

are we to propagate Sahaja Yoga. They just talk about Sahaja Yoga, or they decide what should be done, what is the best way to solve the problems of Sahaja Yoga. And then in the night, before sleeping, invariably all of them, all of them, one and all, even children before sleeping, soak their feet in the water, sit for meditation, and sleep. That's why I find Austria has come up so well, and Germans. You know, Germans are like that. If something gets into their heads, for them that's the most important thing; then they do not sort of fickle out. There's no, - they don't have any compromises on those points. And they make their body work hard.

Now, what is the Tapa in this thing here – the penance? That our body is used to some sort of a life. India also, we are all like that in India – everybody will get up in the morning, and they will sit for puja, or they will sit for meditation. I mean, that goes without saying, you don't have to tell them. Because that's the traditional thing to do in India: always when they get up, have their bath, they always do some puja, all of them. If they're Christians, also, they'll sit down and pray. Muslims, they'll do Namaz. That's a kind of a practice and the breeding of the family.

Here I find that the parents do not take the responsibility to pass on any information to children about disciplining themselves, because children are also extremely aggressive. They don't want to know about it. So the parents also dare not tell them that: "It is good for you, please do it this way; it is better that you meditate." They're afraid that they may lose their children if they tell them like this. Or, "You pray", or "You get up at this time", you dare not tell them that you get up at this time. This is the greatest crime in the West if you tell them that: "You have to get up at four o'clock" – amah! It's like the worst punishment. But once you start getting up in the morning, you'll get the habit, and then you'll sleep early. Then you can sleep early. Getting up in the morning, really, will help you for the whole day. So start this kind of a practice.

You must meditate every day, and this is the reason why I find people, whenever I come, they're again caught up, something has gone wrong. This is wrong, that is wrong; they're caught up here and there. Why should you? Day by day, you must rise. Day by day, you should be at a much higher state, and this new breeding has to come within us, that we are Sahaja Yogis. And we are not here only, just to have good food and to have a nice time or nice meetings, but we are here to become those unique personalities, which are required to raise the humanity to a higher state. So you have to be, now, responsible for yourself. You have to look after yourself and you have to tell yourself: "Mr. So-and-so, Mrs. So-and-so, please now behave yourself." Otherwise, Sahaja Yoga is lost to you. It's not going to help you much. We might increase in quantity, but quality-wise we'll be missing, and one attack of negativity can finish such a quantity that we think is too much – it has happened once.

So now, all of you must develop that dedication to yourself, to find out what's your problem, and how you have to correct it. If it is done every day, I can assure you, you will have no problem of any kind. Your thoughts will stop, your problems will be solved, and you'll have no catches at all because you've washed them off. But if you leave them on your being, then they grow, and they become big. So there should be no lethargy, as far as meditation is concerned, but joyfully you'll start doing [it] after some time. You won't be happy if you have not done it. But in the beginning you'll have to goad yourself, and tell yourself that this body has to be cleaned; but more than that body, this mind and intellect, both of them, are to be corrected.

To be an instrument of God, you have to be perfect, [a] perfect personality, otherwise, we may not be able to communicate the message of Sahaja Yoga in the proper way. Many people say that: "We are surrendered to Mother, and we are surrendered to Her, and our surrendering will get everything." But what are you surrendering? Is that a clean heart, or a heart full of all kinds of wrong things? Or is that the intelligence, which is a very superior type of clean intelligence? Or else, are you coming out with all your arrogance? So though there is the Ganges of Sahaja Yoga flowing, still you have to have the depth of a pitcher. A stone cannot fetch any water. Same with children. Of course, as they'll be going to India, I'm sure they'll form proper routines, and they'll form proper meditation methods.

It is obvious that we have never had the sense of Divinity in the West. Whatever we had, whatever we got from the church or from any synagogue or something like that, which was only Sunday to Sunday, Sunday to Sunday; for a Muslim, it is Friday to Friday, Friday to Friday, finished. But that has led them nowhere. So we have to do something about it. Problems will be solved in no time. You don't have to sit down and contemplate for worry: how will you solve your problem? It will be solved. But what cannot be solved is the habits you have developed, habits of lethargy.

I can understand in London if the people are lethargic, but they are not. They have become extremely, extremely hardworking, active, and also dedicated. How they have achieved it? Only by knowing that this dedication brings forth all the cleansing, and all the powers. Now, supposing this instrument is not clean. You won't be able to even hear Me, it is useless. So our instrument has to be perfect to manifest Sahaja Yoga. If it is not, all the defects can have double effects; like, first it will affect you, you can never feel the full advantage of Sahaja Yoga, and secondly, it will affect the people who will meet you, and gradually they'll find out there's something wrong with you. "Some sort of a subdued madness", they'll say, "this Sahaja Yoga is because I don't find anything great about this man. He's halfway here and halfway there."

Once you start getting deeper into your being, you'll be amazed that you can develop such capacities that you'll be amazed at yourself. Of course, there are blessings, [and] there are miracles, but think of your own capacities. What are your capacities? How far are you able to do something about curing people? We have few people in Bombay, and very few people in Pune also. But they are available for curing. Some of them are going to villages. Now they have asked Me to give them a jeep, so they could take a music party to the villages and sing there, and achieve a greater number of Sahaja Yogis. But when they come back, immediately, whether they come in the daytime or in the night, immediately they wash their feet before the photograph.

Also to protect yourself, you have to give yourself a bandhan, all the time. It is not you should say: "Now, I'm all right." You should not say that: "I am perfect." You should not say: "Now I'm a Sahaja Yogi." Never, never think like that. The moment you start thinking you are perfect, you are finished. So before going out, you must give a proper bandhan. Also before sleeping you must give a proper bandhan and put your attention to your Sahasrara and then sleep.

It's very amazing how things work out. Immediately you will know [whether a person is meditating or not, immediately! It's like this: a person who has given a bath to the child, though he has given a bath to the child, still he has not taken a bath. You can make it out the difference between the two. In the same way, those who have been meditating every day, morning and evening, not much time needed – you see, we waste all our time in something nonsensical. When there is [a] complete understanding of yourself, and complete understanding of these vibrations, then only you can handle them properly. All this knowledge is for you. Is absolutely free as you know, and all this mastery can be yours. So do not just get satisfied: "All right, today's Sunday, we'll go to the church, take the hymn book, let us sing this hymn number such-and-such, again sit down, get up, sit down." Finished. Come back home just the same.

So today I have really thought of telling all of you that you have to develop the depth within yourself. And if you cannot develop that depth, then you are still a mediocre. Actually, all these great secrets about the Goddess or Her powers were not told to anyone like that. Never. Only when they had completed their oneness – I would say the full idea, full understanding between the oneness of God and your relationship with that, absolutely – nobody would do anything before that.

Now the days are, of Sahaja Yoga, are so simple that as soon as you get realization, you can start giving realization to others. Immediately. Just under your hand, you will see the Kundalini will move. You put your hand on somebody's head, and you'll find that person gets realization. It's a fact. It just works that way. But that means, for many: "Oh, there's nothing to be done. After all, is all done by Mother, we have just achieved something."

You can always understand that Mother can only work out a very good instrument, and not a weak instrument. So now, we have some very great Sahaja Yogis who have gone very deep into it. Invariably, whenever I asked, they say: "Mother, every day we worship. We worship morning and evening, every day. We wash our feet and sit down before Your photograph and worship Your photograph, or else in the morning time also we do something like that." And amazingly, you can make them out immediately. There may be six hundred people at the airport, but immediately I know who has been meditating every day.

Now, it is for us. We have been doing Sahaja Yoga for the last, now, more than twenty years, and now we are entering into [the] twenty-first year, we can say; but I'm ready, you see, it is like that, because now it was 1970, and now it is 1990, so it is all this thing, plus ninety-one.

So much time we have had. Of course, I would say, you didn't get your realization at that time; but whatever time you got the realization, I did not judge how far you were in it. I said: "First let them have their Realization." They got their Realization. So once they got their realization, you see people who have really felt the responsibility, from the very first day they got to it, from the very first day. I didn't have to tell them. I'm not talking about Indians, I'm talking about others. And they've done, they have shown tremendous improvement, tremendous.

We have been sending you Indian boys from there, Indian girls from there, just for you to know that they can also help you in Sahaja Yoga. It definitely can help you. You have to have a proper type of a person, and you'll be amazed at the way they are, that they can impart everything, and they are least bothered about their ego. There's no ego at all. So you are not achieving all this for your ego. You are achieving it because you are a seeker, and now you have become a Sahaja Yogi.

So it is to be understood that it's not something like a[n] advantage in money wise, or something that I have to have a power, this, that; because if you do not meditate, your attention will go to such things. Immediately you'll start thinking: "Can I become the leader?" All right, if not: "Should I debase the leader? How can I insult him? How can I fight for that? How can I do that? How can I work it out this way?" You try to insult also. If not possible, you might use violence sometimes, anger, because you are not yet, I should say, that much evolved, so much mature, so much wiser.

So now, what you have to do is to- at the very first shot when you get up in the morning, you first say that: "Let me see, what is my responsibility, as a Sahaja Yogi?" After some time you will start enjoying it because it will give you such tremendous powers, such tremendous experiences. Now then, you just sit down with a very humble mind, and first of all say: "Mother, if I have any ego, please take [it] away. Mother, if I have any conditioning, please take [it] away; because I'm a seeker out and out, I don't want all these things."

But if you do not meditate, then this Mr. Ego will secretly crawl upon you, and you may try to become the leader, or some sort of an assertion you'll do, some sort of a stupid ego actions, which we have many in Sahaja Yoga.

If you write them down, you'll not know how to stop laughing. So to warn yourself, I would say that the only way to protect yourself is to do the meditation in the morning and evening, and also to keep yourself in complete bandhan. Yours is a very important role and a very important time, extremely important. You have no idea, that in the history of spirituality no one could do so much as you can do.

So, if you really do the "antar mana", if you really see inside yourself, while meditating you see yourself, your chakras and all that, and then you find out this introspection: "Why am I like this?" Just separate from yourself, see for yourself: "Why am I like this? Why I did like this? Why do I think like this? Who am I?" These questions when answered you will know all your worth, your value.

I do not know how much I should stress, how much more is needed to stress the importance of meditation, every day. Like these advertisements you see, every day they just go on bombarding on your head, and: "Buy this, buy that, buy, buy, buy, buy, buy." It acts. In the same way, you have to every day bombard yourself: "Now, meditation. Get to meditation. Get to meditation."

Then you'll be surprised that when you'll go out, you'll see something beautiful; immediately you'll get into thoughtless awareness. Don't have to do [it]. As soon as you'll meet a Sahaja Yogi, [you] immediately [go] into thoughtless; the other person, you both will go. Everything you start enjoying in a very different manner. And such beautiful feelings come in, such beautiful security is built up that you're surprised: "How I could be like that?"

How I could feel these securities just expressing themselves in such a beautiful manner?" Because if you are, say, washed and clean – simple thing, everyday life – then before touching everything you are careful that you don't again spoil them. If there's a sari, which is dirty, absolutely dirty, then if there are two spots or hundred spots, makes no difference. But when it is absolutely clean, then even the slightest spot you can see, you get worried because everybody will see that. In the same way, unless and

until you cleanse yourself every day, you will not know what's wrong with you.

I hope you'll pay full attention to what I've said here, with full attention on your inner being projecting out, like a witness to yourself. Just see how you talk to others: "Why should I talk like that? What is the need to talk?" And then you'll start understanding that behind all this is some sort of a funny thing going on in my brain, and this brain has to be corrected – Very important.

Now, at the end of the day, we should find out: "What good things I have done for Sahaja Yoga?" Also, we can find out how I have been not up to the point in Sahaja Yoga. If it could be done, you find out: "How far I have gone with these powers to spread Sahaja Yoga? How far I can go?"

It's really remarkable because, as I told you, in Austria we have some boys who are all the time researching about Sahaja Yoga. They have read the book of Adi Shankaracharya, which I have not yet read. They have read all kinds of things, just to find out how far they are, and as a result, they themselves went on developing very, very deep into their beings; but the way, you see, you go on developing deep, deep, deep, deep, deep, and you'll be amazed the deeper you go, you won't show off, you won't show off. It will just emit.

Like, one gentleman once came to My house and they said: "Mother, some cooler has come inside. It looks ([like] some cooler has come inside. Ya, there's a cooler coming." He didn't say anything, didn't do anything. Just walking inside the house: "Some cooler has come."

It is felt, you know; like in the forest, if you go, and you find complete silence, even the birds are not twittering. They know there's a tiger sitting there. Tiger doesn't do anything, just sleeping maybe, poor thing. But the whole place is awed by his presence, you see. In the same way, a Sahaja Yogi, anywhere, will stand out. Look at these saints, they didn't know how to raise even the Kundalini, but they were very pure people. They never raised anybody's Kundalini. They never gave Realization to anyone. They were extremely pure people. There was no impurity left in them. And so, how much they could produce: what poetry, what work, what spiritual ideas, what sayings; I mean, tremendous – such depth in whatever they did, such effectiveness.

Now, we are here to gain our spirituality, not to gain money, not to gain positions, powers – nothing. We are here to gain our spirituality, and in that spirituality, it's all there.

All the satisfaction, everything is there. It will have an effect on the children. It will have an effect on the surroundings, in every way, and the personality. So it's not a question also individuals doing that, but collectively doing it. The collective should look [like] a beautiful thing. So you should have, I would say, in an ashram, a collective meditation.

In Austria, they do it early in the morning, [at] four o'clock, collectively. So they know how many are there, and how many are missing, this, that. But I said: "Don't point out. Let's see." When those who have been doing meditation like that rise so high, others start following them.

So don't think about others: what time he got up. It's I; I have to look after myself. It's very selfish: "Swarth". You have to know the meaning of "Swa" – that is selfishness – and when you know that meaning, then you are not bothered whatsoever anybody might say, whatsoever one may try to do. Supposing your husband is funny: "Oh, doesn't matter. He'll come round." Supposing your wife is funny: "Doesn't matter, she'll come round." It is nothing important. To you, this is the most important thing to do, and all those who have thought like this and have acted like this were above everything. Nothing can put them down.

So, today is the first day of Brisbane. I bless you all, that you should have this full idea about yourself, why you are on this earth, and what great work you are supposed to do. Each one of you is capable. Each one of you can do it, but you- I would request you, that you imbibe these qualities within you, which are already there. I mean, I wouldn't say "imbibe", but you manifest them, and once you start manifesting, see your temperament how it is.

We'll look after your children; don't worry.

May God bless you.

1991-0408, Shri Gauri Puja

View [online](#).

8 April 1991

Kundalini Puja

Parnell, Auckland (New Zealand)

Talk Language: English | Transcript (English) – VERIFIED

Gauri is the mother of Shri Ganesha and She produced Shri Ganesha because She was having a bath, and to protect Her chastity She created Shri Ganesha.

In the same way, Kundalini is the Gauri and we have got Ganesha sitting in the Mooladhara Chakra. So we have Mooladhara as the abode of the Gauri, of Kundalini, and the protection of the Kundalini is done by Shri Ganesha. As you know, Shri Ganesha is the deity which is for our innocence. Only Shri Ganesha could be there in that position because as you know the pelvic plexus looks after all the excretory functions, and it is Shri Ganesha only who can really stay there without getting dirty by the surroundings. He is so pure. He is so innocent – while the Kundalini is the virgin, the virgin mother of Shri Ganesha.

People have started talking against Mary by saying that there was something wrong, "How could a virgin get a child?" Because we do not understand it is God and in the area of God anything is possible. They are above all these things and they can create anything and in any way, Ganesha had to be born out of a virgin because He was so pure.

So, Kundalini has to be supported by Shri Ganesha. If Shri Ganesha is weak, then Kundalini cannot be supported. Shri Ganesha has to support Her in the awakening part first of all. When the Kundalini is getting awakened, Shri Ganesha stops all the functions that it has to perform. All the functions are stopped so that – you must have seen, I sit for nine hours, ten hours sometimes, I don't get up, because all functions of Shri Ganesha, everything stops when the Kundalini is rising. She is fully supported and looked after by Shri Ganesha.

The Kundalini is the energy that you know which gives you your ascent, but it is a virgin energy. It's a energy that is detached; it doesn't get attached to any centre, to any function. Only one function it has to do, is to slowly and steadily pass through all these centres, nourish them, give them whatever they like, whatever they want, whatever they can bear, and slowly and steadily open the Sahasrara. She is coiled up in three and a half coils; it has a mathematical significance why three and a half, why She is – I think in My book I have described about Her. But though She's a virgin energy, still She is so wise, so sensible, so loving and so caring that when She rises, She doesn't give any complications to you. She doesn't even make you feel that She's rising – in some people She does, when the people are not normal, some obstruction is there; then you do feel it, but normally you do not even feel how She is rising.

She goes up in a way automatically, supported by the whole mechanism when She rises from one centre to another centre. The lower centre first opens for Her to enter in and then it augments, it closes down so that it can keep the Kundalini in its place, then it goes higher, there again till it pierces through Sahasrara, this ascending of Kundalini goes on. This is what is raj yoga - that is not artificial, something outside, but the spontaneous working of the mechanism is raj yoga.

As I always say, that when you start the motorcar all the mechanism starts working by itself, but by just moving the wheel you cannot make the car move. In the same way, when the Kundalini is rising, She rises spontaneously and passes through these six centres. That time She also at Vishuddhi, She opens the Vishuddhi and when She emerges through it at that time, the tongue is a little bit pulled in just to keep the flow on. This reaction is called as 'khechari' [mystical yogic mudra or position]. So, when people are very deeply in meditation, those who have achieved great heights in meditation, they find suddenly they get into 'khecheri' situation, or we call as 'mudra', in that state as if some nectar starts flowing from your palate. If you move your tongue upward like that you'll feel the cool coming down your tongue: try that.

Now this, you don't have to do when you are in deep meditative state. It starts cooling down your tongue slowly as automatically

you get into 'khecheri' state. As far as Sahaja Yogis are concerned today, there are very few who really feel that way. The reason is you do not meditate. We do not pay attention to our Realisation, also. We talk about it quite a lot, in the West specially, we discuss it more than to do something about it. We have to meditate every day, just like washing our hands or just like cleaning our teeth, we have to in the morning-time meditate and also in the evening we have to meditate. We have to meditate both the times otherwise we cannot rise, we cannot grow.

Just to think that we are Realised souls you do not become. This cleansing has to be done every day, every day in and out. And this is why none of the experiences which are described are felt sometimes in Sahaja Yoga and people ask, "Mother, how it is that we don't feel the 'khecheri'?" Because your attention is not also there where it should have been.

So one has to try to meditate in such a manner that this working of the Kundalini is facilitated. The chakras are cleansed out and ultimately you are in a state of meditation. It is not a question of how to go into meditation, but is the question how to be in meditation all the time. So as you know that Kundalini, when She reaches the Agnya Chakra and when She opens Agnya chakra, then you can be in thoughtless awareness, then you don't think – thinking just stops. You watch everything, just watch, but you do not get involved into what you are watching, but you just watch and that watching itself gives you the growth within. Think of the tree which is say, in a turmoil or during earthquake: it won't grow. When the earthquake stops, everything becomes quiet, everything is peaceful, then only the tree can grow. In the same way, our growth can only take place if we are peaceful within ourselves.

So for a Kundalini growing wider and wider and rising higher and higher, first thing is we must have peace within ourselves, but this peace is possible if you can make really peace with others. If you cannot make peace with others who are in Sahaja Yoga, who are in the collective, if you are in a turmoil, this Kundalini can never rise. That is why collectivity is so important. Without collectivity your Vishuddhi cannot open, and without collectivity, you cannot have the growth of your spirituality.

It's the growth of the spirituality, as they say the Tree of Life is upside down and the roots are in the brain, and this Kundalini has to go and water that brain, as we water the roots.

Then it starts flowing downward and that's how you start expanding. When you start expanding, then you touch the depth of your divinity, and once you have touched the depth of your divinity then you start working it out in such a manner that people will know that you are yogiji, you are people of high realm, you have something great. It is not how many times you read something, it's not how many times you talk about Sahaja Yoga, it's not even how many times you just go on reciting names, but how many times from your heart your pure desire is to ascend.

If this pure desire [SOUNDS LIKE caughts] upon you, then the first thing and the last thing you'll do is to meditate – you can't do without it. Even if you try, you can't do without it. If you will sleep without meditating, you'll think, "Oh, I have not meditated" – not out of guilt, but, "I have missed something, I have missed something." That should happen to us. So this power of Gauri has to be respected because She's our mother; She's our individual mother, She has given us second birth. She is the one who knows all about us; She's so gentle, so kind, how She slowly rises. She doesn't give us trouble; She takes all the trouble of penetrating through these centres and She gives us this second birth, because She understands everything – She knows everything; She organises everything; She brings forth all the beauty that you are.

Once you start developing that beauty within yourself, then you'll be surprised how powerful you are, that all these things are of the same nature is the truth that you discover, is the same as the beauty, is the same as the joy. You don't have to think that joy is separate, truth is different, beauty is different. Because we are not yet at that point we just take one facet, but once we reach that point then the whole thing seems to be one. There is no differentiation at all. It's all one. Many facets of a diamond but it's one diamond and that diamond is your self, your spirit.

So today is a very great day, we have to thank our mother, our Kundalini, the Gauri for giving us realisation and to know that we have to every time awaken Her, every time we have to expand Her, and every time to worship Her so that we always keep our realisation intact and keep our ascent intact. It is this ascent which is going to transform all the human beings. So you have to

pray to Her that keep us pure, make us pure. She purifies you, Her job is to purify your chakras, so please purify us, make our hearts clean, our minds clean, everything clean and ultimately keep our connection forever and everlasting so that we feel this beautiful power of God's love flowing through us. For that, whatever is necessary we will do, we'll be very much in the collective, we'll sacrifice anything and also will try to be very sensible, will try to spread Sahaja Yoga, because when you spread Sahaja Yoga like a tree then the depth will grow also.

But it has to be done with the same beauty as the awakening of the Kundalini. She has not troubled you, She has not given any problems to you, so from that one has to learn that we have to behave in a manner the way Kundalini is so gentle, so sweet, so nice, so effective and She brings our life to some meaning. She completes the meaning of our life, She completes our desires and She takes us to a point where we start seeing the whole thing, the whole universe as one, all human beings as one. She gives us collective consciousness. All this work is done by Kundalini alone.

Of course, if She does not go to any chakras and does not awaken any deity, we cannot even have the fruits of those chakras being awakened. So it is all Her work, all Her ascent, all Her understanding and wisdom which has given us this beautiful state that we call ourselves as yogis. So I would request you all to pay attention to your Kundalini, try to raise Her all the time, see that you get your vibrations, also see that not only that you get your vibrations all right but also for others you have a different attitude – do not criticise others, do not say anything about how wrong they are but just see how right they are and what good they are capable of. She is a virgin and still so wise. In the same way we have to be very wise, very sensible.

We cannot afford to waste our time now because we have to save the whole world, is our responsibility. If we do not now work out even our own chakras, we cannot help anyone else. So first of all we must work out our own chakras and then we can help the whole world. It's not something like a cult or an organisation where you just say, "I belong to this cult or this organisation. So it's all right, I'll be saved by God." That's not promised in Sahaja Yoga. There's nothing like a ticket to Heaven. It has to be worked out; you have to work it out and work it out with full understanding as to what is this Kundalini is and how She works.

May God bless you!

20:47 [Shri Mataji speaks in Hindi to someone, asking for various things]

[Puja begins – there are various jumps in sound during puja, so bhajans are not complete etc]

27.31

Now the, it is the leaders have to wash My hands.

32.55

That was good. Very good. Good.

34:45

Now we have to have fourteen ladies – if there are not, we'd better take eight ladies, if you can have, married. How many married ladies are there? ...

Yogi: Married ladies how many are there? One, two, three, four, five....

Shri Mataji: Ah-ah, five.

35:16

She will put the line for you, then you start. [UNCLEAR] ... they should be equally the same. [UNCLEAR] You can put the line there.

[Yogis sing Ai Giri Nandini, with breaks in recording]

38:34

[Yogi: Shri Mataji, would you like us to sing "Hasata Ali?"]

I think sing one, one in between somewhere there, because She's still tying little bit. Let's sing this one, "Adi Ma" – "Adi Ma". Now come along now. [Few more breaks in recording]

39:53

From My purse just give the... [Yogi asking for Shri Mataji's purse]

41:50

Now, what else....[Shri Mataji picking out jewellery. Then speaking in Hindi as crown is adjusted]

44:24

The other way round, I think. That's alright. Alright? It's alright.

[Photos are taken. Shri Mataji speaks in Hindi again to yogi]

46:39 "Will you read the horoscope for them?"

47:34 Must clean up [UNCLEAR].., the girls can wash it out with clean...

[47:51 Horoscope is read]

Yogi: The Moksha Grantha. The Moksha karaka planet should be in the ninth Dharma Sthana.

Shri Mataji: Dharma Sthana.

Yogi: Showing that the Dharma that is established within, is not outwardly, and is the truthfulness. This planet gives the capacity to go all alone.

Lagna being aspected by Jupiter and Lagnesh aspected by Jupiter is an added strength, giving one the capacity to become the World Guru. Jagat-Guru. [Shri Mataji laughs].

Venus or Mercury is the ruling planet in all the cases. [If] both are there it is excellent because both the planets are Dnyan-karak.

Shri Mataji: Dnyanakaraka – means they give you the knowledge, knowledge on your central nervous system as well as knowledge of your mental level.

Yogi: It may be noted that these combinations are present in the horoscopes of all the above-mentioned personalities in different quantum. In the case of Shri Mataji...

Shri Mataji: "Different quantum": quantum ansha. Ansha means "part", is quantum.

Yogi: In the case of Shri Mataji all these combinations are present in full strength. Number four combination, number five combination is particularly observed to be very strong in the case of Shri Mataji as compared to the others.

Four is... oh, the World Guru, Jagat-Guru, and five is the.... Oh, the planet which has the, as Mother is saying, the mental knowledge and the knowledge on the central nervous system. So those two are strongest and stronger in Shri Mataji than in any other of the named and dead (personalities)...

Shri Mataji: And also it's complete. They are saying that they're ansha Avatara.

That means they had part of it. But in My case is all complete.

I mean, it's really fantastic I must say (Shri Mataji laughs, yogis laugh)

Yogi: Shri Mataji is born in Gemini Langa...

Shri Mataji: [Shri Mataji corrects pronunciation]Lagna.

Yogi: Whose Lord is Mercury, with Moon in Bharani...

Shri Mataji: Bharani.

Yogi: ... Nakshatra, whose Lord is Venus, which means She is under the ruling aspect of Mercury and Venus. Shri Mataji is born with thirteen years and eleven months... what does that mean?

Shri Mataji: That cycle, is the cycle.

Yogi: Oh, cycle is thirteen years and eleven months. The balance of Venus dasha, meaning pleasant and happy childhood.

Oh, I see, this is... oh, very strong: that is, now we are talking about the balance, the pleasant and happy childhood is from 1923 to 1937. That's the first thirteen-year cycle.

Then there's a six-year cycle, or six-year period, thereafter the sun's period of six years, indicates tapa-period, a spiritual and political activity of intense nature. That would be the time, Shri Mother, of the independence?

Shri Mataji: Yes.

Yogi: The next is a period of ten years. Thereafter the Moon period – that was the Sun period of six years, now the Moon period of ten years indicating clear-headedness and deep contemplation of mass enlightenment, political and spiritual activity. That was until 1953.

Now next period of seven years, that's the Mars period of seven years, from 1953 to 1960, indicating travelling and a lot of changes.

Then Rahu's period of eighteen years – Rahu is a Divine planet, giver of intricate knowledge of Brahma, inner soul searching and the search for the en masse awakening.

This claims that between 1960 and 1978 Shri Mataji discovered all the answers to all the different questions...

Shri Mataji: Yes, and the founder of, she's given, what was that, the fifth May. But just now he's just given the time, the cycle.

Yogi: Now is a period of sixteen years which goes through to 1994. The Jupiter period of sixteen years – spreading Sahaja Yoga, the Guru principle throughout the world.

Thereafter Saturn will govern for nineteen years. That's from 1994 to nineteen years when it will spread Sahaja Yoga in the whole world, Saturn means the masses, the Virata, and Shri Mataji will witness Kalki -Mercury power manifesting through the whole world.

According to the birth horoscope, the Sahaja horoscope of the 5th of the 5th 1970 – that's the horoscope taken on the 1st Sahasrara Day – Jupiter passed through Libra...

Shri Mataji: Fifth, fifth – Sahasrara Day.

Yogi: Jupiter will again pass through Libra in 1993, and Sahaj will blossom in the entire world. That's the next cycle from 1970 – next one is 1993.

Shri Mataji is born with Rahu Nakshatra in Ascendant – Mercury (Gemini), and Moon in Bharani (Venus) Nakshatra...

Shri Mataji: That means the planet.

Yogi: Clearly indicates that Rahu is films, TV, radio which is the ether principle, Vishuddhi, and Venus means music, film personalities, artists can help;

Mercury is the ruling planet of the present-day politics, Sahaj can enter through present political system – ah... that's interesting Mother...

Shri Mataji: That's what I'm thinking.

Yogi: ... that's interesting, the present political system, the stars of the present political system and the stars of Shri Mataji are together at this particular time.

In the early Indian politics, at the time of Jawaharlal Nehru and Mahatma Gandhi, the ruling planet was Venus, thereafter the ruling planet of Indian politics has been Mercury, as all the important political events took place on Wednesday.

Shri Mataji: I was born also on Wednesday! That's why the Mercury is so strong.

Yogi: It may be noted here that Shri Mataji has both Venus and Mercury as Her ruling planets, thus She has full sway of the past and the future of Indian politics.

Shri Mataji: (She laughs) Can you beat that! I mean, always Indian politics, see.

Yogi: This is further confirmed from the horoscope of 5/5/1970 -that was the first Sahasrara Day horoscope, which is almost identical with Shri Mataji's horoscope.

Gajkesari...

Shri Mataji: [correcting pronunciation] Gaja Kesari.

Yogi: Gaja Kesari. With Jupiter in Libra, Saturn aspecting Sahaja Lagna, Sun exalted ... from this we see that from the 15th August 1990, Sun's period is up to this, 15th August 1996, the period of 1990 to 1996, during which all great souls will be attracted to Sahaja Yoga and have their inner spiritual ascent, purification, and then, on the 15th of the 8th (August) 1996, for ten years, Moon's Dasa is starting. That is it goes to the muses, and the work is...

Shri Mataji: Masses, masses.

Yogi: Oh, masses. And the work is completed up to the 15th August 2006.

Jai Shri Mataji!

Yogis: Jai Shri Mataji!

Shri Mataji: The last bit, you should read that, that's very important.

Yogi: This one here?

Shri Mataji: It's over...?

Yogi: There's just the one paragraph at the bottom here.

Shri Mataji: Yes, continue, continue with it.

Yogi: There's two diagrams here and one showing how closely associated Shri Mataji's horoscope is with the horoscope of the first Sahasrara Day. Three planets ... Oh that, the relationship in between the planets which is exaltation and there's another aspect to these planets which is double, which means double strength. Venus is totally free from any malefic aspect, giving Her the name of...Nish...

Shri Mataji: Nishkalanka – Kalki. Nishkalanka.

Yogi: It says Nishka lanka avatar... it's got some more on the end!

Shri Mataji: Nishkalanka avatara. Means the incarnation of Nishkalanka.

Yogi: Ah. What Divine combinations, just pointing to us Who She is. I bow to the Almighty God Shri Mataji Nirmala Devi, who is the Nishkalanka Avatara, about which our Puranas are speaking from centuries.

[Shri Mataji does namasté.]

Yogi: I'll copy this, all the details, so I can read and study...

Shri Mataji: You will have to make copies of this. I think is better that everybody should have his own copy. Whenever they will need it, then they can read it. (Laughter, Shri Mataji laughs)

[End of recording]

1991-0409, Achieving Union with the All-Pervading Divine Power

View [online](#).

9 April 1991

Achieving Union With The All-pervading Divine Power

Public Program

Conference room of Aotea Centre, Auckland (New Zealand)

Talk Language: English | Transcript (English) – Draft

Can you hear me please? All of you at the back? Its alright.

I bow to all the seekers of Truth. As the very out said we have to know that Truth is what it is. We cannot change it; we cannot organize it; we can conceptualize it and also unfortunately we cannot know it at our human awareness. One has to become the Spirit to know the Truth. When I am talking to you about it, I would request you to have a scientific outlook to keep your mind open and whatever I am telling you today, you have to treat it as a hypothesis and if you find that it works. We have to accept it as honest people because it is for the emancipation of the human beings and for the emancipation of the whole world. He has talked to you about the mechanism that works it out and what happens when you get your self-realization? That is a very important point one should know. When this residual energy Kundalini called in the Triangular bone which is called as 'Sacrum'. Sacrum means sacred which I think the Greeks knew that it was a sacred bone. Its spontaneously awakened just like a unclear (premune/primula) in a seed awakens when it is embedded in the Mother Earth. It's a spontaneous happening that is sahaj. Sah means with, ja means born. Born with is you is this right to have the union with this all-pervading Divine Power is the right of every human being. Whatever country he lives, whatever races he may belong, whatever community religion he may be in. All of you, all human beings have a right to get united to this all-pervading power. The first 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 pure Spirit. And the second truth is that we are surrounded by the all-pervading power of Divine Love which does all the living work. Its intelligence, its efficiency, its so great that we cannot even understand it at human level. You see the flowers that they are there, you see the trees. Your country is so beautiful. You take it for granted, you don't even think how this Mother (Earth) has produced these different trees and they have a different height. They keep to their heights. How these flowers are created? The same Mother Earth creates different types of flowers from different seeds and gives different fruits. So this living process that is going on with us also of the autonomous nervous system, we take it for granted. We do not want to think how it happens. Only the saints, and the prophets and the incarnations of ages knew about it. Because this is the knowledge of the roots. Our civilization has grown outside very much but we have not found out our roots. That's why all kinds of problems are there even economic problems that we are facing today. We have to find out our roots first. Otherwise, how are we going to nourish this tree? That's why it is important for everyone for themselves and for the whole world to know that they are the Spirit. When this Kundalini rises through various centers as you have seen it raises only through six centers. And it is spontaneously happening. First understand spontaneous means you can not work it out. Some people says stand on your head or go to Himalayas, do all kinds of penances nothing of that, kind it is spontaneous. Or you cannot pay for it. It is absurd, it is ridiculous to pay for it. Absolutely ridiculous. And it is sinful to take money in the name of God. Absolutely sinful. Because this energy doesn't know money. God doesn't understand money. He never created a bank or anything. He just created you. You have created the banks and money and all those nonsensical things. If you have to put something in the Mother Earth, it sprouts by itself spontaneously. How much do we pay to the Mother Earth for giving us these flowers? You may give to the florist but not to the Mother Earth. She does everything. She sprouts the seeds, and she gives us beautiful fruits, beautiful flowers. In the same way, this Kundalini is placed within you for this last happening in the evolutionary process. We have become from Ameba to human being stage. Now we have to have the last break through. If we had reached the last, there would have been no problems. We would have known the Absolute. Everybody must have felt the Absolute Truth. But everything knew is relative. Somebody thinks that this good, somebody thinks that that is good, somebody prophesies that this the best. But it is not known on your central nervous system what is the absolute. So, when we say that self-knowledge has to come what we mean is that we get the light of the Spirit in your consciousness-in your attention. And when the light of the attention is used just enlighten one then it does tremendous things. First of all, it starts flowing through your nerves. And a new dimension and new awareness is awakened within you. With this new dimension you can feel on your

fingertips. On your fingertips you can feel the centers of others and your own centers. And you can also know what's wrong with you, you can also know what's wrong with others. If you know how to correct this, you are alright the others can be alright also. So, this new awareness is called as collective consciousness is described a Jung who was first a disciple of Freud and then he gave him up rightly and established Jungian theories in which he says that for new awareness you will develop collective consciousness. Now this is a consciousness. It is not a certificate. Like we can certify ourselves this that in that and that it makes no difference. The actualization has to takes place. For example, when the Kundalini rises through this green area, she enlightens within you the religion. Now here the religion doesn't mean the religion outside. But the religion within and that religion is our valency. As carbon has four valency, you human beings have ten valency's. And these ten valency's are enlightened. And such a person becomes automatically rises. Automatically rises, he does not have to think about it, or is not to be told. He just rises like all the saints were. Real saints, not authorized by some temple or church but real saints. They were not to be told that don't do this, don't do that, this is bad, that is good. Unless and until this happening takes place, outside religion you may follow any Hindu, Christian, Muslim any religion you may follow, you are capable of committing any sin nothing can stop you. But when the inside one is enlightened, you know what is right and what is wrong. Because there is a light.

Sorry, I have been talking every night.

So, in the light how you see? For example, you are holding on to a snake, and there is darkness and you are a obstinate person supposing, now I tell you 'it's a snake'. You will say no it's a rope. 'Please drop it', you will say 'no it's a rope'. Till the snake bites you, you go on holding on to it. But if there is a little light, even a flicker of light, immediately you will see the snake and you will drop it yourself. I don't have to tell you. This is exactly what happens when you get your self-realization. I myself amazed the way things have happened in London we had lots of people who are drug addicts who came for sahaja yoga., (after Kundalini) awakening, and overnight they gave up their drugs and alcoholism. Over night. One of the doctors, they were all very well educated, professors and doctors. And one of the doctors today-he is in charge of seven hospitals in London. So, what a waste of human energy, because we are not powerful enough to control ourselves, to know what is good and what is bad for us. I have indulge into it because also we can not help it. Not only that you know what is right and wrong, but also you get that power within you that you just do what is right. Right for you and right for others. So, when you are connected with this all-pervading power, it's the compassion, the love that flows through you. You become extremely dynamic. No doubt because you are so relaxed, you go beyond your thoughts. Absolutely beyond your thoughts. You can watch yourself in complete silence. These days many people who suffer from tensions and high blood pressures and all that can take advantage of it. You become absolutely silent and witness of the whole show that is for you. And such a person becomes extremely dynamic, at the same time extremely compassionate and understanding. This works out spontaneously because of your own power. Its within you, its your own. To begin with, it helps you physically. We have seen people getting cured of very serious incurable diseases through sahaja yoga. But its not the main thing. Because if I say that, all the sick people you will bring to me. That's not the point. The point is you all have to be the doctors. And then you can treat the people you want to help, then you can work it out on them in a very scientific method of controlling the para sympathetic nervous system. Now there are two doctors in India, who got their M.D. doing sahaja yoga, on sahaja yoga. I think they have been able to cure Epilepsy, asthma, I don't know the blood cancer sort of things and they have got their M.D. and one more doctor is trained now and she has got very good results unclear(), and there are seven doctors in England who are working it out. It is for us to open our eyes that is there is any other world any reality existing, why not we know about it. Where its all free to us. The another great thing happens is that, you become mentally very peaceful. Very mentally effected people have been cured with sahja yoga. We are everyday having patients for this; they have been cured and helped through sahaja yoga. Of course, I mean some do are not helped also but those who try, really try have worked it out and they have been helped. The third thing that happens to you that you become a very intelligent and wise person. When the Kundalini rises into your brain, it enlightens your brain, brain we are using a very unclear () part as you know that very well. But then you start using lot of it because its all enlightened and you get inspirations. Sometimes people say Mother its miracle, its nothing but your brain has been enlightened. We have this power around us. And the time has come, a special time when this power itself has become so activated. That's why I can achieve this a mass realization. Formally it could not be done, and as I told you before that in Russia 14000, 16000 people came to my program and they all got their realization. They haven't had no conditioning of religion this that and anything. And they are so fed up with governments also. They are such clean slaves I should say. And there are four hundred doctors in Russia now in Mosco who are practicing sahaja yoga. It's not at all a story, it's a fact. And there are two hundred scientists who are also practicing sahja yoga. Because they are fed up of science now. And they feel very guilty the

way sometimes has harm human beings. It gives you a complete balance and proper understanding. Your ecological problems are solved because you create people who understand the value of the Mother Earth, and they start using things which are simple, not machine made, mostly hand made and avoid creating any more ecological problems. Your family problems are solved. We have marriages every year about seventy-five to eighty marriages, one percent of course fail because of the conditionings they have but most of them are very successful. And the children that are born to them are very beautiful, self-realized children. And because these are sahaja yogis they understand the quality of the children, they respect their children and children also respect them. We have got schools where we teach children about everything. But mostly it is taught how to respect, how to respect the knowledge, the age and the feelings of others and it works. It works with them because they all have got realization. Another realized person you can feel them as cool vibrations in their hands. It described as cool breeze of the Holy Ghost. And the Kundalini is the reflection of the Holy Ghost. I don't know why in the Bible they have not given anything about Holy Ghost. The Christ has said that 'I will be sending you the Holy Ghost'. Now the Holy Ghost has to be a feminine power. You have got the Father, got the Son what about the Mother? Holy Ghost is the Mother while in Indian scriptures its called as Adi Shakti, in all the Tao then Zen all of them has expressed it as Shakti in all these great unclear(treaties) that have to find, they have written about spiritual life. Also, buddha has talked about Matreya, means 'Mother' 'Stree'. So clearly it is that we have to see now we have to get our self-realization through this mother of yours who gives you realization. She is your individual mother. She knows all about you. Everything. And she is very loving, very kind. As your Mother gave you birth, she took up all the problems upon herself. She takes up all the problems upon herself. And those there are some funny books written that if the Kundalini rises then you get this problem, that problem. Nothing of that kind. I have not seen anybody getting any problem except for sometimes you will feel little heat in the body. I mean if you are possessed very much or something like that, may be the possession might go out. But mostly nothing happens. Haven't seen anybody getting into trouble with Kundalini awakening. All the saints of the world have talked about this. All the prophets have talked about it. Christ has said you have to be born again, everybody has said that it is within you, please seek me within. That seeking is today quite a lot because you see so many people are here to seek the Truth. That's the time we are here. So, this attention which becomes enlighten is so innocent and so efficient that wherever you put your attention, it works. And it helps people who are not with you who need help it works there, it solves so many problems all over. Such a person who has an innocent glance of purity can do wonders and can help so many people. So, it happens automatically. We never lose our innocence. It just clouded by what ever wrong things we have done. But still, I would say not to feel guilty about it. It's a very wrong attitude towards life. And one thing is sure that you are a human being and as human beings you are capable of committing mistakes. You are not God. And if God or Divine Power is the ocean of compassion and forgiveness, what kind of mistakes you commit that it cannot be dissolved into this power? Now we have the last greatest blessing I would say in this process first that when the Kundalini rises above this center (Shri Mataji pointing to Agnya chakra) you become thoughtlessly aware. Means your thoughts stop and you start watching. Just watching. Whatever you want can think. But there is no bombardment of thoughts. When She pierces through the last fontanelle bone area then what you get, what we call is self-realization. And then the cool breeze starts flowing through your hands. Some people at the very first shot get a very high level of awareness which we call it as Nirvikalpa Samadhi. The first one is Nirvichar Samadhi, the second one as Nirvikalpa samadhi meaning the doubtless awareness. Some people do get that way. But some have to little bit fix their attention, fix their connection I would say. And then they to become, then they are capable of giving realizations to others. They are absolutely empowered to cure others. Just by raising their hands their hands they can do it. What ever they wish, the wishes are fulfilled. But now the wishes are different from that which you had before. Because wishes you had before can never be satisfied from one to another...[video discontinued.]

... yours many times I don't know why so far it has not been very

well accepted. Now I hope you will accept it. Because you will know how glorious you are, how beautiful you are and what thing you are missing in life. This is a work of collectivity. It's like you become part and parcel of the whole. So, you have to come to our collective meetings after this to grow. Because supposing a nail is cut out it doesn't grow. It has to grow with the body. This collectivity is so strong that first time I went to America I was surprised and very much touched that twenty-five German sahaja yogis rushed to Russia that Mother is there and we have to help Her. It was very touching. When I said, 'how did you came here?' Mother don't you think that its our responsibility? Whatever our forefathers have done we have to unclear(undo) it. Don't you think so? I was really touched the way they came down. And we have a seminar in India once annually. And this time we had people for fifty-five nations. There is no quarrel, no fight nothing. Such beautiful atmosphere, such beautiful people. As if a new

ray has come out and the new rays which will grant realization to people. Which will grant happiness, joy to all the people. I wish you all luck. I hope you all get realization and take to it seriously, work it out. You don't have to give any money whatsoever. Only thing you have to give sometime. Perhaps that's why we are wearing watches in modern times. So, we could save some time. The way we are wasting it is better to spend a little time in our ascent. And we have to give little time to come sometimes to these collective gatherings and also, they will tell you at home how to work it out. Like a tree it spreads and the roots also go deeper when we meditate at home. But its vary five minutes are needed not much, it's very very simple. Has to be simple because it is so important. It's so vital today. It has to be simple. This is extremely simple so don't be surprised if it is that simple. May God bless you all.

I would like to have some questions from you but you have to know that I am not here for elections or votes. I am not interested in politics. And neither am I here for any money or anything to take from you. But I am here to give the key of your own Joy. So, you have to ask me questions which are related, which are convincing. Because if you ask questions which are not related to the subject its going to just waste our time and its not proper. And we all have come here to get our realization. So just ask the questions which are relevant and sensible. May God bless you. Because I am good at answering questions because you know I have been now going to all kinds of people and I have answered all kinds of questions. So, I know all the styles they are. But its all a mental feat, it's a mental feat. I will answer your question alright. But that doesn't mean that there is a guarantee of your Kundalini will rise. So the best thing is to ask a question if you are feeling that you have to ask a question because I don't want at the time when we are having this meditation procedure, you suddenly your mind says 'oh you should have asked this question' so just you settle your mind. You can ask me questions. It will take ten minutes more for you to get your self-realization. So, I would like you to ask me questions for sometime and then will have this procedure of self-realization. Thank you very much.

Yogi: Unclear() is asking that recommending meditation morning five minutes and night, what we actually do in this meditation?

Shri Mataji: That we will tell you once you get your realization. Unless and until you connected what's the use of meditation. Meditation is to be in meditation not to do the meditation. Unless and until you are connected, see if this is instrument is not connected what's the use of talking on this phone? it's like that? So, you have to be connected first then will tell you. Its very simple, nothing has to be done, nothing so special.

Yogi: He is saying that in the morning he prays unclear() to ask he has a purpose unclear()

Shri Mataji: Yes it's alright but before being connecting to God, what's the use of asking anything? You have to be connected. You see actually mentally we think that we are praying to God, and that He should listen to us normally. But actually, it doesn't happen. Because so many people have told me that Mother we are praying to God we do this, we do that but still why are we suffering? The reason is you are not connected. You have to get the connection first? Without the connection, what is the use of praying also? Prayer will have no meaning. Because you are talking to someone, say your telephone is not working and you talk on the telephone, the telephone goes out of order. You cannot., you see if you sit down, I will tell you.

People have been praying ages now. Haven't they been? They have been praying praying breaking their heads with prayers. What have they achieved? What have you achieved? Nothing. So the reason for that is that we have to have connection. Thats everybody has said. You have to have connection. All of them has said it. Christ has said it, everybody has said it. But without paying attention to that part, we are just praying. That's not the way. Some people have told just pray. Some people say this mantra, say this thing. We are not connected.

