. You say what is the main advantage of this? what is the advantage to root, Then you will say what is the benefit of its budhiya (not clear about this word it means some word related with tree), then what is the benefit of its leaf, at last, if we get the fruit, it's done at the end? So in the evolution process tree grows, as your world has grown so much, so have you made this progress. It's like a tree. Isn't its roots also growing?

Saint Gyaneshwar's felt. I should give this knowledge to society. Of course, it is for the community in Maharashtra. And he also wrote it in Marathi. So it was said that even though it was in Marathi, why was his propaganda or his benefit did not felt by society? You said correctly. There was a reason it's prohibited by Dharmamartand (People who are on the higher level with ritualism). They told everyone that it is forbidden. Don't read. These Dharmamartandas are here and there.

They have selfishness in this, which one? Yes, it is selfish. No need to say, you know that. Everything is commercial. Got it? Another person is asking Shri Mataji That is, it's written in this sixth chapter out of personal selfishness. Because when people would have asked the question how is Kundalini. How to awaken her. The word Kundalini we hear right now. You are right. It's even harder to understand. It is a subtle topic. This I believe. But once the awakening is done then we go into the subtle. Did these people ever hear the name Ganapati, but where did all the information come from? Kundalini. These are Italians, these are French doctors. did he hear the name Kundalini at birth? The Russians don't even want to mention God's name. How they respond suddenly becomes huge in their power. Here, from the subtle to the root, this is the subtle power, because the power of self-realization is not clear to many people.

To put it bluntly, the word is not clear here the hypocrites or anyone else. I was inspired by that. They deceive society by believing that I have got power and the blind society runs after them. Here it is. Or say two, does he charge for it? Where is his attention? That man wanted to get Rolls Royce, but that is like the dust of such a man's feet (means real guru doesn't care about all luxury items). The second thing is how the character of that person is. Originally I am from a rich family and got married to a rich family. You may say we took the Brahmapuris Chakra camp. As soon as they saw it, many shook their heads. Do you worship the stone by doing something? How his character is, how he behaves. These two things should be seen. You have been a disciple of this man since he taught you so much filth. I mean, you' became dirty. But political leaders encourage such individuals. What's that if I understand politics and politics, then no? You asked this question because you belong to the house of politicians. Hey, my father was a recluse, my mother was also a solitaire. She used to weave cotton on her own and used to wear saris out of that cotton

She was Jadhav (last name) from Nandgaon. She took a vow that she would never eat grapes because the people in my village don't get grapes. What do you mean, when I went to Nandgaon, my eyes filled with tears? I can't speak. I have a sore throat. It is so much poverty, it is still poverty. (Words are not clear here), something burst. And there was water everywhere. All the grapes are gone. There were people like that, our parents were like that, did you get it?

Our parents' politics were different. That is why there was a need for different leaders everywhere. What speech they used to give. My father was a member of the Assembly, a member of the Constitution Committee, a Member of Parliament. What a Tyagi man (Solitaire). What a Tyagi language. My face is just like his. What else happened now? I don't understand where they went now. ALADI and other big men, Ambedkar is a very big man, I don't believe what they say about him. Extremely scholarly, passionate and a very passionate man, he had a passion for society. This time it was a problem from the point of view of the society, but he did not curse Rama at all. Never possible. I can't believe it. He used to come to our house. And the father was always making fun of him. An honest man," he said. "You're sitting in this chair. Pay him. He said, "Salve Saheb, this chair is not yours." The government has given. Then the money will be given to the government, "he said. Bhimsena is not right. I don't know why he said that. Such things are not possible. A slightly different question. So what about Ram Janmabhoomi? I wonder why we talk about it. Because even if I say so, why should you believe? Now Ram Janmabhoomi is here and so many people are being killed here. How would a mother feel? Tell me what to do about it. How many people were killed? If it is bad, climb the mosque, if it is bad, what about it? There is nothing wrong with climbing a mosque. They did not drop any bombs etc. However, he became infamous. If it was everywhere, he would give it (Family Term) a certain name, go there and chant Ram. Overall, we think the BJP's agitation in this regard was justified at that time.

Anyway, there is no need to hurry. It's not right that so many people were killed. I don't want to treat anyone. If Ram is born, he was born, whatever his power was, it was. I don't like who was killed. . So the current issue of Vishwa Hindu Parishad and BJP is right? In a sense they are right, and in a sense I am right. I think differently. Today 300 people are killed in front of us, wouldn't you feel from inside? The violence is reprehensible. They should research it. The research among these is a foreigner. He researched and said that one of his good points is that this man came from outside, Babar. So you have all changed the names of foreigners from here to there. Foreign Invest Gators (the name is not clear) have been renamed and their statues removed. This was a foreigner. If he changed anything, he would have no problem changing it. He made such a point well. He was an Englishman. Another said he was an archaeologist. He said that there is a picture of a pig in the mosque. This is wrong. Someone may have removed it later.

Let's say so. But each has its counter-argument. He said Mina gate should be there to the mosque, secondly, there is river water. That's what he told me. That's what he says. I don't want this mosque there. I said do some research on what he is doing, tell me if there is a mosque or not. Whatever it will be. But now you are saying, I can resolve this dispute without violence. That's all we say, no violence. This Satyagraha is fine but the satyagrahi was Vivekananda. Say I (some words are not clear) Got it? Why don't politicians realize that? Why politicians don't understand this? Shri Mataji is telling him you are asking very well, Kundalini is also a desire, and it is not obtained without asking. Not without humility. Now all these people go to Tantrikas (Wrong People). No one comes to me, She is saying the person's name (not clear words) he came to me and. His disease was cured. He called me to his president's house and he sat on the ground. Did not sit on the chair. Gave a press note in it. Some words are not clear.

How many people received d your power reach in the age of science? It is up to you to deliver it. It's all in your hands. This is not to say that it is the work of a newspaper. An example of this is that when I went to Russia, there were Russian and journalists with me. They were very honest people. You will be surprised, from here you go to Moscow, you get it on the plane. In that, it was given about Sahaja yoga. My photo and some information were given.

I tell you a patient needs you. And you are in Kolhapur. So that's not our patient's job at the time. Our job is to awaken the Kundalini. Kundalini's awakening is not it. But when I went to Nagpur? Some of them used all the dirty swear words of Nagpur and said very bad words to me, which I have not heard in any time. My ears heard that. You say it is spirituality. Yes, it is true. This information is from Nagpur. I am from Nagpur. The house on the corner, at Dhantoli (name of the Place or Village). Our

house on Mahur Road where is a statue of our father is there. They were telling me Murdabad (the bad word means dead), have cursed me so badly because you are spiritual. As it cures everyone's disease. Why would I cure them, what I'm going to get? Claims. I never claimed. As I cure diseases. After this man got MD, these three people got medical degrees and spread everywhere. I never claimed. You will be surprised. A day before yesterday, there were 400 to 500 doctors. How many people were there? There were 500 people so the first meeting I went to was at the university. How can you do this if the people of the university have taken so much? If it can be done in Delhi University. So why can't we? Interference at the University. Well, then he had another session. There I was called by Mr. Mehrotra. I cured his heart. He left telling everyone there, my heart was healed in five minutes. I told him don't say that to people. I don't want to treat people, I want to give them awareness (Jagruti).

What is the benefit of by-product awareness? The benefit of Awareness By Product is you started feeling good. This is the advantage. If you didn't ask for awareness the first time, what is the use of giving you awareness if you are not going to use it and give it to others? We have common sense, even God also has common sense, and for example if one lamp is not going to give light anytime what is the use of fixing that light. Should you say you are selfish? Of course, we know the meaning of self. So we are selfish. Shivaji Maharaj said that Swadharma should be recognized. He awakened our religion. The selfishness of the Lord is in it. Awaken the people who will do the work of the Lord. Cure those people who want to do God's work. One householder was doing a lot of my publicity, I cured Rahul Bajaj. There were a lot of people. He was a commissioner. He got drunk and then I was angry at him. Why did you tell everyone? I heal the poor for free but not the rich. I told them to go to the doctor.

Only the poor know, there is another thing that doctors want to cure the disease, only those who have awakened, will cure the disease. We have nothing to do with those who do not want awareness. I'll tell you one. Was my shoulder hurting? Ah, your Salvi Saheb's shoulder was frozen. Ask them I fixed his shoulder. The hand is hurting the shoulder. Is there any restriction etc? Yes, I will fix it there is no such restriction. Love is bound to you (Bandhan of Love). He will help you to cure it. It hurts because you are writing so much, writer. It is not difficult to fix it. You can do yours too. Then now these are the people who fix it. Where I am, where I have time now. But how do you do that in a collective that question is right for you? Let me give you an example of Russia

In Russia, two hundred sites (the word is not clear) were started. Some doctors were there the scientist told me Shri Mataji now don't tell us but give us the Self-realization. I asked them why you are in such a hurry to get Self Realization. Then he said it's a surprise that in your lecture 16,000, 14,000 people attend. There were some of our friends who attended your lecture and they got cured only by your lecture. Wondering what to say. Well done in the speech. Diseases like blood cancer are incurable diseases. Will there be any treatment for him? I can't even explain to the doctor how his disease was cured. The reason for that is scientific. Scientific, what things are not yet in medical science? If you realize that, you can cure blood cancer by Sahaja yoga, how it says, your body has Swadishthana Chakra. One you can understand is the Swadishthana chakra, this is the navel chakra. In medical, it was called hypogastric or Hypogastric our time. But this is aortic plexus, this is plexus.

Our medical science does not know what its function is. It has another function. We use these cells when we have been using our intellect a lot. He must be empowered for it. So these cells should be replaced. So this is a cycle. It replaces these cells. This is their great work. Apart from that, your liver is the liver. The pancreas, without it, and kidney and some lower portion of your intestine. They have the same. Now the doctors know this. Well, I don't know who helps the brain cells. This is the basic point here. We call the man who thinks more and plans more right-sided man. He uses this cycle a lot. His liver cycle was bad. Not paying attention to the liver can cause heat bile. Or get sclerosis. They can get liver cancer.

The other is to say goodbye to you because you are all on an ideological level. Where is the second point of your pancreas? The pancreas works so you dissolve your sugar. The pancreas gets neglected it its get neglected it will cause diabetes. If you go to a village, you have to add so much sugar that the spoon has to stay at a right angle. That means villagers consume so much sugar that they don't get diabetes. Because they don't think. Get up in the morning, work for the day and sleep well at night. They don't give stress to the brain. What not to think. But who gets this problem, who sit in a chair and do the planning. They get diabetes. Third, it causes blood cancer. The speedometer is what the spleen does. Now suppose you have a meal and if you run outside you will have a stomach ache. At that time, blood corpses release blood cells into your body. Now, what is around us, is life. I



read the newspaper in the morning. There is a shock in the morning. Like some news of some people died and so on,

Then something just eats for breakfast if there is no time, then sit in the car or vehicle somehow try to finish the food, So this thing doesn't understand your spleen. It thinks this is crazy man. It doesn't understand about this human quick life, How to walk it goes crazy on its own. The spleen gets crazy. Morning till evening and then an evening in a hectic life, spleen becomes crazy and then it's vulnerable to cancer. Then the left side. This left-side we call it Ida Nadi. Look at this, it comes from the lower chakra to the Mooladhara and from the upper chakra to the Swadishthan chakra. Now, this is our pure attention or mind. We call it Subconscious Mind. Whatever happened in your subconscious is present there.

What would have happened in the morning? And what happened some days ago, what happened in your previous life that is all part of your subconscious. Beyond that is the collective subconscious. Jung worked hard on it. Jung was a very big man, and a disciple of Freud. He gave it up. So, Jung said, "We have the collective subconscious". Which collective dormant awareness. That is the past, whatever happened that goes in the collective subconscious, they have different things in them. But what happened is gone, gone in the past. Doctors studied closely in that area, they say that, 'Area is built in since our creation', means, what happened? What is the equation? "Is the area built in since our creation." [In English]

From there protein 52, protein 53, protein 58 are studied. Photos have also been taken. When it arrived then its cancer. Now let me tell you how it happened. Now I don't understand what has happened so far. That's not what I did especially. Now look at these two are left and right side. In the middle of it is a chakra (energy centre). Do you all see what happens now, when you use the power of this chakra and use it more and more than that chakra loses its power? Now that you use more power of that chakra, it gets vulnerable, it means an attack on the left. Means your relation with the whole breaks, your spine breaks, means you are separated from collective, what happens then? You are on your own. Some words are not clear, the nose begins to grow. The ears begin to grow. The eyes begin to grow. Now, what happens with the awakening of Kundalini? Look at it as it is. Kundalini comes out of this. Shri Mataji is showing with her hand gesture how Mother kundalini comes up, Like how you put the pearl in Needle, that way Mother kundalini goes to chakra and starts going up then Chakra gets strength. It is an easy task because of this power. This means a person gets cured, but they have to come

I will not fall at their feet. Now Nagpur is an example. Nagpur is my home town but they tortured me (people of Andha shraddha committee), did everything (given hard time to me) except killing me. My brothers got upset at me, I said what the use of getting upset is, but since I am their sister, they will feel about this. Now that they know that I am powerful, they know that. They told you should not give self-realization to politicians. Nagpur Why should the people of the village think that Nagpur is your duty land? Yes, it is not sold where it is grown (Phrase). Who killed Christ? Jews.

You were telling about cancer and you asked the question where the people of eradication of superstition (Andh Shraddha Nirmulan committee) came there and they all left and ran away there is no one there. Now ten people are too many to shout. Since you came here, Dabholkar released a leaflet yesterday, he takes it out every day, and he doesn't read anything. We had a big meeting at our conference they showed the relationship how we researched in detail, we had two doctors there. These are just MBBS doctors. If you read the letters I received about them, you will know what they are worth means they are so talented. The letter came from here. His wife has robbed people of so much money. His practice is not going on that means he is not getting any patients. What proficiency he achieved in medical. Say it. So much so that you put them on your head, Dr. Dabholkar has become a doctor. These are the doctors here. Here this is a doctor. These are MDs. Seven doctors received the degree of MDs, how high will be the degree of those who gave him the degree of MD.

For you, I think that's where we're going. What happened as Dr. Dabholkar just got MBBS. What a doctor Manav. How much I have explained to him and did hard efforts to explain, Now I don't want to blow my head off. , I don't want to waste my energy on this kind of people. MBBS means no knowledge at all to them. It has a minimum. Back he never practised. His teacher says. How much they learned about MBBS and how within how many years he got the degree of MBBS. Do you ask this question? We don't want to take out this point. So we were avoiding it. Are you from the newspaper Sakal, You may have read that Maharashtra Times writes very well? He wrote very well. Now about forty people came from the newspaper had come to Delhi.

Our doctor chug says that Maharashtra is very small that's why people think that way Shri Mataji. I said that 40 people had come to Delhi. Even now, the Indian (news Paper) we have to consider them. The Indian Express writes this. Who are the reporters now? Now they threw stones at us and hit us and they wrote false in the newspaper. He threw stones at Mr. Paage. Paage stood with a torch. Paage saw with the low torchlight and the two stood with stones. When Mr. Paage saw the first stone came from this doctor with his torchlight arrives. They stood with stones. What I did not see. Because it happened behind my back. Paranjape from Doordarshan He reached on the stage and asked give me self-realization now, I said you were going to come later, how come you came now. I am now standing to give the speech.

He said I want right now realization, How come now. He said in Sahaja yoga people get self-realization, how can such a person get Jagruti (Self Realization)? He said we did not get our Jagruti, How can you get it because you are over smart, that's why you did not get the Jagruti. We just avoided, What to say to the mad person they are ignorant, No need to say anything. . What do you know about superstition (Andhshraddha)? We asked, "What do you know about the eradication of superstition?" So do you think awareness (Self Realization) will solve society's problems? Do you think so yes, problems will be solved in society? This is the way of their ascent., but the only way to save all human beings. Because in evolution, when you were a human being, now you have to take a step beyond being conscious. Now Sir CP, if you know, he has got it.

He says how did you make them angles, He did not believe me initially, he says you are the angle but not others. Now Sir CP has helped me a lot with money. He wanted to come now but he got stuck at work. The people there do not leave him, he was wondering how did convert them into angles. But it is said that it cures blood cancer. I did not do it. Kundalini did it. (Some words are not clear) A woman was (some words are not clear), If she had come to you without surgery, she would have been cured. I can't tell you how challenging they are. If you go to the doctor, but 99% are cured. Now Rahul Bajaj, Rahul Bazar, (some words are not clear) he had trouble of Angina, he came at the last to the Rotary program in Delhi, There I lectured in medical. He was supposed to go to Houston, He said, "Mataji, I was very impressed by your lecture, but tell me, where can I meet you, I said I am going to Pune, He said I am also from pine. He was searching the place and reached the office of Raj wade. I said I am leaving now if you want to be cured. I'll be back in two days. You come back in two days, I have some work right now. Well, he said ok then he came took his realization, for five minutes he felt pain, and then the pain stopped. Well, I said I came for you. I have to leave now as some people from Lonavala, then he became upset, his face became unhappy, I said what happened, he said when a person is dying and the doctor is leaving him, I said you do the checkup now

"You're completely cured," he recorded this in tape. He went to the doctor, doctor asked who cured his angina? The doctor said that your angina is nowhere to be seen. Then he went to Mumbai to show it to another doctor, who told you that you have angina? These are not yours. He didn't believe that, I said if you want to go to Houston you can go now. You have a lot of money. He said I am not going now, But I cured Rahul. Then Rahul got a massive heart attack, Kamal Nayan from Gandhiji's Ashram, Gandhiji used to call me Nepali, Kamal was like my elder brother

Kamal Nayan was a big man. Rahul was his son, he brought his son Rahul to me. Rahul, I am ready to cure you because of your father, he has done lots of good deeds. I said you just sit inside. I think it took half an hour for me. Now to see if his heart is cured and for heart until you go to the doctor and get a cardiogram etc. You see, to make sure then he went to Mumbai for a checkup, the doctor said your heart is good, nothing is there, he could not believe that he came to London to see me instead of going to Houston, I said you are cured now if you want to go, you can go to Houston. He said he doesn't want to go then he went to (words not clear) and showed it to the doctor. Then he said the doctor started looking at me angrily, why you are wasting so much of my time. You have nothing, your heart is strong like a lion. He came back to me to tell me this. Then he was telling me, Ramakrishna Bajaj was his uncle, he says it requires luck to come to meet you Shri Mataji. My uncle tried so hard to meet you, He came to London but somehow I and he did not meet means the meeting did not take place, then he had a heart attack. His illness remained the same. There he made a point. Now I can't tell right now. He was very much close to our family members

I could not do anything to Ramakrishna. I did not save him. You take the names of big people, what about the poor people? there are thousands, why do I take the names of big people? There are big ones names are in people's heads and I told big people not to come. But you will only look at big people. I mentioned the names of the poor. There are thousands. One woman from here.

She did not have the child for 14 years what her name, her name is Mrs. Mane, from Kolhapur. They had a child after 14 years. There are so many like these. (Some words are not clear) Why didn't the effect of self-realization increase? When Gyaneshwar was alive people harassed him a lot, they took the book of Gyaneshwari and people just to recite, and they recite aloud. It shows stupidity.

Now Nanak Saheb has said. Search within yourself. So what they called. Then he wrote a book, "Granth Sahib" in that it's given about Namdeo's and Janabai's. They (people) sit like this and read for two and a half hours continuously, and for two and a half days. One finger was placed and the other was read from there. What would you do to this man? For them, Kabir said, "Padhi Padhi Pundit Murakh bhaye" means more you study or educate them to become the fool." Suppose you are given a prescription, suppose you have a headache. Reading it you want Anacin (Medicine name) after reading you will have more headaches. , you will keep on saying I want Anacin but who will take that medicine? That is what happened to Gyaneshwar.

You should read his book name "Amrutaanubhav," one doctor, what is the name of the doctor, his name is Dabholkar. you read the nectar experience in it. Dabholkar, the doctor can he write down two lines like him, now he was on his way to Samadhi. Are these all crazy? For one thing, they harassed him all his life. Now he is gone, and they are showing their smartness. What he invented in medicine, to talk of science. And if science is not accompanied by spirituality. Go to Foreign and see what happened to them. Where people reach. Drugs, AIDS, 65 per cent of people get the most deadly diseases, in the United States. And the violence is so great that you can't even wear bangles, You can't even wear Mangalsutra around your neck and go. So don't run after them so much. That is when we must learn. Should you fall into the pit they fell into?

So first the foundation of spirituality must be strengthened. But spiritually, you will be surprised. In spirituality, three people received PhDs in science in England. I just told them how to do it. I guided them. Let me tell you how. How do I tell you, one of them has to? Draw Absolute Zero, another principle of physics for Absolute Zero. You might know how much you tried to draw perfect it will go somewhere little wrong. Up to five per cent though. Mataji, how can we do it correctly, you can ask her how to do it. It is, cannot think the point, So let's give a vibration. after giving vibrations it's done With the advent of vibration, done many different types of things have occurred there.

So I have explained to you. It is up to you now. But I say, we should be fair play. But should I ask a question? Ask how to do Sahaja meditate? First, you take Jagruti (Self Realization) then, will you? How to meditate. Here is our centre. You can get Jagruti there. Easy yoga is nothing but spontaneous awakening. Just like mother earth means. We consider her motherland. When you plant a seed, it grows easily here. This is the living process. How we became human. Also now is the top round. Spontaneous, if you wish to go to Nagpur, you must go to Nagpur. There are 8 to 10 people in Nagpur. There is Sahaja yoga on a big scale. These eight to ten people we call Doki (brain). Someone like that is going to happen, a lot has happened but they have brought loudspeakers. Mataji, Shri Mataji I have a question, Shri Mataji my name is Surinder Vasudev, I am from the local news agency, came to Delhi as I am a reporter of Times of India, I do not understand Marathi, Shri Mataji is telling him if you would have told me before I would have spoken with you in Hindi

You will speak in Hindi Mataji, we have written your article in Times of India, that how many people got cured, cured of Blood cancer. Sahaja yoga is the knowledge of Atma (Spirit). People of Times of India are very wise. Some words are unclear that the reporter was representing someone but the name is not clear. Shri Mataji if your give permission, We have an international seminar, first you take the Jagruti, and then come to the program, without Jagruti our people will not allow you to enter. You must come to visit I will be very happy to meet you Jai Shri Mataji. Very sensible, People with Hindustan Times, other people with your Indian Express they are big truthful. I wanted to come to take Jagruti means wanting to come to the seminar a lot of the time

Some words are not clear. Shri Mataji is telling a reporter to take your Jagruti first, you can take now, and Mr. Chug will give you jagruti I know Nikhil Gupta I have been admitted (Words are Unclear) and they saw the Thesis of Sahaja Yoga, It's proved that it's it has helped a lot to so many people. First, you take the Jagruti. People will not allow you to come, once you the Jagruti then you will start feeling vibrations Otherwise he will say this is our private seminar Doctor please give him Jagruti. My question is, did the work of poor people not the work of rich people? Whatever work is done in Lady Hearten, research has been done for

common people.

Dr. Roy is the Head of the Department over there. Even though he explained so much, he has done so much work there, some people were like. But people lie so much, How come they can lie, don't understand. Without Passing Medical exams you will not get the degree, He has received MD. Only newspaper people should do so much, not write lies. Then there is our truth. Thank you. Mataji.

## 1990-1221, Shri Mahalakshmi Puja: When you are in the center you don't think, you are in meditation

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21 December 1990

When You Are In The Center You Don't Think, You Are In Meditation

Mahalakshmi Puja

Kolhapur (India)

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

Shri Mahalakshmi Puja. Kolhapur (Maharashtra-India), Hindi Talk, 21 December 1990.

This way the three and a half shakthi (Kundalini) is residing in Maharashtra, and also the Shri Chakra is residing here.

All of you know that in the central path resides Mahalakshmi and also the Kundalini is awakened in the central path. For thousands of years in this Mahalakshmi temple it is recited (chanted) UDO UDO AMBE to awaken the Amba Kundalini and the kundalini shakthi in Mahalakshmi gets awakened. For this the Amba who resides in this Mahalakshmi temple arises.

Kolasur was killed here and that's why the name Kolapur. There was a rakshasa named Kolasur and he was killed here and from the

name Kolasur it is named Kolapur.

Wherever you go to the temples where the prithvi tattwa (Mother Earth) has created the swayambhu statues, there, completely people started making money out of it, because of this there will be less of Chaitanya (vibrations).

Now you have come (sahajayogis) and it is possible again the Mahalakshmi (vibrations) get purified. Sushmna nadi is made in the way as the three nadis and behind there is a very subtle nadi and it is called Brahma nadi. The Kundalini gets first awakened in this nadi. From this subtle Brahma nadi it passes and awakens (opens) the Brahmarandra. By awakening the Brahmarandra the self realisation starts, so in this special way Kundalini's central path is made.

Whatever is the obstacle (badhas) slowly, slowly the Kundalini awakening steadies itself through meditation. In Sahaja Yoga first we reach the peak (top) after we settle down. First we go to the top...

[After this one phrase, the words are not audible and Mother tells the Maharashtrians in marathi how everybody knows the speciality of this place and the temple. The speech in hindi and marathi concludes here.]

I welcome all of you from abroad, and this Kolhapur is regarded as one of the deities' temple, which have three-and-a-half deities, or you can say three-and-a-half coils of the Kundalini, so it is said that, in this triangular bone of Maharashtra - because it is surrounded by, on all three sides by mountains, and the plateau is in the center so the all the three sides make a nice triangle - is the Kundalini of the whole universe, of the whole world, is expressed by Mother Earth in Maharashtra.

These are three-and-a-half energies, which are coiled together. The first one is of Mahakali. This Mahakali power is expressed in Tuljapur as Bhavani, and Shivaji Maharaj used to come on a horse all the way for miles together, to get the darshan of this Bhavani at Tuljapur: he knew this; and he had a sword which was called as Bhavani talwar, and people said that the Goddess Herself has given this sword to him.

Now the second one is Mahasaraswati, is at Mahurgadh. We always sing Mahurgadawari song, that is the one - is Mahasaraswati, which is also called as Renuka Devi, that's the right-sided Mahasaraswati.

Then the third one is Mahalakshmi, that is at Kolhapur. Here a very bad demon called Kolasur was killed by the Mother, so this place is specially very holy for all of us; because you got your Realization as the Kundalini went through your Sushumna nadi, which is being nourished by Mahalakshmi principle.

So in the Temple they sit down - it's a Mahalakshmi's Temple, but they sing that: "Oh Ambe, please rise, please rise, please rise."

This comes with the full understanding of the Sushumna nadi, but ninety-nine-point-nine percent people don't know, because all the knowledge about Shakti is being lost due to the different timings, and people never worried about it.

So, one has to realize that in Indian shastras, scriptures, Shakti is the most important thing. It is to be understood why.

Because, say now, if you have a light or if you have fire, what is the power of fire? The power of fire can be that it can give you light, it can burn away things, but supposing it does not have its power, then who'll care for fire? Nothing. So anybody who hasn't got the power of being the Spirit, it is useless.

So this power, this Shakti, has to be awakened within us, because we do not have the power of the Spirit. We have to have the power of the Spirit. That's only possible if you get your Self Realization. That is the reason it is very important that we should pay attention to our power. Now this power is made as the power of a Mother. Mother is the most loving relationship, and through that relationship all the love is expressed.

That is why the Shakti is that of a Mother, and the affection, the love, the patience that Mother has for Her children, the Shakti too has the same powers, you see, and that is how this Shakti never can harm you.

Out of all these Shaktis, all these powers, highest of all is what we call as the Kundalini, because without Her you cannot get Realization. But also we can say, higher than that, or complementary to that, is Mahalakshmi power.

Without the Mahalakshmi you cannot rise. This is the ladder through which this power of Kundalini can rise. So both the powers are very important and very much related to each other. Mahalakshmi principle starts when we have finished with Lakshmi principle.

Like in the West, people are fed up with affluence, fed up with all the riches and all that, so they are thinking: "What have we achieved? We have gone into imbalances, so what should we do? We have to balance ourselves." So how do we balance ourselves?

We have to have the knowledge of the Spirit. That is called as aadhyatma. You have to know what is the knowledge of the Spirit, and to know the knowledge of the Spirit Kundalini has to be awakened, and that you are to be connected to this all-pervading Power. Once that happens, you just become one with that energy and you get transformation within yourself, because there is light and in the light you can see all your problems, all your defects; and also if you know how to correct it, is the easiest thing to do is to get transformation in Sahaja Yoga.

All of you have been very much transformed, and now I find it difficult even to recognize you, because all your faces are changed, your attitudes are changed, you look so different, so beautiful.

Today it seems to be a special day for Me, here in Mahalakshmi Temple, that Mahalakshmi is being awakened, and I'm feeling really in that state of thoughtless awareness.

I don't know how I'm talking; and I am merged just in the meditative mood, absolutely into meditative mood. Because when you are in the center you don't think, you are in meditation. That is why Mahalakshmi is very important. So when you are fed up, you can feel there's something missing, and then you take to Mahalakshmi principle.

But in India because of so many saints, we feel that we should short-circuit it.

First let us develop our own aadhyatma, let us develop our knowledge of atma and then take to science, so there is no more imbalance within us; because without the foundation of aadhyatma, knowledge of the Spirit, you take to any kind of progress, you can topple down.

That's why all the Western entrepreneurs, enterprises and also projections of religion have gone to waste, because there has been no balance. It is important that we must have the balance within ourselves.

Now in India we have people who have this idea, at least that you have to rise higher than materialism and that you have to become one with the Virata, part and parcel of the whole. This they know, and that's what, by knowing that, once they get to Sahaja Yoga, they grow very deeply; the depth, the depth they have achieved with this faith, that we have to be self-realized, and that we have to feel the all-pervading Power.

This conviction itself gives them the depth and so when they achieve Realization, they just go down very deep.

But most surprising, people who have never heard about Ganesha, who have never heard about Kolhapur, have never heard about Mahalakshmi are sometimes much, much better, much more deeper than the people who know all these things by heart.

So one can deduct that those who know outwardly, those who know through their books, or through some gurus who teach them something, are absolutely outside. They have nothing in them to tell us because they have had no experience of the Self, no experience of the Self. That's only possible when your Kundalini rises and breaks your Brahmarandra. That is the time the first experience comes to you of this all-pervading Power.

So all those people who have been only just praying to Mahalakshmi, have been going to Her, doing a lot of penances, fasting,

this, that, have no idea as to what Mahalakshmi wants, and they always complain to Me: "Mother, we have done this, we have done that."

People are very religious. They are doing all kinds of ritualism, what we call as karmakanda, but with that you do not reach where you have to reach.

So one has to understand that whatever has been written and told about all these great things in India, people may know in words, but in experience they do not know.

So Sahaja Yoga is very important to give them this experience, so that they can really verify whatever is said in the science of spirituality about getting Realization, is absolutely true. Not only that but it's very practical, and every person who gets Realization can understand it very well.

So we are here in a very holy place, full of unholy people. But still there are some very, very good people here also, and because of Mahalakshmi, they make very good ornaments because these ornaments are offered to the Goddess.

You can feel there a kind of a subdued feeling for God, feeling for spirituality, but they do not have the experience that you have got, so you are much higher than all of them.

And those who have the experience can feel more, once they go to the Temple, if you can go to the Temple to see the place also; but give yourself a big bandhan because I have seen it, next to the deity there are very funny people sitting. They're doing all kinds of commercial activities. They are selling flowers, they are selling this, selling everything. So you have to be careful, with a bandhan you can go and see for yourself.

Now they say that this Temple is made because it's a swayambhu - it's the one that has come out of Mother Earth - you can see yourself if there are vibrations and moreover, you must know that this puja of these deities are done by people who are not at all in any way religious, but are just commercial people.

Commercialism can never give you any satisfaction, can never give you at all any satisfaction. Apart from that it can take you to something unknown, of dangerous shores. But if your faith is pure, without any greed, without any demands, then you develop your depth within yourself; which is very helpful after Sahaja Yoga.

It's a remarkable thing how Shri Chakra is here and how they have made the complete calculation of Shri Chakra. I met a scientist in Russia, in Moscow, who has done a research, very much big research on this Shri Chakra. Now, so we have Shri Chakra on the right side, on the left-hand side we have Lalita Chakra, so all the things that we do with hands after Realization are worked through, on the right-hand side Shri Chakra, on the left-hand side Lalita Chakra.

Now how it works is a very complicated thing, but we don't have to worry about that.

As soon as you put your hand on somebody, the chakra knows how to work it out. It works by itself, as if it is a built-in mechanism within us, which knows what sort of vibrations to be given to a particular person for a particular cause, or a particular purpose.

If that person has certain defects also, these chakras know what is to be emitted, how to work it out. So it is not that we have the Kundalini awakening only, these chakras are awakened, we also have these two chakras awakened within us because of Kundalini.

But if you have Vishuddhi problem, then you can find that your hands are stiff and you cannot feel guidance, or we can say, the Divine intentions of Realization; because when you start using your hands you don't feel any vibrations, so how will you know what's happening?

It's a very complicated thing, and for that complicated thing these instruments are made already, are prepared already; they are quite equipped with all the knowledge that is necessary, like a feedback as you call it, or we can call it a complete programming is there. So as soon as you put your hand on a person, the programming starts working it out. Because it is programming is done by God Almighty, it can never be wrong. It cannot be two different things, as far as Sahaja Yoga is concerned.

I have been thinking about writing about all these big, big peethas that are in India, so it will be helpful to you as well as to others in India. But here the atmosphere is so bad, as if to think of God, to talk of God is absolutely wrong, you cannot say. The people are in illusion, and they think that all these talks has brought us nothing.

To them it is the progress of the West is more effective, more apparent, that they can see how you have progressed in materialism, and they can't understand how we could progress with aadhyatma very much in the area of physical development or mental development.

So now we come to a point where we realize that it is very important for all the Western people to have the foundation of

aadhyatma.

For that it is important to give up some of your conditionings, because this knowledge is coming definitely from India.

I mean the Indians had all the knowledge of your medical science, this science, that science, that science. But God's science is in India, and for that, what are you going to do?

When the question of God's science is concerned, what are you going to do about it? How are you going to work it out, that this is the science of God, and the God's science has to be understood with full dedication and devotion?

Because of the conditioning of the Western influence, the Western progress, sometimes we just do not know how to grasp this knowledge within ourselves; very difficult. But if you can understand that, as for science we had to accept it fully from the West, you have to accept the knowledge of your Spirit from the East, East has the knowledge of the Spirit: for that you have to be ready to receive it. But if you are still in your arrogance, if you are still in your own conditionings, then you cannot do it.

Like a boy who comes from a village, who has never known about science, and you suddenly put him in a science college, he'll say: "What is this nonsense, what's all this all? I have never known these things. Why should I use a test tube, why should I go in the laboratory?"

All kinds of things he can start saying, and this conditioning is there. Then he'll run away from school within one year or two year, maybe earlier, and that is what I find is their conditioning, which turns away many people from Sahaja Yoga after some time.

So we must watch our conditionings, what sort of conditionings we have; while the Indians have conditionings of so-called religious beliefs and this ritualism, this, that, they are very much conditioned also.

But is easy to overcome that when you realize that whatever your worship: for example, in India everybody has a kuladevata, means the family's goddess, everybody has; they must worship that goddess, particular goddess, everybody has.

So they have to, if they just ask: "Mother, are You that Goddess?" the vibrations start flowing. So the conditioning gets very easily eradicated, but the mental acceptance of something is very difficult to go.

And I've seen also when they get married or marriage is arranged, they go mental. They go mental. If you go mental, then you cannot understand many things. But if you are spiritual, then you can understand.

For example, we see Mother Earth giving us these flowers and all that, how can we go mental about it? It's a living process. For any living process we cannot get mental.

So now you will say: "All right, this is because of seed has got this, and the seed is planted"; but how, why? That you can't answer, can never answer. Then you'll keep quiet.

But say if there's a sage, he'll say: "All right, this is Mother Earth, She wants to give to Her children, these flowers, fruits, these trees, so She's working it out." So one has to jump from one conditioning of materialism.

Now you should see in matter, energy never moves. Energy is stationary, it never moves. And also energies which are moving, so-called, like electricity, this, that, are absolutely blind. Supposing there is electricity here flowing, all right, well and good, but supposing somebody stops it, it will stop. It has no mind, it is a mindless thing.

So in materialism you become mindless. You start seeing also that within yourself, that you have become mindless; and becoming absolutely, absolutely, I should say, like robots sometimes, which is mindless, which is fixed, fixed quantity. And I see very much clearly, in the West I've seen, that people have very fixed ideas. It's difficult for them to get out of it because they don't have that movement towards the spiritual subtlety, where one can use the mind to do something.

We would say that Mother Earth has got the mind. Now that nobody can believe in the West, except for Sahaja Yogis. That the Mother Earth produces these vigrahas, She produces these deities, nobody will believe.

How can you believe such a thing, that this Mother Earth thinks, that this Mother Earth produces these things? But logically you can see, logically. Logically.

Say a tree has a certain height, the fruits have a certain shape, certain colors, flowers same: who changes all the seasons, specially in India is very clear-cut six seasons?

It's called as Ritambhara PrAgnya in the Hatha Yoga. Now that is the One which is a Lady, which thinks. She has a mind of Her own, She decides and She works out everything.

This concept was doubly denied in the West, is first is that they cannot accept a Goddess. Woman has no part.

Right from Socrates onward, nobody has talked much about a Woman, except of course there is Athena and all that, but it's very minor roles they have.



Greeks had goddesses who were just like human beings, so that also gets ruled out, and very little was accepted; and when Christianity came, somehow or other Christians saw to it that there should be no mention of the Mother in any way.

But despite that, people worshipped the Mother. They worshipped the Mother of Christ as, some like a Goddess; though in the Bible She's talked as a "woman", in a very derogatory style She's addressed.

So the conditioning of people is about the power of God who hangs somewhere in the air, that He's there and that He gives us everything; but what is the communication? What is the justification or what is the logical thing, how to explain? So you have to say: "It is a mystery. God is a mystery. He hangs somewhere in the air. He does everything."

And how can people believe in it? So the Christian conditioning has been even worse than, I think, Jew conditioning because they just took it out, Christ's Mother, away; though the painters, artists wouldn't do that, they wouldn't accept: they had the Mother there.

But despite all that, the Motherhood has not been respected that should have been, in the Bible, which is a very wrong thing, while Mahalakshmi Herself incarnated as Mother Mary Herself. And to say about Mahalakshmi as "a woman", I think is a great insult.

And where women are insulted like this, where the Goddesses are insulted, we cannot expect any spiritual growth unless and until you accept that it's the Shakti, is the Mother who, who is the only thing that's the communication between us and the Divinity.

So this conditioning, Christian conditioning has to go out, as far as the Motherhood is concerned. It's very surprising sometimes when I see how these people have tried to bring down the level of a Goddess to just a woman.

So this is a very big blessing in India, that they respect Mother as the Shakti, and that the whole thing is done by the movement of the Shakti, by the thinking of the Shakti, by the coordination and the understanding and the planning of the Shakti only. It's not done by God Almighty,

He's just a spectator. She does everything.

Once that concept can fit into your heads properly, then you will see so many conditionings will drop out; because religion was organized, and in an organized religion you can put whatever you like, the way you want to put it, and it was such a big mistake.

By that people developed a lot of ego, lot of things against women, and also the first sin they call the "original sin" and all that is because of a woman, they really ill-treated women and they have no respect for them.

So the women have changed their role, and instead of becoming mothers and goddesses, they have tried to become something like actresses. But you can understand that without the power there is no sense in anything, and this is the power of Love and this is the power of Truth. And once you get that power we should humble down, and know that this power is within us, which has given us all this knowledge, which has given us all this ability to raise the Kundalini. All this is because of energy within us, the Shakti within us. Without that we are nothing. And that too is the Mother who has done it.

I do not know how much to press this point, but it's important; because I find, specially in England some newspaper people came: "How do you feel as a guru, as a woman?" I mean, it's a kind of a thing, "a woman", as if I am sort of a, that movement where women are starting a fight with the men, sort of a thing, and now: "This is another guru who is a woman, so She should be supported," or some sort of a nonsense like that. It's the only the Mother who does this job, so there's no question of asking such a question.

But that's what it is, that we should first know that it's the feminine quality of a woman as a mother, is very powerful. But we should encourage it and try to develop it, so that spiritually you can communicate, spiritually you can imbibe these qualities for your own children.

The mothers who do not have aadhyatma can never develop good children with proper emotions, with proper value system of morality.

So it is very important for every mother to be very proud that they are mothers, and for girls who are going to be mothers to be very proud that they are going to be mothers, and that they represent the Shakti. So now then, what is the part of the men is to take full advantage of that power, by understanding it, by complementing, by looking after that power. I'm not talking only about your wives. I'm talking about your sisters, your daughters, your mothers, and the whole society, where women are to be respected, and they have to be respectable.

And women should try to be respectable, to try to know that they are the powers and they are the ones who will be used by this Divine power as channels, more than men.

But if they are useless, then of course they wouldn't bother about them, they would like to bother then about men, much more than what you are. So it is important to understand what is your role in Sahaja Yoga. This is your role in Sahaja Yoga. And I am sure you can work it out. You can manage this part. You can equip yourself for this role, which is so beautiful and so good.

So much can be said about Mahalakshmi, and there's no end to it, but I think later on we should keep this program on every year, and you all should come to Mahalakshmi Temple here, to the, I mean the Kolhapur, and then I'll again tell you all about the Mother's qualities, what She is as Mahalakshmi.

And today we'll have the... Shri Sukta. Shri Sukta is about Mahalakshmi's qualities. I think we'll have Ganesha Stuthi and then we'll have this. So seriously you must understand what is it.

I'm just in meditative mood today, I don't know what I'm talking; because this Mahalakshmi is a thing that goes, finishes everything else. Left, right is finished now, you are just in Mahalakshmi state: what to do?

"Mahalakshmi state" means nirvichar, nirvikalp, beyond that, I don't know what stages it is.

It comes down a little bit, then again it goes back to the same.

## 1990-1224, Christmas Eve: Talk about Shri Jesus

View [online](#).

24 December 1990

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Talk about Shri Jesus. Ganapatipule (India), 24 December 1990.

So today's the Christmas Eve. Should say tonight is the Christmas eve and we are all here. We have to understand that now we have really, entered into the area of Jerusalem and where you are built in such a way, that we can understand, the great incarnation of Christ. So far, He was never understood because it was a very subtle incarnation and that has made people go much away from Him. From the principle of which he was made the innocence. So today we have to remember how incarnated on this earth.

The innocence, the auspiciousness which was filled by Adi Shakti to begin with when She started to create this universe, that He was the embodiment of all that which was so necessary before the creation started. It's hard to understand how people could not feel Him. They all have suffered so much. Whatever it is, for the Divine they do not suffer and they come on this earth to show how stupid we are, how we have not been able to see the Truth, to see the reality. But we repeat the mistakes again and again, because we do not know ourselves, which is the only instrument by which you can know the Divine. And when we do not know ourselves we cannot understand the Divine.

Still, it's such a great thing to see so many of you are there in that subtle area of the Spirit. That you have the sensitivity, that you can feel the beauty of their lives, the greatness, the purity, the innocence of these great incarnations who came on this earth.

But with all that, we have a very great responsibility also. Christ had only 12 disciples who didn't even get their Realization till Christ lived. Afterwards they got Realization - 12 of them. And imagine, somebody like Thomas came to India. So, how they took so much responsibility. They were just ordinary fishermen. They didn't care for anything else, but they thought, "This is the Truth and that we have to spread this, this is our responsibility."

We are so many. That is our responsibility. Is not only to enjoy yourself, but to spread Sahaja Yoga and to practice it. Moreover, to have an ideal life, that people could see us: how we behave, how we talk, how we treat each other, how we love each other, how we understand each other, how we run to help each other - like one body.

The message of Christ's life is love. He openly talked about it. Before that, I don't think any incarnation talked like that, in that manner, so openly. He told His disciples that, "The greatest joy for Me is to see that you love each other."

All those things that have really made our society, made our lives miserable of jealousies and pettiness, small-mindedness has to go. Otherwise you are not Sahaja Yogis. Where is the time for jealousy? There is no mind, this... that can see those things, anymore. So, all of us have to evolve, and the sign of evolution is not how much we can talk about Sahaja Yoga, how much we can practice Sahaja Yoga, how much we spread Sahaja Yoga. That's not the sign, don't be convinced by that. But the sign of Sahaja Yoga is that how much we can love each other, how much we understand each other, how much we can endure for others with great joy and how much we do not bother about ourselves, our families, our children. This 'mine, my, me' has to go. It doesn't go by saying "go". It's a state, again. But then only you should be convinced, "Now I am a Sahaja Yogi!"

Christ has said, "Love thy neighbor as thyself!" I would say that you have to love every Sahaja Yogi as yourself, because they are part and parcel of this body. You cannot afford to hate someone. Of course, those who are useless are thrown out of the body. But those who are there living, you must love them. I think this is the message of Christ and other message is absolute morality,

absolute morality. As He has said that, "Thou shalt not have adulterous eyes" is such a subtle thing to say, that you should not have eyes which have adultery in them. It doesn't mean only for women but it also mean for saints. It also means for properties, it also means for the success of others. Adultery means the one where you try to aggress and to be greedy about it. If there is greed or if there is lust in your eyes, then it's an adulterous eyes. It is very subtle, I know. It is very subtle and the attention is the best way which communicates to you whether you are above lust and greed or not. But the more you try to rise above these things, your heart opens and you start enjoying your virtues, your morality. You enjoy, you don't think you are moral, you don't think that way, but you enjoy that state where you are really moral because you are moral. You just enjoy yourself. It's a headache to be interested in some woman, interested in some man. It's a headache. It's a joyless pursuit. And once you are detached, the joy is complete...because you are one with reality, pure reality. There is no ... inhibitions, no restrictions, no taboos, - nothing, but just you are that! Nobody has to tell you. If you are gold, you are gold. Nobody has to tell you, "Now, you don't behave like non-gold", you are gold, so you are gold. That's the power! And the power of a Sahaja Yogi is that he is the purest form of human being. Without the power what are we? Nothing. The purest form and in the purest form of love you get the purest form of knowledge. This is [kaivaldya ?] is the absolute knowledge and absolute love, detached, pure. That time when you are in that state, you just watch anything, see anything, all the power of giving joy from everything just starts bubbling into you and you don't see the bad things at all, you never see the bad things. The power of enjoying everything is the power of Sahaja Yogis, to enjoy everything. Anything can be enjoyed, any small thing can be enjoyed, any big thing can be enjoyed. But impurities one cannot enjoy, immorality you cannot enjoy. It's not enjoyment, it's just a fascination maybe, I don't know what it is called as, as I cannot enjoy then I don't know what it is. But what you enjoy really is the purity of another personality, the purity of this, all that is done by someone with such pure heart. And the deeper you seek, it becomes simpler and simpler. Then you don't say smart things, no, you don't, don't have to show off, nothing. You just say simple, sweet nice things. It's so touching, so beautiful, but must allow the deeper love within us to come out. Many people love also but they don't know how to express it. There are many people who are misunderstood, because they don't know how to express their love. In Sahaja Yoga you have to learn the yukti, the technique. "Yukti" is a very sweet word, not technique is not, technique deals with something very materialistic. But yukti means the trick, trick of the trade, what to say when that would really just pierce like a dart in the heart of someone, the beautiful feeling. That one has to understand and practice. All little-little things here and there, little turning here and there is an art of living a Sahaja Yoga life. And I've seen children say such sweet-sweet things. That's why Christ has said that, "You have to be like children to enter into the Kingdom of God", but I would say, "to stay in the Kingdom of God." You have to be simple like children, deep and simple.

This seminar, or whatever you may call it, Ganapatipule, I don't know what you call is a Divine congregation of all the Gods and Goddesses, is very symbolic to Me, because this represents the whole world, it represents the problems of the whole world and also the solutions. It's such a beautiful idea. I don't know how it worked into My head that I started this kind of a beautiful congregation to meet you all. It was very nice yesterday, you kept awake all the while and came to see Me. I could meet all of you and I could have some rapport. I couldn't say much, I was just smiling at you, but just I could express My love and you gave Me that chance.

I must thank you very much for that.

(Applause)

## 1990-1225, Talk on Marriages

View [online](#).

25 December 1990

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

### Talk on Marriages

About this I have to tell you last time we had this Christmas Puja and everybody became so left sided you see, I think they were missing their champagne or something. So I think this time we'll just have Ganesha Puja, because singing carols immediately you think of champagne I think I don't know. So they were very left sided and - we have to enjoy, these are your relations these are your brothers, these are your sisters. So must learn to enjoy them, but if you start becoming left sided for those people who are not our relations anymore, then is going to be difficult.

Twenty-fifth is the Puja and twenty-eighth are the weddings, and twenty-ninth we all are leaving for Alibag. There's one more thing I have to tell you all again, I may not be able to say this to you, that once you get married, you are not lost. You are still in Sahaja Yoga. No one consults us, they go so arbitrary in making passport visas this that's that it's bizarre sometimes, really bizarre, and some of the girls could not go. Specially England is very difficult, to England because of, this kind of an arbitrary behavior. So you all Indian girls, anyone should consult Yogi Mahajan because he's in charge these days. If he comes in one piece. Everyday he is out with his file. Even if I'm going to the bathroom I come out I find him sitting with the file. So please consult him, he's so concerned, and you do everything arbitrarily it's very, very difficult to arrange later on. So please tell your wives or your husbands that the marriage has taken place but we still have to be completely in contact, with others, your leaders or leaders in India anyone, so that will be no problem of visas and things.

I'll be rather busy in Kolapur buying things for you, and buying also silver. I have ordered something which I thought was important for all of you, is a big plate for your aartis because I've seen you don't have big enough plates in every place I go to, so I've ordered that, and whatever money you have given Me for pujas I utilize here, for buying silver for you. And aboard I bought, as you know furniture thinking that it will be of some external existence. Moreover we have done lot of purchases of things, like, the land you saw in Sheri, the land on top of the hill and the land where you were pitched in, moreover I have to make a proper road, a shorter road to that place. Next year you'll find everything ready for you.

Then we have to complete Vashi. It's such a big place those who have seen know. Then there's another very, big ashram we have built in Delhi which is about twenty four thousand square feet. Vashi is forty two thousand square feet. Then we have bought lots of land also in Ganapatipule where we hope to build huts for you. I'm sure they must have already done it, and very sensible good bathrooms. Now the demand has come that you like an Indian style of bathrooms. I did not know that you like Indian style. So I don't know we have already purchased, commodes, but I don't know why you want Indian style, still I don't understand. But if so I mean if we can change we'll try to change but we have already bought. Or we can try some other tricks to make it usable in an Indian way as well as in the western way.

You have very good bathrooms very good water supply now. We've been able to achieve a lot in these three years time. So one should understand that, your Tour money which is saved is also used as well as there are donations from Indians. Everything working together we have really done a job. I myself can't understand how I've done it because it means billions and billions but I don't know somehow I've managed. It has worked out. I think Hanumana must have done something.

Last but not the least, we have people like Marcus now, is gone off his head. I don't know, he thinks now from his Sahasrara the light will be coming out or something. They go crazy. You see we had another one Hugo who said: 'I've now become maha Mataji now.' I think Marcus has become maha, maha Mataji or something.' See it's idiotic, it's an idiotic thing. But too much of ego can

make a person idiot, is said already. In the shastras is said: 'Too much of ego can make a person an idiot.' So all this kind of idiotic things they can say and talk. But there's one thing which I have noticed and I'm quite worried, that anybody who makes ninda means says things against your Guru you should never hear. But I didn't know it is so serious because there was this Hugo gentleman, who went and stayed with someone, and both husband and wife got cancer and I don't know the wife is dead I know but husband I don't know, how he is. Both of them got cancer, so be careful. If anybody like that wants to speak you just put your hands on your ears: 'We don't want to hear the Guru ninda.'

Because you know what you have got, and is the greatest ingratitude, to hear anything against your Guru, who has worked so hard. You know how much I have worked hard, and how much I faced, lots of problems even sometimes My family people get upset. They can't understand at this age how can I work like this. So you must also realize within yourself, as Indians realize that all this joy, all this happiness, everything we have, but we should not somehow or other get disconnected by thinking, by analyzing, by saying something which is absurd.

Some people also are getting married. I must tell them they better decide now, because I've seen that so many of you start thinking after the marriage, which is very cruel, which is very indecent. So better to decide now. Actually those who do not want to marry should not give us their names, should not. Because you don't know how much time we have to spend in sorting out these things to find out somebody for you. It's such a waste of time. And when we fix it up, we do it then suddenly somebody comes up: 'Ah I don't want to get married.' Surprising, they have no shame about it, they don't understand. How much you have made Me work for that, how much I have gone through it and then suddenly you come and say: 'No we don't want to get married.' Such people should not apply for marriage. Next time if somebody does that I'll forbid that person to come to India, I must tell you. For days together you know we used to sleep at two o'clock three o'clock discussing whom to marry whom. Ah if you don't like particular person I can understand, but you shouldn't say I don't want to marry. You don't know yourself, you're such an uncertain quantity, are you mad or crazy, what's the matter?

So if you do not want to marry please decide before filling the forms. Is so difficult, you have no idea we have so many forms we have to sort it out. Is this My job? It doesn't happen with Indians. Why can't you be sensible enough to decide for yourself if you want to marry or not. Then if you don't like anyone all right: 'I don't like some person.' It's all right, but just to say: 'I don't want to marry,' is I think is a sign of idiocy absolutely an idiot can do that, without understanding how much one has to exert. There's no place for idiots in Sahaja Yoga.

So this is another thing which sometimes surprises Me very much. But if you do not want to marry please tell Me that I don't want to marry a particular person, before we reach Ganapatipule. At the last minute, when the bride is getting ready suddenly somebody will come: 'I don't want to marry.' You start looking at him, is he a monkey or a human being? Can't understand them. I mean if you don't want to marry, don't marry, but at the last minute when they are there to worship their, boys coming in, suddenly you hear when they are doing all the aarti: 'No no no no no no I don't want to marry this girl.' One gentleman who heard this, he was so angry he said: 'I thought of hitting him on his head with this aarti.' Instead of doing his aarti. But it's not just a play, a game, marriage is serious thing.

Stupid people should never get married. They make a mess of themselves and others also. It's meant for very sensible, dignified, intelligent people. So you need not marry. It's much better if less people marry, less expense to Me. And otherwise I have to shell out lot of money. So please be sensible. Those who do not want to marry should decide accordingly, beforehand, then once you fill in the form you should, if you do not want to marry a particular person you can tell that: 'I don't want to marry.' We'll see if we can get somebody else, if not forget it. You are not paying Me anything for doing all these nonsensical work. If it is sensible, then you must show results, though I must say so many marriages have been so successful, so beautiful, such nice things have happened, and we have such beautiful children.

This is another western madness, that you fall in love. I mean I just don't understand, is just a concept, again I must tell you very very frankly because if you fall in love, then why do you divorce so many times? That is infatuation, that you feel for someone and next moment you are out for divorce. Isn't it. So, you see, you have to know whom you would like to marry. In any case Australians are very much acceptable. Please, you see people love Australians in India, so be happy about it. I told them to keep

Australians for Indians but I don't know why they mixed it up, it's Yogi.

So I mean I will be very happy if you tell Me what is your concept of a husband. Is better otherwise you know, I just don't know. From your height, from your education from whatever you are, we judge. But what is your concept, isn't it? You give Me the idea as to what is your concept, is better for Me - guideline you see. I don't understand that. So if you can give Me the concept, the kind of a husband you want and if you have somebody in Sahaja Yoga we'll find it. But whatever I thought was the best suited for you, is him. Anne. But for him I don't know if you were really best suited.

So this is infatuation should not be. I mean you get infatuated, then it collapses very soon. You get impressed for something, after sometime it collapses. But it should be a well-guided, wise decision. It should not be just you feel for someone. It's very wrong. You should judge a person according to what you are, and that, on vibrations, mainly. Because you have to live with the vibrations of the person, in Sahaja Yoga. That's very important. So, this kind of thing falling for someone and this and that is very temporary, you do not know. that's why the marriages in the west, are fizzling out so fast. This Elizabeth Taylor which, I must say a brave lady. Till she dies I think she'll have more husbands. I mean it's like shopping.

So there I agree that you have a certain idea some concept all right but give Me some concrete concept, and it will help Me, quite a lot I tell you really because I don't have, that kind of a, understanding. I'm bad at all these things I should say in some ways. I never get infatuated by anyone, never, what appeals to Me are the vibrations. I don't see, what is so, important for a Sahaja Yogi: 'Don't you think vibrations are the most important things for you? You agree with Me there?' So it's all right, whatever you think you let Me know your concept we'll see, all right. I do not want to say anything to hurt you in anyway but the gentleman has been hurt for nothing at all.

Shri Mataji: 'What she says?'

Yogi: She says it's too much for her too fast.'

Shri Mataji: To what?

Yogi: To marry Now and...

Shri Mataji: Why did you apply Madam? It was application you sent, and it was this year not after ten years. The marriage was to be this year So why did you apply? Why, why did you?

Yogi: Only now she realizes she's not ready.

Shri Mataji: Very nicely. You better pay Me now. I had to work it out for you. No it's not easy to find a boy for you. You want Me to dance at your commands and changes. Do you, want that, to trouble Me like that? Isn't it a trouble to Me, don't you think of Me at all? It's a game, it's a cruel game you people are playing that's all. Yes, yes what? Tomorrow you don't eat your food the whole day, it will be better for you.

It's not, you see these people have no sense how much I have to work hard for them to find out a boy, according to the age height aptitudes, this that, study all that, and then suddenly they say: 'I'm not ready.' This I can't understand really. You must have some consideration for Me also sometimes, please. Show some consideration, not all the time try to exact, things like this, you are Sahaja Yogis. I've given you Realization. I don't want anything from you but don't torture Me like this all the time. All such people who behave like this are out of marriage list. I will not have their marriages arranged again, I tell you. I'm not going to go through this kind of a nonsense. Sometimes I must also put down My foot. I'm sixty-eight years of age and how much we have to work. If she doesn't like a particular person is all right, but you must have some concrete reason why you don't like. So take it little seriously, every one of you should take it very seriously.

As it is no-one wants to marry French girls I tell you. It's very difficult to marry French girls. I have to tell you very frankly because French girls, their brains are like this, I really tell you. If Antonio is here he'll know. It's very difficult to marry them. Extremely difficult. And also to marry Indian girls to French men is extremely difficult. Antonio will agree. All the French boys are left out. Not that, that they are like that, but I have to request you, that these girls are going all the way from India, you have to behave yourself, you have to treat them well. Nowhere they are treated badly. So I am going to talk to all the French boys, because they are very young and they have to marry Indian girls only, because they are very young. But the French girls I don't know why always, with French girls everybody's frightened. Because this kind of a thing happens. This is only ego, which is stupid. If you were not ready you should not have applied. You understand that? It's a mistake, on your part. You should not have applied. 'Now

anybody else like that?'

Where is Annie? Now what's the matter with you? You are in Iran and you want to get out of that place. That's what your mother told Me. You are in such a position that you have to get out of it. Now do you know you cannot marry an Englishman, they will not have there an Irani. You cannot marry a Frenchman because they will not have you there. No country will accept you because you're from Iran. You want to get out of Iran, that is the reason I thought it would be best to marry you to an Italian that Italians may agree to take you. And he's much more handsome than you are. I must tell you, to be very frank. But this was, Guido's mistake. I Myself felt that he's too good a boy for you; very well educated, he's handsome boy. So you go back to Iran now. I thought you have come with all these difficulties just to get married so you get out of Iran. I just don't understand. Once you go back to Iran how will you come out of it?

This is an example. A person who wants to get out of the country wants to get married this is the only country, or India maybe, Iranians aren't allowed. In England Nick can say: 'Will they accept an Irani girl?' Even Austria, even Germany, I'm sure they won't accept an Iranian girl, won't give the visa. I'm not sure about Italy also. I don't know because they're all afraid of Iranians, and they think they are all Khomeini's daughters, so it's a problem. But still despite all that, just to say no is a game. I'm surprised because I had greater hopes from Annie. I thought you were a wise girl but you seem to be very right sided. For no rhyme and reason just to say no is wrong. Must understand that all these points I considered. I came to the point that you should be married to, a person where you could go and, come out of Iran, this was My idea. Such a thought was given, and suddenly you say: 'No.' For what, for why? If you start thinking about it, immediately your vibrations will stop, everything will stop. If Mother has selected, at least you must know that there must be some reason why Mother has selected. Why don't you think like that, instead of thinking something else? There must be some reason.

Her mother is so much worried about her. I don't know you'll have to go back to Iran and I don't know if you can come out. I don't know if in India they allow, people to come even I don't know what it is. It's all right this marriage is cancelled. [Indian boy's name] a very good boy, he's an excellent boy we can find him a very good wife. Is there any other mishap? Good. Someone there? No one. All right. So may God Bless you.

I'm sorry I have to do all this because I don't want to do all these things in the presence of Delhi people. For Peter it's mutual, she doesn't want also he doesn't want to marry it's all right without asking her we had picked the man. It's all right, that's all right. So may God Bless you.



## 1990-1225, Christmas Puja and Evening Program

View [online](#).

25 December 1990

Christmas Puja

Ganapatipule (India)

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

Christma Puja Talk, Ganapatipule, India, 25-12-1990

[English Transcript]

Today we have such a great opportunity, to celebrate the birth of Christ. He was born in a manger. All these things are already pre-planned. That He should be born in a manger, in difficult situations, to show that whether you are born poor or rich, whether you are born in difficulties, or in problems, if you have Divinity within you, it shines by itself. As the Christianity took a very wrong deviated, line, they have never been able to understand the significance of Christ. To them immaculate conception-conception is absolutely, not possible. Most of the people think that it's some sort of a mythical story. But in India, we do believe that, Gauri created Shri Ganesha out of, Her own, vibrations, and that He became the Deity of Mooladhara. We accept it. But not in the West. They will never accept such a thing because, their mental side is over-developed and dominates them. Maybe, they are not so very old like Indians to understand that above all He is God. Even the concept of God is quite mental. Moreover, the way Christianity has been, it has not provided any proper guidance. On the contrary wherever they have failed, they said "It's a mystery."

But, it's very simple to understand for Indians, that anything is possible for God. After all He is God- He is God Almighty. Because of this mental attitude, which is much lower, than the knowledge of your spirit, the ordinary, mundane type of the superficial knowledge, can never allow the personality to accept the greatness of God. I had a grandma, she was My father's aunt. And she used to tell us a nice story about somebody, who was going to meet God, Of course this, in India everybody understands all these things. They will not say, "How he is going to meet God?" But accept it- all right, he is going to meet God, so, when he was going on the way, on the road, he found one gentleman sitting there, nicely singing songs, bhajans of God, doing nothing on the roadside. So: "Oh, so you are going to meet God?" "Yes, I am going to meet Him. "So have you any message for Him?" "Yes, please tell Him that I'm all right, but He should arrange for my food, because I think the food is now finishing." He said: "Really, that's what you want me to tell Him?" "Yes, yes, please tell Him". "Oh, of course He'll arrange, but please tell Him." So he went ahead, and he met another gentleman who was standing on his head, or in a Christian way I would say, he was going to church every day with nice suits and, singing hymns every day, listening to the pastor's sermons, or whatever you may say; and in the Indian way we can say, he was going to the temple every day, standing on his head, doing all kinds of yoga asanas and everything. He asked him: "Please go and ask God I've tried everything, when is He going to meet me? I would like to see Him, I would like to have His darshan." He said: "All right." So he went, to God, and, whatever work he had he finished with it, and, then God asked him: "Have you got anything to tell Me?" He said: "Nothing much, but I met one gentleman, while coming, and he said that 'I'm doing all kinds of things, I have tried everything, and when will God meet me? I am standing on my head and, I am doing also all kinds of yoga asanas, all kinds of things, and also I am going to church and mosque, I am praying, doing all sorts of prayers, but when will God meet me? So God said: "Tell him he has to do a little more. "See, it's not easy, when Sahaja Yoga will come we'll see!"

So then even he said: "And there is another one who was on the road, You see, he was just, enjoying himself singing songs, he suddenly saw me, he told me: 'You see, my food is now finishing, ask God to arrange it for me.'" He said: "Really, is the food just finishing?" Immediately God said: "What are you doing? why don't you go and look after him, his food is finishing?" "No, no, Sir, we yesterday only, we arranged it, all that." He said: "All right, all right, doesn't matter". he couldn't understand, you know, that, this fellow who is trying all these things and God is still saying that he has to wait. And while this fellow is just singing songs of God and all that, and why is it so much impressed, by this another fellow who is doing nothing to seek God? So then God realized that

he is in some sort of an illusion. So He told him: "All right, you go and tell them one thing". To both of them the same thing, that 'When I went to God what I saw there, was that, He made a camel pass through the eye of a needle. So he said: "Really, I should tell them?". "Yes, yes, you just tell them, and see the reaction."

So he went down. So this is, the first one met him, he said: "What God has said?" He said that God has said: "Wait till Sahaja Yoga comes in, then I'll meet you. Before that you'll go around like this. "Oh God, when will this Sahaja Yoga come?" And he said: "So, but He'll meet me sometime. I hope Sahaja Yoga also comes some time." And he was quite disappointed. So he went. And he asked him that: "What did you see with, there, when you went to see God?" He said: "I saw that, you know, He passed a camel, through the eye of an, of a needle." He said: "What? How is it possible? It's impossible!" Now mental. How is it possible, that a camel gets passed through the eye, it's not possible, see the volume of this one, and such a little thing, How can he pass? No, no, no, no you are just telling me a story, because you have been to God, you are trying to show off that's all. I, I don't believe in all this nonsense. you see, just telling me lies, and don't try to befool me."

So he went to another person who was on the street eating nicely. He said: "How are you?" "I know He had arranged before you reached there, I know it was all right after all, You see He looks after me all the time. So what did you see when you went there?" He said: "I saw that aaaaa! God Almighty passed a camel, through an eye of a needle. It's a very amazing thing. He said: "What, amazing? He is God, do you know He is God? Do you know He is God? God can do anything. He can do anything!" That's made him understand, that if you understand that God is all-powerful, all-powerful, it doesn't mean that He can move Himalayas to Maharashtra, It doesn't mean that! But it means, He is all powerful. Means He can do subtlest and subtlest thing, and such things which our brain, this mental side cannot understand. It's beyond the conception of a human mind. This is what God is. He's the One who has created human beings. He has to be beyond us if He is creating. If a potter creates a pot that means he is beyond the pot. Pot cannot create God.. the potter. And the potter has created the pot, so that means, that this pot which is created by him has to be something which is made by him, so he has to be much more powerful, than the pot is. But it is unbelievable, or say beyond the conception of human beings, that what a, God it must be Who has made this great computer. We take everything for granted. We cannot even make a particle of clay ourself. We cannot make anything, human beings cannot make. Haa, if there is some stone, all right you can put this up. If there is some clay you can make some sort of a house out of it. That's all dead from the dead. But, can you make a candle, which will burn badhas?

You have seen it with your own eyes, that before My photograph the badhas burn. Can you do that? Now you, we have known, also the idea, of the complete, intricate working, delicate machinery, and also very dynamic explosive machinery, how it works, to create human beings, to create all this universe, to create all these beautiful, Aaaa, flowers and trees and everything. Look at the stars, look at how many they are. Out of that He has chosen this Mother earth, to create human beings. How He has made it? When He wants to send His own Son, He can send it the way He wants to send it. Even to challenge this shows the, mental mind which is in, absolutely in mud. So to, accept it, is only possible when you have saints, real saints who tell you, that this is how Shri Ganesha was born out of Gauri. But to jump into it, into faith, when you come to Sahaja Yoga you start seeing miracles taking place. Then you can understand, that these miracles are taking place. And if there is another miracle that has to take place, it will take place in any case. We are not doing anything, it is all done. And we don't doubt it, Once you doubt you become again the same, human being which is just embedded in the mud. I always say that you are like lotuses now opened out. You are not flying in the air, Your roots are down there. But you are now lotuses, and that's what is on top of the lotus, this Mahalakshmi principle is born.

Mahalakshmi principle is the One, which came on this earth as Sitaji, as Radha and also as Mary, as Mother Mary. It's said that Mahalakshmi is born out of the sea. What is the meaning of "Mary"? Mariam means, you know, Mari means "the sea". She was born out of the sea. So She being a Mahalakshmi Herself, She could create a child. What's the harm? She could do anything, and this is the thing you have to rise above. Christians have to rise above this Christianity, and has to understand that it's such a, great thing that was Christ Who came on this earth, Who was the Incarnation of the principle of Ganesha. Ganesha becoming Mahavishnu is a very big thing which one should try to understand. Ganesha is the Son of Shiva. Shri Ganesha is the One, Who, who was first created before creating anything, any atmosphere, anything, because He is the Omkara. And the Omkara is the first breaking of Adi Shakti from Shiva. That sound, "Tan-kar", as they call it, From there started Omkara, and He is the One Who is the embodiment of that Omkara. So this sound is Shri Ganesh, is His power, was created first foremost thing, just to create holiness,

"pavitrata". When this holiness was created, this "pavitrata" was created, then everything was created in the sea of that holiness. And then He incarnated as Christ, but as Mahavishnu, not as Shiva's Son, but as Mahavishnu. And who is Vishnu? Is an uncle of, Shri Ganesh. His Mother's brother is Shri Vishnu. So He was brought up, we should say, by Mahavishnu, we can say, but Mahalakshmi adopted the principle of Shri Ganesh.

In the Kundalini chart you can see that the Shri Ganesha is connected, on the left hand side to the Ida Nadi, and the Kundalini is above that. So now what has happened is this, that He transcended that part, and if He had to come for the redemption, He had to come as the Son of Mahalakshmi. So it was Mahalakshmi who adopted Him, or we should say really, conceived Him within Himself as Christ, and He became Mahavishnu. Anything is possible in the family of Gods and Goddesses, because they are Gods. It is beyond human mind to understand how these things are working out in that realm, very difficult. But now you have got Realization you can feel in the cool breeze, so many new things are happening to you. So now believe Me, that there is no unholy alliances among the Gods and Goddesses, no unholy alliances. There is nothing that is human in them. They're all divine, pure people. Once you understand this point, then you will understand why Shri Ganesha had to accept to be a Son of Mahalakshmi, was born to Him as Christ. Because He had to come on Agnya, and for the redemption as Ganesha, He doesn't do the redemption part, because at that stage, He is for the innocence, for the holiness, for the wisdom or also for destroying the negativity.

But, He had to come up, only He, only Ganesha could be brought to this very constricted, chakra, Agnya chakra, Now why is it constricted? It's quite a scientific thing which I would not like to discuss today. But it had to be constricted and it goes on getting more constricted, this Agnya chakra the more, the more we think, the more we go into the left or right, it goes on really becoming like this, absolutely like this. So in this very subtle area, only Christ could be subtle, because He is the subtlest of subtle. He's even subtler than an atom, because in the atom those vibrations which move, asymmetric and symmetric movements are subtler than the atom. And this is the subtler of that also. So in that little, very constricted area, only a personality like Christ, which is nothing but purity. There is no, other element in Him but purity. All other Incarnations have all the five elements in it. He has nothing, He is nothing but pure vibrations. That's why He could walk on the water, because there was no mass in His body, no matter in His body. No matter. No element, except for Chaitanya itself. Omkara becoming, Ganesha in the mud, or the what you can say, the thing that came out of Her body, Only the Chaitanya. So at Ganesha's stage we can say that the Chaitanya was kept in that form, but in the state of Christ it was not there. But the whole drama was played later on, of His death and resurrection, because He is the One who is responsible, for our resurrection, because He is the Gate. He's the Path because He's Shri Ganesh, Omkara is the Path, and He's the Gate, but He is not the destination. His Mother is the destination. Even Mahalakshmi is not the Destination. Even Mahakali, Mahasaraswati, It's the Adi Shakti is the destination, where you have to reach. All these things were never told in the Bible, because He could hardly live for four years with public life. Nor did they want to tell about it because they did not know, also there was a definite suppression of all Divine things, for these people are all commercialized institutions, as we have also in India all kinds of commercial institutions. But the only advantage in India is that religion is not organized. Thank God for that! But they organized it, they organized Christ, they organized all His principles, everything, and now they think He was a good human being, What a certificate to give Him! So today we are here, to celebrate the birth of Omkara, It's a very big thing. I don't know if you can realize it, what it is, which moves into everything, whether it is "anu, paramanu", is the atom, molecules, into all the organizing of chemicals and also the periodic laws, and also in the gravity, into every thing that moves is this Omkara, and your vibrations are nothing but Omkaras. Actually, in My photograph the vibrations have come as Omkaras. On the head of the people there is Omkara written. How is it happening, these lights look like Omkara? How is it on top of the heads of the Sahaja Yogis, there's all the Sahaja Yogis' heads, there is Omkara? or Allah in Arabic language, My name also, in Arabic. Who is doing this? It is He who is doing all this.

So Omkara itself takes a form to do things, to convince you of Adi Shakti. He's the One who is handling all these powers. He doesn't enter into the photograph, He does not, but He plays a trick. After all you see, if you go into details, how do you get a photograph, Through the light, the light passes straight, a straight line. But if He wants He can make the light pass another way round. He can just transform the light into something else. He can do whatever He likes. And that's what He does to convince you. And He said that: "Anything against Me I'll tolerate, but nothing against the Holy Ghost." And this Holy Ghost is the Adi Shakti. Without Him, you cannot go to the Sahasrara. So that in the whole play He is like the sutra dhara, He's the One who is the conductor, the One who moves the strings in a puppet show. And so it is very important to pray to Shri Ganesha every time we

have Puja. We have to pray to Him, and we, that's how we are praying to Lord Jesus Christ. Every time. Without His auspiciousness, without His help, we cannot do Sahaja Yoga. He's the Manager. See I'm sitting here and He's the manager. Supposing there's no management, how will I speak here? Nothing can happen. But He is so efficient, and you never see Him working out everything, doing everything.

[Hindi to English translation]

You all would not have understood everything I said in English. And today is Jesus Christ's birthday. Jesus Christ, what a great personality He is, that's what I was telling them. We people pray to Shri Ganesha, worship Him, because others told us to do so. But what is He? What is Shri Ganesha? We say that He is Omkara. What is Omkara? All the functions of this whole universe, takes place due to the power of this Omkara, which we call as "chaitanya", call as "Bramha chaitanya". The concrete form of Brahma chaitanya is Omkara, and the idol form of that, or the iconic form of that, is Shri Ganesha. And the incarnation of that (Brahma chaitanya) is Jesus Christ. If you understand this point, so, when we worship Shri Ganesha, like mad people we keep singing. In each and every word of what we are saying, We are describing His powers. Why are we doing this? Whoever has powers, supposing I have some powers, and you have some powers, then what is the need to describe them? So that we also achieve those powers, and with those powers we also become powerful, That is why we worship Shri Ganesha. The greatest of his powers is sacredness. Anything that is sacred is most powerful.. Nobody can touch it.

For example take a soap. You wash it as many times you want or wash it with anything, it doesn't get dirty. At times soap also may get dirty, but this Omkar is holy, clean, and eternal, being, or it is a power, which can work endlessly. When you worship this power, you should remember, that, we want to absorb this power within us, so that, we become pure from within and all our chakras get cleared. Our lives become pure and our society, our political field, our country, and the whole world get purified. And in that purity lies the joy. When something becomes very clean, for example when you have a bath and you wear a clean dress, then you feel very nice. But, when your whole life, gets purified by this Omkar, then we call it as "Atmanand", (joy of spirit) we get that, achieve that. And in the atma (spirit) also, the prevailing power is that of "Omkara" only. But we do not understand what Omkara is. We just say it is something like "ardha matra". (half a syllable) By saying this we don't understand what exactly is this. And when this four powers, "chatvari", which is Ganesha's powers, We see the advent of the same in the life of Jesus Christ But He was alive only for four years. And somehow, about Him, there has been very less knowledge. But in western countries, people started following Him.

Now these people have only brain and nothing else. They have no heart but have only brain. So in that brain, how can such a subtle thing enter? To understand this subtle thing in the mind of human being, the intellect should awaken, meaning, within him that sensitive power should generate, by which he gets filled, with luminary. Gets flooded with light. In that light, You can see that, when this light is falling on the eyes, how dazzling it is. But the light that comes from within, doesn't blur your eyes, but in that light everything is visible. To achieve that enlightenment of the spirit, You see the agnya chakra, this chakra is exactly above the "Medha" (brain). This is Medha. Which is known as brain plate, agnya chakra is on this. When Medha opens, meaning Medha is like this "closed". When it opens, that is when we say agnya chakra has opened. And when kundalini comes up from inside this, and when it covers the upper part of Medha, then in the intellect of human being a distinct quality, which is beyond human being, beyond the intelligence of human, a distinctive divine power, gets awakened. And with this divine power you start understanding what is truth and what is untruth. You feel the same power in your hands also. Gradually, you don't even have to check your hands for anything, you will know it just like that. You will at once understand this is wrong, this is right. But some people start understanding this very soon, I say that such people have been blessed by Jesus Christ. And some people get stuck in the vortex of mind For example, unnecessarily getting trapped in religion, Getting stuck in caste and creed, and thinking that "I like Indians only" or "I like English only".

These kind of thoughts, and narrow mindedness and also conservatism, And miserliness and such things around the world, In our country (India), many kind of parasites, mosquitoes, bugs are available (who live on other's money) Which are not available anywhere else. Whatever is available here, is not available anywhere else. A human, how far and how deep, can fall into a pit, is seen only in this country Sometimes it is very surprising, that in the country where great incarnations took birth, the culture of which is full of devotion, where Lord is worshipped, in such a place, by this kind of filth, and this kind of conservative attitude, we

are decaying ourselves and continuing to do so. At least after coming to Sahaja Yoga we should leave them. But even now this caste creed, this, that, and every other thing is still making us like a vermin. So this "Vishwa Nirmal Dharma", this religion is that of "Om-kara", is that of holiness. In this religion if all these attitudes are going to be with you, then you can not get into this religion. And externally whatever you may say, that "we worship Mataji, we use Her photo, and we follow Her, So by that neither you are going to gain anything, nor the world is going to benefit anything. It is something like a lamp says "yes sir, I have light, so I am giving light to everyone". Then others will say "show, where is your light"? We are deceiving ourselves. So whoever is in Sahaja Yoga, first they should completely convince themselves, that now we are not going to deceive ourselves. "We are going to leave this completely and get deeper into Sahaja Yoga". Only then you will benefit out of this. Now I have noticed what happens to this, half-baked people. It is possible that because of going to some Guru you may have problems. Or because of the wrong company also you may have problems. Because today we are in that Era, which we call as Kruti Yuga, where in this brahma chaitanya (vibrations) will become active. This will work. Now you, can neither deceive yourself nor you can cheat Me. Whoever adopts the path of deception, will bear the consequences. One gentleman came and told Me "mother, when I am meditating my face becomes this big". I said "is that so"? "how does it look like"? He said "Like Hanumana". I said good, "you have become Hanumana". He said "no mother, I feel agitated, that my face is going to burst" "You chew tobacco, right"? "Yes, That is right". I said, "then chew tobacco, why do you meditate"? "You want to chew tobacco and meditate as well". Then the face will obviously bloat. Another gentleman came, and said "look Mother, my this finger is cut". [unclear word]. "alright, were you smoking"? he said "Yes". "so my this finger is hurt". A gentleman met with a car accident. He came and told that "Mother, only this finger is gone". "only this is hurt (index finger) because I smoke". You come to Sahaja Yoga and still smoke and consume liquor. And you do all other things, you claim to be a Sahaja Yogi, roaming around with a big badge. The same badge which you are wearing, is going to break your head, let me warn you. If you think that it is a simple thing to wear a badge, then it is not so. The badge which you are wearing will break your head, which I don't want, I am not going to break.

Do you understand that this badge is not an ordinary thing. It has a coefficient. Meaning, vibrations flow out of it. The same vibrations, if encircle your throat and strangle you, then you will say, "Mother, I was sleeping with the badge on, then how did this happen to me? The badge you were wearing, came out and broke your skull. So don't put on the badge, if you want to use it, then be worthy of it. Now-a-days everyone says "Mother, give one badge, we want to put it around the neck as a locket, You wear it but with caution, do you get it? Don't blame me later that," Mother, I wore this and went, still I slipped and my leg broke". That badge only made you slip, so don't wear it. If you want to wear it, then you should have the eligibility and worthiness for it. If you are not eligible to wear this, then God save you from Jesus Christ. And Shri Ganesha is one step above Him. He has the axe (parasu) in His left hand, If He hits with it like this, then what can I do? As for He is concerned He doesn't listen to me, now that you have worn it, then He says "now wear and face the consequence". So to wear this badge or, to wear the pendent, to wear the ring, Oh my God! you have to be very careful. When you go to washroom, remove them and keep carefully.

About My hairs also I have told people to oblige. These hairs have been given by "Yama". (God of death). He is always behind them. So, please, if you see them lying anywhere, be kind enough to return them to Me. I don't want you to face any problem, because I am a mother also. But these people (deities) are not your mother or father. They are your brothers. They go behind you with a stick. So understand that you have come to Sahaja Yoga, "Oh! it is so joy giving with bhajan and all" Then how did you get the blow? So that's why, the specialty of Sahaja Yoga should be understood thus that this is the knowledge of the supreme God. The supreme God is not a Mother. Mother is all affectionate. She understands that these are my children, at times they do this and do that, it's alright. But, The supreme God is watching, how you all are behaving? After a lot of hard work, We, that is your Mother gave you all Sahaja Yoga, And where is your foot wobbling? What mistake are you doing now? And so you should act with understanding.

But, I would say that, Adishakti is definitely the power of the God almighty, She is His desire. But, The God almighty, is watching, that all the hard work that is happening, and in the drama created by Her, how many are truthful and untruthful. And He is calculating, who all should be taken to task. Whoever is good, also should be considered sometimes right? It's not like that. But whoever is insincere, He will catch them. And He will give everybody a blow. That is why, kindly, do whatever you have to, with a clean heart, with an open heart. I have not told you before that if you have other interests within, if you have blind faith, if you have casteism within you, Or if you have "we Indians are great" kind of feeling within you, These kind of feelings are myth, it has no purity, You kindly get rid of all these feelings, and then wear my pendent. Because with each pendent one "Gana" is appointed.

And they (ganas) are around you. They always protect you, in a way they protect you to stop you from doing wrong things. Because, they know you in and out. So, today this warning also was very essential for you all. And also, it is a very happy occasion that if, In this world, Jesus Christ had not come, and if he had not made us sit on his Agnya Chakra, and opened the path of rebirth, path of resurrection, then Sahaja Yoga wouldn't have been possible.

It was very essential that He took birth. But there is no fight among themselves. All of them (incarnations) are, born on one single tree, on a living tree they all were created and this tree was flourished finally I came on Sahasrara, and this work (Sahaja Yoga) happened in Sahasrara. If tree is not there, how can Sahasrara be there? And if the Sahasrara is there, then this tree only has created that Sahasrara. So, it is the responsibility of the tree also to take care of the Sahasrara, and protect it completely, and punish those who go against it (sahasrara). So, for all of you, today is in a very special sense, is of importance, that if Jesus Christ had not come, then, our resurrection wouldn't have happened. Because, we tell Shri Ganesha that when our time for moksha comes, you please protect us. this is a saying, that at the time of our moksha you save us. At the time of moksha He Himself (Ganesh) appears, on the agnya chakra and gives you protection. So Today's day is very auspicious for all of us, very joy giving day also, and at the same time cautions us also, that "Be careful". And if you get stuck in "agnya chakra", then you will end up either in a mental asylum, or you will get some other disease. The sanctity of agnya chakra should be maintained, meaning our thoughts should be pure. If impure thoughts come, then we should keep forgiving them. Thoughts should always be pure. And as you start ascending, you will not get impure thoughts, only pure thoughts will come. This Sahaja Yoga is made only for your joy, for your greatness, for your dignity, and for your over all progress. But along with that this fact also is contained, that for this great work, and for the people who are completely attached with this work, if one does not co-operate and provide their full support, also may land up into deep trouble. Those who are doing this work wholeheartedly, you should support them wholeheartedly.

In many people now I am noticing the disease of miserliness. For example, "if 4 rupees can be saved, it is okay, let me save it". If you try to save 4 rupees, you will lose at least 400 rupees, just like that. And your 1 rupee given to Sahaja Yoga, can be equal to 1 lac rupees. Meaning, one rupee will be enough, that's what I am telling you. But we are not giving anything, everything belongs to Mother, we are giving Mother, what is Hers. And, I don't take anything, you know that I am trying to resist every day that don't give me presents, I don't want anything, don't give Me sarees, From morning to evening, since 5 years the tussle is going on, no one listens, I have been asking them to reduce buying gifts, Now the prices also are increasing, and I don't need anything. But for Sahaja Yoga money is required. But there are people here, who feel that eat food for free is right. Later if they have stomach problem, I am not responsible for that. And this place is not for beggars. This is for people who are wealthy by demeanor. If you have the mentality of a king, then come here. There is no need that you should have money. Many rich people are extremely stingy, and so peculiar that it is difficult to understand them, And many poor people like me are such that they find joy in just giving to others. When your one hand opens you take from it. But only when the other hand opens, you will get from that hand, otherwise it will stop there. But when I hear about miserliness, I feel very disgusted you cannot imagine.

But, I liked the other day's scene, when there was nothing to give, people accepted my photo with affection. "Mother, please give us your photo this time, we will feel good". Satisfaction, should come first. After the satisfaction human being, nobody can sacrifice like Jesus Christ, right? But, that sacrifice should be gladly accepted. It can be difficult, but it doesn't matter. But we all doing a very great job. And not just for us, we are doing it for all others. Next year I am going to get your name list. and I want to see, specially, about the complain on Bombay people, that, they completely refuse to pay money. And the Mahalakshmi temple is in this Bombay. What is the use of that poor Mahalakshmi and the temple? Where Mahalakshmi Herself came out of the earth, and in such a place people are so stingy that, they do not want to pay at all, thinking that Mother is doing everything, so come, let us just relax and enjoy. Aa such everything will happen whether they pay or not, But what will happen to them, think that. The quality of Mahalakshmi principle is that, when we become a contented personality, when the Lakshmi principle attains maturity, the Mahalakshmi principle gets awakened, and we start searching the truth. If there is no contentment within you, you cannot attain the Mahalakshmi principle Look at Seeta Ji's life, how long did she stay with Ramchandra Ji? Radha Ji's life, And after that Shri Jesus Christ's Mother's life? In all the three lives there is plenty of sacrifice. Without the great satisfaction this was not possible. So with the Mahalakshmi principle human becomes contented, and with this principle he seeks the truth, And during this seeking, he leaves behind the untruth. In today's Mahalakshmi Puja, Where in we are worshipping Jesus Christ, and His mother Mary then we should get into total contentment. When we get satisfied with materialistic things and worldly things, only

then the Mahalakshmi principle awakens within us. And then, the Mahalakshmi Principle manages the Lakshmi principle. And Lakshmi Principle starts manifesting by itself, gets implemented by itself and gives the benefit automatically. Automatically everything constructive happens. So, I just have to tell you that expand your heart. Be generous. And establish that Omkara within your heart, establish that essence of the spirit, establish that Jesus Christ and the Ganesha within you, because of whom, all our undone work will be done, and you can have authority over me. Without them I can not give you any right. In the raising of Kundalini also, until, from the mooladhar the permission doesn't come, unless the Ganesha, present in mooladhar says "Yes", not only Me, but no one can raise the Kundalini. These are His reserved rights.

If anybody thinks that He is very close to mother, then they should understand that even if He is close, and in real He is close to mother then that is happening with Shri Ganesha's consent, Jesus Christ's consent. Without their consent, I can not accept anyone. This is a bondage upon us, that's why I tell you again and again that "be careful". Their bondage has to be accepted. And whatever is their opinion about you, whatever they think about you, I have to take into consideration. How ever hard I may forgive, from a mother's point of view whatever I may say, But I am lost in front of these deities (Jesus and Ganesha). And You should know that, "They" are there to help you, to cleanse you, and do everything for you, But "They" have one expectation from you, I have no expectations, I am without expectations, I don't want anything from you, however you are it is fine. But, "They" have expectations that, if you say or do anything against Me, or if you do any kind of "pettiness" in Sahaja Yoga, or you do any kind of cheating or any such thing, then "They" will be behind you.