[Unclear voice from the seeker]

Shri Mataji: Not yet. Sardar ji aap ko batane ka jarooratee nahee hai kyon ki kaha hai re bankhojan jaye, [Meaning: Sardar ji, I don't need to tell you because I search for the arrows?]

[Nanak ji saying:]

kahe nanaka beena apachin hai mittena brahama ki kaye

ab aur kya batavun mai unho to sab batadiya aap logon ko. [Meaning: What should I tell now? He said everything to you all]

Apne ko cheenha chahiyea pehale. [Meaning: You have to find/cleanse yourself first]

kahe nanaka beena apachinhe mittena brahama unclear().

Pehale apne ko cheenu.

Mujhe to ascharya ye hota hai ki saara ye log padata rehata hai grandh kitnee bade cheej keh gaye hai Nanak sahab. Khyo ki unhone sare realized souls me sab daale hai. Vapas phir rakte rehate hai. Are be woh kya kehgay dete woh dekho. Kya kahaan? Who koi jantaa hai? Vus mein kaya kya hai janta hi nahe, pade jarahai, pade jarahai. Kya padne to iseelee Kabir das ne kaha hai, padee padee pandit murkhvai. Samjhe na aap? En sab to bahot jyada unhone sab se jyada kaam kiyaa hain. Nanak sahab ne bahot jyada kaam kiya hai, ab uska faida uthaayee ye.

Ham unhee ka kaam kar raha hai. [I am doing his(Nanakji) work]

Achaa? Samaj gay.

Yogi: He wants to know how you develop this connection. How you develop the spiritual connection?

Shri Mataji: To be very frank, I would not tell much about myself. Because it is tactless I think from., you see when Christ said that He was the Son of God, He was. That's the Truth. No doubt about it. But when he said that they crucified Him. So, what's the use of telling people anything about yourself? You better get your realization and then try to know me is much better in that light. Otherwise, if I tell you something, they will come on me saying that did you say it? Alright come along. Human beings are like that. All the saints have been tortured because they talked about Divine things. But I am rather clever. I don't want to die just now.

Yogi: It takes some time to develop Kundalini he says what advice do you have for those people in the west who are so distractive by things like materialism, money and so.

Shri Mataji: Its all over. Its also in India, people are very distracted by money. It's not only in the west. But seeking has started, they are seeing the point. But after getting realization, you can see the importance of your being. You are not materialistic, but you understand what is matter is. You are not a person who belongs to any isms but you understand what these isms are. Because you become knowledgeable. So, once you get out of this illusion of ignorance, you start seeing. For example, again I would say that there is a complete darkness here, and if you are running or walking, you will not know how you are related to each other. Then at the time it will be very important for you to some or other save, some or other get out. Got to keep you a chair. That's important, because you are in confusion. But supposing you are in peace, there light, we can see each other, there is no more confusion. Then you don't behave like that. Your behavior is different, that's exactly what happens. Your attention then is in attainment of your higher Joys. But you don't give up anything, you don't become a sanyasi or anything like that. You are not to run away from it. This is also a myth, that you become a sanyasi. Most of the people they will make you sanyasi and take all the money from you. Alright, you become sanyasi give me all your money very nicely and buy Rolls-Royces. So, the wisdom and the balance that manifests within you, you yourself start enjoying your virtues and you do not impose them on anybody else. You understand that this is they are in confusion just now. They haven't got their light. You don't despise them by any chance. But on the contrary, you feel that they have to get their light, they will be alright, they will be alright. They will be like us enjoying life, enjoying each other, enjoying every moment. So, it is a different state, this is a state of confusion, state where everybody feels insecure(ed). But that's the state of complete security. Alright? you have to just experience and see for yourself. This is the best way. Even if I describe to you any beauty of Kashmir or if I tell the Indians the beauty of your country, they must come and see by

themselves otherwise how will they know what I am talking about?

Yogi: He is drawing attention to the earlier question and linking meditation with prayer, and he says if meditation is not praying, what's the use of it? What's the value of it?

Shri Mataji: Meditation is, see also we have two types of things you see. We have what we call prayer, or we can call mantras, or we can have meditation two things. The first one is for correcting your centers. Where is the problem is? Which I will tell you just now, during meditation only you will see how to correct different centers. That would be like a prayer. Alright? But once you are corrected it, then you have to get into a state where you are in thoughtless awareness, or you are in doubtless awareness. Then you are in mediation. Prayer is a means to achieve that state. Alright?

Yogi: His story unclear() Mother, as a Christian he might have done something wrong and then he forgave him, he might do the exactly the same thing next week and also be forgiving him, now he doesn't believe that is possible, he believes that having done something wrong there is something that is effected unclear(residual) that in some way besides within him.

Shri Mataji: It does. If you do something wrong, then you feel something guilty. Then you feel guilty don't face the wrong, but you feel guilty. It settles down here (Neck), on the left side. When it settles down here, then we call it a problem on this center. And the problem on this center gives you diseases like Angina, spondylitis and all those things. It manifests in a physical way also. Now what I am trying to tell you that at this moment when you are here, when we are trying to raise our own Kundalini, that time you forget about your guilts, forget about everything, and once you get your realization, you won't do the wrong thing. That's the point I am saying. But to achieve that, you should be in that state, that you should be pleasantly placed towards yourself, and not angry with yourself and don't count your mistakes.

Yogi: unclear()

Yogi: Are there more questions?

How is that the realization can be achieved simply when people like Vivekananda and John unclear() so very hard to achieve it, how is it we can get that so simply now?

Shri Mataji: You can, you see, they went the other way round. If there had gone in right way, they would have got it. But they went the other way round. Which you will find later on once you get your realization you will know what is a simple way is. You see supposing I have to come to this hall, and I go to Australia and then come here, because I don't know the way supposing, but supposing you know the way, you can directly go there.

Yogi: This gentleman saying – there are many ways?

Shri Mataji: There is only a way of Kundalini awakening there is no other way out. Everybody has talked about it, even Christ has said that, I will appear before you like tons of flames and these (Shri Mataji showing to the chart) are the things. These centers look like that and that's the energy of life, that Krishna has said, everybody has said the same thing. But they could not elaborately say anything. And we amazed that in sahaja yoga, when these people came, they had no idea of the word Kundalini. Even many Indians don't know. They call it kundali means the horoscope. It was a very unknown science. For till the twelfth century in India, it was only described in various Sanskrit books which are very difficult and to common people which was not known at all. There was a group of people who were doing this kind of., for example Rama's father-in-law, he gave realization to one called Natchiketa. Then we have called these Nathpantis. They were working it out, but the tradition was from one master to one disciple. That's all. Like Machindranath and his disciple was Goraknath like that one disciple to one. And also, some saints wanted to have it. But they couldn't because they have to find a guru. And the gurus were so few, and the disciples also were accepted very few. So very few people got their realizations. Now in the twelfth century only there was a great saint born in Maharashtra called as Gnaneswara and he wrote his treatise on Gita called as Gnaneswari. In that in the sixth chapter, first time he wrote in a local language, for common people about Kundalini first time. After that we had many saints like I was telling about

Guru Nanaka, Kabira we had many others like Tukarama, Rama Dasa, so many we had in India who then talked about It. And it worked out. And the one you said question just now is that how the Kundalini can work out so fast? So, this question was asked to Ramadasa who was the guru of Shivaji Maharaj. And he said one word-Takshan means that moment you can raise the Kundalini. But there should be the giver authorized, and there should be a recipient. If it is so, it can be that moment. That's the sentence he said. This is in the sixteenth century he said. So, it's a subject which has been evolving slowly slowly. Nanak sahab has said sahaja samadhi lavot. Sahaja word comes more from him, sahaja samadhi lavot-its sahaj you should get your realization. But sort of you see we didn't go deep into the words didn't try to understand them what it is, it has become more is like let us read Bible, let us read Gita, let us read this. Its have been more reading reading reading. Reading is just up to mental level. But now it has become. So easy. Maybe you can say that. That's all I have discovered. How to give a mass realization. Which is being predicted before also. And that's what if you think this to be credited to me, I don't think that it's any a creditable job. Because its your own power which is being enlighten. Its like once light which is enlightened can enlighten thousand of (candles) and those who are enlightened can also enlighten. Now these people have become so knowledgeable in sahaja yoga, in such a short time, in such a subtle knowledge. Surprising. Because of realization. Very surprising. All over the world. It's very surprising. I must say New Zealand is the country which is lagging behind very much in this. Otherwise, there are so many., even the Turkey has come up. So you have to take the responsibility for the unclear () to come, for all your problems you have, so it is you have to feel responsible about it, and instead of going into mental acrobats, let us have the reality. It is for our good, why not have it. You don't have to surrender anything, you don't have to give me anything, nothing of the kind. Christ also can be only understood when you are realized. Otherwise, he can never understand Him. Who He was, why He came, what was His purpose, how great He was, where does He stand in our centers? All this could be only understood if you get the light. Otherwise, you cannot understand. You do not understand the relationships with each other. Nothing. We know him as a separate personality, we know Mohammad sahab has a separate personality, on the contrary Mohammad sahab has said when the time of resurrection will come, Kiyama will come your hands will speak. But where are the Muslims? They are not seeking their resurrection, are they? Its very important. And it is surprising that its only New Zealand, such a beautiful place like New Zealand that it's not been so much accepted. I don't know the reason why, but it should be. While all kinds of funny, false gurus have prospered here. All kinds. And they have cheated. After they have cheated, then they have found it out. And they are all against me naturally because I say you cant take money, so they all are against me. I don't mind. So, we have to understand that its important to have our own powers manifesting this beautiful thing. Its described by all of them. Its not that I am telling you. Only thing is it tends to be achieved.

So many., they ask more questions and ., anyway, alright, now what is the question madam?

Yogi: unclear() connection between the spirituality and New Zealand affected our economy is so related to the slaughter of animals.

Shri Mataji: You see its nothing to do with the slaughter of animals or anything, please try to understand. You see this economy is in trouble everywhere. Slaughter of animals is not the main thing, because after all you see, I am not going to give realization to chickens, am I? Most important are human beings. We should not slaughter human beings that's the main point is. We are more worried about animals than about the human beings. Every day we say harsh words to others, everyday we try to insult others, we have racialism sometimes, the people who are angry, who have been I mean of the other race, they angry, they say all kinds of things, there is a mutual quarreling going on all the time. Its not because of that. I would say that the economy is like that because we have not yet expanded ourselves. We have to take the grace of God and his blessings in the right way. Also, there are lots of black magic going on. Lots of black magic. Its not only the unclear () even the otherwise people I have seen bring black magic. Other kinds of people unclear() black magic. Even this charismatic moment, we have had people from charismatic, they just unclear(faint) it. We have the other this what sort we call this(Shri Mataji thinking for the right word) Pentecostals they are all possessed. Even in the Christian communities we have people like that. Among protestants, among Catholics, we have in every religion we have. Even I would say Sikh gentleman is sitting here and I would tell you that Bhajan Sings ashram I went to, he had possessed all the people. You see they have all used this mesmerism as a means, and of course they take the garb of a saint, of course they did take and used it for making money. It's all money-making propositions. There is no talk of ascent, no talk of purity, it's all money making, all the time is money making. Its like a corporation going on. I mean, you have seen the life of Christ, you have seen the life of Mohammad sahab, you have seen the life of Nanak sahab, how they are pure people. Absolutely pure.

So, all this works out. But in any case, this is not going to last very long. And I am sure, you all should get your realization and bring the grace of God on New Zealand.

[Discontinued video]

Shri Mataji: Yes, through Christ is correct. Sit down, I will tell you one minute. I will tell you. It is absolutely dart. But not through priest. That's the point. Through Christ. And you will know where Christ is seated, and how you reach through Christ. All of them are seated on these centers. And he is here on the optic charisma. But they don't know anything. Its not through priest, but through Christ is a correct idea. That's what you will know. That's what you have to see. You see whatever you said is true, but it is misinterpreted. And that's what will be proved, absolutely proved. No doubt. We don't know also what Christ is, how He comes, what's His origin, how He was sent here? For what purpose? Noting. They don't know about the Holy Ghost. They say it's a Dove. I just don't understand.

Yogi: This gentleman is wondering if he becomes self-realized, will his ego disappear?

Shri Mataji: Yes. It does. He is an Indian, is he? They are very much worried about their ego, because from childhood they are told 'be careful about your ego' unclear() 'yes madam'.

Ham logon ki Parampara bahot unchee hai naa. Raat din sikhaya huaa kaama krodha mada moh matsara lob se unclear() in logon bichara kuch maloom hee nahi, inketo daya karo. Kuch maloom nahee bicharon ko.

Haan, what is it?

Yogi: This lady is very keen that we have a self-realization now.

Shri Mataji: That's the best. Aaahahaha. you are speaking for many. Now, still there is one gentleman.

Yogi: If we anchor ourselves to the Earth energy, would it make this realization faster?

Shri Mataji: Yes, will do the same just now. It is. You have picked the point. Its true. Seen the point. Correct.

Yogi: Do we have to cleanse your body first before you become realized?

Shri Mataji: No, not at all. No you don't have to do anything like that. Just don't worry of cleansing. You have had enough of it. Alright? now done. You don't have to do anything anymore. Now, just have your realization, just that alright? you don't have to do, I mean.,

Yogi: unclear()

Shri Mataji: You see, this energy when it raises, it cleanses you. It passes through these centers, and the centers are nourished, and the centers are cleansed. Its not like going into sort of a., I don't know what's your idea of cleansing is. It just is cleanses inside. You see, I will tell you. This is one center, and this is another center. Alright, now this is from the left and the right, left sympathetic and right sympathetic. Its rather medical terminology, I will have to use. And the center path is the para sympathetic nervous system which supplies the energy normally. Now if you are using too much on the right, you see there is a augmentation, there is a constriction of the center here. Can you see that? Now if suddenly something happens on the left, it breaks. Then this the connection with this whole is lost and you become on your own. That's how malignancies set in. So many diseases come through. I have no time to tell you about all the diseases, but there are lectures and lectures and lectures of mine which you will understand how a disease is caused and how it is cleared by this Kundalini-your mother. How she does? What she does? When she raises, She tries to go through this and through this and put it back and then she nourishes it. So all your centers are nourished. As a result, you are cleansed. Physically, mentally, emotionally and spiritually. That is the basis. Supposing a tree is

sick, you apply to that tree some medicines on the leaves, it won't work, you have to go to the roots. If you go to the roots, the roots can take the medicine to all parts of the body, it's like that. It's very simple. We cannot understand the things that are simple. That's the trouble with us rather complicated. Alright?

Yogi: This lady is too very keen about her self-realization.

Shri Mataji: It's very good. Now let's have it now. We have had it enough. Alright?

Yogi: Enough questions.

Shri Mataji: Enough of it. You see, it is going down in a circle I think, let's break it.

First and foremost, thing is that you have to desire. You have to desire, because as I told you this is the pure desire which is within us to ascend. We are not aware of it sometimes, but it is there. That's why whatever we desire we get it, we are not satisfied. Want to have another thing, another thing like that you know law of unclear (economics says) that wants are not satiable in general. So, there is some want which has satiable. And this is the power of pure desire. So first set desire that I am going to get realization. Secondly there should be no diffidence about it. You should not think that I cannot get it, how can I get it and this that. I assure you, you all can get it. I have faith in me. As far as that is enough faith in you first of all you all are going to get your self-realization. May be if you are little sick or something, might take time one or two days. But most of you will get realization. Now there are two conditions again. One is that you have to forgive everyone in general. This is very important. Whether you forgive or don't forgive, you don't do anything. It's a myth. That's the one of the biggest problems in west they cannot forgive. But it's a myth. You are just not forgiving doing what? Nothing. You don't do anything. I can't forgive, I just can't forgive, it's difficult I will try, what are you trying? It's a myth, not to forgive. So just say, that I forgive each and every person. Just say that in general. Don't think of them. Because if you do not forgive, you play into wrong hands. Those who have tortured you are happy while you by not forgiving you are torturing yourself. That means we are playing into their hands simple thing as that. Logically you should understand. So that's very important. You have to forgive everyone in general. Not to think of these people at all. That's one thing. The second condition is as I told you not to feel guilty for whatever you have done so far. Past is past. Forget it. Forgive yourself. Absolutely forgive yourself. You are here means you are seekers of Truth and it's your right to get this Truth. So, forgive everyone and forgive yourself and not to feel guilty about anything whatsoever. That means you should be pleasantly faced towards yourself. These are two conditions from me, and I hope you will accept. It's not so difficult. Only two simple conditions are there.

Now we have to take help from the Mother Earth. We take help from every element but specially from the Mother Earth. And for that you will have to just remove our shoes not to do too much. Just remove your shoes. You will know that we have two sympathetic nervous systems-left and right. The left one is the power of desire, and the right one is the power of action. This is the mundane desire, and this is of the action. So, the left side and right side should be kept apart from each other. Another thing you have to remember is that I cannot force on you the self-realization. I respect your freedom. God has given you freedom to go through the trial and error methods to reach certain understanding. So, I cannot force it on you. I cannot compel you unclear (to anything). You have to ask for it. So first will show you, how you have to nourish our centers ourselves, and then you will see how the Kundalini will raise within yourself. First, we will show you. He will show you how to do it. Rayan you just show.

Now, we have to put the left-hand (he will show you) like this on your lap towards me expressing your desire to get your self-realization. Just like this. Imagine sitting on chairs you can get realization. Formally you have to go to Himalayas and live in that cold. Now it's nothing like that. It's very simple. Put your left-hand towards your side. Now with the right-hand you have to nourish your centers. So, you put first your right-hand on your heart. Now have faith that you will get your realization. Actually, it's only one day so people think how can it happen? It can happen any moment. So just don't get upset over this. This is the center which has the Spirit in it. The Spirit resides in your heart. Now you have to take down your right-hand on the left-hand side of your abdomen in the upper part. We are only working on the left-hand side with right-hand. We are only working on the left-hand side with right-hand. So now put your right-hand in the upper portion of your abdomen. Press it hard. This is the center which all the great masters and the prophets have created within you, which is for your mastery. Then you have to take down your right-hand

in the lower portion of your abdomen on the left-hand side. This is the center for pure knowledge. This knowledge which you feel on the central nervous system, by which you know how to handle this divine power and how to become a master. It is in your awareness manifested. Now raise your right-hand again on the upper portion of your abdomen on the left-hand side, then you have to take it again on your heart. Now raise your right-hand in the corner of the neck and your shoulder and turn your head to your right. This center is in trouble when you feel guilty. Please turn your head to your right as much as possible. This is the worst unclear() in this congregation today that they are feeling guilty. Now you have to raise your hand to your forehead across and put down your head as far as possible. This is the center to forgive everyone. Now take back this right-hand on the back side of your head and push back your head on it as far as possible upward. This is the center without feeling guilty, without counting your mistakes, you have to ask forgiveness from the divine power. Now you have to stretch your palm fully and put the center of the palm on top of your fontanelle bone area which is called as Talu, or which is the soft bone in your childhood. Put the center of your palm. Now push back your fingers as far as possible so there is a good pressure on your scalp. Now please bend your head as much as possible. Bend your head. Sit straight would be better. Not too much strain but straight. Now bend your head and move your hand seven times slowly. Or you can say move your scalp with the pressure seven times clockwise slowly. Alright, that's all we have to do. Now please close your eyes. You don't have to open your eyes till I tell you. You can take out your spectacles also.

Now you have to put the left-hand towards me again and put both the feet away from each other. If you have anything tight on your neck or your shoulder you can little bit loosen it. You don't have to sit in a bending manner or too much stretch back but in the center in a comfortable way or just erect but not any pressure should be felt on your body. Put the left hand towards me. You don't have to control any thought, you don't have to say any mantras nothing of that kind. Kundalini itself will workout everything for you. Now please put your right-hand on your heart. Here resides the Spirit. So, you have to ask me three questions in your heart. Thrice you have to ask a question which is very fundamental. Mother, or you can call me Shri Mataji what ever you like. 'Mother am I the Spirit? Mother am I the Spirit?' Please ask this question three times. If you are the Spirit, then in the light of the Spirit you become your own guide, your own guru, your own master. So now please take your hand in to the upper portion of the abdomen on the left-hand side. Here ask another very important question 'Mother am I my own master?' ask this question three times. I have 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 in the lower portion of your abdomen, press it hard on the left-hand side. Here you ask a question, or you have to say asking 'Mother please give me pure knowledge'. Say this six times because this center has got six petals. 'Mother please give me pure knowledge'. Now when you ask this question, when you ask for pure knowledge, then Kundalini starts raising higher. She gets awoken. So, we have to nourish the upper centers with our self-confidence. Now raise your right-hand on the left-hand side of your abdomen and press it hard in the upper part of your abdomen, press it hard and here you have to say ten times with full confidence 'Mother I am my own master' you have to show your full confidence. At the very outset I have told you that the fundamental Truth is that you are not this body, not this mind, not these conditionings or ego but you are the pure Spirit. So now raise your right-hand on your heart, here you have to say with full confidence twelve times 'Mother I am the Spirit' say it twelve times please. This divine power is the ocean of knowledge, is the ocean of love and compassion, is the ocean of bliss, but above all it's the ocean of forgiveness and whatever mistake you have committed, it is capable of dissolving it. So please forgive yourself. And now raise your right-hand in the corner of your neck and shoulder and turn you had to your right. Here you have to say with full confidence again sixteen times 'Mother I am not guilty at all' please say that sixteen times. Please say it. Turn your head to your right. I have 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 while those who want to torture are absolutely in a very happy condition. So, it is a myth and you have to forgive all of them not individually remembering them but in general. Now you please raise your right-hand on your forehead across and please put down your head as far as possible and here you have to say from your heart not how many times. Mother, I forgive everyone. Please say it because I know afterwards you come and tell me I haven't felt anything Mother, I haven't felt the cool breeze. But if you do not forgive now, its very difficult. Please forgive and you should also know that I cannot forgive for you. You have to forgive yourself. So please say it 'Mother I forgive everyone' in general. Now without feeling guilty, without counting any mistakes you have to ask forgiveness from the divine power. So now, please take your right-hand on the back side of your head and push back your head on it as far as possible. Now here, without feeling guilty again I say without counting your mistakes just for your satisfaction you have to say 'O Divine Power, please forgive me if I have done anything wrong' say it again with your heart, from your heart, not how many times but from your heart unclear() say that 'Please forgive me anything knowingly, unknowingly wrong or against you'. Now the most important is the last center for which you have to stretch your palm fully. Put the center part of your palm on top of the fontanelle

bone area which was a soft bone in your childhood and now press it hard. Press it hard. Now, push back your fingers. Unless until you push back your fingers you cannot press it hard. Here again I cannot force self-realization on you. I respect your freedom. So, you have to ask for it. Now move your scalp seven times slowly clockwise saying seven times, 'Mother please give me self-realization'.

Now please take down your hands. Slowly open your eyes. Please slowly open your eyes. And put your hands towards me like this, like this and don't think. You can do that. You can stop your thinking now. Now put down your head, put right-hand towards me and see for yourself from the fontanelle bone area if there is a cool breeze coming out of your head. Can you standup and show them. Let's see. See don't put your hand please on head but away from it. Some people get it very far. Just see if there is a cool breeze coming out of your head. Or may be hot. Some people will get heat doesn't matter. The heat has to go away then the cool breeze will come. Now put the left-hand towards me please and put the head again down and see for yourself if there is a cool breeze coming out of your fontanelle bone area. Some people get it very far. Some get it closer. Move your hand and see for yourself. Don't doubt. Some people start thinking it is air conditioner. It's coming from your head not from the air conditioner. Now, put the right-hand towards me. Bend your head again and see for yourself if there is a cool breeze coming from your fontanelle bone area. Move your hand nicely, up and down and sideways and see for yourself.

Now please raise both your hands towards the Sky like this and put your head upward and ask a question any one of these questions you ask one three times. 'Mother is this the cool breeze of the Holy Ghost? Mother is this the all-pervading power of Divine Love? Mother is this the Parama Chaitanya?' ask any one of these questions, any one of them three times from your heart. Ask from your heart. Now put down your hands. Please put down. Slowly open your hands you will feel very relaxed.

[Discontinued video.,]

[Shri Mataji talks to the seekers and clearance]

1991-0410, Virata Puja: Appreciation Should Be Practiced and Informal talk

View [online](#).

10 April 1991

Appreciation Should Be Practiced And Informal Talk

Virata Puja

Lake Road Ashram, Melbourne (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Virata Puja. Melbourne (Australia), 10 April 1991

Because of distances and also we had no ashram in Melbourne all these days, I found that the collectivity is not yet properly woven here and so I think best thing is, today, we must worship the Viraat.

Viraat is the Primordial Father you can say, or the One who is in our brain, acts for our collectivity. As the Kundalini rises ultimately She ends up by piercing through the fontanel bone area. Before entering into that She enters into the Sahasrara. Sahasrara is the area which is surrounded by one thousand nerves and in the medical terms it is called as 'limbic area'.

Now one thousand nerves are all connected to the sixteen important nerves of the Vishuddhi. That's why they say that Shri Krishna had sixteen thousand wives, that is, He had all His powers as His wives and I have all my powers as my children.

So, when we are growing in our ascent, in our dhyana, we have to go to our Sahasrara. If the Sahasrara was not opened out we could not have done this en masse realisation.

How it is connected! The collectivity is so connected with the present-day Sahaja Yoga.

Before that it was just up to the Agnya Chakra but when it reaches the Sahasrara it enlightens all the nerves, and all the nerves look like flames which are very silent, beautifully coloured, in all VIBGYOR colours. The appearance of these is so soothing, so beautiful that there's no better view in the whole world, I think, that human beings can see.

So when this Sahasrara was opened out - which we are having now a puja, as you know, in Rome - before that it had to go to the collective, that is, I had to pay my attention to the collective. I had to see the people, their different problems, the permutations and combinations by which they are all suffering. They can all be brought to the seven major notes, we can say, but they are also divided into twenty-one: one on the left, one on the right and one in the centre. So we have altogether twenty-one really basic problems, fundamental problems, within us which we have to solve.

In the beginning of Sahaja Yoga, I tried only to cure people: their physical problems, mental problems, their family problems, financial problems. All kinds of problems have been solved in Sahaja Yoga, and we have had some great mishaps in between. As you know that, when they came up to the Agnya, they started taking over the whole atmosphere by some sort of a authority which was not God's authority.

As a result, many people went out at the Agnya but those who have come to Sahasrara have to understand that collectivity is the basic of your ascent. If you are not collective, if you do not come to the centre (meeting), if you do not meet each other, then you are like a nail which is cut out of the finger and the Divine has nothing to do with you. You are out of the tree, like the flowers which have come out of the tree can exist for a while, no doubt, but after some time they are dead and finished. So it is important for all of you to understand that collectivity, if it is not established in Sahaja Yoga, Sahaja Yoga will die out.

I am now going to America where collectivity has to be really of the maximum nature, but it is not so. There are so many problems of collectivity in America. But still I would say that they realise one thing - that they have to be very collective. The

problems are: like there are very few people who are Sahaja yogis there, but among themselves they understand responsibility. They are all working very hard. They are spreading Sahaja Yoga. Now you see they have this "[Divine] Cool Breeze" (Magazine) started from there. There are so many activities they are doing in America with such a small number that it is amazing how they are managing these things. And they do it very beautifully because they feel joined together. They are so far away, from Honolulu to New York is such a long distance, but there's such a lot of understanding, such a lot of love and sense of responsibility. Because they are a small number they feel extremely responsible that, "We have to be absolutely collective". [There's] no question of having groups.

Even if somebody makes mistakes or something, they never talk about it to anybody else but to me. They never discuss about each other; they never talk ill about each other. They never form any groups.

The children outside who are ... just they can come here. There's space. Can you move a little bit halfway in the ... there. Just make them space in with you. Come along.

(Marathi: You come forward. Come forward. Baba come forward as much you like, come and sit this side. Eh Hari, take it here. Come forward. Baba pull them little bit)

Children can sit in front. They don't occupy much space. Children can even sit on your laps.

(Marathi: How many people are outside?)

Can you move ... you can make a gap in between the ... Ya.

Now this is question of collectivity.

Bring the children up here. All the children can come round. They can help me in puja. They are very good at helping. Yes.

(Marathi: We can lit them afterwards, we don't need them now)

Yes, yes come along. Poor children were kept out! Can you imagine?

(Marathi: Come, come)

Hmm, sit down, sit down, sit down.

(Marathi: Take care, take care; put them off)

Sit down, sit down, sit down. Here, sit down. Now, oh. Come along, come along, come here, come here.

(Marathi: Place can be made spontaneously, just we need to have a large heart.)

Now who are outside now? Small children are there?

(Yogi: Just the very small children. Just the babies.)

Come along, come along. I think if you could just sit little ... not with such a big asana a little smaller asana people can come. Put up one and I think open one window is important.

(Marathi: open the window)

Yes there is some space. If there are three cameras then how can there be space? I think we could have one camera in there and they can sit inside. Alright. You all should sit with one, one knee up like that so there's more space. Just like Baba Mama is sitting.

(Marathi: Sit with one knee up. Like this everything will be alright)

Give it in Chaya's lap.

Don't spread out yourself. Little bit pull your one leg like that on top. Yes, one straight, one like this. Even easier to sit that way. Easier to sit.

Now this is the sense of collectivity, that it's in a small hall – doesn't matter – we are all together. And "How are we going to get all of them inside?" Because you can't enjoy it unless and until all of you are together.

Now, everybody has to keep quiet, alright, children? All of you. Otherwise they'll again ask you to go out.

So now, let us see: how do we miss out on collectivity? There's a very practical down-to-earth understanding. First, we must know [that] without collectivity we cannot exist. As the body has to be in connection with the brain, in the same way without collectivity Sahaja Yoga cannot exist. Once you understand that, then you have to work it out that collectivity is absolutely established, within and without. It is more within that you have to establish, than without. Whatever you have within is manifested outside.

Now how do we establish it within ourselves? First of all, we have to understand that now we are the relations of each other. Gyaneshwara said, "Techi Soyarik hoti." ["They will be your relatives"]

-Who is there crying? All right, take her out. [In Marathi: Let her go. She is missing her mother.]

So, the first thing is that within ourselves we have to see, with introspection, "What are we doing against collectivity in our mind? How our mind is working." I do not know what thing comes first in the human mind about another person, but the first thing is that these are your real relations and nobody else are your relations. These children are your children and these men are your brothers, and these ladies are your sisters, and we are one big family together. We are part and parcel of one body, and this hand cannot hit another hand. Thank God it doesn't think, otherwise as human beings they might start thinking against another hand. But they don't because they are connected to one brain activity.

So, the first thing one has to understand that - do not try to see the defects of another person, but [the] goodness of another person. That is really going to help you the most. Like in India - I don't know, here maybe the same- if they know you, supposing, immediately they'll find out, "Now what work can we take out of this person?" If somebody is a minister's brother, immediately they'll approach the minister's brother. "Alright, Will you do this work for me?" Then somebody says, "I am such-and-such..." immediately people will think, "Oh, so what? What work can we get out of this person?" In the same way you can go little further in the language of Sahaja Yoga. As soon as you come to know about someone, you should not think, "What business I can do with him?" I've seen immediately if somebody has money people will jump at him, "Alright, let's have the business together," even in Sahaja Yoga. Or if there's anything like that immediately they start employing that person for your purpose.

On the contrary, what you have to do, as soon as you know about somebody, then you have to think, "What goodness he has got? How can I imbibe that goodness within myself?" Because we are here to enrich ourselves spiritually, so you must think, as first and foremost thing, "What can I do to get the goodness of that person within myself?"

So, you'll be looking out for the goodness of that person than instead of looking out for bad qualities, because bad qualities are not going to nourish you at all. Also if somebody has bad qualities, no use thinking about it yourself because if you start thinking

about it they are not going to be improved. It is somebody else's problem. The best thing is to look at another person with adoration and understanding, with love, that he is one of us and what can I use? Now if I have the hand I don't have to think because we are programmed that way. If I have to hold this, automatically I use my hand, not my feet. I know my hands are going to do [it], but when I have to walk, I don't walk with my hands because I know my feet have to walk. In the same way, you have to know which Sahaja Yogi is going to help you to nourish yourself. Immediately your mind will become very clear.

Like now, I saw some boy in New Zealand who was really about to be dead, and when he came back I found the attitude towards him was not kind, as it should have been. But this is the best chance - when you should see how you can practice your compassion. We talk of compassion, compassion. Now let us see how we can practice our compassion when this boy is so sick.

On the contrary, everybody was harsh on him. They were passing remarks at him, doing things like that. Because we have to have compassion. Now Mother has said, "We have to have compassion," well now where do we have our compassion? On the walls? Where do we use our compassion? Where do we use our compassion?

So "Sahaja Yoga is to be practiced," doesn't mean that you sit down with my photograph all the time, doesn't mean that. It means you practice compassion; you practice that.

Then you have to practice love. Now how do you practice love with others?

If you love someone, what do you do? You try to please that person. Small things can make people very happy. I know, you all try to please me very much. You'll give me presents. You'll find out things which are good for me. You'll go out of the way buy sweet flowers for me, beautiful things you do to please me. I am over-pleased, I must tell you. But I am more pleased, much more pleased if you understand collectivity and try to please each other. Such a person pleases me the most, that the attention is more on pleasing each other.

As soon as you decide you have to please others, your tongue will become different. It will become a sweet thing. The tongue which was like a pair of scissors becomes such a beautiful thing of honey. Then you talk little but you really pour honey on another person, and another person really enjoys it.

So now to practice love: where do you practice? Ask yourself a question, "Where do I practice love? What do I love?" We love our house, we love our photographs, our decorations, everything, "But do I practice this love on my wife, or on my husband, or on other Sahaja yogis?"

In our Sahaj culture, we have to practice compassion and love, and thirdly we have to practice patience. I know some children are maybe little more mischievous, some are less mischievous. Maybe some people are very talkative, sometimes really they give me also headache; they go on talking, talking, talking, talking, so much! Sometimes I think it's good because it's a rest for my mouth - one way of looking at it. Another way of looking at it is - just switch off your mind, let him talk, take it out whatever he wants to do. Once he is finished with it and fagged out then he won't bother you much and also he'll feel satisfied that somebody has listened to his prattles.

So, patience is needed and patience is needed in such a way that others should see your patience. Yesterday for example, I was sitting for about I think three hours shaking hands with all sorts of people and all types of problems, and the person who came last, he said, "Looking at your patience, I developed my own patience."

And love gives you patience. This love nourishes you. I'm telling you, it's absolutely down-to-earth method: here I've not mentioned that you trust God, I'm just saying trust yourself. [It's] absolutely down-to-earth because we are talking about your brain.

Now we have been saying that we have to forgive everyone, but we don't practice that. Small, small things like mad people remember. I mean only I have heard that a snake has this capacity to remember if somebody has hurt him. But here I find human

beings have no less capacity. Whatever has happened thirteen years back, fifteen years back, they all remember each and every thing: whatever has hurt them. But how they have hurt others they don't remember! How they have been nasty to others they don't remember. Because this is a human mind which has got the ego, it can go on hurting others, it doesn't feel anything, and the superego which goes on receiving all the hurts and always complaining about it.

So, it is for you to realise that you are the one who is breaking the collectivity.

First of all, we had horrible leaders here, that's how our collectivity was very poor but now we are getting soberer people, better people.

Also, for Melbourne, I am thinking of getting somebody elderly for you to be the leader because I think Greg is full with responsibility. So, I thought of [Mr.] Henshaw (John Henshaw, leader in Melbourne from 1991 to 2000) and I asked him and he has agreed, so now in Melbourne we'll have somebody staying in the ashram, who is a retired man, who'll look after you. He'll do everything that is possible to look after the collectivity of Melbourne. But you have to know that I have one connection with you through your leader. That doesn't mean you cannot connect with me. Like supposing there's a pin and you put the pin to me, immediately my hand will go off – means there's a reflex action also, but mostly everything is reported to the brain. In the same way, everything should be reported to the brain but from the very beginning if you develop a kind of a criticising attitude towards your leader, then it becomes very difficult, for the leader as well as for you.

First you should not criticise. Don't use your brain for criticism, already criticism has been too much in the West. I mean, they have got now technique of criticising. All the art is finished because of the critics. The artists are afraid to show their paintings, artists are afraid to show their creations because they will be criticised. Now the only thing that is left is critics, critics, critics, and the critics are criticising critics, that's all. There's no creativity, nothing!

So try to appreciate everything. Children are producing pictures, paintings, anyway. They make sometimes my face is very funny when they draw – not the children, even grownups. Doesn't matter! I appreciate it, "It's very good, wonderful, very nice," to encourage that person.

So criticism should go out of our mind but appreciation should be practiced: appreciation of others' children, appreciation of other people is very important but that doesn't mean that you appreciate all others and torture your wife or torture your husband – that also is an imbalance. First responsibility is your family but you should appreciate others. And this comes when you have no jealousies about anyone. This jealousy, I don't know from where it comes, so I don't know this quality of jealousy, why there is jealousy.

So, also if you have jealousy you have to use it for the right purpose, and what is the right purpose is that you should be jealous of a person who is spiritually higher than you, and you practice it that you become better. If jealousy is for competition, then you compete with the person who is more compassionate, more loving, more sacrificing, more patient. So this competition becomes a very healthy competition and the collectivity becomes very nourished.

Now try to feel that you are all part and parcel of one personality. Try to understand this and practice this. This will help you a lot. Little things like buying a little present for someone. You see something, "Oh, this will be very nice for this person."

We have officially decided that the men should not give presents to women and women should not give presents to men, but if she is your sister, rakhi-sister, you can give and the rakhi-sister can give to the brother, but otherwise one should not do that.

We have done it because I've seen it creates problems, but that doesn't mean you hate women or hate men. But a distance has to be maintained of purity. Till you become completely innocent is better is to keep that distance. This purity is to be practiced and this practice of purity is that you try to develop your innocent feelings towards others. In innocence everything comes. Everything comes in innocence. If you are innocent you will immediately become a very good Sahaja yogi. But it has so many facets. Like, the other day, there was one girl she was fighting for getting some sort of a sweet, and they were distributing the

prasads. So I gave her one of the small plates, I said, "You distribute." Immediately she forgot what she wanted, she started distributing very sweetly with little, little hands the prasad to everyone, very sweetly. So this has to be practiced from childhood, with your children you have to tell them, "Alright, let's do these things, distribute this to people, go and put kumkum on their heads" – they may not do it well, but doesn't matter. They will learn how to meet others, how to talk to them, how to be with others.

Now the worst enemy of collectivity is aggressiveness. Some people are basically aggressive; their style of talking is extremely aggressive, the way they say things is aggressive. May be because anything, may be they are better educated, may be they come from a very aggressive family, may be they are having a kind of a superiority complex or an inferiority complex or a sense of insecurity, or maybe they are possessed.

They try to dominate and show their very strong feelings towards people – of superiority. They may be inferior, it's not necessary, but they do and this is something is to be curbed. So what you have to practice here is humility. Try to be humble.

There was a joke like this, that: one gentleman was going on the staircase and another was coming from the top. So this gentleman who was going up there said to the another that "Please move." So he said, "I don't move for fools!" The person who was climbing up, he said, "But I do" and he moved out.

That's how the humility works. You have to be humble in your approach to others. I mean, English language is outwardly very humble, like you must say "please" you must say "thank you" ten times, "please, please, please," "thank you, thank you, thank you," but not in the heart. Like, supposing somebody doesn't say, "Thank you," the another person may even beat you! "Why didn't you say 'thank you' to me?" This is not humility! Humility is that in no way you try to aggress others, and if others are aggressive you accept it as a childish thing, as a stupid thing, as a foolish thing, has no meaning: because you are so powerful, you can bear it.

That is humility which you have to practice. And all these qualities if you have, you will really be surprised that you will lose your selfishness. Your selfishness will start dropping out because selfishness, how ugly it is, you start realising very soon when you become generous. So, you practice your generosity.

You are all willing to spend lot of money on me, I know. You want to give me presents. I've stopped it now, that individually you cannot give me any presents or anything. But generosity is a general term: generosity of kindness, generosity of compassion, generosity of patience, and generosity of material things. If I see something, immediately I think, "Oh, I should take this because I know I can give it to this lady or to this gentleman this thing," or "I could give it to this purpose or for this organisation or for this kind of a work we are doing." Immediately it comes to me.

You'll be surprised that if I'm in the market and if I'm thirsty, I don't even think that I should go and buy some soft drink for myself – doesn't come into my head. Even I have never opened my fridge in my lifetime, you'll be surprised. But for others I'll run about, I'll cook for them. But supposing I'm in the house and there's no cook, I'll not cook for myself – it's alright. If there's nobody in the house and my husband is not there, I may not eat for two, three days and then servants, servant will complain to my husband, then I remember really I didn't eat any food. I didn't know (notice). If I'm eating it is just I am just eating because he is there, so I have to eat with him. I never used to take tea but because he is so much fond of tea, I started, so I keep the practice so that I should not give it the practice up [in case] later on it will be difficult!

It's just adjusting yourself to others. It's not difficult. Few things here and there that pleases, you should do. There's no harm in trying to please. But it's not only for the wife to do it: even the husband has to do something to please the wife. It's not only between husband and wife: it will be between children and you. Between the whole family of Sahaja Yoga, it should be such that we should adjust [ourselves]. So practice your adjustments as you have to adjust your cameras. If you don't adjust the camera, you do not get the right picture: in the same way, unless and until you adjust yourself to the whole atmosphere, to a person, you cannot get the real picture, and then you start fighting with that. It is actually the fight has to be within yourself. It's quite a long, long story, I mean, as far as I know, human beings and the problems of collectivity. And certain problems are being

solved now. I am happy about it, that people are not falling in love. I mean they are not falling and having a bump on their heads! But it's better now, they are taking it easy, thinking it over and are marrying a person for marriage sake and not for falling in love. That's something very great is happening because that will give you purification of mind and a mind which doesn't hover over nonsensical things.

So as I said, practice all these things and your collectivity will be beautiful, and the best is to practice your meditation together.

In Delhi we have started an ashram, every morning I find people coming, sitting together to meditate. It's like a temple. It's like a church. They come there and so many of them are sitting and meditating together.

Meditating together is the best way to feel the collectivity. You can meditate at home, of course, you also cleanse it for your depth, but also you must meditate together and when you meditate together then the strength that you have strengthens others, and the strength of the whole collectivity improves so much.

We are meditating together is a very big thing. Everyone has to understand that. Whenever you get time, you find out - in the morning times, for example - we'll go to the ashram and meditate. Say, Sunday morning, we'll just go and meditate in the ashram. Just for meditation you have to come. Meditate and go away because I reside in this ashram, I am here. So leave your homes, come here and meditate. Meditation will help you a lot. Wherever you are together I am with you. But when you are away from each other, I am not with you.

Only in difficulties, when you are pushed into some places where I am not there, where you think I am not there, I am there. But if you deliberately are keeping out of collectivity, I am not with you. So try to grow your collectivity, otherwise you cannot go deep into your own depths, you cannot become a great Sahaja yogi, you cannot really be called a Sahaja yogi. Those who have a sense of collectivity can only become that.

So we have before us in Melbourne so many people and when the quantity increases, the quality should not fall down and the quality of collectivity has to be very strong by having very strong bonds. I like when you praise someone. Normally I have seen, whenever I am anywhere, people only talk about people who are negative, nobody talks about positive people, so I don't know about them. Mostly I know who are negative. So I would love to know about people who are very positive, who are great, who are doing good things and forget about the negative, they'll drop out in any way. So best thing is to tell about the people who are positive, who are doing good work, who are real Sahaja yogis.

I bless you all in Melbourne that you have a beautiful collectivity and enjoy yourself. And every, every meeting should be a festival for you and an enjoyment.

May God bless you all!

So thus, today, you have to worship Viraata. He's nothing but Akbar who is Shri Krishna Himself becoming Viraata. And thus we can have a song, Ganesha's song first of all to wash my feet and some songs about Krishna.

(Marathi: Do you have the songs? We have all songs of Vithala, in Maharashtra you get all songs on Vithala. First sing the Ganesh Stuti and then wash the feet and then you can sing)

Accha, now the children have to wash my feet. Alright?

Talk after the puja

I have seen that, if you do not meditate, then you start catching things. Morning and evening very humbly you must meditate.

Morning you can meditate just before your [day's] programme. Before sleeping you must use water treatment and then get into

your beds with the attention on your Sahasrara. That's very important, otherwise the growth will not be there and slowly you'll find [that] you are slipping back.

So to keep your hold properly on Sahaj Yoga it's best that you must try to make it a point - like just like just like brushing your teeth, even more than that - to do this meditation every day. You need hardly ten, fifteen minutes in the night and about five, ten minutes in the morning time, not much. It's a very important point is.

(audio stops for a minute and camera is pushed so can't see Mother's talking either at this point)

...to work out properly you have to cleanse yourself. And this has to be done every day because every day we go on catching. It's very important for all of you.

So, may God bless you!

That is for individual [meditation]. And then also mass, there should be also mass meditation. Whenever you get a time, now it's like a temple here, you must meditate in the morning time, then only there is fun in everything, otherwise if you have no depth there is no fun.

I hope now with this collectivity, I am sure Melbourne will become a very strong, very, very strong collective of Sahaj Yoga.

Informal talk (exact time/date unsure)

Shri Mataji: Now, England is doing well I must say. It's very settled down. It took so much time and so much energy, everything, but I must say it's now very good.

Yogi: A little while ago I was talking to David Spiro and I said, "How are things going in England?" and he paused for a while and he said, "Very nicely!" Which is typical David. Which really meant, "Very, very well."

Shri Mataji: Yes. They say, little bit undertones you see. He's a very fine person I found. He's so good, very nice. After all the mishaps, it's very good. Australia had many more mishaps than anywhere else. I don't know what's the unfortunate thing about it. Can't explain.

Yogi: Special attack on Ganesha.

Shri Mataji: That may be the reason.

Yogi: That's our only approach to dedication to you is through Ganesh in Australia and New Zealand.

Shri Mataji: That might be the reason, but leadership itself let me down so badly! Unbelievable things! I mean really unbelievable things they did. I mean even a normal person won't do such a thing as the wicked things they have done. Really I can't understand this crookery. And I trusted them so much.

Despite that today, Australia is one of the big things. Only now the problem of money because of this or whatever is happening.

Yogi: So we have that in common.

Shri Mataji: But they do not expand. I think as I was talking to you, we'll have to think about it. Something will happen. There's so much dearth of things all over the world and you have the surplus.

Yogi: When you are introduced now with Mr. CP that was, is it now Sir CP and Lady Shrivastava?

Shri Mataji: Actually it is like that. But we don't use. Because in India it's not allowed to use that. But imagine to become 'lady' like that! I'm quite worried on that point. There was a lady travelling with me in the first class I was sitting and she was sitting next to me. We were going by Air India. So the air hostess came, "Miss Rose, now please have good manners." I couldn't understand. "That's not my name. I am Lady Rose." (laughing). And throughout she was so horrible I tell you!

And she said, "How come you have such good manners?" I said, "I don't know how, but I mean of course, I cannot have as good manners as you have, after all you are 'lady'. I am not." (laughter) Big jokes I tell you! Poor Harsh came and he just asked for something. "How dare you put your hand across me!" That's what she said. Look at her. And then that air hostess got a fright. She went and told the manager. He was also travelling. He came and told me in Hindi, "This mad woman is travelling with who is he?" I said, "I'll tell you later on because I have to tell you in English language who she is!" We don't have in India a 'lady' or anything like that a 'sir'. But CP was called 'sir' from the day I got married, I mean before that. My father used to call him Sir CP always. There was a very famous man called Sir CP from Kerala. He used to call him Sir CP so now he's become Sir. Alright? So good night. Best of luck.

1991-0411, Press Interview

View [online](#).

11 April 1991

Interview

Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

1991-0411 PRESS INTERVIEW, MELBOURNE, AUSTRALIA

Interviewer: Is this your first visit here?

Shri Mataji: Oh no.

Interviewer: No? How many times have you been here before?

Shri Mataji: Beg your pardon?

Interviewer: How many times have you been here?

Shri Mataji: I haven't counted. Must be how many times? From 1974.

Interviewer: Right.

Shri Mataji: Practically every year. Sometimes I missed one or twice.

Interviewer: And what is the main emphasis in your teaching?

Shri Mataji: To convey that within us lies a power which we call as Kundalini in the triangular bone and when awakened, it passes through six subtle centres through our spinal chord, our brain, ultimately into limbic area and pierces through the fontanel bone area which was the soft bone in our childhood. This is the actualization of baptism, actualization. And this power within us is the reflection of the Holy Ghost. Thus you get your second birth, that's how you are twice born.

Interviewer: Oh I see.

Shri Mataji: Yes, born again.

Interviewer: And everyone has this?

Shri Mataji: Beg your pardon?

Interviewer: Everyone has this?

Shri Mataji: Everyone everyone has.

Interviewer: And how do people find it?

Shri Mataji: I knew about it since my birth I think.

Interviewer: And what about the people you teach?

Shri Mataji: Beg your pardon?

Interviewer: The people you teach, how can they find this power?

Shri Mataji: (Unclear) They feel themselves, the cool breeze on top of their heads. And they feel they are connected with this power because they can feel it on their fingertips, also this power.

Interviewer: And the groups you speak to, what sort of people are they?

Shri Mataji: (Unclear) Are conditioned people. Or sometimes ego is there also, lot of ego. They are not open-minded like scientists are. And they are conditioned by different faiths and blind faiths.

Interviewer: I have some information here which says you have an emphasis on the spiritual importance of women and their role. In what way, you know how are women important in this way? In establishing the balance of society.

Shri Mataji: Because women are the potential. Men are the kinetic energy and women don't know how powerful they are within themselves and they try to compete with men and get frustrated.

Interviewer: And how are they powerful in this way, different from men?

Shri Mataji: Because they have forbearance, they have lot of forbearance, they are the preservers of society, they are the preservers of family life and they create beautiful children. Motherhood is a sure thing, fatherhood is uncertain isn't it?

Interviewer: And so you've travelled the world have you, speaking to people?

Shri Mataji: Yes, I don't know how many countries, I travel. I've been to Russia, to all the Eastern block people. They seem to be very much clean about it because they are not so conditioned and in our freedom we have lost many things which were important to us.

Interviewer: Such as?

Shri Mataji: Such as chastity, innocence, simplicity, respect.

Interviewer: And how can people get these virtues back then?

Shri Mataji: Once these centres are awakened and nourished you feel physically all right, mentally all right and your attention is filled with the light of the Spirit and thus you'll see what is spirituality is within yourself and you understand your beauty. And then you enjoy your virtues, you become religious, it's not a question of saying I'm this religion, that religion, you just become religious, you become. Like one may follow any religion but can do any sins, they are equally the same, there's no difference, it's just a brand.

Interviewer: The recent Gulf War what sort of effect has that had on people as a whole?

Shri Mataji: At least one thing is that fundamentalism is a very dangerous thing. Any religion that gets exclusive can be very dangerous. In Sahaja Yoga you realise that all these prophets, incarnations, saints were born on the same tree of life or of spirituality and we have plucked them, saying this is mine, this is mine and we are fighting with those dead flowers.

Interviewer: So how can people be helped through your type of teaching?

Shri Mataji: Because of this happening you get completely integrated within yourself. Also all these centres which are within us were created by these great incarnations in the evolutionary process and they are all lined up together. Thus we realise that if this Kundalini has to pass through we have to put them into the same garland. It's a happening.

Interviewer: And how long have you been teaching this?

Shri Mataji: I started in 1970.

Interviewer: And how long did it take you to come to this.

Shri Mataji: No I started working out with one lady to begin with in India. Then as my husband got elected to a post, as you must have heard about, he was the Secretary General of the International Maritime Organisation U.N.. I went to London and I started with seven hippies. They were hippies but very well educated professors and lawyers and things like that but had become hippies just for seeking the truth. I had to work very hard on them but they are the foundation of Sahaja Yoga. And that's how then one of them went abroad to some other place, it started spreading. England is a, like a heart of the universe because everyone comes there and they carry to their own country.

Interviewer: And which countries have you been to .. would there be so many that you ..

Shri Mataji: Yes, I have been at least to forty five countries.

Interviewer: Really?

Shri Mataji: Yes.

Interviewer: When you were working with these people how long did it take you to come to now, to what you understand?

Shri Mataji: About what?

Interviewer: Your teachings. How did it come together?

Shri Mataji: I see a great future, a new race is coming up. They are devoid of all addictions, devoid of all diseases, devoid of unchaste things, devoid of things which are wrong like they lead a very nice married life, have nice children, absolutely angelic I would say. I don't have to tell them anything, they are on their own because they have evolved. This is the last breakthrough of our evolution. They are beautiful people. We have seventy five to eighty marriages every year, all international, and except for one percent, they are all very very successful.

Interviewer: And do you intend on continuing to travel, how long do you think you will be travelling for?

Shri Mataji: I can't say, already I am sixty eight years of age. Can't say, as long as possible I would like to travel because somehow they like me very much everywhere I think.

Interviewer: And you obviously enjoy travelling and speaking to people about it.

Shri Mataji: Yes.

Interviewer: Why do you enjoy doing it?

Shri Mataji: What?

Interviewer: Why do you enjoy travelling and telling people about this?

Shri Mataji: It's so nice to see so many getting the meaning of their life, so many getting rid of their problems and man-made nonsense that they have on their heads. Also they are capable of giving Realizations to others. And also if you give vibrations to your agriculture it improves, to animals if you give it improves. Also it solves ecological problems because they become so wise. We have to worry about the emancipation of human beings as a whole, as a whole because we are one world and they all feel they are citizens of the universe. And the love they have, respect they have for each other and the silence they enjoy shows that we'll have no more wars, no more problems and we'll always abide in the beautiful realm of kingdom of God. It's the greatest satisfaction anybody can. This cannot be given by money, power, anything. When I leave one country I feel very much wrenched, as if my heart is being wrenched because I feel that I am leaving all of them there, but when I reach another country I see again beautiful flower-like faces. This is what all the incarnations wanted. We have no organisation as such, I have no secretary, nothing. It's like a stateless state you can call it. And we have no problems, we just enjoy that's all. Pure enjoyment.

Interviewer: Thank you very much for your time, it's been very interesting, thank you.

Shri Mataji: You are so intelligent I must say, I thought you are a little girl, she's very intelligent. Yesterday I was in New Zealand talking to the interviewer, with the gentleman interviewing, he felt the cool breeze in his hands immediately and he came to my program also.

Interviewer: Thank you.

Shri Mataji: Want to take a photograph? (Unclear).

Sahaja Yogi: She's got it Shri Mataji, she's got it.

Shri Mataji: She's got it. First time I met (unclear) in Australia. They cannot see subtler things, that's the trouble is. And they also find it's not so sensational. It's the most sensational thing don't you think so? It's for the betterment of the whole world, the most sensational thing. It's a silent revolution, peaceful revolution that's coming. Has to come after all. We are waiting for a shock all over. One thing you must see that for all such things you cannot pay any money because you always have these from my country or from other countries. (unclear).

Don't go near people who ask for money, that's the point. You cannot pay for all these things. Formerly I used to pay for my travel everything, ... (unclear) I used to pay. But now they have said Mother we'll look after that, aeroplanes. All right but I can't take money for that. It's invaluable. And you know Christ never took any money, nobody took any money, now this new type of people who have come are already described in the Bible. One should run away from that, one after another they are coming to Australia. Whenever I came there was this Rajneesh was there, (unclear) was there, (unclear) was there and people are so much attracted to them because they think they are paying. Wrong idea. And then they disappear. Any person who has interest in Rolls Royce and this kind of thing, how can people (unclear). They don't think about it, they don't think. It must be told very very clearly to people, don't pay a single paise. And you must know the accounts, that's the point. Now if I am here, actually I don't know how these people organize, it's among themselves. They know (unclear), they pay, they do what they..., I mean say for example they have a program here they pay for the hall and they know all that. I am not interested in that.

Interviewer: Yes well thank you very much, very interesting, thank you for your time. Thank you.

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11 April 1991

We Cannot Buy The Truth

Public Program

Royal Exhibition Building, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Royal Exhibition Building, Melbourne, Australia, 11 April 1991.

Please be seated. I think I'll stand up and speak, would be better now.

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 change it, we cannot buy it, and also unfortunately at this human level we cannot know it. The truth is that you are not this body, this mind, this intellect, this ego, these conditionings, but you are the pure spirit. The second truth is that there is a all-pervading Power of divine love, which is very subtle and which works out all the living work.

You see all these beautiful flowers here, and we take them for granted. We never even think from where have they come, how have they come, from a one little seed how " and so many varieties, so many types " how they have been created and how they grow, and how a flower becomes a fruit. Look at ourselves; look at our eyes. It's one of the greatest cameras you could think of. Look at every machinery that is within us, how it is working beautifully there. But we do not think about it; we take it for granted.

All this living work is done by this all-pervading Power of divine love. Now when I say that, you need not accept it blindfolded. But I would request you to have a scientific mind, have a scientific attitude that you keep yourself open. Treat this as a hypothesis, and if it is proved then you have to accept it as truth, if you are honest, because it is not only for individual emancipation but for the emancipation of the whole world.

As I have told you that truth cannot be understood or felt at this human level because we are mental, at the most, if not emotional being, or we are mixture of both. We are a bundle of conditionings and egos and everything, but we are not our selves. When we say "my ego", "my intelligence", "my body" " but where is this "my"? From where does this word "my" comes? This is what is the spirit within us.

You have been already explained about a mechanism we have here and you have been already told this kind of a mechanism exists within us. (If you remove this one would be better, I think.) Now this mechanism does exist within us, and is for your last breakthrough in your evolutionary process. You have become from amoeba to a human state, but we have not yet known the absolute truth. We have not yet known the absolute knowledge.

[Microphone falls down.] All right, now can you see that? It's just for your seeing we are managing something! It's all right. But this is all within yourself, is all within yourself which is not going to fall out!

So, we have this mechanism, as I told you, for your last breakthrough. If we had known the absolute truth and if we had the absolute knowledge, there would have been no quarrelling, no different "isms"; there would have been no wars. But because we haven't got that, we are separated by ignorance, and everybody thinks "I'm right. Whatever I am doing is the correct thing and whatever I am thinking is the correct thing." But there is no way to judge whether it is correct or not. Like when you say it's a one meter long, then we have a meter, as you know, in the Museum of Paris which is kept as one meter all the time. But that, unless and until you discover we are living in a relative world without any absolute relativity. That's why there is chaos; that's why there

are problems. Most of the problems if you see are created by human beings.

These problems, if you just try to locate, are just based because we haven't found out the absolute knowledge. For example, if this place is completely dark and you can't see anyone and if you start all running, you'll hit someone, somebody will fall down, somebody will be beaten up, somebody might get hurt because there is darkness, there is confusion. These are the days of the greatest confusion that we are born in, and it's promised that in those days of confusion only you are going to find out the truth. That's why there is a category of people, as William Blake has said, are the men of God who will find themselves and they will make others the men of God.

The time has come for you all to have your Self-realization, your self-knowledge. As a result of that you develop a new awareness. You develop " again I say it's a question of becoming; it is not certifying " you develop a new awareness on your central nervous system, which we call as "collective consciousness." Is described by Jung very clearly. This is where you can feel your centers on your fingertips, and you can feel the centers of other people on your fingertips. Now only thing you have to do is to know what do they denote " this decoding has been done already " and how to correct them.

So, to correct your being physically, mentally, emotionally and also spiritually, you have to enter inside your being " which you cannot. For example, you are paying attention to Me, but if I say "pay attention to yourself" you cannot. You cannot pay attention to yourself inside. So something has to happen, and this something is the awakening of this residual power which we call as "kundalini." It's a Sanskrit word: "kundal" means "the coils" and is there in three-and-a-half coils, this energy is settled down. If this energy is awakened, just like a primule in a seed " it's a living process " just like a seed sprouts, this kundalini gets awakened, passes through six centers, pierces through the last one, and you yourself feel the cool breeze coming out of your head. And then for the first time you start feeling this cool breeze " it's not very cool, it's very pleasantly cool " which is the all-pervading Power of divine love.

With this you become like a divine computer. You can feel the centers which are in trouble within yourself. You can feel the centers of people around. You can feel the centers of people who are far away, also the centers of people who are dead and gone. That's how you can know who was a realized soul who came on this Earth, and who was a nasty fellow and who was a devil. Otherwise there is no way of making out.

For example, from India people get out of the jail, immediately they wear these saffron-colored clothes and are in Australia: they become big gurus. And Australians had lot of money, and they have really fed them with that. So many of them are coming down. But not so many, because so many are exposed also, so many are in jail, so many have died. But still, they can say that "the world is coming to an end, and you must do this. This is happening, and you must do that"; and just frighten you.

And you think, "Oh, otherwise, you see, how can they tell lies?" But they are thieves! They are coming from the jail direct " you find out their bona fides: from what kind of families they come, what sort of education they have had? But blindfolded, people go to them and get infected by them. Mostly they are mesmerizers and they spoil your chances of your ascent. Not only that: they can give you some diseases, they can give you some sort of a brain " you might have an effect of your taking a drug. Anything can they do, I don't know to what extent they can go; because so many have come to Me, and I am really now fed up the way people are still running after them, paying them money. It's something like you see some people coming out of the pub and falling down on the street, and others try to push their way inside to get again the same way.

But in spirituality you have to know that you cannot pay. It's a living process of living energy; it's a living process. (Will you take photographs afterwards? All right?)

So the second thing that should happen to you as a result of Self-realization, that you get empowered yourself. You yourself can give realizations to others. You can find out about another person, you can give them realization, you can cure them. You can help them in every way possible. It's like one enlightened light can enlighten another light. You are all ready for it, absolutely ready to get enlightened. I don't have to do much, you will see that " how easily you all can get your realization. It has to be easy, it has to be sahaj, it has to be spontaneous, because the time has come. And also this all-pervading Power has become

extremely active, extremely active, and it is working wonders everywhere.

When the kundalini rises on this center, then you reach a state which we call as thoughtless awareness " in Sanskrit it's called as "nirvichar samadhi." When you watch something you just watch, you don't think. If you want to think you can think, but you are not bombarded by thoughts, you are not under the control of thoughts. Then she rises above and pierces through here, and establishes a connection properly: then you get into another kind of a higher awareness we call as "nirvikalpa samadhi", which is a doubtless awareness, in which you start raising the kundalini of others, curing others, helping others, knowing such a lot of knowledge; because once this kundalini goes into the limbic area, she enlightens these thousand petals there " that is the thousand nerves.

Many children I've seen who have been absolutely very dull children now are scoring above everybody else, getting scholarships. We have some boys who have done their engineering or chartered accountancy and all this thing in very, very record time; they have records. They always stand first and they are doing very well in their education, but despite all that they are extremely humble and obedient. They respect their teachers, they respect everyone; because the new virtue which has come in them is the respect, to respect others, which we have lost long time back.

The second thing that happens to a person is this: that you become absolutely free. Of course, in the beginning also I respect your freedom. I cannot force Self-realization on you " you have to ask for it. Otherwise, I cannot force it on you. But when you get your Self-realization you become really free, in the sense that you are able to be free. Like we think we are free, but we have addictions, we are slaves to so many things, we cannot control ourselves; so we are not free. But when you become a self-realized person all such things which dominate us " whether it's addiction, alcoholism, any habit, any such thing, tempers, or too much interest in wrong things " all drops out and you become really a able person: absolutely you have the ability to be enjoying your freedom and your virtues. Then it happens that you start seeing everything, as I told you, and not getting into thoughts.

The human nature is such that whatever you see, you react. But after getting Self-realization you do not react, and your mind is thoughtless. It's like a lake which has no ripples on it, and all that is created around that lake is reflected inside. In the same way when you watch something, you just watch it. Now I watch these flowers: I'm just watching, and all the joy that the Creator has put in it, it doesn't come to Me as words but as joy itself, and it starts pouring on Me and it soothes Me down.

You become a person without tension, because tension comes to you through thoughts. But thoughts are coming from the past or from the future, and they throng your head and give you this tension. When the kundalini rises she comes in between two thoughts, so the future and past " the kundalini is in the center, that is, in the present. So you just stand in the present, and when you are in the present there is no tension in your mind. These days there's a big trouble people are having of tensions, blood pressures and all kinds of things, which are absolutely there because this window has not yet opened out. Once it has opened out everything goes away, and you are extremely a relaxed person. You also reduce at least ten years of your age. As you know, I am sixty-eight years of age and I am travelling every third or fourth day all over the world. So you get very dynamic and you get such a lot of energy within you. At the same time you are very compassionate, you are very considerate, and you are extremely wise. In every way you are helped: you are helped in your business, you are helped in your work, you are helped in your relationship with, in your family, with others, and the whole thing becomes like a beautiful drama you are playing.

I'm telling, all these things sound very fantastic to you, and should find " because you might say "we have never seen such angels before." But there is a chance for all of you to become that. Supposing you take a television into a remote village of India where they have never seen a television, and tell them that "you can see pictures from all over the world inside this."

They'll say, "What, this box? Useless thing " how can it be?" But when you put it to the mains, then they see the miracles of it. In the same way when you are put it, you are put to the mains you start seeing the miracles of your being. Then you understand how glorified you are, how beautiful you are, and what is the purpose of your life.

There's no end to this knowledge. For example, in here so many lights I see here, but to put them on there might be only one

switch and you can put on all the lights. But supposing I have to tell you all the history, how it came and how the electricity came, and then how it was brought in Melbourne and how it was fixed and everything, it's quite boring. So the best thing is just to put on the light first. So I would request you, you'd better have your Self-realization first and then understand, because it's a very subtle subject and I don't know how many thousand lectures I have given only in English language. There are many other languages I speak, but only in English language I don't know how many lectures I have given, and every time they say, "Mother, every time You say something new." I am giving you thus a introduction to Sahaja Yoga.

Now, once you get your realization you have to know it works on collectivity. It's not that you go home and say, "All right, Mother, I am meditating at home." It would be like a nail cut out of the body. You don't have to pay for anything, but you have to give some time for your Self-realization and you have to come to the collective. Luckily in Melbourne we have wonderful people who have achieved great heights in Sahaja Yoga. They are extremely humble, they are extremely beautiful people, and I'm sure they'll help you to achieve the same heights as they have achieved.

This is what we have to get. We have to emancipate the human beings to solve all our problems, to enter into the Kingdom of God. This has been promised, and this promise has to be fulfilled. Of course, before I go ahead with the process of Self-realization which will take ten minutes only, I would request you to ask Me questions. But ask relevant questions, questions which show your curiosity to get your realization, because I'm not here for any votes, nor am I here for any money. I am here to give you your own key of your own treasures. So accordingly, please ask Me questions. I'll be very thankful to you. May God bless you.

[Question: He says he thinks he is reaching that stage, but could You tell him the symptoms?]

Yes. We'll tell him. You see, first what happens, that you start feeling the cool breeze out of your head. Sometimes you might get hot also, hot breeze coming out; then you start feeling the cool breeze all around it. Then you become aware of it and you work it out. Then you give realizations to others. All these things happen, and you become extremely peaceful, loving, affectionate, and a righteous person " you become. It's not like following any religion as such, because when we follow a religion we can do, we can commit any mistakes; any sins we can commit. But Sahaja Yoga is such that religion is born within you " like here, as we have got eight valencies within us, ten valencies within us, and these ten valencies are in this green part: when they're awakened, you become religious. You become. You are not to be told, you just become. I don't have to tell you "don't do this" " I never say that. It just happens, because you see in the light what is right and what is wrong.

[Question: What is God, for You, and is God a separate entity?]

Ya, He is. He is, and God for Me is the one who is witnessing everything. But He has His Power which is the Primordial Mother, which is the Holy Ghost, which is reflected within you as the kundalini, and God is reflected within you as the spirit in your heart. At this point they meet, and that's how you get your Self-realization. But such a wide subject it is, so you have to have more patience for such a wider subject.

[Question: Will there ever come a time when the negative force in society will cease to exist?]

Yes, of course, if you help us.

[Question: Which Indian saints or masters do You acknowledge, or did any of them inspire You in Your cause?]

Yah, all of them were there, and there are some more but they have all disappeared in the Himalayas, because they say that "these human beings are absolutely dullards and they won't listen to us; You try Your luck!" We have so many saints in India who are no more, who really came down to the masses. The first one who really ventured to talk to masses was Gyaneshwara, Saint Gyaneshwara.

About kundalini it was written in so many Sanskrit books, so many of them, you see, but never in a local or a vernacular

language. So Gyaneshwara in the twelfth century first time talked about it. He took the permission of his master " because it was a tradition to have one master and one disciple " and he wrote it about it in his book first of all. And today the time has come for you to get en masse realization. There are so many saints that I really, in this thing I cannot tell you, but there was Ramadasa, there is Nanaka, there is Kabira " so many of them " Adi Shankaracharya; in India, as you ask. But outside also: William Blake was another saint.

[Question: He says that T.M. talks about Self-realization. What is the difference between their talking about Self-realization and You talking about it?]

Now they have started. They never talked about it before, and they are just talking. If I have to tell you everything frankly about T.M., it's better that you listen to it. I'm not afraid of them. I had the head of their siddha " what they call the "flying academy" " head of that, the director, one Mr. Peter Pearce, his wife, his deputy director and his child, all suffering from epilepsy, came to Me. Luckily My husband was not at home those days, so I kept them in My house and treated them, and got them well. He's about to write a book about it.

Now I asked him what do they do. So he told Me " because he was in it " he said that they give three mantras, first stage they give three mantras, and these three mantras, they were to pay three thousand pounds. Now these three mantras, out of them any one could be yours. One was "inga", another was "pinga", another was "tinga". Now any Indian would laugh at it because they know there is, these are not Sanskrit words. "Inga" means the scorpion bite; the "pinga" means a person when he gets possessed, he goes round, is called "pinga" " it is also in vernacular language, not in Sanskrit " and "tinga" means showing like this. And they paid three thousand " done! It's all marketing. People are so stupid!

I mean, I have a disciple who came to Me from T.M., her sister was in lunatic asylum. We had to work so hard on her, but now she's cured; and this barrister girl, poor thing, she suffered so much. So many people have gone into recluses. She told Me that she had to go to Switzerland, pay six thousand pounds for a course of seven days. And the first day they were given " this is for flying in the air. Now this is also another stupidity, to go for flying in the air, half-way through " what is the need? As it is, today there was such a lot of jam; you see, if you start flying like this, then no car can move! What is the need for you to fly at three feet? But this is stupidity, and for that stupidity she paid six thousand pounds. And she had to go to Switzerland, and she said, "No arrangements for us, nothing. We were to live in a big hall, and they asked us that we have to jump on, what you call these foam mattresses," and she broke her bottom, and many broke their bottom. And they were asked, they were asked to give. And they were given to drink the water that boiled the potatoes for six days, and the seventh day they were given the rind, and the fifth day the potatoes. For that they paid six thousand pounds! She's a daughter of a very, very rich man.

But this is what it is, if you have surplus money there are people to befool you. There's a market, it's all marketing. Now they are marketing what you call ayurveda. What is there to market ayurveda? You can buy things directly from India; you don't need a guru for that. And most of the ayurveda cannot be practiced abroad because these are made out of fresh leaves. But if you have to treat yourself with ayurveda you can go to India.

But Sahaja Yoga is a direct method that you can cure yourself by, with your kundalini awakening. There are two doctors in Delhi University who have got their M.D. on Sahaja Yoga, which proved that Sahaja Yoga can cure many incurable diseases. We have cured. Not that I have cured, but people are cured through Sahaja Yoga. Diseases like blood cancer, myelitis, so many diseases have been cured, and there are so many that I really do not know how to even keep account. We cannot keep account of them.

So this is what T.M. is. Whatever they talk, they should prove it. Have you met any T.M. fellow who can give realizations to others, or who can talk like Stephen? There is no modus operandi. There is no modus operandi they can describe " nothing. On the contrary, if you are a doctor you can find them out just like that. Once in a lecture there was a Sahaja yogi, who is now head of the Psychology Department in Amman " he was there in their meetings " and they said that when you take the brain scan, you see the theta waves. Immediately he got up, he said, "But you get it with epilepsy; you get it with epilepsy."

And they were shocked. They just got round him and said, "Doctor, will you come and have some tea with us?" and this. Then he

went there and they were offering him money and all that. Is all money business. If you have intelligence you can understand it, that it's all money. You cannot purchase it. How much money did you give to Christ? How much money did you give to Krishna or to Rama, or to any one of them? Those people whom you can purchase are your servants; they cannot be your gurus.

[Seeker: I was in Siddha Yoga for seven years and I have a lot of problems.]

You will, but I know that, I'll manage that. It's very difficult, but I'll manage. I know, with all these yogas you get nothing but trouble. I know that.

[Seeker: I tend to get very sleepy and tired, and meditation makes me even sleepier.]

I know. I know that. I'll help you, don't you worry. I'll help you, all right? Definitely. I know this is not only your case, it's so many. But in Australia he was so popular. I don't know why he was so popular here. You are supposed to be much more intelligent than normal people! Aren't you?

[Question: What are Your views on eating meat, as opposed to vegetarianism?]

You see, we, in Sahaja Yoga we treat a person according to his needs. Supposing you need proteins, you have to have proteins. Supposing you need more carbohydrates, so you have to have carbohydrates. It's a balancing thing. By eating meat or anything " like you think, if you save some chickens, can I give them realization? Simple question. So we are paying too much attention to all nonsensical things. What you have to think, what we are human beings on top of everything. Of course, some people don't have to eat meat because they have problems; but some people have to eat meat because they have problems. We have to be logical about everything.

These are all fads, or "isms". These are fads: don't do this, wear this kind of a dress, go on the street and sing "Hare Rama, Hare Krishna" or do another nonsensical thing, or jump here. These are all fads and fashions. The fashion started that you should put a tin on your head and tie up your hair, bouffant or something. Everybody started doing that. We must have our individuality, we should have our personality. How can we accept anything that comes in the way? And these entrepreneurs are playing with you, so these gurus also play with you. We should be alert now " we have already suffered a lot, haven't we?

[Question: What's Your opinion of Swami Muktananda?]

Ah. Better not ask! You know, I have got just now a complete file on him, from America they have published: he's such a horrible man. If you want you can read it, but I assure you will not be able to eat food for at least eight days. He had relations with even thirteen-year-old girls. What are you asking about a swami like that? Useless fellow!

[Question: Sai Baba?]

Another horrible person. He is giving you diamonds. Who has given diamonds to others? Who wants diamonds? From where does he get diamonds? You know that very well. He gets even Swiss watches. People are so stupid! You are talking of spirituality and of God, not of these mundane things. If you want you can go in the market and get a diamond; even if you don't get, doesn't matter. Those who have it or have not, nothing wrong with them. Look at his, their faces, how they look.

I tell you, how can you be enamored by these things? You always talk of materialism, you talk against it and then you get enamored by these people because they are in America. When I went there in Boston " can you imagine, Americans are the best for this " so that they asked Me, "How many Rolls-Royces You have?"

I said, "I have none."

They said, "Then we are not interested in You." Can you imagine? If you are going to impress by these things you are not going

to get to the real thing " is definite. These all things can be bought by money, but you cannot buy reality with money. Take it from Me, you cannot. It has to happen is a fact. I am telling you the truth, whether you like it or not.

[Question: Is there an energy field that is built up by raising the kundalini en masse, and does it spill over into another area?]

I think, you see, before describing it you'd better feel it. All right? What's the use of describing the beautiful Australia unless and until you visit it? Better feel it yourself and then you will know. All right? Yes?

[Question from seeker about kundalini raising giving her headaches.]

She's a With whom did she do this kundalini awakening? Do you know? . Ah, must be somebody like that. You see, kundalini is your mother, all right, and she is anxious to give you a second birth. She works it out herself, beautifully, like your mother gave you the birth without giving you any trouble. That's how she works it out. But if you go to a person who's not authorized spiritually, they do all these things. I have not seen, but now as they must have told you that we are working in about fifty-four nations, and I must have visited at least forty-five of them I have never seen anybody suffering because of kundalini awakening. On the contrary, feeling very much better. This is what it is. You must see first of all when you go to somebody: what about the disciples, how are they? How are they behaving? Are they beautiful people? Have they achieved anything, have they got anything? And also you must see the life of the so-called guru. How does he live? Where is his interest? But headlong if you fall into something you are going to suffer, isn't it? Now I've been coming to Australia for the last, how many, from the year '78 I think, '77 or '78; but I saw all the people were scattered around these people, not around Me. They all like them, all such kinds. They wouldn't come to Me. Even some people advised Me that "You'd better charge some money."

I said, "How much will you pay? Tell Me." This is invaluable you can't pay for it.

[Question: Could You suggest anything that would help her, now that she's in that situation, please?]

Help! Doesn't matter, we have people there also. You give us her address, we'll find out for her. Australia and Iceland's quite close, isn't it! But sweet of you to remember her.

[Question: When she meditates she feels the kundalini rising, but suddenly it drops down again. How does she keep it up?]

You have been in Sahaja Yoga? Did you get your realization through Sahaja Yoga? You see, we do not take responsibility of people who have been to other places, but if you have been in Sahaja Yoga then we can find out why it is happening. If you have got your realization through Sahaja Yoga we know, and we can help you very much better. All right? Then it's our responsibility. It does happen sometimes because if you have problems in your brain, or maybe in your body there is some disease where the kundalini wants to help, may be happening, but it can be expedited, it can be cleared out. These are all the problems which can be solved. You should have patience with yourself, that's all.

[Question: Could You explain levels of samadhi and nirvana?]

Ah? Nirvana? . It's too early to talk about it, but first you get your samadhi, all right, step by step, step by step. Nirvana is the same as samadhi is, but in nirvana state the, it's the highest that you can achieve in spirituality. All right? So it's step by step we have to move. We can say it is the beginning of nirvana and then you have to be working it out and you go to nirvana itself, into the complete state. But one thing is definite there, that we have to understand that these words we have read from some books and the connotation of them, it could be very, very wrong, could be very, very misunderstood. So whatever is the reality you should face it as reality, you should see it as reality: not to have any concept about it, because if you have a concept then may be that it might be wrong. So it's better to see for yourself. All right?

[Question: Is it possible for the kundalini to be raised prematurely, or does it just rise in its own time?]

Prematurely? This is

[Question: Is it dangerous? there are lots of written warnings that kundalini can be dangerous?]

No, there is no danger at all in kundalini awakening at all. As I have told you just now, she's your mother. There's no danger. But people must have warnings because they don't want you to get realization, perhaps. One might have warned because they must have put their hands into some sort of a burning fire, thinking it is the kundalini. So that must be the reason. So far, we have had thousands and thousands and thousands of people: nobody has felt anything bad. After all, when you became a human being, what was the danger in becoming human being from a monkey stage? Did you feel the cutting of your tail even? So after all, you are made a human being for a purpose, and that purpose is to make you the higher being. How can it be troublesome? It is so vitally important. Why should it be troublesome to you? Use logic. If that is the last breakthrough of your evolution, it has to work spontaneously and easily.

Now, so there's one more gentleman but now this is the last, all right? What is the question? Can you get up, please? We can't even see you. Thank you.

[Question: Does Self-realization have to take place in this life or if you believe in reincarnation, does it take place over a longer period?]

Some people are realized in last life, I know. They are born as realized souls also, I know. But I know one thing, that they don't know all about it partly they know. They have to know all about it. They have to know all about their powers. They have to know how to raise the kundalini. They have to know what is missing in their realization. All that they have to know.

All right. So now, very simple thing we have to do, raise . As you know, we have to use the force of the Mother Earth very much. For that we have to take out our shoes for a very short time. Those who are sitting on the ground just have to take out shoes, that's all, and sit comfortably.

We have the left and the right, two sides, left and right sympathetic nervous system. The left caters to our emotional side, and the right to our physical and our mental side. So we put both our feet apart from each other but those who are sitting on the ground are all right, no problem those who are not sitting on the ground. They can sit comfortably there, just folded. Just sit whichever way you like, folded is better. Be comfortable is the point.

Before we start anything else, there are two conditions which you have to fulfill. The first one is that you have to know that you are a human being, and you have to be confident that you will get your realization and that it is your right to get your Self-realization. You are not to feel guilty about whatever has happened in the past, because the divine love is the ocean of forgiveness, and whatever mistakes you might have committed can be easily dissolved by that ocean of forgiveness.

You must have faith in the power of that ocean. After all, you are a human being, you are not God, and if you have done any mistakes it's all right. So don't feel guilty, don't condemn yourselves. Those who have told you "you are sinners," you should know they must be the greatest sinners to say that. Nobody has business to say that to anyone. So please have full confidence in yourself, and not to feel guilty. When you feel guilty, then this center here on the back side there catches on, on the left side, and this gives you horrible diseases like angina, lethargic organs and also spondylitis. So why to feel guilty for nothing at all? If you think you have done mistakes, forget it just now.

Second condition is that you have to forgive everyone in general. You don't have to think about people whom you want to forgive. Whether you forgive or don't forgive, you don't do anything. Again, logically you don't do anything it's just a myth; but if you don't forgive then you play into wrong hands, in the sense those who wanted to torture you or trouble you, they are quite happy, but you are suffering mentally. So the best thing is to forgive everyone in general, not even thinking about any individual whatsoever. This is a very, very important condition. Every time I have seen everywhere that people just don't forgive, and I have to work hard on

them. So best is, to make My situation better and to make the whole thing work out faster, please, for My sake forgive everyone, everyone. These are the two conditions. That's all.

(You know, I don't need that now. Too)

Now please put your left hand towards Me, and right hand on your heart. The spirit is residing in your heart. Left hand on your lap, just on your lap please, comfortably. Now. Now we are working only on the left-hand side with right hand, because right hand is for action and left hand is for desire. So when you put the left hand towards Me, you are desiring to have your Self-realization; and with the right hand you are nourishing your centers, yourself raising your own kundalini.

Now take down your right hand in the upper portion of your abdomen on the left-hand side. This is the center which all the prophets have created for us, all the great masters have created for our mastery: mastery over the divine work, divine laws. Now we take down our hand in the lower portion of our abdomen on the left-hand side. This is the center of pure knowledge. This knowledge manifests on your central nervous system. This is what is called is "bodh" from where the word "Buddha" has come, or "Ved" from the word "vida" meaning "feeling on your central nervous system." As the Gnostic: "gn" means "to know." "Know" doesn't mean mentally, but to know on your central nervous system. That's the pure knowledge.

Now you raise your right hand in the upper portion of your abdomen and press it hard, on the left-hand side. Again you take your hand onto your heart. Now please put your right hand in the corner of your neck and your shoulder, and turn your head to your right. This is the center I've told you already is in trouble when you feel guilty.

Now please take your right hand on to your forehead across, and put down your head as far as possible. This is the center where you have to forgive everyone in general. Now take back this right hand on the back side of your head, and push back your head. Push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, you have to say, "Oh divine Power, please forgive me if I have done anything wrong, knowingly or unknowingly." That I'll tell you later on; just now I'm telling you the position.

Now stretch your palm fully. Put the center of your palm on top of the fontanel bone area here. And now press it hard. Press down your head. Press it hard, push back your fingers and start moving your scalp with the pressure, seven times clockwise. This is important. Push back your fingers. Put down your head fully and now go on moving your scalp seven times clockwise, very slowly. Now take down your hands.

Now you have to close your eyes. Before that you can take out your spectacles, because you are not to open your eyes till I tell you; this might help your eyesight. Now please remember to put your feet on, away from each other a little bit. If there's anything tight on your neck or on your waist, you can loosen it a little bit.

Now put your right hand on your heart. Here you ask Me a very fundamental question you can call Me "Shri Mataji" or "Mother", whatever you like "Mother, am I the spirit? Mother, am I the spirit?" Ask this in your heart three times.

If you are the spirit then you become your own master, because in the light of the spirit you see everything clearly. So now please take your hand in the upper portion of your abdomen on the left-hand side, press it hard. Here you have to say, again a question you have to ask Me, "Mother, am I my own master?" Ask this question three times, "Mother, am I my own master?" Three times, in your heart. As I told you, I respect your freedom and I cannot force pure knowledge on you, so you have to ask for it.

Take your right hand in the lower portion of your abdomen on the left-hand side and here you say six times, because this center has got six petals, "Mother, please give me self-knowledge" or you can say "pure knowledge" "Mother, please give me pure knowledge." Say it six times.

Now, raise your right hand in the upper portion of your abdomen on the left-hand side. As you have asked for pure knowledge, your kundalini has started moving upward, so we have to nourish these upper centers with self-confidence. So here you say ten

times, "Mother, I am my own master." Say it with full self-confidence, ten times, "Mother, I am my own master."

I have already told you that the most important truth about is that you are not this body, not mind, not your conditionings, your ego, but you are pure spirit. So now raise your right hand on your heart and say here with full confidence, twelve times, "Mother, I am the spirit." Please say it twelve times.

The divine Power is the ocean of knowledge, is the ocean of love, joy and bliss, but above all it is the ocean of forgiveness. So whatever mistakes you have committed can be easily dissolved by the power of this ocean of forgiveness. So please forgive yourself and raise your right hand in the corner of your neck and your shoulder, and turn your head to your right. Here with full confidence say sixteen times, "Mother, I am not guilty at all." Please say that, "Mother, I am not guilty at all."

I have 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. It's a myth to know that you are not forgiving someone. It's a myth. So please raise your right hand on your forehead across, and please put down your head as far as possible. And here with full confidence you have to say from your heart not how many times, from your heart please say, it is very important, "Mother, I forgive everyone." Don't say "I try" just saying it, with full confidence, "Mother, I forgive everyone in general."

Now, take back your hand on the back side of your head. Push back your head as far as possible. Here we have to say, without feeling guilty, without counting your mistakes; just for your satisfaction, from your heart, not how many times, "Oh divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me."

Now stretch your right hand. Put the center of your palm on the fontanel bone area which was a soft bone in your childhood. Now put down your head as far as possible, put down. Push back your fingers. Here again I respect your freedom. I cannot force Self-realization on you you have to ask for it. So now push back your fingers with the pressure; move your scalp seven times clockwise, saying seven times, "Mother, please give me Self-realization."

[Shri Mataji blows into the microphone seven times.]

Now please take down your hand. (If you can close the air-conditioning, they would feel it better.) Now please put, open your eyes and put both the hands towards Me like this, like this. Now, put your right hand like this, and don't think "you can manage, now you don't think. Put the right hand and put down your head, and see with the left hand if there is a cool breeze "can you get up and show them? " if there's a cool breeze coming out of your fontanel bone area. Now, please put the left hand away from your head, not on top "away, not very far; some people get it far also " but just try to feel if there's a cool breeze coming out of your head. Now please put your left hand towards Me like this, like this. And now put down your head, and now see for yourself if there's a cool breeze coming out of your head. (There is so much of cool breeze.) Now feel it with the right hand. Right hand towards Me and left hand: you see it clearly, if there's a cool breeze coming out of your head, the fontanel bone area. You can move your hand a little bit up and down and see for yourself on sideways.

Now, raise both your hands towards the sky. Push back your head and ask a question, "Mother, is this the cool breeze of the Holy Ghost?" or ask, "Mother is this the all-pervading Power of divine love?" or "Mother, is this the Paramachaitanya?" Ask any one of these questions three times, raising your hands.

Put down your hands, please. So much of breeze already blowing all over! All those it's tremendous breeze already blowing all over. It's not air-conditioning, for your information. Now those who have felt the cool breeze out of their fontanel bone area or on their hands or fingertips, please raise both your hands. May God bless you.

So many of you have felt it now. Some of you have not felt, doesn't matter. Tomorrow again we have a program, and I'll explain to you more about the nature of spirit and the nature of these centers. Please inform your friends, everyone, to come, and tomorrow hopefully, I will meet all of you one by one. Also those who have problems should write them on a piece of paper and their address, and we'll try to contact them and help them as far as possible. Thank you very much.

Those who have not felt can come on this side and the Sahaja yogis can work it out in five minutes, those who have not felt. Because you did not forgive; I know you have not forgiven. If you had forgiven you would have felt it. Come along, this side. Just five minutes and they'll give you realization. You felt it? Ha, good. Your problems will be solved now, it's good. You felt it? . Which hand you felt? Left you felt, not the right? . Doesn't matter. We'll work it out. It's good. Surprising! . First of all, see on their heads are you feeling it or not; just see it. They might be saying they are not feeling it because of Vishuddhi. . Yes, yes, do.

[Seeker asks about her chronic low energy, and the Hatha Yoga she has been doing.]

You know, you see this modern Hatha Yoga is most unscientific. It is just done like all the medicines you take from the medicine box, without knowing what you need really. So you give up that and come to Sahaja Yoga and know what's wrong with you, and fill yourself with energy, all right? Is all nonsense. It's all nonsense. It has given heart attacks to people, heart attacks. It's the way they go about it. We also do a little bit of Hatha Yoga, but wherever it is necessary; it's not like mad, doing all the time there. Now you have a catch on this one, you have a catch on there. Two centers are very badly caught up. So you'd better come to Sahaja Yoga, all right, and fix yourself up, because Hatha Yoga nobody reaches God, that's true.

But this Hatha Yoga is very limited: a wee bit of it. You see, Patanjali wrote "Ashtanga Yoga" out of which this Hatha Yoga that you do is one-eighth of one of them. And that to be is understood with the guidance of the kundalini: where is the kundalini stopping? Whatever center it is stopping, that is the one you have to look after. And that is the one you have to do that particular asana for that particular thing " not all of them like that mad. All right? So . You cannot do it unless and until you start your kundalini. Once you start your kundalini, you will know where the problem is. It's like if your car has started then you will know where is the problem is, isn't it? It's like that. May God bless you.

So now, how are you? Your sister? You are all right now? She's in Iceland. You give her address to us, we'll contact her. All right. What is she, now? Iceland? . What's the matter with her? . You see, they will tell . You come and see Me, and take the photograph . And then you send My photograph, and tell her to put both her hands towards the photograph and both her feet in the water with salt every night . Both the hands to the photograph, and both the feet in the water . All right? But first you master this.

You felt the cool breeze?

[Seeker says he wasn't sure if it was cool or not.]

Better forgive. You have to forgive . you don't forgive. How can I forgive for you? You have to forgive yourself, forgive everyone. I can't forgive for you.

[Seeker asks where Shri Mataji lives in India.]

For practical purposes I live in London.

1991-0412, What is a living energy?

View [online](#).

12 April 1991

What Is A Living Energy?

Public Program

Royal Exhibition Building, Melbourne (Australia)

Talk Language: English | Transcript (English) - Reviewed

I bow to all the seekers of truth. As I told you yesterday, that truth is what it is. We cannot understand it, you have to feel it. We cannot conceptualize it, and you cannot feel it also at this human awareness. We have to become a subtler being, as described in all the Scriptures, that you are to be born again and that you have to become the Spirit, to feel the existence of Truth.

First thing, we have to understand, that all this is a process of a living energy. Divine is a living energy, and divinity within you also is a living energy. We do not understand sometimes what is a living energy. When we sow a seed in the ground, they sprout by themselves. When a mother conceives the child, according to the normal nature of human beings, their body has to expel everything that is foreign. But when the child is conceived, it is not only kept in the body but is nourished, looked after, developed, and at the right time it is expelled. There are so many other things which cannot be explained through medical science. But one must know that to understand what I am saying, you must have an open mind, like a scientist has. And if you find what I am saying, which is like a hypothesis, is true and gives you the experience of the truth, then as honest people you must accept it, because it is for your emancipation and for the emancipation of the whole world.

In our evolutionary process now we have become human beings, but as you know we have not achieved the absoluteness. For that something has to happen within us: the last breakthrough has to take place, and that is what we are talking about here. You have been already told about the mechanism that is here. And this mechanism exists within you, these two lines that you see, left and right, are nourishing our left and right sympathetic nervous system. And the central one that you see here is nourishing our parasympathetic nervous system. Now these centers are created by these two sides, left and the right like this in the center, and these centers are all the time exhausted by us whenever we try to use energy. For example, if you are running fast you can increase the heart rate, but it comes to its normal self through the parasympathetic nervous system, while in emergency you use your sympathetic nervous system. Thus, we start exhausting the energy of these centers, and that's how we get into problems of our physical, mental and emotional being.

Supposing we are exhausting the energy on the right-hand side means you are very futuristic, you are planning all the time, thinking of the future then what happens, the right side starts moving like this. And something happens on the left side, a shock, then it breaks. When it breaks, then we lose our connection with the central nervous system; that means we lose our connection with our brain that controls it and we become on our own. And that's how psychosomatic troubles start, specially cancer, and the malignancy sets in. When the Kundalini rises from there, She goes through this center as well as this center, pushes them together and nourishes them. Now let us see what is the quality of all these centers within us.

This is all within us, and we have to see that how we exist with the energy of these centers. The first center that you see is down below. This center which is down below, is below the Kundalini, and so we have to understand that this center supports the rising of the Kundalini, but it's not pierced through by the Kundalini. This center is for all our excretion, even sex. So those people who say that through sex you can raise your Kundalini, they are absolutely wrong and are misleading you. Because you can see here clearly, it is below that. This is the center of innocence, is the center where we say that the deity of innocence is sitting here, who incarnated later on as Christ on the higher center there between, where you see this [lying], my red spot, is one of the windows. It is on the optic chiasma. And that's how we say that Christ was the incarnation of innocence. Because He is sitting on the optic chiasma, He said that, "Thou shall not have adulterous eyes". This is the sentence He has used. To such a subtle way He has suggested that you will not have adulterous eyes, meaning you will have very pure eyes, innocent eyes. Why did He talk of the eyes? Because He's sitting on the optic chiasma. It's a very constricted center, and He was to be resurrected to show that you

can also pass through that center very easily. So His message is not His crucifixion, but His resurrection. And that is how we are all going to resurrected, not after death, but right now. We should not postpone our resurrection any more.