That's why I am telling you again and again, on this day, on this auspicious occasion, we should realize that, such great powers are standing by our side. And why shouldn't we accept these powers and live like an emperor? And why should we be "Petty minded", when we have such a big throne, then let us sit on the throne with dignity. And let us live with that dignity, as we are supposed to. Now you all are Sahaja Yogis, you are saints, it is a very great thing, when were there so many Yogis? And so many saints have come to "Ganapatipule", where in Maha Ganesha is sitting, He is called Maha Ganesha. And in the Maha Ganesha's, aaaaa, family, we all have joined. We have come to His forum. And with His blessings, within us also, great powers as He has, can manifest. But first of all, to withstand that power, His purity should be established. And there should be a devotion (bhakti) towards him. The bhakti should be in such a way that, there is no selfishness of any kind in that. There is only Bhakti. If we can ready ourselves like Him, then He takes care of rest of the things. Then He is at your disposal to manage you. But if you go on the opposite side, He may also harm you. just like that, aaaaa, I want to make you understand something sensible. Because a mother always feels that, these children of mine are very sweet, and you should only benefit from them. (deities) Then I also feel that you should not feel sorry later.

That is why, I am explaining to you, when we have created such beautiful atmosphere here, and gathered like one family members, and we all are together, then these elder brothers of yours should be acknowledged by you, that they are present and they should be recognized. And if you worship them and make them happy, it will be really good. But they don't get pleased so soon. Until you are cleansed from within, they won't be happy. So you clean yourself from within, and take a vow today that, in future we will completely discard all types of pettiness, frivolous act, and trivial matters. And we shall look up to these deities' greatness and purity, and consider them as our ideals and steer our lives in that direction. If we do just this, it will be our benefit from all sides. My infinite blessings to you. And you all have come here with lots of love, I can not say thanks to you all, but it is just that my heart is deeply moved. and in this heart, you all are residing, and I love you all too much. and I look at you with immeasurable love. and my thoughts are always around your protection. My total attention and thoughts are towards you, and for any kind of problem you can write to me, but you yourself should become pure, you should become clean, and you should become delightful and experience this joy till eternity.

1990-1226, Evening Program with the comments (mic away)

View [online](#).

26 December 1990

Evening Program

Ganapatipule (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED



## 1990-1227, Wedding Announcements

View [online](#).

27 December 1990

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) – NEEDED

19901227 Marriage Announcements Ganapatipule India

## 1990-1227, Makeshwarashiva, talk

View [online](#).

27 December 1990

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Makeshwarashiva. Ganapatipule (India), 27 December 1990.

Even in the Bible, in the , it is said that whatever is created by Mother Earth or by sky should not be reproduced by human beings and be worshipped.

For example, even in Mecca, we have got Makeshwarashiva; in our puranas, he's described as Makeshwarashiva itself. That's why in Mecca we have a stone which was respected by Mohamad Sahib, you see, this subtle point should be seen; that it was a svayambhu one and it is a Makeshwarashiva itself was there. So He was respected. And every stone is not created by the Mother Earth; because the Mother Earth whatever it creates has got a coefficients which Mohamad Sahib, being an incarnation of Adi Guru or the Primordial Master could see and said that, "This is the stone, is to be kept here and go round that stone," but didn't explain much about it. As it is, He was tortured by people. They were all people who wouldn't understand Him.

But now here we have got Svayambhu Ganesha, and you see their vibrations coming from them. So the differentiation has to made; the svayambhu and the one which is just created for commercialization and things like that, reproductions. Even the photographs or the paintings which are created by people who are not realized souls will emit very bad vibrations. That's why it was prohibited to have even the photographs, this was the situation.

But if you go to Sistine Chapel you'll find it's tremendously vibrated because Michaelangelo was a realized soul. So because that time this discrimination was not there, so generally it was stopped, "Now don't do it!" so that you do not fall to any traps.

But now after realization you'll know which is real, which is unreal. Once you know that then it's different but when you do not know you will fall into anything, like any stone you'll worship. That's why it was just prohibited that, "Don't worship any stones and don't have any photographs," for the same reason that there was no discrimination at that point.

But today it is not so. Today you all have become the saints, you have become walis, you have become realized souls; now you know what is real, what is not real. So to understand these things deeply we have to know that we must have our vibrations to understand what is right and what is wrong, all right?

## 1990-1228, The Weddings

View [online](#).

28 December 1990

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

This is the most important occasion for you all.

Of course, self-realisation was the first most important step. And now that you all want to marry, you must understand that it's a responsibility as Sahaja Yogini's. Much greater responsibilities than normal brides have. As I have already told you, that to make the marriages successful, you will have to be extremely sensible, mature. You shouldn't behave childishly in any way. Now the childhood is over and now you are becoming Gruha Lakshmi's. So you have to behave in a way a Gruha Lakshmi has to behave. I've also told you that you are like the Mother Earth, that you have to give as much love as you can, as the Mother Earth does, and that she has power to bear lots of things and to make the married life happy. It's important for you to say things which are congenial for your marriage. So try to forgive, try to be kind and sweet, because men have to work outside and they suffer a lot. When they come home, you are the one who has to pacify them, to look after them. Because it's not question of your married life, it's question of the collective living society of Sahaja Yoga.

In that society we have to be very sensible and mature. I think it's the brides who will make the family happy, who will look after them. Forgive all the shortcomings of your husband, they are men after all, and you have to be one of the mothers of your children. So it's a very enjoyable time. If you don't think about it and enjoy your husband, don't criticize them, don't try to sort of find out faults with them. As you are not perfect, they are also not perfect. But you should try to be complementary and take the life in a way that you are Sahaja Yogi's. I think the more responsibility is on wife. Actually, ninety-five percent responsibility is on the wives. And they have to look after the husbands, the family, the children, the in-laws, everyone. It is for them to make the life of your society happy. Social life is to be maintained by the housewives. So now anybody Sahaja Yogi's come to your house, you should be very happy to entertain them, to look after them, and not to show any kind of selfishness and self-centredness. And should know that you are part and parcel of one family, and you have to look after all the people who are your part and parcel.

You have to be very gentle and kind. There's no need to be harsh. And it for that sort of nonsense is not needed, because you are not the same as your husband is. You have much more powers to bear and to understand. You have to be matured people. That's the main thing, you must know that you have to be matured. In maturity you should see how things work out. It is you who has to manage, you are responsible for it. So once you understand your responsibility, I'm sure, you'll do very well. It's not the responsibility of the husband, but it's your responsibility to look after the social side of Sahaja Yoga. And as a part of that, your family, wherever you are, whether you are in the ashrams or you are outside, you have to be extremely kind to each other, forgiving and giving. And I should hear very good news about the brides of 1990. I hope so. You will not let me down. I have chosen all of you, I have chosen your husbands also, and I'm sure they have to say that such beautiful wives we have got. You are looking so beautiful in the same way. Make your family also very beautiful, your children beautiful, and the whole of our society should be very beautiful. So remember the responsibility of having a beautiful society depends on you. We should give up all the pettiness, all the jealousies, all the stupidities of our young age. Now we are entering into new era.

May God bless you all.

## 1990-1230, Evening Program

View [online](#).

30 December 1990

Evening Program Weddings

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

In my husband's generosity, he had asked me to give some presents for the Yova Shakti from Bombay that I have already given.

I would like to tell him. But for the UK sahaja yogis who have helped him, I have got some presents for them. So please, one by one, you come and Mr. Srivastava will give. Please, Lathman, is he here? Please, Lathman. [?] Chris Packmore, Chris Marlow, Antonio, Hari Ramra. I think Antonio's brother is here. He's getting married here. And Daniela.

[Hindi] That's different. Oh God! There's one for Derek Lee, but he's not come. Chris Marlow has not come. Chris Marlow is there? Chris Marlow? Chris Marlow. Chris Marlow? Chris Marlow, please. He's not here.

All right, we'll send it for him in the tent. All right. Now, the whole atmosphere was created. All these things were erected. To my surprise, such beautiful arrangements of electricity and everything was done of water. The whole building, whatever you are, all done in a month's time by one great gentleman whom you know very well, is so dedicated, that is Mr. [?]. He's done so much, and I do not know how to thank him. He's so disciplined, he's so determined and he's so dedicated. I think this will be your ideal for dedication.

Thank you. For over for Baba Mama, I've already given a present in the room. All right. Tomorrow we are going to have...

## 1990-1231, Recording in Railway station

View [online](#).

31 December 1990

Recording In Railway Station

Public Program

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Sahaja Yogi: Gregoire said opposite.

Sahaja Yogi: Gregoire explained to me [unclear]. As long as you explain a little the meditation, then, Yogi Mahajan [cut in the video]

Shri Mataji: [Hindi]

You will just take this part or go around?

Cameraman: Just above like this.

Shri Mataji: It's all right. It's all right. But you can remove this table.

Cameraman: OK.

Interviewer: Your students, you try to address them well, not that they don't seem to have time, they are quite good people.

Shri Mataji: Yes. So [unclear].

Interviewer: So we will need their response. So, if you have any idea, I don't know.

Shri Mataji: What?

Interviewer: If there is a reason for them because they will, may be better students and better people [unclear].

Shri Mataji: Then for 5 minutes

Interviewer: As long as you want but 10 minutes it's OK.

Shri Mataji: All right.

Sahaja Yogi: We're quite greedy Mother, we'll take whatever.

[Laughter].

Interviewer: Everyone please be quiet now. Let's just go ahead.

Cameraman: OK.

I bow to all the seekers of truth. Truth is something which cannot be changed. It cannot be challenged. It cannot be imagined. One has to feel the truth on your central nervous system. What is the truth? The truth is that you are not this body, you are not this mind, you are not this intelligence, you are not these conditionings or your ego, but you are pure Spirit. This is one truth.

The second one is that this whole universe is covered with a very subtle energy which is called as the All-pervading Power of God's love. Or in Sanskrit language, it is called as Param Chaitanya. So, these are the true things which we have to seek. And this is what, once we know what it is, then the truth, you can feel it on your central nervous system.

3:49

For this happening, there's an arrangement within us already made within our being, is a power which is a residual power of Kundalini. It's called as Kundalini because it is coiled in 3 and a half coils. It is resting in the triangular bone called as sacrum, that shows that the Greeks knew that it was a sacred bone.

3:52

This is the energy that has to be awakened and when it is awaken it rises through six very subtle energy centres, and pierces through the fontanel bone area. And then you feel as if a cool breeze is coming out of your fontanel bone area. But this is just like a connection with the mains, as we have for every instrument.

With this happening you become a Self-realized person, in the sense that you develop a new dimension in your awareness, in your central nervous system, on which you can feel the centres or these chakras of your own being and that of others. So, you get the Self-knowledge.

Also, you get a knowledge about others, what are their problems. Thus, you become collectively conscious as Jung has said that, next stage of human awareness, is going to be collectively conscious. So, you become collectively conscious. It's a question of becoming. It is not just a certificate. It is not exercise. "Sahaja": 'saha' means 'with and 'ja' is born with you.

Also, "sahaja" means spontaneous. "Yoga" means the union with this All-pervading divine Power. Sahaja Yoga is the right of every human being to achieve that ascent. In the evolutionary process, we have come to the stage where we are human beings. The knowledge that we have is not absolute. To get to the absolute knowledge, we have to rise higher into new realm, beyond thought. And this is the new realm which you achieve after Sahaja Yoga, by which you feel the truth, the absolute truth, and everybody feels the same.

With the awakening of the Kundalini, so many things also happen, because it nourishes all your centres. By the nourishment of the centres you find that your health had been improved. Definitely, Sahaja Yoga has cured many psychosomatic diseases like cancer, no doubt about it. But it only happens if the Kundalini rises and pierces through your fontanel bone area. Then only it happens and it works out in a way that will definitely show you that something new has happened. But apart from that, you get your mental peace. Many mental cases have been cured. Also, you get your intelligence suddenly sharpened, because the brain that you are using is just a wee part. But when the light of your Spirit comes into your brain, you start seeing things much more deeply and understanding them much better. It's such a remarkable thing that it has to happen to all of us as the last jump or the breakthrough into the evolutionary process.

As this Sahaja Yoga is not a new thing, it has been there, but it was only transmitted from one master to one disciple. Only in the 12th century, somebody wrote about it very clearly for the masses.

And now it is [cut in the video] 7:52

Thousands of people are getting Realization all over the world.

May God bless you.

[End of first recording ]

Shri Mataji: You'll not be shortening it.

Interviewer: It is very, very nice.

Shri Mataji: I could have said, "You cannot pay for it", but that is not necessary.

Interviewer: I think it requires mentions.

Shri Mataji: Hum ?

Sahaja Yogi: Shri Mataji, many of the seekers in and in the US have done seeking through drugs and you've spoken in the past with great compassion about what drives people to drugs, and their need for it.

Shri Mataji: Would I say something about it?

Sahaja Yogi: Would it be possible to speak about that? I think it might reach their hearts. Because as soon as they feel guilty or ashamed,

Shri Mataji: East and West are little different [unsure].

Sahaja Yogi: They don't know why to stop. They don't know why to stop taking drugs like, what's the reason? Why should we stop taking drugs?

Sahaja Yogi: Or why they did it in the first place, [unclear].

Shri Mataji: OK.

[Second recording]

In India, there has been for ages a struggle or a movement to find the truth. As a result of that, people have become more on the spiritual side than on the materialistic side. There is another thing that lots of saints were born, in this country, who have talked about the knowledge of the Spirit, we call it as 'adhyatma' [the Self].

If you do not have the base of this spirituality within you, or at least, the understanding about spirituality, with any progress, one can top it down.

Because that is the foundation of human life. If you have the proper idea about spirituality, then whatever way you achieve in life,

it doesn't give you ego and it doesn't put you into imbalances. This is the reason why the people in the West, started seeking. They didn't have the proper idea as to what should be the life style of a seeker, which Indians have. Because they never had this idea, they succumbed to certain things like falsehoods. Then also they succumbed to things like drugs. Now drugs are another thing which takes you the imbalances. It can never take you to the Divine. The reason is that it reduces your awareness while, when you come the Divine, your awareness becomes very much increased. Not only that, but sharp and penetrating.

So, whatever makes your awareness down, or lowers it down, has to be against the spiritual progress. So, if you want to have the truth then you have to give up your drugs. But I think in Sahaja Yoga, I've seen wonders that, even if you do not give up drugs and you come to Sahaja Yoga, when your Kundalini rises, then automatically you give up drugs.

I don't have to tell. Because sometimes I find, if I talk against drugs, many would just leave the hall. But I don't talk about it. I just raise their Kundalini and next day, they are out of it. So, that can happen to you because, in the light of the Spirit, you can see if you are holding a snake in your hand or you are holding a rope. So, that is how, to get to that higher state, you have to be prepared that this, all the kinds of drugs and all kinds of intoxicants which you have been using, have to be given up. Because they reduce your spirituality, not only, but they reduce your awareness even to understand.

So, I wish luck to all the people who want to give up drugs. It can easily get it done through Sahaja Yoga. For all these things, you don't have to pay. It's your own power within yourself which works it out automatically, because it's a living process. It's a living process and this is where we all have to reach.

[End of second recording ]

All right? [cut in the video]

... Are respected.

But that's another thing they say. In the West, you see respect everything that way, they don't know.

I've seen people who come to Sahaja Yoga, they bring their children and they bring their sons and daughters and say that, "They very dull at studies. They're not good at studies". So, I tell them that, "If you just make them be Realized, their brain will be more enlightened". And it has happened that many children who were regarded as absolutely hopeless cases, became very, very brilliant. And we have some records.

Like there was one boy who was only 21 years of age and he passed his chartered accountancy which no one has done so well. We had another record of a boy about his medical studies. So, we have records and all the children who are following Sahaja Yoga are getting scholarships and they are doing very well.

The reason is that once you get your Realization, not only that you uh activity improves, but also there is a complete balance in your life and there is no struggle between your heart and your brain. And you are just settled down with yourself. It's such a peaceful state!

So, for students, it's important that they should take to Sahaja Yoga. And they can learn things so fast, that lot of time will be left for them. And we have cases like that.

Those boys, they are just fast, how? [Unsure]. They say, "Nothing, we just nothing we just did something, and the same thing in the class. And the same thing came even in exams". They told me. It's perfectly all right.

So, so many cases we have got, where people have done so well in their studies.

[cut in the video]

... can be solved, if human and get their transformation.

You see, this imbalance has come to us to such an extent, that now we have got ecological problems. The ecological problems are only manmade, they are not made by God. So, if a human being gets completely transformed, all his habits change, all his hankering change, he become a satisfied soul. And he doesn't try to acquire things to that extent nor does he want to aggress other people with his business , nor does he want to produce too many things at a time. Moreover, we have produced lot of plastics. That was not necessary. We can do with one proper plate of brass instead of having ten plastic plates.

So, all this Western grow has been like a tree which has grown too big and has not found out its roots. Sahaja Yoga is the way you can find out your roots. And that's how this big huge civilization, which is on the brink of a shock, will come to life and you

will see that the future is going to be beautiful for all of us.

[Cut in the video]

... that book will be read very soon.

So, [Hindi] I am waiting for Mister Srivastava to come.

[Cut in the video]

They said that, "The flight is cancelled and it is going tomorrow". I said, "It's a very good chance, we can go and see the ashram you wanted me". I told him that, "When we'll reach the hotel where you'll be, exactly at 7 o'clock". So, we went there. We bought that ashram, in that short time. did everything, finished it. And then we rushed back. It was raining very heavily on the way. Still, we rushed back, reached the airport- reached the hotel, first the airport and we saw they were not there. We came to the hotel and everybody was missing. So, we asked them for the keys and we saw they had used the bathrooms and everything, to reach to [unsure] the airport, So, I said, "All right, let's go back to the airport at least". They had left two minutes before seven.

[Hindi] Two minutes before seven. And such a of problems with that. Then we rushed to the airport, we saw them there.

I never miss any plane. Except once, but that was inevitable because we started quite early that time, I think that must the reason we must have missed the plane.

[Laughter]

Willough hurried up, very much, very much. And he said, "This is a road which is very good for us to reach the airport". And it was all jammed, absolutely jammed. That surprised people. I told not to hurry up.

All right. So, those people who are going, you need not bother all the other people. We have buses. You can arrange one of the buses. They can come. Sahaja Yogi: There's only one thing. All the luggage is on the roof. So, it has to be unloaded. So, it will take a bit longer. And it's all mixed together.

Shri Mataji: Who is there in here?

Sahaja Yogi: The French and the north Americans. So, we can just go with the French and-

Shri Mataji: Oh, you see, what they can do, is to take this bus and take out the luggage that they have, and send it back again. The same bus can take them. They said two hours, the flight [unsure]. You see?

How much time do they take, to take out the luggage?

Sahaja Yogi: It will take quite a while to unload it, because they're quite heavy and.

Sahaja Yogi: Half an hour.

Sahaja Yogi: I don't think, no, dear.

Sahaja Yogi: To [unclear] bus roof, it's half an hour.

Shri Mataji: All right.

Sahaja Yogi: And it's all mixed too. Even if everyone is with them, it's all sort of mixed together. So, if we stay the night that's nice, that's much longer anyway. We can stay three-

Shri Mataji [to someone else]: People plan out so deeply how to do with you and how to neutralize your plan.

[Laughter]

Sahaja Yogi: You're doing very well [to the Sahaja Yogi].

Shri Mataji: Now, one thing you can do. Let this bus go there and wait. We'll send them by another bus. How many Americans are there?

Sahaja Yogi: Americans, Canadians, maybe 14. very small number.

Shri Mataji: So, why jumble with them? 14, we can just send just them a bus like that.

[Hindi conversation]

One American can go with these, as a punishment. All right. And he can keep the luggage of these people. Let them take out their



luggage. They can stay there. These people can follow, 14 people.

Sahaja Yogi: Sure. Because that's too much to go. And then, what I'm thinking about America, how far it is. You see, you must know that at least one night of proper sleep is necessary. [Hindi] Why torture them?

Sahaja Yogi: He said there are 50 French there.

Sahaja Yogi: There are more French than the bus can take.

Sahaja Yogi: There's 74 total.

Sahaja Yogi: Seventy-four.

Sahaja Yogi: So, two buses will have to go for the French in any case. Because there is more than one bus for the French.

Shri Mataji: It doesn't matter. It doesn't matter, what is there? You see, they must rest in the night also. Because they have to travel such a lot. American are [Hindi] They should take proper tea, everything and then go.

[Hindi] I mean I'm thinking from Mother's point of view.

[End of video]

[ Transcription from 1990-1231 Unique Discovery Shri Mataji Sahaja Yoga Intro]

Shri Mataji: The truth is that we are not this body, this intellect, emotions, this ego, the conditionings, but we are the spirit. And the second truth is that there is a subtle , All-pervading Divine Power which is doing all the living work.

Announcer: In 1970 Shri Mataji Nirmala Devi founded Sahaja Yoga, a dynamic technique for meditation that takes us beyond our limitations. Through the awakening of the spiritual energy within us, we can experience the integration of all aspects of our life, physical, mental, emotional and spiritual. Thousands of people from more than 40 countries have experienced this enlightenment. True peace in the world will only be achieved through the inner transformation of human beings. Sahaja yoga, [is] the unique discovery.

Shri Mataji: I bow to all the seekers of truth. Truth is something, which can not be changed. It can not be challenged. It can not be imagined. One has to feel the truth on your central nervous system. What is the truth? The truth is that you are not this body, you are not this mind, you are not this intelligence, you are not these conditionings or your ego, but you are pure spirit. This is one truth. The second one is that this whole universe is covered with a very subtle energy, which is called as the All-pervading Power of God's love. Or in Sanskrit language it is called as Paramchaitanya. These are the two things which we have to seek, and this is what once we know what it is, then the truth you can feel it on your central nervous system. For this happening, there is an element arrangement within us already made within our being, is a power which is a residual power of Kundalini. It is called as Kundalini because it is coiled in three and half coils. It is resting in the triangular bone called as sacrum. That shows that the Greeks knew that it was a sacred bone. Now, this is the energy that has to be awakened, and when it is awakened, it rises through 6 very subtle energy centres and pierces through the fontanelle bone area. And then you feel as if a cool breeze is coming out of your fontanel bone area. But this is just like a connection with the mains, as we have for every instrument. With this happening, you become a self-realized person in the sense that you develop a new dimension in your awareness in your central nervous system. On which you can feel the centres of these chakras of your own being and that of others. So you get the self-knowledge , also you get the knowledge about others, what are their problems. Thus, you become collectively conscious, as Jung has said that [the] next stage of human awareness is going to be collectively conscious. So you become collectively conscious, it is a question of becoming it is not just a certificate, it is not exercise. Sahaja, 'saha' means with, and 'ja' is born with you. Also, sahaj means spontaneous. Yoga means the union with this All-pervading Divine Power. . Sahaja Yoga is the right of every human being to achieve that ascent. In the evolutionary process, we have come to the stage where we are human beings. But the knowledge that we have is not absolute, to get to the absolute knowledge, we have to rise higher into [a] new realm beyond thought. And this [is] a new realm which you achieve after Sahaja yoga, by which you feel the truth, the absolute truth, and everybody feels the same. With the awakening of the Kundalini, so many things also happen, because it nourishes all your centres. By the nourishment of the centres, you find that your health suddenly improves. Definitely Sahaja yoga has cured many psychosomatic diseases like cancer, no doubt about it. But it only happens if the Kundalini rises and pierces through your fontanel bone area. Then it only happens, and it works out in a way that will definitely show you that something new has happened. But apart from that you get your mental peace. Many mental cases have been cured. Also, you get your intelligence suddenly sharpened up because the brain that you are using is just a bit part but, with the light of the spirit comes into your brain,

you start seeing things much more deeply and understanding them much better. It is such a remarkable thing, that it has to happen to all of us as the last jump or breakthrough into the evolutionary process. As this Sahaja Yoga is not a new thing, it has been there, but it was only transmitted from one master to one disciple. Only in the twelve century, somebody wrote about it very clearly for the masses, and now it is becoming practical and thousands of people are getting realization all over the world. May God bless you all.

## 1991-0101, Documentary film about Sahaja Yoga: The Essential Medicine

View [online](#).

1 January 1991

(Location Unknown)

Narrator: Shri Mataji Nirmala Devi - grandmother, scholar and freedom fighter. As a child she lived in Gandhiji's ashram, as a student she studied medicine and as cry for freedom swept India she fought for her nation's independence. The year 1970 was about her most important role. The discovery of development of Sahaja yoga, a movement which is now spreading in worldwide. Sahaja yoga is a science of integration which results in man's mental, physical and spiritual wellbeing. The union of mind heart and spirit is a achieve through the working of a subtle energy system within each one of us.

Shri Mataji: "That you are not this body, this mind, these conditionings, this ego but we are the spirit. You don't have to accept what I am saying blindly because blind faith leads to fanaticism. But as scientist you must keep your mind open and see for yourself what I am saying if it is so honestly you must accept it."

Narrator: In today's society this subtle energy system which has its origins in very roots of our being has been neglected. It is out of balance. Today's physical and psychological diseases are gross expressions of a subtle system in dire need of repair and nourishment. Our collective desire of a peace and rejuvenation is a yearning coming from deep within. It is a reflection of our internal condition.

Shri Mataji: "We know so much though science about our civilization our advancement . This is a advancement of a tree which has grown outside very much but if we do not know our roots we will be destroyed. So it is important to know about our roots. "

Narrator: Within each individual the subtle energy system or subtle body is divided into 3 channels right, left and centre. The right side channel corresponds to right sympathetic chain of the autonomic nervous system and left hemisphere of the brain. While the left side connects to the right hemisphere of the brain and corresponds to the left sympathetic chain. If a person suffers a stroke in the right lobe of the brain it is commonly known that the left side of the body becomes effective. In line with the opinion of the psychologist Sahaja yoga identifies the right hemisphere of the brain has been responsible for the functions of the lateral, artistic, expressive thinking. Those functions traditionally believed to be more predominant in a females. The left hemisphere corresponds to functions of the linear, computational and mathematical logic traditionally considered to be predominant brain activity in males.

Dr. Carl Gustav Jung well known analytical psychologist identifies the left and right side as the anama and anami with the collective unconscious lying in the central channel. Through he studies he observe that in the every women there is a masculine aspect within her psyche the architect of the animus and for every men the feminine counterpart the anima. Jung was always aware of the imbalance in western culture in favour of the masculine seen in a preference for logic, analysis and external achievement. These are all claims for masculine side or right side of the psyche within all human beings. A right side channel also provides the energy needed for plan, act, analyze and predict. On the physical level it corresponds to liver and pancreas.

Shri Mataji: "This power of action moves on the right side of the spinal cord and coming to the optic chiasma it crosses over; passes to the left side and creates an institution called ego. The institution of ego is a myth. What we do is to get something dead like some trees dead so make some platform or some furniture, we take some stones and make a hall and we think we have done a great job. Actually what we have done is to reconstructed the dead. But while doing it we get the feeling that we have done it something. That is how our ego develops. This channel on the right hand side caters to your future. So those people who plan too much think too much, exhaust the energy of this centre because this centre has the first responsibility to convert the fat cells in the stomach for the use of the brain which is overused to make them into gray cells. So when you start thinking too much it has to work more for this very important function. When it starts working for one function the other functions are neglected and the other functions are it has to cater, to nourish or to give energy to your liver, to your pancreas, to your spleen, to

your kidneys and part of your intestine.”

Narrator: Western medicine has followed the path of right side pulling a part dissecting or analyzing with little regard for the whole working mechanism of the human being.

Shri Mataji: “Of course when you neglect your liver you know liver as they say you will live till your liver will allow. Now this liver has to clean all the poison from your body. It comes out as heat and is delivered to the blood stream. But when this is neglected this poor liver doesn't know how to function without the energy and all the heat is accumulated in the liver. So a person suffers from liver trouble and symptoms are he gets migraine, he cannot see the sun then also he gets very hot tempered, irritable, angry because there is so much of heat. Then this heat passes; I was telling in Canberra most of the Bureaucrats have this problem because they plan too much and where do we land with that planning oh God only knows. So then this heat passes upward and downward so when it passes downward it gives you a very bad problem of terrible constipation because the heat constitutes your intestine large intestines. It also coagulates your kidneys by which you have kidney trouble you cannot pass your urine. Then you go on the dialysis and you are certified as really dead. Because you cannot last longer. So very expensive treatment but doctors do not tell you frankly that oh, you are not going to live. Then this heat can pass upward and when it goes upward it goes say to your right heart as shown there. As a result of that you develop asthma. Of course asthma is connected also with the left side. So when this triggering is done by the left side then you get this horrible disease called asthma. Then this heat can go upward and can ruin your throat. It can freeze your right arm. It can make your left eye red and also your left ear deaf. But by chance if such a person is young and using too much physical energy and mental energy as well as drinking a lot he can have a very fatal heart attack very massive one and he may die in very early in age. You must know that all such attacks in young age always are fatal.

But when you see to the other side is that there is a pancreas which is neglected as a result of the neglect of the pancreas you develop a disease called diabetes. Even the mothers who are extremely planning type and thinking type give that disease to their children and children are born with diabetes. Then you have the third problem with the spleen. This is the most dangerous one. Now a days as the life is we are all time bound very particular about time. As a result of that we have become extremely hectic. Supposing if you sleep very late in a night then you have to get up early in the morning somehow. Somehow get into your clothes and run to the office. Don't even take your breakfast; your wife will give you so on the way in the car you are eating your breakfast and then you read the newspaper. You get a shock of your life because so many horrible things are happening. Newspaper will never give something that is good or is doing well. But something that is gone wrong to give a sensational feeling. It's just a sometimes horrible thing so early in the morning if you read something that is horrible being a human being then you sometimes shocked. Then you find there is a jam on the way and you get so upset and all your peace is disturbed.

Now this spleen is responsible for creating red blood corpuscles when you are in emergency. You must have seen when you eat your food and you run you get a pain here. That's because your spleen is trying to pump out new RBC's. Now to create that poor this spleen has to work very hard but it cannot understand the crazy hectic personality. Every time it tries to cope with it. It goes crazy. So such a spleen becomes crazy and ultimately leads some triggering on the left hand side; you develop a horrible disease called as leukemia or blood cancer. Then also your intestinal problems, the pain in stomach and all that indigestion all go hand in hand only because of the one centre only on right hand side. I have not even described the left side centre. So if I describe all this the whole Materia Medica will be described. It's like that. So all the permutations and combinations of these centres give you physical problem then the left side gives you the mental problem.”

Narrator: Jung called the left side the collective subconscious. This side of our psyche is very complex and affects it can have on our physical wellbeing are devastating.

Dr Chugh: “Because as it has been hypothesized in Sahaja Yoga that there are 7 main plexuses and their functioning is dependent upon the individuals psycho social behaviour. This is advancement in the understanding of psychosomatic medicine and human physiology. For the first time it is possible to find the links between the behaviour and the disease. Because up till now it was only thought that stress can cause a variety of diseases from diabetes, hypertension, asthma, rheumatoid arthritis, etc, cancer even. But it was not known why a particular individual will get a particular disease.”

Dr Rhi: "If you read disease in medical literature you find you could say that it is psychological stress which is responsible for increasing incidence of hypertension in most of the western countries, developing countries as well as the developed countries and we found by our first thesis you see on which work was done that this could be a very important if a person practices Sahaja yoga this stress factor can be managed very nicely. Because all the parameters you see for testing whether a person is in a state of stress, tension or anxiety are in his relaxed strain who are done and that we found that a person who do Sahaja yoga only for 20 minutes a day you see in about 3-4 months time that there were changes in the blood, there were changes in heart, there were changes in the lactrine cyclograph, there were changes in the muscle activity and the changes in the neurotransmitter."

Dr Chugh: "In the essential hypertension group we have taken 25 female patients of a similar age group and socioeconomic status and out of these 15 patients voluntarily consented to practice Sahaja yoga while 10 patients acted as controls and these patients initially both the groups were on drugs also. The initial blood pressure in the Sahaja yoga group was 169/109 mm of mercury and in the control group it was 166/111 mm of mercury and as the study progressed for four months we observed that many of the patients gradually could be taken of the antihypertense of medication and at the end of 4 months all the patients in the Sahaja yoga group could be taken of the antihypertense of medication and the blood pressure had reached the level of 135/83 mm of mercury. While the control group blood pressure remained at 167/111 mm of mercury and this shows that it is possible to treat this condition essential hypertension by practice of Sahaja yoga and without taking medicines."

Dr Valentine: "In my hospital I began to hold use Sahaja yoga treatment on children and it so nice to see how it's possible to resolve many questions, many problems for instance child 7 years and he had big liver 1 cm and lot of problems with joints and doctors could not make correctly diagnose. But when I feel what chakras were affected. It was most Swadishthan, Nabhi and Agnya and after first my cleaning liver decreased 4 cm and everyday more one cm and after 10 days he was absolutely well. He had lot of neurological problem like teak like neurotic reaction and when he came back father couldn't recognize him. He sit quietly without problem. But of course you can't introduce Sahaja yoga only in children, mother has to be very very with the children and the same and its useful in other disease or for reference I worked in department of intensive care and recepation. Sometimes I rise kundalini and severe attack of bronchial asthma disappear and many other cases. Now I began to with one group of Sahaja yoga in hospital, doctors, nurses and other people during about 2 months we began to start probably hospital and it gives effect. I am so happy that I stay in Sahaja yoga and everyday thanks Shri Mataji. Jai Shri Mataji."

Narrator: Western medicine has enhanced the quality of our life enormously and enables us to experience hillo to unknown heights in medical efficiency. But in doing so it has lost sight of the whole. By contrast medical doctrines such as traditional Chinese medicine approach the human being as a whole personality the emotional stability, mental attitude spiritual requirement and also sense morality are considered in a traditional Chinese process of medical treatment. As a result traditional Chinese medicine treatment has a subtlety which western medicine lacks. With this realization we have tried to translate Chinese medicines into western culture and into western contexts but in doing so the foundation has largely been lost. The focus in western medicine remains set up on the element and not upon a whole person or his subtle relationship with the universe. Like Jung's anima and animus the yin and yang represents the masculine or feminine or right or left side of our psyche. The yang being masculine active right side and yin being the feminine passive side. Viewed in a light of Sahaja yoga we can see how this parallel is the subtle system. In Sahaja yoga Tao refers to the balancing of right and left side. When this balance is maintained the healing energy is able to travel on the central channel to integrate and nourish all the energy centres and ultimately keep us in harmony with the balance of nature.

Shri Mataji: "As we have two sides in our system of autonomous nervous system left and right which we call as left and right sympathetic nervous system. The left side caters for our emotions, for our past, our desires. The right side caters for our action physical and mental. If we indulge into one too much and go too far with it you develop an imbalance within yourself. In the centre lies the third power which we call as parasympathetic nervous system. This is channel which is the central path of ascent. When the kundalini rises through it, it brings you in the balance because it rises in the centre of the system. So this is a minimum that happens that you develop your balance."

Narrator: The ascent which is the awakening of this feminine energy coiled and sleeping in our sacrum bone nourishes and revives the subtle system. She is like the Mother Earth or our own Mother soothing, nourishing and sustained the powers of gentle and strong. She is the kundalini the very root of our existence. Within her lies the potential for us to become complete in knowledge of ourselves.

Shri Mataji: "All right what I tried to show them that this is the left side this is the right side. This is the left sympathetic nervous system and same this is the right sympathetic nervous system and really spinal cord looks like this and inside here is the spinal cord which has the centres in it. The subtle centres. Now when you start using the energy of these centres say too much on the right and it starts moving more towards the right and there is a constriction and the power becomes less because you are exhausted going more towards the right side. Suddenly something happens that from left there is a jerk then the connection is completely broken. This is on its own. It starts working on its own that's we say that this has become malignant and no relationship with the whole to have the proportionate growth. So if the nose starts developing it can cover your eyes and cover your mouth everything. This is how a cancer is set in or any other disease so many psychosomatic disease are nothing but somatic is from right side and when the psyche gives in then it becomes a psychosomatic. There are so many diseases which are more psychosomatic than the physical and these we call them as incurable can be easily cured by kundalini awakening because when kundalini passes through this she just integrates them for example she going like this then she goes into this integrates them. Just like she strings them like pearls and so they are brought round and also she nourishes that centre that's how people get cured automatically by themselves by their own power."

Narrator: Again if we look at traditional Indian medicine the purpose of Ayurvedic medicine was to integrate the mental, physical and spiritual wellbeing of patient. The identification of three points of reference bile, phlegm and wind corresponds in Sahaja yoga to the manifestation of right, left and central channels respectively.

Dr Chugh: "As you know that health is normally that is not diseased but it is the state of complete mental, physical, emotional, spiritual and social wellbeing. Now this spiritual aspect of health has been missed in modern medicine. It is not known, taught or practised in modern medicine. This word kundalini does not find mention in the modern medical textbooks but it was mentioned in and may mentioned Indian medical textbooks of Ayurveda and many other religious textbooks religious scriptures."

Shri Mataji: "There is a subtle power which is all pervading of God's love which manifests all the thing like living work, all nourishment all balancing. It's so balanced. If the pacific was slightly deeper than this; there would have been problems. If Himalaya was say one and half times than what it is there would have been problems. So everything is so balanced in nature...Which is the subtle energy all around us which organizes us and which nourishes us, does all the living work and above all it loves us"

Narrator: Sahaja Yoga takes us back to this original desire and in practice fulfils it in addressing of spiritual needs of the human being Sahaja yoga has potential to bring balance back into west and back into western medicine. The essence of Sahaja yoga though is not to cure people. This is a side effect of the subtle system bring itself into balance. As it's core Sahaja yoga enables us to discover our true selves the purpose of our being, the true meaning of why we are here.

Shri Mataji: "The reason is you have to now become the spirit go beyond your physical, emotional, mental being and become the spirit. Because spirit is the reflection of God all mighty and spirit is the universal being within you. When you become the spirit you become a universal being."

## 1991-0101, New Year Puja: Krita Yuga Has Started

View [online](#).

1 January 1991

Krita Yuga Has Started

New Year Puja

Kalwa (India)

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

New Year Puja, Kalwa (India), January 1st, 1991

Translation from Hindi

Today we are going to perform a Puja in a place close to Bombay.

The name of Bombay used to be Mumbai. This name is made of three words: Mum, Amba, and Aayee. In Maharashtrian or Marathi language we address Mother as Aayee. Even in the Vedas, Adi Shakti is referred to as Ee. So, the reflection of Adi Shakti is Aayee. That is why Mother is called as Aayee. Also, in many places, she is also called as "Ma", Therefore the first sound has come from the word "mum". And Amba, as you all know, is verily the Kundalini. So this Trigunatmika is three words. And in Mumbai also, you know that, there is a beautiful temple of all the three Shaktis, Mahalakshmi, Mahasaraswati, Mahakali, from where these three Devis have emerged from Mother Earth.

Although, a lot of illicit activities are done by people here, but still these three Devis are in an awakened state here. So, especially the people of Mumbai, should understand that these three Devis" swayambhu have not manifested together anywhere else; As you already know in Mahurgadh there is Mahasaraswati; And in Tuljapur there is Bhavani (Shri Mahakali), and in Kolhapur there is Mahalakshmi. And in Wani is the half syllable (Ardhmatra), whom we call as Adi Shakti. But here, all the three Murtis (swayambhu) are awakened. But where there is the most hard work done, and where the divine work is done the most by chaitanya, the purpose of this sometimes is that in those places there are very big negativities, so there is some meaning behind. And for the destruction of these negative forces manifestation of such swayambhus takes place. For example, in the Arabic countries, Zoroasther took birth five times, and later many Adi Gurus took birth, like Abraham, Moses, then last of all Mohammed Sahib also took birth there. Because it was very much needed, that's why these Gurus took birth there and accomplished some work. But regarding Mumbai, it is said, that the people here must have lived a life of over abundance, from the beginning. There is a story of a boy called Pundarikaksh, Pundaric brought his father and mother to Mumbai.

He was taking his parents on two baskets balanced on a beam, to a pilgrimage. Both were old. And when he was going to the pilgrimage, he thought, Mumbai seems to be a nice place, so let me rest here for few minutes. So, when he stopped there - the chaitanya of this place being completely destroyed because of the materialistic lifestyle of people - He began to think: "Why am I taking my parents on a pilgrimage? Why should I do it? What will I gain from this?". Because people who are materialistic always think what will be their material benefit. He thought: "What will I gain? My back is already aching. Where shall I take them?".

So he told his parents that they would have to fend for themselves, as it was not possible for him to go any further. So, the parents began to wonder what was wrong? Also, they felt that the vibrations of this city were not good, So they said, "Alright. We will find our own way, but you just take us out of this city Mumbai. Take us out of the city, and then we will go on our own. First, we will just visit Mumbai city, then you can take us out". He agreed, thinking that let me leave them out of the city and then I will have no more headache. And then he went to leave them outside of the city. And when he was on the way to leave them, he was feeling tired and he kept thinking "What a nuisance I have taken upon myself. How will I take them till there?

What's the purpose? And my whole body is in pain and is aching". And the moment they were out of the city, he started feeling alright. Perhaps, they must have reached Kalwe. Because Kalwe is outside of Mumbai, fortunately! But, when he came out, he

couldn't understand from where he got so much strength and power And suddenly he had a change of heart. He apologised to his parents, and he said: "I do not know from where such thoughts came into my mind. Please forgive me". I will fulfil my sacred duty and I'll take you further on this pilgrimage". And here as you all know, there are two lakes.

And one's name is... One it is called Pampa, Pampa lake, as it is described (in the scriptures) The second one also has been mentioned in the story of Shri Rama. This means that Shri Rama before He went to Dandakaranya, He came to this place, and He vibrated the whole Dandakaranya by spreading a lot of Chaitanya. Besides this, in Maharashtra, a lot of work was done and many saints were born. And these saints though they were troubled a lot, still they kept coming again and again, And because of these saints a very great thing happened, that people started taking interest in dharma and spirituality. But even then, there must have been some negativity here, because the ashta vinayak and the three-and-a-half peethas emerged here, and apart from this, there is the manifestation of the three aspects of the Devi particularly in Bombay, indicates that there must have been some great negativity here, that is why such hard work had to be done here. And I was also born in Maharashtra. So, one must reflect on, what is the reason, what kind of shortcoming is here, in Maharashtra. It is very important for the people of Bombay to think about it. First, there is a lot of materialism here. The English came here, and taught English culture and English style, and people became materialistic.

Whatever they taught the Mumbai people, caused their attention to wander outside. The English stayed here for a long time and they also liked Mumbai. Later, through the sea routes, the Portugese came, and many others came and left their influence here. As a result the materialism increased here. So from the beginning, the people here were very materialistic, and now they became even more materialistic. Now there is a lot of materialism in the people of Mumbai. And so, even after coming to Sahaja Yoga, sometimes materialism is still sticking on to them. And because of this materialism, their spiritual ascent is not as much as other people. This is very surprising! Even after all the hard work in Maharashtra, I feel, I could not do as much work here as I did in North India.

The number of people here did not grow as much as in North India. The only reason is that we still have a kind of inertia in us. Even for religion there is attachment. Even now here there are so many fake gurus, which I think are not there in North India, because they were not encouraged. And those people who are materialistic here, they like those fake gurus who are tantriks and who can help them to cause distress to others. Thirdly, there are a lot of false gurus, who have also caught hold of materialistic people and have taught them that it is alright, one just has to take the name of God, and one can live anyhow or just meditate. But towards their disciples these gurus lacked a strong desire that something good should happen to them and they should benefit, this kind of desire is not these gurus' heart. Some of them might not be false gurus, but even so they don't think what they've given to their followers? "They have served me so much, taken have taken so much care of me, but what have I given them?" Hence with the prevailing system here, these people somehow fit in.

Then the fourth type which I see here is, is particularly among brahmins. It is very surprising that they once used to fight that there should be no caste system; many brahmins have worked hard, that women should marry and widows should re-marry; A lot of work has been done by Agarkar sahib and many popular writers of Marathi, or many poets, or even saints, who were Brahmins, have worked really very hard for this. We can say Ramdas swamy, Rishen??? Saraswati and many others, who were brahmins, worked very hard and established spirituality. For example we can say Tasghanu???? has said: Amazhi man ki brahman; Amhi Jaaneli nahin Brahma. Amhitasli Brahman. (They call us brahmin, but we do not know Brahma, then what kind of brahmins are we?) They awakened within us the awareness that until one doesn't know Brahma, he is not a brahmin. And they have tried every possible way to remove brahminism and caste consciousness, and remove all such things.

But now in the modern times I see that it is the brahmins who have become most modern. If you see a lady with a short haircut, wearing dark glasses and smoking a cigarette, suprisingly you find out that she is a brahmin. How this change has happened is beyond My understanding. but mostly it observed that these changes have come in them. Secondly, the other community which is called maratha, who no more carry swords, are now cutting each others throats (with words). Now what else to do with the swords? They think they once used to fight with swords for Shivaji Maharaj, and now we can use them to cut off each other's throats. This is how it happened. And third thing is that there is no Vaishya community in Maharashtra, because they don't know how to do business. Being very outspoken, they cannot manage business at all.



So among whom should I establish spirituality, I don't understand. To whom can I ask to establish spirituality? Trying to eradicate caste and creed, to eradicate wrong ideals, is impossible; on the contrary they are going deeper into the mire. And nowadays, it has increased so much that none is able to understand that caste system is useless and this is only going to lead to destruction. And it is a myth. In this way, we should put our attention on these kinds of numerous trends that have started in Maharashtra. Although, the people here are simple and also innocent and their craving for wealth is very less, not a massive one. But, they have great faith in Shri Ganesha, which is a big thing. Because of this their moral values are still intact. This is a great asset for them, that they have a strong moral sense.

And only through those who have moral sense, the work can be done. In my opinion where there is no moral sense, the work happens rather slowly. But now My experience is that whether there is moral sense or not, unless people have depth, they cannot progress in Sahaja Yoga. So, here lots of people get Realisation. I go to many towns and villages, thousands get Realisation but they don't settle down. The main reason for this is that they haven't touched their depth. So today, whatever Puja we are doing, we must keep in mind that we should take Maharashtra's defects into consideration, while doing Sahaja Yoga work here. In this situation we should understand that every place has defects, no person is complete and perfect. Everyone has some shortcomings and in some cases the weaknesses could be also because they were ruled by outsiders - whatever. If you all work, by keeping in mind all the defects, then Sahaja Yoga can spread far and wide in these places, because whatever it is, saints have done a lot of work here.

Based on their foundation, today our work can get established. So, we are sitting under the blessings of Mumbai and along with this blessing, you are being showered by the blessings of the three Shaktis. And with the support of this blessing, Sahaja Yoga should spread very fast here. But it has been seen that those who are already in Sahaja Yoga are not giving their full support to Sahaja Yoga. In a way they escape their responsibility. If you try to escape from your responsibilities, then God will also escape from His responsibilities. The more effort you put in Sahaja Yoga, the more you are blessed. Because, I have already told you that now Kruta Yuga has started. Before this we could say that it was Kaliyuga. In Kaliyuga whatever mistakes you committed, were tolerated.

But now Kruta Yuga has begun. In Kruta Yuga whatever wrong things you do, the repercussions are immediate. And whatever good deeds you do, will be rewarded instantaneously. So, nowadays such circumstances are prevalent, I would say, are in the environment. Therefore a person who is doing wrong things should be on the watch. Because the repercussion is immediate. Those who do good deeds, will be rewarded immediately. That is the state now. So, we should reflect, that if we are living in Mumbai, we can do lot of work here. That is why I have worked so hard in Mumbai.

As a result so many of you are here. But, now you all should introspect, and see what you can do for Sahaja Yoga. Every night you sit and think: "What did we do for Sahaja Yoga? We do everything for us. What do we do for Sahaja Yoga?". Those who avoid working, will come and say: "Mother, we have got this disease and we have this trouble". it is bound to happen! Because if you avoid working for God, His attention will not be on you. Therefore if you want Paramchaitanya's attention on you, you should always ask yourself what good deed have I done today? What did I do for Sahaja Yoga today?

With all our heart what did we talk about Sahaja Yoga today? It is only by this that you will get all blessings, and you will know that you are absolutely blessed people in Sahaja Yoga and that you are sitting in the kingdom of God. And just as in any other kingdom, if you do anything wrong, you get corrected and some punishment is inflicted upon you, same happens in God's kingdom too. But some extra time is given here to see if you correct yourself. But instantly you get indications that you are doing wrong deeds because your vibrations will stop. That's why every step has to be taken very carefully and gently, and you have to go to a very high level because you know that it is important not only for the whole country but for the whole world it is necessary that Sahaja Yoga grows well in our Maharashtra. And from here the wealth of Sahaja Yoga should spread worldwide. And that is why I urge you again and again to make a pledge - because the New Year has started - that: "We will surrender ourselves to Sahaja Yoga completely, we will concentrate our minds towards our ascent, and we will handle it. This is for everyone, not only for Maharashtrians, but I am speaking to all the people of the world.

## English Talk

I am sorry I had to talk in Hindi because most of them are Hindi-knowing people and I've just told them what is the importance of Bombay, and why so many incarnations came here, and why Shri Rama had to walk in the villages and the hills and dales of Maharashtra, what was the need, and the need is that they should all develop their Sahaja Yoga.

Also, this would be the last puja for all of you, in India. I hope you all have gained a lot in these different pujas and different places we have been to.

Only thing is that one should remember that Krita Yuga has started. Now Kali Yuga is over, Krita Yuga has started, and in this Yuga - that the Paramchaitanya is absolutely effective and very efficient.

Now if you do anything wrong, it will punish you. It may not punish immediately but it will give you a suggestion, it will give you a proper signal that something is going wrong with you. But if you do not try to control your footsteps then you may go down very fast. So, you have to be very careful about that. Actually, I have told you so many times that there are two forces working, one which attracts you inside and one which throws you out.

So, it is important for all of us, all of us to remember that this Krita Yuga is there, and in that this Paramchaitanya is overactive.

Also, you are rewarded. You have been telling me so many stories, how sahaj it worked out, how sahaj it has happened, all of you have been telling Me very nice stories. But it is part of your play in Sahaja Yoga and that you are placed in the kingdom of God.

So, in the kingdom of God you are there, try to enjoy it, that's the only thing you have to do is to enjoy the kingdom of God.

But if you try to, sort of, dislocate yourself from this joy, break the connection of joy by some sort of thinking, which is not reality, then you are responsible for yourself.

So, I have to tell you that keep the connection on. Not only that, but try to make it stronger and stronger, and become one with that divine force permanently, which will flow through you and will not only enlighten you but will give you so many powers, and you will see the new life in this new year.

Yesterday, as I requested you, we have to work it out now. Individually, we have to go all out to see that we spread Sahaja Yoga and talk about it.

On this day, I give you complete freedom to do what you like to spread Sahaja Yoga.

You need not ask Me any permissions, and you can try everything that you want to. But should be something decent, should not be something indecent and something which is not behaving a Sahaja Yogi. Even if you have to write letters or answers or anything, even if you have to show the anger, it should be done in a very decent and a beautiful manner. And it should show that it's a yogi who is talking.

The other things, whatever problems you have, will be solved in no time. But the main problem is yourself, which should be solved by you by meditative methods.

And so much attention we are paying to all our extra-curricular activities but that will definitely fail, it will boomerang on you if you do not have the foundation of Sahaja Yoga. It is very important to keep attention on your Spirit all the time so that whatever you are doing, whatever you are projecting, has the base and you just don't get lost.

This is a very important thing, and I am sure that you will understand that without the nourishment from the roots you cannot grow.

So this nourishment must be kept alive.

May God bless you. Thank you very much.

## 1991-0114, Makar Sankranti Puja

View [online](#).

14 January 1991

Makar Sankranti Puja

Pune (India)

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

Makar Sankranti Puja, Pune (India), January 14th, 1991

Today is the exhibition for this special day of the fourteenth of January, is this, that this is the only day which is observed in India, according to the Sun, Surya.

The Sun moves from the tropic of Capricorn towards the tropic of Cancer. So the Sun is worshipped on the fourteen, but Indians think that this is a blessing to have the Sun here for all the things [unclear].

But when the Sun moves from the Capricorn, which is called as 'Makar', they say that it is the greatest ordinary now on the Capricorn, and that we are better off. So, we have to celebrate. But by the celebration, they keep in mind that a lot heat will reflect on them. And we start talking to each other in a very cocky manner. So, they give this 'till' and 'gul'. These both things are sesame seeds with some jaggery, they give you, because both things are very hot. Because they think that this hot jaggery will just help you to fight with the cold, [unclear] so better tune up the body to this coming heat.

But they know also that with the Sun, you all get hot, everybody fights with each other. So, they say that, "Take 'till' and say something sweet". Better to say something sweet because with the Sun, you get really out of gear, and people decide to talk to each other in a very good manner. So, they say, "All right, take 'till' and say something sweet".

But it is surprising that this festival, I would say, exists for thousands of years, that means they knew that there are two, Capricorn and Cancer, with two lines on the Mother Earth and on which the Sun diminishes, means they knew that the Earth was round and that the axis is at an angle. Also, they knew the exact days when these things would go. That means, in India, we had a lot of scientific knowledge about the Earth, about the Moon, about all these things. But these scientific, first of all, thought that the most important thing is the search upon and achievement of Self-realisation.

That is why, with all these scientific ideas, they basically had as a second idea, because it just gives you a knowledge which is not the absolute knowledge. The science gives you never the absolute knowledge, because it is ever changing. So, to get to the absolute knowledge, you have to be the Spirit. And once you are the Spirit, then you progress as good as you like. Then you want to do some balance and you have much better pace to understand science, to understand everything. Apart from that, then you want the absolute truth. This is the reason why you are a Sahaja Yogi.

We had people who indulged more into meditation, into deeper introspection. Moreover, this scientific is blessed by God in a way, that you don't have to worry about the- too much cold and [unclear]. Say, you [unclear] to go out, it'll take about 15 to 20 minutes to be prepared to go out of the house. Here, you just walk out, always go [unclear].

You can live under a tree. You can live anywhere, very happy.

So, the people didn't have to fight the nature as they had to fight in other countries. Naturally, they became more attracted towards themselves, to find out, "Why this is happening?" "What I am doing on earth?"

Because they had a lot of time to meditate. And that's how Indians became more meditative, more towards God, and then they- if you read anyone of their books, it says that, ultimate is to get the Self-realisation. All the rest is fruitless. Because people who must have discovered so many things, they must have been scientist and all that, they must have felt the same way has to be proceed that we have to come back to our Spirit. Because it has not given you the knowledge, it has not given you that love, it has not given you the absolute knowledge. In the same way, these scientific people, though they progressed a lot through the scientific ways, but still, they always kept themselves tied down to their Spirit. And these scientists, they are quite, I should say,

they are very solid or we should say, down towards earth [unsure].

Indians are not easy. They will not take to the play of entrepreneurs as they do in other countries. Some people do that, as there are stupid people, mostly [unclear] they'll take to it. But Indians will not really commit. Traditionally, they'll [unclear] which suits them first. All right, that's why they use. But if you tell them, "This is a fashion". They'll say, "It's all right; go to somebody else, we are not going to wear".

For example, they started a fashion of wearing saris. It came from Mumbai or America, it's not important. Because, we have traditionally, we have accepted, it's the best dress for us, for our country, and whatever is the best dress, for any part of the country, it's traditionally, for so many girls, that [unclear] this is the rest is discouraged. 6:43

So, they do not change according to new fashions only, new things only. They take to a constant temperament as far as material things are concerned. That's how they have solved the problem. Because, if you go on, every day changing everything, you'll have this problem of time. But this problem is solved, because then, you do not have to bother about time. Then what to do? Such a lot time is there. Then you meditate.

That's why you find, you go anywhere in Maharashtra, anywhere, whatever is the traditional dress, that's what they are already wearing, they will be wearing all their life. But they are very happy. And they will be [unclear] people. They don't get angry easily in the villages. The reason is, they are not bothered, they are not rationalist. There are no tensions, all these modern problems have not come over them. Because their attention is not taken away by the superficial things, but is glued to the Spirit. This should happen to all the Sahaja Yogis and has happened.

I must say I [unclear] very [unclear] problem of Sahaja Yogis or the rest of it.

I am not surprised they are seekers because they have had it for days together, for so many years. But I am really, really, surprised, very much, how the Western Sahaja Yogis have taken to the sensible way of dharma. And they are not going to be impressed by any entrepreneur like that or anything. I know they can grow through this Sattvo Guna. But just it's a slow [unclear], that's what they feel. There is something so deep about them.

8:34

Today, it's actually not a big puja, because what is the puja today, [unclear] or not. Because the Sun has moved from [unclear] we have baked sesame seeds to say that, "Be kind to others on this fourteenth day, [unclear] just tortured Indians. And there's three [unclear; picture?], I don't know". We started to [unclear] home. But also, if the Sun is too much, then we have lots of problems, and other problems.

That's [unclear] we have been prepared to the Sun, that we should be kind. And you should, of course, you should be very [unclear] no doubt. But you should not get angry to tickles [unclear] and try to create problems with/which are [unclear]

That's all. It is a simple puja today of the Surya. [Unclear]. But today we do a puja of Surya which is so very simple. And for that, we'll not take much time either.

But today, the only thing I thought, is that you are supposed to give some presents. And that's how I have some presents for all of you. [Laughter]

[End of English version]

1991-0201, Letter, location unknown, 1991

View [online](#).

1 February 1991

Letter / Poem

New Delhi (India)

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

Translated from Marathi

My dear Yogi,

A lot of Sahaja Yogis felt hurt after reading Uma Vasudev's article and I got a lot of letters. Maybe, you also receive a few letters, that's why I'm writing this to you as some people might be upset with you, even though I think one thing might be beneficial to me. that's why my attention went to this article. You know how I run away from people touching my feet. Why do you people let non Sahaja Yogis touch my feet? I admit that some people get their Self-realization while touching my feet but even they most of them are troublesome. I'm spared by egoistical people because such people do not come at my feet. Otherwise, who knows what would have happened to these feet? Poor feet would have gotten burnt. I'll be grateful to Umaji if after reading this article the general public stops touching my feet.

But she should not think of herself as sensible and others as fearful. Does Umaji know everyone's desires? In this world, everyone is equal but cannot be similar. Everyone has the right to get their Self-realization and develop in that light. Sahaja Yogis believe that I'm the source of this light, based on their experiences. Then, Umaji who is unfamiliar in this matter; shouldn't insult them by calling them sycophant.

Every journalist feels that he can say anything about anyone. Yes, she can say anything about me, but it's inappropriate to write about the whole Sahaja Yogi community. She should have known me, but it's difficult. That's why I say it's useless to challenge such people. The reporters of Marathi newspapers are deep and mature. Their knowledge of science can touch the shores of reality.

Maharashtra is a land of saints and most of the educated people are dharmic as well. But if I say this people might think I'm narrow-minded because I'm born in Maharashtra. No one in North India knows about the kundalini, even though Guru Nanak, Kabira have called it 'Surati' told about it . In Bihar, where Kabira has worked so much, people call tobacco as surati! Intellectuals have critic-ised Kabira, described his language as a vernacular dialect. Saints who were poets took support of romanticism (to express poetry).

But in Marathi literature, ( = + ) [Sāhitya = saha + hita] welfare has been openly talked about which everyone has appreciated, due to which pure faith has been awakened in the general public as well as the intellectuals. Usually, blind faith is found in ego oriented or orthodox people. In all the languages of South India, saints are recognized abundantly. That's why our culture has thrived in South India and is becoming hollow in North India .

This article is also on the same backdrop, where they tried to know the truth just by the outwardly things. Now we have to see how to turn these people, who are so satisfied with the outwardness, to the truth . When will they rise above arguments and web of words, towards pure faith of Nirmal ocean ..that no one knows but, we can always hope. After all, it is not their fault. This is the influence of politics due to which their Ganges of faith has dried up.

It is sahaja to forgive everyone.

Your Mother,

Nirmala.

[https://pdf.amruta.org/Shri\\_Mataji/Letters/1991-0201\\_Uma\\_Vasudev\\_letter.pdf](https://pdf.amruta.org/Shri_Mataji/Letters/1991-0201_Uma_Vasudev_letter.pdf)

## 1991-0209, Mahashivaratri Puja

View [online](#).

9 February 1991

Mahashivaratri Puja

New Delhi (India)

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

Mahashivaratri Puja (Hindi/English). Delhi (India), 9 February 1991.

[Hindi to English translation]

Today, we have gathered to worship Shri Shiva. It is said about Lord Shiva that He is very simple and completely innocent, which is why understanding Him is very difficult. The work of Kundalini is the work of Devi. It is Devi who creates this entire universe, and in the end, she manifests within you as Kundalini and delivers you to Shiva.

While performing Shiva Puja, we should remember whether the virtues and qualities of Shiva have developed within us. Therefore, it is important to first understand the movement of the Kundalini. When the awakening of Kundalini occurs, She first makes your body healthy. Because it is necessary for the body to be healthy, and this is why your attention initially goes toward your body. In the beginning all the people talk about this that I have this problem, I have this physical problem, it pains for me here, I have this disease. Or some people are healthy so they tell they have these worldly troubles. Because when we are in the awakened state, our attention is attracted towards all these things, and this often causes us distress. As you keep coming in Sahaja Yoga, you will notice that people initially talk about their physical ailments, worldly concerns, or mental states.

That is why, in the past, it was thought that one should completely renounce the body, meaning one should not pay attention to the body and give it discomfort. If you sleep on bed then get down and sleep on hard surface, then from hard surface sleep on mat, then sleep on floor then sleep on stone, then sleep in mud. These methods were used to toughen the body so that later it would not cause any discomfort. Comfort for the body was not accepted in any way. For example, if someone had a night of sleeplessness and felt discomfort, they were advised to stay awake for seven nights, and then 24 nights. Similarly, with food and drink, if a person had a strong desire for food, they were instructed to fast for one day, then for seven days, and then for 40 days. Anything they disliked, they were told to eat, and to leave everything they liked, even to leave grains and eat only fruits and roots. If someone was fond of wearing fancy clothes, they were asked to wear simple clothes, then even lighter clothes, and go to the Himalayas, strip off all clothes, and endure the cold. Likewise, if someone has desires for a comfortable home, 'I cannot live without a good house', like now a days people want good bathroom. Now a days everything is so abundantly available that our desires and tendencies have also increased to that extent, our attention goes there more. So, it was said that ok you live in big mansion so now you first come and live in a hut. Then they used to fence the hut too, even there they felt insecure in a hut, then they were told ok if you feel insecure here then you come and live in the jungle. Or you go to any holy places. For example, if someone was from Kanchi, they would go to Kashi, and if from Kashi, they would go to Kanchi. On the way, a lion would devour them, and if the lion spared them, a snake would bite them. If the snake spared them, a crocodile would take them. By the time they reached their destination, only one in a thousand would remain. In this way, people were made to endure extreme hardships, and only after that, the concept of self-realization was introduced.

In Sahaja Yoga, the approach is completely different. In Sahaja Yoga, you don't have to renounce your home, family, food, or clothing. You don't need to leave anything behind. You can remain as you are, and in this only your Kundalini will awaken, in such a state only your Kundalini will awaken. First, they used to spread a deer's skin and sit on it, then meditate, and their penance would begin. After that, they would remain hungry for many days, and their bones would start to show. Even then, they would be tested; they would be hanged upside down, thrown into a well two or three times, and their condition would be observed. After that if you remain alive then the discussion would take place.



Now in Sahaja Yoga, the responsibility is reversed. First, I have created the peak, opened the summit, opened the Sahastrar, and after opening the Sahastrar told that you should fix yourselves. But even then, we cannot understand that Sahaja Yoga is very difficult. It is as difficult as it is simple, just like Lord Shiva. Because there are many channels within us, and the way to open those channels is to ensure that our attention does not get entangled here and there. In Sahaja Yoga, no one tells you to leave food and drink, to fast, or to go and sit in the Himalayas in the cold. No one tells you that. But what should be done for our progress? So, the first thing we should do is reflect on our inner mind and think, 'What am I doing?' For example, if you went somewhere and saw that you didn't get a place to sleep, you would immediately start complaining, 'Mother see, we didn't get a place to sleep.' At that time, you should think, 'Why am I saying this?' Because I am worrying about my body, that I didn't get a place to sleep, I didn't get a better place and I am getting my attention tangled in this. Now, at that time, you should think, 'It's good that I didn't get a place.' Now, just sleep as you would; look at your body and say, 'This is how you sleep; you have to sleep like this, you are a Sahaja Yogi. Why do you need a good place to sleep? How many people in the world sleep on the road? Who are you to need a good place to sleep? People even sleep standing up, why can't you sleep standing?' And is it really necessary to sleep? What do you think of yourself? One should question their body like this. If someone doesn't eat for one day, they would feel as if disaster has struck. I have seen it. People suffer greatly if they don't get food for a day. But if you don't get food for a day, you should think, 'This is good, now let me see what will happen to you, will you die?' One should start scolding their body like this, and from their own side, start scolding the body. Nowadays, people are obsessed with the body's whims. Like if we wear clothes, they must match. This is the latest trend, meaning these modern things have emerged, and their standards are so artificial that we don't even realize we are becoming slaves to this artificiality. This doesn't mean you should become completely mad. It doesn't mean you should wear clothes in a strange way and roam around. It doesn't mean you should become a hippie. And understand this, if a woman doesn't find a matching blouse, she feels like she is finished. In old times, no one even cared about matching. Now, if she doesn't find a matching sweater, it's the end. Who sees what you wear? Who notices you? What difference does it make if you wear or don't wear something? And what significance does your attire have that by seeing you, someone's Agnya chakra will open or some device will be activated? Nothing will happen. On the contrary, if someone sees you, they might get caught. Sometimes I walk with my eyes down. People say, Mother, why do you lower your eyes? I say, it is okay, let it be, but I have to muster courage as this is an eye, it has to work and it has a lot of work to do.

But in this Kali Yuga, the amount of assault is more than ever before. Similarly, if something begins, like in the West where your hair should be completely tangled, then everyone starts walking around with tangled hair like that. You are a Sahaja Yogi, you are special, why are you doing this? You should ask yourself, why am I doing this? Why do I care so much about the comfort of my body? Why do I want to make myself like others in the world, why do I want to live in the same way? I am special. But how can one be special? If you go somewhere, and pour water all around the room, saying, "We are special," or sit anywhere and eat without washing your hands, saying, "We are special." Being special means you need to stop the running and restlessness of your attention. You need to merge your attention into consciousness. Listen again, you need to merge your attention into consciousness. But if your attention is wandering here and there, how will it merge into consciousness?

So first, this body and the desires of the mind need to be controlled. The mind has fifty desires. In your heart, where Lord Shiva resides, there are four channels. One of these channels goes down to the Mooladhara and beyond that is hell. So people say, "What's wrong with this? What's the harm?" But you are a Sahaja Yogi, why are you going towards hell, Baba? Your path is already set, so why are you going towards hell? So, you should pay attention to your attention and ask, why do I have this desire within me? Why is it there, and for what purpose is it leading me towards hell? I have one foot raised upwards, and the other foot is placed in the grave. So, either sit in the grave, or remain upwards. In this suspended state, you should tell your attention, "Where are you running? Do you want to go towards hell?"

Its other channel leads us towards desires. That's why Buddha clearly said that any desire we have is the cause of our death. This is why we grow old and become ill because we have desires. That's why we should be desireless. Our desires should be completely eliminated. But they don't get eliminated. Only a pure desire should exist. How should it be? A pure desire should be such that you think, "Why do I have this desire? Why am I running after this desire?" I have had many desires like this, but what did I gain from them? So, accepting whatever you have and finding joy in it is the duty of a Sahaja Yogi. Now, this happened that someone had the desire to sit right in front of Mother, or some had the desire to go first and stand there.

Why did this desire arise? Because in ignorance, we did not understand that Mother is everywhere, so what is the need to go anywhere? When you have a pure desire, and when the Kundalini rises, the desire channel, which is turned downward, shifts upward, and it fills with pure desire. The desire that a human has is driven by the thought that it will bring happiness and pleasure, but nothing really comes from it. So, this desire should be immersed in joy. The essence of Shiva is bliss, and His nature is bliss, so one should find bliss in everything. Then, nothing will seem flawed. We often see people who always find faults in everything. For instance, while walking down a road, someone might say, "Why didn't they plant flowers here?" Then, they might say, "Why is there no proper sign here to show the way?" or "Why isn't this path turned in a different direction?" Oh, Baba, you're not in the municipality, why do you care? Whatever is there, is there, why are you complaining? But when it comes to others, they will always say, "If this was done this way, it would have been better." But even the thoughts they have cannot be implemented. It doesn't concern you. Like when many people go to the cinema, and if a scene shows a man walking and about to fall from a hill, they will shout, "Oh no, you're going to fall!" But he is just in the movie; is he listening to you? Similarly, people take it upon themselves to manage others and create a complete chain of thoughts in their own minds. However, what you see should only be seen, and when it is just to observe, it becomes pure observation. Even in a single glance, inspection happens. And a picture forms inside you. But that is not true seeing; that is called 'Niranjan seeing,' meaning there should be no attachment, no reaction. Just look, and what's the benefit of reaction? This is what I explained earlier—if someone is doing something in a movie, and you're saying, 'Oh, oh, don't do that,' is the person even listening to you? This is also the element of Shiva. You might reach the place of Shiva, and even have the vision of His idol, but until His light comes within us, everything is in vain.

Now, the third channel is where love rises. Love means your son, your daughter, your brother, your father, your husband—these are all relationships in the world. Even after coming to Sahaja Yoga, many people remain entangled in them for years. I still see how they don't let go of them. The same old talks, the same old things, again and again. 'Oh, my brother's situation, my sister's situation, my son did this, my daughter did that.' To say that these relationships are futile is not the right way to approach it. Attachment is such that for your children, you might even kill someone, end someone's life, do anything for that attachment. For a wife, for a lover, or for a husband, a person wastes their life in this attachment. And then, when you see that the very people for whom you did so much are your enemies, they're the ones tormenting you, they cause you the most pain. The pain increases because you did so much for them, and they did this to you in return. If you've done a Favor for someone and they caused you pain, the grief increases even more—'I did so much for this person, and they did this to me.'

In the past, people used to say, 'Renounce everything, leave home, leave your children, leave your wife, leave everything behind and go to the forest to live in solitude. In Sahaja Yoga, it's not like that. In Sahaja Yoga, you do not have to renounce anyone. You have to accept everyone. Because Sahaja Yoga is not an individual act where you sit in solitude, perform penance, and become highly elevated—what is the benefit of that? If you become an ascetic, what's the use? Yes, fine, a person like that may be able to give good speeches or might even shower some consciousness, but that cannot fix the whole world. We need to fix the entire world. So, think about why I only hold attachment to a few limited people. There's a reason for this. There was a gentleman who said he liked someone a lot. I asked why. He said, 'Because their hair is very beautiful.' I asked, 'Do you like their hair, or do you like them?' Then some would say, 'Their behaviour towards us is very nice.' Someone might speak sweetly and they'll seem nice. Someone may wear certain clothes and they appear good. Then, 'Oh, they are from Delhi,' and after that, 'Well, these are from Old Delhi, even closer,' and 'They are from the vegetable market.' The person we bought our bull from is the same person they bought from, even closer! I don't know how far this goes—'Their barber and our barber are the same.' And they embrace each other saying, 'Wow, wow, wow.' Otherwise, 'They're from Delhi, Bombay, this, that, etc.' But now, you are a citizen of the world, so where is the distinction between Bombay, Delhi, or Madras? If that is in your mind, then you have not understood Sahaja Yoga yet. When will this happen? It will happen when your attachment is merged in compassion. Compassion, which is the ocean of mercy, Shiva is the ocean of mercy. You should merge in compassion, then you will understand what should be understood, what should be done with whom, and how to remain untouched.

I have often given an example that if you pour water on a tree, the sap that rises reaches every branch, every leaf, every flower, and every fruit of the tree, and then returns. If it doesn't return, it will get evaporated. But if it gets stuck in just one flower, the tree

and the flower will both die. This is what is called unconditional love. It is said in the descriptions of the Goddess that her love is unconditional. If She does something for someone, she doesn't even think about whether it was done or why it was done, whether it should have been done in another way or anything at all. It's done, it's gone, finished—forget it. It doesn't stick in the mind. Day and night, the mind does not keep humming about it. It doesn't get entangled in anything. Because She is merged in compassion, in the ocean of mercy. And when one is merged in the ocean of compassion, the moment someone comes with a problem, they will think, 'Baba, fix their problem.' Later, if they go and bring a knife or do something, that thought doesn't even arise. If there is a problem, just fix it. This person has an issue, fix it. Although I know that some issues have no meaning, still, I listen to them with great seriousness and ask, 'What is the problem? Tell me, what's going on? Yes, this is what's happening, that is what's happening.' People meet from their own limit. I may not fit into their limit, and if they are not able to fit into my circle, it's not their fault. They should fit into it. They should fit into such circles—that is what compassion is. Compassion is for compassion's sake, not for any work, any reason, any relationship. There may be a great person, a small person, a beggar lying on the street, anyone. Compassion is such that, as you may have seen, if there is a sea, no matter where there is a hole, it will fill with water. No matter where there is a flaw, it will fill it. Similarly, the nature of compassion is such that when it sees someone in trouble, it just wipes their tears, removes their suffering. Not because it wants something in return or to take something—there is no ulterior motive. It is simply because that is the nature of compassion, the nature of water, the nature of the ocean. The word 'Swabhav' is so beautiful—'swa' means soul and 'bhav' means feeling. When the feeling of the soul arises within you—just compassion—then all distinctions like 'from Delhi,' 'from Bombay,' 'this person,' 'that person' will break. They will no longer hold importance. You will remember who everyone truly is—their pain, their suffering—and as soon as you look at them, you will remember. Where has your gaze gone? If your gaze is searching for 'who is from Delhi,' 'who is from Calcutta,' if your gaze is searching for these things, then you haven't yet understood where compassion is going. If your gaze is searching for where compassion is going, towards whom it is heading, who it is drawing you towards, then you will know. There will be a suffering person, a great seeker, and your heart will immediately feel drawn towards them. It is compassion that gives you both wisdom and memory —because the closeness you get from compassion is not possible from any relationship. Compassion is a special thing, and merging yourself, this attachment into compassion is the path to progress in Sahaja Yoga. Because I have never said, 'Leave your children, leave your home, sell everything and bring all your money to me.' 'Sell your house, sell your wife, sell your children and give me all the money'—That's what some so-called saints say nowadays.

But Sahaja Yoga is the opposite. No matter who you are, wherever you are, keep growing inside. It won't happen without looking within. Then you must think, 'Am I full of compassion?' If someone asks you for something and you tell them, 'Sorry, I can't help this time,' they get offended. This shows all attachment is about you—what will I get, what will I gain, what will be my benefit? But attachment is not outside. No matter what state someone is in, no matter how they are, compassion finds its way on its own, beautifully. It is very blissful. To experience compassion, to be immersed in it, and to work through it brings bliss, but there is no greed in this bliss—there's no desire to experience it again and again. Its experience is simple—done, finished, like listening to music. You enjoy it, and once it's over, it's done. Similarly, if any task is done, it's completed—immersed in it.

Now, the fourth channel in our body is extremely important in the heart. This fourth channel is awakened through the awakening of Kundalini, and it rises from the left Vishuddhi chakra, going up to the brain and making the lotus bloom. When our consciousness is immersed in all these things, it's as if life or energy enters the lotus, or as if water falls on a plant and it grows on its own. In the same way, when a person's consciousness becomes so pure, the bud of their heart blooms and transforms into a lotus that expands into the Sahastrar. Then its fragrance, its scent, spreads all around and such a person becomes completely prostrated, completely bowing in front of everyone. If someone says that you have done a big thing for me, a great miracle, then that thing does not touch him. Just like waves of bliss go towards the shore and make noise, but they don't return, in the same way, when a person reaches this state, all their work makes a sound outside, it makes a noise. Its effect is visible outside, on the shore. There is no result of this inside them, no thought even comes, no idea even comes. Now, sometimes when you all started singing the welcome song, I thought, are you doing it for someone else? I was looking here and there, for whom are you singing, whose welcome are you doing? I get scared sometimes that I might start singing along with you. Sometimes when you all chant my victory cries, I get very scared that I might also start saying "Jai Shri Mataji." Truly, it doesn't touch. Whatever you say, whatever your sounds are, they go and touch the other shore, they don't touch me, they don't reach me. Yes, it might be that the deities inside might become happy and send forth the consciousness or do something, and it might reach that shore, but as far as I am concerned, I never feel any trace of it. That you are singing my victory, I might not even be there. This

state may not be so nurturing for you all yet, but one thing is for sure, when you sing praise, the deities are happy, the deities inside you also become pleased and send forth an infinite amount of energy from infinite channels, such rays of light inside you. You must have seen this in photographs. They work so hard for you. So, it is also very necessary for you that when they are working so hard for us, we should also achieve this purity. So, the body we are cursing, the body we are not acknowledging, that same body becomes a Yagya. Yagya means now this body of ours, if suffering is happening, then it is necessary because this is a Yagya, a good thing. Just like the burning of wood is necessary in a Yagya, in the same way, the burning of this body is also necessary in a Yajna. But in Sahaja Yoga, the most important thing is that this Krit Yuga starts from your previous virtues, and you don't face much difficulty specifically. Everything comes and stands in front, all realizations keep happening, you say miracles are happening. Everything becomes available to you easily. Many tasks become simple and easy for you. It is called a "beautiful, easy pace." In such a glorious life, you can easily achieve it. There is no need to do anything inauspicious or shameful. So, this is a subtle illusion too, that one shouldn't think that all these miracles are happening for us because we are some great Sahaja yogis. But it should be thought that these miracles are happening because our faith in the Divine, Shiva, and Kundalini has become firm. This is why the miracles are happening, and the task to strengthen this is to purify our attention. Because Shiva is the embodiment of consciousness (Chitta) and the power of that consciousness, which is considered a form of divine awareness, is called as Chitti, He is Chit.

Chit means consciousness which is all-pervading, you know, the consciousness, the mind of that consciousness is the grace of Shiva, it is the essence of Shiva. This means their consciousness is spread throughout the universe, and when you say that a miracle happened, it occurred, then you should understand that this consciousness, which we call "Chitti," is the one who did it. His attention is in every atom, every particle. But the meaning of attention is that He is the witness, He is observing. Attention means that He is the witness, He is observing, and the one who is executing is Brahman consciousness. But just like a musician, as you saw yesterday or when you see, they play looking at the audience, in the same way, Brahman consciousness executes the work after seeing the consciousness's sight. Brahman consciousness knows that sight, that "chitti," and it executes the task when it deems it appropriate after looking at that sight. Just like when we came, immediately, a gentleman came and as soon as he saw me, he said, "Water, Mataji is coming!" He immediately became flustered upon seeing me. He looked at me, I didn't say anything, I did nothing, just by looking at me, he became flustered. In the same way, whether they say something or not, because Brahman consciousness is this Divine Power, and it is executing, and it knows the one observing. And the role of that Power all the time is the same, to keep that one observer happy. So, sometimes you might say, "Mother, why did this mistake happen?" Yes, it happened because the direction of that Chitti had changed. If you are worshiping Shiva today, then pay attention to the four channels I mentioned, and as I told you, how you should align, merge your consciousness with these four things. This is not a deep thing but subtle, and then you let me know that by doing introspection, whatever dialogue or penance you did or conversations you had, and by purifying your consciousness, you will immediately find that you have fully immersed yourself in the ocean of Shiva. And it is my pure desire that this state happens for all of you.

[English transcription at 00:50:12]

Today lecture was quite big for all of you who are here, I am happy that you could all come down for the Shiva Puja and now as they have requested in Europe, also we are going to have one Shiva Puja on the 17th I think in Rome.

They have never had a Shiva Puja in the West. And that's why, that's why I have decided that we will have two pujas, though it is quite a difficult thing to have Shiva's Puja in such close proximity. Today I have told them how we have got four channels in our heart where Shiva resides, and how we have to introspect ourselves and control our attention, because in Sahaja Yoga there is all freedom to be the way you are, nothing is asked to be sacrificed or to be given up as they were told before, to go to the Himalayas, take out all your clothes and shiver there in the cold and all sorts of thing. The body, importance of the body has to be reduced and for that you have to put your attention inward and try to find joy in everything.

To put your attention inside is very easy because you are meditative. Supposing you are going by bullock cart. If a man is used to Rolls Royce he will be all the time complaining what is this nonsense, why have I to go by a bullock cart, horrible, this that...But a child if he is in a bullock cart, he will be enjoying it,

what a nice thing, you are jumping up and down very nice, how the bullocks are arranged beautiful, you can watch everything so carefully outside. Because he is so innocent like Shiva. Like you want to have a proper bathroom, you want to have a proper bed, you want to have all these things.

But if you want to make a fun out of it it's very interesting. Once I went to Lucknow, I went to stay with a relation of mine. And they had only one cot, not so rich, they had lost all their 'Jammidari' (landlord), they said we have only one cot, if you want you can stay, sleep on the cot or on the ground.

I said all right, I will try this cot business. That cot was made of coir and it was all touching the ground like that, so it's just like sleeping on the ground, but it was all like this. But in the night I found lots of rats running over my body, I was watching them so the people got very much worried, they said what these rats are crawling upon you and going round and round, yes I said, one of them is still here under my foot. So they said aren't you disturbed? I said what is there to be disturbed? I am just watching them, I've never seen so many rats together. Just enjoying them.

And then they said you are sleeping in this kind of a cot and you might get little pain tomorrow, I said no, no, no I am just enjoying, this is like a nice swing here, you see nicely you can move about, it's very nice, very interesting. and next time, the next day I was very fresh and they were surprised how I was so fresh.

So all these discomforts of body and all that, and the way we are correcting everything and grudging about everything, complaining about everything is just a myth. Now you don't have to go to that austerity, what you have to do? Surrender all these things into the ocean of joy, or dissolve it into the ocean of joy all these comforts. Then also the artificial norms of life that have come up – like you have to have dishevelled hair, otherwise you are not in. You have to be really crazy to be in. There are many other things stupid I think very much that have come in vogue and people are following them, because they are the norms.

If you don't do that, then you think you are not all right or others may start thinking oh, what funny man he is. That doesn't mean you should be funny or you should be hippies or anything. But not to be so much worried about the norms. Like one day I saw one gentleman was extremely upset, in England, Indian gentleman. I said what happened? Why are you so upset? He said you know by mistake I used the fish knife for eating meat. So what? Everybody watched me, you see. I said it's all right. You didn't thrust that into anyone. It doesn't matter if you have eaten...fish knife...if you have used fish knife for this.

So you must use fish knife first, then this, that, all nonsense. it's not so important. then, your equanimity, then your balance. so, all these little little things can also upset us. On the contrary, I would say oh – really? I did eat ha? with the fish, very good. It is a good thing that I broke something, a big image of a formal dinner it was broken. So, it was good, next time everybody will do that. It may start as a fashion, possibly. If you just put your attention in such a way, that this body is for the, not for the penance, but for the Havana, is to be used for the Havana, for the Yagnya, and then you can tell your body nicely that now will you please behave yourself, or say. So first you have to denounce it. all its demands and then it becomes a thing that you use it for doing God's work. I must say compared to Indians, westerners are much better in this respect, I must say that. Indians wanted first the best rooms, they used to fight for it. Now gradually they are coming round a little bit but still, sometimes they start grudging about this grudging about that. But that way I don't know how, but I must say that in the west or even in Australia people are not so much bothered about this deal. I remember once, we had gone to Ganapatipule long time back and there were no arrangements for sleeping, because the MTDC had not vacated, they said we will do it the next day. So many of them just went to the seashore and slept there the night. They said – Mother we enjoyed it, it was a full moon and we really enjoyed among ourselves. The second part is the attachments are there, with people. We can say first of all, is the desire. The desire to have this, desire to have that, all kinds of desires. As you have seen, they were never fulfilled, and we are never satisfied with them when they are satisfied. So, what do we do with our desires? Dissolve it into "Shuddha-Iccha", into the pure desire of Kundalini, and third thing is that, we have our relations, I mean I have seen with the westerners especially when they get married, I don't know what happens to them then suddenly they think they are now married so they have become Romeo Juliet raised to power 108, and of course Indians are the other way round. I mean it both is just the same.

So, one has to understand that's alright – it's is an event of marrying. But the attention should not entangle with any person whatsoever. As I have told you many times the sap of the tree has to rise and it gives attention to all the parts of the tree and go back. If it is attached to any one of the parts the whole tree will die as well as that part will also die. So, every relationship whatever you have to give whatever you have to do to your sister, to your brother, to your children, to your wife, you do that (Inaudible)... so what we do with our attachments? Dissolve it in compassion, and compassion is actually, the nature of the compassion is it fulfils all the (Inaudible), all the balance, all the defects, just (Inaudible).. a fourth one is the one which is for your ascent. Then your attention is so pure that it manifests its fourth channel which blossoms (Inaudible) through your left Vishuddhi into your Sahasrara and becomes a Lotus, Lotus of fragrance then Sahasrara starts giving the fragrance of the heart (Inaudible) combination of the heart and (inaudible). So this attention itself, is a power of Shiva. This attention as we call as "chitti", and this attention is present in every coma of the All-Pervading Power "Chaitanya" and this attention.....(Inaudible)....Chaitanya power go

into action. Finally, this attention is quiet. it just watches, it just sees. It doesn't react, but you see, this attention is just watching and they know what it is and accordingly they act. So Shiva is just spectator, watching the work of the Goddess. He is the only spectator, and if He gets angry and He sees that human beings are not respectful to this Power then He comes into action and destroys the whole world, destroys the whole work of the Goddess. So, it is important that you all should join hands to work it out – the work of the Goddess. So that Shiva is happy, and we create a new world of spirituality and beauty. May God bless you.

## 1991-0216, Mahashivaratri Puja: Four Nadis of the Heart

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16 February 1991

Four Nadis Of The Heart

Mahashivaratri Puja

Chianciano Terme (Italy)

Talk Language: English | Transcript (English) - Reviewed

Mahashivaratri Puja. Chianciano Terme (Italy), 16 February 1991.

Today we have assembled here to worship Sadashiva, which is reflected within us as Shiva, as the spirit. He is reflected in our heart, and as you have seen that the goal of our life was to achieve this state of spirit.

The other day I was reading some books how it was done, this Self-realization, to know the spirit, and how people were tortured. First of all they're asked to somehow or other deny, defy and condemn their body.

Now, if the body wants to have comfort, then it was said that first try to sleep on the carpet, not on the bed. Then still, it's not enough; then from the carpet you go to a mat – still it's not enough. Then from that maybe, you move down to the Mother Earth, sleep on the Mother Earth. Still if the body is not alright then you start sleeping on the stone. But still the Himalayas are far away, because Shiva resides in Kailasha. So you go to Himalayas and sleep on the ice. This was the minimum requirement.

Then it was said that you are fond of good food, you want to have sumptuous food, you eat a lot, alright ; so you deny everything that you like, to begin with, all that you like. For example, Italians cannot eat pasta! Then deny that. But that's not sufficient. After that, you start eating things which are very bitter. As in the Zen system they give you to eat something which is like quinine raised to power 108, absolutely bitter – or absolutely sweet. So put your tongue into test.

But still the stomach is there. So if you are eating too much, you fast for one day. That's not sufficient. Then fast for seven days. Then for forty days. I mean, a month has got only thirty days; to fast for forty days means you are already finished.

That's how if you have to do your penance for nirvana. As it is you get a nirvana because you're finished and dead, you see, nothing is left out of you, nothing but bones, and these bones then become nirvana. Ultimately the death follows, so you are finished and there is nirvana, no doubt about it.

Then you don't live in a house, because house is comfort. Give up your wife, give up your children, give up everyone. Now wear only one, something like a cloth tied round, and go and ask for alms from people. With these clothes also there's still problem, because you're attached to your cloth. So you go to Himalayas where there's nobody to see you, take out your clothes and in that cold you stay there, completely shaking. Then you'll get your nirvana. As it is you get nirvana. All such conditions were put as to destroy the demands of your body to begin with. You tell your body, "No, nothing doing. You better work out your nirvana."

The second thing was to destroy your mind which takes you to senses, to things of joy.

Supposing you want to have some, something very much, so deny that, deny that. Anything that your mind tells you, just say "No, no, no" to it. In Sanskrit the shloka is like this, "Yan neti neti vachane, nigamo vacha" – which you go on saying, "neti, neti": "No, not this, not this, not this, not this." And then you can discuss about – discuss only, yes – nirvana. Before that you are not even worthy of discussion of nirvana.

When I read this book I said, "Baba, I give up. It's too much."

But in Sahaja Yoga is the other way round, like building first the pinnacle of the building, and then the foundation. Opening your Sahasrara was the first thing was achieved. And then in the light of Sahasrara you have to watch yourself and see for yourself. Gradually the introspection was a better thing, through vibrations is to see why: why I want this? Why my attention goes to my comfort? Why my attention goes to food, why to my family, why to my children, when I have to achieve the highest?

So you start introspecting yourself. Then you know on your vibrations also there's something wrong with you. Then you don't try to see others, what's wrong with others, you start seeing yourself; because it's your own ascent you have to achieve.