Then this second center that we have, is very important, which is called as the Swadishthana. This center looks after physical and our mental activities. Perhaps the doctors don't know that it has a very important work to do, is that it has to nourish the brain with new cells, because all the time the brain is using these cells for its activity. So the energy has to go from this center, up there you can see and then it nourishes the center, it nourishes the brain through its activity. Now when we are very futuristic or we are using too much of our brain, I should say, too much of our brain activity we have, we are futuristic, we are planning too much, thinking too much, all the time thoughts and thoughts and thoughts, that time we are using the energy of this center. But this center has another very important thing to be done, that it goes round, as you see, it moves all round here is shown here directly but it's connected to the center and it moves round and round and round, and gives energy to this area where we have our liver, our pancreas, our spleen, kidney, and parts of intestines. Now if you start exhausting ourselves with too much thinking, then the main work of this center suffers and that's how we develop all these diseases of all these organs: like for example, with liver you develop a liver problem.

Liver problem means that liver has a function to emit heat from your body, which is poison, into the bloodstream. But when liver gets upset, we should say, the heat is retained in the liver. It passes upward and downward. When it passes upward it affects a center there, as you can see, which we call as the right heart, and people develop what we call the disease as asthma. And when it passes downwards it reaches the kidneys and coagulates and you get kidney troubles, for which we have to go on dialysis and ultimately to die. So this heat is created because our liver is out of gear. At the same time this heat can also pass, if a person, say, at a very young age drinks and puts in too much of physical efforts and is all the time busy thinking, thinking, he might get a very fatal heart attack, because this heat can go towards his heart and just collapse it. Also those people work very hard like that can get a very massive heart attack.

But the people who have other problems, on the left-hand side, are different type. They are the people who have lethargic organs. These organs do not work, and when they do not work then they have all the other problems of the left side, as we call it; and this also causes another serious problem of psychosomatic troubles.

Now the essence of this center is that it is creativity. When the Kundalini nourishes this center, people become extremely creative. Now you have seen these artists who are playing here. They were very simple, ordinary artists, but after coming to Sahaja Yoga suddenly they have bloomed so much. The most surprising thing is that people, say, even from Switzerland who do not know a word of Sanskrit, who do not know a word of Hindi language have composed poems, they have put them to tunes, and they sing as good as these people can sing. It's impossible to believe that even the English who were so difficult to even pronounce one sentence in Hindi language, are now fluently speaking Sanskrit and talking all these things; because of this creativity improves you. We have so many artists in India who came to Sahaja Yoga, I don't know if you know their names or not like Amjad Ali, Jalota, so many of them. They got their Realization and after that, now today they are very well-known artists. Also the paintings: we have some Australian people, who became quite good artists, after coming to Sahaja Yoga.

So it gives you a sense of aesthetics, and also it gives you the energy to express yourself. Now if you have the technique of how to create anything say you want to make a house or you want to paint, or if you want to do something, mouldings or anything that you want to do if you have the technique, the creativity, the power of creativity starts pouring in you, and you start producing things on which you cannot even have thought of, and these things happen to a person. So a person can become extremely dynamic with this. But if with that you do not keep your Sahaja Yoga practice, means if you do not keep your connection with the Divine, then the energy gets exhausted. That's why Self-Realization is very important for every artist, that he should get his connection with this All-pervading Power which is the combination of all the powers, so that he doesn't feel exhausted with it. Not only that, but all the time this source is flowing into him. Constantly it has to flow, and that's why you have to do a little practice of Sahaja Yoga, after getting your Realization, as I told you yesterday, that now you don't stop at this point, you have to make the connection perfect. Without the connection, it may be that you may go down. So it's best is to keep your connection on and work it out, to give full respect to yourself, to your being. You are not an ordinary thing, you are not a chicken or something like that. You are a human being. And the beauty that is within you is to be discovered, is to be nourished and to be proud of. It is

such a great thing you have within yourself, the powers, which I'll tell you one by one.

Now above that is the, you see the third center. which is called as Nabhi, means the navel. This is the center of the way we absorb the virtues, or the virtues are enlightened. When this center is enlightened we really become righteous. We don't have to tell, "Now you don't do this and don't do that". You just become. Like a saint, a real saint, will not do wrong things. In the same way when a person gets his Realization, by the virtue of this center, he becomes absolutely balanced: balanced with his family life, with his wife, with his children, balanced with the politics, economics, balanced with the society, balanced with all the people whom he knows; in a very balancing way he starts behaving. There's not one-sided activity. For example, somebody may be very much attached to the wife and may try to harm others. Somebody who is very much attached to others, may harm his wife. So a kind of a balance is established by this, and a person who gets this develops a personality which we call as regal. That sense of dignity comes into such a person. Now you see our children have lost the virtues, our children don't have that regality. They have become very cheapish also, and they run after materialism and things like that; they fight for small, small things. It's not only children, even the grown-ups are like that and they try to waste their energy, fighting for something that is so useless.

So by enlightenment of this center you understand the value of matter. And the value of matter is this: that it has aesthetics, first of all, and secondly, you can express your love only through matter. If you love somebody you'll give them something, a little flower also can express your love. Anything can express your love through matter, and then you become a very generous and very enjoyable person. Some people feel that if you become generous, you will be bankrupt. It's not so. On the contrary, if you open one door, no air will come in, but if you open the other door, all the air will start circulating. In the same way, when a person is generous he starts getting so many blessings - because he is also connected with the Divine - that he is amazed. He doesn't know what to do with the things that he has got, and then he starts pouring it to others. There are so many things people are telling Me about, miracles and miracles of even material things in their jobs, in their purchasing, in their shopping, the way they have seen miracles happening that it is nothing but just that this center is enlightened. And with this center, within you a righteousness comes in. And this righteousness doesn't force anybody else, it's just righteousness itself which doesn't command anything or demand anything, but it becomes a respectable personality, and you just start really understanding that, "Look at this man".

Somebody was telling Me today that in the office people asked, "How are you so dignified?" He said, "I didn't know I was so dignified." "No, you don't do anything undignified, and you do everything just like a child also". So there's a child-like dignity you develop, and it's a beautiful thing to happen, really it's angelic.

Now then there, we have another center on top, which we call as the heart center. It is in the center. Now in the sternum bone, behind the sternum bone this center is there, and thymus produces the antibodies in your sternum bone. These antibodies, later on, fight your diseases. When you are about twelve years of age they go into the whole body, and waiting there, for a signal from your sternum bone. That means supposing you see something, you get frightened, this bone starts pulsating. When it pulsates, the antibodies know there's some emergency, and they get prepared for it. Now this is such a normal thing to happen to people. But the insecurities can be of the worst type, and when these insecurities develop, people can develop all kinds of diseases of the lungs; specially the women develop what you call as the breast cancer. Mostly these women are insecure: maybe their husbands are not good, or they feel that the husband may leave them alone or something like that. There are certain insecurities that are built in. They might be quite frightened people, personalities. I have seen most of the air-hostesses have this center heart catching, because they are afraid they may miss the plane or I don't know, they have to be on the job and run and do. Mostly these time-bound jobs cause you a trouble here of the center heart, and this center heart is very important, because for women specially, they have to be secured. If their motherhood is challenged then they are even worse. And this is how one has to understand, a woman should be very much respected if she is your wife, she's your child or anything. She has to be respected and given all the security. It's the woman who makes the society, it's the woman who creates the children, it's the woman who looks after the children. So the men have to give all the security and the protection to the womanhood and understand that is a very important factor, which if we neglect we can have lots of problems with our society; and the women will start competing with men and then the society will be all dislocated.

So the center on the left side and the right side are the centers of your father, of your mother and your father. If there's any

problem with your father, then the right side catches and it gives you asthma. First of all you are, we can say, vulnerable to asthma, due to bad liver. Plus if you have problems with your father or if with your fatherhood - supposing you are an unhappy father, or maybe that you are not looking after your children, then you get this center caught up very badly. Then on the left side is the mother's, and the mother's thing is that when some mothers are not good mothers; also children can get this. Or when the children are not nice to the mother, they also get it. So mother and father are very important factors in Sahaja Yoga, and you have to understand that if your parents have been unkind to you, you must forgive them. Just forget about them. Because they have given you birth, you should be thankful, and just forget about them. That's the best way to get over the problem of left and right Heart.

Then we have, on top, if you see, is this chakra which we call as the Vishuddhi chakra. This Vishuddhi chakra is, has got sixteen petals, and looks after our ear, nose, eyes, throat, everything. Our face, everything is looked after by this center. Now this center also has left and right. All centers have left and right and when you feel guilty the left center catches, which is a very dangerous thing because this gives you diseases like angina, or maybe diseases like spondylitis and lethargic organs. Right when a person is very aggressive, talks very aggressively, and tries to dominate others, and use his power of speech to show off, the right side catches. The reactions of this can be many, that the hands gets frozen, and they also get the cancer of the throat; all kinds of things can happen with this chakra being in trouble.

Now then we go to the chakra here, in between the optic chiasma. It is placed like this, and it's absolutely closed. It is when you forgive. Christ has said that you have to forgive. When you forgive everyone and also when you ask for forgiveness, this chakra opens like this. Otherwise it cannot open. We saw yesterday that some people, at least there were ten, fifteen people who never got their Realization, because they had not forgiven. Then when I put My hand, worked on them and it worked. But it's very simple to forgive, because whether you forgive or don't forgive, you don't do anything, it's a myth, it's absolutely a myth that you don't forgive. But for that myth you suffered so much. So you have to forgive, to open this center of Agnya. It's very important and is, the deity on that is Jesus Christ.

Then you enter into the area called limbic area which is on top, which is called as Sahasrara in Sanskrit, means there are one thousand petals. These look like "tongues of flames" as described in the Bible. All of them look like "tongues of flames" but in the brain they are of seven colors, beautifully, very silently, peacefully opening, closing, opening, closing. So when the Kundalini goes into the limbic area it enlightens your brain, it enlightens. And as I told yesterday there are many children who have been dullards, have now records in their examination, and they have put so much of new dimension to their understanding, that their teachers, their professors are surprised. This is what happens when the brain, which is used very little, starts getting enlightened. Automatically you start using it. Then it pierces through the fontanel bone area, which is a very soft bone, through which this Kundalini comes out.

I told you yesterday that Kundalini is your mother, individual mother, and she is the power of pure desire. All other desires that we have are impure. Today we want to have, say, a chair, then we want to have a table, then we want to have a house, then... We are never satisfied, we go from one to another; and it is a principle of economics that wants are not satiable in general. So what is that want which is satiable? Is this want, this pure desire. And what is the pure desire, is to be one with this divine power. Whether you know it or not, whether you are aware of it or not, it exists in all the human beings and the only thing that has to be done is it is to be awakened and to be connected to this All-pervading Power.

So the truth is that you are not this body, not this mind, not these conditionings or ego, but you are the pure Spirit. And the second one, is that with this All-pervading Power, which is a wonderful thing, is impossible to describe it in this short lecture of Mine but it's the one which organizes, which does all the living work. To the minutest things it organizes, so complicated everything is, but it manages all that. Not only, but above all, it forgives and it loves. So such a beautiful power is all around us, so why should we have any worry?

And now we have to know that yesterday we had lots of questions, and nice questions were there. Today also I would like you to ask Me questions. But in asking questions, please remember not to ask "What is Your opinion about this person or that person?" Of course, now you must have known that I condemn all the people who take money in the name of God; absolutely openly. So

please don't ask Me questions about such people. Moreover, you ask questions which are related to our subject, because I have come here not to get anything out of you, but to give you what is your own: your beauty, your divinity, your glory. And then you will be surprised that the first thing that happens to you is a new awareness, it's a new dimension in your awareness comes in and this awareness is called as collective consciousness, by which you feel others on your fingertips. Who is the other then? Also within yourself you can feel what's wrong with you. Only thing, you have to be decoding these signals and you should know how to correct it. This is what has to happen, which is very simple. Within a month's time you can become your own masters, and you know how to treat yourself and how to look after yourself.

I'm sorry I am here in only for today. Tomorrow I have to go to Canberra. And in this lecture, whatever was possible in short, I've tried to tell you about this great mechanism that is within us. But by this you achieve so many beautiful things, as I told you yesterday, that you achieve the peace, you achieve the witness state, you achieve the collective consciousness, you achieve the light in your attention, which acts. You pay attention to something, it acts, it works. Then you get the power that you can raise the Kundalini of others. Like one light enlightened can enlighten another light. Then it gives you a complete idea about yourself and about others.

Above all, you get an absolute knowledge about everything. When you have the absolute knowledge, there's no quarrel, no war, because everybody knows it on their fingertips. To know on your central nervous system is the real bodha, from where the word Buddha has come, is the "vida", from where the word Vedas has come. Gnostics, "gn": "gn" means "jnana". "Jnana" means the knowledge. And the knowledge is not mental knowledge, but the knowledge on your central nervous system. Whatever we have achieved in our ascent as human beings, we have got all this on our central nervous system. For example, you take a dog or a horse through a dirty place, he can pass through easily; but a human being cannot pass, because he has developed a new awareness about it. He knows what is beauty is, he knows what virtues are, he knows what is sin is. For an animal there is no sin, he'll do whatever he likes, because he's completely under the control of the Divine. But for human beings there's freedom, and he has to judge it with trial and error and reach a point to understand that he has to get to a higher awareness.

May God bless you all.

Thank you.

You have to ask the questions. I think they are all forgotten!

Question: [unclear]

Sahaja Yogi: Are melanomas and skin-cancers caused by a blockage in a chakra?

Shri Mataji: Yes, all. Of course, all our diseases are because of the blockage in the chakras, no doubt. But see now, if you have to treat a tree and you start putting the medicine on the leaves, it will never be cured. You have to go to the roots. And because it is at the roots, it's so simple. Only there are seven chakras and three nadis means about twenty-one permutations and combinations, you have to work out, that's all.

Question: [unclear]

Sahaja yogi: In meditation, where should we put our consciousness in the body?

Shri Mataji: You don't have to do anything, you just get into it. When the Kundalini crosses over this center, immediately you become thoughtlessly aware. That's a state when you are in the present, neither in the future, not in the past. and then the growth, spiritual growth starts working it out. And suddenly you will find one day that you have touched that depth of your divinity. You don't have to direct yourself at all. The Kundalini itself directs. Yes?

Question: Mother, I'd like to know the relationship between what is happening in the world in terms of the pollution and the

damage that's been [unclear] and harms us. Is there an object, a lesson for mankind in that? And I suppose, most, most of us would say "yes", but what is the spiritual aspect of what we are doing to our world, [what is spiritually to be done]?

Shri Mataji: What's this?

Sahaja Yogi: What is the spiritual significance on what we are doing to our world in the sense of pollution?

Shri Mataji: Yes, spiritual aspect is that we do not have a balance. Now once we start a machine, then machine has to produce, go on producing like mad. It produces more and more. Then the accent is on money, not on Spirit. So what happens? That they produce more and more things and they create an atmosphere through advertisement, this, that and everybody starts running for it. Then we have accumulation of so much of rubbish, and what you have done is that you have exhausted the Mother Earth. But when you get your Realization and when you are spiritual, then what happens, you buy very few things, but very good things. You don't run after the fashions or anything, but you make a dress which is good for you, which is decent for you, and may not be one hundred dresses, maybe five or six, but very beautiful, dignified, artistic dresses. In the same way now, supposing I tell you that "you don't drink any alcohol," you will all run away. But I don't say that. After Sahaja Yoga, people just don't drink. Now your money is saved by that. But also what is saved in that is the amount of paraphernalia you need for a drinking party!

First time, in India I never used to serve any drinks in My house, but C.P. said, "In England You have to do it". My husband said, "You have to do it there". I said, "All right, that's your lookout, not Mine". So he got hold of a dictionary, you see, a French dictionary, to find out what all we have to buy to begin with. So you'll be amazed, at that time - it was in 1973 we went to London, yes - and he said that, "At least we'll have to pay nine hundred pounds, to get the best quality tumblers". I said, "Nine hundred pounds for what?" He said, "For everything you have to have a different type of a tumbler." I said, "Really, but for what? What is the need?" He said, "That's the custom, that's the norm". So you see, also the norms that we have created are so stupid. There is no need. Instead of that in India supposing you are well off, all right, they'll have six tumblers made of silver, which they'll pass on from father to son, son to his son, and that's all. You won't need many things. Or plates now; so you'll have first course, then a second course, and a third course, and then you start moving with all your cutlery this way, then this way, then this way, and really you don't know what to do with it. So there's no need to do all that. There's no need, you see, to do it. What is the necessity, you see? But you could be simple, you could use your fingers, is the best, because after Realization you have vibrations in your hands, divine vibrations. So you start using your hands, and you can use a one nice plate of brass or of silver, in that same amount. You see, six plates of silver cost you the same as this elaborate, say, a dinner-set which is always, I would say, has to be replaced because it breaks, this happens, that happens. And the same plates you can pass on to other people. There are so many things, we waste our time. Now if you go to a lady's apartment, you will be surprised that the whole place will be filled with this Elizabeth Arden, this, that, that, that. You open something, it all falls on you. And then you say, "Why have you got so many?" "No, Mother, this is gone out of fashion." "Baba, whatever it was good for your skin, whatever was once good for you, use that throughout". "No, but they are changing every time." I said, "But you decide what you want to use it, and use that thing all through. What's the use of filling these cupboards with all this?" You see, we were in London, we were searching out houses and I mean, horrible, I tell you, the experiences were. You go into any house and suddenly you'll find two legs of the pants falling on, to your [room]. And then you look up and there's a pile of things kept on the top of the loft. Just the loft is overfilled with all the clothes. And so much was filled. I tell you, Australians are much more neater people, but if you go to England you'll be shocked, because they are the buyers, for ages they have been buying, buying, buying, buying, and there's no place for human beings to live inside. They live outside, in the Hyde Park! They are sitting in the Hyde Park. If you ask them, "Why are you here?", "Our house are overfull". So you develop the balance. And because of this lack of balance, there is ecological problem.

Question: Is Kundalini to be developed within certain age of human existence or can it be developed any age?

Sahaja Yogi: Is the Kundalini to be developed you know, at a certain age in human existence, or can it be developed at any age?

Shri Mataji: At any age. There's nothing like that. There's no age, no time, nothing. It's beyond all that. Even so many children are born realized these days. Sahaja Yogis get the children, when they marry, they get children who are already born realized. They are so wise, you know, very wise, and they come and have a conference with Me very special. And then they tell Me about all the

uncle and aunties, what's wrong with their chakras. They are My great friends, I should say; but very wise, you know.

Question: [unclear]

Sahaja Yogi: She was recently told that she should never meditate unless she's had a glass of water.

Shri Mataji: Should I? For Me?

Sahaja Yogi: This is neccessary...

Shri Mataji: For Me?

Sahaja Yogi: No, no, anyone meditating.

Shri Mataji: I didn't understand, what is it?

Sahaja Yogi: Nor did I. She said she was recently told that she shouldn't meditate until she's had a glass of water.

Shri Mataji: Are you? Sahaja Yogis told you that?

Lady: Yes, [finding how]...

Shri Mataji: See, sometimes what happens, supposing you are a liver patient, then the heat might be generated out of your head, you see, like a chimney it opens out. So if you take little water, the heat won't feel so much. May be that. But I get the heat from all the rest of the people, and I go on drinking water all the time to cool Myself, too.

Question: There are so many different forms of meditation. Does any sort of meditation work? Shri Mataji: No, no, it does not. We do not meditate, we have to be in meditation. There's difference between the two. You do not meditate before Realization; after Realization you are in meditation. So you become thoughtlessly aware. So when you meditate in Sahaja Yoga you become thoughtlessly aware, and then you start growing into a new awareness or a higher awareness which you call as doubtless awareness, and that is how you start growing. So the meditation is that you get into meditation, you don't do meditation. This one.

Question: If you are one of these people that are thinking all the time and you are blocking up the other side, how do you balance [that]?

Sahaja Yogi: If you are an excessive thinker, if you're thinking all the time, and this causes a block on the opposite side, how are you balance things out?

Shri Mataji: Just by, you see, turning your hand left to the right. It's very simple. You won't believe, but that's how we manage it. First the vibrations must flow from your hand, then you will know how to balance. But when that doesn't happen, then you can ask somebody to balance you.

Question: [unclear]

Shri Mataji: It's quite a big question.

Sahaja Yogi: He says, You appear to be forming a hypothesis about Kundalini and relating it to medical conditions. From where does this hypothesis come?

Shri Mataji: Hypothesis?

Sahaja Yogi: About Kundalini.

Shri Mataji: Is My own knowledge. I have also done medicine, to relate it to that. Is My own knowledge, I should say, and so many saints had this knowledge too. But the only thing I have done is I have related to not only to medical, but also to science. That's very important. Apart from that, I have devised a method, I would say, of permutations and combinations of human problems. I've studied them and worked it out in such a way that en masse Realization can be given. You see, I always try not to talk about Myself because, you see, Christ said that He was the Son of God which was the truth, truth, absolute truth, but people crucified Him for that. Because people don't understand divine things, they don't understand, you see; they have no idea as to the divine Power, what it can do. So they don't understand, so no use telling them about yourself. As I told you, that I want to live, I don't want to get crucified just now.

Question: [unclear]

Sahaja Yogi: So when you are meditating and you feel a force within you blooming, could You explain what this force is?

Shri Mataji: When you are meditating?

Sahaja Yogi: Yes.

Shri Mataji: Now which meditation she is doing, first of all, let's know.

Sahaja Yogi: What kind of meditation are you doing?

Lady: Chanting meditation.

Sahaja Yogi: Chanting?

Shri Mataji: Chanting is absolutely wrong. Absolutely wrong. Because if you are not connected, supposing you are taking the name of God, any way, and you are not connected, then what's the use of taking the name? You are not connected. It's like telephoning without connection. It's very practical. Moreover, say, if you have to meet, say, the Queen of England, you have to have a protocol. You have to know her, you have to go by proper channel. You cannot just go and say, "Oh, Elizabeth, Elizabeth, Elizabeth". They'll all arrest you there. And if you do chanting, then you get into troubles, terrible trouble. So you must have authority. God is not in your pocket, that you go on chanting His name all the time. But what you have to do is to be in His Kingdom; then even once if you take His name, you are blessed. Chanting is the most maddening thing, I think.

Question: There are a number of teachers, such as You say; they arrived to connect people to Divinity. On [unclear] born this divine time, what, how and what that relationship is between the teacher and those who do receive the connection? And whether it can be whether it needs to be just one teacher or whether a number of teachers to be?

[to a Sahaja Yogi] Shri Mataji: Just stand before the light, I can't see.

Sahaja Yogi: There is a number, he says there are a number of teachers who can make this connection for one with the Divinity.

Shri Mataji: I have not known any, so far. I have not known any. They are all in the market and making money, that's all. I would like to know if there's somebody else. But once you get your Realization, once you become a Sahaja Yogi, then you can give Realization to others. That's different. But I have not known anyone so far who is doing this. If you know anyone, please let me know.

Question: What you see God as a [change]?

Shri Mataji: Please translate.

Sahaja Yogi: How do you see God, how do you describe God?

Shri Mataji: Should I describe Him just now? It is, we should say that God is the one who is the Divinity, we can call it Divinity. And the Divinity becomes active. It sleeps, and then it becomes active. When it becomes active, then we say that God is now awakened. And when it is awakened, He separates Himself from His Power; and His Power is the Primordial Mother as we call Her, or the Holy Ghost. And He is watching the work of the Holy Ghost. She creates everything, She creates up to human beings, and it is He who is watching it. He is the spectator. There are many things can be said, because you see, God cannot be described in such a short time. But once you get your Realization you start understanding what is God Almighty and what is His Power. But first you must have the light. As I told you yesterday, now there are so many lights in this hall. Now if I start telling you about the origin of this light and electricity and how it came here and all that, it's a headache. But what you have to do is to just put on one switch and it comes up. When you have the light, in that light if you see, this subtle knowledge will be easily understood. I am surprised that these people, who have never heard a name of Kundalini and who had no idea of Divinity also much, have become such experts in this knowledge, in such a short time, while it's a very, very subtle knowledge. So gradually you will know everything. First you get your Realization. Now, again.

Question: I just wanted to respond to what You said. The response we have among people is very similar to what You say, in terms of "I don't know of anybody else who is able to..."

Shri Mataji: Really? That's all right.

Question: So what it is?

Shri Mataji: Yes, I really, I must tell you that they, I think these people understood there's a market, because, you see, this is a special category of people you are. It's a special category, it's already described as such a special category of people who will seek God - they are called as "men of God" by William Blake - will be on this Earth and they will know God, also they will make others men of God. This is described. So many of them have prophesized like that. But when they came to know about that such a thing exists, they just started a market.

Question: I'm still confused. I have a connection with someone in India, by name [Shri Shritagu Balak Brahmachari]....

Shri Mataji: What is he saying?

Question:and he responds in a similar way.

Sahaj Yogi: He has a connection with somebody in India who speaks in a similar way about these things to Yourself. He's confused as to who are the genuine and who are the...

Shri Mataji: You see, the genuineness is first to apply one thing, does he take money, first? Ninety-nine percent they'll finished. Then you should say, does he give Realization to his disciples? You talk to the disciples. Have they got their Realization? Have they got any knowledge? They know the modus operandi or not? If they do not know, just they said, "Now, you are realized", that's not. They have to know each and everything. What is their depth of knowledge? First, as you go in the market, you see, find out so if somebody has purchased something, is it good, is really good, or not? In the same way when you are seeking something, you must first really with a free mind go and see the disciples, what have they got, what have they achieved, how are they, what sort of a life they are leading? It's the best way if you want to really find out, it's the best way to do that. You should not just blindly go

to something, and you should not just succumb to something because somebody says so. Even I, whatever I have said it, I said that you first experience. If you have the experience, then only you have to believe in yourself and you believe in Sahaja Yoga. Not before that. It's a blindness.

Question: But you can't have the experience unless you have the connection.

Shri Mataji: What's he saying?

Sahaja Yogi: That's what we are here for tonight to give you that thing.

Shri Mataji: Of course, now I am going to do it.

Question: Just go on saying. Do you remember what people said? Please say that I would like to finish...

Shri Mataji: What's he saying?

Question:and just give me the experience.

Sahaja Yogi: Can I answer that Shri Mataji?

Shri Mataji: Yes.

Sahaja Yogi: That is exactly what we will give you. You see, Shri Mataji will give you that experience and then you can make connections [to upon]. You are making the connections through that experience.

Shri Mataji: All right.

Sahaja Yogi: That's not something that you have to believe or something you will favour...

Shri Mataji: No, no, no. No, no, no. Not at all it's not thing like that. You have to certify yourself. Now the experience is that you feel the cool breeze coming out of your fontanel bone area yourself. And also you feel the cool breeze of the Holy Ghost all around you. This is to be certified by you only. But you should not also doubt yourself. Even so many feel, they'll say, "This is due to this air-conditioning." Then they go home, close the windows, close the doors, make it hermetically sealed. Still they feel. Then they say, "Now what is this?" So doubting up to a point is sensible, but if you go beyond that then it's harmful to you, not to anyone. Because I don't need Sahaja Yoga, you need it. You need it. You want it, you have to ask for it. I cannot force on you. No, no, no way I can force you. You have to say "I want my Self-Realization." In your freedom you have to ask, otherwise I cannot force. It cannot be forced. Now one more question and then we will start the...

See person [started].

Question: [unclear]

Sahaja Yogi: I'm sorry.

Question: Can healing capacity is aligned to ayurvedic medicine? So is usual...

Sahaja Yogi: Is the healing capacity of Sahaja Yoga aligned to ayurvedic medicine?

Shri Mataji: What medicine?

Sahaja Yogi: Is the ability of Sahaja Yoga to heal in any way connected with ayurvedic medicine?

Shri Mataji: Of course. There are two doctors who have got their M.D. in Delhi, in Sahaja Yoga. They have shown how certain diseases are cured. They have taken three, four diseases, each person; Now there's third one who's doing. And there are seven doctors in London who are doing experiments. I mean, they are just trying to document it. Those people have been cured. There are people, like blood cancers, nephritis, myelitis, all kinds of people have been cured, So they are trying to document it. We have two hundred no, how many? Four hundred doctors in Russia who are practicing Sahaja Yoga. It's all related to it. Because this is a new science, we can call it, this is Meta-modernism, when people are seeing something higher. It is working out. But that doesn't mean that we'll take away all the practice of doctors. They should not be afraid of it. Because, you see, we can only help people who get Realization, not the people who do not get Realization. Those people who do not get Realization, we cannot help them. So it is a by-product of your Realization.

Question: Reincarnation, Shri Mataji. What are Your thoughts he's asking.

Sahaja Yogi: Reincarnation. What are Your thoughts on reincarnation?

Shri Mataji: You do reincarnate, no doubt, you do. But you should not believe whatever I say. Why should you believe that? Because I am saying that? You should find out yourself. You can find out in Sahaja Yoga whatever I say is true or not. Whatever I say is for you to judge later on. It's all absolutely open.

The biggest thing that Sahaja Yoga has achieved, I feel, more than medical, is that they are absolutely free of addictions. People who came to Me were so addicted to such horrible type of drugs, that when they came they couldn't see Me even. They were like coma patients. And overnight they gave it up. This is the biggest achievement today, I think. And I feel very gratified for that, because you must have heard how even small children below twelve years of age in England, in one part of England, in the southern part, are taking drugs, which is such a dangerous thing. Because you become absolutely free, and capable of asserting your freedom.

Should we now have our Self-Realization, all of us?

Before we start, I have to request you to take out your shoes, because this Mother Earth helps us a lot.

[Aside] Not working? All right. Now, it's all right.

Connections, you see, that's the point!

Now there are two conditions which you have to accept. First one is that at this moment you forget the past. Absolutely, you should know that you have no business to condemn yourself, that you are not guilty at all of anything. If you feel guilty, then it's another myth. And at this time you have to know this All-pervading Power is the ocean of forgiveness, and you cannot commit any mistakes which cannot be completely dissolved by this Power. So have confidence in yourself, please. These are very important conditions. Yesterday I met all of you, but today I may not be able to meet you all. At least those whom I've met yesterday must have noticed that I had to really correct them on these two points. So please help Me, cooperate.

Then secondly, the second condition is very simple, if you understand that you have to forgive everyone, in general. Because logically, whether you forgive or don't forgive, you don't do anything. Logically, think about it. You don't do anything, whether we forgive or we don't forgive. But if we don't forgive, then we play into wrong hands. The people who have tortured us or troubled us or hurt us are quite happy, but we are the ones, by not forgiving are suffering. Now some people say it's very difficult, but it is just a myth, it's just a bubble in your head. So just forgive all of them, once for all. I told yesterday those people who were not forgiving, they got their Realization, "Tell all the flowers, all the trees and everyone loudly, I have forgiven everyone". Don't think about them also individually. Just say "All of them I have forgiven, in general". It's such a relief. Immediately you'll feel the relief

on your head. It's very important to forgive. And that you must have full confidence that you are all human beings, and you all are capable of getting Self-Realization. And "I will get my Realization", that should be your full self-confidence. That is going to help us.

Now as I have told you, that there's left and right, two energies. The left is the energy of mundane desires, everyday desires, not the pure desire. And the right is the energy of action. So you please put both your feet little apart from each other, who are sitting on the chairs. Who are sitting on the ground are perfectly all right. They don't have to worry. Now, please put your left hand towards Me. This is symbolic that you really want your Self-Realization. Those who do not want to have, I cannot force it on them and they should in all civility leave the hall, because they can disturb others' ascent. So to be civil to others, they should leave the hall. But those who want to have their Self-Realization have to do this much, is to do what I'm telling you; and hardly ten minutes will take to have your Self-Realization.

So just left hand towards Me, the right hand is to be used for nourishing your different centers. So you put first your right hand on your heart. This is the center of the Spirit. The Spirit resides in your heart, but its seat is here; but it resides in your heart. It resides in your heart. Then you take down your right hand in the upper portion of your abdomen. This is the center of your mastery, which has been created by great masters and prophets. Then you take down your right hand in the lower portion of your abdomen. This is the center of pure knowledge, absolute knowledge; knowledge about the divine powers, its laws, which work through your being. You don't have to know mentally, but they are manifested through your being pure knowledge. As you can see Me, as you can feel something, in the same way, this pure knowledge works through you.

Now raise your right hand in the upper portion of your abdomen. Then again on your heart. Then in the corner of your neck and your shoulder, as I told you, that when you feel guilty this center goes out of order, and turn your head to your right, completely. Here is the center where you have to forgive yourself completely, and to know that you are not guilty at all.

Now take your right hand on your forehead across, like this, and gently put down your head as far as possible, resting on your hand. This is the center where you have to forgive everyone in general. Now you have to take your right hand on the back side of your head, back side of your head, and push back your head as far as possible. Push it back as far as possible. This is the center where, without feeling guilty, without counting your mistakes you have to ask forgiveness from the Divine Power.

Now stretch your palm. I'm just telling you how to do it; then later on we'll do it in a proper way. Now stretch your palm fully, and put the center of your palm exactly on the fontanel bone area, which was the soft bone in your childhood. Now please put down your head as far as possible, please put it down, and now start moving your scalp. Push back your fingers, otherwise there's no proper pressure. Please push back your fingers nicely. Now move your scalp with that pressure not the hand so much as the scalp seven times, clockwise. Put down your head please, push back your fingers, and move your scalp slowly seven times. Very slowly, with a proper pressure. Done. That's all we have to do.

Now I will request you to take out your spectacles because you have to close your eyes, and till I tell you, please don't open your eyes. Move your legs apart from each other, and please put your left hand towards Me and right hand on your heart, and now, if there is anything that is tight on your neck or on your waist, please reduce the pressure, be comfortable, sit straight, not too much bending or bending back but in a comfortable way, in a very comfortable way. Now, you have to be pleasantly placed towards yourself.

Now, please put your right hand on your heart. Here you have to ask Me a very fundamental question about yourself, because I told you, you have to become a divine computer. So first you use Me for that. Now ask a question, in your heart - you can call Me "Shri Mataji" or "Mother" whatever you like - ask a question three times, "Mother, am I the Spirit?" Ask sincerely. "Mother, am I the Spirit?" Ask three times.

Now, if you are the Spirit, you are your master, because in that light you know, what is right, what is wrong, and you become your own guide. So now put your right hand in the upper portion of your abdomen, on the left-hand side. We are only working on the left-hand side. Press it hard. And here you ask another question three times, "Mother, am I my own master?" Ask this question

three times, "Mother, am I my own master?"

I have already told you that I respect your freedom. I cannot force pure knowledge upon you. So now please put your right hand in the lower portion of your abdomen. Here you have to ask, three times, six times, because this petal, this, this center has got six petals. Please ask six times, "Mother, please give me pure knowledge." Please say that six times, "Mother, please give me pure knowledge." Say it in humility; you are asking for the highest. Six times, please. When you ask for pure knowledge your Kundalini starts rising. So we have to clear our upper centers with our self-confidence. So raise your right hand in the upper portion of your abdomen, on the left-hand side, and here you press it hard and say with full confidence ten times, ten times, "Mother, I am my own master". "Mother, I am my own master". Please say. Ten times.

As I told you that you are not this body, this mind, this ego, these conditionings, but you are the pure Spirit. So now please raise your right hand on your heart. Here now, say with full confidence, twelve times, "Mother, I am the pure Spirit". Please say it twelve times, "Mother, I am the pure Spirit". Please put your hand on your heart. This divine 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 can not commit any mistakes which cannot be dissolved by this great power of forgiveness. So please forgive yourself, and put your hand in the corner of your neck and your shoulder, and turn your head to your right. Here, please help Me, by saying with full confidence, "Mother, I am not guilty at all". Just say that, with full confidence, please. You have to say that, please, sixteen times.

I have already told you that if you forgive or don't forgive, you do not do anything. It's a myth, absolute myth. But if you don't forgive, then you play into wrong hands and torture yourself. So give up this myth, once for all, just give up this myth! Now raise your right hand onto your forehead across, and put down your head as far as possible. Now, here, you have to say, not how many times but with your heart in it. Say it, "Mother, I forgive everyone in general." Just say that, from your heart.

Now take back your right hand on the back side of your head, and 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, not how many times, "Oh divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me". Say it from your heart, "Oh divine Power, if I have done anything, against you or any mistakes, please forgive me". That's all you have to say, from your heart. Stretch back your head, fully.

Now, stretch your hand fully. And put the center of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now, bend your head as far as possible. Now, push back your fingers, to have a good pressure on your scalp. Here again, I cannot force Self-Realization on you, I cannot force. So you have to ask for it. Now move your scalp slowly, seven times, saying seven times, "Mother, please give me Self-Realization", saying seven times, "Mother, please give me Self-Realization".

[Shri Mataji blows seven times in the microphone]

Please open your eyes, slowly. Put down your hands. Now please put both your hands towards Me, like this. Put your right hand towards Me, like this, and now put down your head, and see if you are getting yourself a cool or a hot breeze coming out of your fontanel bone area. Just see for yourself. Now don't put the hand on top of your head, but away from it. And sometimes you might get it much further. You can also move your hand to see if there's a cool breeze coming out of your head. Now don't doubt about the air-conditioner, because it's coming out of your head.

Now, put your left hand towards Me, and put down your head. And now see with your right hand, right hand, if you are getting a cool or a hot breeze out of your fontanel bone area. Now, again put your right hand towards Me, right hand like this. Put down your head. See for last time, see clearly, if there's a cool or a hot breeze may be slight, might be more coming. Don't get confused. See for yourself, your attention. It's coming out.

Now put both the hands towards Me like this, and watch Me without thinking. You will see that there's no thought in your mind. Now raise both your hands towards the sky like this, and ask another fundamental question, "Mother, is this the... Mother is this the breeze, the cool breeze of the Holy Ghost?" "Mother, is this the All-pervading Power of divine love? Mother, is this the

Paramachaitanya?" Ask anyone of these questions three times. Put back your head completely. Push back your head completely, and ask this question, anyone of them, three times. Now take down your hands. Such flowing of vibrations! All those who have felt cool breeze on your fingertips, in your hands, or on top of your fontanel bone area, please raise both your hands. Please raise both your hands.

May God bless you all. May God bless you all.

Now you should know, it has not happened through any mental activity. So you cannot argue it out, you cannot discuss it, but you have to just feel it and grow into it. Another thing I would suggest that it's not an individual procedure, it's a collective procedure, it's a collective thing. Like one nail, which falls out of your body, it's not looked after. In the same way, if you say that "I am doing it at home, Mother, it's all right", that's not the thing. You have to come to our collective. And we have a very nice collective arrangements here where you can come, and you can tell your problems, and you can master this art, absolutely master. I hope next year I'll come to Melbourne and I'll find lots of people who have achieved this mastery.

I bless you all from My heart. Those who have not felt cool breeze can come on this side. So I may not be able to meet all of you, though I wanted very much to meet all of you today again, but we'll have some music for you to enjoy. Please!

Just.... Sit down. Yes. Make a...

We have a special announcement to make. So please, please.

[to a Sahaja Yogi] She wants what? I will follow. Water, all right, please come. Give her some. Is there any other glass? Some other glass. Just put some other glass, please. It's difficult for Me. It's all right for a child.

[to a Sahaja Yogi] So, yes, how are you?

Sahaja Yogi: Mother, they came for Sahaja Yoga in July,

Sahaja Yogi: They are here.

Shri Mataji: Who?

Sahaja Yogi: There is one with wheelchair and the one behind.

Shri Mataji: She's all right?

Sahaja Yogi: Yes, she's there.

Shri Mataji: Ah, She is the one?

Sahaja Yogi: The young, the young one there.

Shri Mataji: Yes, really! What trouble they had?

Sahaja Yogi: That one was paralyzed. Now she can move left hand and the [right foot]...

Shri Mataji: Amjad! Amjad! Doctor Amjad Ali, please come along. Are you here? We will just talk to them, and he has to take their, they must be having their medical reports.

Sahaja Yogi: No, they haven't, because they live, that one, she lives in nursing house where is no doctor. They look after [unclear].

We do [unclear] and send to You before nursing her.

Shri Mataji: Yes.

Sahaja Yogi: Here, they haven't, but everybody can see it. She is still in chair but she can move the left leg.

Shri Mataji: So I think I'll ask Amjad to file it, because we have to send certain documents of people being cured here.

Sahaja Yogi: Yes, I'll take down.

Shri Mataji: Yes, but I'll tell Doctor Amjad to help you.

Sahaja Yogi: But I go to bring Nirmala. I go to bring her here?

Shri Mataji: Not necessary, it's all right.

Sahaja Yogi: Somebody is outside who is hurt, and the doctor is helping him at the moment.

Shri Mataji: Hurt what?

Sahaja Yogi: [unclear]

Shri Mataji: How?

Sahaja Yogi: Like walking through the door and he had some glasses... and wearing the glasses and they [stepped] on that.

Shri Mataji: Bring them here, I'll cure.

1991-0413, Informal talk

View [online](#).

13 April 1991

Talk to Sahaja Yogis

Lake Road Ashram, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Otherwise, they will not having so much authority because of this economic problem now [UNCLEAR]. As it is Ganesha's country, I think it should start first here. This awakening among the media (?). Media (?) is the most difficult thing [UNCLEAR].

(Addressing a Yogi) You should get all the cuttings for me?

In India, they don't mind this - I mean at least at the time of the Congress [UNCLEAR]. They didn't mind these gurus making money because they thought that it is for [UNCLEAR]. But how much [UNCLEAR]?

I think you people sit inside, let them come in. Also you should sit with one leg at the way they here sit.

Remy, he has now decided that we'll have only one school that is Vashi. That's a beautiful place and children will be there for about eight or nine months, in that school, because you see if they moved from one place to another, their attention is also spoiled. And they will go for holidays to Dharamsala, for three months. If the parents want so they can also pay for themselves and stay there, with their children. Otherwise, you see, also a Yogi said that he cannot accommodate for more than forty people and that's you cannot put a limit to it. So we'll be expecting about 300 students who can be easily accommodated as it is, and later on it could be about 600. It's a large place, it's very nice. And it's not so cold; there it's very very cold and rather dangerous also for children because [UNCLEAR]. And the worst thing it's that you cannot get sufficient staff to look after the children; nobody wants to come there, all the way. It's about also 2.5 miles away from the first locality. A big problem. So, Yogis say that is a better idea if they come there for the holidays, during the summer season. Also it's very disturbing: half a year here, half a year there. Now the second floor also will be ready; we are trying to advertise for teachers in art. There's one very famous artist from Italy with the Sahaja yogis; he wants to come and teach; his wife is Indian. Italians are so good in art. Plus we'll have another Indian gentleman also. Also for the music, my sister might agree to come down; she's a very good teacher and for other arts also. From childhood, if the children develop these capacities, then there's no problem. For dance also we are advertising, trying to get a good headmaster for that school. We may allow also some other students, Indian students from abroad, not many but few. We'll see as an experiment how it works. Of course, we have to give them realization and everything but they have to settle down nicely.

After seeing what's happening in all these countries, I think it's inevitable to have a school in India, inevitable. Children went to America only for two months I think, they were so much spoiled that we didn't know how to handle them, absolutely. Matthias came and he said "Mother, it's impossible, I don't know what has happened to them, compared to other children they are very violent". What happened, I don't know [UNCLEAR] but now as they are young we should really train them up; we can teach them a lot of crafts also. Have you seen that culture itself makes you [UNCLEAR].

So at what time is the program?

Yogi: 7.30.

Sri Mataji: How far is the hall?

Yogi: 15 minutes. So, if we start on time, – it is a sort of procedure we're working on now – a short introduction then some music, and then Sri Mataji arrives. So, a quarter to eight?

Sri Mataji: So, it takes about?

Yogi: 15 minutes.

Sri Mataji: I think it will be perfect. Then the musicians should sing for about 20 minutes at the most. They should sing a few songs later on the concert.

Yogi: Yes, Mâ.

Sri Mataji: That's 14 minutes.

Yogi: So that's 8.10.

Sri Mataji: 7.50.

Yogi: 7.50 will be fine.

Sri Mataji: 7.45 or 7.50.

Who is coughing among children? Come, come.

(To a yogi) Can you get some vibrated (?) oil?

What happened to you? You are coughing. Come.

(To a yogi) You can feel; he's so sweaty. Come and have a look.

(To the child) You should not cough. So many people are here.

(To a yogi) Let see. Just feel this, all these.

(To the parents) You should immediately put your hand on the child. Try to treat it. And that's how you know how to treat. I can't bear a child coughing like that.

He's all right. (To the child) Feeling better now?

I told Dr. Ramsar and also I'm telling all of you, you must write down what diseases you want to treat. All right? And I'll tell you what should be done. Make a list. And now you have to [UNCLEAR]; just ask me what diseases you want to treat. I'll give you all the solutions. First you tell me what disease. But don't give these modern names; I don't know them. Just say what is wrong, the symptoms. [UNCLEAR] the name, also write the symptom.

(To the child) Good? All right now?

It's a virus.

Before the chakras are caught up, [UNCLEAR], then you should know it's a virus.

Now all right, no more coughing, all right? It's very simple, as soon as they're getting into trouble, just find out and let me know;

so, you can solve your problems here, don't allow them to grow. It's very simple. And themselves they will start curing, you see; they will become so wise that they will start curing.

A baby girl: Daddy! Daddy!

Sri Mataji: The next government.

All right, I think now I will rest for a while. Ha, you got this made for me! How beautiful it is.

Thank you very much, now. Are there the children also here?

Children: Yes!

Sri Mataji: Let's see this one. It is you? With the two [UNCLEAR], all right? Good! Thank you very much. It's for me? Thank you very much.

Channa! Let me give them the channa...all the children, they all love channa, you know. That's a sign they are realized souls. Good! Put the hands together, it's easier. Lots of channas is very good for their health. This is coming from Greece not from India. It's special channa. Put the hands like this...you gave me the flowers, so I give you the channas, all right?

Good, good, come along; only for small children, not the big ones. Good! Hold it tight! You got it? Everybody got it? All right, May God bless you! You must get channa. Channa is the most harmless thing, very good for liver. It's proteins and gives them good muscles. This is not from Australia either, it must be from Greece. I think you can grow it: it's a warm country, why not? [UNCLEAR] is a warm country, isn't it?

Yogi: I think they grow chickpeas here.

Sri Mataji: There is one called Ganesha which is a very big one like that. It's very good. That they use, I think, vibrated water; they may use it to produce them. I used to call them "jumbo"; in the market they are known as "jumbo". There is also Ganesha pomegranate in India, so big, red absolutely.

1991-0413, Achieve the real state of being born again

View [online](#).

13 April 1991

Achieve The Real State Of Being Born Again

Public Program

National Press Club of Australia, Canberra (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot organize it, we cannot conceptualize it; we also unfortunately cannot know it at this human awareness. That's why in all scriptures it is said that you are to be born again. But it is not just a certificate one can take that "I'm born again." It is something that is a real state within us, that gives you the right to say you are born again.

At the very outset again I would like to say one more thing, that whatever I'm telling you here has to be understood as scientist. It's a scientific outlook. Don't accept everything that I am saying, blindfolded. But scientific attitude is such that if I am putting before you a hypothesis and if you find that it is working out, it is being proved, then as honest people you must accept, because it is for your emancipation and for the emancipation of the whole world.

We have to realize that we are not at the point where we know the absolute truth and the absolute knowledge. "Absolute" means "when there is not the other." If we had known the absolute we would never have had all these problems, these fightings and wars, different ideologies propounded all over the world, but we all would have felt the same thing, understood the same thing, and we would have been all one as far as our understanding of the truth was concerned. That's what you find among saints. They are all of the same style, of the same type, talk of the same thing, in the same way. But whatever they have known in their lifetime has not been yet delivered to the common people, and that's why so many of them misunderstood them and they were crucified, they were killed and tortured. The time has come for us now, a special time, when the common person has to know about it.

Formerly in India we had three type of institutions, as far as the Divine was concerned. One we call as the right side of Vedas. "Veda" itself comes from the word "vidh" means "to know on your central nervous system." It's not mental; you have to know it on your central nervous system. And this was also shown in the early Christians, when Thomas has written a beautiful treatise which were found about fifty years back in Egypt, that he called Christians as "Gnostics." "Gn", "gn" word comes from the word "gn" or "dnya" in Sanskrit language, meaning "the knowledge." Knowledge is not mental, and according to this book which is now being rewritten, knowledge is an experience on our central nervous system.

So we have to understand that in our evolutionary process whatever we have achieved is felt on your central nervous system. For example, a dog or an animal, any animal if you want, can pass through any dirty, filthy place without feeling anything about it. But a human being cannot, because in his evolutionary process he has developed a new awareness of cleanliness, of beauty, of virtues, of sublimity. In the same way now we have to have the last breakthrough of our evolutionary process, where we have to become the spirit. The spirit is within our heart. It's the witness of what we are doing. But it has not yet come into our attention, and so this is the mechanism within us which is built in during all our evolutionary process one by one. And now the time is for you to get the last breakthrough through that point, as you see clearly, is the actualization of the baptism, where you do feel the cool breeze of the Holy Ghost.

The Holy Ghost is reflected in the triangular bone as kundalini. These centers are on your central nervous system. We can say they are looked, they are the sources of parasympathetic nervous system, and there's left and right sympathetic nervous systems which are nourished by the left and the right, two channels. In one lecture, I am sorry, I won't be able to tell you all about this thing. But luckily they have agreed to have a follow-on, in which they will have people who want to know more about it

enrolled, and they would like to give you a course of about seven weeks, every night once a week. And if that happens you can gain a lot.

But one thing I must tell you at the very outset: you cannot pay for it, you cannot, because it's a living process. Try to understand, logically, when it's a living process we don't pay. For example, see these beautiful flowers are here. We take them for granted. See the beautiful area you have in Canberra, now the autumn has come. Autumn comes, the beautiful colors of ochre, this, that, I'm just enjoying. All that comes by itself, the seasons come by itself. You don't pay anyone for that. You don't pay the Mother Earth for giving you these flowers. In the same way when you have become a human being, you have not paid at all for your evolution. Then how can you pay for a higher awareness? Is a logical thing you should understand. You cannot pay for this living process, and nor for this knowledge. All right, you can pay for this hall, is all right; but you cannot pay for this happening. You cannot pay for anything that is divine.

If you understand this point you'll have to understand also another point: it has to be very effortless. If it is so vital, it is so important, it has to be effortless. With a very little effort you should be able to achieve your evolution. If that doesn't happen, that you should know that it is something else but not your evolution. Now, you have to know what you are seeking is the truth. And what is the truth is, actually you are seeking your higher evolutionary attainment. That is, to be the spirit is the first truth you are seeking. And the second one is that all this living work is done by an all-pervading Power, that's the divine love. They may call it by the name "Paramachaitanya", they may call it as the cool breeze of the Holy Ghost, they can call it as the all-pervading Power of God's love or they can call it as the "ruh" or anything. But it is a fact that all this living work is done through this vital power which combines all the powers of the world.

This power has created us and this power wants us to feel that power, to get connected with that power, to be enriched by that power, to enjoy that power, and then ultimately to use it to give it to others also. We are human beings, and we get so frustrated with ourselves sometimes, people start asking, "Why am I here, for what? What's my purpose? After all this useless thing I'm going on with the insurance; so much to be paid, the bills to be paid, this to be paid!" You are fed up. Is a fact, no doubt, I agree. But you have forgotten your purpose, that's why. Actually within yourself you are extremely beautiful. Your divinity is waiting for you. In your depth you have all that. You have to reach that divinity. Then you will know how beautiful you are, how dynamic you are, how compassionate you are, and that how universal you are. All this has to come to you through this connection.

I'll tell a story about taking a, say, a television set to a very remote village in India where they have never known anything about television. You show them the box and they'll say, "What, this box?" If you tell them, "No, you can see lots of pictures in this from all over the world," they'll say, "What, this box?" That's what we feel about ourselves. But once this box is put to the mains, then you know how fantastic is it. Then you realize how great you are. And this knowledge has to be our own. It has only been made possible now. Luckily, something has happened to this all-pervading Power that it has become so dynamic, and it is helping us to get you all as seekers. I say you are a special category of people who are seeking truth. This category has to be faced by every country, every nation, every government. You cannot stop them from seeking.

But in that seeking they have gone to drugs, they have gone to alcoholism, they have gone to all kinds of madness, and also to false people. They have suffered so. People come to Me and "I. Yesterday there was three people; and they told Me, "Mother, they went to this guru here, someone, and they are so much suffering." I don't mind, if they want to make money, let them make, because there are so many thieves in this world, you know, can't help it. All right. But it's not only that: they spoil your kundalini, they spoil your kundalini, they spoil your chances of realization and they give you diseases. They give you serious diseases of such a horrible nature that sometimes I really give up. I say, "Now how am I to help them?" And we listen to them and believe them, blindfolded.

So in this short time, what I can warn you, this way: that first of all before going to anyone like that, you must find out what other disciples who are there have got, what powers have they got, how they behave. Are they beautiful people, have they really become religious or righteous, have they really become? Because you can follow any religion " Hindu, Muslim, Christian, any religion " you can commit any sins. How these people are, how they are living among themselves, what are their relations with each other? Once in a while we might also get somebody who is a money-maker or something, but we throw them out. We throw

them out. Maybe sometimes we might get somebody, you see, just like a outsider coming in, but such people are then thrown out. So you have to see the body of such organization, how it works, what is the way these people are, what have they achieved? What about their children, what about their families? Everything you can find out first, and then you should go to anyone who talks about God. That's first thing: have they got godliness? Because William Blake has said there will be a special category of people who will be born on this Earth " he calls them "men of God" " "they will know God, and they'll make others godly."

Now with Sahaja Yoga you get so many powers. The first and foremost is that you yourself get completely physically cured. So many diseases are cured by Sahaja Yoga. But it's not a guarantee. If you get your realization and if you settle down in Sahaja Yoga, you don't have to get to any diseases. It's possible: we have worked it out, it has worked even in Australia, it has worked in India. There are two doctors who have got M.D. in Sahaja Yoga in Delhi University. There are seven doctors in England who are experimenting, means they are documenting how many people have been cured. We have such a lot of documentation that we don't know how to even transport it. And there are forty doctors in Russia who are following Sahaja Yoga.

I must say, unfortunately Australia is one country where they never understood us. I've been coming here from the year 1978. Unfortunately at that time all these gurus were here prevalent, and nobody would accept us because we are not charging any money. And it was impossible to tell them about it. They would just walk out as soon as I said we don't take any money. It was really very difficult to communicate. And as a result we have very few Sahaja yogis, specially in Canberra, and the report is that they come but they just disappear. But if they have commitment of money then they stick on, because you paid for it, you see. Like you go to see some funny film or some funny drama and you don't like it, but still you stick on because you paid for it. Is a human psychology. But I say, how much can you pay for it? How much can you pay for it? It's so invaluable. This, you cannot measure it in money. God doesn't understand money, He doesn't understand banks. This is your headache, it's not His headache. So, once we understand one thing: it's a pure thing, it's so pure. Reality cannot be purchased " you have to know it.

So, now these centers are here, as you see: he must have told you about them one by one. And when you come to this course they will tell you all about it in details, and within, I'm sure, seven weeks you all will become great masters of Sahaja Yoga. And you can cure people, you can raise their kundalini. Not only raise their kundalini, but you can understand this subtle knowledge in no time. It really increases your capacity of your intelligence so much that we have had children who came to us as dullards and now they are scoring so well, they have records. Not in India, even in Australia they are doing so well. Now in England which is, which has got a disease of unemployment, in Sahaja Yoga it's hard to find even one person who is unemployed; because we don't think that taking dole is a very respectable thing. So suddenly they get their jobs and they work it out. It's something that happens: a person becomes so dynamic, so relaxed.

Now these days there are so many diseases about which I need not tell you; but specially the tension that you have, because I was told most of them are bureaucrats here. My husband has been a bureaucrat all his life, so I know what it is " I know the bureaucrats very well. And this tension comes to us because we work too much on the right side, as you see there, this yellow line. And that develops onto another horrible thing called as ego: that we feel we are doing it. There's nothing wrong, it's nothing wrong, because ignorance gives you that idea that "I am doing this work." There's nothing wrong in feeling that way. But what happens that when kundalini rises, she pushes that down and makes a " should call it as a chimney, because that's what they understand in English language " that it makes like an opening here. And this opening takes away all the heat of the work and the idea that "I am doing this work." You just don't feel you are doing it; it's so relaxed. All these problems that you have, as the bureaucrats specially, I will explain to you what problems they have. In this short time whatever is possible I'll try to give you.

Now, we work on the right side: they're bureaucrats because they're planning, because they're thinking too much. They are futuristic people, planning, planning, planning like mad. Not only, but their nature becomes such a planning that if they are going on the road, immediately they'll say, "Oh, they should have put this signboard here. They should have done that there. They should have put this tree there." I mean, you are not doing that job at all, you see, you are nothing to do with it. But they'll go on thinking for others also what they should have done, what it is should be done, that should be done. So all the time thinking, thinking makes them mad, with this " with this right side developing too much, they become workalcoholics, and they are very unkind in the family also because, you see, they are so irritable sometimes. And sometimes they try to push back the temper, and that's how they become even worse.

Because this, this center, this is a very special center within us: we call it as Swadishthan. This center outside, in the, we can say in the physical way or in the medical terminology, acts through our aortic plexus. I studied medicine forty years back or so but now they might have changed the name, but we used to know as aortic plexus. This aortic plexus looks after this viscera as you see there, whole thing, all that, all the viscera. And here is one, first one, is the liver. Now liver is the one that's very important in our body, which is responsible for taking out all the poison of the body as heat, and deliver it into the bloodstream. But when this center is doing something else much more important, then it is neglected.

Now, what is this important thing we do, that this center also has a responsibility to supply energy to the brain or supply even some cells, fat cells, for the displacement of the used-out cells and nourishing them with new cells. So when we think too much all the time, this poor center gets very busy, and it has no time for your liver. So the liver gets into trouble. Now when the liver gets heated up, the heat passes upward. When it passes upward, it touches the center that we call it as the right heart. This center when is heated up, then the lungs start getting coagulated and you develop asthma. Of course, it has also due to the effect of the left side which I'll tell you later on which, which triggers it, which triggers this asthma. Now this asthma once settled in cannot be cured by any means but by Sahaja Yoga. We have cured, I mean, not I would say I have cured, but Sahaja Yoga has cured through kundalini awakening, asthma of a gentleman who was an architect. Mostly architects also are of the same style: they get asthma, very common, and there's another disease they get which I'll tell you later on, and that is also a result of this kind of over-thinking.

Now when you neglect your liver, also the heat passes downward. When it passes downward it catches your kidneys. And the kidneys get coagulated and they cannot function, so you get kidney trouble. And the doctors don't want to tell you the truth but I would like to tell you, the dialysis can never cure you. And it's such an expensive thing, you become bankrupt and die, that's all. So for that, what is the treatment is in Sahaja Yoga. We have been able to see that people get cured of their kidney trouble with a very simple method of Sahaja Yoga. Because we are dealing with the fundamental things: like if there's a tree which is sick, if you want to apply some medicine on the leaves it doesn't work out; you have to go to the roots. So we go to the roots very easily through your kundalini, and it works out.

Now there's another disease they develop, because the heat can pass to the left side. Now supposing somebody who is young and he's very ambitious and is sort of a sportsman, we can call him, playing tennis or football or such a game, and drinking too much. All this creates heat very much, and may get a massive heart attack at a very young age, and it's absolutely vital. Also such people get heart attacks of the massive type later on, who have got this problem of too much working. There's another kind of a heart attack we call angina, due to lethargic heart which is, which comes from the left side. They are two things " one is the left and another is right " and when we confuse them we do not know what to treat what person. But in Sahaja Yoga you can easily find out a person is right-sided or left-sided, or is it psychosomatic: means combination of both. It's very simple to find out.

Now then the another horrible disease that comes to a person who is sitting on the table and planning, is diabetes " it's very common. If a woman also is diabetic, her child can get it as an inheritance. Now this diabetes comes to you as a result because you think too much and you neglect, the pancreas is neglected. This pancreas is responsible for looking after your problems of diabetes. And when it is done then what you get is a collapse of this pancreas in a way, and you start getting this diabetes in you. Here also the left-side triggering is done when you get diabetes. But diabetes also is quite curable in Sahaja Yoga. If you practice it properly every day, morning, evening, five minutes in the morning and ten minutes in the evening, it works out.

Now the other disease that you get is much more dangerous is, is the blood cancer. It comes from the spleen which is again neglected by this center and you lead a very, very hectic life. Actually all the bureaucrats are on, on very highly strung nerves and they are very hectic also. Early in the morning they will, they cannot get up, they are so tired. So they get up just about ten minutes before the work, somehow or other push their clothes in and just rush out; the wife runs with the breakfast too! And they get into the car and then they see a jam, and they get so upset. Now they are so time-bound " that's again problem " they are so time-bound. And in these days when there is so much of jam and all that on the street and they get so frustrated, they are so hectic. All this hectic-ness leads us into a very funny situation, because this spleen is responsible for creating RBCs " that is red

blood corpuscles " whenever you are in emergency. When you are in emergency, then this starts working more.

For example, if you have taken your food and if you start running, you'll get a pain, terrible pain on this side. That's because your spleen has gone into action, is producing more red blood corpuscles. So this hectic life that you have today, you make this poor spleen a crazy one because she doesn't know what this man is up to. Suddenly he becomes so much excited and he gets into emergency, then again he gets into emergency, so this spleen gets absolutely into problem. And when again some triggering takes place, then you develop this blood cancer.

But the another, as I told you, the kidney, and a person who is like this is suffering always from constipation. Because it also, heat goes down and it makes this lower end into a kind of a very dry, dry thing and that's how people suffer from terrible constipation sometime. This is a little bit that I've told, that a bureaucrat is capable of suffering.

Also is possible is paralysis, paralysis he gets on the right side. Also he might get a frozen arm, right arm frozen, all sorts of things: migraines because of bad liver, and cirrhosis of the liver, cancer of " the other day we met one fellow who had cancer of the liver. And the doctor said "you are a gone case." I found out he's a very big boss somewhere. I said, "Now you'd better resign for a while, and then I'll work it out."

So all these things are to be understood in a proper way, and we have to treat ourselves with respect. We have to govern our body properly. In Sahaja Yoga you'll get all the knowledge that is necessary for you to know about your wellbeing, first of all. And then you will also know how to keep yourself all right.

Now this is something that I have told you already, but the left-side triggering takes place when you go to wrong places like this and to wrong gurus: they, I think, mesmerize you or I don't know what they do. Their styles I don't understand, because they do not tell you the modus operandi as to what they do, while you'll know the complete modus operandi of Sahaja Yoga. You yourself become masters of this. If you use a little assiduity, if you little bit work it out, I'm sure you yourself will be surprised how you have become your masters. But this is only the physical side of it. Even emotionally those people who have suffered, like epilepsy and also you can say mental disorders and all that, have been very much helped, because that's the left side will work out.

Now the psychosomatic diseases are like " we call them, even diabetes, as psychosomatic because there's a effect of the left on them; or myelitis and all this, this what you call the disability of the muscles to work out, all these things, and recently another disease called as the yuppies' disease. I had told them beforehand, five years before this disease came in. I had also told them about the AIDS. But as I was not taking any money, Americans were not interested. Because Americans are so proud of their money; they think "how can we not purchase this woman?" Moreover when I went to America, you'll be surprised, they asked Me a question, "How many Rolls-Royces You have?"

I said, "I have none."

They said, "We are not interested in You. You have no business."

I said, "I have no business. There's no business about it." But this is difficult to make them understand, Americans, that God is not a business. They want to make business out of everything, and now see the situation there of the business that they did: what is their situation is not very good.

So whatever, even the business you are doing, even the economic side of it, has to be understood that we have to have a balance. If we don't have a balance, we cannot achieve anything in life. And this imbalancing has taken us to this ecological problem, this problem. Actually most of this problem, all these universal problems, if you see, all these global problems, come from human beings. You know My husband has been working with this U.N. and he agrees with Me entirely: it all comes from human beings. And if this transformation can take place, we don't even have to have U.N., you just become united " within, not outside, but you just become united.

And this is what you achieve is a collective consciousness, a new awareness within you. You start feeling the cool breeze in your hands, the vibrations, very soothing, and you can feel the centers of all the persons. And you can also feel your centers and you know how to correct them, yours and others. This is a new awareness that comes to you as collective consciousness. Thank God, Jung has already talked about it, that if you have to evolve, you will evolve into a new awareness as collective consciousness, and in Sanskrit language it is called as "samuhik chetana."

The first state where you reach is out of this Agnya Chakra: when you cross over to the limbic area, you become thoughtlessly aware. You are aware, but thoughtless. So you become a very peaceful person. People who have got peace awards, I haven't seen them, seen such hot-tempered people " I don't know, from where did they get this peace award? Extremely hot-tempered: you can't go near them without a barge-pole, you know! Any time they are willing to have a hit at you. And they have got peace awards, Nobel awards, this, that. I mean, I don't know from what angle they got, get all these things, what is the judgment point is.

So one has to know that the peace has to be within, and this peace is established. You become a witness of the whole drama. You start seeing the whole thing as a drama. You are away from the problems and that's how you can solve the problems, and once you become an expert you can help others to solve the problems. It's something awaiting us. We all have to rise to that level, and to get to that state where we can really have that special status which is meant for us. Is your right to have it. As a result, you'll be surprised, you'll be so free and so capable to enjoy the freedom. People don't even enjoy their freedom because they are not capable. Like, you see, our democracy has become demonocracy, because we don't know how to enjoy our freedom, we don't know how to balance our freedom. But after that, what happens, automatically you become so free " I mean, you get rid of all your habits.

In England I, first time when I started My work, I got seven hippies, all drenched in drugs. But they were brought like dead pieces before Me. And overnight they gave up their drugs. I said, "Look at that! How is it possible?" They had not established their Sahaja Yoga so far but they gave up their drugs, all right. An example is like this, that supposing you are holding onto a snake and you have no capacity to give it up, and moreover you are obstinate. There's all darkness, you can't see; somebody tells you it's a snake. You won't give it up till it bites you, till you are dead. So if there's a little light in you, immediately you yourself throw it away. I don't have to tell you anything; you do it yourself everything. You become your own masters. You guide yourself " because you are great, as I've told you, but you have to touch your divinity.

And it should not be, like as we have in the schools, a mathematical proposition " in smaller classes they used to say, "A house was to be built, "'A' came for one day, ran away, "'B' came for two days, ran away, and third came for half a day and ran away. When will the work be over?" Never, is the answer! Because if you have such run-away people, how can you have the house being built? I mean, it's not possible, mathematically it is not possible, but it might be imaginary, you might think like that. So you have to pay some attention to your realization, you have to pay to yourself, and to your ascending.

I don't know how many you are here today, and I feel sorry that we didn't have a hall; because last time we had a big hall and it was practically empty, so we thought this time we should have a smaller hall. It was a miscalculation completely on our behalf, I must say, and I am sorry for this, that you all have to stand like this. But I'm sure whatever may be the situation we all will get realization today. You should have full confidence in yourself that we are all going to get our Self-realization. Of course, I would like you to ask Me some questions for a very " because we started little late because of this music and all that, but I would like you to ask Me some questions for a while, and then we'll have this process of Self-realization.

As far as the questions are concerned I would say that, that I am not here to take anything away from you, but I'm here just to give you the key of your own being, to know yourself. So ask relative questions, not aggressive ones, because I'm very good at answering, I must tell you, because I've been now answering questions for the last twenty years all over the world. So I'm quite clever and I'll answer all your questions now. But it's a mental feat, again I'll say it: that is no guarantee that you'll get your realization, that is no guarantee. So it's just a mental feat. If you have any sensible question please ask Me, because I don't want

at the time of realization suddenly your mind comes up and says, "Now, hey, you didn't ask this question to Mataji." So please, whatever is possible, we'll take about fifteen minutes for that, and after that we'll have a realization which will take hardly ten to fifteen minutes, that's all. I hope you have all that patience. After that I would like to meet all of you today. Those who get realization I would like to meet you, because I may not be back here for one year at least. May God bless you.

There's one thing I would like to suggest, that those who are Sahaja yogis can go and stand, and those who are not can come and sit down. It's better that the Sahaja yogis can go and stand there. Those who are not Sahaja yogis yet should come here, this side, and please be seated. Sahaja yogis can stand now. [Hindi]

[Question: If the kundalini is awakened are you then more sensitive to other people and their ailments, and the ailments of yourself?]

Yes, of course, that's what I said. Not only aware, but you know each and everything about them: not outward things but their centers, you know what's wrong with their centers. So when you say that the Pentecost got their realization, when the Holy Ghost blessed them, they started talking in some other language " it's not Latin or Hebrew, but they started talking in the language of chakras or centers, as we also talk the same way.

[Question: Traditionally in the literature of India when we look at the information about kundalini, it appears to be a very difficult and arduous process.]

It's true.

[Question continues: So what has occurred in 1970 or since then, that now makes it accessible to everybody?]

Yah. You see, it's true, it's very difficult. If something very difficult is done by someone, then there must be something about it, isn't it? It is very difficult. And once, a guru of Shivaji was asked how much time does it take for kundalini to rise. He used the word, Sanskrit word, "tat kshan" " means "that moment." But there should be a person who is able to give, and the one who is able to receive it; and that's all ready now, I think, so it's working out. You are capable of receiving, and I think I am quite capable of giving!

[Inaudible question]

(I didn't hear "I. She's just standing "I No, no, yes in front "I No, no, no.) "I. The light you can bring it down a little bit at least, you see. I never used to use spectacles, but because of these lights all the time on My eyes ."I Ha, now.

[Sahaja yogi: She says she has experienced kundalini and she's experienced an increase in energy, but she doesn't know what to do with it.]

She was in Sahaja Yoga? You got it in Sahaja Yoga? Where?

[Seeker: Anand Marg "I.]

Ah, impossible. They can't give you. Anand Marg, of all the things? Ah "I less said the better about them, madam. It's a very dangerous cult you have joined, the most dangerous. Yah, you see "I. No, no, not at all. He's incapable. They are incapable of doing. They are very violent people, extremely violent. They were banned in India for years together and the gentleman was put in jail, and not only that but now his own wife and his own son has joined Sahaja Yoga. It's so terrible as that. You see, it's a very violent organization. But it's surprising.

[Seeker: And is that what You say why I can't do anything "I.]

Yah, no, not at all. How can you? No, not all. You see, because the energy you must be feeling is not that energy, but of the sympathetic nervous system. I will see about you now. Do you feel the cool breeze in your hands? Do you feel the cool breeze on top of your head?

[Seeker: Yes, I feel like some string is holding me, like "I".]

No, no. Not that way. It's very simple, yah. So those who have followed Anand Marg, it's very dangerous, I must say. I don't want to discuss all these things but it's absolutely illegal stuff, horrible. When, once I was with My husband in one of the hotels, and two people came with policemen to see Me. I was quite shocked, and C. P. being a bureaucrat he didn't understand the police coming to see us, you see. The police people told us that these two people, husband and wife, want to see You. And they wanted police protections when they come. I asked them, "Why? What's wrong with you? What's "I" " They were very active. His name was " what was his name, is Dr. "I"? Dr. Prasad.

He was a very active man. He even came to Australia for this work, and he went also to America and all those places. And he discovered that there were twenty-eight deaths which he could not explain. And he got such a shock, and he said that he went to a temple where he suddenly felt that he was doing all wrong. So he talked to people about it, whatever he knew. And he ran away with his wife in a jeep and came to Lucknow, and from there he came to Delhi. There somebody told him, "You'd better see Mother about it." So he came to see Me, but he had this police protection. So he came, and he told Me how these murders took place and what all happened.

Then the mother, the wife of this gentleman, Mr. Sarkar, and his son, both of them came to Sahaja Yoga, and they are very active Sahaja yogis today. And the lady tells Me how terrible things he has done. And he has amassed money, amassed. And this lady told Me, "I don't want to take a single pai out of that." He made a will, he " I think at the end of life he must have felt that "I should give something to my wife and child." They refused to have anything to do with that money. They said, "We know from where this money has come." It's the most violent organization.

[Question: He said, "You say that You are born again. Is that true?"]

I? I didn't say that, did I? "I". You cannot certify. I said it is a state you have to reach. When you are born again you have all these powers which I described to you, minimum. You cannot just say "I'm born again." All right? This is the point is. "I". What is it?

[Question: He's saying, the second question is, "Are You saying that You do not know the truth, or we do not know the truth?"]

I know the truth, I should say very humbly, and you will also know the truth " all right?

[Seeker: There was one man who actually said He was the truth, and that was Jesus Christ.]

And we know Jesus Christ also very well, much better than any one of you, which you will also know.

[Seeker: But He's my savior.]

Yes, He is, He is there, and whatever He has said is to be proved. Otherwise what is Christianity doing today? I was Myself born in a Christian religion and I know all about it. Do you know the "I".

[Seeker: There is one thing Jesus said, He said He is the way "I"]

He might have said anything, but Christians are not doing that " please "I". Yes, you are not "I". You see, you must first of all understand that are we practicing what Christ has said? " first question. We are not. Christ has said, "Thou shall not have adulterous eyes." Let Me see who is that Christian? But I can say all My Sahaja yogis are like that. They have innocent eyes. We

are not following what Christ has said " that's the mistake. You are just organizing Christ. You cannot organize a personality like Christ. You don't know anything about Christ. Christ is a very great personality. Only for four years He lived actually in the public, and they crucified Him; and they are again crucifying Him in the name of Christianity and Christians, take it from Me. I can't understand that Vatican itself printed securities worth two billion dollars. (What is they call, securities of what? What these are "I securities of what these were? The "I) Yes, in the " yes, mafia, with the mafia, with the help of mafia. They sold it! False, absolutely false! Do you mean they are following Christ, the one who took a hunter in His hand and whipped all the people who are selling things? Are they following Christ? He was a carpenter; did He take any money from anyone?

We take Christ into our pockets, think that He is our own. It's like all these great incarnations who were born on this Earth to prepare you for your last resurrection. He has said, "I will send you the Holy Ghost." What about that?

The question is, what about the Holy Ghost? They don't know anything about the Holy Ghost. You will, you will know. See, as Christians "I. Excuse Me, sir, as Christians what have you achieved? Nothing. What have you achieved? "I. What is the question? Ah? You are going round in circles. Now you better sit. Be seated. You must understand humbly one thing: as Christian you have not achieved anything, but as Sahaja yogi you will achieve Christ. If I promise you that, I will show you that, all right?

[Seeker: Jesus said that He is the only way "I.]

Yes, it's true. He is the only way and that's what we are going to prove, that He is the only way. But we are going to prove that. You cannot prove it. You say Jesus is the only way, Muslims will say that Mohammed is the only way, Hindus will say Krishna is the only way; everybody saying they are the only way. "I.

This is all fundamentalism, nothing else. This is absolute fundamentalism and not understanding Christ. Christ has said, "Those who are not against Me are with Me." Who are those? He has also said for these Christians, "You'll be calling Me "Christ, Christ' and I won't recognize you." Clearly, in the second chapter and second verse of Matthews. It was Paul who ruined Christianity, and then Augustine. And you know in England what they are talking about Him? That He was a homosexual. Oh, how dare they say such things about Him? Horrible things they are saying about a divine personality which they do not understand a word.

It's all minting money, and paying people some money to preach about God. How can you pay money to preach about God? Try to understand. In India they came with a gun in one hand and a Bible in another hand " imagine! And even one gentleman in a Calvinistic church came with a pistol towards Me and a Bible in the another hand. I said, "Now put the Bible on one side at least" " raised the pistol. Is this the way Christ, the one who said that "forgive" " He asked His Father to forgive those who crucified Him? You have not understood Christ at all. You have made a mess of His life, and you have really brought such bad name to Him. Please understand. By calling yourself Christians you do not become. By following Him, by practicing Him " and that's what these people are doing. They are doing all over the world. You'll be surprised, we have so many people who are Jews and they respect Christ, they worship Christ. Can you do that? Because they know who He was.

These were all incarnations of the Divine, and they were born as flowers. (Please keep down your hand till I tell you because it may, you may get tired.) So, these all flowers came on the Tree of Life, Tree of spirituality. They were all nourished by the same. But we plucked them, and now these are dead flowers we are fighting. We should get rid of this fundamentalism and this idea that He was the only one, and He was the only one, and He was the only one. While Krishna has also said, "Sarva dharmam parityajaya mam ekam sharanam vraja" " "Give up all religions and follow Me." So all the Hindus can say, "All right, we are the ones who are chosen ones." All these chosen ones, how they are behaving?

[Seeker: He didn't say about truth ."I]

If you think you are convinced, sir, that you can do well with Christianity you can leave the hall. But I do not think that way. Yes?

It's there, the gentleman there. Please get up. All right? Thank you.

[Sahaja yogi: Did you hear that, Shri Mataji? He is saying that You say that the kundalini is coming out all the time, out into the all-pervading Power. Some people say that you should keep it in.]

No, no, no, no. It's a connection. See now, as we have a connection for this instrument, it's a connection. A connection has to be made. If we, if this connection is kept inside, how can we use this instrument? Yes, please?

[Inaudible question]

You came to Sahaja Yoga, madam? (She came to Sahaja Yoga?) "I. We can't be, we can't guarantee about others.

[Seeker: Yes, I must say I have experienced the kundalini awakening, but I can't hold the state.]

You see, the trouble is I don't know what sort of a kundalini awakening you have got, because whatever we know is through Sahaja method. We don't know any other method, all right? So to keep up the state or go back to whether you are realized or not, we'll have to check you. All right?

[Question: We are all here to achieve something for ourselves but the world is full of unhappiness, and You talked about compassion. How can an individual affect all these terrible things in the world?]

You are not an individual any more, I must tell you. Do you know, in Russia we have thousands of people who have got realization. That's what I am saying, here you do feel, because Australia was not so kind to Me, I should say, or kind to themselves. But not otherwise. We, this awakening is taking place very fast and it's spreading very fast, and every candle that is enlightened can enlighten another thousand candles. So it's not so. We have to change the world only in this way; there's no other way out. Through this transformation. [Hindi] Any other question, please?

[Question: Could You tell us a little about the traditions that this system is based on?]

All right. Now, the tradition is that we had a group, we should say, we called them as Nath Panthis in India who were working on the central path, which is called as Sushumna. But the tradition was that only one guru could have only one disciple. That was the tradition for ages together. And we had this Gorakhnath, and you must have heard about the Machhindranath, Gorakhnath, Adinath, all these people. But only in the twelfth century [ie. 1200s] there was a great saint called Gyaneshwara, and he begged of his brother who was his guru, that "please allow me at least to talk about this in the local languages."

Now in all the great books in Sanskrit language, like Yog Vasistha and all these books, even in the sixth century [ie. 600s] Adi Shankaracharya has described about kundalini. Everywhere it is described, but in Sanskrit language. Sanskrit language was only read by very few people. At the time of Rama, His father-in-law was Janaka: he was a great master of Sahaja Yoga, and he gave realization to only one person called Nachiketa. He's mentioned there. Then it was all limited.

But in the twelfth century [ie. 1200s], Gyaneshwara described it in a treatise which he wrote about Gita, Gyaneshwari, in the sixth chapter. But the people whom we call as dharma-markandas, is the people who are in charge of religion, couldn't do anything about it. So they said this is nishida, means is not to be accepted, it's not to be read. So that chapter were closed down. In that he has written very clearly that "I have now said as a great homage to the spirit of the universe, that now please give us the blessings for the masses." And he's described Sahaja Yoga very well: what will happen when you get your blessings, how the collective consciousness will come and how people will evolve, what will happen. He did this on the twelfth century. After that we had Kabira, we had Nanaka, we had Ramadasa, we had Tukarama; we had so many of saints who have talked about it.

But still it could not go very far. Only two, three people used to get realization. Even "Buddha" itself means "the realized soul." Buddha, Buddha " Buddha means from bodha. "Bodha" means "to know on your central nervous system." So all of them said the same. Even Christ has said it. "You are to be born again" " clearly He has said it. So we'll have the certificate on top: "We are born

again" " finished! We don't go further with it. We have to make enquiry: what does this mean? Because all these religions were organized, you see. You could not go out of this thing. And those who tried to go were thrown out of the religion. Only in India the philosophy is there, it's not a religion as such. I mean, you can say that the Sikhs, the Jainies and all of them are all in philosophy level; it's not organized at all. Nothing is organized.

The saints then came out of it and they lashed all the society, and they talked about the reality. They have all talked about it in their own vernacular languages. Now, some of the songs they are singing was written in the sixteenth century by Namadeva " I'll ask them to sing this song. It's sung in every village, where they are singing, "Oh Mother, give us our realization, jogwa."

So we had this tradition in us. But then these gurus started coming up, because they said we now have to have a guru. Now, guru and a real guru, there are descriptions already given in vernacular languages. Despite that, you see, human beings are so great that they can mess, make a mess of everything, I tell you. You give them anything beautiful, they know how to make a mess. And this is what they have done it. Now let them get their realization, let them get perfected. Let them get that subtle knowledge, and then they can judge. You become like a divine computer. You can feel it on your fingertips, the absolute truth. You ask a question, "Was Christ the son of God or not?" Immediately you'll start feeling tremendous vibrations. Even to take Christ's name you will see.

The time has come for you to prove all these things. Otherwise everybody thinks they are correct, like Saddam Hussein. What's wrong with him? He thinks he was the chosen one, by Mohammed Himself. Then what can you do to such a person? If you have such make-believes, you cannot help it. Hitler thought the same way. But what is the criteria? We live in a relative world. We have to go to absolute. If we accept this humbly, then only we can have it. But if you are satisfied with something or your brain is washed by some ideologies, then I can't help it. But what good it has done to us? Think it over.

While Hinduism, same thing, where it is said that in everybody it resides the spirit. How can we have caste system? This all came later on. There's a brahmin saint, a great saint in India, Dasganu, He says, "We have not known the Brahma. We have not known this all-pervading Power. How are you brahmins?" There are so many instances to prove that caste system is something that is put on our head. But it's there, and we have to fight it. It's the aptitude of a person. It's not inherent or it is not prenatal; it is just what type of thing you do. I would say all Sahaja yogis are the real brahmins, because they know the Brahma.

[Question: You recommend meditation and chanting every day. How long should one maintain the chanting?]

We have no chanting, madam, at all " no. It spoils your throat. Five minutes in the morning, ten minutes in the evening: is it too much of a time? And chanting is another nonsense. When you are not connected with God, what are you chanting? If your telephone is not working " now see, we must be logical about it " what's the use of telephoning? Your telephone gets spoilt. It's so logical, I tell you. Supposing now you have the prime minister here, and you just go into his area and start taking there his name, they'll all arrest you there. You have to have connection. But once you are in His Kingdom, just remembering once is sufficient.

Even mantras: they will just give you some sort of a nonsensical mantra " like these T.M. people have given you horrible mantras, I must tell you this, horrible. They are the worst, I think, as far as money-making is concerned. We had three people, four people. One of them was the head of their Flying Academy, from Scotland. His name is Peter Pierce, another his wife, another his child, and fourth one was the, his director. They all came to Me with epilepsy. Of course, now they are cured. But poor things, they have all become bankrupt and have gone to South Africa. They are writing a book about it. And they told Me about it, and then many of them came. Even we have some now in Sydney and everywhere, poor things suffering so much. And they told Me that three mantras were given. One was "inga, pinga, tinga." Now any Indian here will know that these are not Sanskrit words. They'll just start laughing at these things. And they paid for each mantra three hundred pounds, in those days. Now "inga" means " it's a very colloquial village thing because the guru who is there, he doesn't know any Sanskrit, nothing. He was just a clerk; I think he was a ticket collector. Yah, he was a ticket collector in India. But all the bureaucrats fell at his feet. Do you know that? That's the best part of it! What is the bona fide of this man?

Now this fellow " is the "inga" means "scorpion bite", is "inga"; and "pinga" means when you get possessed you go round and round, "pinga"; and "tinga" means this "I. For that you pay three hundred pounds! Then six thousand pounds were paid. A barrister who had become mad, her sister had become mad. She was in lunatic asylum; she was brought out, then now she is cured. Both of them are all right. Her name is Hester. She told Me, "Six thousand pounds they took from all of us. We had to go to Switzerland in very far-fetched horrible hotel, and they put us there for this flying course." And they had to jump on some forms and they all broke their bottoms, to begin with. But the food that was given to them, for six days they had to drink water which boiled the potatoes. Then the seventh day they had to take the rind of the potatoes. And the eighth day the potatoes. For six thousand pounds! And this, I'm sure this guru must be thinking how stupid these people are. So he used to, he used to giggle all the time. He could not help giggling.

And they are every time marketing something new. Now they are marketing here, what you call, ayurveda. What is there to market? Why do you need a guru for that? And ayurveda cannot be marketed in the West in the real sense, because you have to use fresh leaves. You cannot. One gentleman had a very bad eczema. He was from Australia, but then he came to England and then he came to Russia. I told him, "You have to come to India, because I know one thing by which it can be easily cured. It's a very simple leaf you have to use." And in three days he was all right.

So even if you have to practice that, you don't have to have a guru for that. Why do you? This is just a marketing thing. They'll sell anything. How can you sell anything? Use your brains! By God's grace, you all have much more brains than Indians have. But we have much more wisdom, I think, because we have known all this kind of thing. And thank God, we don't have so much money to waste. Our poverty is a blessing to us, I think, in a way. That's why they have gone abroad. They have formed groups, they have formed this, that, everywhere, and nobody would listen to Me. In America they told Me, "You'd better go back. Nobody is going to listen to You."

Now let's see how the Australians are going to take it. Thank God, I was born in a Christian religion, because I can talk to you about it very clearly. My father joined Gandhiji. Immediately he was thrown out of the church. Because in India people, Christians, mostly they are converted from poor classes, you see. So they think, they believe even now that Christ was born in England " can you beat that?

[Inaudible question]

No, you see, the meditation as I told you is a little attention to yourself. You are not to "do" meditation, but you have to get into meditative mood. As I told you, first you get into the state of thoughtless awareness, where you know everything but there's no thought " that is, you are in the present. You are neither in the future nor in the past, but you are the present where there is no thought. You watch everything, you see everything; but nothing you react. Just there, you are seeing. That's a very great state, because when you just see something " now see, I look at these flowers. Now if you are not a realized soul and you look at these flowers, you think from where they must have got it now and how much they must have paid, all those things, what colors. I don't think like that; I just look at it. And all the joy that is put into it by the Creator just starts flowing down " in the abstract way.

So that first state when you achieve, in that state you start growing spiritually. So achieve that state, you have to pay attention to yourself. Now if I say "Now you pay attention to yourself," you cannot. All right. Now if I say the attention is spread like then like this shawl, and the kundalini is here: she starts coming up like that. So she puts your attention inside. When she puts your attention inside and she breaks this through, then all this attention gets enlightened and nourished by her.

This is to be seen within your life. You see, if I tell somebody about the beautiful place Canberra is, nobody's going to believe it till they come and see it " so better see it! It's very simple. And moreover, see now in this place there are so many lights, you see, and to just to switch them on there must be one switch: just switch on, all of them are there, all right? But supposing I have to tell you how all this was built and how all this came here, and how this electricity was invented and how the source has been built, you'll get a headache. So first thing you get your realization, get your light, then in that light you see for yourself and you, you are not a loser, you don't get into trouble, nothing at all. So first have it and then know " all right? You have not to be very futuristic about it.

All right?

So I am happy that your intellect is now satisfied. You have to now help Me by taking out your shoes, because we have to take help from the Mother Earth. She is such an energy-giving thing. So we can " no, it's all right, if you are sitting on the ground you take out your shoes, that's all. If you are sitting on the ground you are all right, take out just your shoes. And also you feel comfortable.

Now Sahaja yogis, as I requested you, can you go on the back side and ask the people to come here? [Marathi]

You can come this side. Please, come this side. There is room. Please come. Move forward a little bit, just a bit move forward. Yes, you can all move forward a little bit. You have to a little bit adjust " sorry for this miscalculation. Sahaja yogis can go out for the time being. I want you all to sit down, and sit down here closer to Me, would be better. If you sit there it won't help so much as if you can come this side. You have to see Me. Please, if you don't mind, come this side and this side. Are there any Sahaja yogis? She's a Sahaja yogini " no? Not yet. All right, move on, move further. I'm sorry for this, really. [Marathi]

Now " only for people who are sitting on the chairs, not who are sitting on the ground are all right. Are there some people this side, can go this side also? Can you move so that you can come this side, please, all of you? Can you move this side? There is room. Because there's some people sitting behind. You know, if you don't mind, if you could come this side. Some of them can come here. Please come. Yes, some of you can move this side, please. Thank you. Can you come here please, all of you? Yes, please. You, too, madam, come along, this side. All of you come along.

Now, before we start ". Won't you come this side? There is room here, please. Hello " they are Sahaja yogis? All right. The people who are sitting on the chair should put both their legs or feet apart from each other, because these are two powers on the left and the right. The left one is the power of desire, of the common desire; kundalini is the pure desire, power of pure desire. The right one is the power of action. This looks after " left side looks after our emotions, the right side looks after our physical and mental activity. So you have to put your left hand on your lap, very comfortably on your lap, left hand, towards Me. This is symbolic that you want to have your Self-realization.

Now, there are two conditions we have to fulfill in Sahaja Yoga. First one is that you have to be in the present. That means you have to forget the past. To be very frank, you have to know that you are not guilty of anything. Please have no guilty feeling within you. This feeling is absolutely hypothetical and has no meaning. Actually, when you feel guilty this center on the left-hand side is sometimes so ruined that you get horrible diseases like angina, lethargic organs, and also spondylitis. So what's the use of having such a illogical thing like a guilt? If you were guilty really, you would have been in jail. So please believe in yourself. Have faith in yourself that you are not guilty at all.

This is very important because if this center is catching, which I feel very much is catching today here, kundalini won't rise above. So please, please, please just forgive yourself and know that you are not guilty. Many people are told, you are sinners, you are this and that. I tell you, don't believe them. Because I feel to tell even this is a sin. Nobody has right to tell someone like that. So please have no guilt about it. Just forget it. The animals don't have any guilt of anything. Only we with our own thinking have created this institution of guilt.

Now the second condition is that you have to forgive everyone, in general. So see logically again: whether you forgive or don't forgive, you don't do anything. What do you do? "I cannot forgive. I'll try to forgive." But what is there? You don't do anything; it's just a mental process. But if you don't forgive then you play into wrong hands, absolutely. And this center of Christ catches, terribly. If you don't forgive, this center which is very constricted and Christ had to be, go, had to go through that and resurrect Himself to establish this center within you. And He has given us the greatest weapon of forgiveness.

So you have to forgive everyone in general. Don't think who is wrong, who has done me wrong " nothing of the kind. Because when we do not forgive we play into wrong hands. The person who has troubled us, tortured us, is enjoying life. But when we do not forgive that person, what happens to us, that we play into wrong hands and we torture ourselves. Please remember, that is

very important that you should all forgive. Throughout Australia My programs have been, and every time I meet them they say, "Mother, I never felt any cool breeze." Then I have to go on working on them: "forgive, forgive, forgive, forgive, forgive" " and it works. So why not cooperate with Me a little bit, just to say "I forgive everyone." Just to say, in general, just forgive. If you could just say that, it will really help Me a lot. You'll also feel much lighter, much lighter. You are carrying this load for nothing at all.

So these are the two conditions. And the third is a promise: that you should have full confidence in yourself, and believe that you are going to get your Self-realization. Most of you will get today. Some if they do not get, may " we try to get them today, and then later on they can come. But also you must promise that you should not just allow yourself to be drifted away. Like Christ has given a parable, that some seeds were thrown onto lands which were marshy " of course, the rocks were all wasted " but on the marshy lands, and they just sprouted and finished. So you have to grow into your trees, to get to your beings, which is so great. That's a promise from you, and that will help a lot. Because, you see, Divine also has common sense. It doesn't want to work out people who are good for nothing. It's not meant for frivolous people. You see, if you know that this light is not going to work out, why will you try to correct it?

So we have to understand our value. We have to understand our role, how important it is. And it's such an important time at this time, we should not miss it out. After all, you have been seeking, and seeking gives you the right to get to the Self-realization, and then the Divine has a right to expect that you'll spread the light all throughout the world. You'll be surprised, when I went to Russia first, twenty-five Germans rushed " Sahaja yogis " to Russia. I was really touched. I said, "How are you all here?"

They said, "Mother, isn't it our duty? Whatever done by our forefathers we have to undo." And with such gentleness, with such sweetness. You won't believe these German Sahaja yogis are one of the gentlest ones. They handled these Russians, gave them so much love, so much attention. And they have taken the responsibility of the whole of Russia.

So we have to be conscious of our being, and then all this knowledge will be much more manifesting through you. If you do not give, it won't come into you. If you do not open the other door, no air will flow from this one. So you have to give. And when you give, you grow deep also; like the tree when it grows outward, it goes deeper. They're all related. So Sahaja Yoga is a collective happening. It is not individual; you cannot say "I do it in the house" and finished " no. You have to come to the collective. It strengthens you, it strengthens others, and you understand each and everything. And everyone is so much in unison and in love, you'll really enjoy it. Like a nail which is cut out of your finger doesn't grow. So now it is not an individual thing, but it is absolutely a collective thing and is an open knowledge to everyone, absolutely open knowledge to you. You don't have to pay for any one of these things. So may God give you wisdom and understanding about yourself. So "I.

As you put " and now we'll show you first of all, and then you have to do it with your closed eyes. But first you see how you have to nourish your own centers and raise your own kundalini. So put the left hand towards Me, suggestive or symbolic that you want to have your realization. Then you have to put your right hand on your heart. We are working only on the left-hand side with the right hand. In the heart resides the spirit. So we start from there. Then we take our right hand in the upper portion of our abdomen " he'll show you " upper portion of our abdomen, on the left-hand side. (It's better to put inside your coat. He's, he's a realized soul, so it's all right for him!) This is the center of your mastery, by which you become a master. This center has been created by great masters, and it gets awakened.

Then you 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 that you feel manifesting on your central nervous system, on your nerves, by which you know how to handle this power and work it out. This cannot be forced on you. I respect your freedom. Then we take our right hand in the upper portion of your abdomen on the left-hand side. Again press it hard. And then on your heart. Then in the corner of your left shoulder and your neck, like this, from the front. And turn your head to your right, fully, fully to your right. This is the center, as I told you, you catch when you feel guilty. So please turn your head to your right as far as possible. Then we take our right hand onto our forehead across, and put down our head as far as possible. This is the center where you have to forgive everyone in general.