But in the olden times, all these things were done individually. Like a one person who starts the path of nirvana, he used to go into "ekant", means into lonely places, stay away from people, avoid them, have nothing to do, and achieve this ascent, Self-realization, only for himself. It was not for others. Then this gentleman became absolutely exclusive. He wouldn't talk to anyone, he wouldn't meet anybody and he would sit somewhere on top of a remote mountain.

Anybody who tried to meet him he would throw stones or say all kinds of horrible things, and never meet that person.

But Sahaja Yoga is not the same thing. Sahaja Yoga is the ascent of the whole. This kind of singular achievements did not lead people anywhere. Saints of course, tried to talk to people, tell them about Self-realization, about God, about righteousness, about value system; but they too were regarded as something strange, and were tortured and troubled. So on the level of an individual ascent, they couldn't do anything for others except for talking about it, telling about it, till Sahaja Yoga came.

Even the talking about it was prohibited. Till the twelfth century in India nobody talked about it to the public. It was all in Sanskrit, very difficult Sanskrit books which were only available to few aspirants. Was explained to very, very few even, amounting to few numbers of people. But giving realization was denied. So only one master had one disciple, and all was the individual ascent, individual working out. Such a disciple was taken away from others and was kept in secret, worked it out on him; and just he may sing, he may write poems, he may talk about it, he might say what his joy is, but he had no right to give realization to anyone, neither he knew how to give realization.

So now you see how far you have gone. You've got your realization without giving up much. You can work on a much wider scale, you can give realizations to others. You know about all the subtle knowledge about Sahaja Yoga.

But today I'm going to tell you something more which we have to know. It's very important to know, because as was described by people that they practice Sahaja Yoga as they go to church, but it's not from their heart. And heart is the abode of the spirit – is the Shiva within us. So we have to know more about heart, and that is very important.

You know about these three nadis we have: Ida, Pingala, Sushumna; but in the heart there are four nadis. And the one nadi goes to Mooladhara, and if you cross the limits of Mooladhara it goes to hell. That's why they say that Shiva is a destroyer. Actually you ask for your destruction. And when you ask for your destruction, you have it. Even if it destroys everything, as I was telling, it's like when a fruit has to come, the petals look as if they're destroyed – as I have destroyed, I would say, many of your things: you can call it like your conditioning, your ego, your racialism, your fanaticism. All this has been destroyed in Sahaja Yoga. This has to be destroyed for the beauty to come out.

So when your "maryadas" you cross beyond a certain point, you go to your destruction. In four directions there are destructions built, as there are four nadis. So now, what is to be done? How are we to stop this destruction of the, through the first nadi, going to hell?

One of the qualities of Shiva is that He's innocence. He's extremely innocent. He's innocent like a child. He is innocence personified.

So we have to put our carnal desires, dissolve them, dissolve them into the innocence, the ocean of innocence. You have to



dissolve it in the ocean of innocence. Innocence is something to be appreciated, to be understood, to be enjoyed. Like you see animals, they're innocent; you see children, they're innocent; flowers, they're innocent. Divert your attention to all these things. You see, on walking on the street, what is there to see best is all at three feet height. You see at three feet height all the flowers, all the beautiful grass, all the children who are about three feet are the best.

You need not see people who are above that. Just see on three feet level. You can see the legs of somebody, that's all right. But you don't see the eyes of a person who are not innocent.

So dissolve this desire into innocence. And this Mooladhara which is innocent is not dead, finished, but is innocent, it is righteous, it is Shri Ganesha's qualities, it's pure. So even if you are in this world, even if you are living like a human being, even if you have children, still you are innocent.

Like once the wives of Shri Krishna – He had sixteen thousand wives to begin with, and the five more. The sixteen thousand were His powers, and five were the elements. They were wanting to go to pray to some big well-known, I should say, saint had come, a maharishi had come. So they wanted to go and see him and pay respects. So they asked Shri Krishna's permission, but when they went they found the river was all in spate, so flooded they could not cross over. They came back, they said, "How can we cross over this river? It's all in spate."

To this Krishna said, "All right, you just go and say, 'If Shri Krishna is Yogeshwara, and if He is absolutely innocent about sex, you go down.'"

They said, "How can we? We are so many wives. What is He talking about?"

So they went down and said this to the river, and the river went down, and they were surprised that "this husband of ours is saying all these things." They went across and worshipped that rishi and they were coming back, again the river was in floods. So they went back to the rishi, said, "Now how are we to cross over because it's in floods?"

He said, "How did you come?" So they told the story of Shri Krishna. Now they had fed this rishi with food and fruits and he had eaten such a lot. "All right, you go and tell this river that this rishi has not eaten at all anything."

They said, "How can it be? Just now you ate before us." He said, "Just go and see." They went back and told this to the river. The river again went down.

So to live in this world, to be a wife or to be a husband, to be married, whatever it is, you can be innocent, absolutely innocent about it. That's the sign of your purity.

The second nadi, the second channel that can take you to destruction is desire. That's why Buddha has said that desirelessness is the only way that people do not get old, nor sick, nor worried.

Now this desire that we have, "I want this," in the West is much more than anywhere else because the entrepreneurs are every day producing new things. Say for example a hairdress, so the women want to buy this wig or that wig, "It's my desire, I must have this wig to put on my head." The another one says, Alright I must have this one."

And the desire, for men, is "Oh, if he is having a Rolls Royce, why shouldn't I have one?" They cannot enjoy somebody else's Rolls Royce. It should be your own, that "I should have the possession.

Desires can be of any kind, not only material. The desires could be also quite mental, "I must possess this woman, I must possess this child." All kinds of possessions that work into you as desires. But I wouldn't say it is because of attachment. It's not attachment, but it is just to have more. Go on adding up things, getting things – still one doesn't feel happy and satisfied. What is the reason for this kind of a desire is that it's not pure desire. It's an impure desire. It's an impure desire, and when such a desire

starts working you can go any far, like Saddam Hussein, like Hitler, like anything is nothing but absolutely desire beyond any limitations. You want to dominate others is also another desire.

All these desires lead you ultimately to a destruction because there's no joy, there's no happiness. For example, now I want to have a sari, so I want to buy a sari. All my attention will be how will I get that sari, I must get that sari, this thing, that thing. The attention becomes polluted, disturbed, for a nonsensical thing like a sari. The attention, which has to enjoy, which has to enjoy the spirit, which has to nourish the spirit, becomes disturbed because of desires.

In the first place the attention is disturbed because we are not innocent. In the second place, the attention gets into turmoil because we have desire. So what should we do as far as the desire is concerned?

The desire for beautiful things – we can shift our desire, material desire into aesthetics, and have one thing but which is really aesthetically rich; because that's the quality of Shiva, that He gives aesthetics to everything. Now supposing this looks very plain, simple and one may say that mechanical. But if it was Shiva's job He would have done something beautiful about it.

So the quality of Shiva is that He beautifies everything that is created by Brahmadeva, evolved by Vishnu. He's the one who does the subtle work of creating aesthetics.

You've seen My photographs many a time with so many lights, this, that – is all His job. He's doing it. He throws lights in such a manner, He works out in such a manner. Just He wants to convince you about Me. It's His job. So His job is to create aesthetics: aesthetics of behavior, aesthetics of poetry. Everything that is created is made beautiful, is joy-giving, by Shiva – that's His quality.

So whatever you desire, if you start working it out, desiring for something aesthetically handmade, nice thing, gradually you'll find you'll end up with vibrations, because all beautiful things have vibrations. And to have the vibrations you'll have to go to pure desire.

So this desire which is madness, which makes you mad, which is so much dull and boring becomes pure desire, because you have to dissolve all your desires into vibration. You start desiring nothing but vibrations after some time. You'll not buy anything which has no vibrations. You'll not talk to a person who has no vibrations. If somebody has [no] vibrations (Shri Mataji may mean "no vibrations") you'll just run away.

I've seen people running away from some people as if some monkey is after them. When I look around, I find there are people who are drunkard, or somebody coming or something. They might have been drunkard themselves once upon a time, but now they run away, "No, no, no, no. Not so now. Now no, no more."

We had three, four hippies to begin with who came with Me to India. They're normal like you, they were become, you see, Sahaja yogis. And four, five hippies came to My program, it was in Rahuri, I think. They got a fright of their life, "Oh no, oh, God!"

I said, "What's the matter with you? Why are you so frightened?" So I turned round to see these hippies, and by the time I'd turned round they were out. They were no more there.

So then what happens, all desire ends up into chaitanya, into vibrations. And if it does not, then you must know there's something still missing. But if you do not do this, then you end up into your destruction.

So to say that He's a destroyer is a very one-sided statement. He has both the powers. He has the power to give you vibrations. He gives you vibrations.

The Goddess is the power, Shakti, but He makes the vibrations. It's like these are the fingers, all right, but if they tickle you then it's Shiva. The fingers are that of the Goddess, all right, but if it tickles, you know, gives you joy, happiness, it's Shiva, is the bhakti.

The joy of bhakti comes from Shiva.

Today only I was explaining how one lady who was a Devi bhakta and has done so much study of bhakti and all that and knew so much, just merged into Me. I just couldn't understand her how, what she has done, because normally people don't do. When they are reading about Devi they think, "All right, this is Devi, this is Mataji." You see, it's separate things. They don't know they are reading about Devi.

So she said, "Mother, I just identified. It's written that how You are gentle, the Goddess is gentle, how She touches me, how She looks after me, how Her attention is on me." Like there's a sentence "kataksha, kataksha, nirikshana: every glance is an inspection." But "inspection" not a very good word, but "nirikshana" means inspection, divine inspection. "So all the time I feel that it's You, You, You are all the time – when I listen to music I feel now, see, She is looking at me, She is feeling (feeding?) me, She is nourishing me. All the time I feel Your love.

That's how the bhakti comes in. So if you have vibrations that doesn't mean that they are something dry, you see? No, it means the joy of bhakti. Bhakti is, you can call it adoration, this, that. It's the ocean of love that is God. You just get drenched into it. There's no words to it.

And that is what when you feel, you must know that you have taken the spirit as a real connection between you and your Mother, or your Father. There's no differentiation. You are one in that ocean, drenched in the ocean. You are the drop, you are the ocean. You are one in that bhakti. And that bhakti cannot be mechanical, because not man-made.

So to enjoy Sahaja Yoga you must know that it's not dry vibrations only, but is the bhakti. That is the joy of Shiva's quality, the quality of joy that He adds to our life.

Everything seems to be surrounded, resounding. Same thing the joy, that "I'm loved so much by God, that God loves me, that I have a meaning in life." Then the ego drops out first of all, and also the conditionings drop out.

Now the third nadi: third nadi is the nadi by which we feel attached, attached to someone. Like this is my child, this is my husband, this is my family, this is my wife, this is my father, this is my mother. In the beginning of Sahaja Yoga of everyone, when they are just the beginners, so they talk about their whole family, "My father is like this, my mother is sick, my mother's sister's brother's this, that's real this thing, is not well." As if, you see, we all have taken a contract. What should I do?

Like today somebody said that "You see, they lost their first child. First child they lost, because the child was sleeping in another room." I said, "Small children should sleep with mother, and mother must look after the children." It's simple thing – I mean, in India no mother would accept such a situation. She'll throw away the husband, say, "What's this? I have to look after the child."

So I said, "Tell them that they should sleep with the child." But they don't believe in it. So all right – what can we do? Have we taken their contract that we should look after their children, even when they don't want to listen to us?

So the idea is, all the time in the beginning is that "Oh Mother, I've been doing Sahaja Yoga for one month, but so far my financial condition has not improved." As if they're going to sue Me for that, as if I've let them down. But they don't want to see that you have just now come to Sahaja Yoga, or even if you have been in Sahaja Yoga for so many years, you have not been a Sahaja yogi. Something missing, you don't deserve. Something wrong with you, not with Sahaja Yoga. But they feel that Sahaja Yoga is something which has got the contract. Immediately they'll inform you, "Now somebody is sick there, somebody's somebody's somebody's somebody's somebody. Send five Sahaja yogis." For what?

These attachments start working within us. Now some people I've seen are very attached to their children and they go on pampering, "Oh, my child, my child." And suddenly they discover the child is now is a devil's child. The child starts answering back, saying all kinds of things, beating the parents, misbehaving, and then they suddenly discover that "this is the child whom I have been looking after, giving so much love." And they feel even worse, because "I have done so much for my wife, and she is

treating me like this." "I've done so much for my husband, and he is treating me like this."

Why do you do so much? There's no need. And if you are doing it, you just do it and you forget it. I never feel that way.

I know of Sahaja yogis for whom I have worked very hard, and they have gone down. Only thing if I feel anything, only God knows where will they jump? Where will they be in hell? What will happen to them?

That's the only concern. Not the concern what has happened, because nothing can happen to Me. But if they have been sinful I just get worried about their future, about their lives. That's different.

So this kind of attachment that is we call in Sanskrit is "mamatva" – "this is mine, that's my child, my this thing, my that."

Who are your relations are Sahaja yogis – remember this. It's a sentence you must remember, "My relations are Sahaja yogis only. And anybody who plays against Sahaja yogis, troubles Sahaja yogis – that person could be my own wife, could be my own child – is not mine." Because I'll not allow such a thing to happen. This relationship is alright till Sahaja yogis are one with each other. As soon as somebody tries to harm any other Sahaja yogi, then I'm not with that person.

I've seen there are many like that, but very good Sahaja yogis. They'll never side with their wives, never side with their children, because they know if you are siding with them you are making them sinful, you're destroying them.

They're worried about their ascent so they'll never allow, never allow anybody, a relation of theirs to trouble others.

I have seen some children who are extremely naughty, they're very troublesome, very violent, and the parents just saying, "Mother, put them right. We leave it to You." They are to be put right. But others will say, "Oh, no, no, no, no; you see my child, he cannot do such a thing, you know."

So one has to understand the discrimination part of it, that "Why am I attached?"

I've given this simile many a times, like the sap of the tree rises, goes to various places of the trees, various areas, looks after the bark, looks after the branch, looks after the leaves, flowers and fruits, and comes back, or it gets evaporated. It doesn't get attached. If it gets involved into one of them the whole tree will die, and that part which is so close to the sap will also die. But sap has much more sense than we have.

To them, husband's so important – I mean so many problems of husbands, wives, this, that. "My God," I sometimes think, "What is this?" That's why they used to say, "Take a sanyas" – so nobody can talk about wife, children, nothing. You have to be a sanyasi, first of all be a sanyasi. So no headache to the guru. As soon as you start talking about any one relation of yours, the guru would say, "All right, you get out. Nothing doing. No good."

But in Sahaja Yoga – Sahaja Yoga has much deeper work to do. It has to penetrate into the society, into the political life, into economic life. You have to emancipate the whole world. Try to understand your responsibility. You are not only here for one ascetic ascent, no. How much wisdom you must have, how much love you must have, and how much discrimination you must have, to understand that you are chosen for the emancipation of the whole world.

So now this so-called limited love, what is the solution which takes you to destruction is the unlimited love. Because Shiva is nothing but love, He's love. Love is that corrects, that nourishes, that wants your benevolence. That's what Shiva is. It wants your benevolence. It looks after your benevolence. So when you are looking after the benevolence of others with love, then the whole life changes, the whole pattern changes, and you really enjoy it because you become one with so many, concerned with so many families, so many things, so many problems of others, and you just feel you are one with so many.

Now see, we are so many Sahaja yogis here today. First time when I came to Italy, I must tell you, I came with Christine – no,

what's the name of Gregoire's wife? Catherine. And she was the only one who knew Italian. And we had told some newspaper to reserve some sort of a hall and advertise for us. Nothing was done. So when we came we couldn't find anyone. So I went round with her to put the posters, but still nobody came. And today we are so many. But we must know that we are bound to each other by love, and the love that is for our benevolence, for our ascent. And then you just start enjoying everyone. And then you don't think what race you are, what country you are, what this thing you are, nothing – a Sahaja yogi, finished! So you become a universal being. And this attitude has to be achieved.

When I hear that some Indian girls are tortured and troubled, I think, "How can they do it?" Or somebody who has a black skin, they are tortured; or some Indians are treating somebody because they are of low caste. It's not possible, because they are all part and parcel of one body. They're all brothers and sisters, born of the same Mother.

But this is only possible when you dissolve that limited relationship of yours into this great unlimited ocean of love; then only it is possible. And if it is not there, do not try to justify – just watch yourself. See for yourself: are you really in love with everyone?

You see, I would say that all the time when I – sometimes I go for shopping, I just think, "Oh, this one would be nice for this one, that will be nice for that one." For Myself if you say, it's impossible for Me to buy anything for Myself, impossible situation. Unless and until it is absolutely immediate, or some problem is there if I am just without it. I won't even buy a drink for Myself, even if I am thirsty. Because the whole thing is the joy of others. "Oh, this will be nice for that person. This will be good for that person."

All this is the most enjoyable thing. I mean, why all this is for there? After all, think about yourself, "Why am I here? I'm here to enjoy everyone – everyone. They are all realized souls, such beautiful lotuses. I'm not going to stoop down to the mud. Now I am a lotus." That is the way you open the heart, the lotus of your heart. And the fragrance of such a person is so beautiful, is so beautiful.

So you are no more divisive, you do not want to separate from each other. Anywhere is done, you are agreeable to that; you don't think that it should be done here or there or there, but anywhere – but should be all of us together.

So the small attachments that are with you have to be dissolved into this ocean of love, which is Shiva.

Fourth one is the most important for all of us is to know that there's a nadi which passes through left Vishuddhi into the heart. Starts from the heart, goes up, passes through Agnya. It has four petals, and opens up. This is the one which gives you the state which is called as turya.

We live in three states. In the living – in the awakened state, jagruti, our attention goes to this, that, and all that; we spoil our attention. But the second one is the one what we call is that we sleep. When we sleep also all these things that have happened come to us from our past and things like that. But then we go to the deeper sleep called as sushupti. Is a state where you have deep sleep, and you dream of something that is reality also. You may dream about Me. Like it's the ethereal part of the subconscious, where some beautiful informations are passed on. Supposing I've come, say, to Italy. Italians might know in their sushupti that I have come here, or maybe anybody might know – depends on.

But the fourth state is called as turya. There are two more states. You are in the turya state, it's the fourth, "turya" means fourth. Fourth state is where that you are in a thoughtless awareness state. When there is no thought – just think of it – when there is no thought, you have to be innocent. When there is no thought, you have to have vibrations. When there is no thought, you cannot be attached to anyone. So into that thoughtless state you have come now, is the "turya sthiti." And in this state when you are, these four petals which are within you have to open out in your brain. They come from your heart to your brain. And that is when you absolutely understand what is God, absolutely you know what is God is. That is the time when one receives the real knowledge.

But unless and until these four petals open, one may fall back, and that's why some of the Sahaja yogis who are still meddling with things that they should not do, go down. And they don't understand what is God is. But it's not the understanding – in a way

you understand this one little point, that it comes from your heart into your brain, not from brain to your heart. It comes as if the ambrosia of your bhakti covers your brain, absolutely.

Say for example, Shankaracharya wrote a beautiful treatise called as "Viveka Chudamani" where he described what is God, this, that; and "viveka" means the conscience, and consciousness and all that he described quite a lot. But there was one horrible fellow called Sarma who started arguing with him and he got fed up, Shankaracharya. He said, "No use talking to them." So he just wrote "Saundarya Lahari." "Saundarya Lahari" is nothing but all the mantras praising the Mother.

He said, "Why, I know Mother, now let me praise Her. Nothing doing – what's the use of talking to these people? Stupid things, how will they understand?" He realized that "These people haven't got that capacity, that sensitivity to understand what I know."

That's the real knowledge, is to know what is God. And if that is God, then how can you suspect anything, how can you try to analyze anything? It's God. It's God Almighty, which knows everything, which does everything, which enjoys everything. That is the one you should say is the gyana, is the knowledge, is the true knowledge, the pure knowledge. It's not the knowledge of chakras, not the knowledge of vibrations, not the knowledge of kundalini, but the knowledge of God Almighty.

And the knowledge of God Almighty is not mental. Again I tell you, it starts from your heart and goes to your brain, something that comes out of your experience of joy and covers your brain. So your brain cannot deny it any more.

Like the – sometimes when you have your mother, little mother, you know the love of your mother. But you cannot explain, it comes from your heart and you say, "No, that's my mother, she won't do like that. I know my mother very well." The knowledge about your mother, the one who has given you birth; may not be, mother may not be very good or whatever it is. But knowledge about God, that He's love, that He's truth, that He knows everything, that just become part and parcel of your being, absolutely, and that's the time we say is the nirvana.

So it's important, specially for the people of the West, now open your hearts, because it starts from the heart, not from your brain.

Do not judge people on vibrations. Judge yourself, all the time.

I had told that Shiva Puja means more explanation, more understanding, more this thing; because in other pujas we do all these mantras, this, that, but in this puja is to know the knowledge, it's God. And to know that you know God itself is so great. Whatever it is – She may be Mahamaya, She may be anything, but I know Her.

It cannot be described in one book, it cannot be described in hundred books. It cannot be described in words, but to know that's God – after all, that's God, God Almighty. And that gives you that beautiful surrender, where you just feel absolutely secured in that ocean of love.

I wish you all to achieve that state.

May God bless you.

The Puja is quite short, it's not so big, and this thing, you see, first we'll do the Puja of Ganesha, has to be worshipped in any case. Then the Devi, little bit. And then only the 108 names of Shiva we'll do.

## 1991-0222, Bhajans and Talk About Divine Love

View [online](#).

22 February 1991

Talk to Sahaja Yogis

Ashram of Pichini, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

"About Divine Love". Rome ashram (Pichini) (Italy), 22 February 1991.

You are singing so beautifully. It seems your heart has opened after this Puja very much and you're singing like small children now. So sort of, all the conditionings we have had, all the ego also there, it seems now you have become very pure all these problems have gone away and you are enjoying yourselves. This is the best way, when we love ourselves, we know ourselves we become love. Because of so many pressures on us and so many norms we've got, which are artificial, and we think only if outside we are alright it's alright; but truth flowing from within is so joyous. You feel your capacity to love itself is so joyous, and capacity to give is also so joyous. So the Shiva Puja meant that you become love and feel the joy of love. You see when you love someone, if you love your child, you're not bothered as to how it looks or how it appears, you just love. And if you try to be attentive to somebody because his appearance is good or he's superficially good, or his manners are good, after some time you'll be deceiving yourself. But if you're inner being is beautiful then you will be happy with yourself first of all; because the source of joy is from within yourself. You do not get it from others.

So to cleanse yourself and to be open is the best way to enjoy life. Some people may laugh at you, some may make fun of you, some may try to trouble you; but most of them will love you, because you are so pure, and you will be yourself at peace with yourself. So the best thing is to have introspection to see yourself, whether you are Love or not. Like some people are conditioned and they want this should be like this that should be like this, it should have been there, we should do this we should do that, we should organise like this, we should cook like this; I mean conditionings are there that according to them that's something good. And if that doesn't happen then they are unhappy. And some are right sided egoistical, they want to dominate others, if they cannot dominate then they are unhappy, they are angry. So they are miserable, so they make others miserable also. So the first type which is left sided makes himself miserable, while the second type makes others miserable: but both are wrong. You have no business to make yourself miserable, because God has created you to be joyous and happy.

So one should only know that you have to be the Spirit. So all these conditionings will drop out, ego will drop out. But when we talk of Spirit we always think of something very dry. No it's not at all, it is absolutely Love, Spirit is Love. You can say the light of Spirit is Love. So it is important to understand that it's the love only that is emitting from your heart will give joy to you. Look at other people as you have to give them love. You'll feel very powerful and the bhoots and all the badhas will run away. Once you decide that I have to just love others, all the conditioning will drop out.

Today I was discussing that people have a bad habit of giving their problems to others all the time. Like a wife will come out to the husband I have this problem, this problem, this problem. Same with husband, he'll say I have this problem, they talk nothing but of problems, problems. Not of love, not of appreciation of each other, or the care, the gentleness, the tenderness; but all the time they think this is the only topic between them is tell each other the problems. Now anybody tries to give you solution also this is all mental. You give a solution to a person, alright this is your problem this is the solution. So they'll say no no no no this won't work out, then second one, no no no no this won't work out. You give five solutions it won't work out. Then you have to tell this is your problem it's not mine, so if you don't want to have any solution do what you like. Next time no more problems to you. As soon as they start talking the problem, put your hands to.....(laughing). Immediately they'll stop, because it's a, I think it's a psychological blackmail in a way. They'll go on pestering you with problems problems problems. Now supposing you travel by ship, there are no problems, because there are no solutions. If you ask for, say..something, if it is on the ship it is there, if it is not it is not. So this is how one should realise what do we talk to each other what do we say to each other.

Then another way is that all the time finding faults with others; what is wrong with you, you are like this you are like that. Or discussing somebody else also, that person is like that, that person is like that, all the bad things. What is the use? Because somebody is wrong that person should correct himself, you can't correct that person. You can only correct yourself. But it's a habit of the mind, again it's very mental. Like you are going on the road, such a person will say the road should have been this

way it should have been direction this way, but you are not in charge. It is what it is, why waste energy.

So to enjoy everything we must accept. Whatever is there just accept and enjoy it. That's one thing we forget, that supposing if you get lost on the way, then we go on fretting oh God we are lost now what to do this thing that thing, unnecessarily bothering ourselves. But supposing you say it's nice, something must be there let us see what's beautiful here; let us enjoy whatever is there. That attitude then you never get lost, you never feel you are lost until you think have found yourself. Once I lost my key; very important key lost. So I said very good idea we can find out now. So I opened my drawers and I saw beautiful letters written by all the Yogis and this and that so I started reading them I forgot about the key. And beautiful poems and children had written very sweet things, you see so I was feeling very happy and I was enjoying it. And even when I found the key I didn't think much of it, because I thought I found the key of joy. So one should not get frustrated, unhappy over small things. That makes you nervous, that makes you unhappy and your energy is lost. You get so tired thinking about it all the time. Like in England I saw the people who are in the television they come and sit down, they say huh.. Young people, you see they are always tired; then you talk to them for ten minutes I am tired now. And they boast about their tiredness, not ashamed. Because they do not enjoy life. But if you enjoy then you never feel you are tired, you never feel you are old, you never feel that way anything. But those who think too much always are tired, they never feel fresh. Freshness is a sign that you are enjoying yourself. So we reach a conclusion that any such nonsensical thoughts are the death of joy. Somebody is, supposing he's bad to you, nasty to you, alright, you just forgive and forget. At the same time think how you will be nice to someone with whom you have not been nice; how you will express your love. Immediately you'll feel fresh, immediately you'll feel better. So this is the key to joy.

I'm happy this time so many people want to get married also, and many people want to marry Italians, because they think Italians are very open hearted and dignified. So I hope that those who are married will enjoy the married life and those who are going to get married also will enjoy their married life; and also you will enjoy your children and the children here, everybody's children.

I'm sure this Puja is definitely going to help you all very much.

So when we say we are in paradise, actually the people who are in paradise just enjoy. They know that they are looked after by the Divine Power. Also they know that they don't have to worry about anything. Also they know that everything will work out by itself. This is how a Sahaja Yogi should be. Actually you are Sahaja Yogis, but actually you are on your way to Maha Yogis.

So it's nice we are having two pujas now one after another. One of them is going to be Sahasrara Puja. The dates for that is third, fourth and fifth, and the place, which is the place you have selected? As you know very well, every Sahasrara, Puja you know very well there's always very miraculous photographs coming out. Then there's another Guru Puja which is very important, these two are the most important Pujas. That is also going to be in Italy. So Italy has somehow or other managed to have three big pujas in one year; Shivratri Puja and Sahasrara Puja and this Puja which is very important is Guru Puja. So I mean sort of these three important pujas are in Italy. Also you know that I have got now the citizenship in Italy. And also that we're trying to get a very nice big castle for my stay in Asty, which is absolutely connected to all the countries practicaly. It's very near Torino, very near Milano, very near France very near Switzerland, so it's quite a nice place I think. You all should pray that we should get the place in Asty, this castle, to desire, because I am desireless....So we could have some music now.



## 1991-0222, Bhajans and Talk about Children and Indian School (Evening)

View [online](#).

22 February 1991

Evening Program

Ashram of Pichini, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

Transcript, Talk About Children and Indian School, 1991-02-14 or 1986-05-04

[note for 1986-05-04 date - I would suggest that the date of the talk would be later than that attributed to it as the children are already in India when Shri Mataji is speaking, and I think they first went to India a little later than this]

I wanted to tell you about our schools in India and what is our idea is about those schools. It is better to understand why we took this measure. It was felt by so many Sahaja Yogis that in the West there is no proper atmosphere for children and they should go to India. And in the beginning, I must say, in the beginning when the children came they were very funny and very troublesome to the teachers. They didn't have proper respect; they didn't have proper understanding and very bad manners also. Of course, Guido had worked very hard on them but as soon as they went to India they found that the teachers were rather very mild with them and kind to them, so they started really torturing the teachers. So one month they were so fed up they wanted to give up. Now you have to talk to your children and tell them that, '...your work is much more, you are not going to waste your life, you are sahaja yogis, you are born for a special cause, as our life was wasted, because we didn't have proper guidance, we do not want your life to be wasted in this horrible atmosphere and conditions. And that you have to be something very special and great.' Right? The children must understand that, '...you are all sahaja yogis and you all have to be something very special.' Alright? So, you have to learn everything with care.

Another thing we have found out that the children from the West do not have much appetite for studying or learning. Very surprising compared to Indian children. Indian children it is just the other way round, they want to study, they don't want to waste their time. They'll play for a while and then they must come to studies. They want to show that they have learnt something. The other way round, we found, with the children in the West, they are more playful, they want to play. Very surprising! I used to think that they would be much more in their studies as the life in the West is much more sort of active. So all this was rather a surprise to us. So now you have to make your children study. They must understand that if they are just vagabonds, if they will just waste their life on the streets, what is going to happen in the future? They'll be useless for Sahaja Yoga. Whatever mistakes were committed by the group before, the parents, like they became hippies, they became drunkards, they became this and that, all this should be avoided.

Thirdly, some children went to American schools and things like that, also English and other schools and we found them extremely funny, very violent, beating each other, and had also very funny complications. We had to send away one child to Belgium. It was absolutely incorrigible. They were behaving like grown up women and grown up men in a very funny way. So I think we must understand the danger these children are facing and that's how we started this idea of a school in India, which, of course, is going to work out in a way that we'll have to create very dynamic children. Very dynamic. Sturdy, healthy children. Now the children who came didn't have very sturdy bodies, very delicate bodies, perhaps because people eat here from the tins and all those things. Very delicate bodies, very surprisingly, they couldn't walk for more than one furlong, while, I can't understand, why can't they walk when they eat so well, they live so well? Because, I think, too much of pampering, maybe? I don't know... whatever it is. So, it started a good scheme, that they go to a river to have a swim, and then walk back. Now the children have become stronger they have become healthier, because we found they were liverish, very thin, and had no strength and used to be very tired, easily. Perhaps they were thinking too much or I don't know what was it. So this was also reported about them. So now we have to understand that, if we have to make our children something special, if we really care for them, and if we really love them, then you must take a new perspective about them and understand. That we are not going to waste our children just pampering them and loving them and keeping them with us. Another thing is the way that here children always say, 'I want this, I want that'.

It is never encouraged in India. Whatever is cooked for the whole family they have to eat, because such an attention is wasted, then they become very obstinate if you don't give them, at that time. It started also there; they wanted to have Western food. Western food in India is very expensive, apart from that, it's all in tins. They wouldn't take the fresh food. Gradually we had to bring them round, that you must eat fresh food. If they don't take fresh food how can they have a healthy life? Because very artificial the preservatives and all that. So also that, they should not grudge Indian food if they have to go to India. Supposing they have to go to Italy they have to eat Italian food, if they go to India they have to eat Indian food. Of course, it would be nourishing, good and healthy .

Children should not be interfered with much with the parents. ....spoilt, you spoil their chances of improving. I don't know about the Western schools, but in the Indian schools, wherever you are, in a hostel or anywhere, parents are not at all allowed to interfere, nothing, they are kept out. You can see the children, meet them and the children if they complain they say take them, we have nothing to do, take away your child. Because you are Sahaja Yogis you are close to us, but it doesn't behave for parents to go on complaining about anything that is happening in the school. Everybody is alert and working it out. Because now I am starting a bigger one, a middle school. That's why I'm putting this before you that it is for the benevolence of the children; you have to have faith in people who are doing it. It is also to make them dynamic, great people, great orators, people of learning. I mean I see children here don't read much, they don't like to study. The first thing they said to me, 'Mother, we don't want to study,' and the last thing they said, 'Mother, we don't want to appear for an exam.' I mean, I cannot imagine because you would never have that in India. On the contrary the parents will threaten, 'if you do like this we'll take you away from the school'. 'If you behave like this we'll not allow you to go to school'. It's a big threat on children. So the attitude of the children has to be changed by talking to them. That you have to tell them, you have to be great, you have to read, you have to understand life and you have to do the work of Sahaja Yoga. You have to equip them. Otherwise, if you do not equip them, they will go again into the imbalances, as so many of them have gone and are lost, are recluses, some of them did come to sahaja yoga so they are saved but I don't know how many are lost; generations after generations. So we want to give our children that solid background, solid foundation because we love them and we care for them, they are born realised children and to us they are very precious. So parents should leave it into the hands of people who are trying to organise it and work it out. Otherwise if they give up, I don't know what will I do. It's not proper to interfere with them, let them do it and let them look after and also must know that you should see from the progress of the children. The children who came to India, didn't know much to write, much to calculate, no mathematics, nothing. Now, within this short time, they can write well, they can write Hindi also, they can read well and also they know mathematics.

So, you are not going to give democracy to little children. No. That is a wrong idea. That has ruined your children and don't ruin now your children by giving them democracy, at a time when they are not mature. Children have to mature enough as to know what freedom is. Because I think here the parents want to escape the child, they don't want to face the child and that's why they said, 'do what you like' Bring them lots of toys, put them with the toys, finished. Don't face them, don't talk to them, don't educate them, don't take any responsibility. 'You like this cloth? Alright, have it'. Then ego breaks out, and the sense of collectivity becomes much less. All the time we find the children were hitting each other and we couldn't understand, why are they hitting? Or pulling someone's hair, not paying attention. It was very surprising. So, I think it is the atmosphere, the inherent problems of the West, perhaps, are doing all these things and the children are not developing the way they should develop. Now these are precious children and so we have spent all the money, taken all the time and so much of labour just to get these children there to educate them. But, if supposing you do not want to send your child then you don't send the child. It will be much better. We are not at all anxious to have your children, it is of no value to us, but, if it is value to you then you have to abide by the laws of the school, of proper parents. But if you don't want to send your child, then we have nothing to say, but then we are not responsible. We are not responsible for your children, how they behave, how rude they are, what they have got it. That is not our look out. This is very, very important for us to understand. If you all understand that, we can manage. Also about the fees, many are talking that the fees are too much, but for smaller children it looks the fees are too much, of course, because they don't consume so much. In the beginning they said there were only ten children and they had to build the whole of the building and everything and all the things to be brought, whatever it is. Then they removed...there are more children and now he was telling me that he'll be now saving money out of it to build up for the higher classes, because for the higher classes you need laboratories and you need all those things. So, the first thing you must understand, it is your school, is only made for you people, and it's going to work out for you people, and nothing has been done by you, as such, as it has been done by those who are working it out. If instead of feeling gratitude for them you start grudging them and finding faults with them, they will give up. So it is important that you understand

that it is for the good of the children that are our children and we have to give them their due. And they'll thank you for that. But supposing, out of your love you spoil your children, tomorrow they'll come back and say, why did you spoil us? What business did you have to spoil our children like this? You see. The relative difference will be so much. You see, Guido has seen how much they have grown in India, how wise they have grown, how sensible they have become, how responsible they have become, so, there's a way of looking after the children. In the West even the teachers are fed up absolutely of the children because the children are pampered by parents and the children are extremely rude, so they also don't pay any attention. So first thing is character building, proper value system and secondly the dynamism. All this will come once they are settled in Sahaja Yoga. All of you should give your ideas; write to us what you want. Not about particular child but in general, whatever ideas you have they will go through it and see it. But I personally think that the Western education system is absolutely destructive for children. They have no satisfaction, that is they don't study, they have no involvement. So I had to tell you sometimes to you. This is the best time I could tell you that is the position of the schools in India, we have a beautiful school now built up and it will be starting next year. But this has to be told, not as a ..., I did not want to send a notice to you all. You must understand what is good for your children and you must not be selfish, and you should not be selfish about them, to ruin their lives. Right? Thank you very much.

## 1991-0228, Talk and Holi Celebrations

View [online](#).

28 February 1991

Holi Puja

New Delhi (India)

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

Translation from Hindi:[English Transcript Time 48:30]

Translation from Hindi:

Sahaja Yogi: Shri Mataji, all of us welcome You on this auspicious occasion. It is our privilege that Shri Mataji, whenever we have desired, desired from our heart, you have always come among us. It has been written in the scriptures that whatever a devotee asks for, God gives that. Whenever we have asked something from Shri Mataji, we have always got it. The reality is that Shri Mataji, we are stupid people. Whatever we ask, You give us more than that. We don't know what to ask from You. You have given us so much love, You have given us everything. Whatever we could think of You have given us Shri Mataji. We express our heartfelt gratitude to You. And we pray that You please guide us from time to time.

Shri Mataji: You all know the history and also from the scriptures that to burn Holika, the burning of Holi was started. In this for the farmers also, all their work gets over and thinking that we reaped whatever we have sown, sold everything and are comfortable, so we should enjoy the moment.

Even before that the starting of Holi, when Holika was burned at that time it started. This was done by Shri Krishna. Because when Shri Rama came into the world, then Shri Rama set boundaries. Through His own life, through His methods, through His examples, through His behavior – so that human beings look towards Maryada Purushottam [Great person living within dignity]. Maryada Purushottam is a characteristic – a great example was given to us that the person who rules, who is the king, he should look after well-being. As Socrates has told, “Benevolent King”. As an example of that Shri Ram came into this world. He set such a great example that for the benevolence of people for the public opinion, He even sacrificed His wife. Though His Wife was Mahalakshmi, He knew that nothing can happen to Her. Still to support people's thinking, to show world, He sacrificed His wife. So that the public opinion should not be hampered and public opinion is respected.

But in present days I see that in our country public opinion does not matter anymore. People rule shamelessly and do not pay attention to it. It is either that people don't know about Maryada Purushottam or if they know, they don't understand; or if they understand, they don't imbibe it – that it is an important thing that the one who rules, should be dignified, should set boundaries for self. Only then the entire society will be within those boundaries. If they rule without any boundaries, without an example or without any special principles, then the society will be destructive, but most importantly the political and the universal brotherhood will be destroyed.

These days the human beings, in our country also, are becoming very petty, because the boundaries we were to set for our self we did not and we set boundaries that are not to be set. Like we think of ourselves, I had told you earlier, as Delhiites, as Mumbaiites. In Delhi also there are divisions like those of Delhi city, of Old Delhi, of Noida like this we are limiting our boundaries, that when we have become the citizen of the world; still are limited to these small boundaries. But the limits we should set in our personality that we have not done. Which Shri Rama had set for Himself.

As we know that Shri Rama had come as an ideal King for the world. But His own life was within the boundaries of ideology. The ideology we have set for ourselves from that we will become low-grade, limited, petty, but the boundaries which were set by Shri Rama for Himself, from that we will become capable – strong. Just think that there is an airplane, if the screws or other parts within it are not connected properly or if they are not aligned properly or they are not working properly, then when that aeroplane

flies, it will fall apart. Its power will be completely destroyed. The limits of decency which destroy our power, we very easily set those limits. But the boundaries which increases our power, which is good for us; not only that it enlightens us, gives us a personality, gives us greatness – that we don't set. This is the major fault of our understanding, of our thinking.

But still the persons who were within the limits of decency started moving backwards and thinking that setting boundaries means being ritualistic, going away from one another. Like Ramachandraji sacrificed His wife – 'we should also leave our wife'. Even His wife also gave Him up later on. But on Her terms. Keeping in mind the modesty of a woman, She gave up Shri Ramachandraji.

So the way we are making ourselves petty and becoming petty, then its needed that we should think about ourselves, 'what are the boundaries have we set for ourselves?', 'in what way are we limiting ourselves?', 'what are the limits that we should have set and we have not?' Because of that all our social life, political life, the feeling of universal brotherhood – all these things have gone out of order.

But the limits Shri Rama had set for Himself, from that people started setting boundaries like I explained to you. And they were drawn more towards ritualism and thought that dharma is a very big thing in which one cannot laugh, one cannot talk. 'You do fasting', 'you do penance' - such wrong things were taught by the Brahmins of those times. That this is Dharma; dharma means you become ritualistic, 'give money for that and this', 'be very serious', 'don't laugh', 'don't talk', 'don't meet anyone stay alone'. Such kind of notions people followed. To break that Shri Krishna took His birth. Shri Rama was Himself Shri Krishna, He was born as Shri Krishna. When He came as Krishna He turned everything into a play. He spread the word about the play.

Secondly, to show how to reach the depths of the birth of Shri Rama, for that also He created a play. The show put up by Shri Krishna's was different and the attention of Shri Rama towards His people was different. Because you know that on Vishuddhi chakra it becomes 'jana' [people] and 'dharana' [conviction] is on the Nabhi chakra. On Vishuddhi you become collective, collectivity. So now that you have come to collectivity; in collectivity, only through a play, Shri Krishna Has tried to awaken people.

When He was small child of 5 years of age, He hid the clothes of the ladies who were bathing. What does a 4-5 year old child understand? The children these days are more intelligent. But in those days even in 20 years, the boys did not have any brains. These days they have started to understand more. If you look at the way the boys of those days lived, take for example of Shri Krishna – He can be compared to a one month old baby in the present age. These days the kids grow up very fast, that we don't understand how they know everything.

In that way, in a very chaste manner, He hid the clothes of the women. When these women were bathing in Jamuna. In Jamunaji is Sitaji's [feet?]. Everything arises out of Mahalakshmi. From the essence of Mahalakshmi only you achieve whatever you have achieved in Sahaja Yoga. He would sit on their back and think that somehow they should be awakened. His attention would be on their back. Later when women would carry pot of water and walk, He used to break the pot so that the water of Jamunaji, which is awakened, which is vibrated; by breaking that the water will fall on their back and they will also be awakened. Look at His play.

They would play 'raas' - 'Ra' meaning Shakti [Power] and 'Sa' meaning 'alongwith', like Sahaja. So they used to hold hands and play 'raas'. Everyone would get tired. Shri Radhaji would say, "I am tired". Ra-dha - 'Ra' Meaning Radha – carrier of Power. "Ok, Ok, it's alright, I will press Your feet, but You dance now". He would make everyone dance. They would play 'raas'. In 'raas' they would all dance, while dancing, He would circulate the Power of Radhaji among everyone. He would play the flute. Flute is kind of a Kundalini, it also has holes like there are chakras in the Kundalini. Through the dance, He would make the Power of Radhaji flow through everyone's hands. Like this He created a play.

Later on He even found a beautiful way of playing Holi – mix the color in the water. The colors were not bad colors like these days. You know that [flame of the forest] from 'tesu' flowers they would make fragrant colors. Purifying them thinking it to be purity, they were made. Every festival, whatever was made during festivals in the past, even in our days also, they would all be

pure things. Now impure things are considered good. People don't see, if it is slush or anything, they just throw; such disregard. So pure things were made and the water which was vibrated water was thrown on everyone so that every body part gets vibrated. This was His game. It's not that you throw such stuff on people – I heard that one person lost his life as someone hit him with a water balloon. Such a shameful thing to do.

Even the beautiful things made by any Incarnations, how to distort it, how to junk it, how it can be made into an absolutely insignificant thing - only people can do. Even animals don't do that. Only humans have this specialty. Don't know what happens to them, while playing if the colors got over, then they picked up slush, if slush got over they picked up cow dung, if cow dung got over they picked up tar. The reason for which Holi was played, its essence was destroyed. The beautiful message - that it encouraged love among people, throwing holy vibrated water on people. Even greater, whatever ill-feelings we have towards one another, to forgive that and become pure and engrossed in one another and play Holi. In that there should be no sinful feelings, no hard feelings in the heart. Like this such a beautiful thing was made but now I see it distorted then I am surprised.

Like in Pune, when they do Ganapati puja these days they play dirty cinema songs, which you don't hear normally, you can hear there. And you are standing in front of Ganapati, you can hear. And drink alcohol and shout in front of Him.

Gujarati's perform 'raas'. These days they perform 'raas' during Navratri, people come there after getting drunk. Women and men and drink alcohol and come, wearing good clothes – that is alright. But all that is for what and what starts happening there? Especially in London once they invited Me, said, "Mother, Devi is there, You come and see". I thought they have invited Me, I'll got there. I went there and I saw that everyone has come there drunk. Even the women, girls were drunk and behaving in a vulgar manner with each other. I said, "Devi will go away from here and only booths [dead spirits] can dance". The very next day it came in the papers that the 'raas' that is held here - bad things happen there.

Where even the westerners feel ashamed, that too they are much lower than us when it comes to morality. Even the foreigners feel ashamed, that way the Indian behave there – in 'raas'. This is very shaming. The enjoyment of 'raas' was no more and I felt very sad and was thinking the entire night – "Why Indians come here are behaving like this?" The next day, same thing came in the papers that it is just an excuse for immorality that they play 'raas'. Whatever are the boundaries of morality, of love, of respect, if you leave the virtues and play Holi, then the meaning of Holi is that you just got an excuse to show your hidden dirty feelings. Its grandeur is lost. You don't enjoy doing indecent things. Most importantly Sahaja Yogis should cannot feel happy. Everything should be dignified.

In 'raas' there is a rhythm, there is melody. It's not that instruments are played harshly, people falling one over the other. There should be a rhythm, melody, and pure attention – that's why 'raas' was played. Because while dancing the persons attention is on rhythmic and tune and hence the attention gets purified. But at that time, I saw that their attention was somewhere else.

This festival of Holi which was started by Shri Krishna [Leladhar] was that people should understand this as a play. The entire world is a play. In Sahaja Yoga you must have seen that you have become playful – in music, in everything you become engrossed and enjoy all that, with love among one another. There is a pure feelings, in Sahaja Yoga there is a completely pure feelings among each other. You also do everything virtuously and beautifully, there is no doubt about that. But being only playful is stopping at the Vishuddhi. At Vishuddhi there is playfulness, then you come to the Agnya.

At Agnya chakra it is 'tapah' [penance], it is penance. Then you should think about the burning of Holika, that because of Prahallad's penance, Holika was burnt. So we should also move forward in penance. Let us say we have reached till Vishuddhi as we are loving towards each other. I am not sure that it is completely there, I doubt a bit. But I don't want to say it because then you start thinking that 'we have done this wrong, that wrong' and your left Vishuddhi will catch even more.

But till Vishuddhi we have reached, got collectivity, love each other, universal brotherhood. There are many people who have gone deeper, but there are others also who keep thinking about every small things of themselves - 'I am of which caste?', 'I am from which place?' and 'how is such a thing possible?' Here we are talking of Universal brotherhood. In Universal brotherhood, you caste, creed, country, other country, everything should be left behind. These false boundaries – like if you are born in

America, you become American. If you are born here, you are Hindustani [Indian]. It does not mean that you are Indian, then there is no relation with Americans or people from other countries. You all are the sons and daughters on one Mother. That is why we have reached Universal Brotherhood.

So first we should think that have we crossed Vishuddhi or not? When we are playing Holi are we within our boundaries? Now someone had asked, 'Mother can men play Holi with women?' I said, "As it is they can do anything but not in Sahaja Yoga". Because Holi is not played between brother and sister. Holi is not played between brother and sister – you know this. Because Shri Krishna; whatever is our boundaries like there is bhabhi [elder brother's wife] and devar [younger brother of the husband] among them there are boundaries. Among brother and sisters - complete boundaries. The relation with brother and sister is such a beautiful relation. There is set boundaries, there is love, but brother and sister will not hold hands and sit.

The specialty of our country is our culture. If there is a brother and a sister then both will never sit together. They will sit separately. But the love between brother and sister is a lot. By themselves, they will fight, but if someone says anything to the sister then there will a big fight. This special relationship between brother and sister is unique in nature, got from the nature, it is natural. And it is natural, derived from nature, one with the nature, natural. But there is so much of love and faith among them – they will fight, they will argue, when they are young they fight a lot that's alright. But there is a lot of love within and it is absolutely pure love.

Holi is not played – supposing by mistake we disrespect our sister. Among brothers is different. They will joke, tear up each other's clothes its fine – it should not be done, but still their relation is different. But among brother and sisters there is a beautiful, hidden boundary – love. Its embodiment of virtues, extreme in morality. So it is forbidden for brother and sister to play Holi. No one even thinks why it is so.

After that we have to raise above the playful life. It's alright for today and tomorrow, you can play Holi, sing songs, you can dance. You can dance today also – there is no problem. But after that it is important to reach your Agnya.

Because by such behavior the joy you get, the purity you experience, the brother hood you experience, the Universal brotherhood that is felt – from that you spread out. But to reach the depth, is it necessary that you do penance. We spread a lot; Sahaja Yoga spreads quickly. If you see in the program, I am getting scared whether the hall be sufficient or not, what will happen? It will spread quickly, but you have to go deep. For going deep you have to do penance. Now doing penance does not mean that you fast, it's not necessary to fast. But if your attention is on food then you have to take it out. Just seeing where your attention is all the time is the penance a Sahaja Yogi has to do.

From your attention only you spoil your Agnya. 'Where is my attention?' 'What am I thinking?' 'What am I doing at this time?' 'What am I thinking?' – If you look at your attention and always conscious, then your attention will be enlightened in the Agnya. This is the penance – controlling your attention. Controlling the attention, observing the attention, thinking of our attention. Now observe where is your attention? Where is your attention? Just talking about attention – where has it gone? It is such a distracted attention. I am talking, where is your attention? So look at your attention. Controlling your attention does not mean forcibly. But now if you look at your attention through the enlightened Spirit then your attention becomes enlightened. You should concentrate and watch your attention.

Anything you see - like this pole in front of Me. There are all kinds of beautiful flowers in it. Now with every glance there is inspection. Now I remember this completely – like what is where, where these is space, everything – it has become a picture. Through the concentrated attention the picture is made. From that there is growth, you come to know of everything completely. Through attention only you can come to know of things. But if the attention is distracted, then you cannot reach the depths, just the surface.

I have seen that when you ask something of a 20 year old also especially in a foreign country, if you ask, "What is your name" – so first they say, 'Hoon, then haan, then hi".

I said, "I first asked, 'What is your name?'"

"What did you ask? What is my name?"

I said, "Yes, I asked you 'what is your name?'"

"Yes", then thought 'what is my name'. Then said, "What did you say? What is my name?" for 5 minutes he could not understand what he is saying.

Then I said, "Have you taken drugs and come?"

"No, I used to take".

The brain was completely gone. I said, "I have been asking you for 5 minutes, 'What is your name'? You are going on 'haan, haan, he, he". Because all this did not happen from the drugs it happened because of attention becomes unstable. As the attention become distracted, all the time it keeps moving.

Now I observe everywhere - at the airport and all, they will be talking here and looking all around. Pure attention is concentration. Concentrated attention is the one that takes in. What is not to be taken in it does not see. It is not seen at all, the attention will go away from there by itself. Because it is so pure that it cannot be dirtied by impure things. It cannot go there.

This is up to you to see within yourself - 'where is our attention'? This is the penance, the penance in Sahaja Yoga is to see - 'where is my attention?', 'where am I going?' where is my mind going? If you can do this then you have crossed over Agnya. And there is no question in Sahasrara at all as I am sitting there. But if you haven't crossed over the Agnya, then it becomes difficult at Sahasrara as there is a very narrow space in the Agnya - having to pull from that, I get scared that you may end up with broken hand or leg. For Agnya it is important to do penance. As soon as you start your penance, you will touch your depths.

Otherwise they were saying, "There is Sahaja Yogini, she got cancer". I said, "What kind of a Sahaja Yogini is she?" She did come for the program. But her attention may be here and there, maybe looking for a girl for her son or she may be searching for something else. How can she get cancer? It cannot happen. But it did happen, the reason for that is - she is has come to the program and is sitting there but still continued to think - 'This happened to me; that happened to me. When do I tell Mataji what is my state? Mother you are the Devi, 'this' has happened to me". Instead of understanding what is being told, you get carried on with your own thoughts. Then some or other sickness happened.

Same thing about the psyche - 'What are we thinking?', 'what thoughts are we getting in our mind?' It's all we have this problem, that problem. But what should you think about? Say, 'count your blessings'. 'So much blessings we have got from Mother!' There are crores of people in Delhi, how many have got Sahaja Yoga? 'We are someone important, we are not ordinary that we waste our attention. We have got Sahaja Yoga'. We should be aware of it from within and should go deep in our conscious.

With that all the false boundaries will go away and if you don't break it, then you will get some experiences that your will go on breaking. Whatever you think that 'this is our own' - that we are Delhiites then one day the Delhiites will teach you a lesson. If you think 'we belong to Noida', then such a day will come when people of Noida will get after you with guns. Then you will understand - 'why did I say I belong to Noida?' At that time if you go to Delhi people for help they will say, 'You are from Noida, why did you come here?' So it's possible that you will not belong in the house or on the streets. The reason for that is your attention is such that - you are neither of the house nor of the streets.

Till the time you don't go deep, whenever you say that you are a Sahaja Yogi/ Sahaja Yogini, I will not believe, as the first sign of a Sahaja Yogi is that he has a calm attention. And very self-sufficient not scared of anyone. And his life is absolutely pure. His body is pure, mind is pure and through the light of the Spirit, he spreads love all over the world.



The person who cannot love, according to Me he is not a Sahaja Yogi at all. He has not even climbed the first step. If you think that today is Holi and we will enjoy a lot on Holi – it's alright, when Shri Krishna Himself has told that play, enjoy, it's all a play, entire world is a play. But to reach the boundaries of the virtues, above the play, at Agnya you have to do penance. Like in the sky you can see a lot of kites flying. But they are in someone's hand. But if some kite gets cut, or someone leaves it, you don't know where it will land up. The same true for all of you. You have to keep your attention towards your Spirit. Keep on clearing oneself is the penance in Sahaja Yoga.

For that you have performed havan today, that is also a penance. Because fire destroys everything. Similarly from your penance, whatever bad thoughts you have or wrong boundaries will be removed. Achieving joy in your right, you can achieve it and you have achieved it. But to spread the joy, you should have depth in you. If you go to Ganga and take a small cup, you can carry a small cup of water with you. But if you take a pot, then you can get a pot full of water. But if you do something that all the time Ganga is flowing towards you, then you will be surrounded by Ganga. You have to judge where you are. Are you taking pot full of water from Sahaja Yoga? Are you there for some limited happiness or you yourself are the hymn? Then you will understand that you need depth even to celebrate Holi and to be in joy all the time - also you will need depth.

That is why between the Agnya and Vishuddhi there is a close relation and you know that it is of the Father and the Son. So deep in the relation. So staying very serious, unnecessarily frowning and being authoritative. Some people are serious to be authoritative, some people talk for no reason at all – like this, from both the things the Vishuddhi gets spoilt. But talking nicely to comfort someone, talking nicely to show love to someone, talking beautifully to end the arguments among one another, with all this the Vishuddhi chakra will start becoming alright. Like this when the Vishuddhi becomes alright you see that 'when I talk to someone, am I talking superficially? Is there depth? Then you should understand 'what is my depth'?

You'll say, "O.K, tomorrow I'll get this for you". Then person who is of low level, the person who is shallow, will just get something shallow only because it has to be given. There is no effect of it. But if someone gives even a small flower from heart that can have a lot of effect in Sahaja Yoga. It is said, 'do a work with your heart'. If you are friendly to anyone don't keep it on the surface, it should be deep. In the Vishuddhi, till we don't reach the depth of Agnya, then the Vishuddhi will remain very shallow. It is very essential to have the depth of Agnya.

The depth of Agnya is that you don't do something by thinking about. Not by calculating – 'If I do this, I will get this'. 'If I give 5 Rs. to Mataji, I will be Rs. 100'. Or 'by doing this – this will happen'. No, "I am feeling from within that this has to be done. I have to do this in Sahaja Yoga, I have to give. I have not given anything so far". Not to show off that it gets printed in the paper that they gave Rs. 502, or something like that. No, no. Whatever you do has to be done from the heart – like 'why can't I do this? I should do this'. You should not feel satisfied without doing it – I have not done anything. When you reach that state then you understand that the depth is working on your Vishuddhi.

From the depth when you reach the Vishuddhi, only then your 'well-being for people', 'relation with people', Universal brotherhood; will achieve strength in it. Otherwise only greetings like 'Ram, Ram', 'Salaam', 'Namaskar' will remain only in talks.

So on the 'Holi' day we should remove all that from which our attention gets spoilt, so that our Agnya doesn't gets spoilt. Both the things – the attention gets purified, and in joy and awakening we celebrate Holi. The day when complete combinations takes place, when they are in balance – these two chakras [Vishuddhi and Agnya], then Sahasrara will not have any problem. But these two chakras create problems. You know that both the Nadis rise from the Vishuddhi and cross at the Agnya. There is a lot of connection with the Vishuddhi. That is why when the attention goes towards Vishuddhi, towards Shri Krishna then His special Power who was Radhaji and the Power of Radhaji is the Allahad -Allahadayini, Allahadayini – meaning giving Allahad to others, giving joy. She had the Power to give joy to others. Just seeing Her people became joyous – be it animals, birds - everyone. This come from the Vishuddhi that whoever sees, they become happy.

Whatever they say makes people happy, whatever is spoken makes other happy. As soon as you see -which you call 'baag baag

hojayega' [feel very joyful]. That Power of Allahadayini - which is in flowers, in the children, that Allahadayini Power can be awakened within you. But till the depth is not reached, till then the Allahadayini Power is just superficial. You should think of combining these two [Vishuddhi and Agnya].

I have not told anything so serious today. What you should understand is that we should develop our depths and finding joy in the depths is also essential.

Manny Many Blessings to you all.

[English Transcript Time 48:30]

I am sorry I had to speak in this language. There are some Sahaja Yogis from Abroad. I wish I could give the whole lecture in English language but, only thing I was telling them that this is the Shri Krishna's 'leela' [play], that He started after Shri Rama's 'maryadas' [boundaries] that He had shown and very serious type of a religious life. And people started making it into a catholic sort of nonsense. So Shri Krishna came on this Earth Himself in different personality, in different quality and He preached about the 'leela' – the play.

Now at Vishuddhi as you know we are collective and we have connections with others. So He said all this is a 'leela' [play]

and in a very playful, mirthful way you should be with others and great friendly with others and create relationships. So this is the Vishuddhi chakra. But the other point I tried to say that the relation with others, anything if it does not have depth, it is superficial, if it is for ego or for some conditioning or some calculations of the mind. If at a mental level if you are friendly with anyone or for emotional level if you are friendly with anyone, without any depth in yourself, it can be very temporary and will have no effect whatsoever. So you have to have depth and to get to the depth, you must look after your Agnya chakra.

And the Agnya chakra is nothing but your attention. If your attention is all the time roaming about paying attention to 1001 thing, then you cannot develop that concentrated penetration of your attention into things and whatever you do is very superficial. It's not joy giving. So the combination should be that you should look after your Vishuddhi – of today for example you can have a very playful, mirthful time together. Enjoy with each other; but you have to know that it has to come from your heart or from your Spirit. So how to touch that?

That depth can only be possible if your attention is on the Spirit and not on frivolous things. Because of that you'll become thoughtlessly aware when you'll be enjoying. And that whatever you'll do it will be very genuine, it will not have artificiality. That is why the second part is after 'leela'; what you call is the 'jana' part where it is the collectivity. Higher chakra is Agnya where it is 'tapah' - means penance. You have to go through the penance.

And now in Sahaja Yoga penance is not food, is not other useless things but what is the most important is to control your attention. Where does it go? Does it go to your worries, to your troubles, to your past, to this, to others? Or does it go to your Spirit? This is important to see that your attention is on your Spirit. If your attention is on you Spirit, then you get that depth, that genuineness in your relationship with others. If these two centres are somehow or the other managed then the last one very easy because you are already accepted there, you are welcome there, everything is there. But you cannot enter into it unless and until you cross your Agnya chakra. It such a constricted Agnya, constricted chakra.

So one has to do introspection. And that introspection is the one in which you watch yourself. Not condemn but watch, just watch – 'what am I doing?' And this is such a precious time, such an important time – to know your worth and to know your value. That you should not waste any time any longer into anything else but try to touch your depths through introspection. 'Why am I doing this?' 'What is my life worth?' 'I am a Sahaja Yogi and why I should do?'

So today when we are enjoying ourselves, we should fully enjoy because leela is there, our relationships are pure. As I said that brothers and sisters never play Holi because their relationship is very different. So because you are brothers and sisters so

ladies should not play Holi with men and men should not play with ladies in Sahaja Yoga, they don't do it.

But despite that where is your attention - is to be seen even when you are playing the Holi. How do you play? In a way do you get frantic? Like nowadays it has become such a horrible thing Holi - all the holiness that was put in the Holi is perturbed. Nowadays people get rid their simple methods and are taking to horrible colors, horrible things which was not there. And It was just you apply to the Agnya, you put the green and the red. Both are the colors to give Gurutatva – to clear Ekadasha green was good and red the Mother's. So that colors were put. And these colors were used in the Holi [water?]. But even I mean at the most the children all that you put on stomach hands and thing like that is alright. And also to put some water which is vibrated with – we have a kind of a flower called tesu [flame of the forest] or some colors which were not injurious. It is good, because it was all vibrated, it was the leela [play] of Shri Krishna to awake people.

But when they get frantic you see they go to extremes they finish with their colors, then they take mud, they will take cow dung, they'll take anything, even the tar they'll put. Horrible, it is kind of an aggressiveness that is expressed. So this is just the juxtaposition of what Shri Krishna wanted. He wanted people to get absolutely absolved in this play - Holi and become thoughtlessly aware. On the contrary all filth starts coming out and now people think that Holi means abandonment – it cannot be. Abandonment is not the message of Holi, because if you have kites in the air you see, once any kite is cut out it can go in any place, fall into anyplace. There is a hand which controls the kite, in the same way we must control all this play and all this enjoyment.

This is very important to understand that it should be enjoyed through Agnya's depth otherwise you cannot get to the depth of the enjoyment also. So today is the day to enjoy, but enjoy from your heart, everything.

May God bless you. Thank you.

1991-0301, Arrival

View [online](#).

1 March 1991

Arrival

Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

Yogini: Hello.

(Giggling)

Shri Mataji:

Yeah, (laughes)

Good, good!

I have to...

Ah, Bruno, how are you? Ah, thats it. How are you?

Yogini:

Nice to see you.

Shri Mataji:

Nice to see you.

I was to come, I was to come.

but next year definitely I am coming, alright?

Yogi: ok.

Yogini ok.

Yogi: Alright.

## 1991-0302, Public Program Day 1

View [online](#).

2 March 1991

Public Program

New Delhi (India)

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

HuSarvajanic Karyakram Date 2nd March 1991: Place New Delhi Public Program Type: Speech Language Hindi

[English translation from Hindi]

To search truth is out necessity what is the reason for it. Among you and we have much trouble, there is outcry among the people everywhere. Man has born for a new thing it is necessary to prove it. Man is in search of God. Then, nowadays to discuss God is difficult and to talk about religion. the kalyug tsunami comes, why is it happening?

Inside the human there is some unease state.

They question a person who is roaming to temple gurudwara about God. What good work has done? What peace he got. People may be in any religion, may be worshipping God in any way but creates sins. What is the work of religion if these sins are not prohibited? In all religions, the great people said search about yourself.

If it happens so what is the use of it? You have to know it in a scientific manner. Science does not talk about religion. Science is the religion of carbon. Gold has religion it does not change its quality. Those great people who were born in religions said to know yourself. Nanak Sahib also said you need to know yourself first to know about God. In Kuran also it is said to know rooh the soul. Isha also told you to be born twice. Kavir said how to make understanding when the world is blind. You may be saying who these saints were. In front of society there should be some change. There is no cure of it. Only cure us to open the eyes. Can we leave the people in such confusion? Can we just lose our life in quarrel and fight, this that? Is this the value of us that we became man from amoeba? There must be some reason there must be some special work to be done by us God created us. We need to know this truth. There must be some special arrangement to change us. To know God is absolutely necessary.

Those who have money think they can buy God. If there is untruth there must be truth. We need to come to that element of truth then religion will have real meaning. One finger is driving the kite and if the kite is lost we must find out where our finger went. In front of us so many restrictions came we couldn't move. There is the essence of religion. We did not want to know it and turn to religion. But there is essence in each religion but we are missing that part. Everywhere there is a discussion about religion but no one talks about religion. One talks about Mosque.

One talks about the elements Science cannot change religion . Carbon also has religion. It also talks about animals. Animals also has religion and the non living things are with God. God has a loop of religion in everything. All had all the elements. Similarly humans have the elements of religion. We have got 10 valencies in the form of dignitaries inside us in the bhavsagar denoted by green colour in this chart. There are elements of ten Guru from the Aadi guru and others who took birth many times till now. Adi guru Dattatreya himself was born in a different religion he took too much trouble to explain to people about the essence of religion. He put the limits of religion in us. We all have this essence. Till we get unified with the essence of dharma and it's elements, religion is only outside the show. Many people tell me mother we do so much worship still we don't feel peace. But there is no discussion about this essence in religion. You have to be united with God. I told you to get the experience of God. The time has come for this. Think simply with common sense how can you pay money for this thing? This is the living process. When you became human from amoeba how much did you pay? Mother earth has given flowers to you, how much do you pay her? For the living process how can you pay money Can Mother earth understand money? This is a process of nature. You can get it from nature. It us inside you have a similar essence as seed. .It needs to be awakened. Like the tree, the leaves,

the flowers, the fruits are within a seed. Similarly inside you also there's arrangement like this. It is easy also.

Science can see only things that are facing each other. There are thousands of things like this that science cannot explain. Science is limited.

We cannot make an atom of mud yourself. Only made things which are here and there. You are making dead things from dead things. You cannot make a living thing.

People say I did this, what did science do? There are limitations in science. There are more things beyond science. That is the science of the Divine of God. Many shastras have come from this. Not only this in 12 th century Gyneswarji explained. That time Dnyaneshwar wrote in the 6th chapter of his book Gyaneshwari very clearly that you have a power inside that is kundalini and that needs to be awakened to know God. But the people who thought they were the established religion and did not know how to do it prohibited the public from reading this chapter of Gyaneshwari Geeta book. Dhaneshwar asked his Guru if he can write this in Marathi language and got permission and wrote in local marathi language this is known as Dhyneswari Geeta. After this Ramdev, Kabir, Namdev ,Guru nanak said there is a power named kundalini inside us. This knowledge spread to Maharashtra. Punjab, Bihar everywhere. Once we get it awakened then the kundalini power becomes united with the all pervading power of God. Till you don't feel this your relationship with God is not established. This is not known to people. Today whatever is happening in Sahayog is only by experience, not the general public getting it. We have power to give it to other people also.

This has been made to uplift the people, this must happen. We are seeking truth. We should know what this truth is. To know the truth is to know about our spirit. As soon as we know this the all pervading power of God is all to be known. Knowing is not from wisdom or Intelligence. There are people telling me I am soul, aham brahmasmi. I am brahma. Knowing means it should come to your nerves in the central nervous system. This is the chili the burning bulb...This is called "vid" to know. from where the Veda came.

Similarly kashyap came by knowing this word.. Every organ.

This work has to be in kalyug. Knowledge and so much ego like a mountain.

This has to be done easily.

People make one guru and keep here. In Sahaja yoga you can be your own guru. The whole knowledge comes to you. Many people say when kundalini is awakened the person will have great trouble, he will feel heat, but nothing happens.kundalini is your mother. It is the reflections. She is only your own mother. This is the power of your pure knowledge. When you were born did you get trouble? Your parents only bear all trouble. Who talk of such trouble may be they don't want you to get it..They are wrong people, or they do not know anything.

Not clear. I want to tell you you have come to a human state but there is one more state which is higher than it. That is called self realization. Who is called then realized soul in satyug. The ego is high, but once you realize the ego goes away. Because it is destined and it is us inside There may be doubt you should not have doubt. Come first then we will teach you. This work will be done because you are a "sadhak" seeker. You have searched it for many lives. It has come to you as a result of your good work virtues one lamp is ready it will lit another. It is already in you if you do this many people will get it through you. It is said the work of Sahaja yoga has spread very fast spontaneously in 54 countries. I haven't gone to all of them but about 30. No one can obstruct it. But the results of our " kusanskar " bad work is the construction.

Those people who have not heard about God. Don't think this one like this one like that but think we are all together. Do not think this person of this place that place. Place has no meaning. Similarly this caste don't know what all are in this country. Important is only desire. Where people do not understand people. This caste and all has no meaning. It causes defame to our religious people only. Where the talk of Hindi to read Geeta. In a place like Russia where people did not hear of religion so many assembled. They did not know me but just seeing the picture they thought something is here so they came. They are so clean

hearted a they get realization and got through it clear " par" It is very surprising.....

Gurus....

What we got from our brain the central nervous system

It has come from inner awakening . Before I came to this world

One person said.....

Wrote letter..... mother I have problem both side..

We don't know the power of God

Another things came you have to do fasting, you have to trouble, you have to torture others. Who will go to such things whether son gives or not. Can God ask such things? Leave this leave that do this don't do that. Will God say like?

When we have to trouble mothers we do not eat food. For your body you can starve but for God, in the name of God never. Maharashtra people do fasting in 7 days and die in fasting

Then I said if you want to die you die..Want people to come and eat well.

Till you get self realization.

When kundalini arises all your troubles go away. Even cancer got cured. Blood cancer got cured . There is no doubt about it.

You have to be humble and wish for it then it is possible. One doctor had asthma; he was cured in Sahaja yoga and other things given by Guru.

When kundalini rises it nourishes all chakras and all chakras get repaired. Due to chakras only our physical mental intellectual and economic problems. When kundalini awakens and rises and penetrates the Brahmranda you get your physical health first.

Then they said mother give us realization.

Your reality....

You have to go deeper...

I didn't do anything...

It is not that after coming to Sahaja yoga you will not have a disease. But you have to do meditation and mould your life according to the commandments, to the teachings. You will understand Sahaja yoga fully and completely. But as we take baths daily and clean us similarly you need to clean chakras daily. It will not take more than 10 minutes. Then You sleep after cleaning. Different than other yoga, kundalini has to pierce the Brahmarandra. And a little bit of light is also enough to do work. To someone more labour must be done. You will be in such a nice good happy state. Surprising your illness related to tension is cured. Then you will get peace. Nowadays everyone is tense. Disease of tension also may be cured by Sahaja yoga. For the tension many have investigated a lot and big big organizations doing a lot of work and collecting money charging money, they are earning lacks of money. As the kundalini rises all tension disappears. You can see here Ida Pingala Sushumna nadi. Ida, Pingala on the sides and Sushumna in the middle. Sushumna nourishes chakra and left and right is not known to Doctors.

When you go to left side you will be thinking about your past and go to subconscious whatever done in the past good bad leaves the impression of that as sanskar. All sanskar gets accurate in left side from the time the world was created all imprints are accumulated in left side from animals also. Then the pollution also is accumulated here.

On the right side our ego resides, it goes to the future then we go on thinking what is to be done tomorrow. What is to be done the day after. Due to too much thinking the liver gets affected, people suffer from many kinds of different diseases like asthma, paralysis , kidney problem , heart attack etc. You can be cured here very easily. You need to meditate and clean your Nadi. Left-sided person gets angina, mental disease, psychosomatic disease, cancer etc. So in Sahaja yoga you can cure all diseases very easily.

Seeing this time I am surprised. Your brain is so well developed computer. Those who are self-realised are all can tell same thing that so and so has this problem.

Those who are not realised do not know what sickness they have. All realized soul feel the same in one chakra when everybody is saying something no one can doubt about it.

This is only based on truth, only truth. They organise what to do. The main truth is this us the love of God. it happens by love. The kundalini rises spontaneous.

because of all spreading love of God the realized person gets.

They know they organized.

It is so beautiful it is so lovely to mind you will think to yourself how my work of life is done. This is not dead. It has effect on every part of life.

God will be doing all arrangements as parents do.

But you should have the faith.

Once you know God cares us, who likes lifting the weight on head?

It is sakshat in us.

You think you got this realization because of your good work of past.

Those who prepared it are not now but it is Sahaj yoga. You got it without doing any labour. Some people doubt there is something wrong mother.

It will be dealt with in today's lecture. If you want you can ask questions but do not ask useless question. I have not come here to take something from you but I have come to give only useful questions.

"Question not clear"

Kundalini is a power which everyone has but it cannot be seen by eyes. As you cannot see electricity but can get its effect.

"Question not clear"

No it gets awakened but it has to remain awakened.



Kundalini knows about you everything, what are you, what is your will, all she knows.

Question not clear.

She wants to give you. Everyone can be awakened. But after awakening it has to be kept awakened.

Can one know it?

Yes you will feel cool cool breeze. But till you get peace, you need to meditate which is obtained by thoughtlessness.

Not clear.

They go to other gurus then come to me

Why they were not awakened.

Asked how much time it takes to awaken?

He said instantly. But there should be an authorized person to give and also who wants to take with goodwill.

Same time instantly it gets weakened.

Someone recovers at that time only for someone it takes time.

Question: Can kundalini awakening conquer death?

It can be postponed but not conquered.

Someone said mother I am told I will die in one year but now she is living for more than 20 years.

Question: can it lead to see light in Agnya chakra

Shri Mataji: No not at all

Because you have to give light not to see

Neither you should think it nor doubt.

What is the relationship of rebirth with kundalini?

It is a lengthy question.

We get many thoughts of property family sickness. Mind says to go not audible....

Why the questions come?

For example one saw a camera here. Started thinking camera is hanging here it can be stolen.... What is the use of thinking all this? Some will come and say this is not right, that is not right. One realised person will see but not think he will not think. He will

be happy seeing it and relaxed. Any problem you ca. Solve

If you are in water he will come out and stand it is like this.

How much time takes for treatment.

For him it was less time.

Someone will be ok, someone may not. Life becomes ok. That is the main work of sahajyoga. To make liver alright is the main work of Sahaja yoga.

Yogic kriya? Many obedience. The soul is on the right side, working ability is also in right side. It is not that we don't do yogic kriya, we do when it is needed. People don't do it scientifically. What are the benefits of keeping your legs up and standing for 5 years.? After that you get cancer.. What is the necessity of it? That is his problem. All this type of yogi kriya are useless. You go running since morning, do juggling like a mad what is the necessity? Whether a child or old everyone runs then you get a heart attack because there is no balance. So what is necessary to do it. As you drink any medicine. Without understanding some one has this someone that but all started running. Mother whatever experience you are giving after awakening kundalini, will other get the same experience after you go also? It is the power. You have to go to the collective. It is not that you sit alone and do it. One or two used to go to Himalaya to stay there in the cold alone and he could not get kundalini awakening. Come to the collective. Without collective nothing will happen. Is there anything to be awakened after Kundalini is awakened? The blind person should not go forward. Ida and pingala which is contracted after becoming elongated sushumna Also gets elongated. It needs to be balanced. How kundalini is awakened? First you get your health alright then talk about kundalini. Once kundalini is awakened that goes away. If it is felt in Sahasrara all the time is it felt? Once kundalini is awakened everything inside you starts working. When kundalini leaves vishuddhi and comes to agnya, if you press it will it awaken? If a person is seriously I'll how his kundalini will be awakened. First get his treatment then kundalini will be awakened easily.

It makes a difference.

What is the difference between dwait and adwait?

Advait is to be attained. Didn't you understand? In which time it should be done morning evening. There is nothing like that in Sahaja yoga. Anytime it can be done Till you get flow of chauguna anytime is ok. I have gone to many places. People question I k is it. But by asking questions kundalini will be awakened it is not like that. Ok listen one thing. Get it once. Like a bird hatches an egg it is 1st birth, when the egg is broken and the bird comes out it is 2nd birth. Similar man has to be born twice. Questioning only is a waste of brain. Getting it is the main thing. We cannot claim. If it doesn't happen in someone it doesn't happen. What can be done. I should explain to you about chakra. Dr saheb also knows you can also know and will be able to lecture. Bit main thing is to experience. Without this you can not get joy. Kundalini is the power of will, if you have pure desire it will be awakened no other things is needed. First should I tell. Someone must be having a cold feeling in their hands. The left hand expresses desire, and the right hand is working power. With the right hand we will know about our own chakra. So I spread our left and for begging it as keep right hand in heart because atma lies in heart. Left hand chakra have been made by Gurus who are not now. Now we can awaken the guru tatwa in us. Then our right hand will come down the stomach on the left side. This is the chakra of Paramatma who does all spiritual work. People might have taught you this thing that thing that is all not pure knowledge. Pure knowledge knows everything, how to keep you well etc. Shift your right hand up above the heart on the left side, then it will come to Vishuddhi on the joint of the trunk and neck, turn the head on the right side. This chakra is affected when we blame ourselves and feel guilty. After this the right hand should be placed on Agnya chakra, It has two sides front and back. Now bend your head a little bit. This place is always to forgive others. This will be caught when we don't forget others. So keeping hands here always forgive. Then right and will hold the backside of it keeping the head a little high and turning to the sky. This place is Paramatma from where you get forgiveness from God from param chaitanya so ask to forgive for your mistakes. For this you should not feel guilty at all. Then your hand will come on the top where the little child has talu and has to rotate the 7 times. is do not consider yourself sinner. You forgive or not makes no difference. If you don't forgive you only will suffer. We harm yourself. So forgive all

together.

Close your eyes Sit on floor because the mother earth

Sit in a pleasant mood. Keep right hand on heart. Remove spectacles. Do not open eyes till I say. You call me mother ma mataji what you like. Ask mother am I Spirit? If you are spirit, spirit does not create sins and will not be guilty.

Now move your hand towards the left side and ask, am I my own guru?

Bring hand on lower part of stomach. Here you have to say mother give me pure knowledge.you are free and I respect freedom. So you have to repeat it 6 times as there are 6 petals in this chakra. When you ask for pure knowledge kundalini starts rising up. Now you lift your hand and keep in upper side of stomach where is your guru tatwa. Here say with full confidence that mother I am my own guru 10 times. I had told you you are pure spirit, you are not mind intelligence ego, body, keep right hand on heart and with full confidence say I am a spirit 12 times. I already told you don't consider yourself guilty.

Those who feel guilty they trouble themselves and suffer from angina, thyroid problems etc. So keep your hand on the left side of your neck and turn your head to the right side. Tell here with full confidence Mother I am not guilty 16 times. I told you before whether you forgive or not makes no difference but if you don't forgive you will be wrong, so you need to forgive. Now keep your right hand over the brow, bend head little bit. Here you have to say heartily Mother I forgive everyone.No matter how many times. Now without feeling you have done wrong without feeling guilty keep your hand on the back of your head and turn up seeing the sky. This is for your solution.,o param chaitanya, O God's power, God's love if I have done something wrong you please forgive me. Because he is the ocean of love, icon of benevolence, ocean of forgiveness just say O God please forgive me. Now keep your right hand over the head where talu is, bend neck little down and rotate head 7 times slowly clockwise. Here also I give your freedom. So you have to ask Mother please give me my self realization. You have to say very humbly then only kundalini will open. Now keep your right hand 3 or 4 inch above your head and feel the breeze, maybe cool or hot in the beginning. Now feel with your left hand also. From the head cool breeze will be coming, keep hands above little bit ,not on head. Head should not be touched. Raise your hands towards the sky and ask 3 times any one question. Is this your param chaitanya, or is it your love?. Keep the hands down.

## 1991-0304, Public Program: Prem Hi Paramatma

View [online](#).

4 March 1991

Public Program

Noida (India)

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

Public Program, Prem Hi Parmatma (Love is God), Noida, 04 March 1991

Translation from Hindi:

My salutations to all the seekers of truth. People have a lot of conjectures and notions about the Truth. But I am going to disclose to you a secret. That Truth is the Love of Almighty God. And nothing else. Love is Truth; and Truth is Love. And that is Knowledge. Up till now very few people have spoken about Love. Because people have not been able to understand the truth about Love. They have not been able to understand love.

God is full of love, and He spreads love to everyone. He is Rahim (merciful), and bestows blessings on everyone. And He is the ocean of compassion. Ocean of Love. All such things have been said by many. But what exactly is this love, not much discussion has been done. As I told you, the reason for this is, that some think that love is Mamatva (affectionate attachment). They can even interpret love as something else.

But many wise people have said that God is the Ocean of Love. But even if He is the ocean of love, what exactly is He. No one would have been able to see the love in this ocean. If anyone tries to find out, the ocean will drown him. We have never heard that if a man is drowning, the ocean brings and leaves him safely on the shore.

In the ocean live all kinds of fearsome and dangerous life forms, and it does not have that capacity or ability. When the moon exerts a pull on it, the ocean gets drawn up, and then recedes on its own. Twice in a day, the ocean ebbs and flows. Like a puppet.

So this ocean of love is (Paramatma) Almighty, (Antaryami) Pervading the Internal Parts of the Universe, (Para) Beyond, Who knows everything, the entire creation created by Him, Who has made us grow and evolve, from an amoeba to this human state – we think that this Paramatma is (Gyan) knowledge. But this knowledge is the knowledge of love. He knows the way, how to love.

The knowledge of love that we have, is limited and bounded. For us our children, our house. Like I told you, if we go further, then my village. A little further, our country. In this way our love gets surrounded by boundaries. And also, selfish motives. We will fight for our son, or something else. In that there will be shades of self-interest. But the love of God is (Gyani) pure Knowledge. Means He knows everything about us. Understand this – He knows everything. What you are, what are your problems. At which level you exist. What shortcomings you have. He knows everything. In spite of this He loves us. Because He knows that this is love, and how the power of this love can be brought into effect.

In our love there is no Shakti. In Paramatma's love there is Shakti. And that Shakti is knowledge personified. Like there is a mother. She loves her child. There is no mother who will not love her child. She will indulge and spoil her child. The father will listen to the wife and trouble all the people at home. Or he will get influenced by the people at home and trouble his wife. There is no balance in this. There is no understanding or reasoning as to how to correct both parties. Because there is no knowledge. There is no (Gyan) knowledge in this kind of love.

So the Love of God Almighty you already know, you have the knowledge; and whatever you wish to know you can know. Wherever He turns His attention, the attention will know what it is. He knows all this on your Chakras, and also He knows how to

correct these Chakras. And the procedure is so beautiful, gentle and delicate, that to understand it we should have a heart. Unless we have a heart, we cannot understand that action of the Paramatma.

Like the berries of Shabari. Shabari belonged to a simple class called Bheels (a tribe). Bheels are among the lowest strata of the caste system. She was old, and her teeth were missing. She just had about three or four teeth in her mouth. When Shri Ram came to that area, she collected some berries, and pierced each one with her teeth, to taste if they were sweet, because she could not offer sour fruits to Him. That is why she selected each one carefully.

When she offered them to Shri Ram, He got a glimpse of her love in it. He knew. He recognized that this was an offering of love. He accepted the whole lot, and began to eat them, one by one. He said, "I have never eaten such tasty berries before. They are pure amrut (nectar). His wife, Who was verily the Devi, saw this and said, "Really! Then give Me also some". He said, "No! I am not giving any to anyone. These are for Me." Just see the mirth. Such a way of expressing His love. His wife said, "Look. I am Your other half, and You will have to share half with Me!" In the name of dharma (protocol) He agreed, and gave Her some. Just two or three. Not more. She ate them, and She said, "What wonderful berries these are. I have never eaten this kind before".

Normally, no one eats something that has been half eaten by someone else. But the half eaten berries of this tribal woman, were eaten by Both of Them. Lakshman was reacting, and got angry. He thought, "What discourteous behavior is this! Such a great incarnation is standing before us, and this woman has come with her half eaten berries, and is actually feeding it to Him. And They seem to be eating and enjoying them. And he got into a temper.

But when Sitaji exclaimed that She had never eaten such tasty berries, he got a little tempted. He pleaded, "Please give me also a few. Please give". She said, "No. I will not give". Then he said "Alright, please forgive me. But please give me a few". So, Sitaji relented, and gave him two or three. No sooner he ate the berries, his anger came down. He became absolutely cool. So in which way this loving banter, these waves of love, these small small things are used by Paramatma to raise the level of a human being. It is only by these waves of love that a human being can be raised by Paramatma. This is how He tries to raise them. No other. Only God knows the different ways of setting right human beings.

Little bit I also know! Even I know a little bit of this.

Like once there was a Maharaj called Gagangiri. He was very short tempered. But, he was realized. He used to tell everyone, "Why do you come to me and trouble me. Adi Shakti has come. Go there and meet Her. You don't know that Adi Shakti has come!"

When I went to Kolhapur, I decided that let Me go and meet him, this Maharaj. He lived in a very high place. We had to go walking, and they asked Me, Shri Mataji, how will You climb that steep hill. I said, "Doesn't matter. What problem can I have. The One Who is used to climbing mountains! I have no problem". So they said, "But why should You go there. You never go and meet any gurus". So I said, "Put your hands out and see". The chaitanya (vibrations) started flowing on their hands. Then all of us went up. It began to rain, very heavily.

Now this Gagangiri, it was said, that he had the power to control the rain. But the rain kept pouring and pouring. Don't know what happened to the poor man's control. When I reached the top, he was sitting and shaking his head from this side to that; very angry. Maharaj's reaction! I was completely drenched. His people came and took him, and made him sit inside his cave. He was still shaking his head. His temper would not come down. After that he came.

He had lost the use of his legs, and used to ride a tiger. They carried him out. He said, "Mother, was it to break my ego that You brought the rain?" I said, "Why would I want to bring down your ahankar (ego)? It is nothing like that". Then he said, "I got the information that You were coming. All the gods came and took their places. And such a thing happened. It is a shame on me that You came in these circumstances. It was definitely to break my ego that this happened". I said, "No. Nothing like that! Let Me tell you the truth". He said, "What, Shri Mataji".

I said, "The matter is that you are a sanyasi (ascetic), and you had bought a saree to present it to Me. You are My son, and also a sanyasi. I cannot take anything from you because I am a Grihasthi (householder). But now that I am drenched, I will have to accept it from you!" As soon as I said this, tears started rolling out of his eyes. All his anger vanished. And whatever little was left, flowed out of his eyes as tears. He asked, "Mother! How did You know I had bought a saree for You". I said, "When you were buying it, I was there, watching you". Then he understood everything. I said, "Listen son! If the rain falls on Me and flows, won't the Chaitanya (vibrations) spread in the whole creation? It is not necessary, that only where you live, everything becomes green and lush. What is the harm if the rain falls on Me! What is the disaster in this". The whole thing became clear to him.

So, to understand the Divine, first of all we have to give up our ego. We should understand one thing. When the disease of ahamkar (ego) possesses a person, the first thing that happens is he gets angry... I had planned it this way, and it did not happen. So when ego rises and overwhelms a person, the Almighty uses this power of love in a roundabout way; in such a way that his ego melts. His ego gets broken. The remedy for this, is only the Divine way. He does it in such a way, that you will not even know. But, you will be cured. Because of ego, the human being cannot recognize the reality. And he runs after the illusion.

Just today, Doctor asked me that why do all these people run after false gurus. When they are extracting money, when they practice deceit and fraud, when the disciple does not achieve anything, then why do they continue to run there. The reason is plain and simple. They have ego, and so does the guru, who makes an exhibition of his ego. He makes money, collects Rolls Royce cars. The more Rolls Royce cars a guru has, they get impressed, and the followers think that he must be a very great and successful guru. Because they themselves think that money is important, so if a guru owns so many Rolls Royces he must be great.

They don't think about love. They think of the power of money. How much money does he have. You will be surprised, when I went to Boston, the TV people there wanted to call Me for an interview. Before that they made enquiries as to how many Rolls Royces I had. I told them, "I don't have any Rolls Royces". "You don't have any Rolls Royces!" I said "No. My husband bought a car, and that is what we have. From where will Rolls Royce cars come?" They asked, "Why?" I said, "We don't charge any money for this. This is invaluable!" They said, "In that case this is of no interest to us. There is no business or anything. We are not interested".

In America everything runs on money. To such an extent. You will be surprised, in the Vatican, which is the kingdom of the Pope, he printed 2 Billion Dollars – 2 billion means, 1 million is 10 lakhs multiplied by 100 – 2 Billion Dollars false promissory notes were printed. Fake. Illegally. And they sold that. And those involved were the Mafia, the Vatican, and the Swiss Bank. This happened openly. They had spread a very big net. Later they got caught. But they had already amassed this money. In this way, whatever false gurus were there, they all formed mafia. And in this way they kept befooling the people, and just ran after money. Because they believe that money has a lot of power. It is only if you have money you can control people. So those who run after money, they cannot understand God. But there is a cure for this.

Because, the man who has earned money by false means, cannot have a peaceful sleep at night. He has no peace. His children get spoilt and say, so what if you have earned the money, we are going to spend it away. Then alcohol enters the house. His wife runs away with another man. These are the things you can see happening in other countries. This is what has happened. They will have money, but their image in society is not clean. Their wives are not in their control. And their children despise them.

This does not mean that money is bad. Money which is clean and has been spent honestly, means he stands in dharma. Until and unless he is on Dharma, he will not be able to bear the burden of too much money. So the most important thing for a human being is to stand on his dharma. He must have detached love (nirvaj) for himself, and detachment from himself. And he should think, that all this money that God has given me, what can I do by which I get blessings. What work can I do from which I can get punyas (blessings). Now people take advantage of the simple people who think this way.

Like in Maharashtra when I went, the simple people put a few coins at My Feet as offerings. People told them there is no need of money. Shri Mataji does not take money. So they thought, if not five paise, we will put ten paise. No one is able to understand

that in the kingdom of God money has no place. God does not understand money. He has no knowledge of money. He does not understand money. Was money created by God, or by you. God has all the Knowledge, but not the knowledge of money. But He is aware that for the sake of money those who have left their dharmas (code of conduct), and have done all kinds of actions which bring shame on human beings, he gives such people the fruits of their actions. Not only this, but such people will have to weep. Weep a lot. People will talk behind his back. They will speak ill of him.

Once I had gone to Agra. I was a little late. The place where they had made the arrangements was a very lonely place. Very dark and lonely. It looked as if it was a (smashaan), a place where they burn the dead bodies. Not a single light on the way. God knows what sins these people must have committed. Somehow we groped our way in the total darkness. Then suddenly we came upon a place where there was a little light. There was small madara (shrine) and inside was a picture, and there was a muslim wali (a venerable old holy man) looking after it. The emperor Akbar had long gone, but the lamp was burning for him. Even today that lamp burns, and will continue to burn. No matter how human beings have fallen, but he will remember a great person who had pure love in his heart. The old peer invited us in, and we went into that madara.

In this sincerity there is dharma. Even now we hear about persons who have led a holy life. Someone who was pure inside and out, and who was an example of a pure life. Upto now I have not seen, that after a dishonest rich man dies, any one keeps a photo and respects him by burning a lamp before it. Nor have I seen statues erected of people, just because they were very rich. On the contrary I have seen people burning photos of such dishonest and corrupt people. Even throwing shoes at such photos. I have not seen any rich man being honoured for having so much money.

So our desire should be that we become Nirmal. Pure. To be honest is to be extremely nirmal and pure. And such people will always admire purity and honesty. If you stand on the truth, if you are honest and pure, then God will always recognize you and save you.

When Hitler came, everyone thought now we are all finished. Hitler will devour all of us, because he is inhuman. Who can put him right. That has now become a lesson to others. That no one should be allowed to become a Hitler. If anyone tries to become Hitler, he will suffer the same fate that Hitler did. Nowadays no one takes the name of Hitler in Germany. If they hear his name, they close their ears.

The German people are very peaceful and gentle. Tenderness has come within them. Their nature has become so nice, that in Sahaja Yoga the best yogis are the Germans. There was a German boy who was in the police, and I suggested that he should marry a particular lady from America. So they said Shri Mataji, this boy is so mild and courteous, he will die if he marries that girl. I asked, why. They said he is extremely soft and gentle. The Americal girl is very overbearing and assertive, she will eat him up.

And when I went to Russia for the first time, 25 German sahaja yogis accompanied Me. I asked, "Why have you come". They came with all the money they had. They said, "Mother, our forefathers committed so many crimes on these people. We should at least go there and give them realization, to make reparation for what our forefathers did". So I said, "But they are all dead and gone!" But they said, "That may be so. But we feel very sorry for what they did". So those who were working in high places, came down to the level of the less fortunate. This is God's work.

Sadam's rise and fall was definitely the work of Paramatma. By this, people will understand that fundamentalism is a dark and blind activity, and we should give it up. Any kind of blindness and ignorance should be given up. And the crime in it is that they make an organization out of it, and no one knows what is going on inside. The minute a dharma (sect) gets organized it is dangerous. In Sahaja Yoga there is no organization. Of course we had to make a Trust, because without a Trust they will not allow us to even make a hut. But, there is no organization, no such kind of arrangement. Nothing.

These trees that are growing in Nature, they do not have any organization. We believe in living growth. Our organization is of love. Everything happens with love. You can see how Sahaja Yoga is working in so many countries. I do not have any secretaries, nothing. I just live a simple life. Nor do I know banking. I know nothing about organizing money, but still everything is working on its own. How is it happening?

When the Doer is sitting and watching, and He is all knowing. Not only that, there is no one more efficient. When that Power, which manages everything, is sitting and watching, then we do not need to exert. We just sit and witness the play. In Sahaja Yoga there is no organization, nothing. We believe in Jeevanth Kriya (The living process). When the One Who is managing everything is sitting there, there is nothing that we can do. We are sitting, and they are doing all the work. There is no one more efficient. And now, you are also standing among us, and all the help is being given to you also. You are also being helped. You are being counselled. No thoughts, no reasoning. You are also enjoying. You have now become Nischint (no anxiety, free from care). One of the functions of this Prem (Divine Love) is, that it brings you up, and nourishes and loves you. Those who do not come, are lost. They have failed in their own esteem and also in others.

They felt they were very great. This Rajneesh, it is said, had 98 Rollsroyce cars. When he died, within half an hour they wanted to get rid of him. His body was taken to the nearest crematorium. He fell from everyone's estimation. What respect did he get. No one recognized him. The worms that he has left behind will last for a few days more. This same kind of end is awaiting all the false gurus. Just like it happened to Hitler, Mussolini and others. All will end the same way, because in it, is the hand of Paramatma. And this is the warning for us, that if you do this kind of thing, what will be the repercussion. We must not follow in their footsteps. We should live a kind of life, that even if we die, there is a fragrance from our bodies. And we shine like a beacon for others.

This can only happen when there is love. And in love there is no kind of selfishness. There is no smallness. There is no expectation or attachment. This is a kind of stigma. Just by saying leave this, and leave that, it is not going to leave you. If we say leave maya, it is not going to leave you. If such things worked, a lot of those who have gone before us, would have been different. Every day they read Gita, this, that and gathered knowledge, to no effect. But everything flowed away like water. They were just the same as they were before. This will actualize, only when you take your realization. All this that has been written about spirituality, can only become effective in the light of the spirit. It settles inside. And the Shakti that is to be awakened within you is the Shakti of love.

Now you must not get upset. I was thinking, while coming on the road, that the Noida traffic is so bad, that whenever I have to come to Noida, I get delayed. But the pull of your love starts increasing. It does not get less. The first characteristic of Sahaja Yogis is that they only want love. There is an enthusiasm, and an attention towards everyone. Must know about everyone.

Like, when I go to the market and see something, immediately I feel it will be good for Mr. So and so. Or, it will be a good gift for some particular lady. And at the proper time I will find the right thing to give someone. Now these worldly things are there, only so that we can give it to someone, with all our love in it. After all it is only in these small things, how we can show our love, was demonstrated by Shri Rama, by eating the berries brought by a (Bheelni) tribal woman.

On the other side was Shri Krishna, who used to go the house of Vidur, son of a maidservant, to eat food with him, even though it was a humble house. He never went to have food with Duryodhan. He never went to the house of that wicked Duryodhan, to eat his rich dishes. This is the sign of a Sahaja Yogi, that love is more important. By respecting love, you respect the truth, (Satya).

As a person grows in his love, he slowly becomes a Sahaja Yogi. All the enemies of the soul, like lust, anger, greed, jealousy, attachment and pride, get destroyed slowly and for ever. In some people there may be attachment, because he does not have Nirvaj (detached) love. He has pride when he thinks he is above everyone else. Because a person who thinks like that is mad. But when he has love in his heart, how can he think he is better than another. In love such things are not even thought. You just cannot think like that. That feeling just cannot come to us. But in love we can see the fineness of character. We come to know what is dear to this persons heart, what things will please him. Because you have that love. In love you get knowledge. And then this Divine Love starts pouring out from you. Then a great knowledge of all things awakens within you, as if you have known each other for thousands of years. The quality of loving, the quality of knowing each other, is such a great power of love.

There was one gentleman who was from Scotland. And Scotsmen are famous for their miserliness. He became a Sahaja Yogi,



and grew very deep. One day a program was fixed in his house. I was also there. I was living far away in London, so he said, "Mother, You please have dinner, and then only leave". So I agreed. Then I thought, he must have cooked only for Me, so I felt that after the 25 other Sahaja Yogis go, then I will eat. That is why, when they asked Me whether they can leave, I said "Yes", because I thought there was food enough only for two or three. After they left he came out, very surprised, and said, "Shri Mataji, why have they all left". I said, "Yes, they have gone". He was very disappointed and said, "Shri Mataji I had cooked enough food for everyone. Now what shall we do!" So I said, "Go quickly and call them back". He said, "no they have all gone". I said "No. You just go and see". He rushed out. This was a Scotsman who are normally very stingy and miserly. If food is left over they will keep and eat it for eight days. He caught up with them. Their train had not yet come. He brought them all back, and then only he was happy again.

But this kind of thing can only happen if you have filled your heart with Divine Love. All your own satisfaction gets expressed in your love. Normally with human beings, whatever is least attractive or valuable they will give to others, and keep the expensive and special things for themselves. Sometimes they will offer you something, and when you say why did you take the trouble, they will say, OK you don't want it, its alright. And they will take it back. If you go to someone's house for dinner, they will make excuses, that sorry today we could not get good vegetables. Whatever there is please have it. And when you look at it, it will be a very small quantity of food; and they will keep forcing you to eat. Please take more. Please take more. When we go to such houses, we eat at home and then go. They will have only a few chapattis, and will keep dividing it and serving small pieces. You would have hardly eaten half, and they take away the rest. In this way their only interest is to save. Save at any cost. Whatever is not special they will give their guests.

With Sahaja Yogis it is different. When he becomes anchored in his spirit, then he becomes a king. And does everything lavishly. Crying over small small things stops. Like there was one person who got transferred. He was a Judge. You will be surprised, that in our house, we had been married 45 years and had to change houses 48 times. We moved 48 times! And this was the judge's first transfer. We went to his house. He started crying and complaining. For one hour he kept complaining. Now we have to leave, and I don't know how we will be able to save all this glassware and crockery. I spent so much money on it. I began to think – O God, where have we landed with this complaining man. He picked My brains for one hour. I could not understand what kind of man this was. And he was such a big judge. This was his only transfer, and he was so agitated. What will happen to these things. They will break. They cost so much money. This will get destroyed, and there will be so much loss. This, and that.

Much later his son came to see Me. He was just the opposite of his father. He kept befooling his father and extracting money from him to buy cars and other expensive things. He really squandered his father's money. There is a song – "Will the two things meet or not. Will there be a meeting of your purse strings with my hands or not". By befooling his father, Mr.Judge, he managed to get a lot of money out of him. So, every action has a reaction. What ever happens, is a reaction of some previous action. Even then, human beings have not learnt a lesson. He saved every penny by being miserly, and then his son came and spent it all. What was the use of all his careful saving. What money and fame did he get. No wonder it is like that.

After Sahaja Yoga the attitude becomes that if it has to go, let it go. Leave it. Why not enjoy. When the time of enjoyment has come, don't cling on. To get caught up into these small small things, exerts a pull on the attention. Whereas in the joy of the spirit, one gets completely drenched. One becomes ecstatic in this love of divine. And this love gives us the joy. It rains down from all four sides. So there is no cause for sorrow. There is no reason to get upset.

And when that Paramatma loves us, we should have full faith in Him. And the fact that we are His children. This knowledge also gives joy. Poorna (complete) faith. No half measures. In half and half, there will be problems as before. There is no cause for concern, no pain, no trouble. Everything is coming in front of us. I told you, there is no cause for worry. Things will keep working out; things will happen; and we will wonder how. I do not tell God. I do not even ask. And there was not even a small desire in My mind. Before all this, God has given me so much. Later we will realize that there was a requirement for this, but it never entered my mind. But God knew. It came into His mind. How does He know such fine and subtle things. His Attention surrounds us on all sides like Chaitanya (vibrations), which knows everything, thinks of everything, and understands everything. AND the love of God does all the work accordingly. Have you ever heard of such a thing. Have you ever heard of such a Shakti (power) which knows that this is the way to accomplish this requirement.

This creation that God has spread all around, is what we call as Paramchaitanya. Sometimes one feels that Paramchaitanya must be some Ascetic sitting with a big rod; or someone who will fill us with awe. There is a very loving name for it. Ritumbhara Pragnya. Ritumbhara Pragnya due to which, due to whose Shakti, the whole Ritu (season) changes. That is why Ritumbhara Pragnya means full of light, alert, vigilant.

All these flowers of different colours which bloom, some today, some tomorrow. Today a different scene. Tomorrow a different scene, and another. All these happenings, like clouds forming in the sky, and taking different shapes and colours, giving pleasing and wonderful scenes that come before us every day; the enjoyment that we get by witnessing all this; that is Ritumbhara Pragnya. You will be surprised who gave this name. Patanjali! Patanjali who made you stand on your head. He gave this very appropriate name. Such an Allahad Dayini name (which gives Divine Joy) –Ritumbhara Pragnya. This is what is Param Chaitanya. Brahma Chaitanya.

In the conception that we have of Brahma, there is no talk of love. Even in Patanjali Yoga it has no mention of divine love. Not at all. They have talked of Nirvichar Samadhi (thoughtless awareness), and other samadhis. But he never mentioned Prem Samadhi. But in one word, he has said everything. That you have to know Ritumbhara Pragnya. In this one word he has filled it with the sweetness of Divine Love. He did not use the word Brahma Chaitanya. Because it is a very Drishya (visible, worthy of being seen) word in Sanskrit. But Patanjali thought of this word. Which changes all of Seasons. What Shakti is this, which changes all the seasons. We never stop to think about this.

Sometimes clouds move about in the sky. Sometimes the world is covered with flowers. And sometimes light and colours form like paintings in the sky. Sometimes all the leaves fall from the trees. If the leaves do not fall, how will the Mother Earth get nitrogen. That is why trees have to shed. And not only this. The rays of the sun also have to reach the floor of the earth. That is why Pragnya happens. And everything on this earth is fully surrendered to it. Fully surrendered to Ritumbhara Pragnya. Whatever You think fit, let it happen to us. Leaves have to fall from the tree. Let them fall. Then new leaves have to come. Let them come. Flowers have to bloom. So let them blossom. If they have to turn into fruit, let the fruits come. If they have to be plucked. Let them be plucked. There is no objection. We will keep on giving fragrance. And when it has to end, let it end.

If you observe the entire creation you will see how effective Ritumbhara Pragnya is. It is a living process. I don't know if you have ever lived in a jungle. Where a tiger sits, not even a bird will chirp. The king is in residence. Everyone observes protocol. When there is silence in the jungle, you can understand that the King of the animals, the tiger, is present. The tiger is also so magnificent, that he does not kill animals every day. In every 15 days, or once a month, he will kill one animal. He will kill with dignity, and leave the carcass till all the blood drains out. Till the blood is fully drained, not a bird, or even an ant, will touch the carcass. After that the tiger will go and eat what he wants, and then leave the rest of the animal for others. And there also, first the tiger cubs will eat. Then the other animals, one after the other. And finally the crows, and last the vultures. All within protocol. Everyone observes the order of priority.

If you go into a forest, you will never get bad odours. Not even the smell of a tiger. But you leave four human beings in the forest, and a foul smell will start. We can guess that an animal called human being, has got lost in the forest. The tiger never gives out any smell in the jungle. But you bring him out and cage him, he will smell so bad you cannot go near him. I feel he must be absorbing all the negativities of the human beings.

The whole creation is in the control of the Paramatma (Almighty God) as Pashus (in the bondage of God), living in peace and harmony. But they do not have the awareness that they are in the bondage of God Almighty. But you have all the freedom, to be good, bad or indifferent. The reason for this freedom that is given to you is, that when the bigger freedom is given to you later, you will understand and appreciate it. To understand that bigger freedom you have been given this smaller freedom. That first you understand and learn how to live as free beings. Only then you become fit to receive the greater freedom which is in store. But later, you lose this small freedom, like the creation lost its freedom and came into the pasha (control) of Paramatma knowingly. Knowing that this is the bondage of God. That this is the bondage of Atma (spirit) with Paramatma (Almighty God).

There you get the comfort and security like a little child feels in the bosom of its mother. In this case it is surrender with full knowledge of the bondage. The surrender which comes with the full knowledge of what it is, that takes you into the state, which we say is Prem Mayi (consisting of Love). We have become the Love.

Today I have spoken this important topic, because the people of Noida have a lot of love in their hearts. And whenever I have to come here, I always think I will come in time. Even if I get ready early and leave, somehow there will be a problem on the road with traffic. A kind of attraction overcomes you, as well as Me. This charm of attraction is a thing like this, that it increases the love. That is also a necessary thing. Those who had no love in their hearts, must have got up and left. In that we can recognize, who left and who stayed on. Those who have left, kept sitting and waiting, and I was also anxious, as to when will we reach, and what is going to happen. Whereas normally, I never worry about anything.

Like once when I was coming from Lucknow, the train got so delayed, that all along the road I kept thinking. And in a photo I was seen, sitting on the stage. Whereas I was still on the road. That attraction also is a beautiful feeling. With it, the depth increases. That loving anticipation and attraction, helps to experience Divine Love more effectively. Like if you have a pain somewhere, and someone presses it with a hand, it gives relief. We will remember that relief more than if someone just casually passes a hand over it. So attraction and anticipation is the thing which takes us into the depth, and that is why those who remembered the Divine and have bhakti, who felt the attraction, who kept searching no matter how many wrong paths he took, no matter what wrongs he did; it will make no difference. Because He is the ocean of love. He will definitely give you a place in His heart. He will pull you towards Himself. Because He values love above all things. And that is why, today you should be fully aware that in Sahaja Yoga we have to first of all, learn to love.

If someone tells Me about another, that this man is not good, that man is not good; I feel a lot of distress. But if someone praises someone else, My Heart feels overjoyed. We should not notice the faults of others. It is only if we see the good qualities of others, those qualities will awaken within us. As soon as we notice the faults of others, those faults come into us, like a tiger starts smelling when he is caged and starts absorbing from others. But if you notice only the good qualities of others, their qualities will increase, and so will yours.

Now, if someone comes to Me and complains that Shri Mataji this man is like this, and that man is like that, you know what I do? I will tell you, but later you will come to My way of thinking. I tell him, "But that man was praising you like anything. What are you saying. He was praising you so much, he took one hour of My time". Oh! What was he saying? "Oh I don't remember. But he was praising you a lot". So he goes and embraces the other person. Next day what I see is, that both are walking with their hands on each others' shoulders. So try to fill love into your understanding. Spread love all around. Fill your life with love. It is a very powerful thing to be able to love every one. For this capacity you do not have to work hard. It is all there within you. And this love contains endless joy and strength that you will be able to understand.

It is getting late. But I still have to tell you one more story. It was the year 1947. I was studying, but there was a break because of the situation at that time. And then I got married. Some refugees came to my house and requested a place to stay, because they had nowhere to go. If you have a spare room, please give it to us. They seemed to be good people. I knew they were alright. "There is a room on the outside. You can stay there". It was a very big house, and only My husband, I, and My brother stayed in it. When they came home in the evening they began to scold. We know nothing about these people, their families, their brothers or sisters, and You have allowed them to stay. We do not know where they are from. Whether it is safe to keep them. I said, "Why are you shouting. The room is outside, and what can they take from here. What great things do we have. Why are you doing this?" They made a lot of noise, and those three people were listening quietly. But one thing was there, that they could not say too much to Me. And I was very firm that "I am going to keep these people here, whatever you say". They became quiet because they knew I was not going to listen to them. On top of this, one of them was a Muslim. People started getting after him. Those days the Sikhs were after them. It was natural, because a lot of disturbances had happened in those days. They came and demanded that we heard there is a Muslim staying here. So I said, "Wait! You can see that I have this big red sindoor dot on My head." So they said "Yes". So I said, "I am telling you the truth. You please leave and go". They had very big knives and weapons with them. They left. Now this same Muslim was the famous Sahir Ludhianvi. They stayed two months and then left. And this lady became an actress, Achala Sachdev. After that, see what happened.

This was such a small gesture to keep them in the house. The room was lying empty, and it was not such a great thing to allow them to stay. I never did anything for them. In fact I did not even give the poor things any food. They felt so much obligation for what I did.

Many years later I was in an organization that was making a film, a charitable Film Society. And they forced Me to be the Vice Chairman. They wanted Achala Sachdev to play the role of a mother. So I told them, "Don't tell her about Me when you go to ask her. She never tried to meet Me after that incident. So don't tell her My name". They asked why. I said "No. Just don't tell her My name. you can talk to her whatever you want". When they approached her she said I am very busy, but I will do it if you pay so much, and give me a saree, and this and that. They told her this is a charitable organization. And after a lot of talking she agreed.

I went for the Muhurat (launching) and she came. As soon as she saw Me she just fell at My feet and started weeping. She said, .... She said a lot. Whatever she said, she said with a lot of feeling and sincerity. Everyone was shocked to see what she was doing. She asked them, "Don't you know Who She is. What a gracious person She is". She immediately phoned her husband and asked him to come. She also called Sahir Ludhianvi. She said, "Why didn't they tell me this was Your project. I am so ashamed for my behavior. I am really ashamed". And she said, "I will not only act in the film, but my money is yours".

This incident happened in 1947, and now the new incident happened in 1957. You can understand from this that whatever kindness, whatever goodness you show to others, will never go waste. And this has always been My experience. You do anything for anyone with love, and then forget about it. Yes, if you keep remembering it might cause embarrassment. Just forget it. It can happen that the love with which you do something, becomes all enveloping in the other person's heart. This is My experience. Of course sometimes people will be ungrateful. But very rarely. Even now, whatever love you have given, enjoy the joy of it. Enjoy the fruits of love. It is very easy to get angry, but showing love is a beautiful feeling. Without any expectations. If you show love for love's sake, that is Divine Love. Now you have come into Sahaja Yoga. What more do you want. We want nothing. Only this, that we should share our love with every one. With this love you will spread so much auspiciousness in this world.

Today whatever I have talked to you about love, you should spread and distribute love, so that the whole world will know that Sahaja Yogis are Prem (Love) Yogis. They are sitting in Love. May God give you endless blessings.

If there is anyone who doesn't want this, just forget it. You sit on your throne. If he has abandoned his dharmas, why should you leave yours. You sit in the dignity of your love. Enjoy your love. What else to do. We have become Prem Yogis. We cannot change. Whatever we have become, we have become. Once we are human beings inside we cannot behave like monkeys. And the one who has become a monkey from a human being, we cannot change him. If we try to change him, there will be distortion! He will change for the worse!

Realisation:

Bow your heads, and put your right hand towards Me. Bend your head and see with your left hand if there is a coolness on top of your head. If it is not coming, say "Mother, come into my head". Seven times you must say. Close your eyes.

Now put your left hand towards Me. Put your right hand on top of your head. Not touching. But above the head. Left hand towards Me. See with your right hand if any coolness is coming on top of your head. If not cool, then even warm air. Doesn't matter. For some it will come quite far above the head, and some will feel it close. Keep moving your hand and feel.

Now, right hand towards Me. Bend your head. Yes. Now put both hands towards Akaash. Put your hands up. And ask: Shri Mataji is this Ritumbhara Pragnya. Shri Mataji, is this Param Chaitanya. Ask anything. In your heart, and in your mind. Is this the Pure Love of the Paramatma.

Now take your hands down. Put both hands towards Me, without thinking. Just put your hands towards Me. Without thoughts.

Now all those who felt in the hands, or the head, cool or warm breeze – all of those, put both their hands up

Just Look! This is the pull, the attraction power. Isn't it! Just see! What can I say. May God bless all of you. Each and every one in Noida has got realization. Is this Noida! Or what place is this! It is a very holy place. On the Banks of the River Yamuna. Wah! Wah! (Splendid! Splendid!)

Doctor, they have all got their realization! Blessings to All.

## 1991-0310, Birthday Puja

View [online](#).

10 March 1991

Birthday Puja

New Delhi (India)

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

Birthday Puja, Delhi, India, 3rd of October, 1991

[Translation from Hindi]

You people have expressed a desire to celebrate my birthday. This year my birthday is going to be celebrated three or four times, and every celebration gets added to My age! But your desire is so sweet that I agreed because I can see that it gives you so much joy and happiness. In every situation something new must happen in our lives. As we are Sahaja Yogis who are constantly evolving, we should use every occasion to rise a step higher. In Sahaja Yoga when we look at our own state and situation, as compared to the state and situation in the rest of the country, we feel that we have established heaven on earth in this country of India. This state in which we are deeply immersed, and which we are enjoying, has reached a very high level, and its foundation or basis is very strong. This aadhar or foundation has enabled us to achieve a state of purity, and peace, and joy. This is a state which cannot be felt by others. And everyone is observing this and realising that these are a special kind of people who have found a new way of life. Wherever I travel people tell Me, "I know a person who is a Sahaja Yogi. He is a very good man, and there seems to have been a great improvement in his life. He is fully surrendered, and his business and all his responsibilities are running smoothly. His family life is also very happy and peaceful". This is what others are observing about him. And they say, "Mother show us also how to live a life like that". And I tell them, "Come to our temple. Take to Sahaja Yoga. Come and meet our people, talk to them, and see what kind of people they are".

The way you people have taken to Sahaja Yoga and impressed people with your way of living, is creditable. One thing we must understand, that these special powers that we have received, have not been experienced by anyone else up to this time. Up till now, no one could awaken the Kundalini in such a short time. No one had the knowledge of the working of chakras. People did not even know that you could make a diagnosis of chakras from your fingertips. Up to now I have not read about this knowledge even in the Shastras (scriptures). No sage or saint has ever mentioned, that from indications on your fingers you can diagnose the state of your chakras. They have been able to talk, only up to chakras. And, very few people have talked about Sahasrara. You people have been able to understand this very subtle knowledge, because you devoted all your attention to it. And in the light of your Atma (Spirit) you have been able to assimilate this very subtle knowledge.

Now you are spreading Sahaja Yoga; and all the rules and protocols of Sahaja Yoga have been accepted and followed by you very spontaneously. No one has tried to put obstacles in the way, and no one has questioned Me or argued with Me. All of you have accepted everything very easily. As I have said, we do not differentiate between faiths and religions, castes and classes. We believe in oneness, in equality. We do not believe in superficial things. We are all part and parcel of the Divine Body, and we should strive to know the Almighty God who is manifesting in that Body, and get fully absorbed and identified with it. And this attention which has gone so much into the outside should be withdrawn inside to become one with the whole. And I can see that little by little, you have begun to feel the joy of this state. It is this joy which attracts you and brings you to us. And then you feel that you have to go and share this with others. Just like a man who takes alcohol, cannot drink alone, in the same way we cannot keep this joy to ourselves. If one person comes into Sahaja Yoga, all his relations should come, all his friends should come, and all his well-wishers should be brought into Sahaj.

The first effect of Sahaja Yoga can be seen on the physical body. Ailments get cured, mental stress reduces; family relationships get better, children improve in studies and behaviour; and even Lakshmi bestows blessings on you. And every day you realise that you are in the kingdom of God, and God is looking after you. Sometimes things work out so miraculously that people are

unable to adequately describe them, and they ask Me to explain how these miracles worked out. In the society we have established a good image, and in dharma we have built a strong foundation. There is no doubt in this. We have become collective and have love for each other. We have recognised the Truth, and we practise truth and honesty in our own lives. This is a very good thing. I have seen, especially in Sahaja Yoga, no one tries to make money dishonestly. Whatever money is given Sahaja Yoga is safe, and no one tries to misappropriate it. Some people say, it may be out of fear of God that they do not touch this money, but I say that Sahaja Yoga transforms a person. The ten dharmas that are embedded in a person, get awakened, and the person starts enjoying his own virtues and becomes "samarth" (identified with his dharmas or virtues). He becomes morally strong and avoids the company of wrong type of people. If he sees an immoral person, he silently tries to make the person get rid of his bad habits. And he knows the ways and means to correct a person. He uses these techniques to help the person, and quite often he is successful in transforming the other person.

Sahaja Yoga has also worked in the field of Arts. Many artists, painters and musicians experienced an awakening, an inspiration to greatly improve their art, and have seen a growth in their creativity and performance. Not only in India, but also in foreign countries artists and musicians have discovered new dimensions in their field of art. Not only this, but a lot of social patterns and behaviour have improved. The small minded have come out of their petty problems; and the haughty and egoistical people have dissolved their pride and come into balance; and those who were too mild and suppressed, rose and stood firm. A society of peace loving, and law-abiding citizens started emerging. Not only in our country, but as of now, in fifty-six countries around the world.

Sahaja Yogis are a special category of human beings. A lot of good work is being done, not only in India, but in all parts of the world. It has spread to more than 56 countries, and a lot of good work is being accomplished in transforming people. Spreading Sahaja Yoga is very important, and those who are actively involved in spreading, are doing a great job of the Divine (Paramatma). You can spread it through music, through the Arts, or by public speaking. In the world of Science, many scientists, especially in the US have decided to write about their research. Even the Medical community is doing a lot of work to prove that Sahaja Yoga cures illness and disease, and that it is an essential truth. Many doctors have taken up the responsibility of substantiating their claims with proof from case studies.

When I came on this earth, and put My Attention on the world, I saw so much darkness that I began to wonder whether My small ray of light will ever be able to dispel this darkness. No one would even be able to see this small light. Let alone talking about it with someone, I could not even imagine a way to communicate and remove this darkness and spiritual ignorance that had enveloped them. Whatever knowledge they had, was superficial and outward, and collected from reading lots of books. I felt it would not be possible to talk to them of change and inner transformation, and they would not accept suggestions for spiritual growth. But somehow it happened; and as you can see, it has worked out.

Now, on this auspicious occasion, and taking into consideration the conditions and state of the country which show no signs of improvement, I feel that we should enter the arena of politics and governance. I feel that until and unless people like us, who are honest and dharmic, get involved in the public administrative system, the condition and state of this country cannot improve. The evils of the present system will definitely have effect on future generations. No doubt there will be difficulties, but you will overcome them and come out of it successfully. If we have any concern for our children, and our countrymen, then we should include politics in our efforts at transformation. We can prove that honest people of good character; who follow the path of dharma and truth; who have no greed or selfish ambitions, can transform the country into a state of improved living conditions, and dignified culture.

Go to any country, whether it is a Democracy or Communist, or anything else: I have not seen any Democracy, where there is no dishonesty. Some less, and some rampant: the dishonesty and greed is always there. Corruption is being practised openly. In the Communist countries they have no choice. They are forced to work where they are sent. They lose their freedom to make choices. There is corruption in both forms of Government. One is power oriented, and the other is money oriented. In both forms the people are subjugated -- forced to submit to the might of power or money.

Now from our position on the path of truth, we should look at the problems, whether international, national, or even in small

villages, as a universal problem. We should examine the causes and effects, the magnitude of the damage, and view it on a global scale. We must also identify the mistakes and find solutions to resolve the problems. You people can remove these problems very easily. Because you possess great powers! You are aware that by using the power of Bandhan, you can remove so many problems. And you can bring a lot of people into Sahaja Yoga.

Recently I met people from the Air force, and they said “Shri Mataji, take us in also. We know many Air force persons who are Sahaja Yogis, and they are achieving wonderful things”. Then there are the Police force who have joined hands with us. In Maharashtra they have a newspaper called Police Times, and they report many events of Sahaja Yoga. In this way a lot of newspaper journalists have joined us, and are spreading the good news of Sahaja Yoga. Also, as you are aware, a lot of Government Servants have come into Sahaja Yoga, and when they move around on transfers, they spread Sahaja Yoga wherever they go.

So, in this way, if we enter politics, and government positions, we can find solutions to a lot of problems. One thing is important, that our desire in all this, should be pure and noble. There should be Pure Desire (Shuddh Ichha) to find ways to improve the conditions in our country, so that we render people’s rights to the people. We should also desire Spiritual awakening and growth among the people, so that we all become shining examples of righteous citizens, to the rest of the world.

Whatever desires we have in this situation, they should be pure and clean, and the only motive should be to improve the conditions of the country, so that everyone should get their rights. Also there should be moral and spiritual growth; and our style of living and interacting with each other should become a shining example to other countries of the world.

In this country we have a lot of strengths, like honesty, truthfulness, and discipline. And whether you accept it or not; there is a lot of (shakti) strength in these qualities. We can utilise these strengths in a very positive way. There is one more important thing we must remember. In whatever we do, we should observe and incorporate the Indian culture. If we try to adopt foreign styles of functioning, we can very easily get influenced by them and absorb all the wrong things very quickly.

The Indian culture and lifestyle are very conducive to self-realisation. If we do not practise our own culture, we can never improve ourselves. As I have said many times, if you transplant a tree in a foreign environment, it will neither produce mangos nor apples. So those who are Indians, should live according to the Indian culture and customs. Because this culture is very mild and gentle. If we look at Indian society - the children and the elders – everyone is respectful, kind and disciplined. Even children get recognition as belonging to the family of an upright and honest man.

It is surprising that Sahaja Yogis from countries outside India, always say, “Shri Mataji, teach us the culture of India. It is so gentle and respectful, and all the people and children that we have seen are so kind, gentle and well behaved. And not only this, they are (Dharmic), very pious and devout”. So the identity of sweetness, gentleness and purity that Indian culture has got, should be maintained and projected, and practised within the family.

Most people are under the impression that Indian culture is what we have borrowed from Muslim countries. Like observing “purdah”, covering the face with a veil, and so on. But in Maharashtra and the Southern states, our women do not observe this practice of covering the face. But they live the culture of Indian modesty. Even in Gujarat women do not cover their faces. It is only the Muslim influence in North India that has caused our women to follow this system. Also, suppression of women; challenging their chastity, and disrespecting them, is not Indian culture. Our Indian women are highly dignified, knowledgeable and full of wisdom. They have taken part in discussions and discourses on various subjects; and distinguished themselves as scholars, writers, and politicians. The Indian culture does not suppress women, nor does it consider them inferior or lacking in any skills. Everyone has his or her rightful place in society. When other countries are following their own set of rules and culture, isn’t it important for Indians also to study and understand the culture and codes of conduct of their own country.

Very often we feel we should copy the West. But they themselves have realised that whatever mistakes they have committed, were because they had no guiding or restraining force. Like a kite which has lost its moorings they went headlong and did whatever they liked, without thinking of the consequences. They went into extremes of immoral behaviour and brought upon



themselves all kinds of diseases. The society disintegrated and there was a breakdown of moral values.

Our guiding force pertains to sahaja yoga practices, and we should understand this fact. Until and unless we practice these principles in our day to day life, we cannot become, even good sahaja yogis. Because these are divinely appointed means of supporting and nourishing Sahaja Yoga. I am not saying this because I took My birth in India, and that other countries do not have values and systems that we should copy. For instance the way they have developed, their laws and discipline are things we should learn. But actually, if we live according to our own principles, moral discipline and culture, all aspects are covered, because it is a divinely appointed means of rescue from temporal existence. It corrects all mistakes and defects. All the morals and value systems, all the parameters are embedded in natural conditions, in a most divine way. This phenomenon of Divinely appointed parameters does not exist anywhere else. This is why we should embrace Indian culture and philosophy; and we should value the importance of being immersed in this Indian civilization.

I was in Mahatma Gandhi's Ashram from the age of seven, and I used to observe him. I saw that he talked a lot about Dharma (basic principles of existence). But he was a strict disciplinarian. Sahaja Yoga is not so strict. You can live the way you want, at your own pace, and there are no compulsions. It was Gandhiji's practice to wake up at 4 a.m. Sahaja Yogis also do this. Even in countries outside India, Sahaja Yogis follow this practice of waking up at 4 a.m. Somehow in our country people do not like to live in ashrams. I am told that "Shri Mataji, You may have to live in the ashrams, because we have built so many ashrams and no one is willing to live there". They are attached to their own houses.

In Gandhiji's ashram it was a rule that all should wake up at 4 a.m., have a bath, and accompany him to the prayer room. Snakes and other crawly creatures used to roam around in the compound, and many times we saw snakes in our path with raised head and open hood. But one had to sit quiet and be in meditation. After the prayer session he would leave. He walked very fast, and we had to run to keep pace. Also, he had strict rules about food. We ate only boiled food, and were permitted to add salt and some drops of mustard oil for flavour. There were no spices added, and everyone had to eat that bland food, irrespective of who you were – whether Jawaharlal Nehru, Abdul Kalam Azad, or anyone. It was a rule for all. This was the food that all would get, and everyone ate it without a fuss. He was really a strict disciplinarian, and he followed it in his own personal life. He lived a frugal life, like a sanyasi (ascetic). His nature was very disciplined; and if anyone committed blunders, he chided them publicly, and they realised their mistakes. It was a time and situation when this kind of strictness and austerity was necessary. Those days people were so dedicated, that many of them made a lot of sacrifices for the country's freedom.

I saw My father and mother, and many more people who we could not imagine could be so patriotic. They gave up all their possessions. We were little children. I was just eight years of age, and I had the responsibility of keeping the heavy bunch of house keys; and I used to look after My brothers and sisters. We gave up our houses, sold our cars, and stayed in huts. So much sacrifice, so much dedication for the cause of freedom for our country. And see now, the country is free, but what is happening to it. The people of those times were very patriotic, and very brave and courageous. If that kind of zeal and devotion to the country could be awakened today, then we can transform the country completely. I have no doubts about this. But we have to have the same kind of dedication, and willingness to make sacrifices. And we should take pride in it. No one cries and weeps about their sacrifice. I saw some government servants complaining that because they are honest they have no wealth or possessions. If you are honest, what is there to cry and complain about. You should be proud of your honesty, and not feel that if you were not honest you would have had a house, a car and other luxuries. Try to improve your condition by doing some business or other activity.

Previously there was pride in honesty, and people would ask, "Whose son is this honest man. His father and mother must be very honest, upright, and dedicated to the country". Not only this, but we have been taught that we must be patriotic to our country, and be willing to make sacrifices. Only then would our parents be proud that we are their children. Today also we have to have people of this calibre, and then only we can improve the political condition of the country.

In Sahaja Yoga you don't have to exert too much. Your life has been blessed, and you are happy and satisfied, and living in joy. But you must realise that this is a kind of a "chocolate" that has been given to you. Inside is the truth, that you also have to do tapasya. Until you enter the state of tapasya, (austerity and detachment), you cannot complete your self realisation in Sahaja

Yoga.

This is not that kind of tapasya where you go into the mountains, shed your clothes and shiver in the extreme cold. But in a fully surrendered way, with body and soul, and total dedication to this cause, you should have the pure desire to transform the present conditions of the country. Only then will everything start working and manifesting. Up to now I have not put any compulsion or bandhan on you. No restrictions. Only love, love, and more love that I have been showering on you. And you lived in comfort and joy. But today, when you are talking of celebrating My birthday, a new dimension should come into our lives, and awaken us to make new resolutions. Resolutions that will make us proud. And as you are Sahaja Yogis, all your pure desires and resolutions will come true.

I have no desires, and no resolutions. But you have to make the pure desires. And it can all be worked out successfully. And that is why today you have to sincerely pray for improvement and transformation of the conditions in our country. And today we must also perform Puja and worship, with this intention that we have to improve the condition and situation in the country.

We have within us the Shakti (Divine Energy) and therefore we must expand our lifespan into a bigger vision and turn our attention to our country; understand its problems, and find solutions to bring about a transformation. May this day be very auspicious for all of you, and in My lifetime may I see all the problems getting solved. May the country be released from the shackles that are binding it. And may I see the flag of Sahaja Yoga flying everywhere.

May God Bless You.

## 1991-0319, Unlocking Your Heritage

View [online](#).

19 March 1991

Unlocking Your Heritage

Public Program

Mumbai (India)

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

[Translation from Hindi]

About which he doesn't know. Although in our India there has been a lot of work on Yoga but because of the onset of English rule all of us forgot our Great scriptures which worked a lot in the field of yoga. In Upanishads if you see particularly Shandilya Upanishad etc., it has been written long back that within you there is a power named kundalini and this power on getting awakened you can get your self realisation. This I will say certainly that very clearly whole outline has not been given in these Upanishads. But it is a matter of controversy that our many scriptures, Yogvashishth etc., in many scriptures as well it has very clearly been mentioned. Don't know why do we consider knowledge from foreign countries as the best and our any asset in this country give it least importance don't know its importance. Its reason may be is that we were under slavery for such a long time and we were overwhelmed by these people because they were ruling us. Now that we are free in that freedom we should observe what are our assets what is our history and what did we discover? India is such a unique country where man has less problems of the outside world For example, if in London you have to go out of your home at least for fifteen, twenty minutes you have to dress up yourself then you can go out. In our country too there are so many places for example, Himalayas or at high altitudes where it is very cold, people don't live there. But I have seen in these countries that the problems quarrelling with everyone all the time go on troubling them so much that they are fully lost in that.

But in India the climate is so good that we sit in open. In Russia also you cannot sit in the open. In any country one cannot sit so much in the open. There used to sleep on the floor They said, Mother, many people will come to listen to your lecture there is no other place than a stadium. Stadium too was full to its capacity. So this characteristic of India that there is neither too much heat nor too cold and here at this place we didn't have to struggle against nature. So from eternity there were our ancestors. Those ancestors thought that finally our life is a daily affair. Daily we get crushed in our life. It has some or the other meaning.

And because our climate was like that people definitely paid their attention more towards themselves than towards foreign countries. They didn't have any need to think about the questions of outside topics how to find out a solution of those problems? They knew only this much that now everything boarding and lodging is almost okay. Even if you go into jungles, you can live in jungles too. There you can live by eating fruits and berries. This type of climate too we should say that God has blessed us specially of such a country. This country is a great country and there is a special blessing of God for this country and because of this blessing from eternity people of this country tried to find out why did we come in this world? And what for our life God has made? Why has He created us in the form of human beings? With this inspiration many people meditated in the jungles.

They found out that our life has been created so that, we could go to the kingdom of God and their joy, and their love may be rewarded by that. God created the whole world and this universe. and after that left a human being from amoeba to this state and that only for the sake of being in that state of happiness that God's love and comfort we may be able to feel. So, God created this world. Every body sang this and everybody said saints in this Maharashtra, nobody knows in how many ways have said that SUKHAKA SANSAR (comfortable world) I will make. That has been explained in PSAYDAN (written by Sant Mauli Dnyaneshwar) and the beautiful picture of the world that he made that you can see today in sahajyoga. Whatever prophesy has been made, whatever has been said, whatever they desired by heart the time has come to be rewarded by success. I will say that Sahajyoga is not today's, it is from the beginning of the creation. In the olden times, there used to be only one guru and one disciple. This tradition in twelfth century, specially in Maharashtra Shri Ghyaneshwar ji broke.

He too after propitiating his brother, who was his Guru broke this tradition. Atleast to Me about this clearly in Ghyaneshwari..... Before that you see nobody knows in how many scriptures there is no mention about it. and about that it has been specifically explained. Those who had never read Sanskrit those who did not see their old books those who give western education highest importance. are blind people, will never be able to understand it that in this country how many great things are there In all these things Whatever you will come across, that is only just one thing what for is a man's life made? What is its meaning? Where has he to go? Is his life made for fighting with this and that solving the problems, go on quarrelling and abusing people or go on depositing insurance policies or do some better work than this and grab the money of the whole world Is his life made for that? We should think Is our life made for such petty things? When I came to Poona in the beginning, everybody told ME "Mother, here your work will not be done at all".

I said, "Why?" They said, "They all eat money. They don't eat food at all." But, this Punya Patnam about this it is mentioned in so many scriptures In this Punya Patnam, do all people eat only money? Has all bribery spread? Why has it happened? Why did we reduce ourselves to such a state? Because that which is desire within us to seek truth disappeared. We lost that desire, we are unable to understand that that we have to find out the truth Till we do not find out the truth till then we can never get solution. You become a millionaire you eat lot of money, become a millionaire but you can never get health.

You can never get happiness. You cannot get love and everybody will speak against you at your back. Not only this, people in this India are acquainted with great ideals that any person may get tempted to bow his head to the photograph, however great he may be. We are the carriers of such a great culture. Having such a great culture Why have we gone down and now is there any way to escape is a separate question? If somebody asks Me, I will say that it is good in one way that it has at least created an illusion within us. We started thinking why did we fall like that? Why are we facing this plight and why are we doing it at a low level? Above all when a man thinks what after this? After all why this?

And then he becomes a seeker. And those who are seekers only he can get self realisation. and he who is not (a seeker) he may say anything however he may shout, he cannot get his self realisation. He is not a realised soul. Because when a person thinks in this direction, after all why did he come in this world? he points towards the truth and he wants to know the truth. I who am born as a human being, what is its importance? what is my status? To which level i am going? When a human being starts thinking all this he becomes a seeker.

and when he becomes a seeker then for him, his kundalini, his own mother herself that is settled within him, gets enlightened in a sahaj way. In this case, in Russia I tell you, is so surprising that 14 Thousand and 16 thousand, there are also such people and all of them get realisation. I used to think that there they had never heard the name of God not knowing what is kundalini. Seeing just My photograph thousands of people came and got realisation. I observed that all their writers are too much in search of their inner mind, by introspection Their writers have shown that whatever work a man does always gropes for an answer. Why i do this? why i did this? what for i am doing so? What is my intention? So, although in our country, people talk a lot about religion, have a great command on dharma and you have just seen that sadam sahib and America has spoiled the show in the name of God, all the work quarrelling, create trouble kill this, kill that, suppress everybody.

All this is happening because a human being is not secured within himself. He doesn't know that God takes care of everybody's security But He loves everyone. Not only this, He is the Father of all fathers Absolute Ocean of mercy And we need not be insecured so much. And simply by My saying you may accept that thing, is not possible that I say that God's shelter is always spread over you. But you can surely feel it You can know it, in Marathi it is called ZANI. In Sanskrit it is called BODH or VIDH from which the word 'VED' has originated. The time has come that you can know it that it that God's grace is spread all around us. And when we get this power, then only In fact your yoga takes place. Before that, to talk about yoga, to stand on your head and to break your bones is not yoga. And people made yogas of different types.

Yoga is not made, it takes place. which is living action in our evolution just as we became human beings you have not been turned into human being from a monkey you became so. the same way, from the state of a human being you go to a higher

state. and to go that state you didn't have to work hard you didn't have to undergo any hardship You didn't have to pay any money The main thing is that God doesn't understand money at all. What will He do after taking money? What is the need of offering money in His name? The person who values money most What is the use of giving money to him? For example, this land is earth put any seed into it, it will sprout on its own. The same way kundalini awakening takes place on its own in a sahaj way But such things people explain that for kundalini jagran you do this, you do that you give so much money, do this do that it is all false, absolutely false Do not trust such people at all And those who take money in the name of God, commit sin. They commit the greatest sin.

And those who give, it will be said about you that your wisdom will be helpful. Another thing is that for this Sahaj because as I said that a seed by a living process only gets germinated, the same way it is a living process which is the work of living God. To that, even if you make it as per your desire, is not possible That sitting inside you is your individual mother. Kundalini is your mother. Many people have even written that that with the awakening of kundalini you face this problem, that problem I can't understand if you don't know anything about a particular field then why do you write about it. People go on writing to earn any amount of money and write such things that people feel scared that we will not have Kundalini awakening we will have problems. Oh! She is your mother. because She is going to give you, your rebirth. Your mother who gave you birth, did she not take all the troubles? Had she given you any trouble?

The same way She is your mother. And this Mother is mother of pure desire. If you have pure desire that pure desire is in the form of Mother is a power and when this power awakens then you witness the love of that all pervading power of God or we must say that we witness that power. That power you can feel inside you you can also see it on your head that cool breeze is coming out of your head as Adi Shankaracharya ji has said, "SALEELAM SALEELEM." This way you can feel it in fingers as well although now a days it has opened for the whole world. It was not so earlier. So, people have not explained it so openly. But now it is available for everybody and everybody can get it. But in that there are two types of confusions. Which is specially in India.

That is within us there are SUSANSKARS (good as well as) KUSANSKARS ( bad, moral and cultural values) . Out of those KUSANSKARS, one such is that we have got entangled in the bondage of some religious cult. To be in Dharma is different from being in the bondage of some Dharma. To be in Dharma means first that you are your own master. No need to say follow Dharma or be in Dharma. For example, if there is a saint like Tukaram, as Namdev was, as was.....Sant Garib Das as was Kabir, as Nanaka was Had they to be told, "Don't do this wrong act don't do this, don't grab money? " Had they to be told like that? There was no need of that. They would not do wrong acts at all. Then they had some such special personality having their own power.

on account of which they would not bother for such things would condemn such petty issues. That thing you are going to get today. You can get it today. So, because the God who has created this universe He is eager, He only wants you to get your self realisation. Today I am going to tell you something special yesterday was as you know people recognise was a day of Gudi Padwa. On the day of Gudi Padwa, people say that Krita yuga started Now the people will say, it is all foolishness. How did krita yuga start? Krita yuga started in Kaliyuga means that in Kaliyuga this all pervading power of God is working. and because of its working only today Sahajyoga has become so simple and easy. And people have been benefitted in many ways.

Now if you don't want to take the advantage of it no body can compel you. So for this, for some days you must have a hankering, a desire and a little bit of dedication. because may be you are very egoistic saying "We will give you two lakh, you awaken our kundalini" Cannot do all, you may give ten lakh, twenty five lakh. No problem! If you want your kundalini to be awakened then come with humility and say that you want your kundalini to be awakened It will be instantaneously. A person who is full of arrogance or a person full of KUSANSKAR (wrong moral values) that person finds it difficult in Sahaj yoga still I wonder that Kundalini's work is going on so efficiently. People are getting benefitted limitlessly that don't know how God is so merciful to us. And many a times we think how did He pour His ocean of compassion on us. It is worth knowing, It is worth recognising. In the modern age people are so much overwhelmed by science although in India, the scientists are half baked scientists.

that is why here people talk more about science. So, to this even the scientists when they thought that beyond this they don't need anything and this science is not the last thing there must be definitely something beyond this and when they took even one

single step of religion and God knows how much they progressed and I would like to say that in America and Russia there are many scientists who took a big step in Sahaj Yoga and they discovered a lot. Towards this we should see that everything that has proof people ask for. Give the proof of this, of that. Why should we give? Have we charged any money, any rupee from you? What for are you asking? Of what are you the contractors that you ask for the proof of everything? First you come and get your realisation. But if you want us to give its proof, we won't give.

Why should we give? We are not your servants. But when you say, "Mother please give us self realisation, I will be your servant for all times to come". Because, there is one bad thing in a human being and that is his 'ego'. its one type of behaviour, which is not liked by Kundalini. Kundalini doesn't want you to visit and abuse saints in front of them. Do you think that kundalini doesn't understand all this? This all pervading power is this, you don't know that it neither thinks, it knows not only this, but all this completely organizes, makes everything, carves everything. You are unaware that you are living under HER protection. That is why this unknown thing is to be revealed to you.

and it has to be expressed because in this kaliyuga you are born in this doubtful state. But it is quite possible that you too might have been a great saint on the Himalayas, sitting shivering in cold. Don't know, I cannot estimate your virtuousness because Sahajyuga is spreading so much that it seems all the virtuous people are taking birth in this world. You also test your virtuousness fully and get it which is a great thing. Kundalini awakening, people say is very difficult May be for some people but neither for ME nor for Sahajyoga. It is very easy. It doesn't cause any trouble nor any worry. This kundalini doesn't pass through seven chakras. It passes through six chakras. You should know it.

In many of the books related to kundalini, I was so surprised that a German has written a book saying that Kundalini is in our belly. some say Kundalini is in brain. When you don't know about it why do you talk about such a difficult topic? How do you say abruptly, this thing is in this, that thing is in that the subject about which you don't have any knowledge, atleast scientifically you must humbly acquire knowledge and after that you must see if it is beneficial for the whole humanity if it is higher than the whole society if it is giving rise to a new world then why do you put hurdles in that? when there is no question of rupee, of no money nothing to take, nothing to give then why do you put hurdles on it? but where there is corruption here the people grab money at its peak and make everybody fool there nobody will say anything, everybody's mouth is shut. let someone stand up and tell fearlessly this man has grabbed so much money by corruption gave so much money to MLA (s), to MT(s), nobody will say like that Here everybody's [INAUDIBLE] But I see that people make tales about Sahajyoga. It has only one reason that those who are wicked people at our place don't want that any one should be benefitted in the world They want they want that the world should be such, they want the world to become so bad and with that our benefit but such people are very few. Mostly people are very beautiful, very nice but without any support. For such people it is necessary that they obtain their powers and be collective.

When they will be collective, then only these wicked trends will be destroyed from the world. And whatever are their after effects because of them whatever our problems are will come to an end. This will be in your social and political regions but there will be a great revolution inside ourselves It is non controvertial that in sahajyoga people will get alright. There is no doubt about it. We can tell you that there are such people in Bombay who had blood cancer and now they are alright. and they are alright till now. Years have passed , they are alright and they will be so. But there is one thing, that if there is a rich man He will say, "No Mother you only have to treat me" Okay! once I may give him time, but I don't have so much of time. Then you will get cured of one disease Why can't another disease attack you?

The reason is that completely in totality you have to get cured. For getting cured perfectly, what should you do? For that you should be totally in sahajyoga . Because there is depth in you, a lot of depth very sweetness, very beautiful, an ocean of joy but till you do not get it, till you do not take a dip into it, till then you will be attacked repeatedly. May be these are health related, or mental or intellectual or may be spiritual as well. To think about these things, a man must think that if we are getting realisation in Sahajyoga today and if we are getting this power it is very important that we use this power in such a way that we touch its depth, which is our property. That is special quality within us, let us distribute it. And for that it is such a great thing here that we in Mumbai have twenty five to thirty centers. And you go there and ask then whether you are very affluent or a great man or a man of low category, it doesn't matter. Because we are not doing any bussiness out of it We don't have luxurious palaces and things like that.

We have all ordinary things and people can go and learn. We should not think "I am king of some place, how can I come?" About this Mohammed Sahib has said "He may be a king or a pauper, everybody has to sit on one level". That is everybody is in front of God. After going there one who meditates and continues with his own depth and after that He won't have any problem. And he himself becomes powerful. There are some such people with us, you will be surprised very ordinary people who have average education they have acquired such powers that they can cure every type of disease they can cure all types of mental diseases and not only this, they are very simple people and no KOWDI, no money, nothing if we have to go somewhere, recently we had to go to Calcutta there one person was treated. This way everyone can get this power. Not only this, you see your children are singing These are Indian children who are singing there is nothing special about it. And if you see, the song that was of Maha Laxmi is in Sanskrit language but it has been sung by Swiss Sahajyogis and they sing so nicely.

Those for whom to speak even a single word of Hindi would be a problem have sung this song so beautifully in Sanskrit. They will sing in Marathi, in Hindi and our Indians also have done everything in English, French and German. This capability that human being has acquired and with this capability human beings became a special human being One can say has reached the state of superman. so sober so loving, so compassionate, so merciful and so much joy giving becomes such a large heart because it is a VISHWA DHARMA (universal religion). All the religions are vested in it No religion is left behind from it, if it is a real religion All the religions are included in it what is its value? All of them are incarnations AAPKE PRASHIT HAI..... Apart from that all your saints and sages Where are they? what is their status? you have all that knowledge... The greatest thing is that it is your heritage. It is the heritage of your country, it is the heritage of India.

It is your heritage. This heritage is yours. And you remained hidden from it, because Britishers ruled over you. and after that what happened, God save from that. I was with Gandhiji when I was seven years old Gandhiji was a self realised soul and He used to tell Me that when our country will be independent then you should start your Sahajyoga, not before that. I said, "I have not known yet what a human being is. He has to go further. How can something be done?" He would say, till we do not become independent till then how can we know SAV KA TANTRA (self's mechanism ) He said, that is absolutely right. Till we do not become independent, we cannot know SAV KA TANTRA But at that time, if Gandhiji had started it really Even now I think, if this self study had been started that time We would not have faced the plight , we are facing today.

The reason of our plight today is that we don't pay attention to ADHYATM (self study) Why doesn't it come to our mind? Although you may do anything Until you get your ADHYATM, you cannot live peacefully. This is God's Divine bond. You need money, take it. You need children, have it You want power, have power and get shoe beating from him. And you want anything VIP, get it and you will realise that there is no joy in it. You know the law of Economics, that anything you like and get it after hard work and after that after that the joy of getting it is over. After getting it, you want a new thing. It means that in general it is not satiable. A man's desires are never completely satiated.

Same thing our desires within our being, which never get satiated So there is definitely some desire which will satiate us. And that desire is pure desire which we call Kundalini. We should acquire this kundalini From this we should know what we are. What is our speciality? Why are we in this world? Until our connection is with that Divine Power till then we cannot know. [INAUDIBLE] or we are in our ego we cannot know properly what is the real problem. Grand, dignified person today we need such a person who is great and the one who has within him his self respect. that in comparison to that self respect considers filthy things filthy. But this religion awakening should be from within not externally.

When a man gets awakened in this religion then he gives up all the ADHARMAS (unrighteous). These are left out on their own. As I gave you the example these saints didn't need any one to tell them They were DHARMIC by birth. This DHARMA should awaken within you and for that there should be kundalini awakening. I cannot show you where DHARMA is in front of so many people but where you can see a big green circle, there is your DHARMA. We will awaken that DHARMA then even if we desire we cannot do ADHARMA. Even if we want , we cannot do wrong things because, the moment we do something wrong this chaitanya will depart from us and we will be away from joy. so, leave it, we have nothing to do with it. This is not for a group not for one country not for any particular type of people, it is for the whole world. and the whole world has to get it.

There have been many prophecies about it and people have said that it is going to happen. But towards this, you should think a little bit that I too am a seeker and it is necessary for a seeker that he thinks that whatever he will get, that he will know and I will go deep into it. Many people get realisation in Sahajyoga. Today also you see many people may get realisation but there are very few people who go deep into it. and this is what troubles ME. Here there are not deep people. It is just the reverse topic in the universe Here people once get realisation, get settled into it. Out of them, barely one or two will be useless but in our country the reason is that we have so many ideals, such great incarnations have been here we don't respect ourselves. We have one Guru, he is Guru Maharaj we consider him as our Guru. What about you?

What gravity you have acquired? We adore Rama, we adore Hanumana, we adore Mohammad. But have you been benefitted by that? Why do you accept THEM? Your yourself become worthy of admiration. And this is possible when their qualities will awaken within you. Sahajyoga awakens that very quality in them. That is why I want to tell you only one thing, that there should be truthfulness in it. and if you ask for it humbly you will get it surely. You can get it surely.

So, in MY opinion tomorrow I will tell you specially about it. because, you will get books about kundalini, you should read. I only want that your inner light may enlighten. After that, what is this Atma? I will tell you about that tomorrow. I hope that from today you will understand You are not what you think of yourself. You are much greater than that and you don't have to get it, you have only to know it. MY blessings to you! Those who have to out for five to ten minutes they may go and come back. It will take ten minutes for your self realisation..... and so much for this Mother Earth and now for your ownself and for others.

Tell them, those who want to go out can go for five to ten minutes and then sit comfortably. As we must have respect of ourselves, because we are human beings. Here in lies the epitomy of evolution. All should have one's self-respect and that we are born as human beings and human being is on top of evolution and for himself, Human being should never underestimate himself, that is the first condition This is the first condition that you have to respect yourself. you must have complete self confidence about yourself. We should have complete self confidence about ourselves and we should know That those who tell us that you have done this sin and that sin, they speak like that all these people are themselves sinners. Because you are human beings and every human being can make some or the other mistake. He is not a God. So, towards oneself, in a way there should be respect and self respect. This is the first condition for you.

After all you are not God. You can make mistakes, doesn't matter. Those who tell you that you are sinners Please remember, they must be the greatest sinners. Nobody has bussiness to say like that to any human being. So all of you should have complete regard and respect for your being. I have no fear. And one should never under-estimate himself I am like this, I am like that we have always heard that and those who tell that are them selves sinners that we should know and for oneself never have feeling of inferiority if you were God it would be a different thing but you are human beings. And human beings will make some or the other mistakes. And so I request not to have any low feelings. This is my sincere request to you And that now you have to enter into in the kingdom of God.

Be Joyful about yourself. You should be very happy about yourself very much pleased about yourself. You sit in a very pleased state within yourself. There is no need to degrade yourself down. And second condition is that you forgive everyone you forgive everyone. You do not do anything But if you do not forgive then you are playing in the hands of those who will hurt you [Marathi] so I request you to forgive everyone altogether. and don't think, to forgive someone and not to forgive others Forgive all of them With that one thing is that you have to forgive everyone together. You may forgive or may not, but you don't do anything. It is all false and once you don't forgive anyone, then you play into the hands of those who want to tease you. So, altogether, without remembering whom you have to forgive say together in your heart I forgive completely.

Thes second condition is to completely forgive everyone altogether not to the member individually in person but in a general way just forgive. Whether you forgive or don't forgive, you don't do anything. But if you do not forgive then you play into wrong hands. So it is a myth, and so please don't torture yourself with the myth. Please forgive everyone without thinking individually about anyone. In a general way, just say , i forgive everyone. These are the two conditions. Take out your shoes. Please take out your



shoes. remove your shoes on one side and those who are sitting on ground not for them [Marathi] [Marathi] [Marathi] [Marathi] [Marathi] [Marathi] [Marathi] Please keep your feet apart from each other.

Those who are sitting on the chair, can remove their shoes. Those who are sitting on the chair, keep their feet apart and remove their shoes. Now put your both the hands like this. Take out your shoes. [Marathi] [Marathi] Both the hands towards ME. [Marathi] [Marathi] [Marathi] [Marathi] Please put your left hand towards ME and right hand towards the Mother Earth or on the earth. Keep left hand towards ME and right hand on Mother Earth. or towards Mother Earth if you are sitting in a chair. Now right hand towards ME. Put right hand towards ME and the left hand towards the sky.

Tomorrow I will tell you why I did so. [Marathi] [Marathi] [Marathi] [Marathi] [Marathi] why? [Marathi] Put both the hands towards the sky. [Marathi] Push back your head [Marathi] [Marathi] Now, just ask a question Mother, is this the cool breeze of the Holy Ghost? Or ask the question, Mother,"Is this the cool breeze of the all pervading power of God?" Put a question, is this the all pervading power of God? [Marathi] [Marathi] Ask in your heart. Ask three times, three times [Marathi] [Marathi] The trees are not moving, they are just still. but you feel the cool breeze in your hands. and watch Me without thinking.

[Marathi] [Marathi] The trees are not moving, the leaves are not moving. means coolness will be in your hands. Now put your right hand towards ME. bend your neck and see here. Fontanelle bone, cool breeze is coming from here, bend your neck. Bend your neck and bend your head and see for yourself from the fontenal bone area if you are getting cool breeze from the other side. [Marathi] Don't put your hand on the top of your head, away from it. [Marathi] [Marathi] [Marathi] some people take it much further some people feel at a higher level and some very close put the left hand towards ME. Don't doubt. Don't doubt yourself.

Now put down your head again. and see with your right hand. There is a cool breeze on the top of your head. Now see, cool breeze will come from your Fontanelle bone. [Marathi] [Marathi] [Marathi] [Marathi] Some people might feel hot. Heat coming out. Now bend down your head again neck bend down check with left hand and right hand towards ME Keep your hand away Again please bend your head and watch that cool breeze must be coming from your Fontanelle bone. left hand on the head and right hand towards ME. .... ok Now put your both the hands like this You have become too much thoughtless no thoughts Nirvichar Those in whose hands now you see, not even a single tree is moving not even a single leaf is moving everything you are seeing yourself, nothing such You are seeing yourself, you are witness to it Not a single leaf is moving, they are all witnessing you All these trees are witnessing, what is happening to you. Only this has been a great country.

Now Those who have felt cool breeze in their hands Those who have felt cool breeze in their hands Those who felt cool breeze or they have felt it through their Fontanelle bone area Those who felt cool breeze on their Fontanelle bone area Those who felt cool breeze on their Fontanelle bone area All those who felt put their both the hands like this please raise your both the hands, those who have felt it. All of you are now saints My blessings to you! Now you respect your Atma Sakhshatkar. You must respect your self realisation. What you have got , what you have felt and what you have enjoyed you must know what is this power and how to use it. How to work it out? And now you have become authority with this power. So please, remember that now you have to move deeper and deeper into your own being. Whatever you are now, I won't say that you have now become Sahaj yogis yes, your kundalini has been awakened. There is no doubt about it but only after going completely to the depth of it you can become a Sahaj yogi.

It should be decided a bit that you go into your depth and get it. That is your power, your property and is your dignity. It is a matter of great pleasure that all of you have got your realisation. It is a matter of great pleasure that all of you have got realisation. Self realisation has begun for everyone. But unless and until you go deeper till then You cannot be called a Sahajyogi. And till you are not gone deeper, there will be always some kind of problem lingering on. Please go to our centers and go deeper. Tomorrow again I am available at your service and tomorrow I will talk about Spirit. So tomorrow everyone please be present here.

and share with everyone, that it is a very simple thing. Within five minutes i got my self realisation. They won't believe it. Ask them to come and see it. Now you will be able to sleep very well. And everything has worked out very well very well. You have to experience Now the benefit of it only by using this power and also by going deeper into your routine you become really,

absolutely an authority of Sahajyoga. I wish you all good luck!

## 1991-0321, Birthday Puja

View [online](#).

21 March 1991

Birthday Puja

Mumbai (India)

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

Birthday Puja, March 21, 1991, Mumbai, translation from Hindi

The whole world is gleefully celebrating our birthday. All this makes me so emotional that till now no children would have loved their mother so much, like you love me. This is the glory of Shri Ganesha that he would behold His Mother above all deities and would be engrossed in Her service. Therefore, He could accomplish everything. It is a natural instinct for every mother to love her children and to sacrifice everything for them. And she doesn't have any expectations from them. But, every mother desires her children to be of good character, and, earn name and fame. A worldly mother has such desires. But, the ranks of a Spiritual Mother that you have bestowed upon me, I don't have any desires. I was thinking what I should talk about because I don't have any desires. Probably in such a state no desires exist, yet without having any desires they are being fulfilled. You are doing everything even before a desire emanates, so what should I desire for. What I had wished and hoped for – that my children should be extremely virtuous, they must have a radiant temperament, must be munificent, valorous, working for everyone's welfare – must own such a grandeur personality and must be great gurus. I can see it is happening; little less in some, more in others. I am also witnessing how you are going around the world to give self-realization to all people. I can see this work too. So many people have taken to arts, some have become poets, and they are utilizing their talents for Sahaja Yoga. Nothing needed to be said, nothing needed to be explained. Don't know how but everyone grasped that they must spread Sahaja Yoga.

There shouldn't be any obstacles in spreading Sahaja Yoga because you are very blessed, none of the saints have ever been bestowed upon with such boons. Those saints had to undergo a lot of hardships. You don't have to face any of it. But you have infinite powers within you. You must know about those powers and must utilize them. Unless you will utilize those powers, they will be wasted; this is similar to a machine that disintegrates if it is left unused. These powers have awakened within you and because of this awakening these powers are notably manifested in some people, they (powers) are very active. But what should we do for this? If you ask me, I would like to talk to you about this.

First and foremost, we should watch ourselves – what can we do for Sahaja Yoga. From morning to evening, all we are bothered about is, our kids, our homes, our families; is this what we keep doing or is there something else that we do. You must also think, that even in this age our Mother travels so much, she goes around everywhere. We must at least go around in our neighborhood, around our city or sometimes outside the city to talk about it. If you will not tell them about it today, then tomorrow they will blame you for not making them aware. If you would have told us, even we would have benefitted from this ambrosia. So, this is a responsibility of sorts that has fallen upon you because you got this first. Therefore, it is important that you give it to others. Just don't keep it to yourself. If we were to see, I haven't done some special work for you all. But these powers have been awakened within you. These powers have manifested in such a way that you are amazed at how this miracle happens, or how that miracle happens. Because now you have entered the kingdom of God, so all your work gets done on its own. But still, we must think of the purpose of why we have been initiated into the kingdom of God. Like you see in politics, a member is elected from a constituency (designated area) and becomes a member of the Lok Sabha (the Indian Parliament). He enjoys the authority and facilities associated with Lok Sabha. But he gets an additional responsibility to go and meet the people of his constituency, and, look after their needs, and, address their concerns, work for their welfare and help them progress. Now you must also understand that you have come from a constituency too. You have got these powers. Now it is important that you must advance these powers and enhance them. If you will not do this, then these powers will vanish; and the people to whom you are supposed to give these, they will also be left out. They will not get anything. That is why we must think about what we should do now. You can accomplish depth in Sahaja Yoga through meditation. But unless you spread it, the depth you can achieve will stall beyond a certain limit. Many people sing very beautifully. When you sing it so well, why don't you showcase the talent outside. Why don't

you go out and sing in front people? Go to places, organize events and give recitals of your songs. People will thoroughly enjoy it. Similarly, there are many talents people have, but they are confined within their homes. Many people are great orators, can give beautiful speeches and sermons. I asked them why are you just living in confines of Bombay or Delhi. You go out and try it. Give speech to other people. That would be so much better rather than talking to the Sahaja Yogis – the people who have already got their self-realization, what is the point of reciting/ narrating it to them.

So, it is important to understand that, as much as we spread outside, we must also go deeper. You must understand the collectivity when you spread on the outside. In that several questions may arise, several disagreements may come up, many people may challenge you as well. You must not argue with such people. You must be straightforward with them – if you want your kundalini to be awakened then come. If you want to fight/ argue then there's no point in it. If they shout, tell them their Vishuddhi chakra will be impaired and then they will never be able to get their self-realization. In this way, you must talk to them with utmost discretion and judiciousness. Now I heard that Sahaja Yoga has been established in Alwar (\*a city in Rajasthan, India). I don't know how people went there. A gentleman was transferred there, and Sahaja Yoga was started. I was told that even in Patna (\*city in Bihar, India), there are almost two hundred Sahaja Yogis. It is very astonishing. I have never been to Patna. One Mr. Sharma went there and gave self-realization to so many people. He is doing this work entirely. He has been continuously working on who is to be given realization, who needs to be corrected. Never for a moment, does he think that I must take some rest now or I shouldn't do it, or I may just do as much as I can. He never thinks like this. Similarly, even we should think about Sahaja Yoga, all day and all night; and when we start enjoying it, we must go forward and then things get done.

You celebrated my birthday with so much love. I don't know why you celebrate my birthday. I can only understand that may be you people consider my birth as a very special event. I don't think like this. I think the day you will get your realization, that would be a very special event. The day when I gave self-realization to the first person, I thought it was a momentous day.

When I was born, it was all gloomy around; I would wonder how will I talk to these people. These people have thwarted minds. They are no saints or sages. Most of the people are in entrapped in darkness and ignorance. How will I make them understand this? What will I explain to them? That's when I thought, unless I awaken the collective consciousness (Samuhik Chetna), no one will listen to me. Right from the beginning, I realized that before saying anything else I must first make arrangements to awaken the collective consciousness. I thought about this, I experimented, I studied the chakras of my acquaintances and thought about how their chakras can be corrected. How all these people could become part of a collective and get their realization. But, if someone says, I had to do a lot of penance for this then I don't think I had to do a lot of work for this. I was already in the habit of waking up at 4o'clock. Once awake, I would take my thoughts within. I would put my thoughts within to understand how kundalini can be awakened. Probably you haven't got all this know-how yet, but gradually you will learn how to put your thoughts within, how to keep your attention (chitt) within. Then whatever thoughts you will get, you will be able to put them in your attention. Similar to computer programming, we Sahaja Yogis are akin to computers and we can do programming in our attention. If we do programming on our thoughts and put it into our attention, everything is executed. But for that the computer must be intelligent and the doer must also be clean within. So, understand if the computer gets damaged then there is no use. Therefore, you should make yourself clean and immaculate.

The most important and joy-giving thing is that Vishwa Nirmala Dharma was established. Today, I think, its been almost five to six years. Since then Vishwa Nirmala Dharma is flourishing and people are accepting it completely. Now even the Sahaja Yogis who wouldn't accept it in any way; who were following their (original) religions, and would keep harping the same old thing, or would go to the wrong gurus, would roam around in temples, in mosques, have finally settled here. They are trying to somehow find this religion within themselves; the Vishwa Nirmala Dharma.

This is a new religion which is an amalgamation of all the ancient religions. It has knowledge about all the religions and teaches their essence/ element (tatva). Because of this, man understands that all these elements are of one religion, and all these religions are contained within that pure religion. They are all seated and engrained in it. Like this when we see other people who follow other religions and are running madly behind those religions, we understand that they aren't realized yet. Their religion is different. We don't belong to their religion. By following this religion (Vishwa Nirmala Dharma) our ego has faded off. The evil emotions have disappeared and most importantly the belief in superstitions went away. Because this religion is light, this

religion is love. This is the religion of power (Shakti). No work can be done without power (Shakti). When this power (Shakti) becomes love and when this love starts working, then this power (Shakti) works in such a way that no activity that is against God's vision can ever be worked out; because that vision has knowledge, it has love, so this power (Shakti) works with absolute wisdom. The people who have achieved these powers in Sahaja Yoga, their ego vanishes and instead they become absolutely humble, gentle and melodious. When these things happen, man wonders how I have transformed so much. How I have achieved all this? This was already within you, but then you didn't know yourself and now you have recognized the self.

On the birthday, a thought that comes to mind is when a mother gives birth to a child how she takes care of it (the child), so he doesn't face any problems. I may face any problem, but my child mustn't suffer at all. Whatever or however he may be, but he is my child. It must not have any problems at all. He may bother me, he may upset me, still he shouldn't have any problems. When you think like this that I made this mistake, I made that mistake; and when you have such motherly affection (mammatva) then I must tell you, you can't ever make such mistakes that I can't forgive. But if you want to maintain your dignity and make your life special then it is important that we must see ourselves with dignity and nobility that we want to be. We just believe in Mataji, we have Her photographs, we put on Her badges and we follow Her. I said in one of my lectures that if you follow someone it is good. At least you recognize that you follow a good person. But how much of that person's personality and qualities have you imbibed in yourself? How much have you received from him and how much have you sacrificed for him? You must think about it. What is the point of just following someone? Consider there is a governor here; if you say I follow the governor, so will they allow you inside. They will simply tell you, good that you follow the governor, but you must sit here. Likewise, in spirituality just following someone doesn't count for anything. By recognition, you know vibrations increase. But your progress depends upon you, it is all your efforts. If you follow Me, you have accepted that this person is someone special, someone ideal. But, we must imbibe those ideals in ourselves. How much have we imbibed? How far we have reached? Like there are many complaints in Sahaja Yoga. And I get upset when I hear very old Sahaja Yogis, the way they are going, it is very strange. Sahaja Yoga is for your benevolence, is for your powers (Shakti), for your dignity, what is in it for Me. I already have it. Why do I need to do Sahaja Yoga? You have to do Sahaja Yoga. Now a mother coaxes her child to drink milk. The child refuses. The mother tries to convince him that milk will make him stronger. She is always worried about what is good for her child. If a child will understand what is good for him, it makes responsibility of the mother easier.

Although I don't have any desires but still it is my responsibility that I must tell you what you must achieve and what is your state. Now many conflicts and nonsensical things have come to an end. There is no doubt about it. You people are enjoying and are linked by a bond of love. But still one thing that affects me is, we don't have time to do or to spread Sahaja Yoga. You must have a keen desire to give to others what you have received. How can I give it? How can I give it to others? Unless you have such desire; not because you have to prove that you are a great speaker or a great musician or a writer or a poet; but because I want to give it. Not because I have to earn name and fame but because I want to give this. You must have this pure desire from within. Then you will see how the kundalini rises. When your pure desire will attain this form, a pure desire that I must give self-realization. Who can receive it, who can't receive it. There must be a strong desire to give realization to people. Such a person, without criticizing anyone, continues to be focused towards his aim. I have this strong desire in me. This desire is my everything. Likewise, in Sahaja Yoga there must be a strong desire to spread Sahaja Yoga conventionally. Now I have entrusted this desire in you that you must spread Sahaja Yoga. Go to places and tell people about Sahaja Yoga, what are the benefits of Sahaja Yoga. You should specially go to villages. I have a request for people living in Bombay and Delhi that you must go to villages and explain it to the people there. Don't you feel that my message should spread far and wide to all the villages in India. Everyone must know about it or only you must enjoy its benefits.

Therefore, I want to tell each one of you — you should make a daily habit to note down, "what have I done for Sahaja Yoga today?" How many people have we given realization to? How many people did we meet with whom we talked about Sahaja Yoga? You all can meet and plan together; how many people will go where. This way your kundalini will take a new form. Vibrations will start flowing from within you. Such vibrations will start pouring from you like the sunrays. But for that, the most important thing that I have told you is, you must have the desire to give self-realization. Even today so many people come who tell about how somebody's this problem has been rectified, how somebody's that problem has been sorted. So, you don't have to see what you can get from whom. You have to see, what you can give to whom, what problems you can solve for others. If someone's spinal cord is damaged, all their chakras would have been damaged. Similarly, there are so many problems of

different people that you all can easily work out through your efforts. I cannot see every individual; I cannot cure every individual. But if you start doing this, you will realize how powerful you will become, and you will be able to cure anyone. This is not important that I must cure everyone, it is not important. By a little hard work, you can cure anyone. With your efforts the powers (Shakti) within you will take a new form; even though you might be sitting here, you will be able to tell about people.

This is my only desire today. My only desire is, that peace is established by this all-pervading power (Chitanya), not just in India but across the world. There should be peace everywhere in the world, the whole world should be transformed. This is my absolute faith. If you will align your desire, your transcendental desire with this, nobody will dare to stop you from achieving your aim. That Sahaja Yogi will continue to grow, to progress because the Almighty (Parmaatma) himself is walking beside you, all His angels (devdoot) are with you. Therefore, you should try and make some efforts.

Like this, you must think of only one thing – what am I doing for Sahaja Yoga. Let me go somewhere and do something for Sahaja Yoga. Whatever we may do, we must do it together. Similarly, everyone must do something for Sahaja Yoga with all their might. Each one should be aware of what other is doing. Only you people can do all this.

Whatever progress Sahaja Yoga has made, has been possible only because of you all. Because what progress will I now make, I have already made my progress. All this is for you and with this progress you will progress further. For this, I want to say that before my next birthday you must spread Sahaja Yoga in India so that we have double the number of Sahaja Yogis here. And I hope on my next birthday I will hear from you, how progressively you made more Sahaja Yogis.

You must follow the protocols of Sahaja Yoga. For example, a gentleman came yesterday, he had two wives. He said, these are before I came to Sahaja Yoga. I told him, if you wish to be in Sahaja Yoga you can be with only one wife, not two. Like this, each person must think I have come to this new world. How dignified my character is? This is about character. How much have I transformed? All of this should be kept in mind.

But why are all these made? There must be a reason for it. Why should you transform your life? This transformation is important so that your kundalini can rise.

Today I shower countless blessings upon you (aj mera apko anant ashirwaad). My lovely children should live for ages and work for the betterment of this world. My countless blessings are with you all.

## 1991-0325, Shri Rama Puja: Control your attention like Him

View [online](#).

25 March 1991

Rama Puja

Kolkata (India)

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

[English translation from Hindi, First translation]

We have gathered here on the occasion of Ram Navami. Everybody has said, "Mother please tell us about Shri Ram."

As you know that Shri Rama has taken a very important place in our chakras. He is sitting on our right heart. Shri Rama has taken a place of a father, so lack of father's duty and love can cause a catch of this chakra. In Sahaja Yoga we can understand that Rama and all other gods came on earth with different power [shakti], they came to do their jobs. In the sense Shri Rama has a special job. Socrates has said benevolent king has to come. For that Shri Rama came.

Shri Rama came in complete human form. He even forgot that he is an incarnation of Shri Vishnu. He was made to be forgotten. But he was Purushottam on earth [perfect human being]. You all must have heard of his qualities and his childhood.

In Sahaja yoga when we worship any god, what quality we gain from them, which qualities we will receive? Shri Rama has many. One that he was ideal, another that he is a king. He kept his people higher than himself than his wife and children. If politicians today understand this point they wouldn't be called selfish, they wouldn't be selfish, would be follower of Dharma.

Nobody has followed Shri Rama as a role model till today. By singing his bhajans or building institutions and temples in his name does Shri Rama come to you? Do you get his light in your life? Only a Sahaja Yogi can bring the light of Shri Rama into the attention.

He is totally beyond. Basically, all the deities are free from papas and punyas so called sins, they never sin. Shri Krishna killed many people. Shri Rama killed Ravana. It can be a sin in worldly sense but not in the eyes of God. As they destroy and remove evils they have rights to do anything. When Devi slew Rakshas has she committed a sin? Their work is to destroy the rakshasas and protect the saints.

In Shri Rama's life Ahilya's saving is the most important. She was cursed by her husband. In those times if any women go out of dharma and if her husband is high saint he could curse. But Ahilya was blamed falsely. And she was made into stone falsely. So shri Rama saved Ahilya.

Especially his quality to have only one wife, his love to one wife must be understood. Even though he knew Sitaji is Mahalaxmi. She herself is a Goddess. But as a Human he never looked at any other women but his wife.

When we talk about Rama, we should have the husband pure. To worship Shri Rama, women should have the same faith in husbands as Sitaji used to. Husbands also need the quality of Shri Ram who believed one wife. Not difficult for Sahaja Yogis. Women should be respected. Have respect for wives.

When Ravana kidnapped Sitaji, Shri Rama felt his duty to rescue her. But in his kingdom, he was so just that for people he left her after spending so many years to rescue. As Sitaji herself a Devi so there's no effect. So, Shri Rama did it to keep the benevolence of public opinion. That society wouldn't accept the women who are questioned, although she is a Devi Pure and Nirmala.

Later that Sita also left him. Somehow, She left him as a woman and Shri Rama as a man. Sitaji disappeared into the mother

earth and Shri Rama went into River Sarayu

Their life is very eventful and full of Miracles. You see how shri Sita and Rama have good attitude and are faithful each other.

Even if she was left Sita thought it her duty. She never complained or talked ill of him. And effortlessly she has raised her children. Shri Rama's children are called Luv and Kush. They came as devotees and we can see them as disciples. They represent Shisya [disciples]. The power of Shisya. So we can be disciple of someone. As disciples they learned archery when they were small. And learned Ramayana and got proficiency in the music showing the disciples must surrender completely to the Guru. We also have a disciple in us.

They were completely surrendered to the Mother who is Shakti. Even they were about to fight against Shri Rama. They kept Mother highest in the world. The mother cared them and made them completely dharmic. It was her first duty.

Not like today wives just cry, "My husband left me". But with husband they fight always and if he leaves, they will cry.

"He has left no problem I have children, I will care for them, they will get all they need." Sitaj's life was special with bravery and strength. Every woman must have it. Even if you are separated with your husband or far away there shouldn't be any loss or shortage for children. Because her duty is the most important thing. We shouldn't give up most important thing. In Sahaja Yoga all women should get this power.

Shri Rama's life was very pure and Nirmal. He gave up everything for his wife. His wife had gone, he had to live alone and he had to leave her. He gave up all the comforts of the life. You know he used to sleep on grass, on floor and walked bare feet and wear clothes like saints. All these are not stories, it's a fact.

In India many people used to have high standard life and they have never thought about small and low-level things. But all these ideals of our country have become fake. By singing bhajans to Ram we think we are done. We have got a kind of hypocrisy. In countries without these ideals people try to become the ideals correcting themselves. If you have the ideal in front of us, you don't become Shri Rama or Krishna or you have anything to do with them. We feel like that.

But if we have Shri Rama inside, his light can be in our attention. Let's understand the circumstances when Shri Rama came on earth. Sahaja Yogi must understand. If we get Shri Rama's state, all our political problems will go. When we decide to become like shri Rama, then everyone becomes good, firstly dharma, success and education then the ideals. For that he made his life very idealistic. When someone tells you something but he doesn't do it himself, then how can you trust him and get his quality? There are many people who say we believe in this and that, but they are opposite. Followers of Ram seems to be the biggest fraud politician and they have many wives. Impossible!

What is the duty of Sahaja Yogis' life? We have to bring the light of God in our attention.

We must see and behave as Shri Rama. What would Shri Rama or Sita do in this situation? What would Sitaji say? How would Sita behave? She is also Gruhlaxmi. As you know Sitaji took many births. Gruhlaxmi was in the form of Fatimabai. She was humbly in the house but all dharma was done by her power. Not necessary for her to go out and give big lectures. You can do that work at home with children relatives and friends. You can spread Sahaja Yoga at the house. After getting all of it you can go out to society.

But ladies have to have purity like Sitaji first. First thing of the purity is motherhood and love. When she was in exile never complained that, "My husband doesn't earn He doesn't do this, he doesn't buy this and that. "If he is in jungle so I am. What he will eat, I will. I don't eat before him. I serve him first and brother in law, then I will eat."

Nowadays women think there is much pressure of the work, but it is not. A woman is like earth element, she can absorb. So many are given by the earth. In the same way women are like the earth. We have got so many powers that we can take everything



inside and shower the rain of love. God has given us the power.

For example, this fan is moving. Which one is greater, the power or fan? If you think fan is greater as it's moving, then it's wrong. Women are ocean of shakti. With that support men do their work. They are potential and kinetic. Women are potential and men are kinetic. But if you start running like them, it's not good. No need for women.

Each one is unique but equally important. But women can be good for both. When the time comes women can be more productive. In Maharashtra there was a 17-year-old widow named Tarabai. She was the daughter-in-law of Shivaji. Only she could defeat Aurangzeb. Her grave was built.

You must understand women can keep all her power within her to become ferocious. But if she wastes her powers in fighting, arguing, complaining or in frivolous things then her power would be gone. Women are so powerful that she can work more than men if she wants. But first of all, she must respect her powers. By scattering and wasting she becomes powerless. This kind of woman is not good.

Women's job is very important and full of dignity. Women should be very modest and very wise. Let men use bad words but women cannot. Men can argue and would fight let them do but not women. Their job is to make peace, protection and helping people. She is like shield not like sword, and sword cannot be shield. Shield is greater than sword as shield can bear the sword. Sword can be broken but not shield

So, her most important power is humility. With humility come all the powers. It's not difficult for Sahaja Yogis, not at all.

I see many Sahaja Yoginis chat a lot, anywhere they will chat with men. "Mother help me. What happened? The lady talks a lot please help me. I am tired of her." There isn't much to talk with men. What's the need? Among women also.

In Sahaja Yoga men study more about Sahaja Yoga and the chakras. Which chakra is driving people and is catching? Man knows. All women would be left behind. Women must learn.

For men Shri Rama is our ideal. In this sense Muslims are amazing. I don't want to say bad things. Say if you go to Riyad no Muslim will see you, they will respect women. If women are crossing the street they will stop the car respecting women. But here it's opposite. I don't know why we see women with some intention. Seeing every woman, they will break the neck. It's a big sin to see every woman.

In Sahaja Yoga it's prohibited completely. Firstly, you will spoil your eyes and Sahaja Yoga. Otherwise you may become blind. Sometimes I see people have wandering eyes while talking eyes are wandering women too.

The biggest loss is your attention. Your attention goes here and there, then what's the use of self-realization? Without concentration Chitta can't be active. Concentration must be obtained.

In the West the disease is more common among men. Western Yogis are not alike. They know it's bad. They asked me the solution. Look at only ground and up to 3 feet, you don't have to see above. Look at the ground. Yogis are walking looking at the ground abroad. You see all good things, flowers and children. Nothing to see above. So, that's how you should control your chitta.

Shri Rama didn't need it. If you have a respect to Shri Rama, you must control your chitta like him. Tell your wife you respect her as shakti. But she has to deserve it, "Yatr naryan pujante tatr ramante devata", "Where women are respected resides God." But they have to be respectable. Please sit down. Don't move during Puja. If the woman is worshipable: 'pujyante' means 'worshipable'. Who like to worship a bad woman cruel Rakshasi? Those who are worshipable should be worshipped. There reside the Gods.

Firstly, they are mothers of children. If husband scolds wife in front of children then children will never respect mother. It's prime minister and deputy minister. Women shouldn't insult her husband too. Power goes to children from father. Without this basic understanding they fight to take control.

If woman knows handling of man there won't be any fights. Handling men is very easy as they are just like children, they are innocent like children. By talking nonsense, you can't handle them. You must forgive them as children. If they fight outside they get troubled. They can get angry only to wife. Getting angry at home is OK. Until you get this feeling, you cannot have mutual understanding, love and joy.