Now we take our hand on the back side of our head and push back our head as far as possible. This is the center where, without feeling guilty, without counting your mistakes, for your own satisfaction you have to ask forgiveness from the Divine " not just

now; I'll tell you later on what is to be done. Now you have to stretch your palm fully. Put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Press it properly. Now push back your fingers as far as possible and put down your head as far as possible. Now push back your fingers, that's very important. Now press your scalp nicely and move your scalp " not your hand so much, but the scalp is to be moved " slowly clockwise, seven times. Put down your head, please. Push back your fingers. Now, push back your fingers, you see, next time when you do it.

You want to be seated? All right, come forward. You can go this side. There's room here this side, you can go this side. Come along, it's all right. Just take out your shoes, now. You can take out your spectacles, because you have to close your eyes and not to open till I tell you. If there's something tight on your waist or on your neck, please loosen it a little bit. Sit comfortably straight, not backwards stretching or forwards bending, but in a straight manner.

Now close your eyes and put the left hand towards Me on your lap, and the right hand on your heart. Please close your eyes. Here now you have to ask Me a very fundamental question about you. In your heart you ask Me three times " you can call Me "Mother" or you can call Me "Shri Mataji", whatever you want to call Me " "Mother, am I the spirit?" Ask this question three times. "Mother, am I the spirit?" Please don't feel guilty, I'm getting these catches very much. Just ask this question.

If you are the spirit you are your own master, because in the light of the spirit you know how to guide yourself. So now please take your hand, right hand in the upper portion of your abdomen on the left-hand side. Here you have to ask another fundamental question to Me, three times, "Mother, am I my own master?" Ask this question three times. I have 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 put your right hand in the lower portion of your abdomen and press it hard, on the left-hand side. Here is the center which has got six petals. So please say six times, "Mother, please give me pure knowledge." You have to ask. Please say that six times, "Mother, please give me pure knowledge."

As soon as you say that, the kundalini starts rising. So we have to clear the upper centers with our self-confidence. So now raise your right hand onto the upper portion of your abdomen on the left-hand side, and press it hard. Here now you have to say with full confidence, ten times, "Mother, I am my own master." Here you have to say with full confidence, ten times, "Mother, I am my own master." Say it ten times.

(Who are these children crying? They are Sahaja yogis? You see, this is the problem is that the gurus, you see, these false gurus are torturing them.)

Now please take your right hand onto your heart. Here again you have to say with full confidence, the greatest truth about yourself, "Mother, I am the pure spirit." The truth is, 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 please say it twelve times, "Mother, I am the pure spirit."

Now, this all-pervading divine Power which organizes everything, creates everything, which thinks, above all it loves us, is the ocean of knowledge, is the ocean of compassion and bliss. But above all, it is the ocean of forgiveness. So we cannot commit any mistake which cannot be dissolved by the power of this ocean of forgiveness. So please now raise your right hand in the corner of your neck and shoulder, and here please say sixteen times with full confidence, turning your head to your right fully. With full confidence you have to say, "Mother, I am not guilty at all." Please say it with full confidence. This is the worst catch today we have here. So please say it with full confidence in yourself, "Mother, I am not guilty at all." Turn your head to your right, fully.

I've told you, whether you forgive or don't forgive, you do not do anything whatsoever. It's just a myth which you are carrying. And this myth has burdened you so much that you torture yourself. So now raise your right hand on your forehead across, and very gently put down your head on your hand, resting as far as it is possible. Here you have to say again with full confidence, and please say it from your heart, not how many times. Please say it from your heart. Don't try; just say it from your heart. It's very important. "Mother, I forgive everyone in general." From your heart, not how many times, from your heart. It's the greatest weapon you have got.

Now, please take your right hand on the back side of your head and push back your head as far as possible, holding your hand tight on the back side, pressing it down hard on the back side. Here you have to say, without counting your mistakes, without feeling guilty, just for your satisfaction please say, from your heart again, not how many times, "Oh, divine Power, if I have done any mistakes, knowingly or unknowingly, please forgive me." Say it from your heart again. Push back your head as far as possible and hold it tight, on both the sides.

Now please stretch your palm fully, and put the center of your palm on top of your fontanel bone area which was a soft bone in your childhood. So is important you push back your fingers, fully. Here again, I cannot force Self-realization on you. You have to ask for it. So now please put down your head. Please put down your head. And now move your scalp slowly, seven times clockwise, saying seven times, "Mother, please give me Self-realization," saying seven times, "Mother, please give me Self-realization."

[Shri Mataji blows through the microphone]

Now please take down your hands, and open your eyes very slowly. Very slowly open your eyes, very slowly. Put both the hands towards Me like this. (You stand up.) Higher. Now put the head down, and see with left hand if there's a cool or a hot breeze coming out of your own head. Now don't doubt it, please see it clearly " you have to certify yourself. Now see clearly if there's a cool or a hot breeze coming out of your head. You shouldn't put your hand on top of your head, or it should be above your head. Some people do get it very far away. So try to move it on both the sides up and down, and see for yourself if there's a cool breeze or a hot breeze coming out of your head " fontanel bone area. Now please put the left hand towards Me. Again bend your head, and with the right hand you see. Gently you can see. It's a very subtle thing, so be careful. Some people get it as a great rush also, some get it in a very big way, but some get it in a very subtle way. But don't get confused.

Now please put your right hand towards Me. Now bend your head. Bend your head and see for yourself if there's a cool or a hot breeze of the Holy Ghost coming out of your head. Now raise your hands, both of them, towards the sky. Raise your hands and ask a question, "Is this the cool breeze of the Holy Ghost?" or "Is this the all-pervading Power of God's love?" which is called as "ruh" also, or "Is this the Paramachaitanya?" Ask this question. Push back your head fully and ask this question three times, any one of them three times. Ask any one of these questions, three times. This is the first time you'll be feeling this all-pervading Power.

Now take down your hands, please. Put your hands like this. Now watch Me without thinking " you can do it. (Should I stand?) Just, you are in thoughtless awareness, just see; even if you cannot see Me you are in thoughtless awareness, absolutely relaxed. All those who have felt cool breeze or hot breeze out of their fontanel bone area, or they have felt it on their fingers or on their hands, please raise both your hands. The capital of Australia! May God bless you all. So many of you have got it. It's all over! See, but don't doubt it, don't doubt it. It's all over: you can go home and close your windows and see, it's all there. But you feel extremely relaxed and happy.

So now, I know it's time, but still I would like to meet you people, those who have felt the cool breeze. Those who have not felt the cool breeze could go into another room and these people will try to fix it up for you. But those who have felt it, I would like to meet them first, and those who then get their realization there could come and see Me. But some people did not do it, so that's not our responsibility in any way. In the meanwhile there will be some very nice music, and now you will enjoy this music better.

1991-0414, Interview at Sydney airport

View [online](#).

14 April 1991

Interview

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Interview, Sydney Airport (Australia), April 14th, 1991

[No sound for 18 seconds]

Shri Mataji: ... Austria, England.

Someone: And India.

Shri Mataji: Of course!

[Unclear conversation about the girl.]

Interviewer: I'll keep asking questions. I don't know anything about Sahaja Yoga at all. Is it like a religion or is it like an exercise?

Shri Mataji: It is an evolutionary process. It's the last breakthrough.

Interviewer: It's the last?

Shri Mataji: The last breakthrough of our awareness.

Interviewer: No further to go?

Shri Mataji: No. Then you grow them. After that, you just grow into spirituality.

Interviewer: You just grow it.

Shri Mataji: Into growth.

Interviewer: You grow it.

Shri Mataji: Yes. First, you have to be connected to the All-pervading divine Power, which we have never felt so far. We have heard about it. But this power does all living work, all living work, which we take it for granted.

Interviewer: If this is this power, that you are talking about, that does all the living work, do you have a name for it?

Shri Mataji: I beg your pardon.

Interviewer: This power that you're talking about that does all living works

Shri Mataji: Yes.

Interviewer: Do you have a name for it?

Shri Mataji: Name is called as the power of Holy Ghost or this is All-pervading Power of divine love.

Interviewer: So, does Sahaja Yoga take into account the process [unclear]-

Shri Mataji: Yes, Sahaja Yoga is. Sahaja; 'sahaj' means 'with'; 'ja' is born, born with you. It's this right to be in 'yoga' means the union with this divine Power.

'Sahaja Yoga.'

Interviewer: Right. Sahaja Yoga, what does it mean?

Shri Mataji: 'Saha' is 'with'; 'ja' is born, with every human being -

Interviewer: Right.

Shri Mataji: is the right to be in union with this all-divine Power which we call it as second birth. But it's an actualization, it is not just a brand or a certificate. It's an actualization it happens to you. It's a happening.

And you feel it as cool breeze, this divine Power, and also you feel the cool breeze coming out of your fontanel bone area, through your soft bone area, which is the actualization of baptism. It's the actualization again. It's not just talking about it.

Interviewer: I see. Why do you do this? Why do you travel around the world?

Shri Mataji: It's such a satisfying thing! Now the whole world is full of chaos, so many types of problems. And all of them, mostly, are created by human beings, because they have no absolute knowledge, they have no absolute truth. They have to have their

transformation.

Interviewer: And you provide the transformation?

Shri Mataji: Not me, you all have got this within yourself. It's your own power.

Interviewer: So, you just -

Shri Mataji: Yes, I trigger it. But when you get it, you can also trigger it. It's like one light, which is enlightened, can enlighten another light.

Interviewer: So, is it - how do you fund traveling around the world like this?

Shri Mataji: Funding?

Interviewer: Yes.

Shri Mataji: First, mostly my husband used to bring me money to do that.

Interviewer: He works in the United Nations?

Shri Mataji: Yes in the beginning. But now, these people, I have thousands and thousands of disciples and they have a traveling fund for me, of which I am not aware of what, how they keep it. And they pay it to the aeroplane, not to me.

Interviewer: What will you be telling people in Australia?

Shri Mataji: I'll tell them that this power is within you. 6:04

And this is what all the scriptures have said.

Interviewer: Scriptures from every religion?

Shri Mataji: Yes, all the scriptures have said that, 'You are to be born again'.

Interviewer: You are?

Shri Mataji: 'You are to be born again'.

Interviewer: That's the Christian scriptures.

Shri Mataji: Christians, Hindu, Muslim, everything, anyone. Tao, Zen, Buddha.

Unless and until we are born again, we cannot see the reality that they are all one. They are all born on the tree of spirituality, like flowers. We have plugged them and we are carrying those dead flowers. And we become very self-opiniated, as if we are the sane ones.

Interviewer: So, there are dead flowers fallen off the tree.

Shri Mataji: Yes, these are dead. And that's why there's fundamentalism that's why there's this fight going on. And also these dead flowers, just dally your spirituality. You do not seek any further. You're just finished with it. Like a Hindu will go to a temple, or a Christian will go to a church, at the most. And a Muslims will go to a mosque: maybe they might end up with fundamentalism, also, I would say that. But the higher seeking is not there. Ascent is not there. They're done.

But there are many seekers, I must say, in the world these days. William Blake had said so. There will be many men of God, who'll seek God. And then, they will become godly and make others godly, he said it.

Interviewer: Who said that?

Shri Mataji: William Blake.

Interviewer: William Blake.

And how do we use, how do we get access to the power?

Shri Mataji: Access?

Interviewer: Yes, how do we get to the power? How do we get back on the trail?

Shri Mataji: It's within you, it's just spontaneous. It's a living process.

Interviewer: And you do it through meditation?

Shri Mataji: Just, no. Just it works out, in about 10 minutes time, for masses. Then you have to- then you have to make this connection firm, this connection firm, so that you are established into it. Because people are so conditioned and there are so many problems. Because this power Kundalini, which is the connecting power, passes through six centres. They might be blocked, you see. So, it has to go back, correct it. So, you have to know about it, what is this, the 'modus operandi' completely. It's not something out of the blue. It is- everything you have to know. You have to know the complete knowledge.

Interviewer: So, you have to completely understand.

Shri Mataji: Yes.

Interviewer: About the Kundalin and the six centres.

Shri Mataji: Yes, yes. But it is very simple because, look at them, they have never had heard about Kundalini. But they are so capable and they know it. Because once you have the light, you see, you start seeing the things so clearly, working out. And it's a proof there, of everything that is said. Moreover, you become absolutely free from all kinds of addictions and things like that, absolutely. You are a free bird. You become very capable also, because you can bear any power, you can bear any money. Apart from that, your awareness gets into another dimension, called as 'Collective Consciousness' which Jung has said. Jung has talked about it, Collective Consciousness, where you feel your centres on your fingertips: that is Self-knowledge. And you can feel the centres of others, also on your fingertips.

Interviewer: What do you think is the chief problem in Australia? With people.

Shri Mataji: Chief?

Interviewer: Yes, the biggest problem. The people falling off a tree [unsure] how's it like. You talked about American, how they are materialistic. And that is something that probably, the Americans have spread. Do you think that's the problem here as well?

Shri Mataji: I think that Australian's problem is this that, they should have self-confidence and they should not try to follow Americans or French. They are great people.

Interviewer: Have you been here before?

Shri Mataji: Yes, many times.

Interviewer: How many times?

Shri Mataji: From 78, I've been coming here.

[Cut in the video]

One or two years I did that.

Interviewer: And you found here that we are trying to follow the Americans too much, is that what you think?

Shri Mataji: Americans are absolutely very conditioned by their money and this guilt. They have no sense of spirituality. They are very enamoured by people who ask for money. They talk like this: what is the bargain?

Interviewer: And you're not like this?

Shri Mataji: No, not at all.

What can you pay to your Mother Earth which gives you all these flowers? It's a living process, I said.

Interviewer: You make a comment and you are quite [unclear] on what is done -

Shri Mataji: About what?

Interviewer: About femininity.

Shri Mataji: A what?

Interviewer: Femininity.

Shri Mataji: Yes.

Interviewer: Do you say then that you are the final point in the triangle, just, 'mother, father, son', and you are the Mother.

Shri Mataji: You see, I wouldn't say anything. Because why should you believe me if I say something?

Interviewer: Yes, right.

Shri Mataji: Isn't it? I would say that, you'd better get your Self-realization first. And then you will find out about me. You know, because Christ was the son of God, no doubt about it. But when he said it, they crucified him. Now I don't want to get crucified.

[Laughter]

Interviewer: We'll not crucify you.

Shri Mataji: They might, you know. I don't know, human beings sometimes they grow really crazy.

Interviewer: Ok, so if I could rephrase the question, "Do your followers believe that you are the Mother after the Father and the Son"?

Shri Mataji: They do believe and they have found out something, that's why. Actually, they were in search of the Holy Ghost from

England. And then, they landed up to a point where they had to find these three things in a personality: one is the Comforter, means physical comfort, means you should get cured by that. The second is a Counsellor, who has all the knowledge. And the third is the Redeemer who can give you the ascent.

Interviewer: The?

Shri Mataji: Redeemer.

Interviewer: Redeemer. Right.

Shri Mataji: Who will give you the ascent. And they found out- they were seekers of maybe seven or eight people from England - they started the seeking. And even from here some people went down like that to India, everywhere. And they found this in me.

Interviewer: So the, do you claim you heal? Can you heal?

Shri Mataji: Yes, of course. They can also heal. It's not 'I' heal. I don't heal. Your own Kundalini heals you; it's your own power [that] heals you.

Blood cancer: so many things we have healed. There's two doctors who have got M.D. [Doctor of Medicine], in healing, in Sahaja Yoga. We have a doctor here Dr Bogdan. He is from England. But now he's helping me in Russia.

Interviewer: It's quite taken off in Russia, isn't it?

Shri Mataji: Oh, very much.

Interviewer: Why do you think that is?

Shri Mataji: I think they have no conditionings of any kind; you see. Their spirituality is still quite fresh. They are seekers. Of course, there are at least 30 percent people who are just asking for American jeans style, also, there.

But 70 percent are such. Their scientists and their doctors and their professionals are very well equipped, because they are looking for something. And they are not conditioned. I think, basically, they are very introspective, throughout. If you read literally [unsure], I mean read anyone of their books, even a romance or anything, they are very introspective in their temperament.

Interviewer: Like Tolstoi.

Shri Mataji: Yes, Tolstoi, Tolstoi and others also, it's [unclear] punishment, if you read. Throughout he is introspecting himself, "Why am I doing it? What is the need?" You see, it's always a dialogue between himself that, "Why should I do such a thing?" And that is what is their character.

Interviewer: It's not because they don't have any materials and they don't have any-

Shri Mataji: Also, I think, materially, they were quite satisfied in a way, because they got everything. But now they have become lethargic about it. I don't think they are very materialistic also, not very materialistic. But the only thing now, these bureaucrats have created artificial problems for them there, because they don't want democracy to come in. But they don't want also Gorbachev to be successful. So, it's all artificially created: lot of food, everything is there. But I think it will be a very strong nation one day.

Interviewer: Do you speak Russian or do you have translators? 16:47

Shri Mataji: Little bit I know. but watch! It's very close to Sanskrit.

Interviewer: And you speak Sanskrit?

Shri Mataji: Ah, yes. Speak; I know Sanskrit, because this is not spoken.

Interviewer: Yes, it's a written language, I'm sorry. You're wearing all crimson and red and purple, I noticed.

Shri Mataji: Anything, it's a decent-

Interviewer: Is that for a reason?

Shri Mataji: The reason I wear saris, because our country lives on it.

Interviewer: But the colours?

Shri Mataji: No, 'colours' are nothing, I just-

Interviewer: You're ready for colours all the time?

Shri Mataji: Anything. You see, this was decided by them, I should wear this. So, I said, "All right, I'll wear this". Just to please them. But for programs, I wear white. Because if you are in white, normally I like white, then there are, at least, no problems about colours. Otherwise, they start thinking, you see, as you too started. It also matches with your coat.

Interviewer: Yes, with my coat.

[Laughter]

Shri Mataji: And with this also.

Interviewer: I was going to ask I don't know much about the Indian cast system but about the mark here. [Bindi]

Shri Mataji: That's the married side. A married lady has to wear that. But also, it's a part of a center, the optic chiasma, where it is decided by Christ himself, the optic chiasma, where it's this, like this, the optic chiasma. And it has two windows: one is this, one of the centres, and one behind. So, this is the centre which is covered with this [Kumkum]. It's safer. That's also why Indian women wear, because if it is not safe, women are very sensitive and especially Indian women and with this thing, they feel protected.

The sign of marriage also is, you see, you're protected because you're a married woman. Nobody can trouble you.

Interviewer: You don't have this [a ring] for sign?

Shri Mataji: We have that also.

Interviewer: As well.

Shri Mataji: Because I have that, but not always. This is another sign [Mangala sutra]. There are nine signs, all together, there are many [Laughter]

Interviewer: They like to advertise.

Shri Mataji: Yes, but married women are very much respected in India, regarded as very auspicious. And I think, in India, our economic politics, the political situation is very bad, absolutely hopeless, and men have made a mess of it.

And now we have, our society, of course, is well, our societies.

Interviewer: You need another Indira Gandhi to come into [unclear].

Shri Mataji: She was all right, but she also started becoming like a man. So, it's difficult with these women when they join politics, they start competing with men. They don't keep to their womanly qualities. If they become motherly, then it is much better, I think.

Interviewer: Do you know much about what goes on in Australia? What's going on at the moment?

Shri Mataji: I know, I know a lot. I'm thinking about it.

Interviewer: Do you know about what's happening in Western Australia as federals [unsure]?

Shri Mataji: Yes, yes but I know the problem is with your labour, it's an ancient problem. My husband was in charge of shipping. He always used to say that Australians labour is very difficult. Even for bending, they want more money, this sort of thing.

Interviewer: And even for bending they want more money.

Shri Mataji: Bending down. [Laughter]

And I think the labour is causing all the problem to you. But it's possible if you can, after this recording, if you can write it down that; if you people can really find out where do they spend all this money and publish it, that will solve the problem.

Interviewer: It's just the money that they had in [unclear].

Shri Mataji: What I heard is that they, they either drink, they are alcoholics or-

Interviewer: Oh, I see.

Shri Mataji: Or they gamble.

Interviewer: The workers, the labours.

Shri Mataji: Yes. So, this money is wasted also. Instead of, you should have done something for their children, for their wives. It would have been much better.

Interviewer: OK.

Oops. [One of her notes falls on the floor. Shri Mataji bends down to pick it up.] I'll get it. Thank you very much. Thank you for your time.

Shri Mataji: Yes. Nobody else?

[People and Sahaja Yogis are chatting]

Sahaja Yogi: [Unclear]

Shri Mataji: All right. What's this?

Lady: There are copies for you, actually.

Shri Mataji: What about this?

Lady: And these are just different stories that have appeared, so far, in the papers.

Sahaja Yogi: [Unclear]

Lady: Thanks a lot.

Sahaja Yogi: [Unclear]

[End of video]

1991-0414, Shri Ganesha Puja: The Innate Maryadas

View [online](#).

14 April 1991

The Innate Maryadas

Ganesha Puja

Canberra Ashram, Canberra (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Canberra (Australia). 14 April 1991.

This will be the fifth puja in Australia, and I thought that this is the land of Ganesha, [so] we should have the Ganesha Puja. It is very important also, very helpful. We all should have Ganesha Puja, it's very important. And so today there will be Shri Ganesha Puja. Have you got the hundred and eight names of Shri Ganesha?

So we have now requested John Fisher to be your leader in Canberra. And he has agreed.

I don't know what more to tell you about Shri Ganesh, because really it is so important that we have to know the importance of Mooladhara Chakra. If you read the newspaper, just on the first page you find people going amok as far as their moral sense is concerned, absolutely. I mean, to us it is something so shocking, and perhaps I think people are possessed on their Mooladhara Chakra. The way they behave, one feels that there's something gone wrong with them completely and they have no control over themselves; and just like mad people they are behaving. And all these problems that are coming, of these perversions, are due to this kind of a possession on the Mooladhara Chakra. One has to be very, very careful and respectful about it. I have already told so many things [about] how to keep it clean, how to respect it, and how to behave yourself.

As you know, Shri Ganesha was created at the gate of hell to protect us from falling into hell. But actually when we insult Him and we do not care for Him, He just sleeps off. When that happens, any kind of a possession can come and can really make people mad. When you come from India to these places, you are really surprised and shocked: What is wrong with these people, how can they be behaving in this manner? How can they go all out to ruin themselves like this? And how is it they do not understand the importance of morality when they are following Christ?

The Christians, I think, are the worst as far as morality is concerned. They have no moral values left in them. It's such a sad thing that the number of people killed by Christians is also the maximum. Sometimes I think these people who were killed everywhere might have possessed the Christians this way, that they are just going amok and behaving in this manner, destroying themselves.

Now the first quality of Shri Ganesha is that He gives us wisdom. And that wisdom gives us the sense [of] how to behave, gives us the balance, and gives us the sense [of] how to behave towards ourselves—how to preserve yourself, how to respect yourself. But if Ganesha is not at all there to watch you, it might be from hell some horrible hellish bhoots are coming out – or I don't know, I cannot explain this kind of a thing. Now [it is] the other way round, I'll tell you, in India, especially with women, they are extremely particular about their chastity, extremely particular.

Like we had a queen called Padmini, and she was a very beautiful woman. And one Muslim aggressor who became sultan heard about her beauty. So he wanted to see her. So she refused: "I don't want to see him." Even seeing a woman like that: those bad eyes, are bad – seeing a woman also – are bad.

So he said, "If you do not allow me to see her, I'll invade your country." So she agreed that, "All right, he can see me in a mirror, so at least his bad eyes don't fall on me directly." She agreed to that. And he saw her in a mirror, and he saw that it was even more beautiful than he had thought her to be. So now he wanted to have her. So physical, so superficial. And he said, "If you now do

not come to me, I will again attack.”

So they made a plan: “Let us now decide whether we are going to surrender our queen or not.” So everybody said, “Nothing doing. We are not going to surrender.” Because the chastity of a woman is very important—and that of a queen. And a queen, who is representative of all the womanhood, should not be sacrificed like this. They could not bear the idea even.

So they said that, “All right, we’ll organize something and cheat these people.” So they sent a word, “All right, we are all coming and the queen is coming too.” And they sent a hundred palanquins—we use palanquins for ladies in India, covered—and inside every palanquin there was one warrior sitting with all the weapons. And there were four carrying the palanquin, and all these four were also warriors. So, thus, they have about five hundred warriors. It was a small kingdom. So when they went down, these people were very happy: “The queen is coming!” And they were all getting drunk and celebrating it: “The queen is coming. Queen is coming.” So they were half drunk also.

They had told these women that, “In case we win, then we [will light] a fire and you will know that we have won. But if you do not see anything like that, then be sure that we have lost the war.”

So the king sat in the front palanquin, and the rest of them, and they went and attacked them, in the sense that they first entered inside, and then instead of the queen the king came out, and they all fought those people. But they were only five hundred so they could not be saved, and these people had better weapons, so they were killed. They did not light the fire.

Now the women knew that all of them will be coming. Now they were very rich sultans, very rich Muslims and things like that. But they thought that now their chastity is in danger. So there was a big platform and they made a big pyre on that. And they all entered into it and killed themselves, before they could enter and touch their body.

So for women, especially, it is very important to have a great sense of chastity. And if they do not have the great sense of chastity, then they develop all kinds of funny ideas, and mentally they become very imbalanced. And the children that they have also become very funny and you have all these problems of perverted relations, incest relations. Today I read a horrible story about a little girl who suffered with this incest relationship.

It’s hell that we have created. In hell, what else is going to be? Same thing. There’s no sanity about it, there’s no wisdom about it.

So we have to now understand how we have to build ourselves as Sahaja Yogis. Men and women, all of them, have to go hand in hand, because the first quality I told is wisdom, but the essence of Mooladhara is innocence. They are made of innocence. The power of Ganesha is innocence. And innocence comes when you do not destroy it. Actually a child is born innocent, but if the mother is like that, immediately the child takes over. And if the father is like that, the son takes over. But later on it has the effect, whether it’s mother or father. The whole society is decadent, is in decadence, is going down. You can see it so clearly.

Thanks to certain great saints in India, who made the culture of India—it has not come from any philosophers or any writers or intellectuals, but it has come to us from the saints who understood the value of chastity, and who understood the value of innocence. And they have built the whole thing in such a manner that these things never enter into our head. So we call them as *susamskaras*, means “good conditionings.” These good conditionings are surrounding us so much that this never enters into our head, all these kinds of things that people are doing here – are mad. When it doesn’t enter into your head, we can say that we just do not allow these possessions to come in.

Because if you make preparation in a way for these possessions to come in, then the possessions will be there. Like the way people dress up nowadays, you see, they look like really witches or bhoots, absolutely. And such people will be definitely attacked, because the bhoots think that, “These are someone like us. Let’s go enter them.”

Also Agnya is not to be covered. I have told a hundred times, please don’t cover your Agnya. Please clear it down. Don’t cover your Agnya. If you cover your Agnya, then you cannot be protected. They enter into your Agnya and from Agnya they can go up to

your Mooladhara. So you are living in an atmosphere which is very dangerous for saints to live. Actually that's why they said the saints must go to Himalaya. If they could say that to Indians, I don't know what should I say to people who live in such horrible circumstances, absolutely horrible. I mean, you think about it, how terrible it is, and how many problems it gives us; how many people are ruined, how many children are ruined, how we go amok.

So the first thing is that we should understand that Ganesha gives us maryadas, limits. It is innate within us. It's not imposed on us, it is innate. A little girl if you see, she's shy, she knows how to protect herself. Even the boys, they are shy and they try to protect themselves. But that innate innocence we try to flout, because ego is there: "What's wrong?" You tell them anything: "What's wrong?" And you do not know how devastating it is.

In London I know of so many parents telling Me that their children are already squatting, they have already got children. At a very young age, about fifteen, sixteen, they have got children. And this is so widespread, and so shamelessly they discuss [it]. I mean, in the newspaper if you read, I mean you can't imagine why to write all these things in such details in the newspaper. There's no need to write each and every thing in the newspaper.

But basically, we are good people. God has created us [as] good human beings. We are beautiful people, but this ego and this kind of a stupid idea that, "What's wrong?" in doing anything, coming from ego. People have gone amok, and when you go amok, you get caught up by these bhoots. And then once you are caught up by these bhoots, you start behaving in a manner that no one can explain. "Why do they behave like this?" I just don't understand.

There was a boy who came with all his hair not properly done and looking funny and with all these jattas, as we call them. So I asked him, "Why do you dress up like this? You look like a primitive man." He said, "I want to be primitive." I said, "You cannot. Your brain is modern. By just making such hair, are you going to become primitive? You cannot become primitive." But just imagine, all these external things they do. For what? To have an identity. Now this idea of identity is also a sign that you do not have your maryadas. You can do anything. You can become a punk, and all kinds of things you do. I mean, there are no maryadas. And that means you are denying Ganesha completely.

Ganesha has created those maryadas innately within us. Even a prostitute in India, if she has to take to that profession because she's forced into it—maybe she's been brought from somewhere or maybe that out of her big problems she might have been a prostitute—she will see that her child is saved. She knows that it's wrong. But here it is so bad that we do not know also that it is wrong. Can you imagine? This is the limit of things, that you see yourself getting drowned in the water and you know that you are going to be killed, still you are enjoying, "Very nice, I am going to be killed". This is the situation of the wisdom. This is really shocking.

So we have to now understand what our maryadas are, how we have to live within our maryadas, and I'm sure [this can be done] if you really work out your Shri Ganesha. For that, the best is to meditate. Put yourself on some nice turf, grass. Sit on that. Put your left hand with the light, and right hand on the Mother Earth, and say Atharva Sheersha. If you can remember it by heart, it's a very good thing. Otherwise, you can keep the book and read it, or say Ganesha's mantra to begin with. It's going to help you very much. It's going to help you, your eyes, it's going to – your whole thing – is going to be very nice.

And also with this kind of a mad Mooladhara, a woman can become extremely aggressive with her husband. I mean, she can be a very cruel woman, and that's what is happening in America now. But I can't understand how women could be that cruel. I mean, I never used to think women could be cruel, really. I mean they could be sly, they could be, sort of, doing some scandal-mongering or some sort of stupid things like that. But that a woman should be a cruel woman! When I first read the history of England, I was surprised that there were some queens who were very cruel, and also that there were seven queens who were killed. In India, if a king kills even one queen, he'll be ousted completely from the whole country.

So, it's not a very simple thing. It's very serious. For Sahaja Yogis it's very, very serious. They have to revive their innocence. They have to revive their maryadas. They have to delimit themselves. It's very important. Otherwise, as I would say that if you have some wheat spread out everywhere, how can you reach the heights? You have to put them into some bags [planter], some

maryadas. Only by maryadas you can rise. Of course the Kundalini will help. Of course Ganesha will help also. But we should also try to watch ourselves. There should be introspection: "Are we still in the same category?"

I have told many people that it is better you walk with your eyes towards the grass, at only three feet, because at three feet you can only see children, flowers, and grounds. Not higher than that. Nothing very beautiful is beyond that, I think. Or raise [your eyes] much higher, so that you just see above the heads of people. Nothing in between. And our whole style, lifestyle is so funny; I just don't know how to explain it, but it is accepted.

Yesterday, there was an Indian and very seriously he came and told Me, "I have been committing one sin, so I must tell you." I said, "What?" "In my family nobody takes beer, but I am taking beer sometimes." After that I didn't know where to look and what to say. Very seriously he said, "You are Mother, so I must confess to You, but now I will never touch beer." Imagine. Very seriously he was talking.

And another fellow came, who has told Me – I said, "Now you Indians don't want to come to this thing. What is it, you are all making money?" He said, "We have made a lot of money here and we don't want any money." But I said, "Then why don't you come? You should come and take your – to Sahaja Yoga. Why?"

He said, "You see, Mother, mostly the trouble is..." – with very great hesitation, he said that – "...you see, mostly it is not advertised in Indian papers, and we Indians think that we are rather of a different species, you see. How are we going to fit in with these people, because you see, their ideas are so different, ours are so different, and how are we going to fit in with them? It's very difficult. But this time I saw some Indians also and some Indian musicians singing, so it seems that we can fit into them."

"Yes," I said, "They can fit in to you and you can fit in to them. It's easy. They are your style only." He said, "We were really enamoured how they were nice, you see, and they were..." Because they do not consider that these things are bad or anything. India is like that, you see. They think you are of a different bottle and they are of a different bottle. So you are like that and they are like that. They cannot be like you and you cannot be like them, so they think it is a different bottle you belong to, you see, a different category of people. But they don't think that you are bad or good, they don't pass judgment.

But this is what it is, that we have to understand that we have gone too far with this madness, spoiling our Shri Ganesha.

Also Australians have to give a very big lead in Shri Ganesha's area because you are sitting on the soil of Shri Ganesha. To all the Sahaja Yogis, you must show. But, as you know, we had horrible experiences so far, and how people have been dominating and doing all kinds of nonsensical things, money-wise and otherwise, also morality-wise.

So it sometimes upsets the whole balance of Sahaja Yoga because it's all depending on Shri Ganesha—that means depending on Australians. And Australians have all the possibility of reaching a great height in Ganesh Principle, because they have the Mother Earth here sitting down. What else do they want? You need not take to stupid American-style things. I mean, if you see their Hallowe'en, I tell you, you won't eat your food for eight days. And if you go only to Rio, even [if] you do not visit their carnivals but even if you see the pictures, you won't eat your food for one month, so horrible they are.

So are we going to follow them, or are we going to start our own Australian Shri Ganesha's special people? Or, this I have to warn you—and people are all watching all over, all Sahaja Yogis are there; you know that all over the world we have Sahaja Yogis. They're watching everyone, and you have to do your maximum to express your Ganesh Principle, which should be very easy for you.

And as I have told you, that Australia was a part and parcel of India once upon a time. It has come down here. So, at least in your films and all that, you can say they're dharmic. They are dharmic. They're not so bad as the American films are. But still, this idea of copying the French or the Americans shows that we have lost our personality. But Shri Ganesha gives you a personality. He gives you your personality because He gives you maryadas. You see, by maryadas only, you get your personality. A person is

known by his maryadas. And that's what has to come within us, are our maryadas.

So today's puja is about Shri Ganesha. As of course you know, He has got four petals, and you know what He is placed in and what He does and all that, and how He looks after the chastity of His Mother and all that. But the main thing is that, how we develop Shri Ganesha within us. How people see us as the incarnations of innocence on this Earth.

I know it's very difficult, but imagine Shri Ganesha sitting on the gate of hell, of excretion, because He's just like a lotus, above everything else, and He makes everything fragrant.

In the same way, I expect all of you, the Sahaja Yogis of Australia, to have that beautiful personality of Shri Ganesha, and that you emit that fragrance of innocence among all the Sahaja Yogis, and then among all the world.

May God bless you.

1991-0415, Compass ABC TV Interview

View [online](#).

15 April 1991

Interview

Canberra (Australia)

Talk Language: English | Transcript (English) – Draft

TV Interview, Canberra, Australia, April, the 15th, 1991

Shri Mataji: Yes, it's not necessary [about the mike].

[Marathi]

You can hear Me otherwise, can't you?

Sahaja Yogis: Yes, yes, Mother.

Shri Mataji: I wanted to thank you all for coming to the airport. I know you would not stop coming whatever I may tell you. And everywhere is just the same but when I left the people in Canberra, I was sad because after a year, I'll meet them but then to see you all here again, I felt all right. It always happens like that specially for children; They grow so much in one year and still they remember Me very well. You have to be careful about them and look after them well. They're all very sweet and beautiful. I'm going to see this preschool year how it is working for small children. I know the atmosphere in Australia is not very congenial for children's growth. Firstly, is this drug business, it's too much.

So, you've to be very careful with your children. You must talk to them, you must look after them, you must know what they are doing, where are they going. Keep company with them, make friends with them. You should find out what are their friends are like – not to curb down their freedom or their sense of self-respect should not be challenged. But you can tell them that you are Sahaja Yogis and you are great. Also, you should warn them about these things because there's a big attack on the innocence, I think, from every angle. They're trying on these children and using them for something very dangerous.

I was surprised that in Miami, 12 years children were carrying pistols in their hands and killing people, you see. So, we have to be now very careful. There are some negative forces just starting a kind of a destruction of the innocence and you have to be careful where they go, what are their interests are. Try to talk to them all the time. It is always a worry to Me about them because you both are working sometimes. Then somebody else should look after the child.

Don't leave the child alone. First thing is to look after the child for any mother and then the job. You can reduce lot of your expenses by that. Say, if you have to go to a job, you have to wear dresses every day, you have to go a hairdresser – all these things can be reduced, and enjoy looking after your children, at least till they are grown up enough to understand what is good for them and what is bad for them. And you can never forgive yourself if your child gets ruined because of neglect. It's nice now you are Sahaja Yogis and you understand what these children are. They are special children you have and you understand their value.

Also, for all of you, I find such beautiful faces like flowers. We have to understand that you have got this Divine power now within you. It's flowing through you but you have to give it to others. Unless and until the tree grows, it cannot go deeper and then when you go deeper into yourself, you'll find that this Divinity is waiting just to give you a greater understanding of yourself and about the problems of the world.

You understand that this transformation is so important and all of you have to work it out in your own lives. It's not how many books you read about Divine, it's not about how many lectures you listen to about Sahaja Yoga, it is what you practise!

You have to practise righteousness, you have to practise kindness, you have to practise sharing with others. And always introspect yourself – that's very important. As the Russians are very introspective, you have to introspect to see, "Why am I doing this, what is the necessity to do this?" And as you have the light within you, you can see it clearly.

There are many superficial things, superfluous thing which we do. We hurt each other as a matter of habit sometimes. Try to find out, don't feel guilty, just face it. It's so nice to love someone without any reward, without any expectations – just to love in the pure way. As it is, I am so happy to see that such pure relations exist among all of you. Absolutely, I have not seen anyone, sort of, carrying on with somebody's wife or somebody's sister or something. And that you have such nice married life and such beautiful children to look after.

So, family is a very great thing for Sahaja Yoga. The family unit has to be absolutely pure, simple and understanding. Also, the balance that we have now, we know how far to go with things. So, we need not go on buying things, so many things that all the plastic fills the house. Try to keep to more artistic things, develop your artistic talents – we have lot of scope in Sahaja Yoga. This is for every day to day, mundane life.

It's very important that we should try to be competitive with others in righteous, in goodness, in being kind to others – not jealous about some things that are so frivolous and which anybody can buy. As you know, we are different people, very different. In the evolutionary process, you have achieved this, you must be some great people in your last lives. I think that you are seeking. There may be many, many more in every country and specially in your country who are seeking the truth, who are not satisfied by going to the church or going to the temple or just going to some mosque. And they must be wanting to know what is further, what is the Absolute what we have to get. But deal with them carefully. Do not force your ideas. They might, by your own life and your transformation, your happiness and joy, your family life, they might themselves see it so clearly. So, in a very gentle way you will spread the good news of Sahaja Yoga.

Have you any questions now? I'd like to know. Ne? [No]. What do you think of the school in India?

Sahaja Yogi: I beg Your pardon?

Shri Mataji: You saw the school in India?

Sahaja Yogi: Yes.

Shri Mataji: What do you think?

Sahaja Yogi: That was very, very good. The children really made a ice pack factory just to build their vibrations on. To get in touch with the Spirit.

Shri Mataji: Yeah. And also, you see, we have used the colours which will suit the children and we've got all the things and I'm going to make the teachers also wear clothes that will appeal to teachers and not to be like military dresses, you see. [Laughter]

I'm already looking out for some sweet designs for children to wear. Because they should know that world is not a military world but it's world of happiness and joy and a sense of beauty comes to them, when they see something nice and beautiful.

So also, like keeping the rooms tidy is easier if you make a beautiful room. If it's a beautiful room the children want to keep the beauty, they want to maintain it beautifully. Also, in the school, we'll be introducing arts, crafts, so many things, horse-riding, mountaineering – all these subjects we're going to have for that. I'm sorry you all missed it.

[Laughter]

Sahaja Yogi: It's so nice having all the children from all the countries coming.

Shri Mataji: I beg your pardon?

Sahaja Yogi: It's so nice having the children coming from all the countries around the world. Shri Mataji: Yes.

Sahaja Yogi: Together.

Shri Mataji: Because- yes. And of all the religions. You see, it's such an integration, you know. And they do not have these conditionings or anything and you should see the way the children greet each other. And they haven't got racialism, nothing: you're not to tell them because they're so innocent and once they develop in that atmosphere, they become perfectly all right.

Also, we are starting a school there which is called as Arts and Crafts – 21 Arts and Crafts. We're going to teach women how to cook, that's very important. [Laughter]

You can also have one like that because the best way to win your husband is through his stomach. [Laughter]

Sahaja Yogi: I agree with it. [Laughter; applause]

Shri Mataji: So those who want to enrol should give Me [Laughter] So, it's done now, I think, I'll go and rest for a while.

[Laughter] So.

Enzo, what have you to say about art's side of Sahaja Yoga?

Enzo: Well, it's just the normal feature.

Shri Mataji: Now, I must potentially think.

Sahaja Yogi: It's amazing potential.

Shri Mataji: Because your creativity becomes so active all the time flowing in you. Only thing you have to know the technique, that's all. But you never get bankruptcy of creativity after coming to Sahaja Yoga.

Sahaja Yogi: I'm not sure I'll get inspiration.

[Laughter]

Shri Mataji: Also one more thing about that, about art, that I have seen now people have started appreciating every kind of art. Not the- only this type or that type, but every kind of art, they want to see the beauty in it. Because if once you go to the essence of the beauty, essence of the beauty, then you start seeing it in everyone because Sahaja Yoga deals with the essence. And anything that you see, a human-being also, in essence, human-being is a beautiful thing. And if you see the essence of that personality then you get over all these ideas of differentiation or judging others or thinking that you are the best and rest are bad. All these things just neutralize because you know they are human-beings and as human-beings everybody is capable of attaining that beauty that is within. After all, we are all one if you see – we laugh the same way. Whatever may be: you get somebody say, from America or from India or from Australia, they laugh the same way, they cry the same way, they feel the same way. So, I mean, it's just skin-deep difference, I think, we have. And in Sahaja Yoga, you just get rid of that.

It is such a vision of Mine of a very beautiful world, where all wars will end, all problems will end. Because now you know the absolute Truth, so there's no discussion, no argument, nothing. I've seen you people never argue with each other, I've never seen you quarrelling with each other; Sometimes you pull each other's legs, that's good [[laughter]. That's a good thing. That you must do, I think. That's important. That brings out little humour.

[Marathi] How much time more?

[Conversation with a Sahaja Yogi in Marathi.]

This is painted by Sahaja Yogis?

Sahaja Yogi: Yes.

Shri Mataji: Sahaja Yoginis have done this painting. It's beautiful.

Sahaja Yogi: Shri Ma, can I ask You if Vinay [unsure] can play? He has a short thing on violin.

Shri Mataji: All right, come along.

[Applause]

Turn this way, there's some light.

[Young Sahaja Yogini plays on violin]

[Applause]

Very nice! It's done so well! Oh, that's right, is it?

Sahaja Yogi: Shri Ma, there's now half an hour; if You would like to rest for half an hour, then we'll be looking out tomorrow. There are several people here [inaudible]. That will give You time to rest.

Shri Mataji: And what do I do there?

Sahaja Yogi: They want to interview You about Sahaja Yoga for half an hour. But for half an hour You have.

Shri Mataji: All right.

All right, they'll meet us again after half an hour and we'll be out there. I think, they want to interview Me. Why not interview these people also?

Sahaja Yogi: [Inaudible].

[Cut in the video]

[No sound]

[INTERVIEW OF A SAHAJA YOGI]

Interviewer: Not necessary, well yes, I suppose, but there's a - what's a Goddess is so special, She's like a Dame with many facets to Her.

Sahaja Yogi: You can have a straight question.

Interviewer: Yes, I'll put a straight question up to you.

Sahaja Yogi: To say that someone, a being like us could be Divine?

Interviewer: About Catholic Church, I suppose. I don't see it that way, I don't see it [Unclear conversation]

[Cut in the video]

[Unclear interview of a Sahaja Yogi]

Sahaja Yogi: I mean, I had a little cancer, skin cancer on my hands for instance, it just disappeared. – [unclear].

The fact that you've got this energy. It's not vague, it's totally pragmatic and very reasonable acts. And it's intelligent and it has wisdom – [unclear] –

Interviewer: How do you explain something like a cancer disappearing?

Sahaja Yogi: Ah. Well, how do I explain it? I would say, I got vibrations, they flow from my hands and I just try this and it came out and finally disappeared.

Interviewer: Was it a miracle?

Sahaja Yogi: I can't regard it so much as miraculous as another stage of a natural process, in other words, this is something about the life force really that's underlining the perception we have of the world.

Interviewer: And what part is Shri Mataji playing in that process?

Sahaja Yogi: Well. She regards herself as a great catalyser. She is the first great Yogini who is actually in the world behind the process of Realizations en masse. I mean, this is something absolutely unique in this mastery of the Kundalini, which is a fact – actually, it is the most ancient, I think it's about [inaudible] thousands of years. And it is straight running through this [unclear] tradition in the world [unclear] to Kundalini.

Interviewer: Is she of Divine bred?

Sahaja Yogi: Well, She says quite specifically, "When you know yourself, you know who I am." She is not here to set Herself up; We have to realize who She is. And that's how we have, after all, our freedom. 27:29

Interviewer: [Inaudible] She Herself visited Bombay.

Sahaja Yogi: But the thing is that you need to realize it. Saying is one thing, is a concept. Realizing is just fun.

Interviewer: How does that fit in with your [unclear], you know, in a Christian society? Cause you are in someone else's [inaudible]?

Sahaja Yogi: I must admit I have pathological suspicion for Indian gurus and in the Christian society I've never been involved with organised churches because they right from my earliest times [unclear] step towards the realization of the human potentials and that's the trouble of the whole church things that they give you something but you know, a lot of it is just technical and I think fight is the useless thing in that respect. You never know and that is the next stage.

Interviewer: That's excellent, thanks. Great. If you can stand here for a second. [Unclear]

Sahaja Yogi: I was going to go to work.

Interviewer: How do you sort of, [inaudible] under pressure?

Sahaja Yogi: Absolutely.

Interviewer: [Unclear]

Sahaja Yogi: Ah! The thing about it is that, look, you just get the capacity to calm down. I mean, look, let's face it, whatever job you've got, you've got a tremendous tension, you've got all this emotional stuff [unclear].

Now you can cope you have a tremendous strength.

Interviewer: Yes.

Sahaja Yogi: The human potential has not been tapped really. But do you also realize that maybe we needed a different style of society which is still worse [unsure], which is absolutely focused on materialism and power.

Interviewer: [Unclear] And the while thing that is basically wrong in that society is materialism.

Sahaja Yogi: Yes. It is materialism. Let's face it, what flows and disrupts the society is what flows out of the people. They are accustomed to listen to their desires for material things like you also [unclear]

[UNCLEAR CONVERSATION]

- Right. - Did you get a feeling then something's happening or was just this - [UNCLEAR] - I know what you're suggesting. Yeah, nothing to add my suggestion - it was just a pragmatic fact. You just realizing the [UNCLEAR] through the system and hands.