Men also should care for wife's needs. If wife is wrong, husband has duty to say, "No, it's wrong, I won't do this." But no need to fight on small things. It doesn't look good as Sahaja Yogis.

I am surprised that sahaja couples fight each other. They come to complain about each other. How come sahaja couple cannot be together peacefully while I'm talking about peace to the whole world? It won't work out if you are fighting like that. Husband has to have complete understanding of his wife first. And know that all the other women are like your sisters and mothers.

If someone is not clean even after Sahaja Yoga then there's no way out. There was a swiss man, not a Sahaja Yogi, not Indian. He was a father of a Sahaja Yogini. Girl's husband had wandering eyes but came to Sahaja Yoga. They both came to Sahaja Yoga. The girl is very good but he went on doing it. The non-yogi father told her to leave him, "Even after Sahaja Yoga if he can't be cleansed, then leave him. He is not a Sahaja Yogi, don't relate with him."

Even non-Sahaja Yogi can understand that the person can't be cleansed. He doesn't have stable attention then it is bad. Our culture is that men and women must be brother and sister. But I see a talkative woman just go to talk to men. I don't understand it. They don't sit with other ladies but with men. Same with men, just start chatting with women. Even with maid or anyone just start talking. No self-esteem. We think it's masculinity.

But Shri Rama is the perfect man who is highest. But the ones at the bottom think they are perfect. Where is perfection? Not believing in Shri Rama but in devil.

If you believe in Shri Rama follow his ideal Therefore children and women are getting spoiled. But still Indian women maintained good culture here. If they were like Americans what it would have been? Men are fixed in terrible condition there. After 2-3 marriages men become bankrupt but women make a palace. It's bad in America. Children are running away from home. Indian women manage their house, husband and children. But it's changing. They think the same like husbands, "If he runs away with 10 women then we go with 15 men. If he is going to hell then I go before him." Women shouldn't do it.

The base of dharma is in woman's hand. Woman must manage husband dharmic making him understand. This is the biggest duty and power of woman to be dharmic.

Biggest dharma is forgiveness. Without it nothing works out. First thing she must have forgiveness. Forgive children, husband, give refuge to house servants, all are her duty. This is the work that Shri Rama couldn't do neither Shri Krishna nor Shri Jesus. Rama would have killed everyone who is useless, adharmic and flirt. Don't know how many he would be finished. Krishna would use his sudarshan chakra and there would be a battle. Christ would crucify himself. One crucifixion is better than everyday.

Only Mother can do this work with such a power of love. Anything can be worked out with her power of love. She holds everything with so much love that children don't mind correcting.

For instance, when trouble comes only mother knows how to handle it and scold later because children understands mother's love and it is for them. With father children may react but not with mother's love without expectation. She doesn't want anything but her children to be good and get all my powers, all good in me. If mother feels it children will be fine.

But some mothers are very interfering and get involved in everything. She comes always in front while husband is at the back. Children will be spoiled by it. Under such harmful environment children can be very emotional. So, woman should be behind and make her husband in front. Whatever husbands do wives must help him behind. The source of his power is wife. Then how pure and hard-working she should be.

I put everything on woman because I know you have great powers inside. Look at me as a Mother I must make everyone saints. Curing many diseases to make people saints. Did anyone do this job? Only Ahilya was saved. Jesus saved 21 people. I must have saved 21000 now. Going around the world to do everyone's job it's still going on but I don't feel because of love. Maybe I should put bandhan as I don't know what kind of people I meet. But as soon as people comes to me I absorb all the problems. So, love acts by itself. I know everything is done by love. I don't feel bad whatever happens. Only Mother can bear the pain.

So, I want you to grow consistently without hurdles.

Also, men should help their wives fully, understand and respect them. Until the 2 wheels get balanced the chariot doesn't go forward. They both should be the same but one on the left and the other on the right. It won't work if you change it. It is moving and working because they are the same but unique. Same in the sense of height, length and width, but they work differently. It's the same in our life.

Shri Rama didn't think only about husband and wife. Didn't think only about children and family. Also, of brother, sister, mother, father and everyone as a normal human being. After he thought about society, about public, state and country.

As a human being he has shown human ideals in his activities. The person who loved his wife so much, knew she was pure and he left her. Now people give so much to their own wife but they never give to poor people. Otherwise they give to their relatives. It's a disease among politicians.

But the one who has wife who is sakshat devi had to leave her. We must understand it's attachment to relatives and possessions.

In West marriage relation wasn't alright but after Sahaja Yoga wife became everything. Here leaders had to leave because their wives were not alright. Their attention got spoiled by wife's preaching. At least five Yogis left because of their wives. Wives should understand Sahaja Yoga and their role in it. In this case husbands shouldn't agree with their wives at all. Tell her that, "You talk and move too much. Be quiet You are useless. Your chakras are not alright." She will be alright only in this way. But instead you blame yourself and obey your wife? If she tells you to steal, you do it? Even after Sahaja Yoga you still have some catches to take care.

On the occasion of Shri Rama Hanuman should be remembered as his great devotee. And how he was busy at his service. He was aware that his life is for serving Shri Rama.

We should have his awareness in Sahaj Yoga. But it doesn't mean you cook food for me which I don't eat. You trouble me cooking so much this and that. Don't keep on serving someone forcefully.

What we need is zeal to serve [sewa]. Hanuman didn't serve food to Shri Rama. Delhi people kept on serving food so much that I had to tell them, "I wouldn't come if you don't stop." Do what you have to do. It's bad to force someone to eat serving one after another. I don't need anything and I am tired. I told you only flowers. But don't spend too much also. A lot of flowers make me worry sometimes.

Please your Mother in balance. She is a simple woman who don't understand these. We have to learn that zeal to serve is from Hanumaji. There is no special service for me.

But if you want to serve me serve to Sahaj Yoga. Serving to Sahaja Yoga is serving to me. How many realisations have you given? How many did you transform and inspire? But if you say to new people they have bhoot, they just leave.

One gentleman was told he has 3 bhoots in him so he left Sahaja Yoga. He was told number of bhoots even! He believed it because the Yogi was an authority in the local area. I don't know who but the person left.

So, what we have to learn from Hanuman is the zeal, "Ram kaj karne ko tatpar" [eager to do Ram's work]. What is our work? My work is Sahaja Yoga. My work is Sahaja Yoga, to raise kundalini to make people peaceful and lovable, talking about love. Talk about Sahaja Yoga, about chakras makes them understand

Doesn't mean you start giving lecture. Some people started to give so much lecture. I had to tell them to stop. Otherwise Sahaja Yoga will be finished. Only long lectures. No time for Mother's talk and Aarti. He said he just can't stop. He doesn't know why. "How can I fix it?" "You put supari [spice] in your mouth." Then, "How much?" "It depends on the size of your mouth. You don't know it even then how come you talk about Sahaja Yoga. You don't know it even."

People like giving lecture. Get on a stage and won't leave a mic. Once with mic they can't leave. It's a new disease. So you must understand why to give lecture. There are so many Mother's talks you can put a tape or video in every program. After people can write question on paper. And ask them to bring it next program if there are someone who is sick or in trouble.

Now there is a Yogi. He comes to cure in Calcutta. Now he was called to Russia. One person is running like Hanuman all over to cure. You all can cure. All women can do. All men also. But nobody tries. By giving lecture how many were cured? I don't know why only one in India, don't know what's the matter that till now there is only one man in India who can cure people. In London there are 15~20 people who can cure and in France also. One should learn working on people like giving bandhan. No need to invite someone from abroad. Remove Sahaja Yoga badges if you cannot cure. How do you work on others if you can't cure even yourself? Everybody has got all the powers to cure anyone. Learn to become masters instead of inviting someone. They should go out to cure. Just have some courage to work. Nothing will happen. By working, you become deeper like a tree grows deeper as it expands.

Sahaja Yogis are very much different from Incarnations. They have never worked in society before. Nobody had the power for a mass. Only one to one like King Janaka to Nachiketa. But now you all have it. Just grow it, that's all. Cure yourself and others. Understand Sahaja Yoga, you have everything.

But still your attention is wondering. What are you running after? You still don't understand it. Sahaja Yoga is just blessing. You won't be in short of anything. Just work for Sahaja Yoga. Even if you don't work you will be blessed business or promotion, this and that. Everyone is blessed and nothing to give up.

Otherwise in time of freedom fight we were tortured, lied on ice, got electric shocks. My parents went to jail. Our house was sold. Lived in a hut. Had to sacrifice a lot.

And you don't have to do it. But not only receiving. You have to give. If one door is open so should be the other one. Only one doesn't work. Everyone reports me about blessings they got. We must see what we have done for others.

But there are many fights for leadership. It's all Mother's play. You will know it when you will fall from there. Specially women shouldn't get involved. They fall very soon. And men should know there is nothing like ministers. This is Mother's play. Don't get involved in.

Why I call a leader? It's a play. There are no leaders. It's just a test if you have ego. If you have, you are gone. It will be shown immediately. In Sahaja Yoga everything gets exposed. Even if I say something it shows on the faces. Once some leaders came

and confessed their mistakes. They have more responsibilities to be better, sweet, humble and loving and become close and sharing with everyone.

Now on the auspicious occasion of Shri Rama we must understand what he had shown. Only a bit of it would please our Mother. He was in exile for a long time in jungle. Walked bare feet, worked so hard just to obey his father. Now to obey me you don't need to go into exile, not bare feet, nor starving, nothing. All are there for you. But you must know how to cure people in Sahaja Yoga, everything about sahaj yoga and mostly about love. It's nothing but power of love. Everybody will be benefited. This is not only for special people. This is not only for one country but for the whole world.

Watch how your attention is. If it's disturbed we should correct it. Put the power of Spirit in it. Do everything with concentration. And devotion and love will make you deep.

Otherwise there is lots of rubbish. If you wish to stay like rubbish you know where it goes at the end. If you want to feel you are specially good, capable of anything, first humility, not only towards me but everyone. Talk humbly with love and show that people can blossom like lotus in Sahaja Yoga to spread fragrance everywhere. People will tell me you are wonderful if you will do it in that way.

One day you too will be called as Maryada Purushottama. You are the temple of Rama so have it within yourself. Perform puja to it. Take care of your self-esteem. Take the benefit of self-realization inside yourself. You must have respect and devotion to it: "Now we are realized. How can we do wrong? We are Yogis!" Soon you will have blessings immediately. As I am called Rokhada [cash] Devi, you will get blessing as soon as you assert it. Everyone is getting blessed with it give it back to the world.

Shri Rama used all his powers for the benevolence of people to show the ideal. You will be surprised to achieve so high when the time comes. You won't have any disease and all bad habits will be dropped. You will eat, talk and watch as much as you need. You will watch your mind for introspection: "Where is my mind going? I'm a Sahaja Yogi, stop it." By doing so you will be in meditation. Your Kundalini will be satisfied and give you blessings. You say, "Mother, what a blessing?" But you have to jump into it. Only then will you know it. Till then you need to work hard.

Shri Rama was born at midnight so let's have puja late. Shri Rama Puja is not a specially long one. As he is in a human form he is humanity within us by which we understand our intellect and our thoughts get changed. Shri Rama is that through him we can change our thoughts. Our nature can change because he is our ideal.

After achieving his ideals, we reach another because he was human ideal. It is great that God came to this world in a human form to become our ideal. He has gone through all the hardships to show us strength to keep Dharma. That is Vishwa Dharma and the state of Yoga.

May God bless you all!

Second translation

You know that Shri Rama has a very important place on our chakra, He is situated on our right heart, Shri Rama has taken the place of father hence if there is lack in the responsibility or love from father this chakra is caught, In Sahaja Yoga we do understand that Shri Rama and all other deities have taken the form to fulfil their divine work, in all Shri Rama had a special task. As it was said by Socrates that the benevolent king has to come the same way Shri Rama had come on this earth as Benevolent king. He came in the form of human being, he even forgot that he was an incarnation of Shri Vishnu, he was made to forget about himself but for all world he was Purushotama Rama.

In Sahaja Yoga we need to know when we pray any deity, we have imbibed the specialities and qualities of the particular deity within us. Shri Rama had many qualities. You all know his childhood life and you have already heard about his qualities. He was Purushotama. He had another quality that in his ruling, he did not care for his wife or children's in front of his subjects. If today's

politicians understand this point, their selfishness will drop out, they will become religious.

Nobody has yet tried to imbibe him in oneself. Just by singing his bhajans and building his temples he is not going to enter within your being. Is it by doing this that the powers of Shri Rama will come into your life? Only a Sahaja Yogi can bring the light of Shri Rama into his own attention.

He was impartial. As such, all the Deities are above sins (papas) and good deeds (punyas). Like Shri Krishna killed so many demons, Shri Rama killed Ravana. With our worldly views it might be a sin, but according to the Divine views it is not, because they killed the negative people, they took out the negativity. For this, they had all rights to do whatever was necessary, like the Goddess who killed the demons. Some people might think that it was a sin but it was not, because it was for the protection of the saints.

In the life time of Shri Rama the salvation of Ahilya is big a happening. He freed her from her curse. Ahilya had got cursed by her husband. In those days, if any lady was misbehaving and her husband was a saint or a sadhu, he would give her a curse. But Ahilya had been falsely accused and got cursed to become a stone. Shri Rama freed her.

His "ek patni vratha" [monogamy] promise of dedication on his only wife was very special although he knew that Shri Sita was Shri Mahalaxmi and the Goddess herself in a human form. He never looked upon any other women.

When we speak about Shri Rama, we need to imbibe and keep clean this quality. If any woman is thinking of Shri Rama, she needs to have respect towards her husband. It's not difficult for Sahaja Yogis. We need to respect women.

When Ravana kidnapped Shri Sita, Shri Rama felt that it was his responsibility to free her. But after, due to his subjects view, he left her alone after long years of fight. Shri Sita was the Goddess herself and leaving her had no effect. But he did it just to keep to his subject point of view and also to give a good image. Although Shri Sita was completely "nishkalanka", godly and pure, Shri Rama sacrificed Shri Sita. She sacrificed later Shri Rama as normal human being, They did so only for the Dharma. Shri Sita disappeared into the Mother Earth and Shri Rama into the Sun [? He entered voluntarily into the Sarayu River]. Their life were full of difficult situation and miraculous ones.

When we look into their life they were both devoted to each other. But when Shri Rama sacrificed Shri Sita, she never spoke ill about him, she felt it was his duties to do so.

With all easiness she took care and grow the two sons of Shri Rama, Lav and Kush. They both showed to us the qualities of disciple. They represent the power of Shishya [disciples].

At a very small age, they learnt archery, also they knew Ramayana and other epics very well. They showed how we have to dedicate ourselves to our guru. This disciple principle resides also within us.

They were so much devoted towards the Mother's principle, that they were even ready to fight with Shri Rama only for their Mother. For them, their Mother was above everything and for Shri Sita bringing up of her sons was her biggest duty.

Nowadays, we see that the wives, when left by their husband, keep on crying and will fight with the husband if he comes back. They will fight when he is there or not there. If your husband leaves you alone, never mind. You need to put all your strength in bringing up your children. The women need to have courage and strength like Shri Sita. Even when the husband is not there they don't need to spoil their own lives and her children. Bringing up of your children should be your goal to overcome such situation.

Shri Rama's life was pure, "Nirmal". He gave up everything for his wife. When his wife was away, he left all the comfort of his life. He used to sleep on the grass or on the earth, use to walk barefoot, wearing dress like sadhus. This is reality and not just stories. We have had many personalities whose life was an example, but never thought of such small details. We Indians are becoming hypocrites. We believe in Shri Rama: we just do his bhajans and it is over. In other countries, they try to imbibe his qualities, they

think how to improve themselves. We have in front of us an ideal but we cannot become like Shri Rama. So we try to become like Shri Krishna. When we cannot become like him, we try to become somebody else and it goes on and on. We believe it, but if we have Shri Rama within us, we can bring his light in our attention. Why can't we achieve it? All the yogis have to understand that we Indians have to imbibe the qualities of Shri Rama within. All our political problems will be over, all our problems will be solved. We need to decide to become like Shri Rama. He took care of his people without desire (niricha) and tried that everybody became dharmic. He always wished the development, that the people would become knowledgeable, would imbibe all great qualities. That's what he tried to do. Hence his life was an ideal for everybody. Imagine if someone is giving you lessons but himself is not following the rules, you will not have respect for him. You just can't have belief in someone who doesn't follow his own ideal, you just can't take his qualities in you.

Many people say that they follow Shri Rama, but I notice that they are just opposite of him. Shri Rama's devotees are the biggest thieves politicians or they have 10 wives. How could they be like him?

We, the Sahaja Yogis, our duties is to bring the light of the Deities in our attention. We need to see what Shri Rama did. In case of difficulties, how would Shri Sita react? What would she say? If we start thinking like her, all the women will be good gruhalaxmis. As you know, Shri Sita took many forms and one of them is Gruhalaxmi. In the form of Shri Fatima, she was in the house covered in chadar but she did all the dharmic works. For this, you don't need to go out and start giving lectures and become big leaders, this is not necessary. While staying at home also, you can do the dharmic work: take care of your children and the people around you and speak to them about Sahaja Yoga. Later on, it can be in your surroundings. But before that, you have to imbibe the qualities of Shri Sita within you.

In pure conduct first quality is love and affection. When Shri Sita was with her husband in the jungle she never complaint about the fact that her husband had no money (what is normally seen in our society) : "He doesn't buy things for me." Instead, she said: "If he lives in the jungle, I will be with him, whatever he eats I will eat." She used to feed her husband, her brother in law Lakshmana and then eat the food.

Today's women think they are too much pressurised. It is not true since they are like this Mother Earth which can absorb all the pressure and have all strength. Give love and affection as the Mother Earth gives us flowers and fruits. God has given this strength within us as women are in the form of the Shakti, she is ocean of Shakti. By their support, all the men do their work. Women are potential energy and men are kinetic. If women try to copy men and start running like him, she must stop since both the energies have their own works and both of them needs to be in equal. In both the works, the role of women is important.

When the time needs it, the women can be more productive than men. In Maharashtra, there was a 17 years old widow called Tarabai who was Shivaj's younger daughter in law. Everybody had lost their battle against Aurganzeb but she won the war against him. At 17 years she died fighting this war. You can understand when a women makes use of her strength she becomes intensive. Instead, if she starts using her energy in nonsense things like fights, saying evil about others, then she will loose her strength. She can do more fructive work than men, but she needs to respect her strength then only her work becomes great and dignified.

Women need to have the quality of shyness and wisdom. If men utter bad words, let them do it! But don't do it. When there is a hot discussion, men will start fighting. Women don't have to do that, her work is to establish peace and safety. She is like a shield, the shield cannot do the work of a sword and vice verca. Which is important, the one which can bear the sword or the sword itself? It may happen that the sword breaks but the shield will never break. In the same way, a woman needs to use her strength and this strength has a hidden quality: humility. With humility, women need to imbibe the strength within them, this is not difficult for Sahaja Yogis.

I see sometimes that many Yoginis do nonsense. They will talk too much to men, no need to talk too much with men and keep doing nonsense. Women need to have a complete knowledge of the chakras. If men try to know about it, the women need to do know all the knowledge of the catches and all other knowledge.

To talk about men, we have the ideal Shri Rama in our society. I think the muslims are amazing. I don't want to speak wrong about them, in their countries it is not same. If you go to Riyadh they don't look women with wrong eyes, they respect women, if women is crossing road they will stop and let her do so, they respect the women in our country I don't know what is going wrong they feel women is relish good and always look at women event though the neck will have sprain because of it, to look at women with bad eyes is biggest sin and prohibited in sahaja yoga, absolutely prohibited.

This will spoil your eyes spoil in sahaja yoga it is more dangerous if you continue you may become blind, your attention gets spoiled with the eyes wandering around, if your attention is not stable then what is use of Self-realisation?

If it is not stable you will lose your concentration. A concentrated attention only is useful. You need to obtain it. In foreign countries, the men have this sickness more than women who have it also. All the western Yogis have understood that this is not good. And when they started Sahaja Yoga, they asked Me: "Mother please, let us know the solution for this." I suggested to them to look at the ground: "Don't look above 3 feet's. You can see good things at that level flowers, children. There is nothing interesting to look above that, and thus you have to control your attention."

If you have respect for Shri Rama you will control your attention like him. You to have tell to your wife: "You are a Shakti and I respect you for it, but you need to deserve it". Like "Yatra naryastu pujoyante ramante tatra Devata", that means "where women are respected there resides the God. "But she should be respectful, nobody will respect any bad women as a Rakashi. The woman who is respectful should be respected and there will reside the Gods.

First of all, we need to know that she is the mother of our children. If the husband scolds his wife in front of children and says insulting words to her and don't respect her, then the children will not respect their mother. The wife should not insult her husband neither. Women and men think that everybody should listen to them. If women know how to handle men, there will be no fight believe Me! It is very easy since the men are like children, the men are innocent like children. If you disturb them with nonsense things it won't work. You need to forgive them like children.

If a man goes out and fights with others, he is facing troubles. If he doesn't get upset with wife, he will get upset with outside people and he will be beaten. Even if he gets upset with you, what is wrong? If you don't have love and compassion for him, there is no love and joy in the couple.

The husband needs to look after the needs of his wife. If she is thinking wrong, then you should be able to tell her but no need to fight with small issues, this doesn't suit Sahaja Yogis!

I wonder how the Sahaja Yogi couples can fight. If they cannot live in peace and I am telling whole world to stay in peace! The husband should be completely aware of the needs of his wife and should keep in his mind that all other women are like mothers and sister for him. Even after coming to Sahaja Yoga, if a man cannot do this he is of no use.

According to our culture, the relationship of men and women should be like brother and sister, but I notice sometimes it is not the case. Some women will start doing nonsense. She will not sit with women but with men. There are some men of same kind they don't have self-esteem and we say it as manliness. Shri Rama was Purshottama. If you believe in him don't do nonsense follow his ideals, this must be reasons why the children are getting spoiled, women are getting spoiled but I will say due to Indian culture, women have taken care of many problems.

If it was American women they would have done all wrong. If men are married for 2-3 times he becomes bankrupt if women gets married for 2-3 times she will build a big house, what is there? The state of society? Children run away from homes.

In India, the speciality of women is that she take cares of her house, she takes care of her children and her husband. But this changing she is watching her husband is doing nonsense and running after 10 women than they think they run after 15 men and do the same nonsense! "Is he going to hell, I will go before him!"



The dharma flag is in the hand of women. She has to take care of it and help her husband to follow the dharma, she has to look after her husband. She needs to develop the bigger quality of dharma that is the forgiveness. She need to forgive the children, the husband and take care of all servants.

The work which I am doing, Shri Rama, Shri Krishna and Jesus would have not done, Shri Rama would have kill you all if you are not following dharma and running after women. Shri Krishna would have send his sudarshan chakra on you and Jesus would have crucified you to avoid everyday crucifixion. I am a Mother, and the mothers' love is so strong that she can overcomes all obstacle and help her children. If things are not ok, mother can sense it and she overlooks it and scold the children sometimes, the children knows that the mother loves them and she is saying everything for our benevolence. If father gets angry or scold, the children normally react but not with their mother, because mother's love has no expectations in return, she desires benevolence of her children.

Sometimes some mothers don't have good sense and will keep on talking without meaning and the poor husband cannot say anything. Then the children will get spoiled. Such mothers can have children who are emotionally imbalanced and dangerous. Women need to stay back and let the men in the front and help her husband from the background. The source of power of the husband is his wife. You have to understand that you need to be pure, need to work hard you may say: "Mother is letting women do maximum." Yes, because I know that women are powerful and that they have bigger powers inside them.

Just because I am a Mother, everybody has let things on me to give you Self-realisation, to cure you, to love everybody as any other incarnation has done this before. One Ahilya was Realised from her curse. Did Shri Rama realised anybody else? Jesus had cured only 21 disciples. I would have around 21 thousands, travelled all world, do several things for different Yogis but I don't feel anything because I have power of love in Me. This power of love is running before me. While going out, I always think I should do bandhan since I don't know what kind of people will come and catch my feet's, but I forget and when such needy people are in front of Me, I suck all their problems. This love is such that it makes you doing things. I know it works with help of love. Although it is painful, I don't feel bad about it, only a mother can do it. Hence I am expecting maximum from women and men should help women, understand them and respect them. If both the wheels of chariot are not on same level the chariot will not move forwards, it will be on turning on the same place. We are right and left wheels of the chariot: both have to do their respective works. The right one cannot do the work of left one and vice versa.

Shri Rama did not think about husband wife relationship but about all family relationships. He thought of children, brother, sister, mother and father. As it is to be done by any normal person, Shri Rama looks after his surrounding, the people his kingdom. He should know how to fulfil his duties towards all. He was loving his wife too much, still he sacrifice his wife to keep the goodwill towards his people and kingdom. Nowadays husband do many wealth for their wife. They will not help any poor nor any other needed relation. This is also a problem with the political persons. He sacrificed his wife she was pure and goddess herself. We have to understand that he managed to get over the attachment. We get attached to our house our relation, "mine, mine".

Before, in western countries, it was not going well between husband and wives. Since they are in Sahaja Yoga, wife has become everything for husband. At least 4-5 leaders have been thrown out of Sahaja Yoga because of their wives, because their wives were not ok. The husband was good but his wife was teaching husband and spoiling his head.

I will say that the wives need to understand what is Sahaja Yoga, what is their positions. The husband doesn't have to agree with his wife, he needs to tell her that's she speaks a lot and has to take her care of here spoiled charkas. This will help the wife to cure herself. In Sahaja Yoga we need to pay attention to our defaults and work to correct them.

We need to look towards the quality of Shri Hanumana how he helped Shri Rama in his work and served him. He knew that he had to keep himself in the service of Shri Rama. We need to take this quality in Sahaja Yoga. It doesn't mean that you bring food for Me, not at all, because I don't eat and you are coming always with different food and put Me in trouble. Just think: "Was Shri Hanumana cooking food for Shri Rama? The Delhi Yogis have troubled Me a lot. Now I have put a condition: if you people are

going to cook I am not coming anymore in Delhi. What is important, what should you do? It is useless to cook for someone who don't eat and give it with force. If not you will bring things for Me. Believe Me, your Mother's cupboard is full and I feed of this things, I am telling not to bring other things if you want please bring only flowers but not costly ones.

Keep everything in balance just to please your Mother. Your Mother is a simple lady, what to do with all these things? So we need to take examples of Shri Hanumana how to do service. I don't need any personal service, you serve Sahaja Yoga.

If you serve Sahaja Yoga, it will be my service. How many people you have given Self-realisation? As soon as some new seekers are coming in programmes, we start telling them: "There is bhoot inside you." We go so much after them that they stop coming to programmes.

Once I asked a gentlemen: "You were well established. Why did you stop coming to programmes?" He said: "One Yogi told me that I have 3 bhoots inside me." I asked him: "Why did you believe this Yogi?" He said: "This Yogi was someone important and was repeatedly saying you have 3 bhoots inside you. Shri Mataji said it." I don't know who said this, but this new seeker is gone.

So we have to learn from Shri Hanumana who believed to render his service to Shri Rama. We have to question ourselves to know what should be our work. My work is Sahaja Yoga, my work is raising kundalini, giving Self-realisation, to bring peace, to love people, talk to everyone with love, explain to people about charkas, whatever is needed, to explain to them.

It doesn't mean that you start giving lectures, speak for 2 hours. Yogis like to give speeches they cannot leave the microphone. This has become new sickness. So you have to understand why you need to give such long speeches. There are so many talks of Mother, let them listen to them. You show my videos to new people or make them listen to my audio tapes and give pen and paper to write their problems and give them their Self-realisation. Ask them to write down their problems and sickness.

Here there is only one man running around to clean everybody. You can all clear anyone, all the men and women can work to cure people. Why one man has taken this responsibility? In London, at least 15-20 yogis can cure others. You should learn the techniques to cure others. You should take bandhan and cure people. No need to invite Yogis from outside to take care of it. You are moving around with the badges. If you are not able to cure others remove these badges. If you cannot cure yourselves how will do it to others? I have given you all the powers. Learn how to cure people, don't ask other Yogis to come to Calcutta to do this work. Nothing is going to happen to you, no sickness can touch you. The more you work in Sahaj Yoga, the more you will grow, like a tree: the more it will become round it will grow deeper.

There is difference between Sahaja Yoga and other incarnations, that they did not do a mass work, these powers were not given to anybody. Raja Janaka has given Realisation to Nachikt only, but you can give to many at same time. You have these powers. Grow it, cure yourself and cure others. Try to understand Sahaja Yoga, everything is within you. I don't understand why your attention is not stable what are you still searching? You have to understand that Sahaja Yoga is only blessings and nothing else. You will never miss anything, but you have to do something for Sahaja Yoga. Even if you don't do, you will get the blessings, many are getting benefits like job, health, and other things for which you did not have to give up anything.

I will tell you: for the freedom fight, so many were tortured, my parents were send to jail, our house was sold , we had to stay in huts, we had to do much sacrifice. Now we don't have to do all these things, you have to just benefit and get all the time the blessings. But you have to also give something: we need to keep both the doors open, keeping only one door is not useful. Just to put attention on what good work you have done. But there is fight when it is to know who will become leader. You have to understand that these is all Mother's play. One day, you will fall from there. You have not to pay attention to this, especially women. Everybody has to understand that the leadership is just Mother's play. There is nothing important about it. Your Mother is testing how much ego business you can handle.

Nothing can be hidden in Sahaja Yoga, everything get exposed. I say it or not, it will be exposed. Sometimes the leaders come to Me and confess that they have done something wrong. The leaders have more responsibility to become even nicer, more sweet, humble and loving, and move forward taking everybody along with you. On this special day of Shri Rama we have to accept this:

whatever he has done in his life we try to do the same and please our Mother. He stayed so long in the jungle and ate whatever he got, wear simple clothes just to keep the promise he had done to his father.

You don't have to go to exile to obey my orders, neither you have to remain barefoot nor to starve, nothing. Everything is taken care in Sahaja Yoga but you have to know how to cure people. You have to have complete knowledge of Sahaja Yoga. Above all, you have to know that Sahaja Yoga is love, that it is power of love which works everything which will take care of all, Sahaja Yoga is not for one person, not for anybody special, not for one country but for the whole world. We have to just look how our attention is. It is said that if the attention is not stable we have to put control on it. You have to put the power of Spirit in it, you have to do things with full concentration (ekagraha).

The one who will do things with bhakti, with love will grow deeper or otherwise there is lot of rubbish, you know what happens to rubbish. If you are thinking that you are somebody special you are very fine you can do this and that, first try to understand that you have to be humble not towards only Me but towards everybody. Talk with humbleness and love, we have to become like lotus and spread the essence of it.

If you all behave like this, people will say about you that you are as gentle as Puroshotama Shri Rama. The bigger thing for Me is that you are like Shri Rama temple for Me: do puja to it, take care of it and keep self-respect. You have full benefit of Self-realisation and at the same time, you have to adore it and respect it and have devotion towards it. We are Realised souls and it is possible for us all. "We cannot do it, it is not impossible." Believe Me, it is not correct to say so. You will see that all my blessings will be with you. If anyone calls Me who is "Rokhada Devi", you will see that you will have the blessings immediately, you will share it with others.

Shri Rama used all his powers for the well-being of mankind. You must all become ideals for this world, you will be all surprised your own progress, there should not be no sickness in you. Change your habits, eat what is necessary, speak what is only necessary.

Introspect yourselves: "What I am doing? Why I am doing so? Is it necessary? I am a Sahaja Yogi, where is my mind going, stop!" By doing all this, you will see that your kundalini will be very happy with you and will give lot of blessings. Then you will say: "Mother, what happened to me?" When you'll come into it, then you will know what it is, just work it out.

Today I said that Shri Rama was born at midnight. Hence the puja should be at that time. As such, it is not a long puja but we have to understand that Shri Rama is in a human form. Within us, he is in the form of humanity with which we can change our mind, curiosity and thoughts. Through the medium of Shri Rama, our thoughts can be changed. He can bring change in our behaviour because he is an ideal for us. Reaching this ideal, we can reach other ideals since he is the ideal human being. It is a big thing that God himself came on this earth and become an ideal human being.

We don't leave our dharma "Vishwa Nirmala Dharma" even if we have lot of difficulties.

May God Bless you.

## 1991-0327, Arrival and Welcome talk to Sahaja Yogis

View [online](#).

27 March 1991

Talk to Sahaja Yogis

Perth (Australia)

Talk Language: English | Transcript (English) – Draft

Welcome Talk. Perth (Australia), 27 March 1991.

Version 1

00:05:56 ... And if you get what you want, say you get fat, if you get the fat, you know what you have to do is if you use some ice, it comes out.

00:07:41 This afternoon went really very nicely, because I gave them the whole thing. I said, "I don't know what is inside it. It's for a puja somebody has given Me. Let us see what it is." .... "But if you open it, it's all right. You can see for yourself."

00:11:31 ... They're sending their children for teaching them now to India, for us to teach them Indian art and Indian culture. ....

00:13:39 So we gave to the artists .... But they were so happy, the artists, that they got this. He was so hospitable ... When I came with him also and the Sahaja yogis and all that, ... was saying, "Mother, I hope, we hope that the ganas won't trouble us. We are not ...."

I said, "No, no, no, no ..."

00:14:20 I tell you, the whole of Bombay must have been there – all the flowers. I mean, they were huge flowers, very huge flowers. They had to take a plane out; they're for My birthday. Put them on the stage background. Such a huge flowers, you can't believe it. Must be one, ten thousand people are there. And Sahaja yogis arrived later. The guests arrived early. So we had a puja in the morning. Ram Navami ....

00:15:27 Mahavira will be the best topic here.

00:16:32 T.M. they have started even here ... something wrong there. After all, if this T.M. means what? You know actually today I discovered more things, that these people had come and there was a couple of husband and wife and a young girl, ... and they told Me about they have some gurus, Harbhajan Singh and Amar Singh, and all that ... people round the world. And what surprised Me was that these three, three of them were so badly caught up and they were so sick and they went to the doctors and everybody, and nobody could cure them. They got cured just in no time, when I was there at the airport.

But the main part is that, that when they mesmerize people. So these people are coming as sage and mesmerizing all these Sikhs, and that's why all these Sikhs are fighting us. And from Punjab, you see, all these terrorists are all Sikhs and they are all mesmerized; so what they are doing, they have no idea. Because I was wondering, how can they kill innocent children, innocent people? Even Sikh people they are killing. Whosoever there comes in their way, they are killing. That means there's some sort of a possession, and that possession is this that these gurus have put in. There's one called Amar Singh. He comes to Perth also before Me, and these, all these Sikh communities have been harmed by that. Very bad thing, I think.

So really it can't be explained, but now I understand why these people like mad are killing so much in Punjab. They are mesmerized killings. And they take lot of money, they told Me today. They take lot of money for this Harbhajan Singh. There's another one they told Me, Amar Singh, and they said they go to Perth and ... people, and they have got all the ... and they are

minting money.

They are all possessed people. See, they go away to these gurus. Now I will tell you, there is one Bhajan Singh from America, one Harbhajan Singh from Patiala and one Amar Singh. They called themselves as saints and they come here and put bhoots into them. Just give them mantras and do things and take money and do some sort of pujas, some rituals. All tantrikas, must be these tantrikas like that.....

I mean, those who will not be accepted, false. There must be something very good for these people. And those who are accepting, they must be becoming really terrorists. ... Openly? .... Christian group?

00:20:36 But they should be all exposed, is the point. He has done so many illegal things: like they told Me that this man, Amar Singh, has illegal passports. So I said, "To what countries?" Basically he is an Indian, but Indians cannot have two passports. And he has five, six passports, they were telling Me. So I said, "Then why don't you report?"

They said, "If we report, he'll kill us." ... It's a mafia, I tell you, it's a mafia.

Recently I read a book about Vatican connection. So two billion dollars of these securities, of course illegally they printed. Can you imagine, counterfeit? Two billion dollars, Vatican; with the help of the mafia, mafia leader. Such a big book, reads like a novel. One inspector of police got after them and he found it out. How can he explain? In the name of God, to do all these things – it's too much. They are not afraid of God at all.

00:23:29 [Shri Mataji talks about Her sari, which She has been trying to clean.] This I bought. My grand-daughter liked it. I said, "You can't have it; it's for an old woman." This is an old woman!

00:24:25 Now, I wanted to show you a very wonderful thing. Let's have this birthday cake. Who cooked My birthday cake? ... I didn't eat at all in the ... How many birthdays? And then in Singapore they all came and wished Me happy birthday. The Chinese are great, I must say. Once they take to Sahaja Yoga, they're so serious.

[Yogi: New people coming in Malaysia.]

Ah, Malaysia. Malaysia is doing very well. Very serious people. That was not a holiday. Last time we had about thirty-five or so. This time also we had, I think, thirty-three came.

I just wanted to show you something really miraculous .... You see, My eyes are cunning, and if I want I can read also without. They are not there.

00:27:00 You see, we had in Ganapatipule the birthday of Christ, remember – that's Me sitting here – and a swastika came out like that; also a kind of a Aum and there is a little light, and Mother Mary. They appeared in the vibrations normally, except for Ganesha appeared fully; and have a look at it. So, He was there.

And this should happen only when it's for the birthday of Christ we celebrated, you see. ... Also there were other photographs where the vibrations flowed from My face, but this one was remarkable. And one photograph has come in the sky, of My feet: you see, My feet have a little – you know this thing, they come to a roundish angle. And in fact, there's the photograph of Christ, and also of Shiva, but you turn it round, it looks like the one William Blake has made of the sun, exactly. So clear-cut isn't it? Absolutely!

One photograph has come out recently with a complete – My face is so small like that, and a complete chakra, complete – huge big light. I mean, such a strong light starting from here like that: Shri Chakra, complete. The face is so small and the thing is so big, tremendous light. And another one has come out, lots of My hands and things, with also the way – what you call, the weapons. One of them is the stick of the guru also there, hanging in the air. ... Also gave Me a hunter; also gave Me a stick, you

see. Now that is seen so clearly; it's in the sky, hanging there.

These photographs are something. Only some people get it – as you said, that there's a gap of time; because there's a, now, photograph of this Ganesha standing behind Me. So many have taken photographs, you know. Only one boy got it, that big one, and another one got it partly, because I think it was out of focus. But he got the full, one got the full and one got the part of it.

[Yogi comments on miracle photos.] All the time!

Last Sahasrara Puja photographs were also very remarkable. That, you see, suddenly the lights – where there were lights, you see, they were all right – but suddenly new lights appeared and the lights started taking forms. So the first form – ah! and from the lights there were some small little string-like lights going, like as this side was going. And from – the lights first wrote "Allah." And it was the second name was My name – from the other side of it; and then they were all as if they're glued onto these little strings.

All kinds of things! All this is done by Shiva, I think He's trying to convince you. And the horoscope they gave to a very famous man called Bhandari in Delhi. He has come out with such things that you won't believe, rather extraordinary. .... He said that all these people – you see, he has made the horoscope of all the incarnations, right from Rama, Krishna, Christ and everyone. He says they were "anshaj" – [Shri Mataji asks English word for "anshaj"] – "part." They're a little part, but I am a total, according to the – and he is a very famous astrologer.

So I told him, "You just have to keep quiet!"

I'll have some tea. I wanted to bring some tea, but I thought "these Customs!" He removed everything. ... will show you with all the things how he sat down and removed everything. They were offering Me that "Please have some dinner." I said, "No, no, I'm not going to have any dinner." .... The whole thing was absolutely ....

00:35:27 It started here, from the very beginning .... If you go there, it's full of vibrations .... But you see, I don't know, what is the law in America, I don't know. Do they allow you to use the ...? But you see, these Indians must have put, and I could not see the ... but the Americans are more sensitive. Food-wise they are not very good, but other things they know about. If you see the list of things, you'll be shocked. Nothing of, nothing of this, nothing of that, dead or alive.

No, but the other day I was reading an article and also a book I read, that there is no parasite which does not exist in Australia. All kinds of worms they describe, and they think that it's of the mould and things which are nowhere in the world are here. I think you Australians are to be ... more. ....

I knew that would happen. But I think with a little authority that you have, people go off; they can't bear. They don't have that much capacity to bear ....

00:39:06 Because if they want they can send it to India. ....

00:40:05 See, why not send it to Russia as a measure of courtesy and ...? .... Democracy, they never think about these things – demonocracy.

What is the party here now?

[Yogi: Labor Party.]

Labor Party ...?

[Yogi: Not a traditional Labor Party]

It's hypocrisy – they are not Labor. Labor only .... That's what I was telling you, that the English still have maintained certain standards.

[Yogi: The Labor Party here, Shri Mother, is more liberal than the Liberal Party.]

Which is the other party – your Labor and what else? .... Liberal. One more; and what else? .... Country?

[Yogi: The agricultural side. They are part of the Liberal party. They always go into government together.]

Yes. Not separate idea? .... Supporting. It's a so-called Liberal.

[Yogi: It's a very strange Labor Party, Shri Mother, because the traditional areas in the community which Labor looks after, they haven't done anything for them at all. In fact, they make life difficult for them.]

Actually they are basically, I think Australians are farmers, aren't they? They are farmers. So there should be a farmer's party, would be much better than the Labor Party. Everywhere there's exploitation. In the name of politics, everywhere there's exploitation. But at least if you have very good bureaucracy then you can manage it, but if the bureaucracy is also corrupt .... Hopefully work out everywhere. Many people have been asking Me whether, whether they should join with any party and contest the elections. I said, "Elections you forget it. You can join any party you like. I've seen that Sahaja Yoga doesn't enter into politics because you have to become, because, you see, this is how they are effective because they are there. Good people have to be in the politics. Otherwise, all this kind of mafia everywhere.

[Yogi: Shri Mataji, if good people go into politics, they don't remain good.]

I think they are all good people ... Because My father was in the politics. First he sacrificed a lot for the country. Then he became the member of the Constituent Assembly of the Constitution, then of the Parliament. He was for the Central Assembly, then the Constituent Assembly, then the Parliament. They were very different type of people, so concerned, so much worried about. This Constitution they made by sitting down and arguing and trying to find out. They made up a constitution for Indians. It was for Indians. But once that generation has gone, all these devils have come up, one better than the other. So the value system is so shattered in India, so shattered that it's unbelievably ..., unbelievable.

As My husband was Collector long time back. We never even heard, I mean, it never even came on our ears anywhere that the Collector could be corrupt. No question. Even Deputy Collector won't be. But now not only the Collector, the Commissioner, the Minister, the Prime Minister, everybody is corrupt, openly.

This time when they appointed our Prime Minister, this Chandra Shekhar, there were sixty people who were to be won over. So this Sharad Pawar went with the money, and each person was given one crore of rupees. So it comes to a hundred thousand. All right, then this Rajiv Gandhi who supported this Chandra Shekhar, this is very interesting, so people got after Sharad Pawar that he is against Rajiv Gandhi, he should be thrown out. And then Rajiv Gandhi said, "All right, whatever the high command says, we'll have." This is very interesting how things worked out. They said it is Rajiv Gandhi who started the joke. And then when he came to the end of it he said, Sharad Pawar said, "No, no, what Rajiv Gandhi says, then I'll act on it. I'm not going for that ... high command."

But they said that Rajiv Gandhi took hundred crores, hundred crores of rupees from Sharad Pawar to maintain his seat as Chief Minister. And the whole thing fizzled out, you see, the high command and all that all ... And this fellow is still there. To maintain his seat, he paid a hundred crore. Now from where does that money come? Only from Maharashtra. And why would they remove poverty also? Because they can purchase a person for five rupees more, so why will they do it? It's logic. There's no concern, there's no feeling, nothing. There's a very funny type of politics, when you don't have any concern.

[Yogi: The politics of money, Shri Mother.]

Exactly. But if in Sahaja Yoga also we have that kind of a thing, then we cannot say anything; we have had such mishaps. Some of them are .... There also I find there is no concern – very selfish, self-centered. They come to Sahaja Yoga all right for their own emancipation, and then suddenly they slip off.

Even Warren is suffering from some horrible disease. His wife has written to Me, and I said I don't want to know; later we will talk. I am sorry for this, what happened last time with ..., but we all had to pay for it.

[Yogi apologises that Shri Mataji almost got through at the airport before the yogis arrived]

Yes, he said, "You give me yours. You give me yours." So we gave. Then he said, "Walk right through."

And he said, "You have to walk quite a way."

"Here?" We were looking this way, looking that way ....

[Yogi: I will never forget coming into Paris last year, Shri Mother, with all the ivory from America. I had a big suitcase of Gregoire's full of ivory and I thought, "Oh." Well, I had to carry it because all other people from America were late. The suitcase was full, and I also had some in my own suitcase. So I thought, now what am I going to say when they open the suitcase? Because it's a prohibited import. So when I got to Paris there was a strike. I spent a lot of time on the plane saying, "What am I going to say?"]

I must say we have had lots of small miracles. Like in Switzerland they said, "We want to give You something for the Navaratri Puja."

I said, "Now what?"

"A flower pot which looks like khumba." .... It was so expensive.

I said, "No, no, nothing doing. Get it from India." Then I went to New York. Suddenly it came to my head, "Let's go and see ivory. There is where you get ivory." Gregoire was with us. So I just walked, walked, walked.

He said, "Where are we going?"

I said, "Come along, come along, come along."

He said, "Do You know this?"

I said, "No, I have never been here before." And I just turned round and I said, "Now it's here." And there we got, and he gave us for forty percent less and was so anxious to part with it because nothing was selling. He gave us ivory also very cheap.

So they said, "No, no, this is very much cheaper." Told them it is much cheaper in London and we are not going to take. He first came. They never brought it. Now what to do? Now Navaratri Puja is in Switzerland, now horrible Customs in Switzerland. All these things arrived there.

So the Customs said, "What is this? All these have got these ivory things in it." Ivory was supposed not to be imported, you know, closed case boxes that they have.



So they said, "All right, you can remove the cases and see for yourself." Then they removed the thing, and they saw the whole thing. It was so beautiful. They had bliss casualty! And they moved on, you see, and they said, "What now? What now? Take it. Fifty pounds you pay. Take it." The whole thing for fifty pounds sterling! To think of it, you know – not a single problem. I mean, then I give up because I always said ....

So then I went to Greece. They told Me, "Mother, You must get something made of clay for this Ganesha Puja." .... So while going on the road just from the airport, just felt the vibrations. I said, "Let's go round; something on the other side, maybe." We went and saw ... ? you have seen that? Oh, it was one piece of ..., sometimes for fifty pounds, hundred pounds, one piece. And such a lot of them .... And he was so happy somebody came to buy one. "Oh my God, please buy this junk. It has been there for twenty years." For twenty years – real gold ? and he said, "People nowadays modern don't like this." He said, "I'll give you for forty per cent, fifty per cent, whatever you say. You take it." And the original price was something so low twenty years back. He said, "You'll have to take the whole lot." I mean, the whole lot was not much in the sense that the price was down. So we purchased that.

And then on the way we saw one – we wanted to buy some lamps for the Diwali Puja, for home. So they saw some lamps, so we stopped the car, went inside the shop. And the prices were like one thousand, two thousand, three thousand. I just went around and found out from where it is. It was written the card, "Padua." Padua is somewhere in, there in Italy. So I sent word to someone to find out where this Padua is. And can you imagine, he wrote us back saying, "Mother, there is the puja in Padua." And have you seen those? Wah-wah! Tremendous thing, you know! And that gentleman was so happy we reached there. I was surprised why he's so happy that we're here. Of course, it's a very expensive thing. He said, "You see, my, all my things were going to Riyadh and to Kuwait, but now because of war we are stranded, and you take away."

So then I start, now, you see – as you know, I said, "Now, I'm not going to select anything for Me. No presents, now." But it doesn't – you see, how it explains? Last but not the least is this Shiv Puja. I said, "Now don't give Me anything. Shiva doesn't need anything. You don't give anything to Shiva this, that."

"Mother, we'll not, I, we'll do this, then ...."

I said, "All right. Let's go and buy some painting." So we went to ... and there was a small little painting ... a serious thing ... "Let's see how the vibrations are." A small little round painting: they said hundred-and-twenty pounds. I said, "Oh, God, such a little painting, and that is hundred-and-twenty pounds!" I said, "Nothing doing. Nobody is going to give Me any painting. You can give Me paints at the most!"

He said, "Mother, there is one factory at the end of this road."

So I asked him, "And you don't have paintings?"

He said, "No, we have paintings." So we went upstairs to see the paintings, and the same thing was for two pounds! Can you believe it? For two pounds, same thing.

So then he said, "Mother, now this is too much. Two pounds – which country will give for two pounds? ...."

I said, "Why are you bent upon spending more money?"

He said, "No, Mother, two pounds! Which country will give You two pounds? ..." I was also wondering: nobody would like that!

I said, "All right; compromise. You'd like something better."

There was one nice painting I liked. He said, "You see, this is nothing; my brother – this is the copy of the antique. My brother has

a complete antique shop within London. Would You like to buy that?"

He said, "Why not?" Went down. Really, if you see those paintings you won't believe. All those painting we bought for, I think, about seven or eight thousand, all of them, and one of them will cost you nothing short of sixteen thousand in London, even one. ... they were so cheap.

They said, "Now, Mother, what do You say?"

I said, "Baba, I give up!" From one shop to another he directed us .... Such beautiful things, the most beautiful things, one better than the other. All right, somehow or other, material welfare, it worked out. But then you have to keep quiet about it.

Now we, I told Hugo that I said every time we come we have to go to the Embassy.

He said, "Mother, why not we try for [unclear], which You can ..." We got it. ....

So we said, "Now we must have a house."

So he said, "All right, we'll find out." When I went there, what do I find? A big, huge castle.

"Mother, for the amount You said, this castle is available. Are You interested?"

I said, "Of course. I mean, it's much better to have a castle. Anybody can come and stay. We can have puja." So we are now buying a castle there. I was thinking for a four-bedroom house that will come with that amount, and here is a huge, huge big castle with all kinds of land and everything. Unbelievable, I tell you!

But you see, you must know at least they have much money, but we never had. It's all worked out. If you have too much money also, that's a headache and people get confused. It's better to have as much as you need, not too much, because ours is not a big house. And God provides you with whatever you want. Look at these things happen. I know this is one of the, these things are very low material level. The way people describe, the way they get things worked out, and so I told Phil, "I'm fed up of listening from everyone. Why don't you make a book?"

So he said, "Both the sides I have got the papers up to my head like this. Now see, Mother, what to write I have no ....."

So, I mean, in every way people are helped. In education so many of our students have got first class first. Children have got first class first. I mean, just see. It's amazing how they are passing, and I asked them, how do they manage? "Mother, whatever we read came in the exam, exactly the same." So you see, the whole, this working is coming from this Parabrahma. This is become totally ? you see in the interval between the Kali Yuga and the Satya Yuga there is an interval, and in that interval it becomes active. But this time it has become so active from every angle, whatever you say, it happens whatever is said. Only thing is that sometimes if somebody troubles Me, then it is a pity. That's what I am worried about.

So you see, everything is working out. Just see, two days before you get the house. How do you get? It's a very common occurrence, very common. He was telling Me, "Mother, we don't have a [unclear]. He said, "Mother there is big problems with a man who is a ...

[Side remarks about lunch items; Marathi and English mixed]

So I told Hugo, "Try to keep a watch on the advertisement."

When I went there he told Me, "Mother, there are two houses have been advertised, and see that one and see that, and if You say yes, then we'll buy."

I said, "But I am going away to Rome tomorrow. Tomorrow is our flight."

So he said, "Then later on we will see," and all that. And the flight was cancelled and they said, "You can go the next day."

I said, "Hugo, this is the chance. Let us go and see the ashrams." And I got the second day flight and went. In one day we bought such a big place. There are two big ashrams and two small houses and there is lot of land.

This time I have to make one humble request that don't take too many things and don't get ? because this time when I went to Delhi they all got into the mood of cooking for Me, and every day they cooked sixty-four dishes, nothing short of fifty-six. Sixty-four or fifty-six dishes both the times, and I was with Sadhana, and Sadhana said, "Table is not enough. Let us put it on the carpet." And I had put on more than twelve pounds.

I told these Delhi wallahs, "You make sandwiches. The next time if you are going to cook anything, I am not coming." They all got a fright. And the amount they would put in the, "Specially I got it for you. I brought it for you." I said, "Baba-re-babe." With such love and with such affection. So I had to please them, and in that there is too much really. How many eggs? Only two, huh?

So did you tell them that this time we are going to start our tour from Madras, not from Bombay? From Madras, then we are going to Bangalore. You have not seen Madras. It's a very interesting place, very artistic, beautiful place there, and the memory places are also very nice – beautiful temples. This kanjivaram silk sari is made from a temple there called Kanjipuram. Then from there we are going to Bangalore. That's another interesting place. And from Bangalore we are going to go to Hyderabad. It has a very famous museum, Saala-re- jung, where this little chair of a doll and a chair for an elephant, all are there. So it's another interesting place, Hyderabad. From Hyderabad we go to Pune, Pune to Kolhapur and then to Ganapatipule, and all this journey now we are not going to go by that horrible buses, those horrible buses and those horrible roads. We will go by train. If you all like, you can go trekking.

Rajesh told Me, "Get them, Mother, luxury buses."

So I told Vidoo and Spiro. I said, "Now Rajesh is saying, 'You get them luxury buses.' We should get rid of the buses."

They said, "No, no, no, we just want those buses. You will miss the Maharashtra roads. And you enter into any place, they say, 'We welcome you with great love'. Whole body is completely finished with the amount of jostling we have to go through and then they say, 'We welcome you!'"

This pottery you have here? This pottery is from here, Australia. Australians don't make this kind any more, isn't it? More abstract? I was telling him that I have heard that your art is very much exported, and it has gone seventy-two percent more now – export of your art to America, to Japan and to Germany. You know that? Good idea.

Nowadays they are busy rebuilding Kuwait and also rebuilding this Saddam's place Iraq, and that's how they are borrowing lots of money from all over the world. So they said, "They will be paying lots of interest rates to people. I have to put money in the bank." I said, "Who has got the money in the bank nowadays?" It's such, such a destruction, horrible. I had said it in my lecture, if you remember. This was that now the only problem is fundamentalism and fanaticism. No political problem because of Gorbachev; only fundamentalism is there [unclear] and suddenly Mr. Saddam, you know, came up out rightly calculating. He thought these people might have passed a resolution at the most.

[Yogi: [unclear] A lot of people had to end up fighting him were the people who were selling him the arms.]

That's the best part. They all Germans, you see, French, English, Americans. But Americans, that's the best part of it that the Americans gave them Naval head. It's actually used it against American Navy, and the bunker he made was done by the

Germans, and Germans said, "We cannot catch him because we made this [unclear]." Such stupid people. I mean, when you see all this you just think how much wiser we are, and sane people, compared to them. One better than the other. English also. Why did they think? Anybody could see why do they need all these things from every country. Why didn't they think?

[Yogi: The big question is why the Saddam Hussein need the fourth largest army in the world? Who is he protecting himself from?]

Why did they think?

[Yogi: Money.]

Money is the thing that closes their eyes, just close their eyes. There is no wisdom of these people. First of all, why to make so many weapons in the tanks [unclear], why to produce all these things ? that's one thing ? and then to sell it to somebody like Mr. Saddam as if he was a great sort of a exponent or some sort of Greek God or something. He was the one who had killed so many people beforehand with chemical weapons. Why to give to such an indiscreet person? You see, in this world people who are really, absolutely cruel and Rakshi type of people who are at the helm of affairs, and we Sahaja yogis have to learn now that we are people something much above them. We never heard this news in India, you know, that Saddam is killing his own people. Did you hear that in India? You never heard it, huh? We never heard it.

[Yogi: When he first came to power he killed six hundred people, political people of the country that could have been a threat.]

Every time you find a new type of a personality, we have to now worry. We have to concern ourselves, as people who are speaking of emancipation of human beings, that such people are coming up, and there is always a danger anybody can come up like that.

He was buying some big channel that time they stopped, that time it came into their head they caught him. That means he must have been planning all these things for long. [Marathi]

[Yogi talks about immigration problems [unclear]]

Show them the bangles. This was given to Me in the puja, you see, 'shankha'. This is what you call shell. Tomorrow they might say take off your teeth because it's made of hair brush, not able to decide whether it is wooden or not – thought if it was wooden then we are finished. What a joke it is [unclear] Sandalwood is all right? We had sandalwood oil, but that also you got it there?

[Yogi: ... "Have you been on a farm?" And he had a pair of shoes. "Have you got the shoes which you were wearing when you were on the farm?" "Yes, yes, I got it in a plastic bag." They were looking [unclear].

But you know I did that exactly. I kept this packet. I don't know what it is. That's why I can't say what it is. Now I leave it to you to open and see for yourself what it is. So he gave Me at the airport, "This is for the puja, Mother. I don't know what it is. So you open." Then he opens and there are some sticks there.

But how is it sandalwood they don't say?

[Yogi: Probably sandalwood does not have any infection in it.]

Not all the woods have. So many like rosewood doesn't have. Then ebony doesn't have. Also what you call the Burma sticks we call doesn't have. Also the chinaar never has. Then birth, birch doesn't have. There is another tree, is the one called Jojoba, never has. It has oil in it. Doesn't have, and olive oil, some olive thing it does not have. I mean, anything eucalyptus oil comes from there. You see, another one we have in India that also doesn't have. So except for very few, must be the ones which we call as the raw ones, like maybe mango, maybe mango, because it doesn't have any oil in it. But even the Neem has oil. Neem has such

a qualities you don't know. It is such a good thing for the skin. I cured a burn in three days – completely cleared out. Hands, face everything. He says, "Mother, such a miraculous thing," and he knows about it – three days and he had it for years. But I said this only grows in India. You see nowhere else.

[Yogi: I heard the other day that there is one of the people in Australia tried to bring Neem to grow Neem here.]

Why not? If you vibrate it you can. You can grow anything anywhere. Now I am growing olives in My Pratishtan. They said, "You cannot grow tulips." Tulips are there, everything. Whatever I said, everything is growing in Pratishtan. But this Neem, how can they send you this?

[Yogi: It was a commercial thing actually – it was the [unclear].]

Yeah, any number. They grow very fast. They are absolutely very easy to grow. But I don't know. So why not you people ask permission to grow Neem tree?

[Marathi]

In Shirdi, SaiNath used to sit under the Neem tree. So half of the tree has got absolutely sweet leaves. They are never sweet. They are very bitter. That's a good idea. Even to bring geru, it was so difficult. So I didn't bring any geru. But you can't bring geru as a medicine, can't you? As an Ayurvedic medicine? But in Italy it is so. Even in England, only Australia, but America doesn't have any wood business. ....

Reptiles, crocodiles, I mean, who is going to bring them alive here? Reptiles, dead or alive. You don't have snakes, do you? You have, you have cobras. Then you should bring some cobras. They can't be that venomous. Achcha! Spiders? They are scorpions or spiders? [Marathi]

[Yogi: Spiders are really harmful to children.]

And bees. What about bees? Are there in Austria, Africa? You have them here? There's a sort of a, it bites. Visitor fly or something. You don't have? Thank God.

[Yogi: We seem to have one very dangerous species– an octopus, very small, and you find it on the beach.]

Octopus cause bleeding? My God!

[Yogi: And sea snakes.]

They don't bite....

[Yogi: Only in October.]

Achcha! It's surprising in India; these things do not harm you at all. You can bring any amount of goods. Anything you bring to India. I mean, the way you walk through the Customs, as long as you are on the back and even if somebody comes alone. This time I landed in Delhi and I had a dinner set which I bought for my daughter. Oh, poor thing, she doesn't have any dinner set, and all my dinner sets are packed up in Prathisthan. So I thought she should have one, because if anybody coming to her house for dinner. She wanted something like a very big ... So we bought that, put it on the plane, because already have a very heavy weight, they say. So they put it on the plane. So we arrived in Delhi. And who came with Me I don't know.

So there is one Mr. Dutta who comes to the – he must have received you also when you went to Delhi. He was supposed to be there. So we carried that heavy stuff outside. Still we're waiting for Mr. Dutta to come to receive. So I went down to see if Mr.

Dutta was anywhere. So I said, "Now this is going to be troublesome, because if the Customs, they get into their heads, they'll get after you. They will make you open everything and all that." Suddenly one gentleman came and touched my feet. I said, "Who are you"? He said, "I am a Customs officer." I said, "Now see, I have got one dinner set and I have some." "So what, Mother? We are all your servants. I am not yours. What is that Dutta is the only one you can go – and what about us? Why not give us some punyas?" I said, "Look at this one." Started looking at him. I said, "All right, there are some things kept there." He went and brought it. Then he said, "I have to make humble request." I said, "What?" "My boss is sitting in the office. He wants to meet you." I said, "For what"? Very anxiously. He said he had come back. "All right, let's go and see the boss."

The boss says that, "I am sorry I have called you. I should not have one that it is not proper, but I want to have my realization." ? Custom boss. So I said, "Now there's no question of being worried about this Customs." So I gave him realization. Now he has joined Sahaja Yoga. That's how we are now out of trouble when we are in Delhi. Bombay is out of question. We don't have any trouble with Bombay. First of all, you see, I saw one man came and said, "Too many standing on one side." That surprised Me first of all, and he was the one standing there again, you see, the way he said, "Now where is that? What is that?" Oh, that declaration. Then I gave one, and I thought, "Now he's going to say, 'Now just go ahead that side. That sardarji is there. Now you walk right through.'" I said, "Why?" Then he tells Me that, "Mother," he is saying, "You walk through that exit." I said, "Are you sure?" See, I was wondering, you see, this side, that side, and how we really walked through three of us. But he was saying all the way, "This time there won't be anything." But from the very beginning he has that, you see. He came and told us, "Stand here." Customs are Customs.

[Marathi]

These are all from the puja of Ram Navami. They said Rama was born at 12 o'clock. So we should not finish the puja before 12 o'clock. I said, "Very nice. Tomorrow I have to fly out." Puja is something, I must say. They all came. All the foreigners who were in Delhi came all the way to Calcutta. They came from all around – from Bihar, from Orissa and from Assam, from Delhi, from everywhere, from Madras, for this puja. Poor things, they worked very hard, you know, and they were extremely generous. Anybody suffering from anything, they will first catch it, take it out. Nobody has given us permission to do that.

So now what should I say? Good morning, good night, whatever. I think I better sleep for a while.

Note: The recording was too indistinct to be able to verify this talk.

Version 2

Hello. How are you? Hello. So now, so we are here in Australia. So we had a Puja in the morning. Ram Navmi Mahavira will be the best topic.

I knew it was something wrong there. After all if you – TM means what? You know actually today, I discovered more things, that these people had come and there were a couple of husband and wife and a young girl and they told Me about they have some gurus, Harbhajan Singh and Amar Singh, and all that people round the world. And what surprised Me was that these three, three of them were so badly caught up and they were so sick and they went to the doctors and everybody and nobody could cure them. They got cured just in no time when I was there at the airport, but the main part is that when they mesmerize people. So these people are coming as Sikhs and mesmerizing all the people, and that's why all these Sikhs are fighting each other, and from Punjab, you see. All these terrorists are all Sikhs and they are all mesmerized. So what they are doing they have no idea. Because I was wondering how can they kill innocent children, innocent people? Even Sikh people they are killing. Whosoever there comes in their way they are killing! That means there is some sort of a possession, and that possession is this that these gurus have put in. This one called Amar Singh. He comes to Perth also before Me, and all these Sikh communities have been harmed by that. Very bad thing.

Really, it can't be explained, but now I understand why these people like mad are killing so many in Punjab. There are mesmerized killings. And they take lot of money, they told Me today. They take lot of money for this Harbhajan Singh. There is

another one they told Me – Amar Singh ? and they said they go to Perth and they have got all the, and they are minting money.

They are all possessed people. See, they go away to these gurus, need to go to gurus. Now I will tell you, there is one Bhajan Singh from America, one Harbhajan Singh from Patiala and one Amar Singh. They called themselves as saints and they come here and put bhoots into them. Just give them mantras and do things and take money and do some sort of pujas, some rituals. Tantrikas, must be these tantrikas.

Those may not be accepted. They will pick up things like this, like these people are picking, and those who are accepting them must be becoming really terrorist. Openly.

Christian Group? Can you imagine Christian group?

But they should be all exposed. This is the point. They have so many illegal things, like they told Me that this man, Amar Singh, has illegal passports. So I said, "To what countries?" Basically, he is an Indian, but Indians cannot have two passports, and he has five six passports, they were telling Me. So I said, "Then why don't you report?" They said, "If we report he will kill us." [unclear] is a mafia.

Recently I read a book about Vatican connection. So Two billion dollars of these securities, of course, illegally they printed. Can you imagine, counterfeit? Two billion dollars Vatican. With the help of the mafia, mafia leader. Such a big book reads like a novel. One inspector of police got after them and he found it out. How can he explain?

In the name of God do all these things. They are not afraid of God at all.

[Mother cleaning saree and talks about saree.] This I bought. My granddaughter liked it [unclear] for an old woman.

I wanted to show you a very wonderful thing. Let's have the birthday cake. I didn't eat at all in the morning. How many birthday? And then in Singapore they all came and wished Me Happy Birthday. The Chinese are great, I must say. Once they take to Sahaja Yoga, they are so serious.

Sahaja Yogi: New people coming in Malaysia.

Shri Mataji: Malaysia is doing very well. Very serious people. It was not a holiday. Last time we had about thirty-five or so. This time also we had, I think, thirty-three.

I just wanted to show you something really miraculous. You see, my eyes are funny. I forgot I can [unclear: read without]. You see, we had in Ganapatipule the birthday of Christ, Me sitting here, and a Swastika came out like that, also a kind of a Om and there is a little light and Mother Mary. They appear in your vibrations normally, except for Ganesha appeared fully. And have a look of this. So He was there, and this should happen only when it was the birthday of Christ we celebrated.

Also there were other photographs where vibrations came out from my face, but this one was remarkable. And one photograph has come in the sky of My feet. You see, My feet have a little equal to a roundish angle, and in fact there is the photograph of Christ and also of Shiva, but you turn it around. It looks like the one William Blake has made of the sun exactly. So clear-cut isn't it? Absolutely.

One photograph has come out recently with a complete – My face is very small like that, and a complete chakra, complete, huge big light. I mean, such a strong light starting from here like that Shri Chakra complete. The face is so small and the thing is so big, tremendous light. And another one has somehow lots of My hands and things and also the, what you call, the weapons. One of them is the stick of the guru also there hanging in the air. Gave Me a hunter. Also gave Me a stick, you see. That is seen so clearly. It's in the sky hanging there. These photographs are something. Only some people get it as you said that there is a gap of time because there is a photograph of this Ganesha standing behind Me. So many have taken photographs. Only one boy got it

at the most, and another one got it partly because I think it was out of focus. One got the full and one got the part of it.

[A Sahaja Yogi comments something just like the famous series and the rays of light]

Last Sahasrara Puja photographs also were very remarkable. That suddenly the lights, where there were lights, you see, but suddenly new lights appeared and the lights started taking forms. So the first form and from the light there were some small little string-like lights going, and the lights first wrote 'Allaa'. It was the second, they wrote My name of Mine from the other side, and they were as if on to these little strings.

All kinds of things. All things are done by Shiva, I think, trying to convince you. And the horoscope they gave to a very famous man called Bhandari in Delhi. He has come out with such things that you won't believe, rather extraordinary. I mean, it's horrible. He said that all these people – he has made the horoscopes of all the Incarnations right from Rama, Krishna, Christ and all. He said they were all "anshaj" – [asks for English word for "anshaj" from a Sahaja Yogi – he prompts as "part"] – part. They are a little part, but I am a total, according to the – and he is a very famous astrologer. So I told him, "You just have to keep quiet."

I will have some tea, wanted to bring some tea but I thought, these Customs. He removed everything, will show you with all the things how he sat down and removed everything. They were offering Me that, "Please have some dinner. "I said, "No, no, I'm not going to have any dinner."

...the whole thing was absolutely

It started here from the very beginning. You see, it's full of vibrations. But you see, I don't know what is the law in America; I don't know. Do they allow you to use the flag? But you see, these Indians don't touch the food, but Americans are more sensitive. Food-wise they are not very good, but other things they know. If you see the list of things, you'll be shocked. Nothing of, nothing of this, nothing of that, dead or alive.

No, but the other day I was reading an article and also a book I read that there is no parasite which does not, that does not exist in Australia. All types of worms, you know, this time, like booze, are nowhere in the world. I think Australians [are to be fed? ought to be scared? unclear]

I knew that it would happen, but with a little authority you have, people go off. They can't bear. They don't have that much capacity to bear, because if they want they can send it to India. See, why not send it to Russia as a measure of courtesy and democracy? Never think about these things – demonocracy, yes.

What is the party here now?

Sahaja Yogi: Labor Party.

Shri Mataji: Labor Party is there is ?

Sahaja Yogi: Not a traditional labor party.

Shri Mataji: It's hypocrisy they are not labors. That's what I was telling you, that the English still have maintained certain standards.

Sahaja Yogi: The Labor Party here is more liberal than the Liberal Party.

Shri Mataji: Which is the other party – Labor and what else?

Sahaja Yogi: Liberal, agricultural side.



Shri Mataji: The so-called Labor; that's why.

Sahaja Yogi: It's a very strange Labor Party because the traditional areas in the community which Labor looks after, they haven't done anything for them at all. In fact, they make life difficult for them.

Shri Mataji: Actually they are, basically I think Australians are farmers. They are farmers. So there should be a farmer's party, much better, and a Labor Party. Everywhere there is exploitation. In the name of politics everywhere there is exploitation. But actually, if you have very good bureaucracy in Chennai, but if the bureaucracy is also corrupt everywhere. Many people have been asking Me whether they should join any party and stand for election. I said, "Election you forget. You can join any party you like. I have seen that Sahaja Yoga doesn't enter into politics because you have to become, because, you see, this is how they are effective because they are there. Good people have to be in the politics. Otherwise, all this kind of mafia everywhere.

Sahaja Yogi: Shri Mataji, if good people go into politics, they don't remain good.

Shri Mataji: I think they are all good people, because my father was in the politics. First he sacrificed a lot for the country. Then he became the member of the Constituent Assembly of the Constitution, then of the Parliament. He was for the Central Assembly, then the Constituent Assembly, then the Parliament. They were very different type of people, so concerned, so much worried of. In Constitution they made sitting down and arguing and trying to find out. They made our Constitution for England. They called for England. But once that generation has gone, all these devils have come up, one better than the other. So the value system is so shattered in India, so shattered that unbelievable. It is shattered unbelievably.

My husband was collector long time back. We never even heard, I mean, it never even came on our ears anywhere that the collector could be corrupt. No question. Even deputy collector won't be. But now not only the collector, the Commissioner, the Minister, the Prime Minister, everybody is corrupt, openly.

This time when they appointed the Prime Minister, Chandra Shekhar, there were sixty people who were to be won over. So this Sharad Pawar went with the money, and each person was given one crore of rupees. So it comes to hundred thousand. All right, then this Rajiv Gandhi who supported this Chandra Shekhar, this is very interesting, so people got after Sharad Pawar that he is against Rajiv Gandhi he should be thrown out. And they Rajiv Gandhi said, "All right, whatever the high command says, we'll have." This is very interesting how things worked out. They said it is Rajiv Gandhi who started joke and then when he came to the end of it, he said Sharad Pawar said, not Rajiv Gandhi says, "I will not worry of that high command." They said that Rajiv Gandhi took hundred crores, hundred crores of rupees from Sharad Pawar to maintain his seat as Chief Minister. And the whole thing fizzled out, you see, all this high command and all that, and this fellow is still there. To maintain his seat he paid hundred crore. Now from where does that money come? Only from Maharashtra, and why will they remove poverty? Also because they can purchase the person for five rupees each, so why will they do? It's logic.

There is no concern. There is no feeling, nothing. There is a very funny type of politics when you don't have any concern.

Sahaja Yogi: The politics of money.

Shri Mataji: Yeah, but if in Sahaja Yoga also we have that kind of thing, then we cannot say of mishap some of them are there. There also I find there is no concern – very selfish, self-centered. They come to Sahaja Yoga all right for their own emancipation, and then suddenly they slip off.

Even Warren is suffering from some horrible disease. His wife has written to Me. I said, "All right. Later we will talk."

I am sorry for this, what happened last time with his girlfriend (with his girl?) but we all had to pay for it.

Sahaja Yogi: Sahaya Yoga got rid of before we got there.

Shri Mataji: Yeah, he said, "You give me yours. You give me yours." We gave. Then he said, "Walk right through." So we said, "We have to walk straight through like where? Here? He looks like this, he looks like that."

Sahaja Yogi: This is not fair. [unclear- laughter]

Sahaja Yogi: I will never forget coming into Paris last year. Only ivory from America, a big suitcase of Gregoire's, full of ivory and I thought, "Oh." Well, I had to carry it because all other people from America were late. The suitcase was full, and I also had some in my own case. So what am I going to say? Because it's, I mean, it's prohibited to import, and when I got to Paris there was a strike. I spent a lot of time on the plane saying, "What am I going to say?"

Shri Mataji: They said, "We want to give You something for the Navratri tomorrow." I said, "Now what?" "A flower pot which looks like kumba." It was so expensive. I said, "No, no, nothing doing. Get it from India." Then I went to New York. Suddenly it came to my head, "Let's go and see ivory. There is where you get ivory. Gregoire was with us. so I just walked, walked, walked. He said, "Where are we going?" I said, "Come along, come along, come along." He said, "Do you know this?" I said, "No, I have never been here before." And I just turned around and I said, "Now it's here." And there we got, and he gave us for forty percent less and was so anxious to part with it because nothing was selling. He gave us ivory also very cheap.

So they said, "No, no, this is very much cheaper." Told them it is much cheaper in London and we are not going to take. He first came. They never brought it. Now what to do? Now Navratri Puja is in Switzerland, now horrible Customs in Switzerland. All these things arrived there. So the Customs said, "What is this?" "All these have got these ivory things in it." Ivory was supposed not to be imported, you know, closed case boxes that they have. So they said, "All right, you can remove the cases and see for yourself." Then they removed the thing, and they saw the whole thing. It was so beautiful. They had glazed statues and they were shocked, you see, and they said, "What now? What now? Take it. Fifty pounds you pay. Take it, the whole thing, for fifty pounds." To think of it, you know. Not a single pie. I mean, then I give up because I always said [unclear]

So then I went to Greece. They told Me, "Mother, you must get something made of clay for this Ganesha Puja." So while going on the road from the airport just felt the vibration. I said, "Let's go round (down?). Something on the other side, maybe." We went and saw ? you have seen that, oh ho ho – it's like one piece is sometimes for fifty pounds, hundred pounds, and he was so happy somebody had come to buy that. "Oh, my God, please buy this junk. It has been there for twenty years." For twenty years – real gold ? and he said, "People nowadays modern don't like this." He said, "I'll give you for forty percent, fifty percent, whatever you say. You take it." And the original price was something so low twenty years back. He said, "You'll have to take the whole lot." I mean, the whole lot was not much in the sense, but the price is. So we purchased that, and then on the way we saw one. We wanted to buy some lamps for the Diwali Puja, for home. So they saw some lamps. So we stopped the car, went inside the shop, and the prices were like 1000, 2000, 3000. We just went around and found out from where it is. It was written the card, "Padua". Padua is somewhere in there in Italy. So I sent word to someone, to find out where this Padua is. Can you imagine? He wrote back saying, "Mother, there is puja. There is in Padua. How she knows?" Have you seen those – My tremendous thing, you know, and that gentleman was so happy with these guys. I was surprised why he's so happy that we're here. Of course, it's a very expensive thing. He said, "You see, my, all my things were going to Riyadh and to Kuwait, but now because of war we are stranded, and you take."

So then I start now, you see, I don't know. I said, "Now, I'm not going to select anything for Me. No presents," but doesn't you see how it explains? Last but not the least is this Shiva Puja. I said, "Now you give Me everything. Shiva doesn't need anything. You don't give to Shiva this, that." "Mother, we'll not, I, we'll do this." I said, "All right. Let's go and buy some paintings." So we went to, there was a small little painting, a serious thing how vibrations were. A small little round painting. They said 120 pounds. I said, "Wah wah, such a little painting, and that is 120 pounds." I said, "Nothing doing. Nobody is going to give Me any painting. You can give Me paints at the most." He said, "There's a factory. Let's go there." So I asked him, "You don't have any more paintings?" He said, "No, we have paintings." We went upstairs to see the paintings. Same thing was for two pounds. Can you believe it? For

two pounds, same thing. So then he said, "Mother, now this is too much." Two pounds, which country will give for two pounds? I said, "Why are you bent upon spending more money?" He said, "No, Mother, two pounds. Which country will give two pounds?" I was also wondering. Nobody will give like that. I said, "It's all right; compromise. You like something better, no one nice painting I like." He said, "You see, this is nothing, my brother. This is the copy of the antique. My brother has a complete antique shop within London. Would you like to buy that?" We said, "Why not?" Went down. Really, if you see those paintings you won't believe. All those painting we bought for, I think, about seven, eight thousand, all of them, and one of them will cost you nothing short of sixteen thousand in London, even one. No wonder they were so cheap. They said, "Now, Mother, what do you say?" I said, "Baba, I give up". From one shop to the other he directed us. Such beautiful, all beautiful things, one better than the other. I mean, somehow or the other, luckily for ourselves it worked out. Then you have to keep quiet about it.

Now we, I told Hugo that I said every time we come we have to go to the Embassy. He said, "Mother, why not we try for [unclear]?" They got it. So we said, "Now we must have a house." So he said, "All right, we'll find out." When I went there, what do I find? A big, huge castle. "Mother, for the amount you said, this castle is available. Are you interested?" I said, "Of course. I mean, it's much better to have a castle. Anybody can come and stay. We can have puja." So we are now buying a castle there. I was thinking for a four-bedroom house that will come with that amount, and here is a huge, huge big castle with all kinds of land and everything. Unbelievable, I tell you.

[Unclear – laughter]

But, you see, you must know at least they have much money, but we never had. It's all worked out. If you have too much money also, that's a headache and people get confused. It's better to have as much as you need, not too much, because ours is not a big house. And God provides you with whatever you want. Look at these things happen. I know this is one of the, these things are very low material level. The way people describe, the way they get things worked out, and so I told Phil, "I'm fed up of listening from everyone. Why don't you make a book?" So he said, "Both the sides I have got the papers up to my head like this. Now see, Mother, what to write I have no ...."

So, I mean, in every way people are helped. In education so many of our students have got first class first. Children have got first class first. I mean, just see. It's amazing how they are passing, and I asked them, how do they manage? "Mother, whatever we read came in the exam, exactly the same." So you see, the whole, this working is coming from this Parambrahma. This is become totally ? you see in the interval between the Kalyuga and the Satyuga, there is an interval, and in that interval it becomes active. But this time it has become so active from every angle, whatever you say, it happens whatever is said. Only thing is that sometimes if somebody troubles Me, then it is a pity. That's what I am worried about.

So, you see, everything is working out. Just see two days before you get the house. How do you get? It's a very common occurrence, very common. He was telling Me, "Mother, we don't have a [unclear]. He said, "Mother there is big problems with a man who is a ...

[Side remarks about lunch items; Marathi and English mixed]

So I told Hugo, "Try to keep a watch on the advertisement." When I went there he told Me, "Mother, there are two houses have been advertised, and see that one and see that, and if you say yes then we'll buy." I said, "But I am going away to Rome tomorrow. Tomorrow is our flight." So he said, "Then later on we will see," and all that. And the flight was cancelled and they said, "You can go the next day." I said, "Hugo, this is the chance. Let us go and see the ashrams." And I got the second day flight and went. In one day we bought such a big place. There are two big ashrams and two small houses and there is lot of land.

This time I have to make one humble request that don't take too many things and don't get ? because this time when I went to Delhi they all got into the mood of cooking for Me, and every day they cooked sixty-four dishes, nothing short of fifty-six. Sixty-four or fifty-six dishes both the times, and I was with Sadhana, and Sadhana said, "Table is not enough. Let us put it on the carpet." And I had put on more than twelve pounds. I told these Delhi wallas, "You make sandwiches. The next time if you are going to cook anything, I am not coming." They all got a fright. And the amount they would put in the, "Specially I got it for you. I

brought it for you." I said, "Baba-re-babe." With such love and with such affection. So I had to please them, and in that there is too much really. How many eggs? Only two, huh?

So did you tell them that this time we are going to start our tour from Madras, not from Bombay? From Madras, then we are going to Bangalore. You have not seen Madras. It's a very interesting place, very artistic, beautiful place there, and the memory places are also very nice – beautiful temples. This kanjivaram silk sari is made from a temple there called Kanjipuram. Then from there we are going to Bangalore. That's another interesting place. And from Bangalore we are going to go to Hyderabad. It has a very famous museum, Saala-re- jung, where this little chair of a doll and a chair for an elephant, all are there. So it's another interesting place, Hyderabad. From Hyderabad we go to Pune, Pune to Kohlapur and then to Ganapatipule, and all this journey now we are not going to go by that horrible buses, those horrible buses and those horrible roads. We will go by train. If you all like you can go trekking.

Rajesh told Me, "Get them, Mother, luxury buses." So I told Vidoo and Spiro. I said, "Now Rajesh is saying, 'You get them luxury buses.' We should get rid of the buses." They said, "No, no, no, we just want those buses. You will miss the Maharashtra roads. And you enter into any place, they say, 'We welcome you with great love'. Whole body is completely finished with the amount of jostling we have to go through and then they say, 'We welcome you'!"

This pottery you have here? This pottery is from here, Australia. Australians don't make this kind any more, isn't it? More abstract? I was telling him that I have heard that your art is very much exported, and it has gone seventy-two percent more now – export of your art to America, to Japan and to Germany. You know that? Good idea.

Nowadays they are busy rebuilding Kuwait and also rebuilding this Saddam's place Iraq, and that's how they are borrowing lots of money from all over the world. So they said, "They will be paying lots of interest rates to people. I have to put money in the bank." I said, "Who has got the money in the bank nowadays?" It's such, such a destruction, horrible. I had said it in my lecture, if you remember. This was that now the only problem is fundamentalism and fanaticism. No political problem because of Gorbachev; only fundamentalism is there [unclear] and suddenly Mr. Saddam, you know, came up out rightly calculating. He thought these people might have passed a resolution at the most.

Sahaja Yogi: [unclear] A lot of people had to end up fighting him were the people who were selling him the arms.

Shri Mataji: That's the best part. They all Germans, you see, French, English, Americans. But Americans, that's the best part of it that the Americans gave them Naval head. It's actually used it against American Navy, and the bunker he made was done by the Germans, and Germans said, "We cannot catch him because we made this [unclear]." Such stupid people. I mean, when you see all this you just think how much wiser we are, and sane people, compared to them. One better than the other. English also. Why did they think? Anybody could see why do they need all these things from every country. Why didn't they think?

Sahaja Yogi: The big question is why the Saddam Hussain need the fourth largest Army in the world? Who is he protecting himself from?

Shri Mataji: Why did they think?

Sahaja Yogi: Money.

Shr Mataji: Money is the thing that closes their eyes, just close their eyes. There is no wisdom of these people. First of all, why to make so many weapons in the tanks [unclear], why to produce all these things ? that's one thing ? and then to sell it to somebody like Mr. Saddam as if he was a great sort of a exponent or some sort of Greek God or something. He was the one who had killed so many people beforehand with chemical weapons. Why to give to such an indiscreet person? You see, in this world people who are really, absolutely cruel and Rakshi type of people who are at the helm of affairs, and we Sahaja Yogis have to learn now that we are people something much above them. We never heard this news in India, you know, that Saddam is killing his own people. Did you hear that in India? You never heard it, huh? We never heard it.

Sahaja Yogi: When he first came to power he killed six hundred people, political people of the country that could have been a threat.

Shri Mataji: Every time you find a new type of a personality, we have to now worry. We have to concern ourselves, as people who are speaking of emancipation of human beings, that such people are coming up, and there is always a danger anybody can come up like that.

He was buying some big channel that time they stopped, that time it came into their head they caught him. That means he must have been planning all these things for long. [Marathi]

[Sahaja Yogi talks about immigration problems [unclear]]

Shri Mataji: Show them the bangles. This was given to Me in the puja, you see, 'shankha'. This is what you call shell. Tomorrow they might say take off your teeth because it's made of hair brush, not able to decide whether it is wooden or not – thought if it was wooden then we are finished. What a joke it is [unclear] Sandalwood is all right? We had sandalwood oil, but that also you got it there?

Sahaja Yogi: ... "Have you been on a farm?" And he had a pair of shoes. "Have you got the shoes which you were wearing when you were on the farm?" "Yes, yes, I got it in a plastic bag." They were looking [unclear].

Shri Mataji: But you know I did that exactly. I kept this packet. I don't know what it is. That's why I can't say what it is. Now I leave it to you to open and see for yourself what it is. So he gave Me at the airport, "This is for the puja, Mother. I don't know what it is. So you open." Then he opens and there are some sticks there.

But how is it sandalwood they don't say?

Sahaja Yogi: Probably sandalwood does not have any infection in it.

Shri Mataji: Not all the woods have. So many like rosewood doesn't have. Then ebony doesn't have. Also what you call the Burma sticks we call doesn't have. Also the chinaar never has. Then birth, birch doesn't have. There is another tree, is the one called Jojoba, never has. It has oil in it. Doesn't have, and olive oil, some olive thing it does not have. I mean, anything eucalyptus oil comes from there. You see, another one we have in India that also doesn't have. So except for very few, must be the ones which we call as the raw ones, like maybe mango, maybe mango, because it doesn't have any oil in it. But even the Neem has oil. Neem has such a qualities you don't know. It is such a good thing for the skin. I cured a burn in three days – completely cleared out. Hands, face everything. He says, "Mother, such a miraculous thing," and he knows about it – three days and he had it for years. But I said this only grows in India. You see nowhere else.

Sahaja Yogi: I heard the other day that there is one of the people in Australia tried to bring Neem to grow Neem here.

Shri Mataji: Why not? If you vibrate it you can. You can grow anything anywhere. Now I am growing olives in my Pratishtan. They said, "You cannot grow tulips." Tulips are there, everything. Whatever I said, everything is growing in Prathisthan. But this Neem, how can they send you this?

Sahaja Yogi: It was a commercial thing actually – it was the [unclear].

Shri Mataji: Yeah, any number. They grow very fast. They are absolutely very easy to grow. But I don't know. So why not you people ask permission to grow Neem tree?

[Marathi]

In Shirdi, SaiNath used to sit under the Neem tree. So half of the tree has got absolutely sweet leaves. They are never sweet. They are very bitter. That's a good idea. Even to bring geru, it was so difficult. So I didn't bring any geru. But you can't bring geru as a medicine, can't you? As an Ayurvedic medicine? But in Italy it is so. Even in England, only Australia, but America doesn't have any wood business.

Sahaja Yogi: [unclear]

Shri Mataji: Reptiles, crocodiles, I mean, who is going to bring them alive here? Reptiles, dead or alive. You don't have snakes, do you? You have, you have cobras. Then you should bring some cobras. They can't be that venomous. Achcha! Spiders? They are scorpions or spiders? [Marathi]

Sahaja Yogi: Spiders are really harmful to children.

Shri Mataji: And bees. What about bees? Are there in Austria, Africa? You have them here? There's a sort of a, it bites. Visitor fly or something. You don't have? Thank God.

Sahaja Yogi: We seem to have one very dangerous species— an octopus, very small, and you find it on the beach.

Shri Mataji: Octopus cause bleeding? My God!

Sahaja Yogi: And sea snakes.

Shri Mataji: They don't bite....

Sahaja Yogi: Only in October.

Shri Mataji: Achcha! It's surprising in India; these things do not harm you at all. You can bring any amount of goods. Anything you bring to India. I mean, the way you walk through the Customs, as long as you are on the back and even if somebody comes alone. This time I landed in Delhi and I had a dinner set which I bought for my daughter. Oh, poor thing, she doesn't have any dinner set, and all my dinner sets are packed up in Prathisthan. So I thought she should have one, because if anybody coming to her house for dinner. She wanted something like a very big ... So we bought that, put it on the plane, because already have a very heavy weight, they say. So they put it on the plane. So we arrived in Delhi. And who came with Me I don't know.

So there is one Mr. Dutta who comes to the – he must have received you also when you went to Delhi. He was supposed to be there. So we carried that heavy stuff outside. Still we're waiting for Mr. Dutta to come to receive. So I went down to see if Mr. Dutta was anywhere. So I said, "Now this is going to be troublesome, because if the Customs, they get into their heads, they'll get after you. They will make you open everything and all that." Suddenly one gentleman came and touched my feet. I said, "Who are you?" He said, "I am a Customs officer." I said, "Now see, I have got one dinner set and I have some." "So what, Mother? We are all your servants. I am not yours. What is that Dutta is the only one you can go – and what about us? Why not give us some punyas?" I said, "Look at this one." Started looking at him. I said, "All right, there are some things kept there." He went and brought it. Then he said, "I have to make humble request." I said, "What?" "My boss is sitting in the office. He wants to meet you." I said, "For what?" Very anxiously. He said he had come back. "All right, let's go and see the boss."

The boss says that, "I am sorry I have called you. I should not have one that it is not proper, but I want to have my realization." ? Custom boss. So I said, "Now there's no question of being worried about this Customs." So I gave him realization. Now he has joined Sahaja Yoga. That's how we are now out of trouble when we are in Delhi. Bombay is out of question. We don't have any trouble with Bombay. First of all, you see, I saw one man came and said, "Too many standing on one side." That surprised Me first

of all, and he was the one standing there again, you see, the way he said, "Now where is that? What is that?" Oh, that declaration. Then I gave one, and I thought, "Now he's going to say, 'Now just go ahead that side. That sardarji is there. Now you walk right through.'" I said, "Why?" Then he tells Me that, "Mother," he is saying, "You walk through that exit." I said, "Are you sure?" See, I was wondering, you see, this side, that side, and how we really walked through three of us. But he was saying all the way, "This time there won't be anything." But from the very beginning he has that, you see. He came and told us, "Stand here." Customs are Customs.

[Marathi]

These are all from the puja of Ram Navami. They said Rama was born at 12 o'clock. So we should not finish the puja before 12 o'clock. I said, "Very nice. Tomorrow I have to fly out." Puja is something, I must say. They all came. All the foreigners who were in Delhi came all the way to Calcutta. They came from all around – from Bihar, from Orissa and from Assam, from Delhi, from everywhere, from Madras, for this puja. Poor things, they worked very hard, you know, and they were extremely generous. Anybody suffering from anything, they will first catch it, take it out. Nobody has given us permission to do that.

So now what should I say? Good morning, good night, whatever. I think I better sleep for a while.

## 1991-0327, Reach the point where we can know the Absolute

View [online](#).

27 March 1991

Reach The Point Where We Can Know The Absolute

Public Program

Perth (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program. Perth (Australia), 27 March 1991.

(Starts with Introduction from one of the yogi's, Steven)

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot conceptualize it. We cannot organize it. Also, we cannot know it at the stage we are, that is, the human awareness. We have to become something subtler, something higher, to know the truth. And to know the truth you cannot pay for it. It exists.

Only our evolutionary process has brought us to the human level and we have to know, that yet we have not known the Absolute truth. If you had known Absolute truth, there would have been no problems, no arguments, no fighting, no wars. We did not know that. And we would not know it because we have to reach the point where we can know Absolute.

So there's a little breakthrough more needed so that we can know the truth. When we talk of know and knowledge, we have to understand that it's not the mental understanding that is knowledge. For example, one of the disciples of Christ, Thomas, travelled down to India and he wrote lots of treatise in Egypt and put them in a big jar which was discovered about 48 years back. Then they tried to decode it and a book has already come out of it called as 'Gnostics'. He says, those who know, are 'Gnostics.' Now imagine the 'Gn' words comes from Sanskrit meaning, to know on your central nervous system, not mental, but on your central nervous system whatever we know is the knowledge. And those who know on their central nervous system are the 'Gnostics.' It's a wonderful thing they have done. But still, they are busy with the rest of the book and they said that truth is an experience of the truth. So let us see what is the truth.

Whatever I tell you today you need not accept it blind folded but you must keep your mind open like a scientist. Whatever I say is like a hypothesis for you and if you find it works out, then you have to accept it. As honest people, you have to accept. Now I say that the truth is that you are the Spirit. You are not this body, mind, but you are the Spirit and the second truth is that there is an all pervading power of God's love which does all the living work. We take everything for granted. For example, if we have a seed with us, we plant it in the Mother Earth and it sprouts by itself. It's a living process. We take that living process absolutely for granted. We don't want to know how it works out. It's spontaneous. Spontaneous means Sahaj.

Sahaj means born with you. It is born with you. The yoga is the union with this all pervading divine power. This state is to be achieved by all of you. Is your fundamental right, your birth right to achieve it because if you do not achieve it, you will not know the meaning of your life, the beauty of your being and the greatness of your existence. Like this instrument has got these wires and if I do not put them to the mains they do not work. They have no meaning. In the same way we are to be connected to the mains.

Now about Kundalini he has already told you about this beautiful thing that is within us. When we talk about it, you should also not take it for granted but you can see the results that you can achieve by this kundalini awakening. Of course it's a living process and as you do not pay any money for sprouting a seed, in the same way you cannot pay money because God doesn't understand money. He doesn't understand banking! He doesn't understand. But somehow or the other we feel that we can



purchase God. We can pay for Him. Anybody who is available for money cannot be your master. He cannot be a person who will deliver the goods which are divine. So to achieve anything divine you have to know one thing that, it is a spontaneous thing. It is the last breakthrough of your evolutionary process and as you have not paid anything to become a human being, you don't have to pay anything to become a higher personality.

But, it's rather surprising how we try to think in the terms of some mundane method of achieving this higher state of awareness. It's a living process, very simple and just works spontaneously and the power of kundalini which is shown here is your individual Mother. She is the power of pure desire.

As you know, in economics it is said that in general 'wants are not satiable.' That means the desires, jump from one to another but this is the pure desire which you may be aware, not aware of it but which acts and is working within you. That's why you're seeking the truth. That's why you want to know what is beyond? After all why I'm here? Everybody has this question sometime in life...why am I on this Earth? and what am I doing here?

Now the answer is only in your achieving the state of the Spirit. The state of the Spirit is a state in which you become a new personality with a new dimension of your awareness which Jung has described. Jung has clearly described that once when you get your self realization you become collectively conscious. So its a question of becoming. It's not just certifying that you are twice born, that you are a realized soul, that you are something of a higher awareness. It is the state in which you jump. The state which you know of and you should also know the modus operandi of the whole thing.

So the yoga has two meanings; one means the 'union' and another meaning the 'yukti' means the modus operandi. You must know how it works. If somebody says, alright I'll give you a name, I mean there have been so many from my country unfortunately, who have been selling mantras, marketing God, marketing Ayurveda, marketing this, marketing that and people take it for granted. They don't know anything about it. For example TM, I was told, is so strong here, I better not tell you how far it has gone to destroy people. But they charge, to begin with, 300 pounds for giving mantras and they're told you should not talk about it to anyone. Now these mantras were 3 types - one was called as 'inga, pinga, thinga'. These 3 words are not even Sanskrit and the person who is supposed to be a 'Maharishi' doesn't even know a word of Sanskrit language! 'Inga' means the scorpion bite, pinga means when a person gets possessed and goes round and round, that's 'pinga' and 'thinga' means showing like this [Shri Mataji shows Her thumb]. So it was said you're not to tell this to anyone. It's a secret. It's a sacred secret! Imagine the nonsense of it and people paid 300 pounds for this so called mantra and then 6000 pounds they paid, you'll be amazed, for becoming a 'siddha.'

Now, what is a 'siddha' is that they start flying in the air! It's nonsense! Why do you want to fly in the air about 4 feet above [you see]? Already we are having problems of the traffic. It's absurd! How can you accept such suggestions? You're all very intelligent people. And they said, that alright, we will give you a siddha mantra. So they made them sit on the foam and made them jump and then when they started jumping they broke their bottoms and there have been cases and cases after them.

6000 pounds they charge for this kind of a nonsense and then they said that we'll pay you, I mean you'll have to become a very special personality. So first they gave them the water which boils some potatoes. It's a fact! I'm telling the truth and I am not afraid of them. And then they said, alright you take this water for 6 days, 6000 pounds, imagine! And the 7th day, you take, what you call, the rind of the potatoes and the 8th day the potatoes. For what? For going in the air just like walking up! What to say? I don't know, it's never described in any one of the books. No where such a nonsense is described and people paid. And the gentleman who was in charge of this flying academy, became bankrupt! His wife, he, his daughter got epilepsy and then they came to Sahaja Yoga. He is writing a book about it. I hope it comes out very soon and you will know what these TM people are like.

They are marketing everything! Now they are marketing Ayurveda. What is the need for these people to market Ayurveda? You cannot have Ayurveda in the western countries because its freshly prepared things. Only in India you can do it. But you can market anything to these simple people, who have no idea as to what it is. It's a such a shameful thing for me as an Indian that such people should come out of my country but now I am told Americans have taken over. Even some Australians have taken over, the same tricks and they are minting money out of you.

We had one gentleman who bought Rolls Royces after Rolls Royces and then they were sold out, auctioned, you know him very well. What is the interest of a saint in a Rolls Royce? I can't understand. For example when I was in Boston they asked me, Americans special type of brains they have, so they said, Mother, 'how many Rolls Royces you have?'

I said, 'I have none.'

'Don't have any Rolls Royces?'

'No, no I have my husband's cars, that's all!'

He said, 'then we are not interested, it's no business.'

I said 'no, it's no business at all, it's not a business!'

'Then we are not interested.'

They wouldn't even take me on the television for that. Can you imagine! This is American brain. And that's how they all landed in America and they marketed everything. This is to be understood that divinity is a pure thing. It purifies you. It has nothing to do with this materialistic attitude of these so called saints. Saints cannot be materialistic. If they are materialistic, they are not divine.

I have come here to tell you, that all these things are within yourself. This is your own power of kundalini. She is your individual Mother. She knows each and everything about you and She's anxious to give you realization. And this all pervading power of God's love, which is described in every scripture, has come into a new mood because it was said that there're 'kaliyuga,' these horrible modern times, where all kinds of nonsensical things will take place. And from changing it from this to 'Satayuga,' means the Kingdom of God, in between, in this interval, this all pervading power has gone into another mood called as 'kritayuga' where it is active. It is so very active that once you come to Sahaja Yoga you'll be surprised and you'll say, Mother, 'what miracles! This miracle, that miracle.' See Its God, Its GOD Almighty! For Him what is a miracle? We think of God, He's Almighty! But we don't know what it means. Our faith in God is so limited that we don't understand that He is God.

My grandmother used to tell me a very sweet story. Like the grandmother story it was...that a man was going to see God. So one gentleman met him on the way, and asked him, asked him, 'if you're going to God, then will you please tell Him that I've been working very hard and when He's going to meet me'

He said, 'alright'

Then he met one gentleman on the street, just like on the side of the street. He said, 'you're going to God. Tell Him that I've had no food, I've had no food at all'

He said, 'alright'

He was quite amazed. Look at this man just informing God that he had no food.

So he went to God and saw Him and God said 'now, you've some more work?'

He said, 'no no, you see I met one gentleman who was saying that he's working very hard for You and when are You going to meet him and he was making enquiries. He said that I'm waiting for Him. So You please tell me when will You meet him?'

So God just smiled and said, 'tell him to wait for sometime, he has to wait.'

Then the second one, when he told about the second one, he said, 'oh God that fellow was so funny, he just said that You have to send my food.'

'Yes yes, of course his food has to be arranged immediately. You have to do something about it.'

He couldn't understand that how these two reactions are there. God realized that there's something confusing him.

He told him, 'see now you are confused. So you go down and tell one thing to both of them and see their reactions. So just tell them that I went to God and there I saw that He made a little camel pass through the nose of a needle.'

He said, 'really?'

'Yes, you just tell them.'

He went down. The first man met him and he said, 'what did God, what did He say?'

'He said that you just have to wait for a little while. I'll come along but you have to wait.'

'So I have to still wait?'

'Yes Yes'

He said, 'but what did you see there?'

He said, 'I saw that God, I saw a very big miracle that He made a big elephant pass through the nose of a needle.'  
'It's not possible. How can it be? Why are you telling me stories? Because you have been to God, you're telling me stories?'  
So he went to another man and he said, 'yes, yes of course I knew God would give me food but I wanted to give some message so I told you, but I've got it, everything. And what did you see there?'  
So he said that, 'that I saw that God made a camel pass through the nose of a needle. Its a miracle!'  
He said, 'what a miracle it is! It's God. It's God Almighty! What is it, a little camel? He can make the universes after universes pass through that. He's God Almighty!'

So you must understand that God has created us and that we have reached the state. Now we have to just travel about 3 to 4 feet and we are in the kingdom of God. The time has come for you to achieve it. But it sounds very fantastic to everyone. How can it be, how can it be so easy?

I have to say that whatever is important and vital has to be easy. For example, our breathing. For our breathing, if we had to do some exercises, if you have to read something then, it would be very difficult. So we have not understood, so far, that we are still at a stage that to know God we have to, little bit, know more and that knowing more is what we call is self realization. You can call it by any name. In any religion, even in 'Quran,' is written that you have to be a 'Wali', like we had some in India, Nizamuddin Sahb, this Chisti, all of them. But Mohammed Sahb has clearly said that at the time of 'Kiyamah,' means at the time of your resurrections, your hands will speak. Now we should not judge Mohammed Sahb by the way what Saddam is doing. He is a devil. You can see it clearly.

So these people take the name of God, as if He's in their pockets and start doing things. And we start doubting how can it be God's work? God's work is absolutely beautiful, pure. He's compassion. He is ocean of love and to know Him, first of all we have to enter into His kingdom. For example, now I landed here and I came to know about your customs. If I was in India, I would not have known anything about it. In the same way, if you have not entered into the kingdom of God, how will you know? It has nothing to do with what age you are. It has nothing to do with what ideas you have.

First of all, only thing, you have to be humble about it. That so far, you have not known the Absolute. But once you know the Absolute you become a part and parcel of the Whole. The microcosm becomes the macrocosm. You become. Again I say you become. Its not question of giving a false certificate or assuming that yourself. For example, Steven now is before you. He had problems, physical problems also he had. All problems solved. That's not so important. But he's so powerful. He has given realization to so many people, but he doesn't say that, he doesn't behave like other funny people do, like you shave your head off, or you wear some funny dress or you go about jumping and behaving in a manner so ridiculous! There's no need to do these things outside. It's within yourself. It's within yourself and it is your own power. Its your own. So why not have it? And its freely available. Why not get to that which is your own, your own property.

Today they asked me to give a more sort of a introductory lecture about Sahaja Yoga. It's such a deep ocean of knowledge that, I don't know, I must have given at least 4000 or 5000 lectures in English language itself and so many other languages but still the knowledge, they say, 'Mother, you never repeat.' I'm quite surprised that the thing, that I never repeat anything. But the ocean is so great, and the more you swim in it, the more you enjoy.

Now I would only request you, to have an open mind about it, very open mind. You must know the problems of this world are not because of God, they are because of human beings. Any problem. Take ecological problem now; the way we have gone head long into exploiting our Mother Earth. Any problem you take is because of human beings. So it is important to see why, we human beings are creating problems for ourselves? And if you locate the source, it is only one thing that we have to be transformed. The transformation of human beings is needed and if that transformation is accepted and is worked out, if you become that beautiful personality, then you will know what you are, how great you are, what is your potential and what you can do.

I hope today, most of you will get your realization, I hope so and also I would like you to ask me some questions but not

aggressive questions. Ask questions which are relevant because I'm not here to take anything from you. I'm here to just give you what is yours. So ask relevant questions and if you belong to some group, or to some guru or something, I have to just say, that if you're satisfied with them then you can go all out with them. But if you're not, then I have to tell you, that the only way, is to get to self realization. There is no other way out.

May God bless you!

Question and Answers:

Question: To reach the level of spiritual goal are material goals acceptable? If you want to do some material things, is that acceptable?

Shri Mataji: After all what is matter? Is also created by God! We can't create anything. So, when you're spiritually awakened you become really extremely compassionate as well as dynamic. The energy is all the time flowing through.

Now, can you believe, I am 68 years of age and I hardly stay in a place for more than 3 days. Traveling all over the world. I never get tired. Anything that is material as you see, for example you want to buy something, for example. Take it, a very mundane things you see, you want to buy. Now you want to buy something in a shop, if it is necessary, you go in a shop and you want to know the price and everything. Now how will you know whether this is good or bad? There's no way to find out. But when you get self realization you start getting these cool breeze as vibrations and your fingers become activated, finger tips and on that you know all these centers as shown here.

Now supposing you meet a cheat and he's very well dressed and you think he's a very polished gentleman. But as soon as you put your hands towards the person, immediately, you'll find, fingers will be burning. Even in material things, you will feel the vibrations. You will know what is good and what is bad.

Like, many people take so many medicines blind folded. After all, he must have told you, that in Sahaja Yoga your health improves. You get in totality the benevolence. Like we have two doctors in Delhi, who already have got MD in Sahaja Yoga and there are 400 doctors in Russia who are practicing Sahaja Yoga because you see, they're very open minded people, like clean slates. They have no conditionings of religion or anything on their heads. Very open minded people.

So, your health improves. When your health improves, your mind improves, your intellect improves, in every way you become so relaxed. Then you see any problem, whether material or physical, mental, emotional, any problem, as if you are out of that problem. You see that problem. And when you see that problem you can solve it better. On any level what's so ever. It's not at all complicated. Because we are complicated, we cannot solve the problems.

I would suggest like this, if you're standing in the water, you're afraid of the waves but supposing you are in a boat, you can enjoy those waves. But supposing if you become a master of swimming you can jump and you can save so many people. These are the stages which you pass in Sahaja Yoga and any subject, now we have people who, say, are running factories. Their factories were shut, they had strikes, they had this problem, that problem. They are perfectly alright. They're doing so well because the understanding of totality comes to them. From small to big, from left to right, everything you start knowing on your central nervous system. That's how you solve the problem. Alright.

For example, now in London, you must have heard there's so much of joblessness but not a single Sahaj Yogi. Once they come to Sahaja Yoga they have jobs because they become so dynamic, they become so peaceful and faces start shining with that joy and to find out one jobless person, who is a Sahaj Yogi in England, is a difficult task.

Question: What is happening in the hands? There's a tingling.

Shri Mataji: Ah, that means something, there's a problem, alright, there should be no tingling but if there's a problem, we'll correct

it. There's tingling, there's a problem. You should be corrected.

Actually you should feel the cool breeze in the hand, but sometimes you feel hot. That is, may be, due to liver also. You might feel hot but then it cools down. Ultimately you get the cool breeze. This kundalini moves, it passes through all these centers, about this I'll tell you tomorrow also, and nourishes all of them. By their nourishment you see it soothes you, purifies those centers and you feel completely integrated. Completely relaxed. This is the real baptism. It's not artificial because it breaks through, this fontanelle bone area and you start feeling the cool breeze of the Holy Ghost coming out of your head. It is an actualization. It is not just talking. It has to work out.

Question: What shape and form does the subtle body take?

Shri Mataji: You see, the Spirit, is a reflection of God Almighty on our heart. It's an energy. So the subtle body, if you mean the Spirit, it is, the light. Is in the form of light and this light, which I will describe tomorrow, in full, how it acts.

Question: How long it takes for self realization?

Shri Mataji: Oh, it takes no time at all. It takes no time. There was a very great saint, called Ramadasa, and somebody asked him, 'How much time does it take for a Kundalini awakening?' He said, 'Takshan' , 'that moment!' But there should be a person deserving to get it and the one who can give it. But today I must tell you, I've reached a stage, I cannot explain how, thousands of them are getting realization.

I went to Russia. They've never known me at all, nothing. First time I went there. They just saw my photograph and in thousands they came. We had to book a stadium ultimately. Sixteen thousand, fourteen thousand and all of them got realization. It has become like a religion with them. I mean how Sahaja Yoga has prospered in Russia, is something, you cannot explain. You cannot explain. See, it hardly takes anytime. This is a jet age and the Kundalini also works like a jet. You don't even feel the rising. In some people you do, if there is an obstruction. Otherwise suddenly you start feeling the cool breeze and the cool breeze in your hand but you don't doubt yourself. That's one thing. We go on doubting. How can I get it? This and that. Please don't doubt.

Question: Are there workshops following this program tomorrow?

[There was no program the next day which Shri Mataji was unaware of]

Shri Mataji: Not tomorrow? Oh my! I thought, Oh I'm sorry, I would have said something more. Oh! I thought there is a program tomorrow also.

(Talking to a yogi, 'Why not? I mean such nice people here. Would be better if you could organize something tomorrow, may be. I am not going tomorrow evening, am I?')

They fix me like a plug you know from one place to another. I don't know, I didn't know there's only program here. I'm sorry about it. Normally always I have two days. It doesn't matter. As long as you get your realization, you have to work it out. It works out and you'll know each and everything. You'll become a master. Master of this. You can give realization to others.

Question: Why do you talk of God as a man?

Shri Mataji: I'm a woman here. You should know that between God and His power there is no quarrel. His power is the Holy Ghost is a Woman, no doubt. In india we call Her as Adi Shakti, is the primordial Mother.

Like the moon and moonlight, the sun and the sunlight are not two different things. Only in human life we think like a man and a woman, like that, but do you know, the woman is the power of man. There's no quarrel between the two.

Actually, God is just a spectator and the primordial Mother does all the job, He's just a spectator and when He doesn't like it, He just finishes the whole thing. He cancels. He's the one who is watching, how the children of the Mother are going to behave.

They do not quarrel. They don't go for divorce, nothing of the kind.

Actually this concept, never came into Christianity somehow of the Mother and it was played down very much by Mr Paul who just came into Bible somehow or the other. I don't know why he was there and he didn't even want to accept the immaculate conception as one of the truths. And he fought with all these disciples and he found a very good platform ready for him because he was just a officer with the Romans and he had killed also, one disciple of Christ called Steven. But he just jumped on the stage and he took over. And then even, I think, he was born as Augustine and they ruined Christianity completely. Completely! And it has reached such a horrible state, specially among protestants now, they have made a, kind of a mental, their approach, to such a limit, to say that Christ was a homosexual! Or to say that, these horrible things, that really, I don't want to just say also.

So should we have now. Self realization all of us.

There are two conditions.

The first one is, to have full confidence in yourself. Those people who tell you, you are sinners and you have done this wrong and you are all the time guilty about something, I've to make a very humble request that you should know that you are a human being, not God and a human being is the only one who can make mistakes. Animals never think that they make mistakes because they are completely under the control of God and God's never make mistakes. It's only human beings who are capable of making mistakes. So there is no need to feel guilty or call yourself sinners or anything. Those who call you sinners itself must be greatest sinners, I think. Every human being has a right to become divine. So please forgive yourself.

Forgot all the past at this moment and know that you are the Spirit. You are not guilty at all, of, for anything. Just give up all the guilt. It's also a fashion to have guilt. Even for small small things, you see, our modern life has so many norms. Like one gentleman was very upset.

So I said, 'what's the matter?'

'I spilled coffee on my dress.'

'What is there? Doesn't matter! If coffee is there, it has to spill also.'

Such a small nonsensical thing, he couldn't sleep for the whole night.

One has to know these are all very very simple things on which we should not worry our heads and we have to get into that area where we will enjoy ourselves. So forget about it. Just forget and just don't feel guilty. Not to feel guilty. Is the first condition.

The second condition is that, you have to forgive everyone. Now you may say that, 'it's very difficult Mother to forgive everyone.' But just think logically. Whether you forgive or you don't forgive, you don't do anything. What do you do? You don't do anything. It's a myth. But if you don't forgive, then you play into wrong hands and you torture yourself while the person who has tortured you, is quite happy. So you have to forgive in general. Don't think of each and every person individually. Just forgive everyone, in such a manner that you say to yourself 'I forgive ALL of them.' And you'll feel very light after that. You'll see. You'll feel much better. Just forgive. Forgive everyone. This is the second condition. That's all!

Now to go about it, is very simple, we have to take the help of the Mother Earth a little bit. So if you could take out your shoes for a while, not the socks but the shoes and put both the feet apart from each other. Just imagine sitting on the chair, anywhere, you get your self realization. It's so simple!

Even in my lecture, if I've said something which might have made you feel guilty, please forget the lecture also. Just forget it. Not to feel guilty is very important because when you feel guilty you spoil the centre here, on the left hand side (Shri Mataji puts her hand on left visuddhi) and this causes a horrible disease called Angina. Also it causes Spondylitis and many other lethargic organs diseases. So why do you want to have all these things just for a myth of a guilt? Specially Australians are, I think, I don't know why they have a guilt but Australians should not have any guilt at all. For what? You never went into any war, nothing, you have settled down here far away from the mad world. So why should you have any guilt?

Alright, so now you have to put both your feet apart from each other because, left and right, as he must've told you, are two

powers. One is the power of desire, normal desire and another one is the power of action. This one works for the desire (gestures left) and this one for the action (gestures right).

So we'll be using both our hands. He'll show you how. First you see and you will, yourself activate your own kundalini.

First you put your left hand towards me like this. He'll show you. Please keep your eyes open just now. Then you can close later on when we'll have the real procedure. Just put the left hand like this. Be comfortable. You shouldn't bend or you shouldn't push yourself back too much but sit comfortably. Be comfortable. Now please put the left hand like this - this is symbolic that you want to have your realization.

And you have to put your right hand on your different centers, symbolic of the action that you are taking. Actually it is no action but you are nourishing your centers by placing your hand on these different centers.

So you put your right hand on your heart. It's very good. All of you should do it. Please put your right hand on your heart. In the heart I've told you is the reflection of God Almighty, the Spirit. We'll be working only on the left hand side.

We take our right hand now on the upper portion of our abdomen on the left hand side. This is the centre of your mastery. The mastery of yoga by which you yourself can give realization to others. And this centre was created by great prophets and great saints.

Then we take our hand onto the lower portion of our abdomen on the left hand side and press it hard. This is the centre of pure knowledge. Of pure knowledge. Pure knowledge is the knowledge which gives you the full understanding or gives, empowers you, to work out the divine power. That's the pure knowledge.

Then you raise your hand again back, on the right side of your abdomen in the upper portion and press it hard. This is again is the principal of mastery, 'Guru tattwa' as they call it.

Then again you raise your right hand on your heart.

Now you place your right hand in the corner of your neck and your shoulder. Place it back. As far as possible. This is very important. This centre as I told you is, if in jeopardy, then you get horrible diseases.

Now turn your head to your right. This is the centre where you have to say you are not guilty. This we'll do later on.

Now please take your right hand on top of your forehead across. Press it like this and put down your head fully on it. This is the centre. Now, here you bend your head and here you have to forgive everyone. This is the centre of Christ.

One window of that centre we can call, is in the front. Another one is on the back. Where you put your right hand on the backside of your head. Backside of your head. Press back your head, as far as possible. Here is the centre where, for your own satisfaction, without feeling guilty you have to ask forgiveness from the divine, if you have done any mistakes. Is for only your satisfaction. You don't have to feel guilty about it or think about your own mistakes. Just you have to ask. Please push back your head.

Now, please stretch your right hand fully and put the centre of your palm exactly on the fontanelle bone area, which was a soft bone in your childhood. Press it nicely. Push back your fingers, put down your head as much as you can. Put down your head and now press it hard. This is the last centre and now start moving your scalp with a big pressure. Push back your fingers. Very important. Move it 7 times. You will know why 7 times and why it is so many times. Clockwise. Slowly.

That's all you have to do. That's all.

Now, we have to close our eyes. Before that I would say, you can take out your glasses. It might help your eyesight. You don't

open your eyes till I tell you.

If you have anything tight around your neck or around your waist, you can make it little loose because, may be, it might make you uncomfortable. If it is not making you uncomfortable it's alright.

So now you have sit little straight, that's all, not too much strain on your back. But in a straight way.

And now please put your left hand towards me and right hand on your heart and now please close your eyes. As I told you, you have to desire for self realization. I cannot force on you. Now here you have to say or ask a question to me. You can call me 'Mother' or 'Shri Mataji,' whatever you feel like.

'Mother, am I the Spirit?' Like a computer you're asking a question because you have to become a divine computer. Where the whole programming is within yourself. So now ask a question 3 times 'Mother, am I the Spirit?' In your heart.

Now, if you are the Spirit, you are your master. So please take down your right hand in the upper portion of your abdomen. On the left hand side. Keep the left hand towards me and both the feet apart. Please don't open your eyes till I tell you. Now here, you ask me another question 3 times, 'Mother, am I my own master?' Ask this question 3 times in your heart. Do not doubt yourself.

You have to know that I cannot force pure knowledge on you. You have your own freedom. If you don't want it, I cannot do it. So you have to ask for it. So now you can put your right hand in the lower portion of your abdomen, on the left hand side and press it hard. And here you have to say, 'Mother, please give me pure knowledge.' 'Shri Mataji, give me please pure knowledge.' You have to say this 6 times because this centre has got 6 petals.

As soon as you ask for pure knowledge, the kundalini starts moving upward. So we have to just nourish the upper centers with our self confidence.

Now please, raise your right hand in the upper portion of your abdomen on the left hand side. Here you have to say with full confidence, 10 times, 'Mother, I am my own master.' Say it with full confidence, 'Mother, I am my own master.' Say it sincerely and with self confidence.

I've already told you at the very outset that the truth about, is that, you are not this body, not this mind, not this ego nor these conditionings but you are the pure Spirit.

So now please raise your right hand on your heart. And here you say with full confidence again, 12 times, 'Mother, I am the Spirit.' Please say it 12 times.

I've already told you that you are not God. You are a human being and if you have done any mistakes, there's nothing to worry about it. So do not feel guilty. At this present moment you better forget the past and completely forgive yourself.

Now place your right hand in the corner of your shoulder and your neck. And turn your head to your right. Here you have to say with full confidence in yourself, 16 times, 'Mother, I am not guilty at all.' Please say, 16 times, 'Mother, I am not guilty at all.'

Now, we have to know that this divine power is the ocean of love, ocean of knowledge, ocean of joy but above all, it is the ocean of forgiveness and whatever mistakes we commit, it can be dissolved into this great power of ocean of forgiveness.

Now raise your right hand onto your forehead across and put down your head on it. Here as I told you, you have to say, 'Mother, I forgive everyone in general.' As I have explained to you that whether you forgive or don't forgive, you don't do anything but if you don't forgive, you play into wrong hands. So please say it, from your heart. Not how many times, say it, from your heart, 'Mother, I forgive everyone.'



Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask for forgiveness from the divine power. So now please put your right hand on the backside of your head and push back your head as far as possible. Here you have to say with full confidence, without feeling guilty, without counting your mistakes, 'O divine power, if I have done any mistakes, knowingly or unknowingly, please forgive me.'

Say it again, from your heart. It's not important how many times. From your heart!

Now, stretch your hand, fully, right hand and put the centre of your palm on top of your head, on the fontanelle bone area, which was a soft bone in your childhood. Now, put it down. Put it down as much as you can. Put down your head. Now, push back your fingers. Push back your fingers. So there's a lot of pressure on the scalp. Here again, I cannot force self realization on you. You have to ask for it. I respect your freedom.

So please, move your hand 7 times, clockwise, slowly, saying 7 times, 'Mother, please give me self realization.' Please say it 7 times, 'Mother, please give me self realization.' Now put the hand properly. This is a very important procedure. Put the hand properly on the fontanelle bone area. Put down your head. Press it hard and move it very slowly, clockwise.

Now please take down your hands.

Now please put both your hands towards me like this and watch me without thinking. Both the hands towards me.

Now, the right hand you put like this, bend your head and see for yourself if there's a cool breeze coming out of your fontanelle bone area. Now hold the hand, above, not on top of your head, and see for yourself, bend your head. See for yourself with your left hand if there's a cool breeze or a hot breeze in some cases, is coming out of your own head. You have to certify yourself. Now bend your head. Please bend your head. Please bend your head, bend it. Bending will help you better. Now concentrate. Don't put it on top. Some people get it quite far away and move your hand all over to see if there's a cool breeze coming out of it.

Now, please take the left hand like this. Put the left hand towards me. Now again, bend your head and please see with your right hand if there's a cool breeze or a hot breeze or heat coming out of your head. Please see. Move your hand. Some people get it very far also.

Now, please put your right hand towards me and again with the left hand, bend your head and again see for yourself.

Now, push back both your hands towards the sky. Both your hands towards the sky. Push back your head completely and ask a question 3 times, 'Mother, is this the all pervading power of God's love?' Just ask this question 3 times.

Please take down both your hands. Push both the hands towards me and watch me without thinking. This is the first stage which we call in Sanskrit as 'Nirvichar Samadhi' and in English it is 'thoughtless awareness' where there is no thought. So you have crossed this and you have crossed this also. But it is to be established still further, in a proper way.

All those who have felt cool or hot breeze out of their heads or on their fingers, on their hands, please raise both your hands.

Imagine the whole of Perth has felt it, practically!  
May God Bless You!

Some of you have not felt. Doesn't matter. It will work out. Maybe, you must be thinking about something. I don't know what happened.

So now we have to know that we have got the first breakthrough but this connection has to be fully established. Has to be fully manifested within our being. So whatever we have achieved, we have to work it out in such a manner that we know what it is.

I would like to meet you because I may not be able to meet you tomorrow. I'm so sorry. So if you can come around, I would like to meet you and talk to you about it.

May God Bless You!

Thank you!

1991-0327, Talk to Sahaja Yogis after Public Program, Eve of Mahavira Puja

View [online](#).

27 March 1991

Talk to Sahaja Yogis

Applecross ashram in Perth, Perth (Australia)

Talk Language: English | Transcript (English) – NEEDED

## 1991-0328, Shri Mahavira Puja: Dead Spirits

View [online](#).

28 March 1991

Dead Spirits

Mahavira Puja

Perth (Australia)

Talk Language: English | Transcript (English) - Reviewed

Mahavira Puja. Perth (Australia), 28 March 1991.

Today we are going to celebrate the birthday of Mahavira.

Mahavira is the incarnation of Bhairavanath, or you call Him as Saint Michael. Now these two saints as you know one as the Gabriel, Hanumana, and another is Saint Michael, one is placed on the Pingala Nadi and another one, Saint Michael, on the Ida Nadi.

So, Mahavira had to go through lots of search. Of course He was an angel, but came as human being and He had to find out the thing of the left side, and how the left side acts. It's a very complicated thing, left side, is much more complicated than right side. On the left side we have also seven nadis, and these seven nadis are placed one after another. They are described in books and given different names to them. Now, these seven nadis that are on the left side, as you know, they cater to our past. Say for example, every moment becomes a past. Every present becomes a past. Then we have past of this lifetime, and also we have past of our previous lives. Then all the past is built in within us since our creation.

So all the psychosomatic diseases, as you know, are only triggered by the entities that appear from the left side. For a person, supposing he is suffering, say, from liver trouble and suddenly he's attacked from the left side, specially Mooladhara, or any left side, Left Nabhi, because Mooladhara is the only one that is connected with the left side, Ida Nadi, and the right side, Pingala Nadi, is connected with Swadishthana.

So the problems of Mooladhara are really beyond the reach of human beings, and when it is attacked, any one of these chakras on the left-hand side, then psychosomatic diseases occur into human beings. As I have told you many-a-times, [Shri Mataji represents a chakra with both hands] now this is the center, this is the another center, left and right, they are on top of each other. You're using the right side too much, goes up to a point and suddenly something happens on the left, triggers. So all diseases, say even diabetes, is due to the psychosomatic effect.

A person who is very hard-working, thinks too much, very right-sided, suddenly something happens, maybe also he might inherit that diabetes because of the past, and it triggers and you get this psychosomatic problem. Now this psychosomatic problem is only cured if you know what's the problem of the left side is. So Mahavira went quite deep on to the left side. Why I said it's difficult the left side is, because when you start moving on the left side the movement becomes linear of course, but it moves downward, while the movement on the right side moves upward.

So the movement goes down like that, and then it coils up, forms coils, and you go on moving with it so you are lost in the coil. But the other one moves upward and the coils are not so many, and because it is upward it's easy to get out of it. So those people who go to the left, by any chance, by thinking too much about their past, crying about themselves and always complaining, are more difficult than the people on the right side. But the right side people are troublesome to others, while the left side people are troublesome to themselves. That's how this left side was to be found out properly, was done by Mahavira.

Of course He knew also, I think, all about it.

So He has mentioned practically, in details, lots of things that can happen to a person who goes to the left side. He gave the idea of Hell. He also described seven types of Hell. I mean it's so horrible that I don't want to tell you what is Hell is, horrifyingly cruel, horrifyingly joyless and horrifyingly so repulsive that you hate yourself when you understand you have committed this mistake, you have committed this pap, this sin; and then what is the result? What you get is the punishment part.

Mahavira worked it out everything, He has given in all details what sort of punishment is due to a human being who tries to be left-sided. Also, He has given about the person who is right-sided, but not to that extent because He had to deal with the

combination, but mostly with the left side.

As I have told many people before and here also I perhaps maybe, that there is a soul that is made out of the causal bodies of all the five elements. The causal, say for example, of the earth is fragrance. So this soul which is made of the five causal bodies and your centers, plus we can say, also it has got the control over the parasympathetic, it sits on the spinal cord from outside and activates the parasympathetic nervous system. So it has a connection with every center. Now this is the soul when we die, with the Kundalini and our Spirit goes into the sky and it is the soul that guides now the movement of our being, whatever is left now into a new being and that's how it works out. So everything that we have done so far is recorded in that soul. When you were asking Me, "Mother, we see some sort of round, round things, you see, lying together. What is that?" I told you this is our, this is a dead soul. And now they have found out what I have told them. Because, you see, when a person dies his soul shows you – like even now you can see, round, round things: there could be many, there could be one, a string – and they saw it under a microscope when I told them, that the soul within us is reflected on the cell, which is the reflector of every cell.

So the part of the cell which is the reflector, which is placed on one side of the cell also has this soul reflected, and the main soul which is on the back controls that reflected soul which looks after every cell. Now they have found out that there is in that reflector this kind of seven loops, seven loops because it sits on the eight – seven chakras and the Mooladhara. Now what He found out that, when people die then some of the souls are born again just after few days, and these people are just very ordinary type of people, that's how He brought in a kind of category.

So they are – the people who have died – they are of a category, one category, where they exist for a very short time in the collective subconscious and then they take their rebirth. They are very ordinary people, aimless, useless people. But there are some souls when they die, they just hang in the air and they are just waiting to find out somebody who will fulfill their desires which are not yet fulfilled. Like there's a drunkard and a drunkard, can join another human being who's living, who would like to drink. So once he starts getting this... So once it starts getting into the habit of drinking, some of these souls can just jump on that person, and when they jump on that person they can make him a real drunkard. I remember of a lady who was a very short, petite person, came from Cuba, in America when I went first, and she told Me that she's very sick of herself. And her husband told Me that she can take one whisky bottle, full, neat sometimes. Looked at her, such a little thing. I said "How can she do it?" So, I put a bandhan on her and I saw a huge big Negro standing behind her.

So I said, "Do you know some Negro?" Immediately she jumped on Me. She said, "Mother, You see that one? You see that one, that's the one drinks, not me." Of course I cured her and after that she gave up drinking completely.

So whenever you start getting into a habit in a bad way, you lose complete control of yourself and a spirit sits on you, and it controls you. And when it controls you, you do not know how to get rid of any habit. That's why it's difficult to get rid of habits. Now in Sahaja Yoga when the Kundalini rises what happens that these spirits, these dead spirits leave you and you become all right and you give up. That's how it works. I would say that all this Mahavira did not tell, nor did He find out all these things, because He was not a scientist, I think, or I don't know why.

But what he has talked about is the hell and He has said that if you do this kind of a thing in your lifetime, then what kind of a hell you'll get? And He has described the hell in a very, I should say, openly and in a very detailed manner. And it's really horrible to know that a human being who thinks no end of himself, ultimately will get to that kind of a hell and some are permanently doomed to be there.

But, as incarnations take birth, also these devils, some of them who are completely doomed to live in Hell, also take their birth. And when they take their birth, they try to trouble us. And they can take their birth, as you know, as our gurus and things and everything is happening now, we find it how these people are taking their birth and how they're misleading us, how they are using the left Swadishthana, or you can call it the left side, just to immobilize us completely.

So when a person is possessed, as you must have seen, a person gets possessed, he cannot feel vibrations, there are all kinds of symptoms about such a person. But in Sahaja Yoga, what do we do is to take the name of Mahavira because Mahavira runs all the way, all the way on the Ida Nadi and comes and stays here onto the, we can say, the point which is called our superego. And it sees, controls, works out, cleanses and does all that is required to put a person right after Sahaja Yoga. So we have to be really very thankful to him for doing this kind of work, which is very filthy and dirty because these people don't mind even sitting in the bathroom, like that you can say, or sitting with everything and meditating. They can do anything. They are very dirty people, absolutely dirty. When they become tantricas, they try all kinds of dirty things and, with that, they actually create a problem between themselves and the God.

Say, they'll go to a temple of a Goddess and start misbehaving with a woman there, so the Goddess will disappear. And once the Goddess disappears in that area, they call all these bhoots from the left side.

So now we have all these souls which are lying - hanging in the air trying to come back to a conscious thing and to possess someone. Plus these, we have these masters of the left side, who know how to catch hold of these people and put them on somebody or to remove from them someone and to put somebody else. So it's a continuous process and this makes a person absolutely mad and good for nothing.

Now, when we know all this, still we get caught up on the left side. Sahaja Yogis do get caught up. That's why, I think, this Mahavira Jayanti is a very, very great thing for us to observe.

Now, why was He called Mahavira? Because only a person like Him – "Vira" means a person who is brave, who is chivalrous, because only He could do this, so only He could enter into the being fully and could kill or, you can say, destroy those horrible rakshasas, devils, all these negative things that come to us.

Now, as you know, we use left side very much for so many negativity that is torturing us. But if there is no help, say, from Mahavira, we cannot do it. You call the name of Mahavira – you could call Him Saint Michael, you can call Him by any name, but Mahavira because He was a human being. All this works out because of Him and He's such a great identity. He Himself took a birth as a human being, difficult for saints to take birth as human being.

Morover, you see, the whole concept of Hell and all that is described in any scripture is a fact, it exists and, if you try to go in there, you see, when I try to go there and to find out, I just go off to sleep, sort of thing. In my sleep I find out all the things that are happening about a person, how much he's caught up, what he's done. It's a not an easy thing to do with the conscious mind. You have to take to the subconscious and you have to go into "sushupti" in a deeper sleep to see what's happening in the left side. It's a very funny situation I think and for Sahaja Yogis also to enter in it, I would not advise. But one should get rid of the problems of the left side with the help of Mahavira.

When this chakra is caught up [Shri Mataji shows Her superego], what you find is a big lump of bhoot coming out of the right side [of the brain], so you have take the name of Mahavira just to remove that pressure from the left side.

Now many people do not even know why they suffer. Why should they suffer, when they have done nothing wrong. Because they are possessed. Now even the viruses and all these things like psychosomatic troubles, like cancer, all, I would say, the incurable diseases are there because we are triggered into the left side. That's why we are suffering from these diseases which are not curable.

So we have to thank really very much Mahavira, who has given us this power to remove our left-sided problems, who has given us this light in our hand, which He Himself vibrates and He Himself tries to throw some light on the obscure things about Me also. Because of Him only, we can get cured of so many physical and mental troubles.

You know that the left side can be easily cured if you use three-candle treatment. That shows Mahavira is only fond of light. He doesn't like darkness. And His idea is, I think that way, is to now fully go all the way to clear the left side as far as possible, to help Sahaja Yoga to establish in countries where I find still lot of this negativity is there – a lot of it.

So He's working it out, everywhere, and the psychosomatic diseases and all these diseases also, we can work it out with candle-light and all that, with three candles we can do this treatment.

So you have to be very thankful to Him that He has achieved this kind of entry into the left side and has found out for us what sort of problems exist on left side.

It's such a nice thing that we have got today, the chance to celebrate His birthday here in a place which is really very much loved by Him.

Now, you may say that Mahavira is sometimes seen as a person who is naked. So it happened that He had gone in a jungle to meditate and to find out about the left side and, when he got up, you see, He got caught up in one of the bushes and He had to torn off half part of that. When that half part was torn off, then, as He came out of those bushes and He was all right, but, at the same time, Shri Krishna appeared there on the scene as a little boy from a village and He said that "I'm a poor man." This little boy said, "I'm a poor person. I've nothing with me. You're a king. You can always get your clothes. Why don't you give me your – this half cloth that you have?" And they say so that it was given to this boy and He ran away. He was nobody else, but Shri

Vishnu. And this, you see, Vishnu took away that cloth and He hardly for about two seconds or three seconds because He was a king, you see, and He hid Himself with leaves and went to his palace and got dressed.

But imagine the people, how negative they are. They just walk without clothes, Jainis. They have, you see, all kinds of taboos against all the worms, everything. It's said -these people have started- that if you do not respect these little, little animals, like, you can say a, even serpent or any animal which is troublesome and bad, but is a living thing, so it's to be preserved. Now these Jains are mad. I told you that they have gone to such a limit of vegetarianism, that they try to save even the bugs, put the bugs in a hut and the hut has got a Brahmin there. Now these bugs suck the blood of this Brahmin and once the Brahmin is completely, I mean I should say, sucked in by these bugs, they fall on the ground. Then they allow the Brahmin to come out and they give him a lot of dakshina – means they give him money as a reward for helping the bugs to suck his blood. This kind of vegetarianism is there.

Beware of vegetarians. You see, even Hitler was a vegetarian, so you can imagine what sort of vegetarianism it is. All these fads of vegetarianism and all that are not at all required and that's what Mahavira showed in his life, that it is not at all important to bother about food, what they should eat. See, the whole theory of this vegetarianism has gone to such a nonsensical limits that I have told people that we should give up vegetarianism completely. Now, also see the juxtaposition of what he wanted to do. If you do not eat proteins, you cannot fight bhoots. A person who has bhoots in him must eat a lot of proteins, not carbohydrates, but proteins, so that it can fight those left-sided enemies. But here it is, they have to be vegetarians. Now imagine, they have left-sided enemies within them and they want to be vegetarians. Finished. How will they fight it?

So all, this is all we should say, is preplanned by the person who tries to sort of is – you can say like this, that, you see, a person, who tries to remove the – or we can say that the person who tries to make these lower animals live, rather than human beings, you see, they're oppressors, this is the stupid thing they do.

Must know that I cannot give Realization to these worms and to these fishes or even to chickens. We require human beings. So all this has happened because of human beings going in juxtaposition of whatever is said. Like Christ has said, "Thou shalt not have adulterous eyes," and I've yet to come across a Christian who is not a Sahaja Yogi, without adulterous eyes, whether it's a woman or a man. So we go just the opposite of what we have been taught. In the case of same thing happened that Mahavira, what He tried to do was absolutely killed by these people who are trying to make this vegetarianism as a big religion.

Also another thing was that this vegetarianism came into Jainism through one fellow called Neminath who was a tirthankar at the time of Shri Krishna. He was to be married. In those days they were married, not only but they were eating all kinds of meats and so many lambs and goats came for the wedding of this man so he felt that – uparati we call it, this: he didn't like it, he was disgusted, he was frustrated with that. With that frustration what did he do? He said, "I will not eat meat." And that's how vegetarianism started among Jainies. And that's how it's still going on, and these Jainies I find are the joyless people, absolutely joyless. They're so much fond of money, they run after the money and they go on behaving in such a peculiar way that you can't understand, I mean they are human beings but the way they behave you can't understand them, they're not normal people.

So we realize that despite all that Mahavira worked out, still the people are supposed to be His disciples, they are Jains, and they are like this.

So what we have to do now, is to understand that in Sahaja Yoga we'd better not do something of that kind. Whatever you are told, you have to understand why it is so. You know the modus operandi. You know each and everything about Sahaja Yoga. You know the whole subject, so it's not proper for you to, in any way, to succumb to any such arguments or any such big-big talks or big-big advertisement and take to something that is wrong. It's very important. We are Sahaja Yogis and we understand the balance.

Of course, I always say that Westerners, for example, maybe Australians also, should take more to carbohydrates because they eat lot of meat, so they can take to carbohydrates, but that doesn't mean vegetarianism by any chance. I mean, to compensate. And in India, I always say, they must take to more meats. It's good for them. But then, by no means, I say that you just eat meat and nothing else, but a balance has to be found out and once you strike it, then you'll be surprised that you feel so relaxed, so much better, so much enlightened and the vibrations will flow much better than normal.

So for food, you have to be careful.

Same about with clothes. You shouldn't go mad after a suit all the time, whether it's hot or cold or indifferent. What you have to do is to wear something that will suit you. Now, for example, in a climate like this, you may require a suit or something to cover yourself, but supposing you are in Ganapatipule or some place like that where it's not so cold, not so hot, maybe it's dry. So what sort of dress you should wear which is comfortable? That should be found out and whatever you find out, like this is such a

comfortable dress for us, you'd better do it. Because what I have seen in many – you see, it's a thing that, whenever I tell you something, don't take it to the extremes and don't take a little bit of it. But when I tell you this thing, you must understand that whatever is good for you, whatever is your temperament, whatever is aptitude, you have to take something that will nourish that, that will improve you and give you a balance.

So, to balance yourself, if you think of Mahavira, you must think also of Shri Hanuman. Both these things are important.

It's not easy to tell all about Mahavira in this short lecture, but I think I have quite connected Him now with Sahaj and you must have seen to it that how important He is and what an important role He plays.

So may God bless you.

Just thinking about Mahavira, I just – it's impossible to keep into the conscious mind, it's just going into the left all the time because I just in the car thought that I'd better think about Mahavira. And since then, it's all going towards the left. It's so difficult, but it will work out.

May God bless you!

I'll have some water. Terrible thing this left side.

Pani? [Water?]

I think if you have any problems, you must ask me also because this is the only time when we can talk about things. If you have any problems, you can ask Me about left side, how to correct it, how to work it out, anything. please ask Me. Because you always get this problem.

Sahaja Yogi: [inaudible]

Shri Mataji : What's this? I can't hear him.

Sahaja Yogi: Mother, the left Atma, he feels like needles

[Shri Mataji asks confirmation in Hindi.]

Shri Mataji : Now, heart, as I told you, is the reflection of God Almighty which is the Spirit. So we have two types of heart troubles, as I told you before also. One is when you have an over-active life, right-sided, and the left-sided is the lethargic heart, where you get angina and all that. Now, in your case, your case where you feel there's something pricking you, that means it's a possession. If the hands are sort of pins and needles, then it's a kind of possession. But it can be cleared out....

Any other question?

Sahaja Yogini: Could you say something about Left Nabhi?

Shri Mataji : That's a different area though. Left Nabhi comes from the relationship between a wife and a husband mostly. But a wife who is a complaining type, is very sort of a -all the time grudging, very nervous and bothers the husband, frighten and all sorts of things that they do. You see, just sometimes they do it just to trouble the husband, but sometimes basically they are very left-sided, possessed women. And these possessed women give you this Left Nabhi.

Any woman who feels the Left Nabhi, she must immediately understand that there's some sort of a horrible thing in her being which has to go out. So, for Left Nabhi, you must take to the three-candle treatment and try to respect your husband, try to be kind to him because these spirits can also dominate. You know, not that they can make you very sly, they can also dominate. They have a way of dominating. So, in any case, it looks as if a woman might look to be right-sided, but actually she's suffering from Left Nabhi and she's extremely dominating. In the same way, if the husband is not a good man and he tortures the wife and she feels unhappy about it and she's sorry about it, then also she catches the Left Nabhi.

So, in both cases one has to understand that you get your joy, the source of joy is your Self, your own Spirit. It doesn't depend on your husband or anyone, you are single that way.

So, you shouldn't worry about your husband. You shouldn't think how he treats you. You shouldn't bother at all about him. But what you have to think is that: "After all, I'm his wife. I should support him. I should help him. Whatever way he is, let it be as he is because he won't get corrected if enough I tell him. The best thing is I'd better not tell him anything. Let him do whatever he likes." And you clear out your Left Nabhi with candle. That's the way.



Shri Mataji: Pani? [Water?] All right, we'll get the children to wash my feet now.

Sahaja Yogi: Children can you please come forward?

Shri Mataji : It's difficult, left side is still there. I'm just- [One boy gives flowers to Shri Mataji]

Hello, hum. You are all to come here, wash my feet, alright? So beautiful.

Who knows all the Ganesh Stuti to be sang?

Or you know Atarva Shirsha?

[Indian pujari doesn't know Ganesh Stuti]

Ok, better then sing Atarva Shirsha.

Because Ganesha is the one, you see, who's sitting on Mooladhara and it is He who is the one who puts you onto the left side. He throws you all the time and it is Mahavira who tries to save you and to correct you. So there are two forces working.

[Ganesha Atharva Shirsha begins]

Take this. He says he has got the names of Bhairavanath, so it's very good. So you can come and wash My hands, those who are leaders here. Leaders! Big joke about them! Somebody should come here to put all the things. Who can do it? Now, what – somebody? One by one you can come and put the water in. Just put the water. No, no, not the ... You have to do it. Now, one by one, come along. First of all is the honey. Call him. Take that one. This other one. ... We need you again. ... Be careful. It should not touch your fingers ... What is, this is clean?... I thought it was ... From Melbourne, somebody can come ... What is that? These are the Ida Nadi names. Unmarried girls. With this finger you do like that, on both the sides. Debbie, come and do it. Yes, it's all right. Just beyond that. Just put the line like that. This side. It's to be done like this. And on the back. You then have to put it under My, on the sole. You can move all the things.

Are you doing on this side as well? Also down there. You have to complete as well. That's all done. To the line, up to the line you have to do the same thing. Whole thing up there. Yes. All right. And more. Just to the line, you just do that. That's good. Still complete it. Yes, correct. Yes, that's it. I mean, whatever you've put, more of that. That's it. That's correct. Now, I mean, extra that you have on My fingers – on My toes, just take it out. Now, can you get some married ladies also? Too much. With your hands, take it out. That's better. Take this also. Be careful. Don't spoil the line. Don't spoil the line. This line you should not spoil. Yes, be careful. It's all right. There's so much to be done. There's a sari here. Just wipe your hand on this .... Now, what you can do is to get the sari.

Brought the sari? Take it down there. All right. Call one of them, who are other assisting, in front. The girls have to sit here. Yes, this one ... Give it to her, with a ... You can take that coconut. Bangles. You see, there are small and big. because it's two-and-a-half ... Better let them come now. They have to come. You have to do the sari. Now you have to organise these flowers, under My feet, but all the white under My feet, ones on the side ... So you put all the white, and I'll put My feet afterwards. Now the light colors, like pink. Leaders ... Namaskar ... May God bless you all. May God bless you. See how everything is quiet. Just before Aarti it started raining, and now see ... beautiful. All right. You take a photograph of My feet? Just leave this ...

Talk after Mahavira Puja. Giddegannup, Perth (Australia), 28 March 1991.

Also we can take without the ..., one of My body and face, because without the ... You see, you don't have any, very few photographs without this.

I haven't seen any anyone your recent photographs. And you are famous, all over the world! They call it as ....

Well done. Good. The rain's stopped, everything is all right. All Bhairava's work. So, firstly we have to give the leaders, so just .... Everything.

02:58

I can have it after lunch, not just now. I think first of all you get out the saris. What's that?

04:01

Wah wah! Very good. You all have written the names, so I will see them Myself.

04:23

Who did that come from? All right. Who is Kabir? All right. Tegan, who's that? Good. Anya, which one is she? Oh, she's done very

nicely. Very good. And who's this one? Who has done this one? Justin. Who is Justin? Thank you very much.

05:58

I think you'd better distribute the prasad. Wah wah! ... Apron, apron. A beautiful one! Very sweet now. You see, when I'm cooking I can wear this one, all right? Very well done! What do you want Me to cook for you? Beautiful! All right.

06:45

First give those sweets and things, and chocolates ...

What's that? You made it? Good. Thank you. ... From yoghurt? ... Oh, beautiful! From where did you get them? From the beach? Beautiful, really very beautiful.

Beautifully made, eh? Very nice! She's an artist ...

This is the kind of Ganesha was standing behind Me. See that photograph? Exactly like that. You have seen it? Without seeing, you have done – great! You must see that photograph.

Oh, very sweet of you. Thank you very much, thank you. Thank you, Bhairava. ... A little bit, eh? ... Thank you. Thank you. ...

10:00

You couldn't bear My purse, eh? Oh, what a purse! Is it made here? What a beauty! Beautiful, very good. Very artistic, eh? ... Why did they use these colors? Most artistic – nature and all ... What a beauty it is! Thank you very much. It's a special thing, called something special? ... Thank you very much.

What are you doing, all the time giving presents to Me? ... You have given Me eggs, this, that – now, what more?

The purse is an idea, because it should help Me: in India they can paint all this, but they don't have ideas. You are very artistic people here, I must say, very artistic, because of the nature.

What's that? Oh! No wonder I wore a ... ! It's wonderful! Beautiful. You know how to choose present for the birthday of Christ! And what is this one is, porcelain? Plaster. We have to be careful. Better be careful. It's an old thing, is it? You can see the face. But maybe it's a porcelain? Be careful, I mean, you have to really. Beautifully done! See her cloth, the red and the blue; and see, I'm wearing the same combination. But you have to be a little careful of it, it's all right. Beautiful!

The rain disappeared. I just meditated on it. I meditated for one minute, and it disappeared. But this Bhairava is terrible, He would not allow Me to speak! Just pulling Me down. But I managed it. It's quite a nice lecture, you know. If it's taped give Me a copy, and send it to her. Very good lecture. I've never spoken about Bhairavanath. Make a copy, it will be a good present. Before I go if you can give the copy, it will be a good idea.

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And some chana also. Like children, I also love chana. And popcorn! They are all enjoying. You love popcorn only, do you? You don't like this? I think better distribute, otherwise it will be left out. You like chana? Give to children. Better take the cake around ... No, this I don't eat, I'm sorry: it's rather sour, isn't it? For children, nothing's sour! ... Beautiful! ....

Einstein's theory ... Boomerang ... It's the theory of Einstein; you see, he has used this ... According to him, the light doesn't travel in a straight line but ... That's why it reflects. It boomerangs. ...

[A Yogi asks about a cure for a possession.]

It's some sort of a possession. Maybe you use the light. Light will help a lot. You've been to some guru or someone? ... Who said? ... No, no, it can be removed with Sahaja Yoga, anything. It's not like permanently with Sahaja Yoga. Every kinds of curse can be removed, family or anything.

20:06

It's for a teenage girl, you see, this one! It's so beautiful. ... Give it more to the children there. Take all the chana. They're the Realized souls now. ...

22:33

You wanted Me to talk about children and all that, is it, here? Should I say some few words? Everywhere I have to say – all right!

24:31

#### TALK AFTER MAHAVIRA PUJA

So now we have talked about Bhairava, and we have seen how negativity acts within us and how we get caught up. So, I would say that we must always keep in mind that we have a soul, and that soul can be attacked. It has been already attacked when, with all the kind of things we have had in these modern lives, it's already under attack. But now we have to cleanse it, and put it right. If you really want to enjoy Sahaja Yoga and cleanse yourself, then you have to understand that we need lot of introspection, lot of introspection.

Now the people who are left-sided are sort of, they are not straightforward, and they are sly and they talk ill about others. Last time I discovered that in Perth there was a lot of things people were talking, and I wanted to remind you again that I heard about it; also that even now in Australia that kind of people are still there who just start at the back saying things. One person says something, another listens to it and it's very, very bad thing; because talking ill about others means you first of all get the ill within you. The second is that the way you propagate, you stop Divinity spreading out. Thirdly, you grow into negativity yourself and to whomsoever you talk, that person also gets infected. It's like a disease.

So, I think in Australia throughout we have to be very careful because we have had two big somersaults, you can say, with big falling, because of this only. That secretly – and this is a side, I would say, Australia is very left-sided, otherwise also because of Ganesha's place. That's why Ganesha was placed here, to save you and to put you right as far as the left side is concerned. And we have to be very cautious because that temperament develops, you know, depend on. Like also it is in England quite a lot, but say not in America, say not in Austria, not in Russia, Germany: they are on the contrary, open and they can be aggressive, but they are not sly.

So either you are aggressive or you are sly. Accordingly you must find out within yourself what's wrong with you, and where are we wrong. Because after all we are Sahaja Yogis, it's a great chance we have got that we have got our Realization, and that now we have reached a stage where we really are placed in the Kingdom of God. But now how far you go into it depends only on you. Now Russia – why we were successful, because people are very introspective. If you read any book of Russian writers like Tolstoy or anyone, anything they do, say even when they fall in love or anything, immediately they start introspecting: "Why, why am I falling in love? Why this happening to me? Why I'm thinking like that? Why I'm doing like that?" You see, they introspect, and that introspection if we do not have within ourselves, then what happens that we can go either to the right or to the left.

But in this country I see it's more the left side: sly things are there. Now how all this has happened that we had some horrible leaders, agreed, and instead of talking about it or telling Me about it, they all just started talking among themselves and all that. And they got all their bad qualities sort of combined within themselves, and that's how so many lost their vibrations and lost their – what should I say, the, the searching power.

So, when you see a person or anyone who is doing wrong, better is to forget about it. Or if you don't forget, then you should write to Me. Even if you don't do that, better go and talk to that person on his face that: "I think this is not right." But if you write to Me it can be solved, the problem can be solved. Say now, you have one Mr X as your leader or anybody here who is coming say, from New Zealand, or someone from outside. Immediately you should find out, are you critical of him? What are you looking at that person? What are you trying to find out about that person? If you are critical, then know that you can never progress. You should be critical about yourself, not about others. Know that you are most imperfect, that's the best way.

Like we had a child about nine year old, and he was extremely sly type and he was talking ill like this of this person to that person, and he would go and just jump onto someone, and hit someone – secretly, not openly.

So I called the child and I asked him: "What do you think of yourself? Do you think you are the most perfect person?"

He said: "Yes, I do."

I said: "That's it. It's finished." Such a person cannot improve.

So when you try to find faults with others, know that we have too many faults ourselves. Not to feel guilty – of course, that point is there also. You should never feel guilty about it. If you have faults, just see, "What faults do I have? How will I correct? What chakras I am catching?" Instead of seeing the chakras of others if you see your own, then you'll become purified, you'll be very clean, you'll be wonderful; everything will be fine. But if you cannot see your own faults, that means you haven't yet got your Self-realization. "Self-realization" means to know about your Self, and this – the last time I did say all these things here in Perth

and also otherwise, that if you talk about somebody like that to spread stories. Ladies specially should be careful because they are on the left, they have to be very, very careful, that they start judging others. They think they are perfect, they judge, they tell their husband, then husband tells another husband, then husband tells his wife – it spreads. You have to be extremely wise and sensible women. If you are not sensible this will spread like a disease. In Sahaja Yoga this is one of the diseases I dread, is what Christ has called “murmuring souls.” He said, “Beware of the murmuring souls.”

Leaders are also afraid to tell you something. If they tell you something, immediately you’ll start saying, “Oh, Mother said so – he’s saying so.” Whatever the leader is saying you must listen to him, must obey him, ask him what, what does he mean by saying this, what is it? Now in case you find something wrong with the leader you are all free to write to Me, and I will definitely go into it. For example, Stephen wrote to Me about someone and I went into this, enquired and found out what was the thing. See, so there’s no harm in finding out about someone. Some lady wrote to Me also and I found it. So, but unnecessarily paying attention to another person is not a good thing. Paying attention to your Self and looking all the good points of another person, of helping another person, that’s how we would be collective, we’ll be growing faster and we’ll be enjoying ourselves.

Now our children are here. Now what I find, that we do not know really what are the balanced ways of looking after children. So, some think that when I said they are Realized souls, so they said, “All right, let them do what they like.” It’s not true – otherwise if that is so they would have been born out of the trees, you see! Why are they born out of you? So you have a responsibility, whether they are Realized or not. You have a responsibility about your children, and you have to see that you correct them. It’s very important.

Some people, I’ve seen, allow their children to go just so mad and so, they go so amok. In this I would say an Indian parent is an ideal parent. What he will do, he looks after the child. Also in a way, he loves, expresses his love and all that. But if he finds anything wrong with the child, immediately he’ll correct – immediately, not spare him, in the presence of others. Now, if another person comes and tells about the child that this child has done, immediately he will scold the child. He will never get angry with the another person: “Why did you say about my child now?” but thank him that “Thank God you have told me”; because he might be spoilt more.

Like I’ll tell you, we had one Avadhut – now he’s a grown-up boy, but when he was young – one day he asked Me that “If you leave your parents, the badhas of your parents, they leave you or not?”

I said, “No, they may not leave, the badhas of your parents.”

“Then what’s the use of leaving the parents?”

“But,” I said, “who is leaving parents?”

“No,” he said, “I heard that in the Western countries people- children leave their parents when they are eighteen years of age. But I would not like to leave the parents.”

I said, “Why? You can be free.”

He said, “Then I’ll be free to do wrong. Who will correct me? If I take the cigarette in my hand, who will correct me? Who will tell me, ‘Don’t do it’?”

I mean, if a child takes a cigarette in the hand, immediately the father will take the cigarette and burn it, also. “And next time I see you, I’ll burn your tongue.” Finished.

But the child knows that “The father loves me, and loves me in such a way that I should not lose my father.” But he must know that he can lose the kindness of the father. If you allow the child just all the time to behave the way he likes, or it likes, then it will sit on your head.

And today only I was discussing with him, and I told him that I was traveling one day with one lady in the train, one of the Sahaja Yoginis, and her child was there, not very old, must have been about seven years of age. She was trying to talk to Me and this fellow was all the time, “Mummy, Mummy” and then, “Why? Why?” was going on, you see, all the time.

I told her, “Why must you answer all his questions?”

She said, “He is just making enquiries.”

I said, “Nothing sensible enquiries, just it’s nonsense. He wants to attract your attention. So why do you want to pay so much attention to him?”

So she said, “Mother, how to stop it?”

I said, “I’ll stop it in one minute.”

I said, I asked him, “You should not ask so many questions.”

So he said, “Why?”

"Because," I said, "you are stupid. You have to learn a lot still, and if you go on asking question like this you'll be very, very stupid and one day you'll have to go like a madman. Do you want to become a madman?" He got the fright of his life. "You'll become mad."

And you see, if any of your children are there, you have to tell them some stories. I'll tell you how. Some children have a habit of beating others or doing something; then you said, "Now if you beat, then a tail comes out of your bottom like that, you see, like a doggy" and something like that. And they believe it! They believe it.

Next day they'll ask, "Is there a tail coming out?"

[Laughter]

"Yeah, maybe, maybe. So now, you are going to behave?"

"Yeah. I'll be very ... "

You see, all these tricks have to be played to your children. But they're very clever and they know how to make you dance, you see, how to make you their sort of slave sometimes, you know: for everything they will demand "do this, do this." Now because they're Realized souls .... I was surprised that when I went to London, you see, I read in the newspaper the statistics about children, that every week in London city only, two children are killed by parents. I mean, that was too much for Me.

So I just blasted all of them and I said, "Nothing doing, you must love your children."

As a result all the children sat on their heads, you see, and they couldn't come to the programs. If they came to the programs they were, the children were to be kept outside like doggies, tied together something; and in England I don't know, maybe here also, they do have a leash, just like a dog. You see they hold the children just like this. I said, "How cruel it is." But now I know how children can be in the West. I don't know it's white skin or whatever you may say, that first we started a school, you see, for them because there was no school available, they were in a mess. So we said, all right, in Dharamshala we'll start a school.

So we started a school in Dharamshala, and these children were brought because they had no way to go anywhere, so in a hurry it was started, you see. So there must be something also if you just start a school in a great hurry, maybe some things are left out. But these children were terrible because they saw these teachers were Indians, so they came and started punching them, they started showing tongue to them, sometimes spitting at them, sometimes pinching and doing all kinds of things, you know. So the teachers got a fright.

They said, "Baba, we can't look after these bounders, God knows what they are up to. One day they'll bring a knife and push it through us. We don't know what to do."

And we have had very bad experience in Shudy Camp about these children, that they had no sense of proportion, nothing, they were not cautious at all. And then I said, "What will you do?"

"They have already started jumping," they said, "from different places." (I hope they are not jumping there.) Ah. So ... and one boy broke his leg. They got a fright.

So I said, "All right, now you do one thing. They are already spoilt, but take one foot-rule, ruler, and keep it and say that 'If you misbehave, this is the thing.' And once or twice just do a little bit like that." Now that doesn't mean you go on beating your children. I mean, everything should not be taken to an extreme, but there should be a balance – must understand.

So there was one boy who had come as a cook from Austria. And Yogi had asked him – he thought that he is a Westerner – "You'd better look after the children." He started thrashing them left and right. Not the Indian women. Indian women don't thrash so much, you see, we don't beat. I mean, I have slapped My daughter once, one daughter, elder one and younger one twice in their lifetime. We don't believe in thrashing, but you see they're afraid of our eyes, even they know what we want, what is good.

I'll tell you, My younger daughter she, when she went to college in Delhi she found all the girls were wearing sleeveless blouses. So she came and asked Me, "Should I wear sleeveless blouses? Because all the girls are wearing sleeveless blouses."

I said, "Go ahead, if you think so."

She said, "Mummy, why don't You wear sleeveless blouse?"

I said, "I feel shy, when I've worn it; I don't like to expose My hands like that. I don't like it, it's not good. The arms, you see, should be covered, I think."

Immediately she said, "Then it is no criteria if I say 'I want this' and all that, You should say 'Yes' to everything – You should have said 'No, no' to me. I would have been very happy."

So this wisdom is there in, among Indian children. They like – like Avadut, as I told you, he said that "Then who will correct me, who will stop me from doing wrong?" But that's not with our children here. So you see, because, I don't know why, but maybe that

our roots are too deep or whatever it is, we are a little controlled all the time. And wisdom is very important. If you tell a child "you have been very unmannerly" – I mean, it's like saying the horridest thing to a child, "you're unmannerly." Or to say "you are very unwise"; then the child feels very hurt, "I'm unwise, I've not been sane."

But the best thing would be to say, "You are Sahaja Yogis, you are special people. You can't do like that, you are Sahaja Yogis." All the time go on telling them how dignified they should be, what is expected of a Sahaja Yogi – it is better. But never spoil them. This is one thing you should not do, otherwise it will be a permanent headache for you. Even if they are Realized souls, whatever they may be; but please see that you do not spoil them. That's very important.

Also as I told you, that don't talk ill of each other on the back. Is a very bad habit. That's how you'll catch on bhoots and you'll become extremely negative. Any such thought comes into your mind, just stop it. Is a very, it's a very nasty disease, you see, that spreads, so it makes you – I mean, it's so sickening, you know. When I hear about somebody who talks ill of someone it's extremely sickening, because it's not being human. You see, in the animal, there's one animal called hyena, and they say this hyena is like that. It comes slowly and steals a child or anything, it's a very sly type of an animal. And such a person we call as hyena in India, such a person is called as a hyena, and is regarded as a very low type of a personality, they talk like this.

In Sahaja Yoga it doesn't behove. No Sahaja Yogis should talk ill about each other. Nor should they discuss each other. Never! Now somebody does that, you must immediately say: "Now, please, I don't want to hear. Please don't tell me. This is not a very good thing." The politicians do like that, but not Sahaja Yogis. Sahaja Yogis should not do because, you see, you are great people, you are Yogis. Do you know how a Yogi becomes a Realized soul, in the normal way?

The other day I was reading a book about Upanishadas, and one of them was – today only I saw it in the morning time when I got up. There was written about a Yogi, that you have to really starve yourself, for so many days. Then you have to do shirshasana. With that you have to do pranayama. Then you have to get up four o'clock in the morning and take your bath, and then sit down for dhyana, and for five hours you must sit for your dhyana. After that you have to do pranayama. That's also special style, it's not easy for normal person to do that: is till you say sixty you raise your left side, take the prana through your, I mean you breathe through your nostril, left one. Now sixty-four you say, keep it here, and then rechaka: you do the taking it out thirty-two times, can you imagine? This you have to do hundred-and-eight times every day, minimum. This is the minimum. Now there are so many exercises, if I tell you that you'll be shocked.

So, like you have to stand and suddenly jump, and put your both the feet five feet apart – imagine. Then turn round: to clear your nadis, you see, you have to turn round and put yourself on the left side. Now on the left side you put yourself, and it's quite a big thing that they have described but in short it's a stretching exercise, and you put your hand on the left side and go down, stretch yourself. Again go back to normal, again jump and go five feet apart. Then put to the right side. Nadi cleansing is this way. But there are so many others described, you see. They are so horrible. He said, ordinary exercises for ordinary people, but for a person who wants to achieve yoga, he has to do all these horrible exercises are, I don't know. I mean, by that time all your body will be broken, the way it is; or you'll in any case get moksha, you see! It's like that.

But what I'm trying to tell you is this, that now you've got everything simple, easy, this thing. But in a subtle way still all these nonsensical things are sticking on. And even if you are in the boat now, still it is there and they are creating a heavy weight. And this heavy weight can really take you down again; and when you go down after a certain height, you go down very fast. So many people we have thrown out of Sahaja Yoga, so many have gone out of Sahaja Yoga, so many have come into Sahaja Yoga. Now the people who have come in the beginning are excused for some time, and also they see you, how you behave – it's very important.

So first thing we must know that we are people who are Sahaja Yogis, special type of people, specially placed and we have so many privileges, so we have to be extremely dignified. I've seen people just will laugh for nothing at all. In a group you are there, they just start laughing. There's no need to laugh, but they'll just start laughing. Even if I am sitting they'll just go on chatting and talking and – see, no sense at all. But if your Guru is sitting there you have to keep quiet, you have to be humble, you have to have awe. All these things are important which we have to gradually learn, because you have never had a proper training about spiritual life. You see, what these churches, or you can say these temples that you have seen, or anything else that you have got those, you see, have not been real masters to tell you how to behave, how to address, how to be there.

So now gradually you should see for yourself that you have to grow, and grow very fast. And for that you have to remember we must need our introspection, to see "Where am I? Now what am I doing? Ah, now the anger is coming." As soon as the anger starts coming, go and stand before your mirror and say, "Now come along, let's get angry." You face yourself all the time, and it will help – not the others.

Now I have to tell you that whenever you find such people coming up, they will form a group. Then a group can become bigger or absolutely small, depending on you. You have to just say, "Mother has said not to listen a word against anyone" – just not to listen. And in the beginning of course, it is quite a lot has to be tolerated. Like I've seen, if you see the letters written to Me in the beginning of Sahaja Yoga, they are so maddening. This person talking ill about that, that person talking ill about that; I mean, anybody would be mad to read all that. So I never read them. All these letters I used to just burn away.

But luckily now these people have become extremely sensible, they understand their responsibility, they have become very, very beautiful people, very understanding; and the love that they have for each other, it's very interesting. Only in love you can know about others, not in hatred. If you hate someone how will you know about that person, the beauty of that person? So then you start seeing the beauty of that person and you start enjoying that person. This is what Sahaja Yoga is. So I would like you to see that you train your children in such a manner that they feel their responsibilities as Sahaja Yogis.

May God bless you.

Better be on the lookout, there's smaller children also.

And never neglect them; of course, never neglect them. Never leave them alone. Even if you are going, doing a job, you can give it up for the children's sake, for certain age. Then you can take up when they're ... There are so many things you can do in the house also for ladies. And also men should understand that they must every day spend some time with their children. This is extremely important; because children are so relaxing.

Look at her, she's running off. My attention is all there. I hope they don't ... Are they careful children? Or keep someone there ... Some lady can be alternately with children, one after another, better look after them.

So now, it's a very nice place we have come to, and I hope this work will be done now. We have done the inauguration and it will be all ready. It would be as they said, would be three storeys. Would be a good idea if it works out, and I don't know what you are going to do here, what's going to work out. Did you dig it out for your – is it? ... Fireplace? It's going to be a fireplace. And what will you have up there, in the gap? ... Another on top? Good. How did you carry it up there? ... Prefabricated.

52:54

So now what is the next program? Is the lunch, is it? All right ... Somebody's there. Please look after them. Alternately, you see, can do it.

54:54

You should finish everything, you know. Don't leave anything here.

58:46

It's too much. Now you eat this one. All right? I can't have so much of it. It's a heart here!

59:01

[Yogini asks about looking after Western teenage children.]

59:14

What happened? ... Fourteen and fifteen? And they're not in Sahaja Yoga? ... I think you need to send them to some school in India. ... Not Australian? ... He will allow? Into – it need not be, you see, it need not be a Sahaja school, just not started, but we can put them in a school which is, what you can call it a normal Indian school. One of the admissions you can get them, in a hostel. That will save them. And once we start our high school, they can join us. Because they have to be brought up properly. ... Also, there are so many other temptations, I can tell you. It's very dangerous. ...

You give Me their names. You can get them admitted. Send it to you. And say that these children would like to get admitted into some school there. But the standard in India is very hard. They'll have to go one year less, but it's all right; but they'll have very good education there. Go with her and find out a school. It can be anywhere: in Bombay, Pune, anywhere. That would be cheaper, definitely, than schools here, and they'll be disciplined. I agree with you ... Nobody's bothered, you see. Because they trouble the teacher also. And also the government is not bothered. Children are so precocious, they know so many things – it's horrible, I tell you. It's difficult to understand such small children knowing things which we did not even know when we were medical students. ... Oh, thank you.

Two, three children, or which is the youngest? The youngest is what age? She's the youngest. What is her age? ... Eleven. Still she's not very young. Three of them can go. Big for her age, and very good. So he's very tall, eh? They get taller and taller, eh?

What's your height now? You're already five-ten, or something? Your father is tall, is he? Yes, that's right. You'd like to go to India? Good. Nice. You should find out a school. ....

1:03:42

That's what they told Me when the children ....

1:04:04

I won't be going to India for quite some time, but we could ask Yogi if he can arrange for their admission into some good school. ... What class are you? Eleven. O-level? ... You should finish, I think, in any case. Otherwise you'll be just ... That is O-level, no? A-level ... So you have done A-level already? You are doing O-level. I think let him finish O-level, is important. Then he goes to college? You can get an admission in college. After one year. In India he goes into a college. He can take up arts or something like that, whatever ... You want to do computer? What do you like? What subjects you have now? Maths, eh? You don't like maths. Now, what else? Biology? You have biology. You like biology? .... Genetics ....

1:07:09

All right, we'll see now for a college for you, whatever he wants to do. Is he good at English? You like to write? You'd like to do journalism? Think about it. Let us know. Journalism is easy in India, if you want to do journalism, it's easy to do. But even genetics you might find admission – you try. .... Thirteen. Now, what class he is? Yes, he can go to school. ... No, it's all right. This shawl is quite good.

1:07:58

By next April will it be ready? I'll be here! .... Once you teach them, they will do it. And this gets fixed into it, you don't have to do anything. ....

1:08:42

Is that cement blocks ...?

1:09:04

We too have something like this, but they are very weak in India. .... But these can hold two storeys? Really? ....



## 1991-0328, Conversation with yogis

View [online](#).

28 March 1991

Conversation

Applecross ashram in Perth, Perth (Australia)

Talk Language: English | Transcript (English) – Draft Conversation With Yogis, Applecross ashram in Perth, Perth (Australia), 1991-03-28

Yogini: Mother, it's Mathias on the phone again, it's Mathias on the phone again, he's talking about lamb and things, he wants to talk about the lamb.

Shri Mataji: Lamb? Huh? Should I go in the room or?

Yogini: Is there a telephone extension in here?

Yogi: Yes. Yogini: Is there a point from the wall? Can anyone say point from the wall?

Yogini: Otherwise, there's one in the kitchen, Mother, which...

Shri Mataji: There's a meat company, you can talk to the meat company, I think Frank can do something about it. So he wants to have an offer as soon as possible. Isn't it? It's a good solution. It's maybe for this also you'll find this, but first of all this, there must be meat companies here.

Yogini: Oh, I'm sure there are, mother. As you say, Frank would be there.

Shri Mataji: [unclear]. And the meat. [unclear] To Poland. Both. To Poland and to Bulgaria.

## 1991-0330, Talk on Children and Evening Program, Eve Of Easter Puja

View [online](#).

30 March 1991

Evening Program

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Talk on Children and Music Program (by Nirmal Sangeet Sarita). Sydney (Australia), 30 March 1991.

I am so very happy to be in Australia with you all. Australia is one of the major Sahaja Yoga center, and people are very nice and they are really doing very well here, no doubt about it. I was told there are hundred-and-fifty children today, so now you are prospering otherwise also! They're all born-realized children and they are going to come up very soon, so that's how Sahaja Yoga is really very deeply rooted in Australia; you can see that clearly.

But I feel that I should talk something about children very important it is, because it's a responsibility for all of us that these children have taken their birth here. And they're children of great intelligence and very great sweetness, because they're born-realized. Still, you must know that, that you should not try to over-dote on them or to be over-strict with them: both things are wrong. One thing they must know, that you love them and respect them as Sahaja yogis, because they are Sahaja yogis. Instill this idea into them that "you are Sahaja yogis, and that's why we all respect you."

Please send all the children here in front, I think would be better idea, so that they are not cramped up. You can bring them from the sides here. Is there some room for children, or for the only big children are occupying all the rooms? . You can get a carpet from My room if you want. There's one carpet if you can spread it, the children can sit on that all. Not very small ones; you don't have to carry them. If you have to carry them, you'd better be seated! Yah, yah, that's a good one. You put it here in this side. Yes please. Ah! Just get up now. Ask them. Not the mothers, should not come please. All right?

There's one more coming. Can you move a little back, so that they can spread it properly for themselves. Don't sit on the ground. There's one more carpet coming. You sit there on the carpet. If you can remove this one they'll be quite happy. Hello, Pavan. Pavan, if you can remove this one that side, this yah, this side, a little bit they'll be quite happy because, you see, the children have to move. They are bringing some more. I think if you can remove this one they can see Me, you see, that's why they want to sit this side. No, no, no, no, I'm saying this flower, flower arrangement, yah. Yah. They could sit here, they could sit there. You can remove this flower arrangement also. They just want to see Me, that's all. Some children can sit that side. Don't sit on the ground. Are you sitting on the ground? It's very cold. Why don't you sit here? . You are adjusted. You are all right.

Sit down, sit down, sit down, sit down. You can see Me from there, can you? Please be seated. Sit down. Where is he going? He's angry. All right. Mothers must go back, and only the children should sit in front. . Ah. You have got something, or you're sitting on the ground? You are sitting on something? No. Just see the children here are sitting on something or they are on the ground? Put this one, I think; something else, if you have. There's a shawl there. You can spread the shawl. You get up now. Don't sit on the ground. There's a shawl there. Come along. You all get up, those who are sitting on the ground. Just get up, please. Stand up now, just one minute, all right? Please stand up. Ah, very good. Stand up now. Still further, still come further. Yah, now sit on that. Yes, that's why. Let it be now, it's done. Yes, that's good. Is done now, it's done.

See, the tall children sit behind, and let the small children come front. You sit behind, then lots small children can come front. You, you you are taller. No, no, you are not tall. So sweet! You're not tall. You will be tall, very soon, all right? So sweet they are, aren't they? There are some children behind you who are small, just bring them in front. They are busy with them. She can go back hah, she, little bit. All right; slightly. They don't want to move: great ladies, you see, talking about something some politics belief! Hah, now sit down. Sit down, sit down, sit down. All right? Very good. This one has come with the bottle. What happened? Now, so. This girl talks too much. Whose daughter is she? Ask her to sit this side this green, green thing tell her to sit this side.

Now, everybody is going to keep quiet, all right? And those who will not keep quiet, they'll have to go back, absolutely at the back, hah? So everybody is going to see. Sit very quietly, all of you. Did you hear Me, all the children? Did you hear Me? You are all going to pay attention here, and you are going to listen to Me, all right? So I'm just going to say something to you. What I'm going to say to you is this, for all the children, that now you are all Sahaja yogis. All right, raise the hands who are Sahaja Yogis among you. Who are the Sahaja yogis? All the children who are Sahaja yogis? Who can feel the cool breeze? Let's see. Raise your hands. All of you, who can Yah, just raise your hands. Hallo, raise your hand. You are a Sahaja yogi? You are all Sahaja Yogis? Raise your hands. All those who are Sahaja yogis raise your hand. Oh, everyone is a Sahaja Yogi, all right?

So, we have to give them first this idea that they are Sahaja Yogis, that they have to have a dignity of their own. And that they cannot try and misbehave at wrong points; because they are Sahaja yogis. We must have a rapport, we must talk to them, we must establish their responsibilities, that "you have to do great work, you have to give realization to people. When you'll grow you have to do this, you have to do that. You'll have to go to far-off countries, and you'll have to know this, you'll have to know that." All that, once you tell the children, then they start developing their personality as Sahaja yogis, because they are born like that.

But if you do not channelize them in proper this thing, because of the atmosphere they might go into other directions. So we have a very good chance now to develop our children according to Sahaja Yoga principles, and imbibe those principles in them, so they do not . (Hallo, listen. This girl talks too much. Tell her also to be quiet. Ah, sit quietly. What's this, her name? forgetting her name just tell her to keep quiet, sit down quietly. All right. You are a big girl, you sit.) Now, you have to always say that "You are grown up. You are better than other children, and you have to behave accordingly. You cannot behave in a manner that is not behaving a Sahaja Yogi."

Now the parents have to be also good Sahaja Yogis. Their attention should be good. If their attention is not good, the children will pick up all the bad things and they will start behaving in a manner that they should not. (All right, now go and sit down. Nice girl, all right?) We should not try to control them on many things as we do in materialistic way, "Why did you spoil the carpet, why did you do that?" This is not important. But if they are not respectful to My photograph or if they are not all right for Sahaja Yoga, then what you have to do is to tell them that this is not proper, this you have to do. So the accent should be more on Sahaja Yoga than on something that is materialistic, or something that is wrong. And also good manners must be taught to children. They must be taught how to concentrate on work, and things like that.

At the same time you must know it's, you are as a trust. You are not parents as normal people are, parents are, and possessive of your children. You shouldn't spoil them. By any chance if you spoil them, you'll be responsible for this all your life. You shouldn't spoil them, you shouldn't try to pamper them too much and tolerate their wrong things. If some Sahaja yogi tries to correct another child, should never get angry with that Sahaja yogi. On the contrary, should be happy that your child is being corrected. That's one part of our family. We are one family, and in family if somebody thinks that your child has done something wrong, please try that child is corrected; and thank that man that he has pointed out. Sometimes parents, before parents the children behave very well, but then they start misbehaving. Do you understand? So you have to check your children: as others are telling you your child is doing like this, your child is doing like that, you have to check your children and tell them how to behave. But some people are extremely strict with their children. That's very bad heartlessness.

You must look after their comfort, you must look after their foods. You must know that they like this or like that, why they like it, what is their health, how they are behaving towards others. All these things you can watch, but do not try to be strict with them. Best thing is, if they do anything wrong, tell them that "this time I forgive, next time you are not to do that." But sometimes it is required or sometimes, very sometimes, if they are violent, nasty; because the other day there were two children I don't know from where they learned they brought two knives to put into somebody's stomach. Sahaja yogis were sleeping I mean, that's horrific. Then I said, you can little bit slap them or something, or punish them in a way that children understand that this is wrong, this we should not do.

If you really try to pay attention to them, you'll immediately know what are the problems of your child are. You because you are

also Sahaja yogis. Immediately you'll know the chakras. Try to improve the chakras, try to pay attention to them. At an early age it is very much required that you should look after your children. Till they are about sixteen years I think there should be a proper vigilant guidance to the children. But don't spoil your children, because tomorrow you will come and say that "Mother, we don't know how our children are spoilt." I have had so many experiences like that. They must meditate every day, and they must get up at right time, sleep at right time. But be gentle with them. You have to be gentle, and they have to be gentle also. Also, I've found the children who came down Australian children I didn't see much .

(Now, you go and sit. I'm talking. Hallo, hallo, come along. Now can you go down? Hallo, what is that? Now come along, you go down now. Can you go down now? May God bless you. Now you go down. No, no, it's all right, don't get angry! It's all right, go down. What is there? There's a wasp. They killed a wasp, you know really! They did! They killed a wasp, and sting is, it's there you can remove it. Just see anyone can come up. Just see this one and take it out. There's something there, still crawling up. Just they did some job, you see. You must understand what they were up to. Now this is the one yah, yah, I don't know what is that.) And also talk to them. But if they ask questions you must not answer all their questions, not necessary. If they ask questions once in a while it's all right. But still try that they should listen more than ask, because also that's a very bad habit of saying "why, why?" "You are not supposed to know just now, you are too young. If you ask any more you'd be a stupid person." All kinds of things can be told to children to make them understand that they cannot be stupid, they cannot afford to be stupid.

And this is what I feel, all of you who have children now here, a hundred-and-fifty children, and all the parents have to understand it's very important. Also the people who are not yet parents, or who are grown up, their children are grown up, must look after the children as their own, because ours is one family. Whether you are in Australia or in England or in America, anywhere you may be, we are one family, and all our children are our responsibility. So, all of us should look after them, and all of us should tell what's wrong with them, how to get them to proper ways.