[UNCLEAR] It's a fact. It wasn't a suggestion - Oh, yeah, yeah. - And what about this shoe business? - That's very traditional that came out of [UNCLEAR] and it was about, you see, projecting as a [UNCLEAR] to the earth allowing the earth to receive the things which are really disturbing our personal lives - and if it's done with the energy field over here [UNCLEAR] - Yeah [UNCLEAR] [UNCLEAR] '97 [UNCLEAR CONVERSATION] This is the thing about [UNCLEAR] It's not this what happened or that what happened - the whole thing comes down to you [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] If there's blockages in the system it will stop at here because the nerve plexus is here. The wave signals down to our hands [UNCLEAR] so if you feel blockage here [UNCLEAR] - [UNCLEAR] you get interested in sahaja yoga? - Annh, should we say, very slowly. I went to dinner with some friends and had a picture hidden in some flowers one of the television and seemed to be of an Indian lady so our major reaction was, "Ha, what are they up to here?" and they [UNCLEAR] it seemed interesting so we said, "Come along to meeting," and so we to a meeting and saw a video tape. I don't recall brightly about the meeting except that what was being said about Shri Mataji that time was very pragmatic very much conversant you know, so She was appealing to something in me but I had always felt that the The religions of the world were all rather exclusive clubs and there wasn't a claim to be any way for something to be done in way of, you know, philosophic ways of life and here is Someone saying that , "These were all part of a one scheme," and then over a period of about, it's more than six months actually, I slowly, sort of, edged my way into this and getting more and more

information and feeling more personally and realizing that there was in fact something going on physically in me. - And what was that that was happening physically?

Well, two things. One, at that time I had just come out of hospital having had a prolapse disc in my right leg, which was virtually useless, and just before I discovered sahaja yoga, I was given the good news that that was as far as I was going to go. I had a catapult built - a special sort of plastic arrangement in my shoe to keep my foot straight - [UNCLEAR] you can't expect any more. This is as fast, you've got to put up with it. Well, I noticed, even in the first six months, that this, that healing process was continuing and I can only put that down now to my starting to practice sahaja yog Uh.. and it has continued. Have been years but it is contrary to medical expectation. I still have problems. I'm by no means cured, I can't say that but compared with what I was like when the period of healing supposedly up - I'm 300, 3000 % better. - Is that a miracle? - No, no, don't think it's a miracle.

It is the use of a power that we all have that we can exercise it. Nothing but sahaja yoga is doing, is teaching us how to exercise it. - And this is a power you can actually feel, is it? - Yes, yes. That is what, should we say that is the actualization, what happens when you get yours, what we call Self- realization - an awakening of this energy that exists in everybody and you don't feel it. It's not something that we say, we say, "Ah, well, you know we've done this Aabra ka Daabra and there you are. Now you are a sahaja yogi, you've got your Self-realization." Doesn't work like that. It is something that you actually feel on your Central Nervous System, usually as a coolness either on the palm of your hand and from the fontanel bone area on the top of the head. Now it's interesting that they call it fontanel bone because that means fountain.

So why is it a fountain? [UNCLEAR] fountain of something coming out of your head and that's what you actually feel sort of cool coming out of your head and in your hands. Some people feel in your fingers, some people feel it all over them. Everybody is different but they definitely feel something. In fact, if they don't feel something, then they haven't got their Self- realization. - And what is this Self-realization? What form is it? Like how does it happen? What is it? - Well.

at the base of the spine there is a bone called the sacrum bone. If we stop to see, "Why is it called sacrum bone? Why is it the sacred bone?" I mean to say it is a meaningful terminology. Uh.. there is within that bony area this sleeping energy, if you like, this potential energy that needs to be awakened in a human-being. And through the medium of somebody like Shri Mataji uh.. this awakening is possible; Don't ask me how She does it, I don't know. To use Her terminology, once it is enlightened it's like getting a candle you can light another candle. Until it's lit, it's no good to you and what happens is, She, She asks the people that She's giving Self-realization to go through certain, to put their hands on the parts of the body and to say certain things. Perhaps, the most important is getting the energy passed here, which is the narrow gate, Christ talked about. And She requires people to be literally forgiving, which people find very hard to do.

Often the people that come up after a program haven't had any sensation. It is because they have been unable to forgive. So, in a sense it is subtle but it is expressing itself on the Central Nervous System Sahaja yogi, what is She? Is She a Divine being? [UNCLEAR] In [UNCLEAR - HERSELF?] is a Being who is Divine Power. What is a Divine being? No, She is not a Divine being in the sense that She has normal parents. She was born in this world so it's, it's semantic, [UNCLEAR] what a Divine being is but, I think, the soul occupies the body - here we have Divine being. Did She [UNCLEAR - CLAIMS?]

to the miracles? No, She does do miracles but She doesn't claim to do. Most of the miraculous things have happened because of - the people having this energy awakened. - Did She [UNCLEAR - AWAKE THE ENERGY?]? - Yes She has. - So therefore she has to be some [UNCLEAR] - She's a trigger, She's a trigger. - She is a catalyst, yeah. How does that feel that saying you are being in a Christian society believe someone else another being perhaps, is Divine? Well initially not too well [UNCLEAR] told but then I came to realize that that's not actually what we are talking about. We're talking about a capacity, not talking about the person, talking about the capacity so that's [UNCLEAR] it's not great, that's separate from Her as a girl and in sense this is the same thing.

Her capacity to revive this energy is separated from the light that we see in Shri Mataji. And [UNCLEAR] it's quite fascinating to watch it. Sometimes She is totally the wife of Mr. Srivastava the [UNCLEAR] manages the United Nations other times She is something else again which is quite amazing and you see this change often taking place. - Better described as a Goddess hence

[UNCLEAR] - I personally think She is - yes. - A Goddess? - A Goddess so much over the Gods but as, I think, that She shows all the signs and says all the things that might make me to believe that She is the person [UNCLEAR] - [UNCLEAR] the Comforter - So she is Christ's Mother? - Yes, She is. - So She is a Divine being? - Yes, I'll say so - personally I'll say so. Thanks, thanks again.

Just get your [UNCLEAR] - Thanks once again. So when did, when did this happen to you? [UNCLEAR] [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] - Tomorrow what should we expect? [UNCLEAR] [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] - [UNCLEAR CONVERSATION] Shri MATAJI - She comes up to explain how this works. She doesn't have to do anything. - Alright. What we do, we have a introduction program, 15 minutes and in between music - about six musicians here travel. This is a part of the whole program, the whole exercise. [UNCLEAR] - She says that their music specialists have a particular type of function [UNCLEAR CONVERSATION] She says that their music which is the heart's [UNCLEAR] so we have one, two songs then Shri Mataji will come. She will give Her talk, She will answer usually asks the audience have any questions, then She gives Self-realization.

So that [UNCLEAR] [UNCLEAR CONVERSATION] What type of questions do you expect first timers over there, lot of people [UNCLEAR] but mainly questions people first time are vegetarianism, reincarnation [UNCLEAR CONVERSATION]

.... but I certainly can feel life in a born realized [UNCLEAR] because once you have Kundalini awakening you can see things more clearly, I mean, [UNCLEAR] [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] Now as a sahaja yogi what's the difference in your thinking [UNCLEAR] - [UNCLEAR] - There was a conscious decision this time? - Yeah, [UNCLEAR CONVERSATION] then I realized that [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] this world is crazy as it is and this is no ways it's going to change, change the inside I mean, it's helpless situation always talking, business just - She was going to change the inside. [UNCLEAR CONVERSATION] [UNCLEAR CONVERSATION] the grey ones that last in the frame. Michelangelo used it also - they work they're like an instrument for the Divine power or whatever. Everything rise in the nature they go through and the arch is eternal [UNCLEAR], Shakespeare [UNCLEAR] all these great souls and people remember them [UNCLEAR] I mean, they remember something that's eternal [UNCLEAR CONVERSATION] It's in every field of life, walk of life, it's not something, as long as you know yourself then there's help for the world and it first happens in collective [UNCLEAR] - How has sahaja yoga changed your life? - I feel [UNCLEAR] in a realistic way and I see [UNCLEAR CONVERSATION] and there's no way you can't [UNCLEAR] you must know - certainly what's right. - You were, you were seven when you first started - Yes. - Ten years over - What's the difference in your thinking now - you were seven year old [UNCLEAR]? I've grown up, I should say. Of course, I mean, everyone has their ups and downs but knowing the Spirit within you, I mean, I'm not a great saint or anything, I'm not anything special but you learn how to say things like that you learn how to view the world as is and hopefully help to change it this mankind if you can change one by talking.

I mean, it's obvious you have to change the inside and it's through this Kundalini awakening of Self-realization [UNCLEAR] that this happens. - And what is there, is there a conversion process or..? - It's an evolutionary process and it's what's been preached and prophesied for centuries all the great saints and great poets talk about it and William Blake said, "Men will become prophets and your hands will speak." Once Kundalini is been awakened, you feel as the coolness in hands - - that's the physical proof, I mean, the benefits are just countless. - And that's real? - It's real, you feel on your Central Nervous System and that's one of the truths of life and I mean, it just sounds great but it's not, you feel for sure and [UNCLEAR] - And what's Shri Mataji's place in all this? - She's the catalyst [UNCLEAR] I mean you can [UNCLEAR] example Her whole family is involved in the Gandhi's, Gandhi's movement, I mean, She's been through all that the long processes of life [UNCLEAR] having family, then being a Mother, now She's a grand-mother. Now Her husband is retired. She's travels a lot endlessly - who in the world does that - name me one person. She works all Her time to enlightening [UNCLEAR] with this knowledge that She has and [UNCLEAR] let the opportunity pass [UNCLEAR] some other claim.

[UNCLEAR] Is She a Divine being, is She like any one else? [UNCLEAR - IF YOU FEEL?] physically and if you say what's happened, people have been cured from cancer, people have been cured from endless things and now man is walking after having Her medicine - She didn't cure them physically [UNCLEAR] in a way from magic wand it's because of in the awakening inside that he could walk on himself. Kundalini awakening if you coolness in your hands you can fix any problem in your life and if that happens worldwide to thousands then just think who She must be - She's not just anyone. - So, who is She? - I think, She is the Redeemer -

I mean, it's very personal some more aspect [UNCLEAR] but it's time the people, uh.. sort of, stopped what they're doing - and think about what they're doing in their lives. - What's your [UNCLEAR]? - Someone who can enlighten humanity and bring them, bring their Spirit to their attention, I mean, [UNCLEAR] nothing all these theories are fair - communism is fair, democracy is fair - means what's democracy if we are not free inside. As human-beings we're bound by conditions, we're bound by money, we're bound by time. How can we be preaching democracy if we're not free, how can we be preaching communism - all these, all these things.

So She is, in your eyes, She is a Divine being very specifically? - Not such - it's a fact because I felt it physically If She, if She can raise Kundalini, I mean, saints, thousands of years ago, used to, you know, stand on one leg and do tapasya in Himalayas for lifetimes and without achieving [UNCLEAR - LEAST?], if She can do it right now and on the spur of the moment for thousands, then there must be something about Her being Divine. She must hold Divine energy within Her and [UNCLEAR] you should doubt that, if you feel - in a physical [UNCLEAR] that's enough specific way of proving the same. - Thanks for same.... [UNCLEAR CONVERSATION]What are you expecting? - [UNCLEAR] - And what have I basically [UNCLEAR] - They're sahaja yogis as well. - They are. And the who is the coordinator - Baba Mama, we call him - he's actually Shri Mataji's brother - Alright. He's once the [UNCLEAR] benefactor [UNCLEAR] in India [UNCLEAR] Shri Mataji - and play the programs - it's just fantastic.

How is it different than, sort of, mainstream traditional Indian music? - or is it just classical? - No, a lot of devotional songs. Some of them are just classical - [UNCLEAR] Yes, traditional songs written by saints thousands of years ago like Adi Shankaracharya wrote some amazing poetry and put it to music and I mean, they've got some ancient Indian literature to music - and it's just fantastic. - Okay, what's the musicians point of view? - Is it the melody or the rhythm or what's the attraction of Indian music for you - what do you, what do you say? Oh it's the opposite too. [UNCLEAR] there must be, they must have actually become a balance between two and through sahaja yoga [UNCLEAR] I mean, integration of Kundalini risen above the brain integrates everything in us - music, arts, planning whatever, I mean, we can all do that thing and feel integrated as a body - and music is just that, a tool of a Divine energy for everyone to - This is, is it ... [UNCLEAR CONVERSATION] No, if it's an evolutionary process, it must happen to you, it must help you in your life. If it doesn't, then, I mean, it's anything, if you can go on to anything in your life [UNCLEAR]. You sit with us too, you sit with two thousand of others, if it works, then you take it.

Do you think this should be in [UNCLEAR] there should be more hundred followers in Australia [UNCLEAR] Everyone must know, at least have the opportunity to know if, I mean, if [UNCLEAR] has opportunity to be able to change themselves and then change the world as yourself. [UNCLEAR CONVERSATION] Whether it be twenty thousand or it be one hundreds, as long as somebody with substance can say [UNCLEAR] as long as someone benefits in the end that's all, that's important if only one person only comes back, as long as they got a goal over it, as long as they're sincere and they sincerely want to hope to change their life, then that's great - - whoever, whoever comes, that's just great. ... [UNCLEAR CONVERSATION] ... You were talking about the coolness Starts in the center of the palm and also coming through the fontanel bone area, that's the physical proof that you have Kundalini awakening. If you feel heat, for example, it's say, flushing out any imbalances within you. If you feel nothing then it hasn't been awakened, it's very clear cut but the result of that awakening is what usually makes people stay.

[INTERVIEW OF SHRI MATAJI]

Interviewer: That, tomorrow night, is that drying You physically? Is it –

Shri Mataji: No, no.

Interviewer: Is that quite an experience?

Shri Mataji: I enjoy. No problem, I enjoy it.

Interviewer: What sort of responses have You been getting from people in Australia?

Shri Mataji: Very good, I must say. Suddenly they have come up with this new urge. And the questions they ask also are very sensible.

Interviewer: What about, what about asking?

Shri Mataji: They ask questions about Kundalini, whether it's an energy or whether it's a – something material.

Interviewer: Is it – how do You spell it?

Shri Mataji: Kundalini – k-u-n-d-a-l-i-n-i

Interviewer: How do you explain it today, what do You say about Kundalini?

Shri Mataji: It's an energy. It's an energy but you can see the movement of the energy in some people. If there is a, say, a problem on any one of your centres, then you see the pulsation. Even on the triangular bone in a very strong way the bone starts pulsating just like heart.

Interviewer: Yeah. So, this physical vibrate.

Shri Mataji: Yes, that is, you can see it physically.

Interviewer: If You had any, what decide to say that tonight?

Sahaja Yogi: Tonight's plan, I don't know.

Interviewer: I mean, what are the Russian scientists?

Shri Mataji: Russian scientists are, you see, they are fed up with science, they say.

Interviewer: Are they really?

Shri Mataji: They say, "Now give us Self-realization." They are very deep people, I must say because –

Interviewer: Are they?

Shri Mataji: Yes, very deep. Because one of the scientists asked Me a question there that, "You tell us how did You cure people just while you were having the mass program?"

I said, "I don't know if somebody is cured." He said, "Yes my friend was cured and how did You cure?"

For example, we have doctor here. He had eczema for, I don't know, how many years. "Doctor, how many years?"

Sahaja Yogi: Several years Shri Mataji.

Shri Mataji: Hu?

Sahaja Yogi: Several years.

Shri Mataji: And in three days he was cured.

Interviewer: And that was just through the awakening process, was it?

Shri Mataji: Not the awakening also, you see, it's the vibrations.

Shri Mataji: You see, if you put, if you put your, if I put hand in this water.

Interviewer: Yes, what do I see?

Shri Mataji: Vibrations, you don't see. But once you have got Realization, then you can see in the sky: there, there, they are there. See, all of them are like this. Can you?

Interviewer: Anyone here.

Shri Mataji: No, no, not at all, in the sky. You see, it's little bit, you can see like small commas, sparkling commas. You see it finally? All right, give him Realisation then he can see. You can see it clearly. I can see it. You see, it's a subtle thing, 'ne', so you have to be subtle yourself. But can you see some sort of loops? Now let's see. Can you see some loops? Are you all right?

Sahaja Yogi: Just a second Shri Mataji.

[Sahaja Yogi is giving Realisation to the interviewer.]

Interviewer: And then what are we looking out at, Shri Mataji?

Shri Mataji: You see, you see, when you see in the sky –

Interviewer: All right so, where do we start from, Shri Mataji? You had better hold it

You have to get your Realization. All right, let's see, let's start that way. All right, now, just raise his Kundalini. If you can take out your shoes, it will be better because, you see, this Mother Earth gives us, she sucks in all our problems also quite a lot. You are not aware of it, you see, but she does. –

Interviewer: So, I'm going to have connection with the earth.

Shri Mataji: Yes, yes, that's very important – it's like the earth feel.

Interviewer: All right.

Shri Mataji: Now, the first thing you'll feel like a cool breeze in your hand.

I can feel the Sun on that palm.

Shri Mataji: No, not the cool breeze out there? You have to forgive, you have to forgive everyone.

Interviewer: I can feel the cool breeze there.

Shri Mataji: See.

Interviewer: But that's from your hand.

Shri Mataji: No, no, there, you'll feel it now.

Interviewer: And again.

Shri Mataji: Again.

Interviewer: I can't feel breeze.

Shri Mataji: All right, this is the kingdom of God. You see, it's a very subtle thing, 'na' so it takes.

Interviewer: I can feel something cool on there.

Shri Mataji: All right, let's put it up. Now, in this hand?

Interviewer: I can feel the rush of air of your hand.

No, no, just see now. Don't doubt it, it's there. Just see now.

Interviewer: What am I meant to feel?

Shri Mataji: You feel a little cool breeze going in, you see. I think there's too much thinking.

Interviewer: Too much?

Shri Mataji: Too much thinking. It's too much thinking.

Interviewer: Too much thinking, that is my problem.

Shri Mataji: Yes. Let Me correct that part. It's too much thinking, you see, it's all right.

You'll be alright. In Auckland, one interviewer felt like two balls of ice.

Interviewer: What do I feel like?

Shri Mataji: You'll feel the same way, you'll feel the cool breeze. You see, this part is too much thinking and not forgiving. Just forgive, forgive everyone. See, this is like a mountain here, you see?

Interviewer: And that's from too much thinking.

Shri Mataji: Hmm. Futuristic planning, futuristic personality. First, you'll feel very relaxed also. No thought. Hmm, better. Now in the hands? Take out your coat, I think it'll be better because –

Interviewer: I can feel my hands cool.

Shri Mataji: Cool you're feeling. It's alright.

Interviewer: But I still think it is the breeze.

Shri Mataji: No, the breeze from where? Just see, the trees are just silent. It's started. These trees are silent, aren't they? Just look at these trees, not even a leaf is moving. Now can you feel the cool breeze in your hands? Now, you'll also feel out of your head.

Interviewer: Can You feel anything? Can the doctor feel any?

Shri Mataji: No, not yet. This is quite heavy here.

Interviewer: It's a thick head. [Laughter]

Shri Mataji: You have to just say to your Kundalini, which is your mother. So, you have to just say in your heart seven times, "Mother please come in my head". And she comes, she does come. Hmm. Now. He works very hard this gentleman.

Interviewer: I'm a hard case.

Shri Mataji: No, no, no you got it. It's final. Just see on the head.

Interviewer: And what am I meant to feel?

Sahaja Yogi: [unclear]

Shri Mataji: Yes, yes.

You see, this Kundalini, is the power of pure desire. Pure desire. All desires you have, supposing you want to have a coat, then you like to have a shirt, then you'll have to have a car, then a house. It goes on and on and on. But this thing is a desire which fulfils. Now, let's see, it's shaking. Why it's shaking, the hand? It's too much of right side, you see. I told you.

[To the Sahaja Yogi] Put him left to the right. It will last. See now, it should not shake.

Interviewer: That's because I have my hands up, I feel.

Shri Mataji: That won't shake. Sit comfortably. Still shaking, see. [Shri Mataji laughs]

See, the trouble is –

Interviewer: What does that mean?

Shri Mataji: That means you are running a very hectic life.

Interviewer: My boss would be very happy to know it. But that's just nervous.

Shri Mataji: Yes, it means you're nervous and that shows immediately. That nervousness is shown. See now, on head.

Interviewer: And what's that suggesting? Is the Kundalini arising?

Shri Mataji: Arising but she is, she is nourishing your nerves, so you are feeling that. It should be all right. It is steady now. You people have a very hectic, heavy life. Better now, see much better. Hmm, better?

Sahaja Yogi: [unclear]

Interviewer: My head is actually cool.

It's not a very comfortable position.

Shri Mataji: [unclear]

Sahaja Yogi: Just sit back, relax.

Shri Mataji: Relax, sit absolutely comfortably. See now, hands are better now [name of Sahaja Yogi].

Sahaja Yogi: Yes.

Interviewer: So, what's state of my nerves?

Shri Mataji: The state is that you have crossed this part but you haven't yet crossed this part. All right? You relax, you'll feel relaxed yourself, don't have any thoughts in your mind.

Hmm. Feel this center? Your hands have become steady. Better?

Interviewer: Yes, very relax.

Shri Mataji: Very relax, all right?

Interviewer: It's nice surroundings and it's a nice afternoon.

Shri Mataji: Yes. Put your both the feet on the ground.

Interviewer: All right.

Shri Mataji: Nothing to do, you are quite shaking. One has to accept the truth, you see, that's the problem with you. [unclear] left right, the whole sympathetic.

Interviewer: What does the Truth have to do with the nervous system?

Shri Mataji: Just now you are feeling these vibrations in the hands, the coolness in hand. You see, now this is how you become a person who has got Collective Consciousness. That means, with this you can feel your own centres on your fingertips. And you feel others and you can also feel the centres of others on your fingertips.

It is already described in Koran, very clearly, that, "At the time of resurrection the hands will speak and they'll give witness against you." Just now your hands were giving witness that you lead a very hectic life and that, as if, you are against yourself, in a way. Better. But in the collective, when we have masses, it works much faster. Just in 10-15 minutes thousands can get Realization. In the same state. Now see the cool is there; Come and see. They all know this very well, they have the full idea.

Interviewer: They have experienced this?

Shri Mataji: Yeah, they're experts, you know, they are all experts.

Interviewer: They have all experienced this?

Shri Mataji: Yeah, they're experts, you know, they are all experts.

Sahaja Yogi: It's up here.

Shri Mataji: It's up here. You've got a very big one. [unclear] Yeah, must feel it now, the cool breeze. Alright?

Sahaja Yogi: It's a subtle feeling.

Interviewer: I'm trying very hard, Shri Mataji.

Shri Mataji: You can't feel it anything? Nothing cool on your hand?

Sahaja Yogi: [unclear].

Shri Mataji: Yeah, this side. Now?

Interviewer: I can feel a little bit of cool on my palm. But that's because it's probably in the shade.

[Shri Mataji laughs]

Sahaja Yogi: Why in your palm?

Shri Mataji: And now there are no leaves moving. See? Now see with the other hand also once again. See the other hand, raise the other hand. Now?

Interviewer: I'm trying very hard.

Shri Mataji: Can't get any cool breeze? It's up there. We all can feel it. Ah. Now?

Interviewer: Yeah, a little bit.

[Shri Mataji laughs] You're not going to win. You are not getting me to admit it.

[laughter] Do all these people can they feel it?

Shri Mataji: Of course. They are experts.

Interviewer: You can feel it, you can all feel it, can you?

Sahaja Yogini: Yeah, yeah.

Shri Mataji: Of course, they can feel, they can cure, they can –

Interviewer: So, what's the matter with me?

Thank You very much! [Applause]

Shri Mataji: [Unclear] your relaxation. Actually, little bit you have to fix your connection.

Interviewer: So, I have to be faithful with myself, that's basically.

Shri Mataji: Of course, you should not be blind at all about it. You have to be very truthful with yourself and you should find out yourself and you should certify yourself. Nobody is going to certify you though we feel it, you see, on your head you will feel. But also your this center [Vishuddhi] is not all right very much. The way they were shaking, hands. That shows also you write too much, do you write? You use your right hand too much. So, that's why there's a little tension. But it's alright, it will all work out.

Interviewer: I feel better already.

Okay, are you ready?

Camerman: Sure.

Shri Mataji: His face has changed.

Interviewer: In what way? Now I have a 'kundal' experience. Am I different from when we started that experience or?

Shri Mataji: Of course.

Interviewer: In what way?

Shri Mataji: You relaxed and you've grown younger.

Interviewer: But some would say, "Of course, I'll be relaxed. I'm in nice surroundings."

Shri Mataji: No.

Interviewer: You spoke to me in a very serene way.

Shri Mataji: You may be in the bathroom, you'll feel the same, anywhere. It's nothing to do with the surroundings as such. It's something, inner happening which takes place. That's how, as a result of that, you feel that way, you see. And it's been described in many ways. Even in the Bible they say, "I'll appear before you like tongues of flames." So, these centres that are within you, the subtle centres, they really look like flames, very gentle flames of different colours. But in the brain, they are about thousand, like petals but they are like flames, you can say, because the petals don't open and close like that. [Unclear] the way the limbic area is covered like this. And when it opens, it opens like this. But say, now in your case, your right side is more active. What you have done, you've covered it like that. So, we had to put a little balance. So, we raised your left more and put you to the right. By doing that, it little bit went down. Then we could open it.

Interviewer: But You did it on a large scale, didn't You? You did it with a lot of people.

Shri Mataji: That's, when there are many people, it works faster. Then I don't have to touch anyone, it just works. And because you're alone here working it out, that's why it took time.
But it's a collective happening.

Interviewer: Is that the main suggestion?

Shri Mataji: No, no suggestion is there, nothing. But only thing is that, tell them how to have their Self-confidence with themselves because mostly they're diffident and things like that. So, I have to just tell them there are different centres on the left-hand side and you just put your left hand towards Me – means it's symbolic that your desire is there. And then you have to just nourish yourself because then you know what it is like. Nourish yourself and then suddenly you find, you become cool, on your hands you start feeling.

Interviewer: How do You explain that, how do you explain this power You have to evoke this feeling?

Shri Mataji: I mean, it's like the Mother Earth. How do you explain how Mother Earth gives us these flowers?

It's the living process. It's the evolutionary process and this is now the last breakthrough. At human awareness we do not know the Absolute. We have no absolute knowledge and that's why we fight, you see. But if everybody knows the same thing, there's no quarrelling, no fighting, nothing. But we live in a relative world. To get out of this relativity we have to be the Absolute and Absolute is your Spirit, which is actually in your heart. But what happens that this part [Brahmarandhra], this is the center of, this is the seat of the heart, the fontanel bone area, the seat of the heart. So, as soon as you touch that, the Spirit is manifested on your nervous system. So first you get it, this feeling, then gradually it grows, you see, because it's a subtle feeling, it starts growing. With these you can easily make out what's wrong with yourself, first of all. That's now your- this thing was shaking too much, you see, these [Shri Mataji shows her thumbs].

This is the thing for too much thinking [Shri Mataji shows her right thumb]. This center is futuristic, creative also. The person who is creative gets this problem, with this one.

And the whole hand was shaking, right specially – means you are very right-sided. And according to us, a right-sided person is a person who is more an extrovert you can call him. A person who is always planning, thinking, futuristic. Also, physical problems show on this finger.

Interviewer: But why have You been called to awake this feeling of power within?

Shri Mataji: Why? Why have I been?

Interviewer: Why have You been called to do this, to be the catalyst?

Shri Mataji: I mean, somebody has to be called, I mean, it's Me who was called. Now you may be called. [Laughter] You see, it is the –

Interviewer: So, you, you look on it as the Divine power that You have?

Shri Mataji: You see, I, I don't say I have that power because, you see, I'm rather careful about Myself. The trouble is, Christ was the Son of God; I know for definite He was. But when He said that they crucified Him. You see, people don't want to accept the Truth. When He died then you build His temples and things like that. But till He lived nobody listened to Him. So best is not to tell them about Yourself, that's my own style.

Interviewer: But You have a remarkable power. How do You used it Yourself? Who is Shri Mataji?

Shri Mataji: I. I see my- I cannot put myself into any category. What to do? I don't see myself. I- there's nothing to see. I know that this work has to be done by Me. I see this. This is why I'm on this earth.

Interviewer: But You don't explain that power. How do You explain this power then? Where does it come from? And why You?

Shri Mataji: I think, I was chosen for this, perhaps, that's all I can say, for this work.

Interviewer: You've been described as the Redeemer, as a Goddess, Divine. What do You say about those description?

Shri Mataji: Must be something there. You see, it all started with, in the West, by some people from England who wanted to know about the Holy Ghost that Christ has said, "I'll send you." So, they went to many people, tried to find out and tallying it. But when they came to Me, they found that I can do all these three things very well. Firstly, because I can cure people, I can give comfort and I can counsel them. I can tell them all about it about all this subtle knowledge which they do not know. And I redeem them because they can get this breakthrough. That's how they're changed. But I never say what I am. It is for them to judge.

Interviewer: Did You say that you work miracles?

Shri Mataji: I didn't say that also.

Interviewer: That is something I can't do. These other people also can't do.

Shri Mataji: I also don't say that because in these days of darkness, it's better not to claim anything. So, I don't say that. But those who have seen it, miracles they have seen, so they say it's miraculous. But no use. You see, now, for example we have some photographs with us, tremendous, so many photographs we have which you can call them absolutely miraculous, out of the blue. But you show it to somebody who's not a Realized soul, they will say, "It's just a-". No use showing them. You see, human-beings don't believe in God in the real sense of the word. They don't know there's Divinity. They don't also have faith in themselves, you see. So, from this stage they must rise a little higher. As My father used to say that, "Those who are on the ground floor must at least come to the second, third floor to know that there's something beyond". Otherwise, how will they come to it?

Interviewer: You come from a Christian background, didn't you?

Shri Mataji: Yes, I do.

Interviewer: What changed your way from Christianity?

Shri Mataji: What?

Interviewer: Changed your way from Christianity. Did Christianity lack something?

Shri Mataji: I'm not at all, I'm the greatest Christian, I think. Because I know about Christ everything and I work out through Him. So, I'm the greatest Christian. Christians don't practice Christianity at all, they don't. They're just the other way round. Christ has said, "You'll be calling Me 'Christ, Christ' I won't recognize you." I'm not against Christ, I'm very much for Him and I can't tolerate the way people talk about Him. I just can't tolerate. It's all falsehood.

Interviewer: So, where do You see yourself in relations, in relation to Christ?

Just explain that relationship as a, as the Redeemer. Explain that to me.

Shri Mataji: He has already talked about Me like the Holy Ghost and all that. But it is for you to find out. You have to see; I don't want to see. You have to find out if I'm the Redeemer or not, what He has said about the Holy Ghost.

First of all, they have cancelled any feminine power in the Bible, by Mr. Paul and company. Paul is just a - like somebody who entered into Christianity. He never saw Christ, nothing of the kind. He saw a very good platform for Christians. Just jumped into it, organized the whole thing. He was an organizer, thought it was a nice platform for him. Then Augustine did the same. But there's still hope because Thomas, the disciple of Christ, he went to India through Egypt. There he has written his treatise which are now being decoded and all that after forty-eight years. And he said the same thing what I am saying that, "It's a experience, there's a spontaneity, it's collectivity," everything he has talked about. But, I think, that book is banned, perhaps, I don't know.

Interviewer: You talked that this Kundalini is a physical thing, kind of a thing. How can You explain that just what is it, Kundalini?

Shri Mataji: It's the, is a power within us, all the time waiting within us to give us our second birth in the sense that, like I would say that now you have this instrument here [mike] and it has to be connected to the mains, isn't it? Otherwise, it has no meaning. In the same way, it is coiled up within us. And just it connects you to the mains, that's all, it's as simple as that.

Interviewer: So, we connect with one and all, the whole?

Shri Mataji: Yes, you get connected with this All-pervading Power. And this All-pervading Power, everybody is connected with us. It can solve the subtle of all the elements, it is. And then once you are connected with that, just like a remote control, you see, or a remote way of, the way your television works, you see. Everybody feels the same because they are connected.

Interviewer: How do You explain the miracles that happened? You evoke, people say that You are evoking them. For instance, what happened in Eastern Europe? Do You think your presence in that conference in [inaudible], do you think that had anything to do with what happened there in Eastern Europe?

Shri Mataji: Yes, but they are very deep people.

Interviewer: Now, why do You think it, how did You affect what was going to happen in Eastern Europe?

Shri Mataji: You see, actually, how can you explain now how did this flower came out of a seed? Tell Me? It's a living process, it's built-in; It's all built-in within you and just works!

Interviewer: So, what special message did You give those delegates when they went back home?

Shri Mataji: That you have to become one with the Divine, you have to get your transformation if you want to see human-beings saved, being saved. And this whole world is to be saved, then you have to take to it. But it's a hypothesis world, you see, you need

not accept Me blindly. It's a hypothesis. But if it works, then as honest people you must accept it.

Interviewer: But You still claim -

[cut in the video]

Shri Mataji: I do not claim anything because I know to claim anything means you have to go to courts. But it works.

Interviewer: I'd like to get You to explain me that I know better, Redeemer [inaudible] what the role is?

Shri Mataji: What the -

Interviewer: What the role is? What the Redeemer actually is?

Shri Mataji: What was the role of Christ?

What is the role of Shri Krishna? What was the role of Shri Rama? They were like human beings. Christ came up to this point [Agya chakra]. This point and now the last center has to be opened out. Somebody has to do it. It could have been you or it could have been Me, anyone could have been.

Interviewer: There is a call. You have been called.

Shri Mataji: That's a fact.

[Aside conversation without Shri Mataji]

Interviewer: Shri Mataji can you tell us what the Redeemer is?

Shri Mataji: Redeemer is a person who gives you your second birth, who connects you to this All-pervading power, who makes your Spirit enlighten your attention. When your Spirit is enlightening your attention, your attention itself becomes effective. You pay attention to something, it works.

It's- human-being is a very big thing. We do not know the capacity of a human-being how he's made. He is a very special thing. He is the epitome of evolution. Like, we would say like you take a small little television set to a remote village. They'll say, "What is this box? Good for nothing!" But once you put to the mains, then they will know how fantastic it is. In the same way, the man has to discover his own glory, his greatness. He's getting lost in the superficialities.

Interviewer: And You're the person who can awake that feeling in people. You are the -

Shri Mataji: No, it's your own power, it's within you. It's like one enlightened light can enlighten another. Like these people can do the same. So, it's one candle which was enlightened is enlightening another candle.

Interviewer: But You have been called to do it. And that is a Divine calling, is it?

Shri Mataji: Whichever way you want to call it, you can call it. But actually, it had to be done, that's all I can say.

Interviewer: As such, do You view yourself as a Divine being with this power?

Shri Mataji: 'Nai' [No], It's better you find out about Me. Suppose, if I say, "I'm Divine". Must you believe Me? You should not. What's the use of -

Interviewer: A lot of these people were saying You are Divine being and in fact a Goddess!

Shri Mataji: Because, because they have experienced it, they have felt it, they have got their Realization. They can cure people, they can redeem people, they can raise the Kundalini and their lives are changed, you see. So many were there, drug addicts: overnight they have given up. There were alcoholics: they have given up alcoholism. They are leading a very sane married life, they have beautiful children, they are beautiful people and we are this time, we had a seminar in India, every year we have, we had people from fifty-five nations and such beautiful people. They were about five thousand people, no quarrel, no fight, nothing. Just enjoying each other, helping each other.

Interviewer: These vibrations, what are they?

Shri Mataji: These are the ones - with this power flowing through you - that's how you feel them. It's all around you.

And then you should know only how to use this power. This is the power which is already there, existing, this is one of the truths which you have to feel. Once you start feeling on your central nervous system. To feel on your central nervous system is the knowledge. And then you should know how to use this power: what does this mean, what does that mean? That's all.

Interviewer: How do You do that on a mass scale?

Shri Mataji: This is very simple, you see., I make them touch their different centres. And they ask for it, that's all. That's how it works out.

Interviewer: And how do you explain that power which You [inaudible]?

Shri Mataji: Well, it's there, I should say so.

How do you explain the power of the Mother Earth? You didn't tell Me that. She doesn't claim anything, She's there. But you know that if you put some seed into earth, it is sprouted. That's all. Simple as that. It cannot be explained, it is just to be felt and understood and to be used. How do you explain electricity, any power whatsoever? How do you explain your power of looking at Me? It's there, that's all.

Interviewer: Would You disagree with Me when I call You 'Divine', 'a Goddess'? Would You disagree with descriptions like that or not?

Shri Mataji: I'll not agree on these angles. Now I've become very clever. Because the way people have tortured all these great incarnations and all these prophets, I'm not going to run any risk like that.

Interviewer: What sort of role is safe for women in society in groups like Aborigines? Can I - Aborigines in particular- can I have their [inaudible]?

Shri Mataji: Of course, very much, they are very much there. You see, they are, on the contrary, not so complicated. But I would say that the modern man is much more complicated than these Aborigines are. They have gone little further than they should have. Say, supposing you start from here. You come up to a point, here you have to rise. Now they have grown like that. Now because of their ego they cannot come back. but these people can be brought in – there are many Aborigines who have got Realization. All religions, you see, we have Muslims, we have Jews. Now the Jews are the ones who really worship Christ because they know what Christ is.

Interviewer: Who in your mind is perhaps the saddest person? Is it the person who finds truth and then goes away from that? Who would You describe as the one, perhaps, who is needing this much?

Shri Mataji: You see, I have had many mishaps, especially in this country. They came into Sahaja Yoga, like that you see, and then, I think, they became like Paul or something. They wanted to assert their power because they thought that's everything. And then they started making money, without telling Me. All such things, you see, these things lead them wrong sometimes and if you do not meditate and put your correction permanently, then you can fall. Still in your ascent there could be a problem.

Interviewer: So, people have been evolved with the Sahaja Yoga movement and then left.

Shri Mataji: Some, yes.

Interviewer: Because they, because they tried to make money out of this?

Shri Mataji: Yes money. Money, they made. And we had someone who was a homosexual and he was all right to begin with. But again, he was caught up with the same. Then he started troubling Sahaja Yogis. Then we had people who are, sort of, running after women, sort of people. There was one like that and then the women complained that, "Mother, you see, this man is no good."

Interviewer: What did You say? What's the story behind that?

Shri Mataji: You see, just troubling women, harassing women. And it came back to him, somehow or the other, the same thing. He started doing it, you see, they are not such ardent seekers. They are not the people who are seriously seeking. So, then they go against it. Like we had somebody, we brought him here all the way. He was an artist. He became a great artist and all that. And he wanted to become the leader of everyone [unsure] and all that. And you see, they sit on the horse and we have to put the hat on. So, among thousands, there could be few also.

Interviewer: What about those people perhaps who have, had to leave the movement and have been emotionally affected by what they've been through?

Shri Mataji: No, you see, they are not emotionally or anything, they just tell lies. They have been very unkind to us. You see, we've done so much for them, worked so hard on them, everything we've done what was possible under the sun. But they have no sense of responsibility, they have no self-respect and the way they have lynched people and troubled them is very wrong.

Interviewer: What sort of lies did they tell about?

Shri Mataji: What?

Interviewer: What sort of lies did they tell about Sahaja Yoga?

Shri Mataji: Lies? I don't know what they say. One of them started saying, "I'm Maha Mataji – I'm the great Mataji." And everybody ran away from that person because God knows what was he up to. Then now he's nowhere, he's nowhere. Like that.

Interviewer: What about claims that You have actually threatened people that they will contract AIDS and cancer if they leave the

movement?

Shri Mataji: I'm not that kind. You see, when, when these people go away, actually, they do not go away, we have to ask them to get out: very difficult. They don't want to leave. It's very difficult to ask them to get out. But when we have to ask them to get out, we say that, "You meditate at home, purify yourself and then come back, because you shouldn't spoil others." Then they get angry and then they start. It's always in, you see, it's always so because they think that we have asked them to go and all that. We cannot have such bad apples to spoil the whole of them. You see, they have no right to do that.

Interviewer: A lot of them now might say that they are living in fear.

They are living in?

Interviewer: In fear. They are frightened.

Shri Mataji: Yeah, might have been because, you see, we had one leader here who was, who became a Hitler. But these people never told Me he was like that. I discovered it Myself. You see, there was one fellow who suddenly became like that. And specially, in Australia I had very bad experiences of three leaders who did that way.

Interviewer: What does that do then to Your credibility?

Shri Mataji: You see because I am now all over the world, you see, and when they came, they were very nice people. Actually, they were the first who came to seek, seeking and they said, "We can start the work and all that all right." They were very good to begin with. But then suddenly, I don't know how, you see, because I think they gave up meditation, they gave up their practices to keep themselves pure. Like if you don't cleanse yourself, you get dirty. That might have happened to them. I don't know what happened. But normally I don't think, they are against Me, they are more against these people. I don't think they have reported things against to Me or some.

Interviewer: Does that upset that this sort of things happen that –

Shri Mataji: No, you have to take it.

Interviewer: What it does, it does to You?

Shri Mataji: You see, it's not upsetting but I feel that one learns through experience that you should have a better watch on them or things like that. You see, in other countries like India, England and all that, we have a better system because we have Chartered Accountants appointed who go through the accounts and things, see things what these people are doing. I never collect money. I don't know what they're doing and how they are.

But in Australia, I couldn't get anybody like that. Now we have three, four Chartered Accountants and things will work out. It's actually, it starts with money only. I think, it starts with money. First is that, I think, that they'll start collecting money saying that, "This is for this project and this is for this," something like that. And these people, without asking Me, just start giving the money. Then they think that they're now making some money out of it. Now, then they think that it's better to put a fear into their minds. Even they say that, "You should not write to Mother anything about it. We'll do it". And I don't know why but in Australia, people very much accepted the situation like that. It's more in Australia. In other countries they'll just write to Me immediately because I've told them always to write to Me.

Interviewer: Where do You get Your money from to run all this?

Shri Mataji: I don't get any money whatsoever. Only when I travel My husband used to pay, he used to pay for halls also. First time when I, twice, when I came to Australia, I paid for the halls and everything. But now these people, as they have self-respect, so they pay for the hall. This is hired. This is purchased or hired, I don't know.

Sahaja Yogi: Purchased.

Shri Mataji: Purchased. This is purchased by these people. They are living – I don't know their accounts or anything. I'm not interested [unsure].

Only thing, when I travel, now they've opened an international fund, which I don't know what they're doing about it. And that's how they pay internationally. And that's how I travel.

Interviewer: What's the message tomorrow night which You'll bring to the statement?

Shri Mataji: Is that you should all get your Self-realization. You should know yourself because you do not know yourself and by knowing yourself, you'll know everybody else. And then by that, you will know how great you are. You'll develop that self-respect within yourself. You will know what is virtue is. You will be proud of your virtues and the so-called ideas about righteousness just

become part and parcel of you. You become righteous. You don't have to tell them, "Do this, do that," they just do it.

I'll give an example like, supposing we are standing in darkness, we can't see and we are holding on to a snake, supposing. And you are obstinate, you see. Somebody says, "This is a snake." You will never drop it because you are obstinate, you can't see till that thing bites you. But supposing there is little light, then you yourself drop it out. In the same way, it works that way.

But in India, you see, I don't have so much problems because we traditionally we know about it very well. This has been going on for ages. But traditionally, it was such that only one master had one disciple only. Till the 12th century. In the 12th century, one great saint called Dnyaneshwara, he wrote a book, treatise about Gita. In that, he requested his guru to give permission, at least, to write about it. Then in the sixth chapter, he wrote it. After that, many poets in India have written, many people have said it and -

Interviewer: Why don't You like Paul in the New Testament?

Shri Mataji: Hum?

Interviewer: Why don't You like Paul in the New Testament?

Shri Mataji: Paul is the one who's ruined us completely.

Interviewer: How?

Shri Mataji: See, because he took our attention from Spirituality to organisation. He organised us, you see. See, organisation is wrong, you cannot organise God. You cannot organise, you cannot organise Christ, you see. So, this is the mistake. Once you get organised, then you are finished.

Interviewer: What is your relationship with God?

Shri Mataji: God? [Shri Mataji is laughing]. I think, you'd better find out, I don't want to say anything. Because saying anything, why should you believe Me? Again, I say. I don't want to say anything. You find out what is my relationship to God. It must be something special but for that, everybody has to come up to a point because I do not want to force my ideas or anything.

- More special than anyone else here? - Yes. You see, supposing I'm talking to you about something histology then you have to bring a microscope, isn't it, to see it? What's the use of talking about it? So once you have that microscope, you can see yourself. - So You are above us? You are, in a [UNCLEAR - WAY?] a Divine being. - I'm not going to say that either, - in no way. - Thanks Shri Mataji, [UNCLEAR] thanks very much! Alright, yeah, yeah - sorry. Just another quickie.

Hmm, I should have asked this earlier. About the talks of true and false prophets. - Yeah How do You recognize the difference between those two? First thing is that anybody looks at your pockets, you can know - first thing. - Secondly, - What do You mean by that? - Just if they ask money, if, like Rolls Royces they buy, see out of your money, they make business out of your money - naturally such a person - I don't understand even banking, you'll be surprised, but apart from that it's better to do this way that you find out the people who are following that master. What sort of people they are? Are they righteous, are they happy with each other, are they collective, what is the difference because if you want to go to a master you want to have something more than what you have - isn't it? Then you should see what have they got from it and then go - just blind-folded you should not join something and you should not believe anyone blindly but they're all can be found out because they are in the market. they're marketing everything - everything they are marketing.

So many have been found out now recently we had horrible report about Muktanand; If you read, you won't eat food for eight days - you better read that. - Why You a true prophet? - Annh? - Why you a true prophet? - Why...? - Why are You a true prophet? - I'm not saying that - did I? No I said you must - But you're not a false prophet? I did not say that also. Whether I am false or not, you better judge it yourself by talking to all these people, first of all, and then if I take any money from you, then you cancel it.

Then what you have to see is that what you gain out of Me. If you gain something out of Me, well and good otherwise why should you have a prophet? What is the need to retain a prophet? - So, You not admit to be a Divine being or a Goddess but You admit to being a prophet. No, I'm not saying that. You're just trying to put into My mouth something which I will not accept - I never said anything. I said you better get your realization. Once you get your realization, then you will know about Me better. Is not proper to know Me without getting that special status of Spirituality. See, I'm not saying anything, I'm not claiming anything, I've never claimed anything because I know how dangerous it is to claim something.

But what is the need to claim, I mean, what do I gain out of it - nothing. I mean, I'm not fighting for elections, I'm not asking for any position - nothing. So why should I claim anything, what is the need? I'm here just to give you your own key, that's all, so why should I claim? - Thanks Shri Mataji! It's okay. - You understand. May God bless you! - Thank you very much. - Any more questions?

No more questions. You've questioned Me, I think. - I'd like to well - Please come to the program. - Yeah, we'll [UNCLEAR] tomorrow, for sure. - Yes, yes - Sure we'll be there. - If it is something uh.. worth telling people, I think, you journalist - have to know your responsibilities. - Can I represent - I think, you Russian journalist are so good - Are they? [UNCLEAR - INDEED OR AGREED?] They published about Me in magazines which is given to all the - the aerofloat planes and everything - Yeah. - They're so full [UNCLEAR N INAUDIBLE] I, I never did anything for them as such, as I do here but the way they were open-minded, so open-minded even the Ministers came to My program.