I would suggest that you should have a committee for discussing about small children. And every month you can meet, the committee can meet, and in a ashram if they are, or if there are no ashrams then some people can meet and discuss about children what's the matter, what can we do about it. If there's any problem you let Me know. Now I have, I think, instructed some things about children but it's not yet been sort of circulated so much: for very small children who are born, for the women who are pregnant, and how it all should work out. So, carrying the children too much is also not very good, and also putting them all the time on a perambulator is also not a very good thing. You see, if they are grown up children they should learn to walk and they should be more sort of working with their limbs, than sitting in a perambulator or something like that, and also the buggies. I've seen the children who are just used to buggies never walk.

So, if you are taking them out, if they are too small is all right, otherwise don't take them out too long a distances. Take them for shorter distances. They must learn how to walk; otherwise later on you'll find it's impossible for them to take to this.

Then another thing, Indian children as they know from very childhood that they have to squat. So from childhood if you teach them how to squat, and how to be quiet, they will learn. I have a feeling that when the child is born, the kind of massaging and all that is done to them is very little. That's why the children become so violent and so disturbed. If you start massaging them just after the birth of the child, gradually till they are five, six years of age if you massage their body every night before sleeping and then with a little powder you wipe it out, or before bath, I'm sure the children will not develop this nervous temperament and this kind of a situation where they just become absolutely out of hands. Moreover, it is better that when the child is very small, the mother should not work. Or else now I hope you start some sort of "creche", somewhere where there are Sahaja Yoginis looking after the children and where the children are kept in a proper shape, that they are looked after.

You see now, I would say that this is the training: whatever you give helps the child to become what you want them to be. If you do not give them the training, children can never be all right, they can never behave themselves, and they can never be good children. You'll have problems, problems, problems. Of course, we've started a school with very great jittery conditions, anyway. The teachers had really become like pantomimes, I think, because these teachers had never seen such horrible children, to begin with. And they used to beat them, spit at them, bite them, and within one month's time all the teachers wanted to run away. They said, "We can't manage these horrible children. I don't know from where they have come." Moreover, the education was so poor.

They didn't know how to write even ABC these are the big boys while in India at the age of five years children can read very well, do this. Despite that, you see, all this was happening and also there's such a pressure of all the teachers, on the teachers by the parents. The parents came down there, stayed there, the mothers stayed there, tried to correct this, do that. I mean, nowhere in the world in any school this interference is allowed.

So, the teachers were so fed up. And the person who became really hard on them was a boy from abroad. He started hitting them, because he said these children cannot be all right unless and until you hit them. So we told them that this is not the way it is be done. But we had to use a plastic rule just to show them, that ruler, that if you misbehave you'll have this; because they were very disobedient. They would climb up any tree, fall from there, they would like to jump everywhere. And impossible to control these children in a place like Dharamshala, which is hills and dales and all kinds of trees there. So they got a fright, and they said that "Now we'd like these children to go away. We don't want to have a school." I mean, they'd paid so much money to start the school. And it came on them suddenly because there was no school; but such interference of parents and things and something too special. Now if they are sitting in a puja, if the food has to be served at eight o'clock they'll get up from the puja and go away, as if it's very important to eat. Doesn't matter once in a while if they are delayed to eat. All these ideas are very regimental type of things. And then children become really like military people, who come after war and become horrible: it's that's exactly what happens with them.

So, the way they are looked after now I must tell you these children who came as just ignoramus things, absolutely good for nothing, have now started reading, writing, calculating. Not only that but they also write Hindi language, which they did not do. They have changed so much in this such a short time, it's hardly I think one year's time that they have been there. And we have looked after them in a way because My attention was there. But they got fed up with the mothers who went down. And it is demeaning for the teachers also, to go and correct the teachers in the presence of this thing. Also I must say I was sorry to see that somebody was sent from Australia to find out about the schools. When the school was here, nobody bothered. When there was a school in Austria, nobody bothered. Nobody bothered about the school which was in Rome or Milano, but when it was in India they sent somebody to find out and get photographs and everything. It's something very demeaning. And the Indians refused to have a school there, and they said "we will not have this kind of a thing anymore."

So, you have to trust. But I can tell you this much, that Indian culture is the best for your children. That will make them perfectly all right, and you'll really enjoy them; because you see, Indian children now see, even now look at these children, how disturbed they are but if you go in India and see, the children are least disturbed. They are just there, they are obedient, they are giving type. Understand this, what is good for our children we should give them. So this is also not good, to interfere with the school. Now there's another school we have started in Vashi where we'll be getting children, all of them, because they have given up now: they have given up, the teachers have given up in Dharamshala. They just said, "We cannot manage these children," because the place is so dangerously placed and they are, you cannot control them. They have no sense of caution, and they are jumping all over. It's very difficult to manage. After all, this year they will continue but from next year they are saying we'll send all the children to Vashi. For nine months they could be there, and the parents can bring the children to Dharamshala, and they can stay and they can look after them. It is so bad as that.

So, you must know, the quality of our children has to improve. They have to become peaceful, righteous, good children, and they are not to be troublesome and exacting; because they are Sahaja yogis. Otherwise, if you do not give them the proper guidance, I tell you, they'll be all a waste. They are born to you because you are all Sahaja Yogis, and we have to give them that beauty. If you cannot give that beauty to them, they will not realize why they came on this Earth, how important it is today that Sahaja Yoga has started. It never happened, this kind of thing before; it never happened, such a great thing. And this has come here, and this has brought such greatness to all of you; and perhaps, I think, many people do not understand how great it is that's what is very surprising. Now you have entered into Sahaja Yoga which has transformed your life, has given you everything that you wanted, it's so beautiful. But understand the importance of it, and that how we have to develop and how we have to grow; because you will be held responsible in future if anything fails. So we have to go very deep into it, and we have to get to it in a big way.

Why is she crying? What's the matter? She wants to go to Mummy, let her go. Whose child it is? Martin's? Martin, you know your children. You are too much attached to them, I must say, too much attached. You really that's what I was going to tell you, that

they were very, very funny when I came there. They're too much attached. She has improved a little bit but I think still You should keep them out, keep them out; don't get attached to them. They'll be such a headache to you, you won't know. Before Sahaja Yoga people used to neglect their children, I've seen it; after Sahaja Yoga they are just stuck to them. Like the two extremes. Tell her not to cry. Otherwise, you tell her you'll send her out if she cries any more. Now don't cry, keep quiet. Sometimes you have to scold also. You have to. You shouldn't tolerate their nonsense, otherwise you are responsible for these children, who are godly children who have come on this Earth. God has given you a gift: you have to look after them with care and understanding. I think it will all work out.

What's it now? What does he want? What happened, what? Ask him, what is the matter? Everybody is laughing at you. Now, now, don't cry. See, you want everyone to laugh at you? Sit down, sit down, ah. Now such a big boy like you, you shouldn't cry. Now see, they are all laughing. Ah, sit down, sit down. What's the matter? All right, take him out. He'll cry more, he won't listen. What's the matter, what is he asking? All right, you take him out. Don't cry, don't beat him. You take him out, take him out, he'll be all right. Take him out, outside the thing. Don't beat him, and don't get angry. That's not the Take him outside. All right. You know, you shouldn't beat your children all the time, otherwise it has no value! You must make a big ritual of it, you see, before beating; make a big ritual, "Now, this is going to be bad."

[Children singing]

Wonderful, thank you very much. Ah, which is the next one?

Oh, My God! Thank you very much. It's beautiful, thank you. All right. Please, please. Yes. It's nice they know everything by heart. It's beautiful.

Thank you, thank you, believe Me.

[The teacher asks if Shri Mataji would like to see the preschool children do a stick dance.]

All right. When? We'll see it after puja tomorrow? All right? Will be good. All right.

Now, all the children are going to keep quiet. We are going to have now music from Nagpur musicians. They have come all the way.

Now keep quiet. All the children have to be quiet. Do you think they want to sleep now, the children at this time? Have you to send them for sleeping? Hallo. Children, is their sleeping time now? Is it their sleeping time? They don't sleep so early these ? So let them go, those who want to sleep. I think some of them are already feeling sleepy. What do you say? After one song they can go. Let them hear one song.

Want to go? Those who don't want to go, need not go. Those who want to go can go, all right? Let's keep it open. They are telling Me, no, we don't want to go; they are telling Me.

No, this side. Martin, I said this side. It's all right, that side is all right. There's no other thing .

[Baba Mama speaks on behalf of the Nirmal Sangeet Sarita. He says how happy they are to be here, and how they have gone from one ocean of love to another ocean of love: that of the Sahaja yogis in India and in Australia. He says, why do we need a passport to go from one Sahaja center to another Sahaja center? And to pray to Shri Mataji for a day when no passports will be needed. And he says how "music is the shortest track to the Divine." He then introduces the first song.]

## 1991-0331, Easter Puja: Purity, Morality, Children

View [online](#).

31 March 1991

Purity, Morality, Children

Easter Puja

Bundilla Scout Camp, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Easter Puja. Sydney (Australia), 31 March 1991.

Today we are here to worship Christ as He was resurrected from dead. There are lots of theories about His death, but actually He resurrected Himself and then He went down to India and settled there with His Mother. After period of His resurrection is not described in any books, as such, but in one of the Puranas written about Shalivana, one of the kings of the dynasty I belong to, has met Christ in Kashmir and he asked Him, "What's your name?" He said "My name is Issa." And then he asked Him also that "from which country you come, which place?" He said, "I come from a country which is foreign to you and to Me and now I'm here in my own country." That's how He appreciated, I think, the Indian thing. And then He used to cure people there and his tomb is there and His Mother's tomb also is there.

So there are other stories also written by people who did not know much about Him. But whatever it is, what you find that Christ was very much impressed and was very much there to teach about morality, as in the Indian Scriptures, very strongly. For Him, morality was the most important thing, in life because, as you know, He was the incarnation of Shri Ganesha. So, for Him, Ganesha's principle was extremely important and that He has expressed by saying that "In the ten commandments it is said that 'Thou shalt not commit adultery,' but I verily say to you thou shalt not have adulterous eyes" to such an extent that even the eyes should not be adulterous. It's a very good understanding of a personality where we find in the modern times most of them have their attention moving up and down with adultery. Also in one of the Upanishads I read that even to look at a woman is adultery, even to think of a woman is adultery and talk to women too much is also adultery. These modern times I've seen there are women who are used as public relations, everywhere, in every country. And they just go and chit-chat and talk to people in position and talk in such a manner that they feel very much pampered. And one of the ways of getting favours, wrong favours from officers is through this kind of PR business. It's very common and this is what is responsible, also partly, for the corruption in many countries.

Morality goes hand in hand with all kinds of violence. Anybody who is a violent person, a person who is in the mafia, a person who's regarded as an outcast, all of them are adulterous people of the worst type. So one has to understand how important it is that morality should be our basic asset in Sahaja Yoga, specially, I would say, we are so lucky today that it should be celebrated in the land of Shri Ganesha, that we should be here to celebrate His resurrection, which actually is due to His clean, we can say, absolutely nishkalanka life, life which was so pure. His purity was there because He was nothing but chaitanya. He was nothing but vibrations. He was so pure that He could even walk on the water. He was so pure that death could not kill Him.

So we have to aim at our purification. We talk of resurrection, of when we think of getting a second birth. As I have told you before that an egg becomes a bird. That's called a vijaya. It's twice-born. In the same way, we who are covered with our ego and our conditionings, opens out to become a bird and that's how we all have come to know about the Brahma, about this all-pervading power, which is the Brahma. And that's how we have now really become the vijaya, meaning the Brahmins. Those who have not known the Brahma — without that, what is the use of any worship or any kind of chantings or anything? Because you are not connected and if you are not connected, it has no meaning.

But we have to look at ourselves, about purity part of it. On a very low level of people, you see, I have seen that the impurity comes from what Christ has called as murmuring souls. These are the people who start talking at the back of others and just enjoy this kind talk. This is a very low level of a personality. I think in Sahaja Yoga this should go away completely because it

creates problems and the main, basic strength of Sahaja Yoga, which is collectivity, is harmed by that. Specially, in this respect, I would request the women. Specially the wives of the leaders have a great responsibility. If they start talking like that, taking interest in such talks, then they come down to the level of others and their motherhood is challenged. Any mother who allows the children to talk like that is really spoiling the entire life of children.

Anybody who talks ill of any people in Sahaja Yoga is really extremely dangerous for both of them, but especially for the person who does it. So one should always avoid even thinking ill of others, let alone the talking of it. If anybody talks like, you should put your hands to your ears and say, "Don't tell me. I don't want to hear anything against anyone." Because when we start talking against someone, we get all the bad things that person has, Apart from that, our mind is spoiled, is impurity in your mind. Then we talk to others, it increases and it becomes worse.

So it's the responsibility of the women to be very much careful because this kind of thing is more with the women because they are little excluded. They have exclusive friends and they have exclusive life. They are different type than men are. Men, if they have to get angry with someone or if they want to say something, they'll just go and have a fight and finish it. But women will keep it in the mind and will say something and it's such a bad thing to start. It's just like a worm, it moves and is very infectious.

So all of you must remember that this is the first thing. you must avoid is to listen against anyone, talk against anyone, have small talks. I have said the same thing in Perth because last time when I came I found horrible things were done against people. Now, again I tell you this because we are at a point where we have to understand that morality is not only about what is the sex is, but is much more than that, much wider than that.

So, because we want to have our purification, let us have introspection within ourselves. People ask Me, "How did you manage so well in Russia?" There is one thing about Russians, very great, that they're very introspective. If you read any novel of a Russian writer, you'll be surprised to see that all of them are introspecting. All the characters are introspecting. They want to see "why I did it." For example, somebody is lazy. He doesn't work. He dedicates his time in reading or something else, but he cannot put his physical body to any strain. Then he introspects. "Why? Why am I so lazy? Why can't I do something more active?" Then somebody who is always sort of difficult and angry type that people don't like him. Then, instead of getting angry with others, he has to see himself in within himself, "Why am I like that? Why people don't care for me? What do I have within me that is making me so miserable?" So you'll see that you're either conditioned or you have a funny ego which is coming up and is making you do wrong things which you should not do. That's one of the purifications you can have of your mind, when you start introspecting yourself.

Now, as the culture is, I find is, not very much for the benevolence of human beings. It is — you don't know what people are up to, what they can do, how far they can go. Nothing is possible. I've seen in these some of the marriages we had very shocking things that the men or women never told Me and they had horrible diseases. And they just put Me into trouble. There are many others who have done this kind of thing. So first thing, you must know that you cannot be a hypocrite in Sahaj Yog. If you're a hypocrite, if you do not sincerely believe in Sahaja Yoga, fully engross yourself, you do not purify yourself and jump into yourself, then you will be exposed very soon and you'll be thrown away from Sahaj Yog, no doubt about it. I will not throw. I will forgive, but as I have told you, there are two forces in Sahaja Yoga. One is centrifugal and another centripetal. By centripetal force, you'll be attracted, but by centrifugal force you'll be thrown out.

So one has to be very careful because whatever you have got is something really remarkably, surprisingly so heavenly and so easily. Actually, I am surprised at Myself, how I have achieved all these things, but it has been achieved because, as I have told you, that the all-pervading power itself has taken a dynamic role. It is acting because it is now in — we are in Krita Yuga. This Krita Yuga comes when there is a gap between from one yuga to another yuga. Like we had Kali Yuga. Kali Yuga has to go to Satya Yuga. In between there's Krita Yuga, when mishaps and evolutionary process have taken place at that time.

So now the last evolution has started and again this all-pervading power has become very dynamic. That's how you get all My photographs and you get all these things and you are also getting people realized. You, yourself, you are surprised at the miracles you have. Everybody can tell you hundreds of miracles,



So these miracles also are worked out by this all-pervading power. At this juncture, when we have all these possibilities, if we try to be hypocritical, we are harming ourselves. If you try to criticize others and not ourselves, then we are going to miss the bus. You must understand the importance of time. That is something people miss out. Sahaja Yoga is very good because you are blessed and you feel that you are secured, things are very good, you get so many brothers and sisters and I see you faces just like roses shining. All that is good, but still there is a chance that you may fall back. The reason is you must purify yourself. Never get satisfied with yourself. Some people, when I talk to them, they never think I am talking to them. They think I am talking to somebody else.

So, please try to understand, we have to introspect ourselves. We have to meditate and when we are conscious about our own defects, we start looking at it and they'll drop off.

It's a very tremendous task that we have to do, is to emancipate the whole human beings and, for that, you have to be something very special. You have to be ideal. People are going to see you. I have seen some people who are very fond of going on the stage and trying to show off. It's ego. Understand that it is ego. If you are not what you are talking, nobody is going to take you seriously. On the contrary, they'll disappear from Sahaj Yoga. If you are going to show off, people will say, "Look at this show-off." Everybody can see you being like that. They will not see themselves, but they can see another person like that.

So for all these ego manifestations, you have to be very, very careful. Now supposing if you have money, then you'll try to show off. If you have some power, supposing you have certain position in the government, you'll try to show off. Anything, these artificial things. I have known people who show off for absurd things which have no meaning. I don't understand that these all things are outside. They're not enriching you. They are in no way giving you the strength that you need, in no way making you beautiful.

So all these outside things anybody can have. It's nothing great about it, but the inner wealth that you develop is the only way you can purify yourself and the resurrection can take place in the same manner as Christ has said.

Now the time of resurrection has come. You are all resurrected, but you have to still cleanse yourself. First, as I told you, that morality should be the highest priority for all for of us. Now just think of the life people live. For example, I have been in the West with my husband in another atmosphere, another society. We've been to parties, we've been to all such things and what I found that no man is safe, no woman is safe. They're all flirting with each other, God knows for what. It's a joyless pursuit. And when they go back home, what they find, that the wife is missing or the husband is missing. So such an insecure life they have because they have no sense of morality. To them, these pleasures are something great and because of this misunderstanding about the life they are suffering with such tremendous insecurity.

You have to guide your children to a proper, sane morality. For that, you must behave properly. You should not go romantic in the presence of your children. You should not try to put them in a way that you lock up your rooms and do all kinds of things, but behave in a manner that is dignified, otherwise children will pick up from you to begin with. Then also, you should be careful as to the television and things that they show or what children see. You have to be careful. And talk to them that this is wrong. "This is very wrong and this will bring problems to us."

If you have a proper rapport with your children, you won't have any problem. You see, here they have so much of this education. Despite that, how many problems you have with children. While we do not educate children in all these things, but we don't have these problems in India because we are just kept innocent about it. If the children are kept innocent, they never indulge into it and they will never let into any problems which are created by curiosity. Never make them curious. You will feel happy, the children will feel happy and they'll start their life from the very beginning on the basis of morality. This is what you have to do to your children is a proper, moral sense.

Then another thing I've seen is that very important is to give, for Sahaja Yoga, your time. Many people do not give their time, do

not work in the ashrams. They do not think that they have to do something for Sahaj Yog. You must understand that you are part and parcel of one body. Now supposing I do not allow one hand to work, put it in a sling. You'll find it will never work. It will become weak. Weak, it will not be able to do anything. It will be wasted. So you have to use all the limbs of the body in the same way. You all must also put in physical, mental, emotional, whatever is possible for the work of Sahaja Yoga because it is your work. I don't need Sahaj Yog. I don't have to do it. It's for you I have started this and it is for you to give it to others. Is your responsibility, so you should take it up as your own. For example, you know that at this age I'm travelling every third day or fourth day and travelling long distances. All this I'm doing for what? There's no need for Me to do. I don't need anything. I'm just doing it because is supposed to be My life. I don't know how to explain why I'm doing it really. Logically, it doesn't sound sensible. But, if you see Me, you say that "we have great regard for Mother, we respect Her very much, we are very fond of Her and we worship Her," all these things. But do you give so much as She can give? How much do we give?

Secondly, I have also heard that people are very miserly in giving money for My programs and things. You want Me to come here. I used to spend My own money in the early days, but you don't want Me to come here with My own money. Is it proper? Is it? If you have self-respect, you would not like Me to come, spend My own money coming here and spend money for building this and spend money for your car's petrol. Would you like Me to do that? No. So there are many people who come to My program, I am told, that do not pay for My programs. It's very wrong. If you do not pay, I'll tell you immediately, you'll suffer and that is in money matters because, if you do not give, money doesn't come. Those people who have been generous with their hands, have been very prosperous, even in Australia, even in India.

So I have to tell you, even this is not a temptation to you, but when people say, "Mother, our thing is not coming up, this is not working out." So there's something wrong, somewhere wrong. Once you start dedicating yourself to Sahaja Yoga, immediately you'll find things will work out. Something — there is something you have done wrong, which you should not have done or something you have not understood. You have done something and a misunderstanding, try to find out. Things must sort out. They must soothe out in Sahaja Yoga. Everything sorts out. Not only that, but I have seen it, just becomes absolutely beautifully falling into line and you are amazed how it works out. From a small thing to big thing. So, if it is not working out in your life, there's definitely something wrong.

So it is your the morality of your, I should say, financial morality. Also there were some horrible mishaps we had in this country of yours, where horrible leaders came who were interested only in money. That's how they came to Sahaja Yoga and what has happened to them, you know that.

So you don't come to Sahaja Yoga for money. You come here for everything, in a sense in totality. You have to get that higher situation. Like that, you have to give also with an open heart. Know that you have got such a great gift, so now, "What can I do about it?" Of course, I don't need your money, I am not in the same position as even Christ was, but He never took any money, so I need not take any money from you. But still, for other things, those people who have not paid should remember that if they want their children to be all right, if they want their family to be all right, if they want to be all right as far as the money is concerned, without feeling the ego, without pressurizing the leaders, try to spend your money in a way that is really useful for Sahaja Yoga.

Then another point is about the family, as I told you yesterday, that "My house, I must have my house, I must it." Specially leaders' wives, again I should warn them because all this has created problems to such an extent now that we have had to throw them out of Sahaj Yog. Despite the fact that husbands were very good, but some women wanted to have their own home, wanted to have their own children. They wanted to stay on their own. So this kind of thing, if a leader's wife has ideas, then what will happen to others? They have to follow an example, that is that of a leader. If a leader doesn't have that and the wife doesn't have that example, the whole thing can be absolutely in state of jeopardy. And that's what I have seen, that people suffer so much when they do not realize that we all are part and parcel of one family and we start thinking — imagine we cut one finger and plant it somewhere. What will grow out of it? Will a tree grow out of it? Or what will grow out of it? Nothing. It will stick.

Till you were not joined with that whole thing, you were all right, whether you were rotting in a place or wherever you were, it doesn't matter. But when, now, you have joined and when you are part and parcel of the family, then see how you behave, how your children are. Are they collective? Are they sharing? Or they are fighting? Try to see that your children can share their things

with others and you, first of all, start doing that, otherwise children cannot do it.

Now look at Christ. He lived hardly for four years in the sense that He was out of that country. Only for four years He could work out the mission that He had to fulfil. So He was only there to achieve this resurrection at the Agnya chakra. In that short period, how many beautiful parables He has given, how many places He has been, how many people He has talked to. All His life is spent like that. He lived in a very simple manner and He had no such tents or anything, so He used to go on mountains and mount — you know, Sermon on the Mount is very famous sermons are. And then He would gather people there and talk with them. They would listen to Him, but nobody imbibed anything that He had said. Very few that He had, about twelve disciples, who also understood Him when He died. Before that they did not understand what He was. They could not visualize actually within their minds what He is doing, what He is talking about. But when He was resurrected, that made them think, "Who was He? And what has He has done. How is it we are His disciples?" And they're ordinary fishermen. You know that very well, but their intelligence suddenly manifested. Their dynamism manifested and they really showed such good ways of achieving what we can call the second birth.

Also, Christianity spread under wrong banner of Paul and Augustine and that's how we see the problems of Christianity, so much so that we are shocked. "How can Christianity of Christ be like this?" But it is. And this Christianity of Christ that has come has nothing to do with Christ. And He has said it, "You be calling Me, 'Christ, Christ.' I won't recognize you." We are the people who are carrying this. And also He has said, they'll be wearing a mark on their heads and I will know who are those.

So, as it is, you are already marked. You're already been chosen by Christ. In His last judgement, He has chosen you and you are there, but still, one should know that there is all the possibility that we could be hypocrites, that we are playing with only words. Could be that we still have to cleanse ourselves. So just put your mind into yourself and see for yourself that "Where have I done wrong?"

As far as Mooladhara is concerned, you people have a special responsibility. Australians have the greater responsibility than anybody else because this is a place of Shri Ganesha and, if you do not fully understand the significance of Mooladhara clearing, I am sure you won't be able to achieve any height in Sahaja Yoga. So all of you should decide about this and work it out so that there is no problem of your ascent or of your rising because you're so pure or so beautiful.

All this you have achieved already, without much difficulties. Only thing is if those things which are left behind suddenly are trying to come up, also you should not allow it to come into your life. You should just throw away. For example, like a lotus leaf, when it is under the water it doesn't show anything, but when it comes up, then water doesn't stand on that. It just falls off, doesn't get attached to any water. You may pour water, any amount. It just takes away.

So this is what you have to find out. Relationships between each other, racialism and other things, we have to just oppose it. It's not a good thing to hate anyone for any small thing like that.

The forgiving quality of Christ at the time when He was crucified has to be remembered. How he forgave those who crucified Him because they do not know what they were doing. But even when they know what they are doing in Sahaja Yoga, still people try to crucify and this crucifixion can be all right for a person who's crucified, but very dangerous for the person who is crucifying.

So this has to be understood that to get out of all things and to get out of all your crucifixions, you have to have an extremely pure, ideal, beautiful life. You should be proud of your virtues. You should be proud of your greatness. You should be proud that you are so righteous. There's nothing to feel bad about, otherwise people will boast about their mad things, as in the modern times, but not about their good thing — regarded as bad manners. You need not boast about both the things, but you can be proud of the things that are so beautiful, so nice, so energy-giving.

Christ had to surrender to the desire of His Father and He asked Him that "If You could take away this cup, it would be nice." But when the Father said, "No, you have to drink this cup," He accepted and He went through it very bravely and beautifully.

We have to have the same kind of surrender, that whatever we have to do, we have to do it with a surrender. We should not think that we are achieving something by that, we are showing off by that or anything. Just, we should feel that is being done because we are surrendered. We should feel our surrender as a great blessing. If you can put your attention to your heart and just say that "I surrender myself," that's more than sufficient. But you shouldn't say that "Mother, please help me to surrender." How can Mother help?

All these prayers sometimes are escapes from reality. "You just help me. Help me in this." To surrender is very easy. You just you have to say, "Mother, come in my heart and come in my head and come in my attention." That's all. Go on saying like that, "Please come in my body. Come in my head. And come in my attention." And, as you go on saying, Kundalini will rise and She will cleanse you completely. She's the one who cleanses you. All the time She's cleansing your chakras, but problem is you always falter, again and again. Poor thing again and again rises and does that.

So all these problems are because we are not introspective. Also seen people are very attached to their wife or attached to their husband, then they cannot see anybody else. For them, everything is wrong, but for themselves or their husbands or their wives. This is, seems to be, very common failing. This kind of false attachment will not only harm another person, but will harm your husband or your wife because they will also get away with wrong things. Once they start getting away with wrong things, there's no end to it and they'll be destroyed.

Now the task before Me is to go to area of Vishuddhi in America, which is another very difficult task and unless and until that is put right, My throat will not be all right, so I have to jolly well do it and I have to work it out. But, as you know, Americans have something wrong with their upper storey. They can only — I just don't understand. They like people who take money from them and who befool them, who have Rolls Royces, all kinds of things and can you imagine. They would not have Me on the television because I have no Rolls Royce. I mean, in the television, in the government, can you imagine such a television where they don't take you up because you don't you have no Rolls Royces. It's not prestigious. Why have a Rolls Royce by cheating everyone, then it's very prestigious. It's a business. With all these things happening, one feels that the level of spirituality is really great in a place like Australia. It is cut off from the world, which is so much away.

But spirituality is very, very expressed here and I am sure in Sahaja Yoga they will rise very high if they keep to one understanding, that they are living on the soil of Shri Ganesh. How important it is how you live, with what purity and with what understanding.

So today is the day of Christ's resurrection. You should say it's a resurrection for all of us. He is the one who managed it, who did everything for us and He's the one who has helped us so much, otherwise Kundalini could never have entered into Sahasrara.

So one has to thank Him from your heart, plus you should try to imbibe His qualities. One other quality is there, that if people try to criticize your Mother or try to insult your Mother, you get angry. That is just like Christ. He could not tolerate any insult or any kind of a neglect of His Mother. He Himself has said that this will not be tolerated. In the same way, you people also, if you have only for that, then I am with you. I am absolutely with you, that you do not have any more the feeling of guilt or anything within yourself. When you understand that whatever you are doing, you are doing with complete sincerity, with complete understanding. Even if you make mistakes, doesn't matter. The mistake will also bring you something there, but you have to be extremely sincere. This feeling should be within you. Look at the feeling of Christ. I mean, He crucified Himself. He asked for the trouble. He went all the way there. There was no need for Him to go, enter into that area and He got this. Of course, you are not going to be crucified for your resurrection, not at all, but, in a way, we have to crucify whatever is ugly, whatever is wrong, whatever is detrimental to your growth. You have to become really very beautiful people, very beautiful. Anybody who talks to you, anybody sees you should say that "I met such and such person. He's very beautiful and then I asked, 'How is it you're so beautiful?' And the person said that 'I am Sahaja Yogini.'" It's a very, very common experience of mine, very common experience and the main thing is that you have to respect your Self Realization. Your resurrection has to be respected. If you do not respect your resurrection, you are not going to help yourself or others.

I met once, by chance, the High Court judge of Hague High Court, which is a world High Court. Just in Romania, he was sitting there. I was also sitting and he was looking at Me. Trying to locate him, I couldn't locate him and then we went to Paris and he was also in Paris — Frankfurt. He was changing and I was also changing there. So he just came and asked, "By the way, have I met you before?" I said, "Maybe." I knew who he was, but I kept quiet. He said, "You know, I'm such and such and I went to India and there was a lady who cured me. Are you the one?" I said, "Yes. I am such and such." All right. Then what he told Me was most encouraging was this. He said, "That time you cured me I felt gratified. I thought you are one of the healers and all that, but when I saw the life of Dr. Nagen, you see, my colleague, the way he's transformed, the way he had become such a good man, such a wonderful person, I asked him once, 'What has made you so good? How can you be such a good man in these bad times when from every side there's such an attack.' And also he took a very big stand."

Which child is crying so?

"And what — what was the thing? What made you such a good person? You are living in a place like this and you know how Hague is surrounded by all kinds of criminals and drugs and all that. And you are such a nice and a beautiful, saintly person. What has made you?" So then he told me, 'You remember the lady who cured you. She has changed me completely. It is because of Her, I have become a yogi and that's why my life has changed because it gives you the style.'"

So this man told Me. I was really very much touched. So he said now, "Can I have your photograph?" I said, "I don't have any photograph. There were three, four Sahaja Yogis with Me. They were wearing the badges, but only there was one badge. But the secretary of the Hague High Court was also with him. He got so much interested. So he said, "Can I have the badge?" So we gave it to this judge. So the other fellow says, "What about me? I would also like to have a badge." I said, "Are you going to carry this badge?" "Yes, yes, of course." Immediately wore it. Suddenly, Matteus found another badge, but they had gone to the aeroplane. Then he ran there and he told the air hostess, "Give it to the gentleman." "Ah, I saw one with this badge. All right, I'll give it to the other." And she took it inside.

Can you imagine these people of such high society, I should say, so highly placed in life, such intellectuals, they are the judges of the supreme high court, in the sense that is the supermost high court in Hague, world's high court, and so humbled down because of one person whom they saw so changed.

So you can imagine how you can change your colleagues, how you can show better results by your proper dignified behaviour. It's going to work out very well if you have that example.

And Christ, why He impressed people so much? Because of His personal life. In His personal life He showed how powerful He was and then — and His death He showed by His resurrection that He was something beyond human comprehension, where He has just become resurrected after death. Must be that He was absolutely purity personified, which He was.

So, today we have to place ourselves in such a manner that we are ask for purity and purity and purity and that we are going to work out this purity within ourselves with full sincerity. We are not going to get into ego trip and think that we are perfectly all right. No. We are just going to ask for complete purity within ourselves. This is what the Christ has given us, which we should achieve and we should really show that we can achieve that purity within ourselves. Whatever has happened, you forget it. You don't worry on that point. Whatever has happened is a gone case. But whatever has to happen is this: that you all should ask for purity. All criticism, all hatred and all those things will disappear, plus the purity will give you that unique position that when people will even see your life, they will change. Only by seeing your life, they will change.

I hope this works out very well here and maybe by the time I come next time we'll have lots, lots of Sahaja Yogis, beautifully connected to each other, beautifully having relations with each other and with children growing up very fast as well. I hope to come back here again to the land of Shri Ganesha, where purity has taken over.

May God bless you.



## 1991-0403, Actualization of the baptism

View [online](#).

3 April 1991

Actualization Of The Baptism

Public Program

Hilton Cairns, Cairns (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. As I told you yesterday that truth is what it is and we cannot organise it, we cannot conceptualise it and we cannot know it at this human awareness. We have to go into a subtler state to know it.

So what is the truth? The truth is that you are not this body, this mind, this ego, these conditionings but you are the pure Spirit. And the second truth is that there is an all-pervading power of God's love which does all living work. To discover this you have to become the Spirit. Now as I told you yesterday that it happens through your evolutionary process that you have come from the amoeba stage to this stage and now there's a little more breakthrough. The actualisation of becoming the self is the actualisation of the baptism as described in Christianity. Actualisation, again it's not something somebody puts a hand on your head and you're baptised. It's happening, it's a reality and thus when it happens and when you become the Spirit, then you discover that you have divinity within you. Your divinity starts manifesting itself.

So the ideas of the Divine, the talking of Divine which looks quite mysterious to us becomes a reality within us. The self is to be understood as been described in so many scriptures but as I said yesterday whatever I am telling you should not be accepted blindfolded but you must keep a scientific outlook, keep an open mind and if it works you have to accept it as honest people. Also, it is the evolutionary process, the living process of the living power you cannot pay for it. It is spontaneous that is Sahaja, is born with you.

When you get your Self Realization, as so many of you got yesterday, it started. You felt a kind of a cool breeze on your fingertips, you felt a cool breeze coming out of your head. You have to certify yourself, nobody is going to certify you, it's your own achievement. Now what is this cool breeze is described as the cool breeze of the Holy Ghost in the Bible or we can say is the all-pervading power of God's love as described in all scriptures.

Adi Shankaracharya said (.....saleelum saleelum ... unsure of spelling), cool cool. Is called as a .....(unclear), meaning beautiful waves, waves of beauty. But these waves of beauty you start feeling because you got connected to this divine Power. For the first time, you have felt it, before that it was just a story to you that there is an all-pervading power. But for the first time, you felt this cool breeze and the joy of your Spirit. But when this cool breeze starts coming and you start feeling them you must know that there are five, six and seven centres within us on the right-hand side and also on the left-hand side. These centres are shown here as seven, one two three four five six seven.

These are subtle centres and when this power which I said yesterday as Kundalini which connects you to that power is awakened she rises through six centres she pierces, and the seventh centre is just guarding this power. So the sixth centre it penetrates through. Now the centres are something like this, the left and the right. When you start using the energy these are the centres they nourish us and give us our energy for physical, mental, emotional being.

So when you start using say on the right side when you think too much, you are futuristic, then you start using it on the right side, or you start moving it to the left side, the energy between the two is constricted, gets exhausted and that's how you get sick. You get sick physically, mentally, emotionally and also there are diseases which are the combinations of these two sides which we call as psychosomatic which are incurable.

But when the Kundalini rises she nourishes them and puts them back in the proper places. Sometimes these get broken up and

when they're broken up there is no connection also with the mains, in the sense, it has no connection with your brain and they start working on their own so malignancy also sets in. But when she pierces through this fontanel bone area which was the soft bone on your fontanel bone area here, just on the top of your head, first some people do feel a little throbbing but then it's breakthrough and you feel the cool breeze or sometimes a hot breeze also comes here. Now the seat of the Spirit is here but the reflection of the Spirit is in the heart so when it pierces through, the Spirit is brought into your attention and the light of the Spirit when it comes into your attention, it starts working on your central nervous system. And that's how you feel the cool breeze on your hands.

Now when we say that you are a self-realized person, then you have to feel this power on your central nervous system, it's not just a mental projection, is beyond a mental projection. By mental projection, even a murderer can say oh I'm alright, God has done this for me. But when you cross that point and enter into the new consciousness then you know the absolute truth. Absolute truth is that everybody feels the same way because Spirit is absolute. For example, there's a child who's a realized soul. You take ten children who are realized souls and put somebody before them and ask what's wrong with this person. They will all raise the same finger, say this one. So you ask the person have you got throat trouble. Yes, but how do you know? Because this fingertip is decoded to be related to this centre here which we call as Vishuddhi Chakra. That's how you can find out absolute truth about anyone.

Yesterday I told you when they asked the question about the false gurus that how will you make out the false from the real? Even how will you recognise Christ? They never recognised him when he came so how will you recognise him? The only way is that if you are a self-realized person immediately you can feel it on your fingertips. If it is Christ you just ask is it Christ? You become like a divine computer. You start feeling a tremendous cool breeze. Any question, is there God? People just declare there's no God. I mean it is very unscientific. Have you found out is there God or not? How can you just declare there is no God without finding out. That's blindness. So you have to find out is there God. So ask this question if you are a realised soul immediately you start getting a cool breeze. But supposing there's a cheat who says that I am a saint. You can find it out, when you start feeling a little burning maybe, sometimes might get a little blistering for a while but disappears. You become like a barometer.

Thus you discover the absolute truth about yourself and about others and you don't mind facing yourself at all because this is what is self-knowledge. Many people would come to me and say, Mother, my Agnya is horrible, this centre That means this person has got an ego. Nobody will say Mother I have got an ego, nobody would say that. But they will say I have got this Agnya so he is confessing that I have got too much ego better remove it because this screw is little loose sometimes if you turn it, it works out.

It's very simple, the whole mechanism is made. Say for example we have a television, through ether, we can see so many films and so many musics, everything you can see in modern times. But if you go to a remote village say in India or someplace where they have not known anything about television, you show them the television, and that you can say that you can see all kinds of films from all over the world. They'll say what you are telling some stories to us, this is just a box.

In the same way, we also feel about ourselves that we are just a box, but once put to the mains you discover what you are, how glorious you are, how divine you are, how beautiful you are. So this thing has to happen within us so we become the Self. As a result, we become knowledgeable about the absolute. Once everybody knows the same truth how can there be any quarrel? Nobody can fight there because everybody knows the same thing about anything. They will have the same answer. There cannot be wars, there cannot be any conflict, nothing of the kind. Everything then you understand as completely integrated, everything becomes one, you understand that all religions are one.

We are the ones who have, as I told yesterday, taken of the flowers from the living tree of divinity and are fighting with the dead flowers. Then you are amazed at how they are interwoven. Christ has said those who are not against me are with me. Even Mohammed Sahib has said never a word has to be said against Mary, she's pure. How is it they knew each other so well and they talked about each other, how they are connected to each other, all this you know through your Self Realization.

For example, there was a Sikh gentleman who came to see me, at that time the Sikhs and the Muslims were at daggers end and



he had a stomach problem of a very serious nature. So I said that you have faith in Guru Nanak.

Yes of course I have.

What about Mohammed Sahib?

No, I have no faith in him.

I said then I can't cure you.

You can ask a question Mother is Guru Nanak the same as Mohammed Sahib?

He said I can't ask this question. I said all right, I can't help you. Went home but his wife was very much worried because they came all the way to London to see me so she brought him around. And she said no harm in asking the question. I said better ask. As soon as he asked the question three times he started feeling a little cool breeze. Now I said you say that Guru Nanak and Mohammed Sahib were the same. As soon as he said started getting a lot of cool breeze and he got cured out of that.

So the truth that we do not know gets confirmed. Whatever is written in most of the scriptures is the truth and then you can verify it. For example, Christ was the son of God. I mean so many people are saying all kinds of nonsensical things about him. They have no sense of (..... unclear). Surprising I mean because God has given them tongue and God has given them some brains they are absolutely brainless people. To ask a question "Was Christ the son of God? Just the question and you get the answer. So you know the absolute truth once you are a self-realized person.

Secondly, when the Kundalini rises she goes to this green part as you see. We call it as the Void or is called as the Bhavasagara, the ocean of illusion and all the Ten Commandments are there, means we human beings have got ten valencies. Carbon has four as you know and we have ten valencies. In the matter, there are eight valencies maximum and in the animals, there are nine but in human beings there are ten. So all these get enlightened and you become a really a righteous person, become a saint. You don't do anything wrong you just don't do it, don't have any temptations, you don't have any greed, you don't have any lust, you lead a very sane married life. Automatically it happens, I don't have to tell you. And that's how you give up all those habits which have enslaved you and have sometimes ruined also. Overnight you see people becoming all right.

But when you become the Spirit, in the light of the Spirit you really give up most of the nonsensical things which are destructive and you take to the right thinking and not what you think in a righteous way but you act because there's a complete integration of your personality. Whatever you think with your brain your heart supports fully and your liver works it out. It's such an interesting personality you develop that you are amazed at yourself. As I told you your health improves and you know the truth but also you get a new awareness called collective consciousness as described by Jung and this collective consciousness gives you the bodha as they call it. Bodha means the sensation on your fingertips, on your central nervous system to know what's wrong with others also, what's wrong with their centres. Then you don't talk that he's very egotistical, you do not say that he's very conditioned, what you talk, let's see he's catching on this centre, he's catching on that centre, catching on that centre. This is the language you start speaking, you just talk the language of your centres and the centres of another which is detached from you and once you know how to correct it in that collective consciousness you can help thousands of people.

Nowadays I don't cure people but Sahaja yogis are curing all over the world. As I told you in Russia there are four hundred doctors who are practising Sahaja Yoga. Another thing that happens to you as you become the Spirit, that your attention, your attention becomes steady and enlightened so wherever you put attention it works. Sitting down here you can put attention to people and it works. When you develop yourself and when you touch the depth of your divinity such a person can cure people just by a glance. You become so powerful, all these powers are within you, the only thing you have to bring the Spirit into your life, you have to become the Spirit. And the last but not the least is that you enjoy the joy, you enjoy the joy that is the Spirit.

Joy has no duality, it is not happiness and unhappiness. It's just joy, it cannot be described it can only be enjoyed. It has no

words, it cannot be defined but when you enjoy you just feel that you are enjoying. Anything you enjoy, anything you see you can enjoy. Now, for example, there is a beautiful carpet here, supposing I look at it and I haven't got this power to see through the Spirit, then I start thinking about it. I start thinking how much it must have cost, from where it must have come. I never see it actually I'm thinking. When can I buy this or if it is mine there's greater headache thinking oh I should have insured it, all kinds of things.

But in the case when the Kundalini rises she gives you a first stage or a first step, what we call as thoughtless awareness which we can call in Sanskrit as nirvichar samadhi where you watch something and you become thoughtless. You see something beautiful you become thoughtless. There are no thoughts, one thought rises fall, another thought rises falls. We are all the time jumping on the cusps of the thought. But when you are a realized soul you see something beautiful just your thoughts stop and the joy of that creation whatever is there starts pouring into you like a lake which is absolutely still, not a ripple, then all that is created around it is reflected completely. In the same way, the mind becomes absolutely peaceful, you become a peaceful personality and this thoughtless awareness is the sign that you are not in the future, you are not in the past but you are in the present. Because thoughts come to us from a past or may come from future but here you are in the present and that's how you grow.

The second stage that ( .... faulty section of video) ... powers. This is what awaits us. You are all seekers here and a new category of people you are described by William Blake that there will be people of God will be born in those days and they will become godly. The time has come but be careful, it's not a mental achievement, it's not an emotional achievement, it is a natural living achievement of the evolutionary process. And such a person becomes extremely dynamic, tireless, extremely magnetic and compassionate. It's such a beautiful combination and you start enjoying yourself the best.

So many came on this Earth as realized souls but they couldn't achieve mass evolution. It always happened in an evolutionary state that one fish came out first, then few came and then shoals of them. In the same way, now the time is for all of you to have mass Realization. This is the modern Sahaja Yoga but Sahaja Yoga has been practised since long by Zen, by Tao by Nath (...unclear) in India, so many have done that but now the time has come for mass Realization and you should not miss it. It's very important and I hope today again we'll achieve that state, what we call as the state of the Spirit.

Of course, I would like you again to ask me some questions, like yesterday I was really very much happy to hear such beautiful questions they asked, so positive. They are real seekers I felt and yesterday we had also very good results. So I will be very happy if you could ask me some questions, I'll answer them but even if I answer your question it doesn't mean that it's a guarantee that you'll get your Realization. The realization has nothing to do with mental activity. This Kundalini as you have heard yesterday is the pure desire within us, all other desires are not pure because today I want to have this then tomorrow I want to have that and according to the economic laws wants are not satiable in general. So there's something wrong in our wants also that we go on jumping from one to another, once we get first want that we have is finished as soon as we get it, we don't enjoy then we jump to another. But Kundalini is the power of pure desire and if you have the pure desire to achieve that you all can have it.

May God bless you.

Shri Mataji: Talking talking too much. So you can ask me questions. Yes, please.

Seeker: For this to work do you have to be a vegetarian?

Shri Mataji: No not at all. There are no 'isms' in Sahaja Yoga. Depends on ... some people have to take more carbohydrates and some have to take more proteins. So whatever is the need of the body we should have, after all, what's the use of saving the chickens? I can't give them Realization can I? There is no hard and fast rule, the only thing is when you get your Realization you yourself know what is good for you. I don't have to tell you. Like yesterday I told you that if you have a snake in your hand and if I tell you there's a snake and it's darkness you may say no no it's a rope. But let there be little light and you throw it away without my telling you. You become your own master, your own guru. All these things are outside.

Seeker: ( ... unclear)

Sahaja Yogi: Is it possible when you become clearer in yourself to rise to different planes to get away from the mundane existence?

Shri Mataji: Of course that's what it is. I mean you don't rise from the Mother Earth but you rise within yourself definitely, no doubt absolutely. You have seen the saints you see they never committed any mistakes, they never created any nonsensical things. Why? They had that highest plane and that's what you have to achieve, that's what I am saying. That's all within yourself.

Seeker: ( .... unclear)

Sahaja Yogi: When you open up like that is it possible for outside entities to enter into you?

Shri Mataji: No they'll run away. Outside entities just run away from divine people, they won't come near you at all. If you open up what you are opening up is light not darkness, they just run away. That's how people get cured of mental problems. As with the light darkness disappears that same thing happens to you, there's nothing to be afraid of.

Seeker: ( ..... unclear)

Sahaja Yogi: If I am the Spirit and the Kundalini is in the sacrum bone where is the soul?

Shri Mataji: It's a long story. Should need another lecture for it. In short, I'll tell you the soul is in seven (.... unclear) is attached to our centres from the back side and it reflects on our cells. There's a reflector and in the cell, there's a little part where it is reflected and that is controlled, like a remote control, by the soul. But recently we have really discovered something great that when you get realization you'll find round round round round things like that clusters, not only one but many sometimes and sometimes one like that. And also see also commas like that, shiny commas, these commas are the vibrations of Divine, what you call chaitanya or brahma or this all-pervading power. But these round round things that you see are the dead souls.

Now recently one of our scientists has sent us the photograph of the reflection on the cells, is exactly the same that you see. Gradually all these things are coming to express. Now somebody might say I don't believe in dead souls. ( ... unclear) are. They hang around, dissatisfied souls, they are there, so many diseases are caused only because of them. But if you know how to make yourself pure they'll run away. Before you say I don't believe or believe, it's blindness, but afterwards, it's a fact, you find out. You also find out how to remove them, how to get rid of them. When you become the master you can do it. The only thing after getting Realization you must respect your Realization, you must respect your personality and you must develop it. For that, you have to come in the collective because today's Sahaja Yoga is for the collective and not for a single person. Formally, when I read these books I get a shock really the way you had to go to jungles, you had to stay in loneliness, then you had to live without food, then you go to the Himalayas in that cold. You enter into some cave, take out all your clothes and actually you die, I mean how do you get moksha I don't know. I myself would hate anyone going through all that.

It's very simple, sitting on your chair you get your Realization, you don't have to do all these things, you have done it all this before, that's why you are here.

Seeker: ( .... unclear)

Sahaja Yogi: When you get your Realization can you sort of getting in touch with the knowledge of what you ought to be doing in this life?

Shri Mataji: In touch with what?

Sahaja Yogi: The knowledge of what you ought to be doing.

Shri Mataji: Of course. You get ( ... unclear) into the absolute and you know what you have to do absolutely. I don't have to tell you, you just don't do that and you don't do wrong things at all, just you don't do and if you try you lose your vibrations. All right now should we have the Realization?

( ... unclear) feel guilty about anything at this moment. Forget if someone has told you you are a sinner or this and that, I always say such people who tell you you are a sinner must be greater sinners than any. You are not to feel guilty for anything. After all, you are human beings and you should commit mistakes it's all right you are not God. So it's all right, so don't condemn yourself. In the West ( ... unclear) really have this problem that people feel very guilty all the time for everything, I mean the language itself starts with sorry sorry sorry sorry sorry and the phone also. If you say we used to say I beg your pardon when we were of your age and here nowadays people just go on saying sorry sorry sorry, what are you sorry for?

When you feel guilty this centre here catches very badly and it's very dangerous for you, left side gives you diseases like angina and all lethargic organs. Apart from that, you get spondylitis and all these troubles. So I would request you first of all to completely forgive yourself because we have to enter into the kingdom of God so how can you be guilty. Have full confidence in, that you are going to get your Realization, have full confidence, don't doubt yourself at all. So many start thinking, oh how could I get, after all, I have done this wrong that wrong, finished. Because this all-pervading power is the ocean of forgiveness, an ocean of forgiveness so you cannot commit any mistake which cannot be dissolved by the power of this ocean of forgiveness. Have faith in it.

The second condition is that you have to forgive everyone in general. Whether you forgive or don't forgive you don't do anything, it's a myth. Some people say difficult not to forgive, means what? What are you doing? You are playing into wrong hands. By not forgiving others you are playing into wrong hands and you are torturing yourself while the person who has really troubled you is enjoying himself. So what's the use of not forgiving? As soon as you forgive you'll find your, half of the load will be finished but don't think of people who you have to forgive because that's also painful. I don't want to have any pains. I want you to be very comfortable and happy. So what you have to do is to just say in general I forgive everyone.

Yesterday there were so many who did not forgive they didn't feel the cool breeze on the right hand especially. So I had to tell them now you go and tell every tree and every flower, I have forgiven everyone in general and it just worked. So please remember if you don't say then maybe Self Realisation could be little halfway. So just forgive everyone just listen to me and forgive everyone in general, just say I forgive everyone. Don't think about who you have to forgive, who has tortured you, forget it. In this present moment just forget the past. These are the only two simple conditions we have to fulfil.

Now as we are going to take the help from the Mother Earth we can take out our shoes, need not take out your socks but shoes, just take out your shoes and put both your feet apart from each other, as you know there's a left and a right, two powers. Left is the power of desire, of ordinary desire, and the right is the power of action. First, we'll show you what we have to do, how we have to awaken our own Kundalini and then we'll close our eyes.

So first please put both the feet apart from each other, each other. Now one must know that I cannot force it on you, no not at all, because I respect your freedom. It cannot be forced, I respect your individuality. You have to ask for it. I will never force it on you and those who do not want should not be here, they can leave. Those who want it should know that I cannot force it.

So now please put your left hand towards me which means that you desire to have your Self Realisation. Just the left hand like this, comfortably, sit comfortably, not too much with a slouch or too much back, but just in the centre comfortably. Do not bend your neck too much or push it back till I tell you. And then we have to use the right hand for our action on to different centres.

So first we put it on our heart because in the heart resides the Spirit. Now we put this right hand on the upper portion of our abdomen, the upper portion of the abdomen because this is the centre of our mastery which is created there by the great

prophets and masters which is to be awakened. Then we take down our right hand into the lower portion of the abdomen, we work only on the left side, the lower portion of the abdomen, press it hard, this is the centre of pure knowledge, the knowledge that is expressed through our central nervous system by which we know what is real and what is unreal, by which we know how to handle this power which is flowing through us.

Now again we raise our hand higher on to the guru principle, the mastery principle that is on the left-hand side of the upper portion of the abdomen and presses it hard. Then we take our hand on our heart. Then we take it in the corner of our neck and our shoulder as I told you that this centre is mostly caught in the West, we really feel guilty for nothing at all. Then we turn our head to our right, hold it right there. Now we take our right hand on top of our forehead across and put down our head slowly resting on this hand as much as we can go down. We take this hand here because this is the centre where we forgive everyone in general.

Now we take back this hand on the back side of our head and push back our head and this is the centre we have where, without feeling guilty, without counting our mistakes, we have to ask forgiveness from this all-pervading divine Power. Push back your head as far as possible. Now please stretch your hand fully, stretch your palm, I mean the palm, and please put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now put down your head as much as you can. If you push back your fingers nicely, then there's a nice pressure, good pressure on your scalp. Push down your head. Now move your hand slowly clockwise seven times so that your scalp moves, not the hand so much. Press the palm, centre palm by pushing your fingers outward. Put down your head.

Now .... That's why we have to do, take out your hands, now please remember now you have to close your eyes, you can take out your spectacles and till I tell you please don't open your eyes. Put both the feet away from each other and put your left hand towards me. Don't move it, keep it there and now close your eyes and put your right hand on your heart. Here you have to ask a very fundamental question about yourself, like a computer you ask, you can call Me Mother or Shri Mataji whichever it suits you.

Mother, am I the Spirit? Ask this question in your heart three times. Mother, am I the Spirit? Now if you are the Spirit you are your master. So now take down your right hand in the upper portion of your abdomen on the left-hand side and ask another fundamental question.

Mother am I my own master? Ask three times. Mother am I my own master? I've already told you that I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So now please take your right hand the lower portion of your abdomen on the left-hand side and press it hard. Here you have to ask six times because this centre has got six petals.

Mother, please give me pure knowledge. Say this six times, say it from your heart. Mother, please give me pure knowledge. As soon as you ask for pure knowledge the Kundalini starts rising. So we have to nourish our upper centres with our self-confidence.

So now raise your right hand in the upper portion of your abdomen on the left-hand side and here you have to say with full self-confidence ten times. Mother, I am my own master. Mother I am my own master, say it please ten times, please. Say it with self-confidence. I have told you that the fundamental truth about you is that you are not this body, you are not this mind, you are not this ego, you are not these conditionings but you are the pure Spirit.

So now please raise your right hand on your heart, please put it on your heart and here you have to say with again full confidence in yourself twelve times, twelve times.

Mother, I am the Spirit. Mother I am the Spirit, say it twelve times, please. This all-pervading power is the ocean of knowledge, is the ocean of love, is the ocean of bliss, but above all, it is the ocean of forgiveness and as I told you, you cannot commit any mistake which cannot be completely dissolved in this ocean of forgiveness.

So now please raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Here with full

confidence, you have to say sixteen times. Mother, I am not guilty at all. Mother, I am not guilty at all. Please say it sixteen times, turn your head to your right full.

Now I've already told you whether you forgive or don't forgive you don't do anything, but if you don't forgive then you play into wrong hands. So it is a myth, so please raise your right hand onto your forehead across and now put down your head nicely on it. Here now please say it with full confidence from your heart, from the core of your heart. Mother, I forgive everyone in general. Please say it because if you don't say it I told you I had a bad time yesterday. Please say it, it's not how many times, it's from your heart. Now without feeling guilty, without thinking of your mistakes, just for your satisfaction you have to ask forgiveness from the divine Power. So now please put your right hand on the back side of your head, again I say without feeling guilty, without counting your mistakes, just for your satisfaction. Push back your head as much as you can, push back.

Here you have to say, Oh divine Power if I have done any mistakes knowingly or unknowingly, please forgive me. You have to say, Oh divine Power if I have done any mistakes knowingly or unknowingly please forgive me. Say it from your heart, not how many times, but again from the core of your heart you have to just say it, push back your head as much as you can.

Now please stretch your hand fully, your palm fully and put the centre of your palm on top of the fontanel bone area, put down your head as far as possible. Press it hard by pushing out your fingers, outward, you push them out and press your scalp very hard. Here again, I cannot give you Self-realisation unless and until you ask for it because I respect your freedom. So here you have to ask seven times moving your hand clockwise, slowly moving the scalp. You have to say Mother please give me my Self Realisation.

(Shri Mataji blows into the microphone).

Now take down your hand. Please open your eyes slowly and put both the hands towards me. Watch me without thinking if you can. Now please put your right hand towards me and the left hand put down your head and with the left hand, you can feel the cool or the hot breeze coming out of your fontanel bone area. Now you just watch, do not doubt yourself. It's not air conditioning, it just comes out of your head.

Now it could be very far away, could be very near but you shouldn't put your hand on top of your head, little away from it, move your hand and see for yourself if there's a cool or a hot breeze coming out of your head.

Now please put a left hand towards me, put down your head again and see with the right hand if there's a cool breeze coming out of your head. Please put down your head and see for yourself. Some people get it very far, some people get it very close but just move your hand, see for yourself. It is you who has to certify. Now don't think about it, it just works. Have full confidence, don't doubt yourself.

Now, again once more with the right hand and bend your head and see for yourself. Now just raise both your hands towards the sky, push back your head and ask the question, Mother is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power of God? Mother, is this the Brahma? Ask any one of these questions, three times, anyone. Three times, push back your head and ask the question from your heart.

Now take down your hands, I am getting a cool breeze from you. So please take down, now put your hands like this. You'll feel very relaxed, very relaxed. Your pupils will be dilated to show that you are relaxed. Now those who have felt the cool breeze on their fingertips or in their hands or from their fontanel bone area, or maybe the hot breeze, it will become cool later, please raise both your hands.

Again you didn't feel today (...unclear).

Alright, may God bless you all, I bow to all of you. I bow to all of you, you are now saints but respect your Realization and you have to come to the collective in a very humble manner. As a nail, if it is cut, it doesn't grow any more, in the same way, Sahaja

Yoga you have to do it in collective. You have to come in the collective, luckily now we have a very good centre and we have very good Sahaja yogis here. We have got Micheal Sweet who has been a leader in Sahaja Yoga in Melbourne, who is here, who is going to be the leader to help you. The leader doesn't mean it's a myth, it's a myth. So don't think leader means some sort of a dominating personality but he knows all about it and he'll guide you very well and he'll help you and please accept it whatever he tells you and then try for yourself. I'm sure all of you will grow very well. Next year I hope to come again to meet you all.

May God bless you.

You can also write to me and the letters would be directed to me, don't have to worry.

Thank you very much.

Again if you want to meet me I'll be very happy. What's the matter with you, yesterday also you didn't get isn't it, these two, you were here yesterday? No there were two girls sitting on the same seats.

Sahaja Yogi: It might be the seat Mother.

Shri Mataji: This is Michael Sweet.

(Shri Mataji begins to speak to people who come to meet her. Unclear from here on).

## 1991-0405, Short Puja and Discussion with Baba Mama

View [online](#).

5 April 1991

Devi Puja

Ashram in Cairns, Cairns (Australia)

Talk Language: English | Transcript (English) - Reviewed | Translation (Marathi to English) - Reviewed

1991-0405 Short Puja and Talk, Cairns, Queensland, Australia

(Notes: whatever you find in *Italic* and **bold**, refers to speech in Marathi language)

Sahaja yogi: Gravity is also one type of energy, isn't it, Shri Mataji?

Shri Mataji: Of course, in the Feet.

Babamama: In the Feet. Because it is one of the things which balances us, called migraine (n.t. probably Baba Mama meant magnetism). Migraine (n.t. magnetism), migraine is one thing which balances us. Is there any relation between head and the feet?

Shri Mataji: The whole feet are in the head. (n.t. connected to the head).

Babamama: The feet are in the head?

Shri Mataji: Or head is in the feet.

Babamama: I also thought the same. Head in the feet or feet in the head, because...

Shri Mataji: When you rub My soles, vibrations come of your head.

Babamama: Yes.

Shri Mataji: [unclear]

Babamama: Yes, because when we rub Your Feet, we get a very good sleep.

Shri Mataji: Now, if we start from here...

Babamama: Yes, Shri Mataji.

Shri Mataji: If you start... Now see, if you fold the sari like this, you see, the break is a fourth, you see. So when it opens out, you see, these chakras open up like this, see. So, this one at the back are the chakras and these are the incarnations. So in the center comes the heart.

Babamama: Yes, Shri Mataji.

Shri Mataji: Here is Mooladhara and here's Agnya. Then is Swadishthana. Now, this Swadishthana is moving like that. Right? And then comes the Nabhi.



Babamama: Yes, Shri Mataji.

Shri Mataji: So these are the incarnations here. Now the Nabhi incarnation is Virata, is here.

Babamama: They all go up till the pitha - I know.

Shri Mataji: I mean, like this they open out. So Mooladhara becomes Christ. Then, you get this Swadishthana. Swadishthana we have got the incarnations like Ali.

Babamama: Yes.

Shri Mataji: He is one of them. Or you can say all these "Nath Panthis" and all. Then comes the... third chakra is Nabhi. Nabhi is Lakshmi Narayana. So they are expressed here, as Virat. Now ultimately you come to Heart. Heart is here.

Babamama: OK. Jai Shri Mataji. Now, I see!

Shri Mataji: So there is only one for heart, because at that point they meet.

Babamama: Yes.

Shri Mataji: When you get diabetes, what happens is, of course Swadishthana is here also. This is the "Nath Panthi", right? But here at the back what happens, when you get diabetes, your Swadishthana [is there]. And the Swadishthana is surrounding the Mooladhara in the brain - on top, so it presses. And that's how you get problems with the eyes in diabetes. So if you put ice - if your liver is bad also, you get problems of eyes. So you put ice on that, on the back side, your eyes can be cured. For diabetes, simply put ice on the liver and ice here (on the back Agnya). But also there is a little touch of left in diseases like that, because, after all, diabetes is caused by the left organs. So you have to use lemons also. You know, [after use], throw them away. For diseases like that. For liver you don't have. Liver is on the right side. For right-side organs you don't have to use. But even I have seen, if you get asthma, that is also the right side, but little bit triggered by the left.

Babamama: Yes, Shri Mataji.

Shri Mataji: So no use using lemon all the time, I mean, whatever disease may be, right or left. But in some places is just left - mental cases. Then you have to only work on lemons, left side, light. When it is right side, then you have to use only water. When it is left side you have to use the light.

Babamama: When it's left side, we have to use the light, and the right side, you have to use the water. So it's only the left hand, left-sided people get right-side disease and the right-sided people get left disease? Is that the manifestation, Shri Mataji?

Shri Mataji: No.

Babamama: Not necessarily!

Shri Mataji: You see, right-sided people get first of all the liver.

Babamama: Yes.

Shri Mataji: As a result, the liver has to excrete its heat into the bloodstream. But it does not. So what happens that that heat passes upwards or downwards. So, when it goes upwards, it causes asthma to the lungs. When it goes downwards also the coagulation of the kidneys take place. So problems of kidneys start - you cannot pass urine. If it is goes further also you get

constipation. But if it passes on the sides, then you get a massive heart attack. Supposing a person is drinking very early in age and also playing very hard games, he will die at a very young age. Now, the left-sided problems are more mental. They are depressant. They are sulky.

Babamama: They are emotional.

Shri Mataji: They are unhappy. They are crying. No, even the people who are right-sided can cry, because they think they are very miserable, but they are not. They make everybody miserable. Right-sided people make others miserable and the left-sided people suffer themselves.

Babamama: All Christians must be left-sided, Shri Mataji. All Christians should be left-sided then.

Shri Mataji: They try to, but they are not. Where have you seen them to be kind? In any country they went with the gun in their hands and Bible in the other hand.

Babamama: Yes, Shri Mataji.

Shri Mataji: These Christians have killed thousands! They are not Christians at all. Not at all. So this is how. Then the psychosomatic comes when both combine. Like cancer, can be a person, can get it when...

Babamama: Left and right.

Shri Mataji: ...he uses right side too much, but triggered by the left. So, first always try left for such people, incurable, any incurable diseases. Try first left, then the right.

Babamama: I see. It means he must start with the light.

Shri Mataji: I mean, not in everyone if they are right-sided, but you see, you can see on the...

Babamama: On the vibrations.

Shri Mataji: Now supposing you have hot vibrations on the left, then start on that. Hot vibrations on right, then start on that. Immediately you will know which one to start first.

Babamama: Yes, Shri Mataji.

Shri Mataji: And you should all get into it. You see, we have got now Mr Gaikwad.

Babamama: Yes, Shri Mataji.

Shri Mataji: So good.

Babamama: He is, really... He describes the house of a person whom he has never visited because on vibrations, he can feel that. He's gone, he's gone so deep. He can describe the house of a person, whom he has not visited.

Shri Mataji: Yes. He goes to the right, Baba, that's the problem with him. He shouldn't do all these things. There's no need. Why to describe somebody's house? I mean, it's senseless.

Babamama: Yes.

Shri Mataji: In Sahaja Yoga you should do whatever is necessary. Whatever is not necessary why to do it? Describe somebody's house! What is the need?

Babamama: Yes, Shri Mataji.

Shri Mataji: He goes right-sided. I've told him to stop all these things. Only just feel the vibrations. That's all. Otherwise he'll lose powers. You better tell him once he shouldn't do all these things. I've told him already.

Babamama: Yes, Shri Mataji.

Shri Mataji: We had one fellow like that and he went so much to the right and unfortunately he met one Scientologist lady. And then he just vomited blood, vomited blood and died.

Babamama: It is again an imbalance, Shri Mataji - misutilising the power.

Shri Mataji: No, no, you go to the right - sees futures! So why? You just see this. What is the need to see this - somebody's house? One should try to understand what is the need to do unnecessary things. How many unnecessary things we do? I mean, we are like monkeys, I tell you, in a way.

Babamama: That You were saying Shri Mataji, once, that our, our ancestors have left a permanent imprint on us. I remember You have said.

Shri Mataji: I mean unnecessarily as monkeys will go on doing things and all. We too [unclear]. We are copycats like them. Absolutely we are copycats. Once a monkey came into our room. We are staying in somebody's house, upstairs. And it took a pair of C.P.'s one shoe. And C.P. got quite worried, "Now what to do?" It has taken [unclear] - one shoe. This is very easy. I took another shoe and put it on the ground. He also put it on the ground. Brainless creatures. And that's how we follow fashions, because we are brainless. Monkey brands. But Hanumana had wisdom. Hanumana was a monkey which shot up because of His wisdom. We are still monkeys and fools! [Folly] pets I think! Why to do unnecessary things? Just, it's not necessary.

Babamama: Yes, Shri Mataji

Shri Mataji: That's all, very simple.

Babamama: And wisdom will tell you as to what is necessary and what is not necessary.

Shri Mataji: Of course, vibrations are there.

Babamama: Vibrations will tell you, Shri Mataji.

Shri Mataji: That at least, minimum you have is wisdom.

Babamama: Yes, Shri Mataji.

Shri Mataji: If you people don't even get your wisdom, what's the use of coming to Sahaja Yoga? If you are still a donkey it's better not to come to Sahaja Yoga, this is the point, you see. At least ask for wisdom. [But that's not so] - what they do, as soon as they come they want assert themselves, "I am something," you know. I say, "Big pot."

Babamama: I say, "Big pot he is." Shri Mataji, would it be proper to conclude that, for that, the culmination of pure knowledge is wisdom, in Sahaja Yoga?

Shri Mataji: What is the...?

Babamama: The culmination of pure knowledge is wisdom, Shri Mataji?

Shri Mataji: No, wisdom is the symptom of it.

Babamama: It's a symptom of that. Oh, I see! It's a reverse.

Shri Mataji: Effect. But also you have the wisdom to see what is necessary, what is not necessary.

Babamama: Yes, Shri Mataji.

Shri Mataji: You just do what is necessary.

Babamama: Because, even if it feels, as they say knowledge has come, they say the wisdom is lingering, because if you are not wise and you're knowledgeable, that is useless.

Shri Mataji: So that's what I say, yoga without knowledge is useless, and knowledge without yoga is useless.

Babamama: I see.

Shri Mataji: Wisdom is something which is within ourselves, you see, only it's like an ocean. Only thing you have to get into it. It's a symptom of that knowledge, or you can say is the projection or the light. But you are not worldly-wise. You don't, you are not meticulous, but you are in that ocean. So the ocean looks after. The ocean has the wisdom, no doubt of it. And you accept it, you see, that "All right, this was to be. All right, doesn't matter." Let it go on! Don't get frustrated with it. Just say, "All right, this was the part of the game." Like we have lots of [funny], horrible things in this Australia. One after another they are cleared out. Some were really unwise people, extremely unwise. So they went away.

Babamama: I think you would require wisdom even to understand what vibrations are saying, Shri Mataji.

Shri Mataji: No, you have to have just vibrations, Baba. That's so innately built within you. We don't need any wisdom to see things through our eyes. It's your awareness now.

Babamama: But we don't we have to go to mental level to...

Shri Mataji: No, no, not at all.

Babamama: Not at all.

Shri Mataji: No need. You know already what it is now. Immediately you will know what's wrong with this person, what's wrong with that person, what's wrong with you. But the problem in the West is this thing, you see. Two – double type - in India, and different here. Here they say, "Yes, I have ego. All right, so what?" As simple. In India, they'll say, "No, I don't have ego"! I mean, both ways it's just the same. Here they just come out, "Yes, I have terrible ego, Mother. I know, I have terrible ego." Then you start looking, "[Wrong but] true!" They just confess.

Babamama: It's ego's idea, of course.

Shri Mataji: Yes, I know... Yes, of course, ego is quite intact. But, you see, they say it. In India they would never say such a thing,

you know? They would never say such a thing - never. They never accept. They never feel guilty. Can you imagine these Indians? We have quite shameless people there (n.t. in India). I got a letter about Patrice - many - and I asked him, from Finland. I said, "Patrice, there is so much complaints about you." "Yes, Mother, I have a terrible ego. I know that - terrible." I didn't know what to say to him after that. Here, people will shamelessly tell you. In India people are shameless and they will never accept, and here people will tell you shamelessly.

Babamama: Because it's considered to be a social taboo, Shri Mataji, to be egoistic in India, I think. I mean, a bad we'll be said the "garvishtha". Is that something we say? Garvishtha, garvishtha.

Shri Mataji: I know that in our place, you see, is such a, so many stuff, good manners and social taboos. I mean, we'll never say to somebody, "I hate you", can we? Does anyone say in Marathi, "I hate you"?

Babamama: If someone says "I hate you", then that's it.

Shri Mataji: I mean, imagine. I would regard him as a mad man or something - is absolutely stupid.

Babamama: So it will be so uncultured, the statement. This will be considered, it will be considered a very uncultured statement.

Shri Mataji: Uncool. But they are never going to say that ever.

Babamama: Yes, we will not say also, because, because of the taboo...

Shri Mataji: The social taboo.

Babamama: The social taboo.

Shri Mataji: Bhayankar (n.t. excessive) good manners are ingrained in Indians. But here invariably they say, "I hate you", "I hate you, I hate this, I hate that," all the time.

Babamama: Yeah, there is, there are only two stages. Either you hate somebody or you like somebody.

Shri Mataji: How can they use the word "hate" so easily? In our place, imagine, if somebody says like that, the father will beat him.

Babamama: Yes, Shri Mataji.

Shri Mataji: Here, they will say "darling" to anyone. They will say, "I love you" to anyone. In India they will do it secretly. Openly they will never do it.

Babamama: Yes, Shri Mataji. And again it has a bearing...

Shri Mataji: Yes, on the social taboos. Whether they'll hate you like a snake, they'll never openly say so. That's India. That's another extreme. This is another extreme. But if you have ego why not correct it? Thank God you know you have ego. So why not correct it?

Sahaja yogi: Here, Mother, if, it's almost to the point, if you hate somebody you put in advertisement in the newspaper so everybody knows it.

Shri Mataji: Is it so?

Sahaja yogi: It's not quite, but...

Babamama: Yes.

Shri Mataji: I mean, nobody will say.

Babamama: Then amounting to.

Shri Mataji: But if you hate someone, supposing, I'm taking another view, central view - now, supposing you hate someone... So what? Who are you? What's your authority?

Babamama: That's right.

Shri Mataji: You hate. So hate. Go ahead.

Babamama: And that again is a product of ego, Shri Mataji! Hating...

Shri Mataji: I hate you.

Babamama: I hate! I hate! So it's a product of ego.

Shri Mataji: Who are you? I mean, you hate. OK, what does it matter? I mean, who are you? Authority - what is your authority saying, "I hate you"?

Babamama: So the reply, should be, "Go and jump in the sea."

Shri Mataji: Or, should be that, "As you do, I do." But that won't be wise, just to say that, "All right, I had enough."

Babamama: But in Marathi, how do we say, Shri Mataji? "Same to you."

Shri Mataji: Same to you! Marathi language is only humor, humor, humor.

Sahaja yogi: It's the same with this forgiveness thing, isn't it, Shri Mataji? I mean, who are we not to forgive? What are we doing when we don't forgive? It's the same what are we doing when we hate. I mean, it's all here.

Shri Mataji: I mean, there's nothing that you do: hate only. But... you see, at least when you say, "I don't forgive," you have a right about yourself, that you forgive or don't forgive. But if you hate, what right have you got to hate anyone? And even if you hate, who, who cares for you are hating? You are not God, that you hate me, and it means it has a meaning or has any purpose or has an effect.

Babamama: And the Christians, pardon me, Shri Mataji, are forbidden, both for, for forgiving or for hating, because both these places they acquire the status of judgment. In both the cases, they are judging. And there is prohibition for judgment in...

Shri Mataji: But forgiving, yes...

Babamama: Even forgiving you are judging, Shri Mataji. You are judging that, "I, I have judged you and I have forgiven you."

Shri Mataji: It's all just in the head! Keeping in the head, all right.

Babamama: So they are so anti-Christian qualities.

Shri Mataji: Oh, this you pour here. That way. It's all anti-Christian, Baba. It's all anti-Hindu, anti-Christian, anti-Muslim.

Babamama: It's anti-God, Shri Mataji.

Shri Mataji: It's all anti-God. We should relate to One - the Absolute. Otherwise is all absurd. What is the criteria for this kind of different, different types of things that people have? Means division undivided. There should be no difference.

Babamama: Because God has made no difference between human being and human being, Shri Mataji.

Shri Mataji: He has just varieties, that's all. Variety is important. Otherwise we will be bored stiff, you see. To see all of us that's the same, imagine. How it would look.

Babamama: Shri Mataji, even the animals would be having this variety. I mean, supposing there is tiger and there is another tiger.

Shri Mataji: Yes, but they are under the control of God. They are "pashu", aren't they? In the "Paash" (leash) control of God, they don't have problem of sin at all. A tiger can go and kill any cow, eat it nicely, leave it for others to eat. He doesn't think he has committed any sin. It's only the human being in their freedom think they are committing sins.

So for human beings, the second stage, first the stage of the animals is to be completely under the control of Divine. And then the second stage is, human beings where they have freedom to choose. And then, in their own freedom, they should control their divinity, which they have got it. Control means they should be under the divinity that they have got, the light that they have got. But here they are aware. Animals are not aware. In our awareness we have to know that we are free and surrendered. This is the difference is. So in three stages we [move], from animal, human and then to superhuman.

Any confession in the West, Baba, is so horrifying. You can't read them, really. I used to get piles and piles of letters and would burn them. Confessions are the worst thing. It's coming from Catholic church, I think. "Confessing my past life." Who is interested in your past life? Piles and piles of letters. "Mother, I did this, I did..." I mean, I just don't want to know about it - finished. I am here for cleansing. Right, right hand, put your left like this. Put right straight. After some time it shakes. And they say, "I have bhoots." They will also say that, "Mother, I have got a bhoot in me. There's no harm. I am negative, that's all." Then what do you do? I mean it's a confession of a thief, you know. It's very difficult for Me to deal with them, then. So they have confessed. So what? It's a Christian idea, that as long as you confess it to a priest, you are out of it.

Babamama: Yes, your sins is lost. Because their idea is that Christ had come to wash your sins, and if you come clean, then He will be doing, doing the... He will be laundering your sins, you see.

Shri Mataji: Same with Me, but there is no need to confess.

Babamama: Yes, Shri Mataji.

Shri Mataji: Not necessary. I know already whatever is there. But by confession, you say, "I have now confessed it." So what?

Babamama: "So I am free. I have got a clean slate for another set of sins."

Sahaja yogi: "Yes, I have to make room for the next lots."

Shri Mataji: You have to go to the end of Feet. All right. May God bless you. Now, don't feel guilty. Little bit probably, but don't feel guilty. Let's go. It's done. I will get ready. We have to go now. Still little time. But otherwise, you see, it's working out very well, I must say.

Babamama: Yes, Shri Mataji.

Shri Mataji: I never expected, Baba, in My lifetime to see all this, really, to be very frank. So I'm very happy. And the more you open out the vision, the more you will see and more see the peripheries also. It's very encouraging, that so many can see so clearly and know, and I can talk to them. Imagine Christ talking to these people there, to the multitudes. I used to say mule-titudes. Mules - talk to the mules. And they crucified Him, very nicely. I mean, just think of that. Later, when they accept this article, we will write about them, about Andha Shraddha (blind faith).

Babamama: Yes, Shri Mataji.

Shri Mataji: I will definitely write an article before leaving. I think there is already an article written about.

Babamama: They started their activity, Shri Mataji, because of the gullible rural people. And they, they also did not want to bring into their fold the real gurus. But now they have become so successful and the success is given, I mean triggered out their ego. So now they are taking everywhere.

Shri Mataji: No, no, not everywhere. Not everywhere. Recently, there was an article in this "Police Times" (Marathi newspaper). And that Andha Shraddha Nirmulan has been blasted. And she wrote that. There was a lady who was taking out these, kumkums and this and that. And they said, "We'll give you 2 lakhs if you show us." And she showed them. They never gave her 2 lakhs. So it was all reported. Then [Methani] answered that very beautifully, that, "All these things are done, no doubt. I also went to a guru like that and I suffered a lot and all those things, but, these things are not good, they should not be followed. What you you have to follow is Sahaja Yoga," like that. Very good article came. So, you see, they have been successful in some cases. Where it has been really something wrong, they could find out - very few cases like this. But they went up to a hill where there was a lady who was supposed to be curing or something whatever it is, and they burnt her hut. They [breed/buried] all this. They are very violent people. If they don't find anything they just go amok.

Babamama: Yes.

Shri Mataji: Now, the Christian missionaries, they have been successful because nobody is allowed to propagate religion, like this, in India. So they were successful.

Babamama: Yes.

BM: They were showing a television, on Babhulkar. They were showing him on television.

Shri Mataji: Yes, because, because of Sharad Pawar.

Babamama: Yes. He had shown some instances where you know, in South of Maharashtra there is a village and they believe - all of them in the village - believe that in a particular temple, that at a particular day, on a particular day if they go and hit their head to the wall of the temple, then they will be blessed.

Shri Mataji: No, no, what I am saying, anything like that. Now we had "Devadasis". We had the problem of ["Nathvara"]. All these problems were there. You see, there were some gurus who were doing wrong things, but they were all corrected by government, not by a... like that.

Babamama: Yes, therefore, therefore there are laws for this.

Shri Mataji: There are laws for that. They have, they have no business to take law into their hand.



Babamama: Absolutely.

Shri Mataji: This is the point I am trying to make.

Babamama: That's right, Shri Mataji.

Shri Mataji: If the government comes forward we'll talk to them.

Babamama: Yes... And best they can, they can go to the government and say that this is what is happening. But they cannot do themselves.

Shri Mataji: They cannot do. You see the, the AIG police Pune came to see Me and it said they have no right to do it.

Babamama: Absolutely.

Shri Mataji: And then we have to send the police here and the police there. I mean, they have no bases, but this is Sharad Pawar. And Rajneesh - Rajneesh has started this organisation, to create problems. They have no right. Rajneesh made fun of all the deities, everything, and told that these people worship dogs and things like that.

Babamama: Rajneesh, his very existence, Shri Mataji, is challenged because of Sahaja Yoga, because...

Shri Mataji: That's true, but what he has done, he has paid the money to start this organisation. Now, last, last two, three years they are there.

Babamama: Initially he was not interested in what we were doing, Shri Mataji. Only when Sahaja Yoga picked up, then...

Shri Mataji: No, initially also they tried to trouble us long time back, in [Israel] country.

Babamama: Rajneesh's people?

Shri Mataji: No, [unclear].

Babamama: [unclear], I see.

Shri Mataji: They hit us. But they told us we are from "Jnana probhodhini". When we inquired, they said, "We have nothing to do with these people." They are all drunkards.

Babamama: Oh yes, they drink. Most of them drink so much.

Shri Mataji: So they are showing Dabholkar. Why not Me? Another thing, Baba, you have to take up with, is with the communication minister, same person, that how could this Paranzape go there, Ram Paranzape, to that remote village to film Me? Why the whole of this television working for these people? Who are they?

Babamama: How did he know that such an event is going to take place?

Shri Mataji: No, no, they are working for him. They always project. Shyam Manav was all the time there, and this fellow was all the time there, Dabholkar and this...

Babamama: Shyam Manav was there?

Shri Mataji: Yes, on the film.

Babamama: Was he there in the... ?

Shri Mataji: He was not there but on the... they show him too much on the television.

Babamama: Yes.

Shri Mataji: So we should meet these central government people on television and why is it so much importance giving to this organisation? And what they said that they will go and open the Samadhi of Gyaneshwara to see if he really went inside or not, to see if there are bones inside or not.

Babamama: Yes. In fact Andha Shraddha Nirmulan should be the first to join Sahaja Yoga, Shri Mataji, because Sahaja Yoga...

Shri Mataji: I have done so much on this Shraddha Nirmulan.

Babamama: Yes.

Shri Mataji: But what I am saying that how they have got such authority, you should ask.

Babamama: Then they don't have, they have no authority, Shri Mataji.

Shri Mataji: That's what - we challenged their authority legally.

Babamama: Yes, of course.

Shri Mataji: You see, if the government sees anything wrong... And also you should ask these TV people, why are they giving so much importance to them? They have brought Shyam Manav so many times there. They have got this Dhabolkar there. Why? Who is he? Just an ordinary doctor, a non-practicing doctor. They are the ones who are giving him publicity. They said Shri Mataji is doing a perfect publicity, but they can't say I am doing it for money. They can't find it out. But they are the ones who are seeking publicity. So these people should be, another point, it's very important. You must go and see the central government and ask them how is it, and ask them how is it...

Babamama: That they are showing them on TV.

Shri Mataji: Communication matter.

Babamama: Yes, Shri Mataji.

Shri Mataji: Delhi people are little bit haphazard. Let them form a committee for this.

Babamama: Yes, Shri Mataji, I will go and meet them all.

Shri Mataji: They are going to see him tomorrow, this gentlemen, the Home minister. Is he also dealing with the communications? They said so.

Babamama: No idea, Shri Mataji. Those ministers have been changing.

Shri Mataji: So this fellow, is he, he's a, he is great friend of Yashwant Sinha.

Babamama: What's his name, Shri Mataji? Sahaya?

Shri Mataji: Sahaya.

Babamama: Sahaya. There have been so many.

Shri Mataji: But you better, you see, you should ask, you should ask them why, how can these people support this organisation? What right have they got? Now supposing somebody is a thief. All right, let the government see to it.

Babamama: Yes.

Shri Mataji: Who are you? Ananda, Andha name... In the name of Andha Shradha they tortured many people. Police are very angry with them because they keep them so busy.

Babamama: Yes. The only thing they can do is to bring it to the notice of the government.

Shri Mataji: Yes, that's all.

Babamama: That's all, that's all. And that's their legal right - nothing beyond.

Shri Mataji: As if they are cheated themselves.

Babamama: Yes. And if they take to pelting of stones or if they take to any violent act it is totally...

Shri Mataji: That's to be banned.

Babamama: Yes, it's totally illegal.

Shri Mataji: This is the point you have to make. But what should we do now? When are you going to go?

Babamama: I am in Delhi on the 23rd night, Shri Mataji. But I could stay back and...

Shri Mataji: Go there and do it.

Babamama: Yes, Shri Mataji.

Shri Mataji: And you should go and meet communication minister.

Babamama: Yes, Shri Mataji.

Shri Mataji: And tell he must pass [such strictness]. How can they show Dhabolkar? Who is he?

Babamama: Yes.

Shri Mataji: That means your, your Police department is bekar [useless]. Your secret police is there bekar. Everybody is bekar. He's the only one most sensible, you know, like a hero in an Indian film.

Babamama: Yes, all wisdom personified.

Shri Mataji: So we have to ask some questions. Already started seeing...

Sahaja yogi: No, these signals, you know.

Shri Mataji: Now take out your watches. Take out your watches. There's no, is very bad. Don't see your watches. Just take out. I don't wear. I know the time, Myself. Take out your watches. That makes you mad, you see? You are very time-bound people, and also slaves of your watches. We never had watches before. We were quite happy. Yesterday same thing happened. We had to go to that reception. He became so nervous, his center heart was catching so badly.

Babamama: Yes, Shri Mataji.

Shri Mataji: And I Myself suggested that we have to go now. I have a time in My head. I've never missed a plane. I haven't missed anything. And you are not responsible for Me. I am responsible for Myself. Nor also for Sahaja Yoga you are not responsible in a way. But here, in the West, they make a time-bound. Too much of it. But in India is bad manners to see watch in the presence of a saint. It's bad manners. It's sinful actually to see a watch. When you have left everything to the saint, why should you see the watch? And normally also Indians won't see a watch if they are talking to someone, or is regarded as bad manners. Indian bad manners, if you see, you will be shocked. Dhara is her husband, isn't it? You married Mr. Dhara, isn't it? Who is a lawyer.

Sahaja yogi: Yes.

Shri Mataji: Atul.

Babamama: Atul, yes.

Shri Mataji: All right. Bhoot. This watch must be a bhoot.

Babamama: We should shoebeat it, Shri Mataji.

Shri Mataji: Really shoebeat it. Give it a bhandan. Attention, attention is the one. But if you have a proper attention, immediately you know what you have to do, at what time. Like it was at 10.30, but they unnecessarily hurried and we were sitting there for half an hour. And the lady must have thought, "What's the matter with them? Why have they come so early?" One should go and live in Lucknow. You'll never do things in time.

## 1991-0405, Departure

View [online](#).

5 April 1991

Departure

Cairns International Airport, Cairns (Australia)

Talk Language: English | Transcript (English) – Draft

Departure, Cairns International Airport, Cairns (Australia), Friday, April 5th, 1991

[14:11] Lots of new people will be coming now. So you all be very very careful how you deal with them. Firstly, keep on the background. Don't try to show off. Not to say you are bhoots, you have got this in you, that, no. In Sahaja Yoga, we can talk like that. We understand. But those who are coming for the first time, if you frighten them like this, they'll just run away. So you have to be very very kind, very sweet to them. And, also you can offer some tea or something to them when they come first. So that they feel that there's love. Let them feel your love first, not your knowledge.

But just do not stretch your hands towards them so much.

First, you must only make them listen to My tapes. Ask them if they have any questions - which you can answer next time. And after the tapes, you just do the aarti and finish it off. If they want to know, say, anything, you can tell them. But don't start giving lectures, that's one thing definite.

You could show my tape for about twenty minutes. Then have the aarti and all that. They can have some tea or something. That's all.

Now, some people if they say, don't feel it, just tell them to use the photograph. And you do not come forward, otherwise, they get a fright, because they think you look like them, and they're nothing so special about it. They don't mind Me, but if you tell them anything, they won't like it. Have to be careful.

## 1991-0405, Jung and the collective consciousness

View [online](#).

5 April 1991

Jung And The Collective Consciousness

Public Program

Brisbane (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program. Brisbane (Australia), 5 April 1991.

Baba Mama (H.P.Salve): Before that, I would like to add to what Steven was talking. That the origin of music is traced to the Omkara that is the beginning of the sound and the origin of divinity is also traced to Omkara. Therefore, all music which is music if I insist is divine. I don't have to reach your intellectual capacity since my music has nothing to do with your brains. It has to only do with your hearts. My job or as Steven says my task would be to see that I open up your hearts and I am sure I will do that in the process of next twenty or thirty minutes. Because you are all seekers and you are here to take your realisation. I promise you that if you open up your heart realisation would be so easy.

May I now present to you my band of musicians. To begin with, is this young little lady with Guruji himself, that is Chaya Wangade. Don't be deceived by her frail frame. She has got a very dynamic voice. Next to her who sat down just now is Guruji the "sheet actor [UNCLEAR]" the source of this flowing river of purity. Now, I call Sandesh Upatkar. He plays the tabla which is a very popular percussion in India. This is played vertically and he is at this tender age an expert on this instrument. Next I call is Ashok. This stocky little man has more rhythm in him than flesh. He is full of rhythm. The last but not the least is Prabhu. Prabhu will render some very melodious sahib songs for you. Before we start our rendering in order to invoke the blessings of Shri Mataji we sing the three Maha mantras normally.

[ Rendering of three Maha mantras by the singers

Yogi: Could I ask some of the local Sahaja yogis to come and join in the Dias?

Yogi: There is no prohibition on clapping.

Following songs are rendered:

1. Thuja pujani

2. Avaz udayege

3. Yogi: We bring you a song which is sung for invoking the kundalini; for rising of the kundalini. This is sung in the villages in India and before you get into that mood, the drum is played in a very traditional style bringing out the rhythm which is required for the awakening of the kundalini. So, I will ask Ashok to play it in the traditional village style of India. [Ashok plays drum, guruji plays harmonium with other yogis clapping]

4. Jog vaga aise....Udhai bai ude

1. [After the song] Yogi: It was so good we also didn't want to finish it.

2. Shri Mataji arrives into the hall and is escorted to her seat in the Diaz.

## 5. Nirmala ethivarnavi thu...

]

Shri Mataji:

I bow to all the seekers of truth. At the very outset, I have to tell you that truth is what it is. We cannot change it. We cannot organise it and we cannot conceptualise it. We cannot know it at this human awareness. To know the truth, we have to become a subtler being, the spirit. Every scripture has said that you are to be born again. But, it is not just a certificate. It is not just a brand. It is a happening within us. It is the last break through of our evolution. From amoeba to this stage we have come and now we have to ascend a little more to become the spirit. This is the truth that you are the spirit, not this body, not this mind, not this ego, not this conditionings. But, you are pure spirit.

The second truth is that there is a all pervading power of divine love which does all the living work. We take these flowers for granted. We take the life for granted. We take our being for granted. We never even think how we are built made, how we have become human beings. This power which is doing all the living work is the one which we call as the power of God's love or the power of the Holy Ghost or you can say the "Brahma Chaitanya". In the Quran, it is described as the "ruh". Unless and until you become the spirit, you cannot know the absolute truth. This is the reason why there are problems; why we are quarrelling, why there are discussions. But, once you become the spirit, spirit in every human being has the same truth which is absolute. Apart from that this spirit which manifests in your attention makes your attention active. It acts and acts for the benevolence of your being and for the benevolence of the human race, the entire human race. Today, we are facing all kinds of problems and we do not understand why we are here. We are here to enter into the kingdom of God. It is the easiest thing to do is to enter into the kingdom of God. But, we do not know that he himself is so anxious that we should enter into his kingdom and enjoy the bliss of his love. When I say all these things you start doubting that how can it be, how can it happen. Also, you can doubt about this mechanism, this beautiful mechanism which is built within us since the creation in our different stages of evolution. But, I would suggest that you should have a very scientific outlook. You should keep your mind open. Some people say there is no God. I think this is extremely unscientific to say it because you must first find out if there is God or not, whether there is this divine power or not or also if there is a higher awareness for ourselves. Without that how can you just deny something in which you have not made any enquiry or research. So, when we become the spirit, our attention becomes as I said, active, knowledgeable that is our central nervous system gets a new awareness, a new dimension that we call as "collective consciousness". It is described by Jung. Thank God he has described it though he was a scientist; he has described. At a higher awareness we will become collectively conscious, means, we will be conscious about ourselves no doubt. We will have self knowledge. We will know all about our centres. But we will know the centres of others. We will know them in their subtle being, not how they look, how they dress up, not these external things. But internally, we will know what is their problem, what are their centres, we can feel them on our central nervous system. We can feel them on our finger tips. Muhammed Saab has described that at the time of your resurrection, at the time of "Qiyamah" your hands will speak and will give witness against you means they will tell you what is wrong with you. You will know this is wrong that is wrong. Once you know how to correct it, once you know how to correct the exhaustion of the centres the you can completely get cured of malfunctioning of the centres. For example, the centres are like this left and right [Shri Mataji touches the thumb with the forefinger and brings both hands together like a triangle]. He has told you there are two sympathetic nervous systems and they form the centre in this spinal cord like this \*\* which is actually the para sympathetic nervous system. When you start using this power too much to the right or to the left, you see the constriction takes place and there is very little energy left in these chakras; in these centres. But sometimes, it so happens with a shock it may just break. When it breaks, you will loose your contact with your central nervous system. Then you are on your own, such malignancy is set in or you can call it the psychosomatic diseases set in. These diseases can be cured and they have been cured also. When the kundalini rises, she passes through all these centres, strews them just like how a thread strews a purse, nourishes them and then she passes through the seventh chakra and pierces through the fontanelle bone area where you feel the cool breeze coming out of your head. You yourself feel the cool breeze all around. This cool breeze will give you all the information that you want because you know the absolute truth. You can ask "Is there God?". You start feeling more cool breeze. You can ask about somebody who is a cheat and he has come here to say teach us about God. Immediately you might feel heat or maybe little

blister also for just as a barometer. You might feel that person who is cheating you clearly on your finger tips. Then gradually, as you grow, you can feel it within yourself as soon as you see the person what sort of a person is this. So, within us lies our divinity; within us we are divine people, we are great and gracious; not only that we are really majestically divine and we have to touch the divinity within us. We will be amazed to know how great you are and what is in for you in future. The first thing as I told you happens to you that you know the truth. Everybody who is a Sahaja yogi knows the truth and there is no quarrel between them, no question; we meet annually in a place called "Ganapatipule" in India. There are five to six hundred people and this time we had people representing fifty six nations. Can you imagine? All races, all types of people and always such love, such enjoyment of friendship, such purity among themselves that is really when you see that you will think that this is angels or what has happened to them; are they human beings? Such respect for nature, such respect for everyone and such understanding of the value of human life. All this happens to you because you have become the spirit. Now it is a, I would say a new race you can say that is established of people who follow the religion which is a universal nature. In this all the religions are integrated. You will understand that all these great incarnations and all these great prophets and saints, all of them were flowers on the same tree of life. Only we have plucked them. We are fighting with these dead flowers. When we fight with these dead flowers, we don't realise that we have plucked them from the same tree of spirituality. They all are just the same even at different times to solve the problems of different times and different people of different conditionings. But, if you see in essence they are all the same working out for this last breakthrough of yours. To understand that first of all you have to have your awakening. That is something like this instrument [Shri Mataji is referring to the microphone here] has something to be connected to the mains. If it is not connected to the mains, this has no meaning. In the same way, if you are not connected to the mains that is the yoga; when the yoga has not taken place, when that union has not taken place then you have no identity. You don't know what are we here for. But, once it connected we know what is the use of this instrument and how to use it. Not only that, but we become the instrument. We become the divine computer and we become what we have to be.

The second thing that happens to you that when the kundalini rises; when the power rises and she crosses this centre. [Shri Mataji touches her agnya chakra]. When she crosses your this centre, you attain a state of bliss because that time you become thoughtlessly aware means we think about the future, we think about the past. But if I say you stand in the present, you cannot. You cannot stand in the present because present doesn't exist. As soon as this kundalini arrives and crosses this centre then you will be surprised your thoughts become very elongated and there is a space in between and that space is the present. In the present there is no thought and when you are in the present, your spirituality grows and touches that divinity which lies within us. This is what happens to you when you get the awakening of your kundalini. After that when it goes higher and higher [Shri Mataji touches her sahasrara chakra] when it is settled down, this connection is fully established. Then we call the second stage which we call as the doubtless awareness stage. The first one is called as the "nirvichara samadhi" and the second one as the "nirvikalpa samadhi" means there is no doubts about it. It is not a mental thing. It is a state where you start giving realisation to others curing other and understanding everything what is Sahara yoga is. Sahara, "Saha" means with, "ja" means born. With you is born is this right to be united with this great power of divine love. It is with you, born with you. It is your own. It is your own mother who gives you this second birth and then you understand the purpose of your life. Attention becomes so active that if you pay attention to something; I mean you have to be in that depth of course, at that height then even attention itself will act and will give benefit to the person about whom you are thinking, about the cause[\*] which you are thinking or any purpose that you have in mind. Such a person has such a pure glance that this glance can immediately cure or give realisation to people. So, one has to understand all this purity comes through this awakening of the kundalini. To say that you have done this mistake or that mistake is not important, because after all you are a human being. And human being has to make mistakes. You are not God. So, not to feel bad and sorry and guilty about it. This of course I will tell you is one of the greatest conditions that you get your realisation. That you are not to feel that you are guilty. On the contrary you enter into the realm of joy. Joy is something which is not in duality. It doesn't have happiness and unhappiness, but it is just joy and that you see the whole world as a witness, as a drama. And then you know how to solve your problems because you are out of that problem and you can see clearly what the problem is and you can solve it. So, you fall into the ocean of joy and you enjoy life, enjoy others, enjoy everything and while enjoying everything automatically through your personality the vibrations of divine love are emitted. And such a person, even the presence of such a person can solve many problems. Now, we have to have people who are seekers. We cannot do this to people who just come here for curiosity, but people who are really seeking the truth get it very fast. Supposing somebody says that I will give you so much money to awaken my kundalini I say "I am sorry". The kundalini doesn't understand money. She doesn't. Like the mother earth, she doesn't understand any money. She gives you all these fruits and flowers without taking any



money. In the same way you must know that anybody who says that we take money for this course or we take money for your awareness is not only a hypocrite but a real sinner because you cannot take money in the name of God. It is alright if you have to bring the hall alright you take money for that [Shri Mataji is referring to the hall where the function is held]. That is a material thing. But to say that for this knowledge of the divine we take money or for this ascent we take money is absolutely wrong. So far, we have seen that this ascent has worked very well but the best it has worked in Russia, surprisingly. Because I do not consider India to be compared because in India we have this knowledge from ancient times and we had only the problem was that this awakening of the kundalini was given by one master to one discipline. That was the tradition. But in the twelfth century [ie 1200s] there was a great saint called Gyaneshwara who broke this tradition and he asked his master [his elder brother Nivrutti was his master] just please allow me to at least write it down. Let people know. Though in the Sanskrit language we have many many books and many many treatise about it, fourteen thousand years back Markandeya wrote about kundalini. But, he wrote in Marati language which is a local language or you can say which is a vernacular language in which he wrote that there is this kundalini which has to be awakened, otherwise you cannot get your realisation. But, the people who were in charge of religion, we call them "Dharma marthand", they said "No, no, no, no, no, this chapter needs to be closed. Nishidha. This we are not going to touch". That is how this knowledge of kundalini went into the hands of tantrikas. And these are the people who are perverts. These are the people who have no right to talk about kundalini. But they are the ones who are doing black magic in the name of God. Such things happened in the sixth century [ie 600s] when Adi Shankaracharya came and he flouted them and he wrote lot of things about it. He called these vibrations as Saundarya Lahiri meaning the beautiful vibrations. He describes it in a beautiful way and after that we had many many poets, many saints who have sung song of kundalini and have described it like Kabir, Nanaka, all of them have talked about it. Throughout India there has been a talk about kundalini. But, in the bible also it is said I will appear before you like tongues of flames. These chakras look like tongues of flames, beautiful and not only that the tree of life is this. Even in Quran it is called the "assess", in all the Tao it is nothing but the kundalini. Zen is also dealing with Kundalini. So, all of them have talked about it, even Mahavira has taken about it, Buddha has talked about it. So, everybody has said that this power has to be awakened within you. Especially, Buddha has said that there is going to be a new incarnation of "Maitreya" meaning three mothers coming together in one "Maitreya" and it works wonder. This understanding that it is going to be a feminine incarnation which is going to save people. But, some or the other people didn't want to have that accepted and so the thought that how can that be a woman and they avoided this topic. And today also somebody asked me lot of questions about it. So, I said that for God there is nothing like man and woman, like sun and sunlight, like moon and moon light God and the primordial mother are one. We say that there is father who is God, then there is the son who is also God and then the Holy ghost. Now, you just ask the question how can you have a father and a son without the mother. So, they kept it a mystery all through out what is a Holy Ghost. Christ has said I will send you the Holy Ghost. He described it very clearly. But, they just didn't want to talk about it. They didn't want to know about it. And that is how in every religion there has been a very very big problem that they do not related to each other and so we have here Saddam Husain, there we have Hitler all kinds of horrible devils coming on this earth in the name of God. I would request you now if you want to ask me questions because it is important. Sometimes, what happens is while we are going through the procedure of meditation you may think I have to ask this question. So, it is better that you ask question and you are absolutely free to ask. I respect your freedom. But, only thing I have to suggest that I am not here to take votes from you. I am not in the politics [mother smiles] nor I am here to take any money from you or anything. I am here just to give you the key to your own self. So, relevant to that if you ask me questions, I will be very very thankful. And it will be a good idea if you could ask me questions. Thank you very much!

Yogi's voice to the audience: Any questions?

Yogi: Don't you have to have a overcome the senses before you can awaken the kundalini?

Shri Mataji: No, that is the thing. You see, this was done long time back, people tried to overcome the senses and reach one chakra then another chakra and all that. But, this modern one has become a jet kundalini I think. It just rises. As you have grown so big; this tree of civilisation has grown so big that also the depth of those roots have to grown and this is the knowledge of the roots. I find that they have grown so much that like a jet kundalini rises. You will be surprised to see how it rises. Then, in the light of the spirit you see yourself very clearly. Like, I gave an example of a snake that you are holding; you are holding onto a snake and it is all darkness and you are in ignorance completely. You are very obstinate also. Somebody says "No, there is a snake in your hand. Please throw it away". "No, no, no no, I can't; this is a rope I am holding onto". Till the snake bites you, you will go on

holding onto it. But, supposing there is a flicker of light, immediately you will throw it away. In the same way, this modern Sahara yoga has reached such a stage that when the kundalini rises that light of that spirit shows the problem and you yourself become your own master. And you just throw it away. You will be surprised, in England when I first started Sahaja Yoga, the people who were taking drugs, they were all very well educated, professors and teachers and professionals, okay have taken to drugs as if it was a big religion and now we are going to discover something great. You see, this was a big martyrdom[? NOT CLEAR] about it. And they came to Sahaja yoga and overnight they gave it up, overnight. Even alcoholism, overnight they gave up. I must say that English are difficult nuts to break otherwise. But, with kundalini it worked out. And then they took to all the studying of it and searching of it and all that and they have really very high up and they are really the foundation I would say for Sahaja yoga. Wonderful people. They came all the way to Russia to help me, but the best part was twenty five Germans; they just rushed to Russia. It was so joy giving to see the Germans going to rescue the Russians. They said "Mother, this is our duty. Our forefathers have hurt them so much and we have to do something about it". Really, I was filled with such joy and such bliss that look at this; how they are feeling concern about Russians that they have to do this for them and Russians and Germans became such friends, such beautiful relations were established between them. So, it is something that happens to you that little light immediately you start improving yourself. Actually I never tell never do. Supposing I say "Don't drink", half of you might go away. But, once you get it I don't have to tell you anything. You do what ever is benevolent for you.

Yogi: Could you explain how a pure glance can heal?

Shri Mataji: What?

Yogi: Pure glance, other words, if you heal just by looking at them?

Shri Mataji: What is the last line.

Yogi: Heal

Shri Mataji: See, first you develop the pure glance. That is a better idea. A pure glance has a power in the eyes of purity. You see, a soap can cleanse you. How does the soap cleanse you. It doesn't get dirty. In the same way a person who is pure can heal because these eyes are full of innocence and love. We have never known the power of love so far. We only know the power of hatred. But, when you will know the power of love, you will be amazed how dynamic it is and how compassionate, how brilliant and how efficient.

Yogi: Is the awakening of kundalini the same as Budha's enlightenment?

Shri Mataji: Of course! Very much so. See, Buddha! Buddha "shabdh" means it comes from the word "Bodh Budh". "Budh" means to know on your central nervous system. Also, Veda; "Vidha" word comes from the word "Vidh" which is the gerund and which means to know on your central nervous system. Buddha also got the same thing. Now, "Budh" itself means a realised soul. The one who has known on his central nervous system. Everything is just the same. He said "Budham, Sharanam, Gachami" means "I surrender myself to the realised". "Dharmam, Sharanam, Gachami"; now you see in this green part [Shri Mataji points to the chart] is the "Dharm". "Dharmam" means the religion. Not religion the way we know, but our valencies. Human being is having ten valencies. Animals have nine and matter has eight. We have ten valencies which are built in this area which we call as the "Bhava sagara" is the ocean of illusion. When the kundalini rises, she enlightens them. Such a person becomes righteous; just becomes. You don't have to say "you become righteous". He just becomes righteous. It is the question of becoming. For example, you may follow any religion. Any religion; christian, hindu, muslim, anything. You can commit any sin. There is nothing binding on you. With that brand you cannot be brand, but with this you can never do wrong things. As a saint I have never done wrong things. So, this is what is the "Dharmam, Sharanam, Gachami". This is what I surrender to. Then, the third one he says that "Sangham, Sharanam, Gachami", to the collectivity. I surrender myself to the collectivity. Now, collectivity you cannot feel it unless and until you become the spirit because then only you get the collective consciousness. So, the whole preaching of Budha is practised only when you become one with the divine. Otherwise, you cannot. Otherwise, it becomes another Buddhism, Christianism, "This ism", "That ism", "isms" are outside. They are nothing to do with inside.

Yogi: Can you give us your views on re-incarnation?

Shri Mataji: What incarnation?

Yogi: She would like you to explain whether or not there is re-incarnation.

Shri Mataji: Yeah, of course. Of course, you see. There has to be. Christ himself has said I will again come again. If there were no re-incarnation, how could he come again? We are all passing through different, we call them "Yonies?" [NOT CLEAR] means species. But, actually after passing through species also, after human level also we pass through different experiences. And gradually through trial and error we understand. That is what it is that when you are here you are now seeking. At the time of Christ how many were there? Very few, very few people were seeking. Today, you are here because you have passed through that trial and error business many a times in the cycle and now you are there to seek. And because you are a seeker it is your right to have it. But, it is not important what incarnation you were last. This is the best incarnation where you are going to get your realisation. It is like any machinery when you make it, it passes through various you can say stages. In the same way, but now you are at the best stage. I think the best time has come. And this is the time when we call as Kali Yuga is the worst time and the modern times is regarded as the worst; Kali Yug, "Ghor Kali Yuga" is regarded as the worst of all. But, this "Kali Yuga" was once described in Nala Damayanthi thing where Nala and Damayanthi were husband and wife and this kali is the one who is the ruler of this modern times had created a problem between them of illusion and that is how they separated. And they say that Nala one day got hold of this Kali and he said "now, I am going to kill you". He said "See, you can kill me but first you must know my importance". He said, "What is your importance? You confuse people and with your confusion you have created such a problem between me and my wife." So, he said, "See, my importance is such when I come on in this earth and I will rule in KaliYuga; that is the time, those people who are searching me in the hills and [lakes? NOT CLEAR] and mountains will become house holders. Ordinary people will receive their realisation. Receive their realisation and this is exactly what is happening today is that you are receiving your realisation. So, this "Kali Yuga" has to now come to another state which we called "Satya Yuga" means the time of truth. Between these, always between from one time to another time as we call them "Yugas" there is a gap and that gap time we call it as "Kritha Yuga". When something happens, something starts acting and this "Kritha Yuga" is special one where it is simultaneous running with the "Kali Yuga" and this is the one where the all pervading power has become extremely active. And that is why it is helping us to get this mass realisation. Now, we should not miss it. We should not miss it. This is not like that you should be alone. I mean, if you read any one of these books, you will be shocked; you have to be alone, you have to stay in the house, then you have to disappear into some wilderness, stay there alone, give up your food, give up wife, everybody. Then you go to Himalayas and then you hide yourself in some sort of a cave, take out all your clothes and then you will get moksha. You will die in any case. Horrible! So, this is the description. So the people used to do that life. One life, another life like that to get their realisation. To show how unrest? they were about. But, now thank God this Kritha Yuga has started where this all pervading power has become so powerful that this is happening. This mass realisation is taking place.

May God bless you!

[Shri Mataji points at someone in the audience smilingly]: You have some problem?

Yogi: Does creative inspiration arise with collective consciousness?

Shri Mataji: Yeah, it is actually it is when the kundalini rises, you see [Shri Mataji points at the chart] there, she rises above this red point and when she passes into this yellow one this is called as Swadishthan centre. Actually, in the medical terminology we can say that it looks after the aortic plexus on the physical side. But, this is the centre for creativity. When this is enlightened you become extremely creative, so the consciousness of creativity because for example if you are an artist you the deftness, you have the technique, but the creativity comes through this centre. And because you have used your limited energy of your creativity, you sometimes get exhausted. Sometimes, I have seen people get a mental block. They don't know what to do. But, with this nourishment all the time flowing in you, you become tremendously creative. I know of some many musicians who were

extremely ordinary musicians. If you know Indian musicians like Amjad Ali. He came to Sahaja Yoga, he was an ordinary musician. Now, he will tell you about me. Then [Zafathu Sen?], so many of them, like that even dancers, musicians, artists, so many have achieved great heights by coming to Sahaja Yoga. And people who are not even musicians or not even poets like Mr Salve, he is a chartered accountant, he has never known what this Urdu is, what this poetry is. He is very good at mathematics. He is the one who has become a poet now, a poet of very high quality. You don't know what you are. That is what I am saying. It all starts expressing itself. All these centres becomes like flowers of fragrance of all kinds of dynamism.

Yogi: She is asking about other organisations of spiritual powers; are they sincere? Are they effective? [1:18:45]

Shri Mataji: I mean, if you are asking about a particular one, I can say But, very easy to make them out.

Yogi: [TM ? UNCLEAR]

Shri Mataji: Oh! horrible. Terrible things. Sixteen year old that boy isn't it? He had fifty eight rolls royces and he made people starve for that. I was in London and some of this boys were eating potatoes for the whole year and he has made them mad, recluses. Horrible! How can you believe anyone who wants to have rolls royces? If you are impressed with rolls royces, diamonds and things like that then you must know that God is all above that. What does God care for rolls royces! He is a devil. That is all he is. Thank God atlas he is sensible. He has made all his money and settled down. Others will not go till they are finished. Like Rajanesh, all of them, one better than the other. Even this TM is the worst thing. TM is the worst thing. You have no idea as to how terrible they are. I got some people from TM. He was the head of the academy of flying in Ronnoch in Scotland. This gentleman, Peter Pears, he was the head and his deputy and his wife and his child all got epilepsy. They came to me. They stayed in my house. Thank God, those days my husband was touring. So, I could cure them. And if you ask this gentleman, he is going to write a book about it. He is already writing. They are going to publish it. You know, to begin with they were told three mantras. Now, if you are Indians you are understand very well, better. It was a secret, a very big secret. Not to be told to anyone. You have to go through seven doors and the fellow was sitting there. He is only four feet two inches or something. He is sitting on top there and giving a mantra and the mantras were "Inka", "Pinka", "Tinka". "Inka" means, in local language, it is not Sanskrit, there is nothing like mantra in it. "Inka" means a person.. no.. is a scorpion bite. "Inka"! "Pinka" is when the person gets possessed he goes round, round and is Pinka. And Tinka is when he shows like this [Shri Mataji shows thumbs up]. For that they paid three hundred pounds to begin with. Then six thousand pounds they paid for flying in the air. Now, this is the stupidity of the seekers. Why do you want fly in the air about three feet around. I mean it is a mess. Supposing you have such people going round in the traffic what will happen? They promised three feet will do. They promised. Nobody does that. They all broke their bottoms and they have so many cases against them. But, he charged six thousand, six thousand pounds and you know the things they got. If you hear that you feel like laughing and then crying. Because first six days they have to take the water that has boiled the potatoes, then they had to take the rind of the potato, then last day only the potatoes without any salt, without anything. And this is how they paid six thousand pounds. They have crores and crores of [Rupee ? UNCLEAR] and their character is so loose. We have another one here Muktanand, this guru, [mice UNCLEAR] guru, actually he is her father. If you read it you won't have food for eight days. Such a dirty man he is. If they have no character, if they are misbehaving like this, how do you believe. It is only the [best? UNCLEAR] people believes such people. He mesmerises, alright. He mesmerises you, must be mesmerism. Now, it is high time you understand that if you have to achieve anything, first find out how are the disciples, what do they know, what is their knowledge, what have they gained. I am your mother. I will say, "Alright child, go". But, what did you get out of it. Only you emptied your purse. That is all. I would say that I have been warning people since 1970, openly. They have never said a word against me. They cannot file any suit against me, nothing of that sort. But, people don't listen to me. They lie to purchase God. They think the guru is in my pocket. Now, if you are a real seeker, if you are truthful to your self, then pretty well know don't identify yourself with nonsensical things. Just receive your self realisation. You are so precious and you have come here at a very very special time. Very special time! Don't hesitate. You have been seekers for ages. You are not going to hate your life like this. You must know the value of your life which is at the present moment the highest. This time if you miss it, not only that you will miss it, but you will be responsible for this great mistake. Because the emancipation of the human beings are only possible through this transformation which is before you which you can achieve. So, respect yourself. Respect your being and know that you cannot pay for such a invaluable thing like spirituality. It is invaluable.

Yogi: We would like know if there is any person on earth at the present time who has become completely the spirit?

Shri Mataji: Yes there is. First of all you become. Then you will know. No use telling you. See, Christ told that I am the son of God. He did say that which is a fact. It is the truth. He was the spirit. He was the logos. He was the Omkara, no doubt. But what happened? They crucified him. Best is that you become the spirit yourself and know what it is. In ? the light of your spirit you will know, otherwise, no. Only through your spirit you can know. It is said in Sanskrit by Shri Krishna "Atmane atamana dushta? UNCLEAR". See, only through your atma you can know. Through your spirit only you can know, otherwise you cannot know. That is the only instrument which is knowledgeable. [1:26:48]

Yogi: If you are a seeker but you are filled with self doubt and you feel that only other people can get their enlightenment, can you prevent yourself from getting enlightened?

Shri Mataji: Why do you want to prevent? Why?

Yogi: Because she doubts.

Shri Mataji: There should be no doubt about yourself. Why you have doubts about yourself? I have already told you that you are a human being. Have you doubt about it? You are a human being or not? Alright! Every human being is capable of getting this realisation. So, you are a human being and be assured that you will get it. Alright? If you do not have self confidence, you cannot push yourself into it. Isn't it? You have to have self confidence. This I request to you again and again. Must have self confidence. You all can get your self realisation. This is also another modern stuff is to all the time to feel guilty or to doubt yourself. Why should you doubt yourself? You exist, don't you? Please have no doubts about yourself. If you are a seeker, you will get it. Definitely, I assure you. Alright! Nobody should doubt. Why should we doubt ourselves after all? Because some conditioning is on our own head. People tell us you are a sinner, you have done this wrong, that wrong and all. I always say who says such things are the greater sinners. They have no business to pass such remarks. After all you are human beings. And this all pervading power about which I am saying is the ocean of forgiveness, ocean of forgiveness. What mistakes can you commit that he cannot forgive? So, please have full confidence in yourself. Alright!

Yogi: Does scientology have any message for a true seeker?

Shri Mataji: Horrible! Horrible! Horrible! Oh my God! One Sahaja yogi travelled with a scientologist lady and he started telling her about Sahaja Yoga and she said, "alright you give me realisation". And he just thought that he will be alright; he will be doing with her something alright. He came to me and I said you don't touch her; don't touch her. Let her work the photograph or something, but don't touch her. I will manage it. But, he thought he is very brave. You see, just he was in Sahaja Yoga; just! And he started vomiting blood and he died. This scientology if you take the name, even I am really frightened of it. Don't know how! What they do, God alone knows. There are so many stories. They are not allowed to enter in to America. They are not even; In England also in lots of places won't have them. They earn money and they can advertise better because that earn money. That is all and we are brain washed by that. Even to take their name is horrible.

Yogi: Is there any other what shall we say, being on earth that can be the spirit other than human beings? I believe what he is saying is, are human beings the only creatures on the earth ?

Shri Mataji: Yes, I understand. You see, you cannot give realisation to chickens or to goats or to anyone. It's only the human beings have that kind of a brain. There is a big theory about it and I have also given a big lecture on that how we have a conical brain like prism and how it works out. Now, I have... [UNCLEAR]

Yogi: Could we explain the diagram and what these various centres are?

Shri Mataji: You see, what I am saying, somehow I always have one program in every city of Australia. Somehow, I don't know

how. But, this cannot be explained in one lecture, alright! But, all this can be explained and you will know all about it and also you will master it. You will become your own master and you will be the master of this pure knowledge. No doubt. But it takes little time for you to understand. You have to come to our centres where people are quite equipped for it. But, first thing is that you should get your realisation established. Say, there are these lights here, so many lights are here. So, when we come inside, we have to just switch on one button and all the lights coming. But, supposing if I have to tell you how this was discovered, how it came here in Brisbane and how the whole organisation, you will get a head ache. First you get the light because it is all built in; it is all there, just ready. So, let us have that first and in that light you learn everything. It is a very subtle knowledge but you will be amazed how these people have learnt. It is very amazing. And in such a short time, they know everything. More over, it is very surprising how they speak, sing in Marati language, Hindi language, English language, French and there is also in Sanskrit. Sanskrit is the most difficult language. Even Indians can't speak. But the way they have picked up all these things is very surprising. And the Indian music; see for us it was impossible to teach anything to English when they were there. Nothing could be taught to them. Even one word of Hindi was difficult. If you have to say that "close the door", we are to say a sentence in English. There was a banker. If you say "There was a banker", that means "close the door" because "Darwaza bandh Kar". It was so difficult. They could not say. Our language is extremely difficult and it is a tongue twister one should say. Now, how these people have picked up in a short time. You won't believe, even the children. Sanskrit is such a difficult language. It is very surprising. Because of the light. It is very surprising. French speak very good English and English speak very good French. It is something you cannot understand. Alright!

Now, should have this self realisation which is only for ten minutes. You have to be here. But, there is one thing as I told you, I respect your freedom and those who do not want to have it should please leave the hall would be better. Those who want to have it are very welcome. Don't have to do anything much about it. You will have to understand two conditions as I told you before also, that firstly you are not guilty. In no way to condemn yourself. But, you have to very pleasantly placed towards yourself because you are a human being and born at this important time. The second condition you have is that you have full confidence in yourself and that you have to forgive people in general. Not to think about them individually. Logically whether forgive or don't forgive you don't do anything. But if you don't forgive, then you play into wrong hands. It is a myth. You don't do anything when you don't forgive. But if you play into the hands of wrong people, you torture yourself while those who have tortured you are quite happy people. So, just say in your heart that "I forgive everyone" without even thinking individuals because that also is hurting. Have full confidence that you all are going to get realisation. Don't doubt yourself at all. Now, can I request you to take out your shoes because this Mother Earth really helps us a lot.

Mother tells the Yogi in a low voice. "Right UNCLEAR is too much here"

Now, first will tell you how you yourself have to raise your own kundalini. Yourself! How you have to nourish your own centres. The left side is the power of your desire while kundalini is the pure desire means after that desire is fulfilled all other desires are negated. We jump from one desire to another desire. We are never satisfied. So, wants are not satiable in general. But, this want that is within us is satiable. So, you put your left hand towards me which represents your desire to have realisation. You have to sit extremely comfortably. Put both the feet not to go to Himalayas and all that. Just sit very comfortably. And we have to nourish our centres with our right hand. First, we have to put our right hand on our heart. Both the feet apart because these are two powers. So, put the right hand on your heart because in the heart resides the spirit. It is the reflection of God Almighty. Then, we take our hand, right hand (This we keep all the time our left side like this [Shri Mataji shows her open left palm]).. the left hand we take in the upper portion of our abdomen. On the left hand side, we work only on the left hand side, upper portion of our abdomen on the left hand side little bit press it. This is the centre of our mastery which is created by all the great masters. Then we take down our hand to the lower portion of our abdomen on the left hand side. This is the centre of pure knowledge, pure knowledge which builds in our awareness, which builds in our central nervous system by which we know how to handle this power and use it. It is an innate knowledge like we have eyes we can see. We know how to use our eyes. In the same way, our awareness becomes the master of this pure knowledge. Then we raise our hand again to the upper portion of our abdomen on the left hand side. Then again on your heart. Then we take our hand from front like this into the corner of your shoulder and your neck and turn your head to your right. Now, this is the centre gets into trouble when you feel guilty. As a result of that you get horrible diseases like angina also all the lethargic organ troubles and also you get spondylitis. So now, understand, it is a very dangerous feeling guilty. Put your right hand on the left hand side in the corner of your shoulder and your neck. There should be

no confusion about it. Now, you have to take your hand on your forehead across. Put down your head on it, slowly as far as you can go. Put down. This is the centre where you have to forgive everyone in general. Now, take your right hand on the back side of your head. Just on the back side of your head where the optic lobe is. Now, push back your head slowly upward as far as possible. Now, this is the centre where without feeling guilty, without counting your mistakes you have to ask forgiveness from this all pervading divine power if you have done any mistakes.

Now, stretch your hand. Just now, you have to see how you are doing it and later on we will be closing our eyes. Stretch your palm nicely and put the centre of your palm on top of the fontanale bone area which was the soft bone in your child hood; the centre of your palm. Now, press it hard by pushing your fingers outward. Push your fingers outward. This is important so that there is good pressure on your scalp. Now, bend your head as far as possible; as far as possible. Now, put a good pressure and move your scalp very slowly clockwise seven times. Please move your scalp, not your hand so much as the scalp. Seven times, clockwise slowly. Now, that is all we have to do.

You can take out your spectacles, if you find anything tight on your neck or on your neck or on your waist you can loosen it a little bit. Just put both feet away from each other. Sit comfortably in a straight way. Neither bending too much or coming forward. Put your left hand towards me. Now, right hand on your heart. Here, you have to close your eyes and please don't open them till I tell you. Just close your eyes. Now, put your hand please on your heart where resides the spirit and ask me in your heart silently a question three times which is very fundamental. "Mother, am I the spirit?" You can call me mother or Mataji. "Mother, am I the spirit?", "Shri Mataji, am I the spirit?" Ask this question three times. Now, if you are the spirit, you are your master. So, please take your right hand to the upper portion of the abdomen on the left hand side and press it hard and ask another question three times "Mother, am I my own master? Shri Mataji, am I my own master? " Ask this question three times please. I already told that I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So, please put your right hand in the lower portion of your abdomen. And here, you have to say six times because this centre has got six petals. Please say six times "Mother, please give me pure knowledge." Pure knowledge is beyond all black art is absolutely in juxtaposition with all these horrible things that people do. "Please mother give me pure knowledge." Please say it six times. As soon as you ask for pure knowledge kundalini starts rising. So, we have to nourish our higher centres with full confidence. Now raise your right hand; raise your right hand to the upper portion of your abdomen on your left hand side and here you have to say with full confidence ten times, "Mother, I am my own master". Please say it with full confidence. "Shri Mataji, I am my own master". Say it ten times please. Now, you have to know that the greatest truth about you is that you are not this body, not this mind, not this intellect, nor this conditioning, your ego but you are the pure spirit. So, now raise your right hand on your heart and here you again say with full confidence. "Mother, I am the spirit". Please say that twelve times. "Mother I am the spirit". This all pervading power is the ocean of knowledge, is the ocean of love, compassion and bliss. But, above all it is the ocean of forgiveness and you cannot commit any mistake that cannot be dissolved by this great power of forgiveness. So, now forgive yourself and raise your right hand to the corner of your neck and your shoulder and turn your head to your right. Here, you have to say sixteen times with full confidence in yourself "Mother, I am not guilty at all". Say that. Say sixteen times. "Mother, I am not guilty at all". I have already told you logically whether you forgive or don't forgive you do not do anything. But, if you do not forgive then you play into wrong hands. You are tortured by yourself and the people who have tortured you are quite happy. So, please throw away this myth from your mind completely. And now put your hand on your forehead across and put down your head completely as far as possible. And here you say "Mother, I forgive everyone in general". Don't think about them. This is very important. I think people are still not forgiving. You have to forgive. It is a very great weapon. You have got a very great weapon to fight of forgiveness. So, please forgive; otherwise you will not get your realisation. Please forgive from your heart everyone in general without thinking about anyone. Please forgive. It is the most important thing is to forgive. Because this is a very constricted centre and if you don't forgive it won't open. So, please forgive. Please forgive.

Now, take back your right hand on the back side of your head and put your head on the hand properly balancing and push it upward as far as possible. Here, without feeling guilty, without counting mistakes, just for your satisfaction you have to say "O Divine power, if I have done mistake please forgive me. Knowingly or unknowingly, if I have done mistakes please forgive me. Say it again with heart; not how many times. Say it from your heart not how many times. Any mistakes are committed, please forgive me.

Now, stretch your palm. Stretch your palm fully. Please the centre of your palm on top of the fontanelle bone area which was a soft bone in your childhood. Now, push back your fingers nicely so there is a good pressure on your scalp. Now, put down your head. Here, again I respect your freedom. I cannot force self realisation on you. So, you have to ask for it. Now, move your scalp slowly clockwise seven times saying in your heart "Shri Mataji, please give me self realisation". Saying seven times "Shri Mataji, please give me self realisation". Now, please take down your hands and slowly open your eyes. Slowly open your eyes. Put your hands up like that and watch me without thinking. Now, put your right hand towards me like this and bend your head and see for yourself with your left hand if there is a cool or hot breeze coming out of your head. Now, don't doubt because there is air conditioning, but it cannot come out of your head. So, please see for yourself if there is a cool or hot breeze coming out of your fontanelle bone area. Move your hand. Some people feel it much away, some closer, but don't put your hand on your head. Away from it you will feel the cool breeze or a hot breeze coming out of you. Sometimes the heat has to go out. Now, please put left hand towards me like this and bend your head again. With the right hand now, you see for yourself. You have to certify yourself. See for yourself if there is a cool breeze coming out of your fontanelle bone area. See clearly. Now, again once more put the right hand towards me and see for yourself. Bend your head; nicely you bend your head and then see for yourself the cool breeze coming out of your fontanelle bone area. Maybe, hot. Now, raise your both the hands towards the sky like this. Push back your head and ask a question "Mother is this the cool breeze of the Holy Ghost or Mother is this the all pervading power of God's love or Mother is this the parama Chaitanya?" Just ask any one of these questions three times. Any one of these questions three times in your heart. Now, take back your hands.

All those who have felt cool breeze or hot breeze on their hands, on their finger tips or through the fontanelle bone area please raise both your hands. Look at that.

[Shri Mataji asks to one person] You didn't feel it? Alright.

May God bless you. I bow to all of you. One thing that I have to tell you is that this is a collective happening and we have to be in the collective. We cannot say that I will sit at home and mother I will do the Sahaja yoga. You cannot. You have to come to the collective. Like one nail is cut out, then it doesn't grow. In the same way you have to be part and parcel of one being and luckily we have very nice people here whom you can meet and they will have programs; but, I don't know when they have. They will tell you. Please master it. You have to become the master. You can become masters in no time. [UNCLEAR??]



## 1991-0405, Media Interview

View [online](#).

5 April 1991

Interview

Brisbane Airport, Brisbane (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Media interview. Brisbane Airport (Australia), 5 April 1991.

Interviewer: ...condition like, for instance Gorbachev...

Shri Mataji: He is a realized soul. He's born a realized soul. It's a, it's a state of mind which is spiritual and where your spirit is in your attention. So in that light, you see wisdom. You are compassionate and you're very sensible and dynamic and you do not get ruffled easily. Apart from that, it gives you a great concern for the masses and you don't mind rectifying anything that is wrong and also you feel very, I should say, powerful – the power of love.

Interviewer: Right. Do You think Gorbachev... has all these qualities?

Shri Mataji: I think he has many. I'm going to meet him this time when I go there. I mean, I've been missing him and he's been missing Me – it's like that but he has seen the point quite alright, that this kind of an extreme regimentation of communism doesn't help. Also he sees the point what's wrong with democracy, so he doesn't want to go to that extent of democratic life like America is, where it's complete abandonment and they have got so many problems because of this kind of freedom which is just licence. So he's a balanced person and he's very righteous in his own character – extremely righteous man. Like a, you see, I should say that, Socrates has described that, "We should have benevolent kings," you see. So he believes in benevolence and the way how he has uh... crossed all these hurdles one by one, is very surprising.

Interviewer: Hmm, and he's probably changed the world more than any other person.

Shri Mataji: Yes, he's so courageous.

Interviewer: In his generation

Shri Mataji: He's very courageous and whenever I go to Russia – I mean, you'll be amazed to know that there are 16,000, 14,000 people – we always take a stadium and I always talk about him. Nobody objected to what I said about him. He has that leadership in him but is for the world to understand how we have to change ourselves and come to some middle point – not to go to extremes of anything. He also is very spiritual – very spiritual man and he arranged lots of yoga seminars there, he called lots of people from outside, everything but it so happened that when I was there, he was not there.

Interviewer: Well, You'll see him next time.

Shri Mataji: Yeah, of course.

Interviewer: What do You... how do You judge somebody's spiritual, whether they're very spiritual or not? Is it a feeling You get or...?

Shri Mataji: No, you see, everybody has Divinity within themselves. Everybody is spiritual but only thing is that when you get connected to that All-Pervading power then you start emitting cool vibrations from your being which can be felt on your Central Nervous system

Interviewer: Yeah.

Shri Mataji: You can feel on your...

Interviewer: fingertips.

Shri Mataji: fingertips, but for Me I can just feel it as it is.

Interviewer: Can You feel it from other people?

Shri Mataji: Ah yes, it's just like that. You see, as soon as I saw Gorbachev on the television, I said, "We've done it now." So you have to have uh... that kind of sensitivity, just to judge it but otherwise all of them can judge it. If they ask just a question, "Is Gorbachev a realized soul?" it works.

Interviewer: Really?

Shri Mataji: Yeah. You can ask the question and they get the cool breeze in their hands.

Interviewer: Right. Okay.

Shri Mataji: Because you get the Absolute answers because you... Spirit is the Absolute – it gives you absolutely. So all of them will feel the same way about it also and I think, now in the world there is an awakening going on that we should take to Spiritual life – everywhere. But I was surprised that in Russia, where they never talked of God, never talked of religion, how people are so clean! Because they have no conditionings. You see, we have conditionings of this religion and this and that and they have deviated from right paths – they have deviated. They are not on the right paths, you see. Whatever was preached by their Incarnations or say, prophets or anyone – they didn't carry on that.

Interviewer: Is it because they had some sort of religious innocence because they haven't had... religion wasn't legal? So therefore they're more...

Shri Mataji: You see, it is because it went into the hands of people who were really not authorised. Christ has said that, "You are to be born again," that means something has to happen to you. But they did not try that. You see, they just started, "Alright, we'll organize now." Without having that connection, how can you do it?

Interviewer: Right. Have You... have You met the Queen?

Shri Mataji: Yeah, of course I've met her.

Interviewer: Yeah. How did You feel her spiritual...?

Shri Mataji: She's a very sweet person, extremely sweet, very humble, very sweet, nice person and she has tendencies towards spirituality, no doubt and I'm going to meet now Prince of Wales when I'm going to England. He wants to meet Me for some purpose. Then I'll see if she comes to Sahaja Yoga. She's a very open-minded lady, extremely open-minded, and she has respect. A very sweet person she is.

Interviewer: Right. Other members of the Royal family are there any that stand out as being very spiritual people?

Shri Mataji: Even the... this gentleman from New Zealand – [Murray?] - he was quite spiritual but I don't know. He fell into some

sort of a social problem... or conscience problems... something – he is also another one.

Interviewer: Is he? Right

Shri Mataji: Yes. Even our Rajiv Gandhi is but he also fell a trap into wrong advice, perhaps – he's also a realized soul. Even the uh... head of the new party that's coming up, he's also a realized soul. So many are coming up like that, I don't know how.

Interviewer: Hmm. And have You met our Bob Hawke?

Shri Mataji: I haven't met him as yet.

Interviewer: Yeah. Have You met any of the Australian politicians?

Shri Mataji: Not at that level.

Interviewer: No

Shri Mataji: All those who work in My husband's office, mostly shipping people [UNCLEAR] shipping, but they're changing so fast – even by the time I come here, they've changed. [LAUGHTER]

Interviewer: And they will be by the time You come next time too!

Shri Mataji: You can't just locate them. I want to meet but they have changed.

Interviewer: I can believe that. And what about American Presidents? Do any stand out in Your ...

Shri Mataji: Abraham Lincoln, of course. He was great, no doubt, very great. Lenin was also, you'll be surprised, was a realized soul but they dragged him into party and they also... What he said was, "We should achieve at stateless state," that's absolutely what we are doing – stateless state. People should be just angelic – doesn't become like that, you have to be that state. Even I feel the most of the laws are for angels, not for ordinary persons.

Interviewer: Right. You worked, when you were young with Gandhi

Shri Mataji: Yes, I did

Interviewer: What was he like?

Shri Mataji: A wonderful person. He was so concerned about people, concerned about our country, for its Independence – a very Spiritual personality and he knew Me what I was and he consulted Me at a very young age about his bhajans, you see, the hymns, how to write, in what series he should write. But very disciplined fellow, very extremely disciplined and he wanted everybody to be very disciplined and he said, "We have to win the freedom and for that we have to be disciplined." And he said, "First thing first. First we must have our freedom. Without freedom, what is Spirituality of a slave?" So, if he was living, he would have definitely worked with us but [UNCLEAR]

Interviewer: Right

Shri Mataji: And this mister...

Interviewer: Do you have questions? 'Cos I already...

Shri Mataji [UNCLEAR Till I am doing with her]

Interviewer: I have to think of some more anyway...

Male yogi (Jason): Martin Luther King... he also

Shri Mataji: Yeah, He was a realized soul.

Interviewer: Was he?

Shri Mataji: Yeah, he was definitely a realized soul. Tremendous person!

Jason: The thing with, with realized souls in politics, Shri Mataji, You've often said is the vision; they have the vision that unrealized people don't. Lenin had the vision of collectivity, Martin Luther King had the vision of the sameness of all humanity, irrespective of races. But it's this vision that we get through realization, isn't it?

Shri Mataji: Yes, of course, I mean, they have not only vision but they have the Absolute Truth with them and they are so wedded to it – innately they get wedded to the Truth. [Said?] they will not do all these nonsensical things that politicians are doing because they're not insecure, they're not counting their merits, and what position they occupy so they're not bothered about this maintaining the position – they'll be there, in any case, whatever one may try. And they're... apart from the collective vision, you see, they can penetrate into problems much better than anybody else can because they see the problems from a detached mind; they're not involved into it so they can solve it much better.

Interviewer: Right. You've met the pope, haven't You?

Shri Mataji: I did.

Interviewer: The recent pope, the last one?

Shri Mataji: The last one.

Interviewer: The last one. Right.

Shri Mataji: I met him because we had gone to Poland and I said, "I would like to see some churches," because I'm fond of architecture so they sent Me to Krakow where he was there, and they held a mass for Me because I was supposed to be VIP and all that and then after that we had tea together. And sitting, I raised his Kundalini and all that. It came up, it worked out but again it settled back. He asked Me about India, this, that but nothing about Spirituality. So sometimes it again comes up, goes down. Then I wrote a letter to one of the boys that, "I met a gentleman, a cardinal there and I saw the black Mary, because I was there in September and very bad time that September was, when the 1st of September Warsaw was bombed.

Interviewer: Ah, yes, right.

Shri Mataji: So while going to Warsaw I felt extremely sad and I said, "Why I'm feeling so sad here?" My husband said, "Why are You looking sad?" I said, "Never I feel that sad as I'm feeling now." Then we got down and we found out that it was the day it was bombed. And 8th of September is the birth of Mother Mary so they have a black Madonna. They take out on procession – I saw that also and that's the time I met this pope. Then this gentleman who I had written this letter - because he was also born on 8th of September, so I had just written to him – he said that, "Do You know, the same gentleman now has become the pope?"

Interviewer: Interesting. Do birth dates have a special...

Shri Mataji: Yes, of course, yes quite a lot. Birthday is very significant about anyone but specially for people, for spiritual person. They're born at a time when certain stars are there and there's some truth in it. They have predicted about Me quite a lot and it'll see now...

Jason: We heard that the other day Shri Mataji, yes.

Shri Mataji: They did?

Jason: Yes [UNCLEAR]

Shri Mataji: Let us see it works out.

Interviewer: What have they predicted?

Shri Mataji: I mean, that Sahaja Yoga will spread such a lot and people will be changed and transformation will take place and that even politics will take over Sahaja Yoga and all that – quite a lot.

Jason: Judy, I'll give you a copy of that [UNCLEAR]

Shri Mataji: ...and this man who has done it is not a Sahaja Yogi but he himself is now surrendered because when he saw My horoscope. There are horoscopes and horoscopes. There's one predicted with somebody who – what was the – Krishnamurthy and according to him they calculated something. Now he's this one, R.V. Raman who is a very well-known uh... astrologer – he's no more. According to his astrology, this gentleman, Mr. Bhandari – he's also well-known – has predicted all these things.

Interviewer: Right.

Jason: That Sahaja Yoga will become the, the principal belief system of the world

Shri Mataji: Yeah, that's what he said

Jason: In several stages. 1996 was a very big stage.

Shri Mataji: Yeah. I think 1993 is also important as I'll be 70 years of age that time. Two years more.

Interviewer: I wouldn't admit that sort of thing. [LAUGHTER]

Jason: Shri Mataji doesn't look it though.

Shri Mataji: I don't know anything about it, it's just like that is, I don't know

Interviewer: What... when You started this in 1970, You decided that You wanted to help enlighten perhaps, or teach.

Shri Mataji: No, this was actually from My very childhood I knew I had to do this work...

Interviewer: Did You?

Shri Mataji: because formally, you see, it was the tradition that only one master will have one disciple, but in the 12th century there was one great saint in India called as Gyaneshwara. He took permission from his guru – his brother himself was a guru –

that, "You just allow me to write about it openly because everybody's said about it but nobody's said how it will work out so why not let me, at least, write something about it." So he was the first who wrote it in a book called 'Gyaneshwari', which is actually a book on Gita. In that he wrote in the sixth chapter that, "There is a power like this which will rise and which will give Self-realization", and things like that. This was written in many Sanskrit books long time back: it's 14,000 years back Markandeya wrote it, I mean, so it's a very old theme, worked out by very few people. But in our own language like Marathi or Hindi which we speak, it was not available. So he's the first one who told to the masses about this and it had to be worked out in such a way to be proved. So, when I was born I knew this was My own mission. My father also knew; He was also a realized soul, so he told Me that, "Don't talk about religion, don't talk about anything, just now You find out how to give realization to masses, not one to one, but to masses."

So then, I used to... So in a way, they also can do it, enter into your being, you see: "What's wrong with me, what's wrong with him, what's wrong." So then I worked out - 'till 47 years of age I was busy finding out. Then I worked it out what is the permutation and combination is. Now the last centre was not opened - all of them were open, Kundalini, I could do it, with that the last was to be opened out. That I did on the 5th May, 1970, early in the morning. That time I saw this horrible Rajneesh, you see, mesmerising people. By chance I was there just to see what is here. When I saw that, you see, just I thought better start it now. So first I gave realization to only one lady, and then to one gentleman and then twelve people got realization. That's how slowly it started.

Interviewer: Gosh. And how many people would have received realization now, do you think, in the world? How many would there be?

Male voice 1: Thousands.

Male voice 2: Hundreds of thousands

Jason: At least tens of thousands, pushing a hundred thousand: maybe more than a hundred thousand by now.

Shri Mataji: Bad at accounts. You can't just say, because this is Sahaja Yoga is not a computation, it's not an organization – it is how many practice it – you just can't say how many practice it.

Interviewer: This, this ability - I mean, I've read about the ability to look into people and find out what's wrong with them, and You can do this

Shri Mataji: Well, all of you can do it.

Jason: All of us can do. We can read the chakras on our hands

Shri Mataji: On their hands they can

Jason: The sensations we get.....

Shri Mataji: That's what is the Collective Consciousness which Jung has talked about – you must have heard about Jung?

Interviewer: Yeah...

Shri Mataji: Jung has talked about it

Interviewer: Yeah

Shri Mataji: That's same thing, same thing that you develop that new awareness, a new dimension in your awareness, on your Central Nervous System.

Interviewer: When you go into Beta... uh... apparently when people get into Beta waves, they can do this, is that right?

Jason: Yes. We've had some studies done recently, Shri Mataji - Dr Apatikar who...I mean we've got copies in the paper. In fact it's included in that package that you've got, that the symptomatic of the steady meditation state is a vastly increased Beta emanation, and there are various other things that go on. But essentially what happens is that when the Kundalini is raised you are then in meditation...

Interviewer: Right

Jason: ... and how much you develop it and how much you learn to use that awareness, is then up to you. So that's kind of two questions – there's who has had their Kundalini raised, which could be hundreds of thousands of people by now, and they could have done nothing more with it but it's a rather smaller number who've actually stuck to it; meditated every day, learned how to use their finger chakra monitoring system and have actually increased their sensitivity to the extent that they're now vibrationally aware in every day. This is what Shri Mataji teaches us too, to work on very much, to develop our awareness so that we can perceive things through our vibrations, principally rather than through other means.

Shri Mataji: It works both ways, you see, we have to feel our depth so like a tree has to grow outward, the same way when you start working on others you start moving outwards and depth starts increasing and once you touch your Divinity within you, then you're there, no problem.

Interviewer: Yeah, right.

Shri Mataji: [LAUGHTER] I'm only sorry that I'm meeting her after such a long time. I've been here many a times, you see and I wish we could have met earlier we would have done such a lot for Australia.

Jason: Hopefully it can happen now. [Shri Mataji interjects 'Huh?'] We hope it can happen now.

Shri Mataji: It should. I mean, first of all there were so many horrible gurus here; you had so many horrible people working. Even now, I think, there are some already at it. One thing you must tell them that you cannot pay for your ascent. It's a living process of a living energy of evolution and you can't pay for that. Now, you may pay for a house or for... aeroplane tickets, that's different but you can't pay for this.

Interviewer: At what stage will You feel that You have achieved Your goal? Will it be when, when... how many people are...have received realization?

Shri Mataji: With that in two stages when we move. The first stage is we call as thoughtless awareness where you can silence your thoughts and you can watch, just watch – that's you are in the present now, neither in the past nor in the future. Then this stage develops into another state, what you call as doubtless awareness – then you have no doubts about it, no problems and you yourself know that this is so. The certificate comes from you, from nobody else. Everybody has improved like that, everybody. Even Jason, ask him, he will also tell you the same.

Interviewer: I don't know whether I'm weird but, this is a very hypnotic way, isn't it? [LAUGHTER]

Jason: Yes, yes, it's a very nice hypnotism [LAUGHTER]

Shri Mataji: In hypnosis, you see, you actually put some sort of a spirit in the person. There's no modus operandi – you don't know how it has happened - but in Sahaja Yoga you know each and everything; how the Kundalini rises, where is the Kundalini, how to raise it, what's the problem of a particular person.

It's the Parasympathetic Nervous System which you nourish, about which doctors don't know. So, if you talk to a doctor he'll understand or an engineer he'll understand: that this is complete engineering. So the modus operandi is completely explained and proved. It's not just talking, it is proved. Now supposing, some people say there's no God. Alright, doesn't matter – raise their Kundalini. Ask a question, "Is there God?" Whoosh. You get the cool breeze says yes. But supposing, there's a cheat and you say, "Is he Godly?" Immediately you might feel hot, sometimes you get a blister with such a person. Relatively you should see it. Supposing, there's a cancer patient. I put My hands to a cancer patient, immediately you'll feel the heat of the cancer patient. That's how you can find out what's wrong with this person, what's wrong with another person. Now only thing, if you know how to correct those centres, person is cured.

Interviewer: If you know how to...

Shri Mataji: ... correct those subtle centres

Interviewer: Right

Shri Mataji: ...which are indicated on your fingertips.

Interviewer: Right.

Shri Mataji: Then if you know how to do that through the awakening of the Kundalini, then you can cure that person.

Jason: There are things... ways in which we can work on each chakra to clear out the dead energy, that may be blocking the chakra and to get it working again. And the state of the chakra is the origin of disease or health. [Hmm] It's the very basis of it so we can work on the chakras and clear the condition.

Shri Mataji: So now for hypnosis, supposing I hypnotize him, supposing, he won't be able to tell you what it is all about. He will not have any knowledge about it and it's such a subtle knowledge, but you ask any sahaja yogi, they all know about it. They know how to work it out, they know how to give awakening, they know how to cure; they know everything. Such a subtle subject has become so easy for them because they have that light, I can say, and that understanding, that feeling by which they can judge it.

Interviewer: Can I, can I ask Your supporters – You - what difference it's made to their life? Do You mind if I...

Shri Mataji: Yes, please ask, please ask.

Interviewer: Can you tell me what difference this has made to your life?

Female yogi: Oh, it's completely transformed.

Interviewer: How has it transformed?

Female yogi: Basically, I was very, very... very aggressive and uh very – I'm trying to use words that you...are not Sahaja Yoga words – but very greedy, very rough, harsh, and lots of things like that and that's balanced a lot more than I was then. And also I was very nervy - I used to suffer from Myositis... all the muscular... all the nerve tendons between all the muscles go crystallized, and that's all gone. And erm, I used to go to a chiropractor every week – or sometimes twice a week - but I haven't been for 11 years. Just totally in good health, you know. I mean I haven't been sick apart from a cold in the last year, so... And people used to say to me, 'But Pauline, you haven't got a cold in about a year,' and I'd have one by the end of the night sort of thing, you know! And now, I haven't had... just cold is the only illness I've had... a slight cold. And then you just get a very mild version, don't you?



Interviewer: What...?

Male yogi 2: Me? It wasn't so much physical, it was...um, but my marriage was on the rocks and I was heading downhill fast – it was meant to, I think. And I could just see, after having Kundalini awakening, it was a logical step: that this was the way we could change direction. And um, I actually divorced but then my wife came into Sahaja Yoga and we remarried.

Shri Mataji: Is he married?

Interviewer: That's different! [Laughter]

Male yogi 2: Yeah, it was an expensive exercise [Laughter]

Shri Mataji: Because children were in trouble, you see – they had children

Male yogi 2: Yeah, it got the marriage back straight and I could see it was the way to go and through - as Jason was saying – through vibrations, we thought this was the right way in order to approach our whole lifestyle.

Jason: So you had two children to start with [Yes] and since, he's had another two with the second marriage, so now he's got four children.

Interviewer: Right, and is that how many years apart?

Male yogi 2: 12...

Interviewer: 12 years apart.

Male yogi 2: 12 years difference

Interviewer: Jason, what's it done for you?

Jason: It was very spectacular. I was a functioning alcoholic – slowly, well not very slowly, ceasing to function. I would say I was pretty neurotic, I believed that politics was a valid way to approach life for one thing: that's a fairly neurotic belief. Umm, I don't believe it now [Shri Mataji laughs] and...

Shri Mataji: Very hot-tempered he is.

Jason: Very hot-tempered – I was hot-tempered, that's true and I've almost got rid of it now, touch wood...there's only plastic in here to touch – and all told, I mean I gave up alcohol and tobacco the first day, I gave up politics a few months thereafter – I needed a little bit of persuading -, umm... and over eleven years, I'm, I suppose about, 5 – 8 % as hot tempered as I was. There's still a little bit there but I mean, the transformation – people...you can ask anybody else if you don't ask me. It's...I feel that I'm a lot more peaceful, I'm working a lot better. Since I got realization, I went to university, and got a degree uh... had two changes of career, and now I'm starting to succeed as a writer and broadcaster My intelligence is working immeasurably better, I'm emotionally a lot happier. I mean, those are the kind of ordinary human things that are difficult to quantify, but from the inside, I know that the improvement is several thousand percent. And I know perfectly well that it couldn't have come about without getting realization, without following the teachings of Shri Mataji, without letting Her look after me, Through just doing what She says, doing what She advises - although I'm a bit slow at that frequently. But nonetheless, despite me being slow at following Shri Mataji's advice, it still works which shows that the Kundalini is tremendously powerful, it even overcomes the resistance of people with a lot of conditioning, a lot of ego and a lot of bad temper. So, I mean, for me there is...

Shri Mataji: But also how many of your friends in Brighton, I mean, just imagine, they were gone cases absolutely...

Jason: Drug cocktails [UNCLEAR they used to take?]

Shri Mataji: ... hippies and all kinds of people from Brighton came in

Jason: Ruined, completely ruined brains, they took so many drugs...

Shri Mataji: Oh my, absolutely! Recluses, you can call them, recluses [Jason: Yes]

Shri Mataji: Paul Winter, just imagine, now he's one of the very rich persons there and he's doing very well; he discovered something and I mean, you can't believe. And some people were from Oxford and Cambridge and London School of Economics – very highly educated – all into drugs. It was just a fashion – all into drugs – and they had become like cabbages, I tell you. Once when they came to Me some of them said they couldn't even see Me. They just saw some sort of light, this, that, and all of them are absolutely alright and doing very well.

Interviewer: Gee, that's good, yeah

Shri Mataji: So many of them. [Jason: I mean they just...] Alcoholics...

Jason: They stopped alcohol, drugs, smoking - I mean, all these things, none of the easy things - just like that

Female yogi: Yeah, you try, it just drops away and then sometimes you forget that the habits have gone and then a year later, you see somebody doing it and you think, 'Gee, I used to do that and you've forgotten: you just grow and...

Interviewer: Do you realise, this is an enormous growth industry. I mean, think of all the millions of dollars that are spent on trying to give up smoking. [Laughter]

Shri Mataji: No, there is one Dr. Wells, you see, who was an alcoholic and also drug addiction but not so much as alcoholism and such a qualified man just wasted, and Rustom brought him to Me – another doctor, he's head of the Psychiatry department in Amman – he brought him to Me and I looked at him and I said, "Now look at this man; such a educated, such a good person, just lost." Out of frustration in his family and this and that he took to drugs. And when he became alright – now today he is in charge of seven hospitals in London.

Jason: And he's Britain's leading expert on addiction therapy

Shri Mataji: And he's working on that, you see. And I told him, "What do you do?" And he said, "I come home and give them bandhans, that's what." [Shri Mataji laughs] He's curing people so everybody has tremendous respect for him, because you cannot cure people, but he works out Sahaja Yoga.

Interviewer: That's interesting. Have you had a...?

Male yogi 3: Well I, was working as a shop assistant and I was on the verge of collapse from stress and overwork and I got my realization and went along to the meetings, and I used to go to the ashram every night [to get vibrations?] and it pulled me right out until I got back to normal. I was very emaciated; I was just there on the verge of [a mental break?], so it changed me.

Jason: How old do you think he is now?

Interviewer: I don't know I'm terrible at guessing people's ages, I'm always wrong.

Shri Mataji: And also you must mention how you love each other – that's very important. But we have people from, say, this time we had people from 56 nations for our seminar in India and the way they love each other, I mean, we never have a problem, never. They love each other, they look after each other.

I mean, like universal brotherhood has been established. And to see that, I feel so very happy. We had Russians, we had Bulgarians, Romanians, uh... we had people from East Germany, also from Hungary, Czechoslovakia – all this Western Bloc had also come, plus we had people from all over like Colombia and I mean, all the rest of it and the South American group and North American group – like that fifty-six nations and...

Interviewer: Just an [UNCLEAR]

Shri Mataji: Yes. My husband says he works for the United Nations and he said, "I can't think of any, any organization like this. I cannot think; there's no problem, there's no argument, nothing – just enjoying each other."

Interviewer: Have you had an experience?

Male yogi 4: Yes, I can't say I was an extreme of anything except perhaps physically. I have, just prior to discovering Sahaja Yoga, had a prolapsed disc which turned out to have been a thing of long standing and when I... Actually, when Shri Mataji first came to Australia, I was in hospital because they cut me open and had done all sorts of things to me and I was faced with having to wear a belt around me and a calliper on my leg and also another thing on my shoe to keep my foot straight and after about nine months, I sort of followed up to the doctor to see what my prognosis was and he said, "Well, you're not going to get very much better." He said, "You know we've done all we can, but this has been going on for 20 years and you know there's a lot of damage done, and you've lost a lot of nerve function." And so there I was there with all these things, you know – I had a stick, I had a stick as well - and in the meantime before this meeting with the doctor, I had discovered Sahaja Yoga and this healing process - and I've no doubt whatever that this is what was happening - uh, through the practices of Sahaja Yoga just continued. And I went way past the period where my healing should have cut off. Till now, I haven't got any of those things. I can walk reasonably well – I can't run very well. Uh, I'm not too good at dancing; I fall over! [LAUGHTER] Apart from that it's, it's... it's virtually disappeared.

Interviewer: Can any of this be put down to power of positive thinking, to much degree?

Shri Mataji: Positive thinking is a mental process. Mental process can only develop your ego. It cannot help you much because if you think positively – well, according to us we go to the right side, and the left side is neglected, which is emotions and such a person can become very dry because you can rationalize anything. The balance is not there but in Sahaja Yoga actually, not that you achieve balance but also complete nourishment from the Divine force.

Jason: You're actually getting an extra energy than you were before

Shri Mataji: All the time, yeah

Jason: All the time

Shri Mataji: It's not only physical energy; it's physical, mental, emotional and specially spiritual, and you are always joyous, always joyous and very happy person. Children are very happy; they become very intelligent as well as very compassionate. It's very different world you enter into because it's all within you – you have to just touch that Divinity.

Interviewer: Hmm, Wow, I can't think of anything else to ask You. [LAUGHTER]

Shri Mataji: She's gone into thoughtless awareness. [Shri Mataji laughs]

Interviewer: Huh?

Jason: You've gone thoughtless, that's one of the effects of it – you just go thoughtless

Shri Mataji: Yes, that's it. It's thoughtless – there's no thought.

Interviewer: Maybe that's normal though.

Shri Mataji: It is normal. [UNCLEAR] – if you want you can think, otherwise you won't. Otherwise you are bombarded by these thoughts, you don't want to have them; they go on haunting – now you are free.

Interviewer: Now I am free. [Shri Mataji: Aah] Wait a sec – free to what? Free to what?

Shri Mataji: Free to think. Free to think in every way. You see, once you get your realization, nothing is important than your being so that you don't take to any drugs; Become so powerful; nothing can touch you, nothing can dominate you – no habit, nothing.

Interviewer: So even I'm not going to go out to the car and have a cigarette? [Shri Mataji LAUGHS]

Jason: It's up to you. [LAUGHTER] It's your free choice, complete free choice.

Shri Mataji: You see, in Sahaja Yoga, it's complete free choice. Animals have no choice; human beings have been given freedom to choose. Now by trial and error and method they try to learn, but still they cannot go very far. But once you get realization, the light shows them that it's wrong and you... they just don't do it. It's a simple – always I give them a[n] analogy of a snake. Supposing it is darkness and you are holding on to a snake and somebody tells you, "Oh, there's a snake, snake," but you won't give up. You'll say, "No, it's a rope." In the darkness you can't argue till the snake bites you and then suddenly when you see a little flicker of light, you just drop it yourself. So, I don't tell them, "Don't do this, don't do that." It just happens by themselves.

Interviewer: Right.

Shri Mataji: You become your own guide, you become your own guru – I don't have to tell you anything. You see yourself what is benevolent for you, what is joyous for you, what is good for you. Everything you see yourself because it's all within yourself. Only like one light which is enlightened, one candle which is enlightened, can enlighten another light, that's all. But there's no uh... nothing that has been done in such a way that you should feel obliged or nothing of the kind; it's just one light which is enlightened gives light to another.

Interviewer: Thank You very much, that was fascinating.

Shri Mataji: May God bless you!

Interviewer: Thanks

Shri Mataji: May God bless you!

Interviewer: Can I take a couple of pictures of You with my beginner's camera, while everyone else around here has got terrific ones?

Shri Mataji: Yes, please do, please do. Please do. There's already continuous... [Shri Mataji laughs ]

Interviewer: It's strange to have this little camera, it's had pictures that have appeared in every magazine but it's just much embarrassing, it's killing me. [Laughter] [UNCLEAR]

Shri Mataji: [UNCLEAR] My husband. I'm hopelessly bad, I mean, I've never handled a camera all My life.

Interviewer: That's not very good... [Flash?] Yeah, I'll take couple but it's very sporadic - it does everything automatically so I can't ruin it.

Shri Mataji: This automatics is what?

Interviewer: Yeah, automatic everything, thank goodness. I just have to...

Shri Mataji: I know this one...

Interviewer: I'm sorry about the flash...

Shri Mataji: I know this one very well, it's very good.

Interviewer: That's magic! Thank You very much.

Shri Mataji: Thank you, thank you very much.

Female yogi: Shri Mataji, would You like some water?

Shri Mataji: Thank you. What about the lady – she may like some also.

Female yogi: Would you like, would you like something?

Interviewer: Ahhh...

Shri Mataji: Please have.

Interviewer: Ok, thank you, that'll be nice. [UNCLEAR]

Jason: Judy, if you can make it to the Town Hall tomorrow night, that'll be a very nice thing, I mean...

Interviewer: It depends what I'm doing work-wise...

Shri Mataji: But only thing it should be announcement must be clear – wherever we are having the programs, so if you can give it in writing properly,

Jason: Yes, Mother.

Shri Mataji: because it happened sometimes that we didn't give them and there was a confusion.

Interviewer: Alright, I'm getting to be very well read now [Shri Mataji LAUGHS]

Shri Mataji: Let him [UNCLEAR]

Interviewer: Well, I wish Your Australian trip is very successful.

Shri Mataji: Thank you very much. Success for Australia and for you. Australians really need it very much now – so many problems they have and I feel very concerned and so many are coming. I don't know – they should be alerted at least. Like AIDS and all these things... I don't know. They must be awakened.

Interviewer: Well, it looks like You're doing Your bit to try

Shri Mataji: I beg your pardon?

Interviewer: Looks like You're certainly trying to do that

Shri Mataji: I'm trying that [UNCLEAR] on My.... [UNCLEAR CONVERSATION]

Female yogi: Vibrated water is very good for you. –

Interviewer: Is it?

Female yogi: Yes, yes just try.

Shri Mataji: Try, try

Female yogi: It changes the molecular structure of the water and everything

Interviewer: That's [fantastic?]

Female yogi: Once Shri Mataji's vibrated it. If you're ever feeling sick... [UNCLEAR]

Shri Mataji: Once there was a gentleman called - he's quite a fan here [UNCLEAR] – and he said, "First You give me realization, then only it will be alright. Then I got some water and vibrated it. I said, "Have it." He said, "Is it wine?" I said, "No, it's water." [LAUGHTER] He's such a good Sahaja Yogi today. Lots of fans are here... Mr. Romanos..

Female yogi: That's very special water! I'm sure you [UNCLEAR CONVERSATION] Please have it.

Interviewer: [To Shri Mataji] Do you want some?

Shri Mataji: No, it's alright

Interviewer: Well, I can't wait to see what happens.

Shri Mataji: Let's see...

Male yogi: It's subtle

Interviewer: It's subtle, is it?

Female yogi: It is

Jason: Judy, if you have any follow up questions, I'll be on the other number that's on that kit I gave you.

Shri Mataji: There are so many other thing but you can tell her later on. Gradually she'll know the inside and out – [Jason: Yes, she's got my number...] you know how miraculous it is the time now. [Jason: She can follow up] We have not explored this area, is the point – we cannot. This is the knowledge of the roots. We have the knowledge of the tree and if we don't have the knowledge of the roots the whole thing will be [UNCLEAR – WASTED?]

Interviewer: There are books being written now about Beta waves and what...

Shri Mataji: Horrible! They have written all nonsense, absolutely nonsense, without any authority, without any understanding. It's a...You see, God is such a subject, Divine is such a subject – anybody can write. Even Hitler can write, even Saddam can write, I mean...

Interviewer: Right – they have.

Shri Mataji: They have. You see, how can we stop them – only thing the way they are punished.

Jason: Thanks very much Judy

Male yogi: Thanks Judy

Shri Mataji: Thank you, thank you

Interviewer: Thank you all,

Shri Mataji: Very nice meeting you. Thank you very much

Interviewer: Okay. Have a nice time in Brisbane.

Shri Mataji: Thank you, thank you.

## 1991-0405, Talk to Sahaja Yogis

View [online](#).

5 April 1991

Talk to Sahaja Yogis

Brisbane (Australia)

Talk Language: English | Transcript (English) – Draft

Talk to Yogis in Brisbane (Australia), 5 April 1991.

Sahaja yogi: I'm really sorry that she was the only one of the Brisbane media that turned up.

Shri Mataji: There were many expected?

Sahaja yogi: Yes, but not expected, I sent to all the television and radio stations and both newspapers and I found them yesterday and they all said the same story, "Maybe, it depends on what the day is like."

Shri Mataji: They are busy with something so called important, all these newspapers. To be in the newspapers you have to be in the politics, that's the only way. Otherwise they don't care for you.

Sahaja yogi: And they don't even listen because I told them in a way that Shri Mataji is in politics. I told them about Sir C.P. being who he was, and introduced that angle and still they didn't buy it. I think if they see anything to do with God or the Spirit, they are frightened. Or they think It doesn't exist or – don't know. I don't know what we can do Shri Mother.

Shri Mataji: I think we are spreading the best way. Those who are the people, who would come to Sahaja Yoga would be coming, whosoever. But those who are not that kind, can never come. So also to have too much advertisement and all that, I don't know how far we'll be successful. There may be some we can never give realization perhaps. But you go on. In France now, the French government has taken a good look at it. They are sending some children for a crash course to know about Indian culture in seven days. Just like French.

Sahaja yogi: Shri Mataji, I'm sorry, we might have to get You to use this, there are people out there who can't hear.

Shri Mataji: They can't. I'm sorry. So this crash course has started I think now. Nobody would take it up. They said it's all nonsense. I said better, because their children, may be they might be able to understand certain things. Perhaps they must have seen something good about it. Imagine in France to start a course like that. It seems that something is going into their heads. I think the way we are growing is the best because Sahaja yogis have to also become real Sahaja yogis, otherwise people see you and they reach certain conclusions. Moreover, we have had some horrible leaders in Australia, also in England then we had now somebody in Austria. And they have had the main thing, main weakness is for money. How they were grabbed into this weakness, God knows but they fell for it. And also their wives are responsible for that kind of thing. So there was retarding influence, very much retarding influence on Sahaja Yoga, and we really lost some of them. So many were frustrated and upset about it. Recently we have one gentleman called Marcus, used the Sahaja yogis, built his house, everything he did, borrowed money from them and then suddenly now he has decided to give up Sahaja Yoga and sell the house. Now the Sahaja yogis are upset because they have given him money, they have given him labor and he's using that to make money out of that house.

So My only suggestion was that why didn't you tell Me that you were lending money to him. After all, it's very important. They thought that "You see, how could he do such a thing?" I said, "But still, now I have to warn all of you that if there is any extra money asked for, best is to inform Me." I'm going to tell all the leaders also that they have to inform Me if they are collecting any extra money from you on certain things. In a group like ours, where we live with trust, we know that we are better off people than others are and we don't have all those horrible qualities of lust and greed as they have, at least we have tried to come over it.



Then it's important to understand these two points. People are very vulnerable and if they find anything like that, they should inform Me. Also I've been informed that, say for Me I'm travelling, formerly I used to come with My own money, then gradually they said, "It's very wrong Mother, why should You pay for our salvation?" And also for My programs here like our halls are to be booked. Now you've got some musicians to come here to help you. They do help very much, no doubt. So in every country they have to collect some money for our programs. Now I was told that there are very few people who contribute to that kind of thing. It's not because you have got realization you have to pay. It's not because you have been benefitted physically, mentally or emotionally, none of these but because it's your responsibility. It has to be your life. You have to involve into it. It's not only for getting married in Sahaja Yoga and having a good married life or by which you get a good ashram where you can live comfortably. But try to understand that how important it is today to save people from completely getting drowned. I mean I was surprised that such a little amount is charged and still people don't want to pay. After all who is going to pay for it?

As you know the situation is very, very bad in America. We have now statistics that sixty-five per cent people, white skinned people will suffer from incurable diseases, also mentally, schizophrenia. And those who remain will be only mostly from Asia or from other cultures. Even the black people, I don't know how many are going to survive, because they try to copy completely and fall into the same trap. Everywhere apart from these diseases, people are taking drugs and these drugs also can take you to some diseases, of mental disorders maybe. So what will happen? We have to think for future also, for our children. What sort of a world we are going to give them? Of course, in Sahaja Yoga you don't have to pay for Self-realization, you don't have to pay for anything else. Otherwise if you see a guru, this guru Mai, who has come, she charged three hundred pounds to begin with, ended up with three thousand pounds, in Italy. They raised an objection to her. She said, "I'm an entertainer, you cannot charge me any income tax." Because she gets lot of money, she can advertise better. Anywhere, she can even run her own newspaper if she charges more. She charges more, she gets hold of rich people. And a kind of immoral life she leads if you see, you will be shocked. We have the whole report about her guru. If you read that, you'll be so surprised that he was a very immoral and a very great cheat person. Just see for yourself, you'll be shocked [what Sahaja Yoga is?]. And people gave in thousands and thousands to this man who collected – as I was told by income tax people in India that he had six hundred crores, means I don't know in...

Sahaja yogi: Crore is 10 million, Mother. Six billion, six American billion you could say.

Shri Mataji: Six billion worth of diamonds only apart from rest of the money. They must be really stupid fool to give him money, and that's how they must have been with him. But that means wise people come to Sahaja Yoga, no doubt. But wisdom should also give you a sense of responsibility, it's very important. Now at this age I'm travelling, you know, every third day I'm travelling. It's all right only in Australia but I travel all over the world. So I enjoy it because I think I'm doing my job. That's why I'm on this earth. I'm not paid for it, nothing, this is what I feel. But I don't need Sahaja Yoga you know that very well. Sahaja Yoga is not for Me. I don't need it at all. While you all need it and you all need it for your children and your grandchildren and the generation that is going to come. Because this is such a great revolution, and in any revolution people sacrifice their lives. They made so many sacrifices. They made so many years of their lives dedicated to that work, to achieve that freedom.

So we have to also understand, we have to little bit take responsibility of Sahaja Yoga. And this thing I've found out that people in Russia do it without asking. They haven't got much money with them. They have rubles but they can donate any amount of rubles. Imagine they book for me always a stadium. Everyday I have to speak in a stadium, everyday. Can you imagine if you have to book a stadium here, can we pay for it everyday? That might be the reason that God sees that we are not in a position to hold meeting in a bigger place. So, let it go slow. While in India we have luckily open grounds and we can have meetings in the open grounds in the villages. But in big cities people take up responsibilities to arrange everything in a proper way. So we have not to take it just as a by-the-way thing this Sahaja Yoga. It's a primary thing in life because these are very, very special days I feel. From Kali Yuga we are jumping into Satya Yuga. The interval between always has something, they call as Krita Yuga, where this all pervading Power tries to create a further movement of our evolution. Now this time is very, very special because the jump is too big. From Kali Yuga we have to jump into Satya Yuga. So this all pervading Power has become [over-delete?]overactive. The activity of the all pervading Power is so great that I Myself am amazed how to go fast with it, so we get the best of the all the advantages of this time. But in Sahaja Yoga also I find people who are there, they mentally work about it, like in a way they are

little critical about someone or some work or something as if that one, that part, is not their responsibility. Like they'll come to an ashram supposing, now they'll say, "Oh, that should have been better color here, I think," or something like that. Who will do it? I'm not going to paint it. So everything I find wrong I have to correct it, is our responsibility.

It's a tremendous vision. I'm sure it will work out. But where will it work out? Where we'll have really dedicated Sahaja yogis, in that big way. So the dedication is so important, and if you are dedicated then also the Divine is dedicated towards you, you get the blessings of that, in every way, from every angle you get the blessings. It all works in such a beautiful manner that it's amazing, people are amazed and I'm also amazed that how individually everybody is blessed. Now as you know My husband has got this special award and he has got thirty-one more awards. Major awards from thirty-one countries, and he's the only one in the whole world who has got these thirty-two awards, in the whole world. And the award he has got is the highest. There are very few people who have got it. One of them is Mr. Reagan, and I mean for an Indian is out of question.

There are five types of Knighthoods and this is the highest of highest, which he got it. And he just started thinking about it, and in one of the meetings he said that, I think in Poona he said it, "It's only because of my wife I am blessed. Because She's so selflessly working for the betterment of people that perhaps the Divine is kind to me and that's how I got it." Even Mr. Parkinson in his meeting very sweetly said – I mean English you know how they are, not easy to give awards. [INAUDIBLE] But very sweet man Parkinson, he made a big issue of the whole thing. We were invited in Lancaster House which you know is a very rare place for English to invite, and there were so many others also from British parliament. And the British parliament itself invited us and gave my husband presents which are very special type. My husband said that there are many like me, nothing so special. Even in this meeting when Parkinson said that I have heard about legends, I never knew I'm going to see one legend and here it is somebody sitting in front of me. Then later on after dinner they started talking.

So Parkinson asked Mr. Srivastava that, "By the way how will you look with all these thirty-two awards on your body, because something for a super human being to have." He joked that I'll look like a ring master in a circus. But all the time he felt he's so much changed, My husband, so much changed. He became extremely humbled down and he started suddenly caring too much for Me. He said, "You are extremely precious for the whole world," and he's very sure that it's only because I'm so much blessed by God that he's being looked after. And every walk of life, you see, he has been specially very helpful as far as money is concerned.

In the beginning of course I mean we had to spend all My money to travel. First time when I came to Australia, twice I came with My own money, and also your first leaders they came to India, I paid for them throughout. So, he never objected to it. Anytime even now I mean if I need money for anything for Sahaja Yoga, he's the first to donate. This year I don't know how much money he has really given. He said this is the last year when I can really donate because now I will be retiring. But as a result how he's blessed even money-wise you will be surprised, because whenever we sold our houses in London, he got ten times more, twelve times more price. Which is out of the blue, I mean nobody got it like that, and the house was sold in no time without no problems, and he has so much surplus money. And he's kept money for Me, for My travel and everything in the bank. But he told Me one thing that You have to show some income here otherwise our government will start asking how are you living there. Because after all it's My husband's money but still he's supposed to declare all his money. Though he's donated it to Me but still we have to show some income. I said, "All right I'll try to see if I can arrange some sort of a royalty or something for My tapes and things." So, actually, you see, he's so over-satisfied about it and he knows that.

He says, "Nothing can happen to our family, nobody can touch our children and my son-in-laws are also doing very well, my daughters are doing very well, my grandchildren are doing very well. I have no problem from my family, and they all support me, they are always with me and they are all very generous, they are quite well-to-do people. They have no problem with money but they think that all blessings are because of You alone doing all this for Sahaja Yoga. And we have no family problems as some people have of this and that, no quarrels, nothing of the kind."

This time I told him that Sahaja yogis are here. He said that "You must invite them for lunch to our place."

I said, "I won't be here".

He said, "Don't worry, I'll arrange".

And he really did such a good job of it. Those who have been to Pratishtan this time here, you see, remember that lunch he arranged. All arranged by him. From menu, he did everything himself and he had to leave very soon after that. But he saw to it that he stayed there, entertained you all. And I have reports that on My birthday they had a Puja, perhaps in England, he was there, invited him and he gave a very beautiful lecture to them about Sahaja Yoga.

So once you believe that you are blessed, then you should feel like doing something for it. And once you have that feeling within you, you'll be really helped. As I have told you that Krita Yuga has started. Now you have seen My photographs so many of them. I've got some of them. Have you got them here? Where is he? Steve, have you got those photographs, which you have enlarged? So many of them. I mean one better than the other. Recently we had some more which are not here. So the whole of Shri Chakra is on My head, like this, has come out with great light. So for you to believe that you are now in a different age, you cannot think about it and you cannot question it, you just have a look at it and what are we doing about it? Where are we? While if you see, these gurus are never asked any questions, nothing. Just they want to do for this, just to keep him pleased. While what is his game? He's got so many Rolls Royces, he's got this, he's got that, but the reputation-wise he has none. But definitely he has very dedicated disciples, extremely, all of them, and in thousands. Apart from that they give money, they really never ask him any questions, and have such dedicated disciples, absolutely. You have to read.

Now we have got a report about the guru of this guru Mai and you read and you will see what it is and then you will be amazed how people were dedicated to this man who has not given them anything, who was so immoral and on the contrary he just lynched them. So then our righteousness is challenged and we have to see that. We have to go all out to do our level best to achieve spreading of Sahaja Yoga. Nothing else. When you start spreading your depth also will improve, like the tree when it starts growing outward it starts growing inwards also. I've been talking about it since I came here because there have been so many mishaps in Australia, and no more of that now. If you people are extremely dedicated, immediately you'll have that depth and that strength to oust anybody who tries to spoil the image of Sahaja Yoga, and to understand it. Because it's not only that you are going to enjoy, it's only you are going to feel the blessings, but all the rest of the world will be thankful to you. I wish you could see this and also read about them.

And another thing is that some non-Sahaja yogi has made a horoscope for Me, from some special type, R. V. Raman, who was a very famous astrologer and this fellow is I think his disciple of whatever it is, and he is completely surrendered to Me now. Also you should read. So convince yourself and try to introspect. You see, this is what we have to learn from the Russians because they introspect. What are we doing about it? If they find one person doing wrong immediately they get out. What are we doing about it? We have ego or we have miserliness or we have some conditionings. Are we saving our lives? This is very important. Instead of finding faults with Sahaja yogis and Sahaja Yoga, better find faults with yourself. Try to correct it, and also to understand the greatness of Sahaja Yoga. You must have that kind of a mind to understand the greatness of Sahaja Yoga. It's not only that I love you, it's not only that you have to love Me, but you have to love the whole world. You have to have concern for the whole world. What was Christ? What was Buddha? What was Mahavira? Any one of them. They were born with that concern. Now you have all the powers. Only what is lacking is the concern and that's what you have to develop.

May God bless you all! Thank you.

## 1991-0406, Bhavasagara Puja: Meditation will protect you

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6 April 1991

Meditation Will Protect You

Bhavasagara Puja

Brisbane (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Shri Bhavasagara Puja, Brisbane (Australia), 6 April 1991.

This is the first time we are having a puja in Brisbane, and I'm happy so many have come here from various places.

You know that by puja, you excite the chakras within Me and you get lots of vibrations, and you achieve, suddenly, a height in your awareness. You do achieve that, but after some time they say that: "Mother, again we come down." Also, they were saying that: "When we go to India we are all right, and when we come back, again we come down." Luckily, now we have an Ashram, which is a very good thing. To have an ashram itself is a, I must say, is a very, very positive thing because that is how Ganesha is established here. So Ashram is here for a collective living, but [a] collective living of spirituality. It's not just living here, but it is of spirituality. And we have to know certain things about the discipline that we have to keep, [which] is very important. It's not just a house where are, some people have gathered together to live together, but it has to have a discipline. Then only you'll be helped – because if you do not come to the Ashram with this idea that you are going there to ascend yourself, it will make no difference whether you stay in the house or you go in the Ashram.

So there are two types of meditation, two types, where one is the meditation where, we can call it the "antar mana" [inside view], that we meditate inside ourselves. To see for ourselves what's wrong with us, and how we have to correct, what we have to do about it. And another is "bahir mana" [outside view], [which] is outside, how we have to live outside. You have to have a discipline, which is not imposed on you but, very happily, which you have accepted and have imbibed. For any art, say in India, I don't know here, but you have to put yourself into a rigorous training to achieve any height. You cannot haphazardly move about it. You cannot take just easily everything. In Sahaja Yoga there is no tapascharya [asceticism], there is no penance for you. It's all blessings. But one should not get lost with those blessings if you have to really get into yourself in its full depth.

So, for the "antar mana", it is important that you all should meditate, morning and evening, every day. Is all right even if you do not brush your teeth, but you must meditate is an important thing. That is the reason I find that in the West people go on catching, again cleaning, again catching. Every time I come [I] find somebody is suffering from either- for some sort of a conditioning, or say, some sort of a badha, or sometimes it's ego or something. It comes and goes. It is not something that is detached permanently. As we have to take our bath every day, we have to wash ourselves every day, in the same way, we have to wash ourselves within. So meditation is the "antar mana tapaha", as you can call it, but it's not such a "tapaha" [pain] even. You don't have to go to [the] Himalayas and sit there. You have to just do this meditation early in the morning.

In the Sahaja Yoga system, I would say the best that is working out is in Germany and in Austria, these two; and also England, but not to that extent. I would say these two are working out the best; and thirdly, in Rome.

They too have ashrams of the same kind, but for them, it is very important to achieve the heights of Sahaja Yoga. Absolutely. Nothing is more important.

Invariably, in all these ashrams, I've seen people get up at four o'clock. I also get up every day at four. Then I may sleep later on, but at four o'clock I am up. They take their baths, get ready for the pujas, and then sit down and do about five, ten minutes [of] puja of the photograph, and then meditate. Then they go and have some breakfast or something. Then when they come home from work, also they sit down together to meditate, that's the collective part of it, or discuss whatever is to be done, what, how