Have I, is there something in their psyche, their personality might not be - See, they're not so conditioned we're very conditioned. At least it's, we are very conditioned by ideas, things like that and they are the ones they themselves go and find out. They don't listen to anybody like that, they just go and find out themselves. And I had met only two, three Russians who went down and told, "Mother, is coming." Also they are quite sensitive, I think, because [UNCLEAR CONVERSATION] No, they didn't accept all these false gurus. They threw them out one by one - they wouldn't accept - and, I don't know, what sensitivity they have that because some people told Me they dreamt about Me uh.. that I'm coming and all that but I, I don't know how they take to Me so much and can you believe that we had to hire uh.. stadiums for 16000 people, 14000 people minimum and they all got realization What [UNCLEAR] [UNCLEAR] there're other, perhaps, religions [UNCLEAR] other ways of thinking Oh, this is the integration of all the religions. We prove that they are all related to each other and it's only we are fighting, as I told you, with the flowers which are dead and saying, "This is mine, this is mine." Those flowers were grown on the same tree of spirituality; They're all related to each other - we can explain. Even logically we can explain everything, but, you see, when they are so self-opiniated, everybody thinks, you see, for example, you see, Indians think Hindus are the best, all the Muslims think they are the best and the Jews think they are the chosen ones, the Christians thinks nothing better than that - so what can you do to them? - If some people generally they try to be good to their fellow-men I think - That's limited - [UNCLEAR] - You see, when you do something - yes.

If you do something good to others, you see, still you develop a kind of a ego, very subtle it is - Yeah - but in this you don't say that - So you're not after anything? - No - in this what happens, your ego is opened out so when you're doing something, you don't say you're doing it - like he said, "It's coming, it's going." - He didn't say, "I'm raising," - nothing. I, I is not there. "It's coming," you become a third person. - Sure. Do You think there's a, there's a danger in talking about being connected with other individual thinking with which the universal [UNCLEAR]. You think, there is a danger in [UNCLEAR] like tend to lose our identity - to be cut off from - No, on the contrary you really know your identity better because you don't know yourself, you don't know much - what do you know? - I mean - I have a personal idea because - That's outwardly, inwardly you don't know why these problems are there, - why things happen to you - you don't know anything. - So, You basically have to say that people rather forget everything that You [UNCLEAR] - you know your essence, you see, you know your essence.

For example, now supposing, this tree is sick. Now I try to put some medicine on it - - it cannot be cured - you have to go to the roots - Yeah - so you go to your roots and find out your roots and you know what it is - it's very simple. - [UNCLEAR] that we have inside that's the [UNCLEAR - CAVE?] - Beg your pardon? - The Kundalini is the cave The Kundalini is the connection and you enter into the Kingdom of God - is what it is, as simple as that. What sort of [UNCLEAR] saying that in Australia 600 practising followers. - What about worldwide? Is there.. - I am very bad at accounts. Steven, can you say how many there are in the world? - See, I'm very bad at accounts, I can't say but there might be [UNCLEAR] - But do You think the gurus take very much, charge money - [UNCLEAR] the other way - Yeah - Yeah They are thrown out in no time.

Now I know where to put My finger. You see, before that I thought that how can these people make money? I trusted them because basically I think, human-being is a good being and he wants to be good but sometimes these things come up. Here, you see, in the West you have certain problems which I can never understand like homosexuality uh.. coming back in sahaja yoga or

something like making money and all - I can't understand. Say for an Indian, no body would touch the money anymore but I find here they because - What's Your view on homosexuality? - Annh? - What do Your view on homosexuality? - You see, then you become normal. You see, a homosexual becomes normal, he marries nicely, then he leads a very normal life. - So, he becomes a heterosexual?

A normal, yes. You see, it comes out of hatred for women sometimes, it comes for hatred of men sometimes acquired for, because of certain experiences maybe, or maybe some thing in the atmosphere. I don't know how they become that way - but in any case in sahaja yoga they get corrected completely - they lead a very normal life. - So they come back to the normal? Yes, they become very normal - that's the point - in every way. They become extremely normal people. So, what about Christian homosexuals? What's your view on that? Is wrong - how can you have the clergymen like that. The other day only I read in the newspaper that in America they said that, "If the women want to have ordain, they wanted to be ordained, then they should be warned that the clergymen harass them."

I mean, this is not possible if they are religious - how can you do that, isn't it? It's very funny. That means the religion is outside, it's not thing inside. You see, you may be Christian, Hindu, Muslim - you do all kinds of sins, how can you be anything? - What about women in Church? Is there a place for women in Christian Church? Of course, it should be but somehow or other they cancelled. They never talked about Holy Ghost, that's the feminine power and they never talked about Mother of Christ in that way. For us She's a Goddess - for us She's a Goddess. Thanks, Shri Mataji [UNCLEAR] I don't know what all these people going to do if they have the time for the rest of the afternoon?

Ah, they enjoy themselves. They are never bored - that's one thing, they are never bored - they enjoy themselves. - Good! what are you doing Nick? - [UNCLEAR] So, who other, so through Self-realization who else gets with psychological problems Shri Mataji - Of course. - Psychological problems? - Of course, of course. Psychological - see, physical, psychological spiritual. Spiritual problems come because so many - false gurus are there and they create problems - False? - Gurus - Yeah, false gurus - so they create problems in the Kundalini and they - So, so something like homosexuality comes.

This is a proper mean, person's Kundalini - yeah - It makes you normal person and actually what happens you become really a free personality in the sense that nothing dominates you. No addictions, no ideologies, nothing - you're free absolutely and you are capable to be free because people are not capable to be free that's why this problem is there. Democracy becoming demonocracy - why? Because we cannot bear the freedom but after this freedom you are wise as well as free. So you don't even to be, it mustn't be like [UNCLEAR] the ideology or anything like We don't believe in ideologies as such but we know the essence of all the ideologies are the same. For example now, take it say, capitalism. Now I'm, if I have powers, I am a capitalist but I can't live with My capital, I have to distribute so I am the greatest communist. - Hmm, hmm. So you're being just [UNCLEAR] - Yeah - So all ideologies merge together - it's complete integration, it's complete. - Yeah - When did You [UNCLEAR] Quiz Pass?

Where is that? - Pardon? - The UN Organisation's quiz pass. Did you win that one year- the Quiz Pass in the UN? Not Me, uh.. no, no not Me. My husband was Secretary General there and the Queen has given him this highest award - the highest - which I think, Reagan has got only - and My husband has got this highest award, - Really? - Yes, of Knighthood and also he's got 31 awards more - Yeah - from major awards. He's a very unique person 32 awards but he openly says, "It's all because of my wife - I've got blessings because of Her because She does good to others that's why I've got blessings." - He was, he was with the United Nations and - He was, now he's in Delhi nowadays. He's writing a book about Lal Bahadur Shastri - so he's there.

He talks to Me on the phone. - Right. Do You one would You be busy this afternoon, do You have any more engagements this afternoon? - Tomorrow do You have any other engagements before the? - I'm always engaged somehow - Yeah - We have people here. With problems they come, I have to solve problems and things. - What do You think of this ashram? Is it the first time You've been here? - It's very nice. It's one of the oldest ones they started off and it's very good and a very nice people here and the first time I came to Australia, I came here, this ashram.

Do You think Australia has a, has a unique place on the world or is it any different, any special place? - Very much, very much, you see. Basically, they don't know, they're not aware but they're very innocent people - they're extremely innocent - Australians are,

and their innocence is exploited and they are trying to follow these countries which are not so innocent like America or France. I don't think - they're very innocent countries. - Hmm, hmm. It would be better [UNCLEAR - TURN?] - Yes - Turn our back against [UNCLEAR] You should look at, into yourself. They are very innocent, no doubt - you have innocence personification here, I think, they're extremely innocent, that's always what My ideas of Australians are. - Is it a good thing? - It's very nice to be innocent because you're powerful.

Innocence has it's own power. - Yeah, yeah - But there's such an attack of innocence - [UNCLEAR] it's so perverted. - You lose it, you lose innocence? - No you never lose never lose - that's the best part of it - never lose it. It can be covered, it will be clouded but you don't lose it - it's always there. In sahaja yoga it always comes back - that's what I found sahaja yogis in Australia, they're very innocent, very innocent. - So innocent that anybody tells them, "Give so much money," they will give; - Yeah - They'll not even ask Me - so simple! I told them, "Why don't you ask Me for what is this money, where is it going?" - They must worry about the [UNCLEAR]. - Now I warned them, all of them, that, "You have to write to Me directly.

Yeah. - if there's any such thing." - So they won't [UNCLEAR] - Yeah, I warned them, very much, before because they're so innocent. This has not happened anywhere else but in Australia - because they don't inform Me. They go on suffering, they don't tell Me anything that people have been frightened and all that - they never tell Me. So this is a sign of innocence that you should accept this kind of a domination of someone - But obviously, it's not doing Your credibility any good because - No, credibility is not like that because, you see, human-beings have been given a freedom to go to Hell or go to Heaven. There I cannot play any role. I cannot bind them to Me, you see. - Yeah - It's your choice - you can go to Hell or you can go to Heaven; I can only tell them the path of Heaven but if they want to go to Hell, I cannot stop them - that's one thing - because God has given you this freedom. Human-beings have got this freedom, animals don't have any.

Only the human-beings have got this freedom, you see, so it is for them to use whichever way they want to use - how can I stop them? I, I do not govern them, I do not control them - they are controlled by themselves. Is alright, that's [UNCLEAR] - Terrific! Thanks, Shri Mataji, thanks very much. - May God bless you! - Yes. May God bless You! Thanks for [UNCLEAR] [CLAPPING] - that's the biggest audience I've ever heard. - It is, it is - a lot of my programs, they're going to be on TV - It is - [UNCLEAR] I hope these people are writing this book. - Alright, anyway, enjoy yourself so thanks Shri Mataji.

May God bless you! - and hope to see You tomorrow. - Yes, that's very kind of you. - You'll be there right around, won't You? [UNCLEAR] - You see, first they have some little music for - one, one song they sing. That's before I come and then I speak about this, the Truth part of it - introduction tomorrow and day after tomorrow, I'll explain more - Good! - Alright? - So you're going to get people back for second go? - On the second night, they come back on the second night too. - You are coming second night?

No, no let the people come, the audience come back to You on the second night - Or is it two different audiences? - No same, they repeat. They always, they always repeat. - Yeah, good. - Bring more friends, more people. Second day we have more people, much more. - I didn't get your name? - Mark. - Mark? - Mark Warren.

Did you offer them some tea or not? - We did, Mother. - Give them some cold drink to drink. It's very hot, very hot for them. Let them sit in the shade, I think. - What's it? - It seems the clouds are almost clear. You wanted the Sun, so it's alright. - We're all finished now. - Unnh?

It was nice. Because we have to give it to the B.B.C. also something they wanted to have so I'll tell them this one is sufficient for them because when I'm there, they are not there so we'll never meet. Funny way how to [UNCLEAR] Ha!

1991-0416, The truth is extremely simple

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The Truth Is Extremely Simple

Public Program

State Theatre, Sydney (Australia)

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Public Program Day 1, Sydney (Australia), 16 April 1991.

I must apologize for being late but we were held up in a funny way, watching a big ship passing through and the gate would not open. I hope you don't mind.

I bow to all, all of you who are seekers of truth. At the very outset we have to know that truth is what it is. You cannot organize truth. You cannot conceptualize it. Unfortunately, you cannot know truth at human awareness. Whatever I am going to tell you today you need not accept it blindly but you must have an open mind like a scientist, and if I am putting forward before you a hypothesis, if it works then you have to accept it as honest people.

The truth is extremely simple that you are not only this body, this mind, this ego, these conditionings, but you are the Spirit, you are the Divinity. And the second one is that there is an All-pervading Power of divine love which is doing all living work. For example, we take these beautiful flowers for granted, how a simple seed has created these beautiful flowers. We never even think about it. Even we don't think how we have been evolved from amoeba stage to human level. There are so many things we do not think about and there are so many things which cannot be explained to us even by science. I think only 25 percent things can be explained whichever are very obvious. But the science cannot tell us how the periodic law has been constructed, by which intelligent Creator that He has put all elements in such a beautiful manner; which also indicates what new elements we are going to discover.

In a human body any foreign material that goes, it has to be thrown out. That's the nature of the human body. But when a child is conceived it's not thrown out. It's all there. It's tenderly looked after, is kept, nourished, and at the right time it comes out of the body of the mother. So it is to be understood that living processes we have not been able to explain, nor did we ever think about.

I am talking to you about the living process of our evolution. Human beings are at the epitome of evolution. No animal, no creature which, they say, exists here and there – maybe just a conjecture – is higher than human beings. Moreover, it's the only human beings who have got freedom. If they want they can go to hell, or if they want they can go to heaven.

Now at this time when we call it a Kali Yuga... These modern times are already described as one of the worst times of darkness and ignorance, and people will be in lots of illusions. At these horrible times, when we see all other shocking things happening in our lives, in our countries, in the whole world, then we start wondering who is responsible for all these problems.

If we are a little humble we'll find it's we, the human beings. We have gone wrong. There's been something wrong within us that we have brought forth all these problems upon ourselves. They may be individual or they may be collective. They may be national. Could be international. So to solve these problems – supposing because of certain machinery something goes wrong, then what do we do is to attend to that machinery. So what we need is a transformation. And the time has come for us to achieve that transformation which is described in all the scriptures. In the Bible it is described as the second birth. Even in the Hindu scripture it's described as the Brahma gyan or you can call it again the second birth, Dwijaha. It is described in the Koran, is described in all the Buddha's teachings, described by Mahavira, is described by Nanaka, by all the religious people. Even Confucius has talked about it. Lao Tse has talked about it.

Now what is that second birth is? Second birth is not just getting another certificate. We have this, we have that, we are that. We believe that we are Christians, we are Hindus, we are Muslims, we are this, we are that. Everybody thinks no end of themselves. If you ask a Jew he'll say the Christians are the doomed ones. They will go to hell directly, as if God has told them very clearly that Christians are going to be doomed forever. If you are the Christian they will say the same about the Muslims or the Jews, and the Muslims will say about the Hindus, and Hindus will say about the Muslims.

But any one of them is capable of committing any sin. Nobody is bound by anything. Their religion is not innately built within themselves, as so many things are built within us in our evolution. Like if you want a dog to go through a dirty, filthy place, he can go, but a human being cannot go, because it's built in within him in the evolutionary process that sensitivity to filth and dirt. But we have got the freedom. The freedom is given because ultimately you have to have a full freedom. So by using this little freedom you will be able to know what is right and what is wrong. But it is not so, because we live in a relative world. Some people say this is right. Some people say that is right. While running from one place to another, and find the story is the same for all of them. People are so much in tension, so much in trouble.

What is the reason for all these troubles is that we are all sitting in darkness. Supposing there's complete darkness, you cannot see anything and you want to grab something. You grab a snake, and somebody says, "There's a snake in your hand". You won't give it up till it bites you. But if there is little light you just give it up. So what you need is the light of the Spirit within you. It has to shine in your attention.

So he has already told you about these centers that are within you, these subtle centers that are within you, and this Kundalini which is your Mother. Everybody has an individual Mother and She is the one who gives you your Realization. It happens in a very short time. A great saint called Ramadasa who was the master of one great king, Shivaji, was asked, "How much time does it take for a Kundalini to rise?" So he said, that *tatkshana* means "that moment", but there should be a giver and there should be a receiver.

Today I find in this world there are so many people who are seeking truth. They are not satisfied with whatever minimum they know of spirituality, but they think that there is something beyond, "must be there, we must find it out", and the search is going on which I have told you before also in other places that William Blake has clearly said. Very clearly, he was a great saint, who was regarded as mad man in his days and later on also. But he said that, "Men of God will find God. And they will make others godly." That is the time today. This is the time of your Last Judgement. God is not going to put you on to any weighing scale.

This Kundalini is going to tell you where are you wrong, what are your problems, what are the centers which are in trouble. And once She tells you that, if you know how to correct it, you are forgiven and you are perfectly all right, and you find that everything that is your being is working so well, and ultimately you are surprised to see that you become a divine computer. Because when She passes through these centers, these centers are like left and right, as you have seen, the left and right two sympathetic nervous systems, and the parasympathetic in the center. So when you are using this right too much or left too much, they move like this.

But supposing something happens on the left and it breaks with a shock, then these cells have no control, are never controlled by your brain because the connection is broken, and it starts working on its own. The cell starts working on its own. That means they become arbitrary, they become malignant. That's how you develop cancer. All psychosomatic troubles come by that.

And a simple thing happens with Kundalini. She is just waiting for you to ask for your Realization. That's all. Because she is the power of pure desire, and the pure desire within you, whether you know it or not, is to get your Self-realization. So when She rises, She passes through these centers. She goes into this one and then into this one, pierces through both of them, brings them back to the normal, nourishes them and then pierces through this fontanel bone area which is a soft bone in your childhood. This is the actualization, actualization of baptism. It's not just putting somebody the hand, like William Blake has said that, "The priest cursed my fontanel". Actually, you have to get it. So this is the last breakthrough when we become superhuman being, or you can call, we become godly, we become Divine, that we touch our Divinity.

Now people talk of God. They go to church, they go to temple, they go to mosque but they don't know how powerful God is, how miraculous He is, how He looks after us, how He guides us and how He can empower us. But when you get your Self-realization – that is, when this Kundalini crosses over – the first thing that happens to you, that you become thoughtlessly aware, Nirvichara Samadhi. That is, you are aware but there is no thought.

Now see there's a nice carpet before Me. I am watching it, just watching it. But normally I would say, "All right, how much is this must have cost? I must buy one like that." Or I might start thinking, I mean, I'll always react. I'll say, "All right, this carpet if it is mine then it's greater headache. I have not yet insured it. God knows in this public place what will happen to my carpet." All kinds of worries can enter into my head if I possess it. But supposing I have a capacity just to watch it and not to react. Then what will happen? All the joy that the man who created this has put into it starts as an abstract peaceful flow of joy. Just enjoy. Not to think, not react. Just to enjoy. Because one reaches the essence of that creation, which is joy.

It's like a lake which is absolutely calm, rippleless, and all the surroundings, the beautiful creation completely reflected in that beautiful still lake, is what happens to a person who becomes thoughtlessly aware, and then he grows in that state. It's a state. It is no certificate. It's a state where you start growing in that state spiritually till you reach the ocean of your Divinity which is within you already. Then you are completely relaxed. You are just watching, watching the whole drama. You are the witness.

Like you are seeing some play or some picture or film, and we start getting excited. "Oh God, what's going to happen to this?" Then suddenly the film is over. We say, "Oh, it was a film. It was just a drama." In the same way, we feel that's just a drama. You do not get involved into it.

Another way I can explain to you that those people who are in the water are afraid of the waves. But supposing you get into the boat, another state, then you can see those waves. You can enjoy them. But supposing you become a swimmer, then you can jump into that. You can jump into the water and you can save others. This is what into three stages you move in Sahaja Yoga. First you become thoughtlessly aware. Then the second stage what we call is doubtlessly aware, where you have no doubts about yourself. You know you have the power. You know you can work it out. You know everything about it. Everyone knows the same thing. You know the absolute truth. Then you know this is the truth, and everybody knows the same truth.

You put ten children, cover their eyes and put a gentleman before. Ask them "What's wrong with this person?" They'll all say, "Here." [Mother puts her hand on her throat]. You ask the gentleman, "Have you got problem with your throat?" "Yes. How do you know?" Because they'll feel the same finger, all of them, burning. And this finger [index finger] is then decoded as the center of Vishuddhi. All children will feel the same. So there is no question of argument. There's no question of discussion. Just enjoy each other, because you know each other as you know your own body. You become part and parcel of the whole.

So, the second state when you become collectively conscious, absolutely collectively conscious, you know your own centers. That is the first state when we call Atma Buddha, means to know yourself on your central nervous system. And the second state is when you become doubtlessly aware, where you are collectively conscious, absolutely conscious. You know what's wrong with another person, and then you become a Sahaja yogi where you know how to correct these centers within you and without. These are the only three stages which are very simple. People have achieved some of them overnight. Some have taken eight days and some have taken a month. Of course, there are some who have even taken two years, I must say. But there is the problem is with these people that they still go on doubting themselves and they think that, "How can we get this? How can I be Divine? I am such a nice person that I should lead a very happy life. Instead of that why should I do these things?" Or he thinks, "I am a very bad person. How can I get this?" It's inevitable. Everybody has to get it. Otherwise you can't exist in this world. Is an impossibility.

Like first one fish came out of the water, crawling up. Then few more came. Then few more. But later on, shoals of fishes came out. Of course, there are still so many fishes at that stage. So these people who are seeking the truth are the only one who are going to receive it. It cannot be forced on anyone because human freedom has to be respected. It's given with a special reason.

Like when you go to school they tell you two plus two is four, but when you grow up, go to college, they tell you: "You are on your own. Now find out yourself, because later on you have to be completely on your own. In the same way, at this stage you are given this freedom to choose in the glory of your freedom what right or wrong you think it to be. Through trial and error method, you know what is right and what is wrong. And once you get it, then it's so blissful, it's so miraculous, it's so beautiful, that you enter into Kingdom of God.

It may sound very fantastic in these modern times when we cannot even think of God, we cannot even talk of God. But He exists. He's there. His power is there. We need not get upset with anything, need not be frustrated. He has created us to be human beings to enter into His kingdom, not to in any way left behind struggling, but to give you all that is His wealth, His joy, His blessings.

Today being the first day, I'll be happy if you can ask me some questions, but I would request you one thing I am not here to take any money from you, nor am I interested in politics that I want to have any votes from you. It is for your emancipation. There is a built-in system within you which works just like the sprouting of the seed. There's no obligation of Mine on you. It's just one enlightened candle can enlighten another candle. You get your Self-realization. So please don't ask Me any question which is irrelevant, like, "What do you think of this person? What do you think of that person? What do you think of Yourself?" There's no need to ask because whatever I tell you, why must you believe Me? That's a blind faith. You must find it out. You have to find it out yourself. You have to certify yourself. You have to see for yourself that you have got this great blessing of being Self-realized, by which you emancipate. Not only that, but you are capable of emancipating thousands, and thus this is the system by which there's the emancipation of the whole world will come forth. I hope you will ask Me some questions, and then we'll have this process of Self-realization, which will hardly take ten to fifteen minutes today. And tomorrow I'll be able to tell you what is the Spirit and what the manifestation means to us. Thank you very much.

Sahaja yogi: Questions.

He says if he is always working in love and kindness towards others, how long does it take him to reach heaven?

Shri Mataji: I told you, tatksana - a moment. All right? It doesn't take time at all. It's just a little curtain that has to be lifted. We do not know how fantastic we are really. Like if you take a little, say, a television set in a remote place in India, the villagers would never believe that his little box can show you all these pictures, but when it is put to the mains they are amazed. It's all built in within you. Just you have to be put to the mains, that's all. It's all within you.

Sahaja Yogi asking again the question: Why are we here in the first place?

Shri Mataji: Ask yourself, sir. You are here to get your Self-realization. I hope so for that. I don't know why you are here yourself. That's your lookout. You mean on this earth? Did you mean... Oh, I am sorry. I'm sorry. Now, we are on this earth to grow into a human state and then into the Spirit state.

Sahaja Yogi asking again the question: Are we reborn again and again from lower states to the human state, and should we be less concerned with materialistic things?

Shri Mataji: Yes, you are born, no doubt. They say that you have to pass through thirty-five crores - will be almost - three hundred and fifty million yonis - meansthe species. You have to pass through that to come to a human stage. Can you imagine? But what is the second question?

Sahaja Yogi asking again the question: Should we be less materialistic and more kind to things of Mother Nature?

Shri Mataji: You see, this is, to say, "Do this" or "Do that" is not going to work out because we have no balance. Whatever we want to do, we go to extremes, whatever one may say. So this is not going to work out. First of all, once your Spirit starts shining, then in that light you get the balance, and you know what is right and what is wrong, and in that balance then you know how to

behave. But if you say, "Now don't have materialism." All right," you say. "All right. I give up everything. I wear those orange dresses and I'm not going to look at anything." But such a person if you have to approach, go with a barge pole. Because he has given up something but he has accumulated a lot of anger, frustration and everything. So it's never natural to be like that. So to be natural is to first of all be Spirit, so that automatically you become a balanced personality.

Sahaja Yogi asking again the question: Are there psychic powers associated with the chakras, and as the Kundalini rises, do we experience those powers?

Shri Mataji: No. You see, I must tell you that it's all being organized by a very great organizer, our Creator, and He has made the left and the right side. The left side is for our past, for all our sub-conscious mind, the collective sub-conscious. Everything that was the past is on our left side. Everything that is the future is on right side, and the central path is kept free for the Kundalini to rise.

So the left side is the psyche. Not in the, I think... Freud was a half-baked person. He didn't understand the full, but the one he called as psyche is the left side, and the right side is your willpower, or your action, the power of action. So the left side is the power of desire, and the right side is the power of action. So the right side caters to your future, to your physical and your mental being.

So we have two sides, but the central path is kept absolutely free, folded again three and a half coils, and the central one, from the absolutely the central channel, is the one which first of all sucks in the Kundalini which goes up and pierces through. Then gradually this folded channel opens out gradually, and more strands of this Kundalini rise. So it has nothing to do with your psychic powers and all that.

Psychic powers you get, like mesmerizing others, or you can say that possessing others, all sorts of left-sided problems. Right side also they have powers, like Hitler had, of dominating others, controlling others. All these are right-sided powers. These only you get if you move to the left or to the right. But in the center you do not get any such thing. And if you get such powers be careful, it's not proper. It's very wrong to use these powers, and it's also very wrong to be into that. One may get into any trouble if you go into these horrible type of psychic powers, and the modus operandi of that is not known. But the modus operandi of the Sahaja Yoga, of the rising of the Kundalini, everything you will know what it is, what is happening, how you are moving. It's nothing in the dark.

Sahaja Yogi asking again the question: Does that mean the central channel is free from action and the desire for action?

Shri Mataji: Not that. You see, itself everything is built in this Kundalini when she rises. She's the one who gives nourishment to both these channels. On the left-hand side it gives for desire, the right desire, and it gives energy to the right side for action. So it acts also on these channels by nourishing them.

What's she saying?

Sahaja Yogi asking again the question: Is this process the same as the ascension that is talked about with Krishna and with Lord Jesus?

Shri Mataji: Absolutely. All of them are there sitting on these centers. Gradually, you will know where they are sitting. For example, Christ is sitting here on the optic chiasma inside the brain, and Krishna is sitting here. They are all there, and they all came on this earth as the leaders of our evolution, and they are all there. They are the ones who are looking after these centers. But all this I don't want to tell you because it will be quite shocking, you know. One should be able to also bear the truth. If I tell this to Hindus they'll run away. If I tell this to Christians they'll run away. You see, it's very difficult. They cannot imagine that Christ and Krishna are very closely related.

Sahaja Yogi asking again the question: She wants to know on what level one is if one physically sees one spirit leaving the body.

Shri Mataji: Oh, it's very wrong, absolutely wrong. One should never see that and one should not allow that to happen. It's a very dangerous thing. If you want, I can explain to you later on, but it's a left-sided attack. You see, in the collective sub-conscious there are souls, dead souls, and they can attack you and take away your spirit. You must have heard about small little children being dead in their beds, you see, because the fashion is that the husband, wife do not keep the children in their room when they are young and they keep them in another room and then they just die. The reason is that these spirits, you see, they can take your spirit out and may never return it. That's a different subject altogether, which I'll deal with you, and it's quite a subtle subject which you'll understand, but it's a very wrong thing to indulge into such things, absolutely. Why should you give your spirit to anyone? This body is the only way you can achieve Realization. Hanging in the air, spirit cannot achieve it. A soul which is not living cannot achieve Realization.

Sahaja Yogi asking again the question: Why is there so much poverty and hunger in the world when there is enough for everybody, and why are people so negative and misuse their gifts?

Shri Mataji: I know that. That's again the imbalance, my child. That's imbalance. I know. That concern I too have very much, and I feel that once you get into balance, you become not only balanced but you become extremely dynamic as well as compassionate. You cannot help living alone like that because you become part and parcel of the whole. Like if this hand is hurting, immediately another hand runs to help it. In the same way you just run to help each other. You become one. I should tell you that when I went to Russia first, twenty-five German Sahaja yogis rushed to America (Russia probably). I was very much touched because I never expected them to come. I said, "How is it you are all here?" They said, "Don't you think, Mother, it's our responsibility? Don't you think we should have really done something for what our forefathers have done?" With tears in their eyes. And they are so gentle, so kind, so much working hard with these Russians. I mean, they were something like angels I tell you. So that's what happens to you, and your problem will be solved when people will get to that state.

What did they say?

Sahaja Yogi asking again the question: What about the Tibetan Book of the Dead?

Shri Mataji: Forget it. All these nonsensical things. What has happened to Tibet? You know that. They are all using this black magic and things like that, and where are they today? Do know that? You should go to Tibet to see what their situation is.

Sahaja Yogi asking again the question: When and how do you get oneself Self-realization?

Shri Mataji: Just now.

Sahaja Yogi asking again the question: When did you get your Self-realization?

Shri Mataji: I was born like this.

Sahaja Yogi asking again the question: Why does God allow such things as the Holocaust? Doesn't that make Him as guilty as the people who perpetrate it?

Shri Mataji: No, not that. You see, God has sent His people here one after another, you see. They sent Christ. He was crucified. They sent Mohammed Sahib. He was poisoned. Everybody who came on this earth to tell them about it, to stop all this nonsense, they didn't even allow them to survive, you see. And also, you should know that there are many people who are after My life because I don't take any money, and this is a big problem. Because they think they have a business, a big business and I'm just standing in the way. But there are still so many people who have come to receive their Self-realization. So the time has come now. Let's at least get it now. Whatever has happened, has happened. It's a thing that they do not seek the truth. If they do not seek the truth the evil sits on their heads.

Sahaja Yogi asking again the question: What role does meditation play in the rising of the Kundalini?

Shri Mataji: You see, when the Kundalini rises, before that, there is no talk of meditation. When the Kundalini rises then you become thoughtlessly aware. That is meditative state. You do not do meditation. You get into meditation. We cannot do meditation. You have to be in that state. All right? You will see that. It will happen to you.

I think now we should have Realization instead.

Sahaja yogi: Earlier I mentioned, Shri Mother, that this has all taken place since 1970.

Shri Mataji: What?

Sahaja yogi: The mass realization.

Shri Mataji: Ah.

Sahaja yogi: They would like a little more information.

Shri Mataji: Yes. I must tell you something very nice happened. I was in this hall long time back and you know this is a copy of a hall in America, which is in Harlem, which is occupied by black people. And one of the Sahaja yogis asked, "Mother, there's a call from Harlem. Would you like to go there?" I said, "Why not"? They said, "But it's dangerous." I said, "Why? I am quite black. There's nothing to worry about. And Christ was also not white, for your information. So there's no harm in My going there. Nobody's going to do anything to Me." And when I went there, I saw exactly the same thing there. I was amazed. And they had a photograph of Mine really taken here in this hall, and when I came back here I just thought of the same thing. Imagine, such a beautiful thing they had there, and all these people who came were so beautiful. And the man who compared Me was such a beautiful man, and they all got their Realization. So it just reminded Me of those days when I was there. I'll be again going there, I'll tell them I visited this hall. So it seems to be something special. They were quite proud that I had been to this hall and all that, and the hall is actually in America. It was built much earlier, but this is a reproduction.

What's he say?

Sahaja Yogi asking again the question: Does the Holy Mother love all the people of Tibet whether they are good or whether they are bad?

Shri Mataji: From where?

Sahaja Yogi: Tibet. Does the...All the Himalayan people? Does the Holy Mother love them all?

Shri Mataji: Oh, of course. I've been there all over. I've been to Nepal. I've been there. They all love Me very much. But what can they do? You see, they were misled and they are in trouble. I know all about them. I love all of them. My son-in-law has written a beautiful book on Himalayas. If you want they'll give you one. My daughter has done the writing part. So you will be very happy to know I have great love for Himalayas, and there he has suggested that Himalaya is the Sahasrara, is the last center. All right. May God bless you. Already you can feel the love flowing.

Now, we have to take help from this Mother Earth. So I would request you to take out your shoes, just your shoes, please. If you don't mind. It's just a little bit. In the sense that you are not to feel guilty at all. If you feel guilty you will find later the center on the left-hand side here catches very badly, and when it catches you get diseases like angina, lethargic organs, also spondylitis. So please do not feel guilty for anything at all. After all, you are human beings and if you make mistakes it's all right, because this

Divine Power is the ocean of forgiveness and it can forgive everything. So please do not feel guilty. Is very important. If you are feeling guilty at the time of Realization this Kundalini won't rise higher.

You have to be very pleasantly placed towards yourself. I've have already told you that you are divine, that you are glorified by your beauty within yourself, but you have to just reach that point. So please be very pleasantly placed to yourself. Some people told Me, "We are sinners." I said, "The ones who have told you, you are sinners must be the greater sinners." Nobody has business to judge anyone like that and say these things. So please somehow try to understand Me. I request you again and again that please have no guilt in your mind at all.

And the second condition is that you have to forgive everyone. Forgive everyone in general. Now this is very difficult for some people. I don't know why. But see logically, whether you forgive or don't forgive, you don't do anything. What do you do? "I don't forgive you" means do what? What do you do? Nothing. But when you don't forgive then you play into wrong hands and torture yourself. It is a simple logic. So just forgive everyone and don't even think of them. Just say in general, "I forgive everyone." But if you don't forgive I'll have to work very hard on you. So to make it easier for Me also please forgive from your heart. Please forgive from your heart.

Unless and until Kundalini rises and gives you Realization, you cannot be cured of physical, mental, emotional and spiritual being. So it's very important that this Kundalini must rise first, and for that these are two simple, very simple conditions for you. Moreover, be sure that you all are going to get Realization. You are seekers. You have come here. It's your right.

Sahaja means sa is with, ja is born. Yoga means the union. So you all have the right to have this spontaneous union with the Divine. Absolutely. So be confident about yourself. Don't by any chance condemn yourself. Be very confident, and I'm sure it will all work out. Don't think. You see, the psychologist also tell you, "Your father was like this, mother was like this. All that was like this." Forget all that. They don't know how to help you. So they give you all explanations. Nothing of the kind. You are individual by yourself and you have to get your Realization because you are a seeker.

So we should know that we have two powers, I told you, the left and right. So put your, both the feet little away. If you are sitting on the ground it's all right but if you are sitting on a chair please put both the feet apart. Now first we'll show you how you will nourish your centers on the left-hand side. Then we'll close our eyes and raise the Kundalini ourselves.

You have to put your left hand like this on your lap very comfortably. Imagine sitting on the chairs so you can get Realization. Formerly, anybody who sat like that wouldn't get Realization. Now even if they sit seven steps they get Realization. So it shows that the Divine is so anxious to give you Realization. Absolutely I am Myself amazed at its speed. So please put your left hand on your lap. This is signifying or this is symbolizing that you want your Self-realization, because this is the power of your desire, ordinary desire. So keep this hand all the time on your lap, left-hand side.

Now the right hand we'll have to use for action, as I told you, for nourishing our different centers. First, we'll put our right hand on our heart. In the heart resides the Spirit. Spirit is the reflection of God Almighty, and Kundalini is a reflection of the Primordial Mother, Adi Shakti, or you can call it the Holy Ghost. Then you take your right hand in the upper portion of your abdomen which is the center for your mastery created by all the great masters. Then you take your right hand in the lower portion of your abdomen on the left-hand side. This is the center of pure knowledge. I'll tell you this tomorrow, all about it. This is the center of pure knowledge which manifests on your central nervous system by which you become empowered with the Divine powers.

Then again you raise your right hand in the upper portion of your abdomen. We work only on the left-hand side. Then on your heart. Then in the corner of your left shoulder and neck like this and turn your head to your right as far as possible. This center, as I told you, is spoilt when we feel guilty, and it's quite a lot I can see today here. So please, please, please, remember I have told you that you have to forgive yourself completely.

Now please take your right hand on top of your forehead across, like this. And now please try to put down your head on it slowly, resting on this hand, left hand towards Me. This is the center for you to forgive everyone.

Now take back your right hand to the backside of your head and push back your head as far as possible, holding it. Here, without feeling guilty, without counting your mistakes, just for your satisfaction, you'll have to ask forgiveness from this All-pervading Divine Power.

Now stretch your hand, stretch your palm fully, fully stretch it. Put the center of your palm on top of the fontanel bone area, which is a very soft bone in your childhood. The center of your palm. This is very important. This is the last center. Now push back your fingers as far as possible. Push them back. Now put down your head. Just put down your head. Push back your fingers nicely so there is a good pressure on your scalp. Now move your scalp clockwise seven times. Clockwise slowly seven times. That's all. Slowly. Push back your fingers. Now that's all we have to do.

Now if you have anything tight on your neck or on your waist, you can little bit loosen it. Now sit comfortably in the sense that you don't bend too much or bend forward but be in the center, but be comfortable.

Please put your left hand towards Me and right hand on your heart, both the feet apart from each other. Now please ask Me a question in your heart. This is the most fundamental question. "Mother," you can call me Mother or you can call Me Shri Mataji, whatever you feel like, "Mother, am I the Spirit?" Ask this question three times. "Mother, am I the Spirit?" Ask this question three times in your heart. If you are the Spirit you are your master because in the light of the Spirit you know what is right and what is wrong.

So please take down your right hand in the upper portion of your abdomen and press it hard. So now ask Me another question three times in your heart, "Mother, am I my own master? Mother, am I my own guide?" Ask this question three times, please.

I have 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 in the lower portion of your abdomen and press it hard on the left-hand side. This center has got six petals. So you have to ask six times in your heart, "Mother, please give me pure knowledge. 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 centers with our self-confidence. So now raise your right hand in the upper portion of your abdomen on the left-hand side and press it hard, and here with full confidence please say ten times, "Mother, I am my own master." This self-confidence opens these centers for the Kundalini to rise.

I have told you the fundamental truth about you, that you are not this body, you are not this mind, you are not these conditionings, nor you are this ego, but you are the pure Spirit. So now raise your right hand onto your heart and ask a question. Please say with full confidence twelve times, "Mother, I am the pure Spirit." Please say with full confidence, which you are. Just you have to say it.

This Divine Power about which I have told you is the ocean of all knowledge, is the ocean of pure love, is the ocean of compassion and bliss. But above all it is the ocean of forgiveness, and so whatever mistakes you might commit, this ocean of forgiveness is so powerful it can dissolve everything. So have confidence in yourself.

Now raise your right hand and put it in the corner, in the corner of your neck and your shoulder on the left-hand side. And now turn your head fully to your right. Here you have to say with full confidence sixteen times, "Mother, I am not guilty at all." Say it with full confidence. "Mother, I am not guilty at all." Say it sixteen times.

I have already told you that whether you forgive or don't forgive, you do not do anything. But if you do not forgive then you play into wrong hands and you torture yourself, while those who have tortured are quite happy. So this is a myth that you cannot forgive. So don't lose your chance of Realization by not forgiving, but don't think of them individually, just in general. You have to

say now, raising your right hand on top of your forehead across, and now putting down your head fully, here you have to say, again with full confidence, not how many times but from your heart, "Mother, I forgive everyone in general." Say it from your heart, not how many times. Please say it from your heart. This is very important. Please forgive.

Now please take back your right hand, the backside of your head, and push back your head as far as possible. Please push back as far as possible. Here, without counting your mistakes, without feeling guilty, just for your satisfaction, you have to say, again from your heart, not how many times. Please say, "Oh, Divine Power, if I have done any mistake, knowingly or unknowingly, please forgive me. Oh, Divine Power, if I have done any mistakes, knowingly or unknowingly, please forgive me."

Now please stretch your right hand. Stretch your right palm fully and put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now put down your head as far as possible. Now push back your fingers. Here 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, please start moving your hand slowly in such a way that your scalp - put the pressure properly, push back the fingers properly - that the hand starts moving clockwise seven times, moving the scalp actually with the pressure, saying seven times, "Mother, please give me Self-realization."

Now please take down your hands and open your eyes slowly. Put your both hands towards Me like this and don't think. You can do it. Just don't think. Now please put your right hand towards Me like this and bend your head and see with the left hand if there's a cool or a hot breeze coming out of your fontanel bone area. Please bend your head and see for yourself. Don't put your hand, please, on the head but away from it. Some people get it very far off. Just try to see if there's a cool breeze coming out of your head. Now put the left hand towards Me and put the head down and see with your right hand if there's a cool breeze coming out of your head. May be hot, could be warm; doesn't matter. Just have a look. The heat of the body has to get out. Pay attention. You can move your hand up and down. Sometimes it's also on sides you might feel it more better. Now please put your right hand again towards Me. This last time put down your head and see with your left hand now.

Now you have to push back both your hands towards the sky like this and ask a question three times. Any one of these questions, "Mother, is this the Cool Breeze of the Holy Ghost? Mother, is this the cool breeze of the Divine Love? Mother, is this the Paramchaitanya or Ruh?" Ask any one of these questions three times. Push back your hands. Push back your head and ask any one of these questions three times.

Now take down your hands, please. All those who have felt cool or a hot breeze on their hands or out of their fontanel bone area, please raise both your hands. Oh, practically the whole of Sydney has got it. May God bless you all. I bow to all of you.

Now is the beginning of saintliness, but respect your Self-realization. It's a collective happening. As you know, we do not take money. We do not have elaborate places for you, but we have very good Sahaja yogis who can tell you how to go further with it. You are not to pay for anything at all, never. It's a divine Love. So please try to develop it, and I am sure all of you will become great masters very soon and you will know how to raise others' Kundalini, how to keep yourself in full connection. Hardly it will take few days for you to establish that connection permanently and to enjoy that peace within yourself. Thank you very much.

Tomorrow I hope to start it much earlier. We'll come by another road and then we'll have time to meet you all and to listen to you if there are any problems. Also, invite your friends tomorrow to come because this is a very great chance of many years of seeking. You all should get it. Those who haven't got also should come. They'll get their Realization. Those who haven't got it can also see some of the Sahaja yogis there sitting this side, and they'll help you how to get it.

We'll have some music for a while, and I'll be happy if you'd like to clap for a while. Will be better. You will enjoy it much more now once you have got your Realization. So enjoy this music. Those who want to have Realization can go on the sides here, who haven't got as yet.

She's got it. She's got it. You just see yourself. You can see on her head. You just see on her head. She has got it. Yeah. She's got it; I can see. What about you?

[Hindi]

Sahaja yogi: Anybody who didn't feel anything, if they'd like to come over to this side we'll get some Sahaja yogis to endeavor to correct that for you. It should be a very rare person who can't feel this phenomena.

Shri Mataji: Some didn't get it in the third-forth [row]. But you clap also you'll get it, I tell you, because these are hands you know. You'll be clapping with the music and you'll get it very surely.

1991-0417, The purpose of the Kundalini

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17 April 1991

The Purpose Of The Kundalini

Public Program

State Theatre, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Sydney (Australia), 17 April 1991.

Begins at 40:55

I bow to all the seekers of Truth.

You have been already told about these centres within us. Their qualities and these three channels which constitute them. But one may ask why all this instrument plays within us? With what purpose? And why evolution has to go further? 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 Almighty and Spirit is the universal being within you. When you become the Spirit, you become a universal being. You become a universal being, doesn't mean that you take a certificate that you are a universal being. Not at all. But this state of being a universal being is manifested in you. It is manifested as a innate knowledge within you.

As you have innate knowledge of colours now. You know this is this colour, this is this colour. You see it. In the same way, you become aware of you being a universal being. Means a microcosm becomes the macrocosm. Again I say becomes. It's not just a feeling that you have become. Like a drop becomes the ocean.

But again it's not just a mental understanding, but it is a happening. And this happening takes place and you become a personality which leaves your boundaries, limitations and you start seeing yourself as a very loving, affectionate, compassionate personality. When a child is born to a mother, she feels tremendous love for the child. From where does she get this love? Is innately built within her and her love becomes doubled. Whatever love she had for herself starts flowing towards her child. But when you become a universal being, then your compassion takes a very universal personality. Then you do not think that you are an Australian or you are a Englishman or an Indian. But you just think that we are part and parcel of one universal personality. Now this feeling sometimes can be confusing the word is, feeling means I feel very happy, I feel very unhappy. It's all a mental projection but it becomes part and parcel of your awareness. This is the point I want to make very clearly to you. That it becomes just an awareness of collective consciousness. Then you can't avoid it, you can't just get rid of it. As you feel for your family. Why do you feel? I mean some even don't feel that. But most of you feel for your family, for your children, for your wives, for your brothers, sisters, father, mother. So why do you feel for them? Because you have expanded your personality. So you just feel it.

But when your personality is that expanded, then the whole world seems to be your family, your relations. Then you do not see a person superficially skin deep but you see a person as a part and parcel of your being. Not only that but as you can feel your own chakras on your fingertips, you can feel the chakras of another person on your fingertips. And then if you know how to correct, you can correct those centres and correct their problems. Today I'll just deal with one chakra. How when one chakra goes out of order, what happens to us? It's very interesting to find out how we suffer from so many diseases because of one centre. This centre is the second centre of Swadishtana. Second centre of the Swadishtana is attached to the Nabhi the third centre and moves round the whole of that green area. It can go to the end to the periphery or it can be anywhere. And the duty of this centre is mainly to convert the fat cells for the use of the brain. That medical science doesn't know. The other functions are to look after the liver, to look after the pancreas, to look after the spleen, the kidneys and the intestines.

So, when we start thinking too much, when we become futuristic, we start planning everything, I mean. Sometimes people plans

so much, that you don't know where you are left with that plan and that planning gives you a turbulent mental exertion and you need more energy for your cells in the brain. So this has to pass as you see here clearly, it has to pass into your brain, the energy. But when you think too much and plan too much and if you are successful, then you develop an institution called ego, which is a big yellow pile in your head. That's not only thing but as you start thinking too much, you neglect all these viscera's, all these organs in the viscera. And thus you have very big problems of health to begin with. Of course when you neglect your liver, you know liver is 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 bloodstream. 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 the 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 what will you do with that planning, God alone 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 constricts 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. It's a 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 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, a very massive one. And he may die very early in age. You must know that all such attacks at a 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.

Nowadays as the life is, we are all time bound. Very particular about time. As a result of that, we have become extremely hectic. Suppose you sleep very late in the 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. Newspapers will never give something that is good or is doing well but something that has gone wrong to be a sensational feeling. It is sometimes horrible things. So early in the morning, if you read something horrible, being a human being, you are 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 RBCs. 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 with some triggering on the left-hand side, you develop a horrible disease called as leukaemia or blood cancer. Then also your intestinal problems, the pain in the stomach and all that's indigestion, all go hand-in-hand only because of one centre only on the right side. I have not even described the left side centre. So if I describe all these, then the whole material medica will be described. It's like that. So all the permutations and combinations of these centres give you physical problems, then the left side gives you the mental problem.

Now when the Kundalini rises, as I told you, She pierces through these centres, and like pearls, they-it passes through different pearls. The left hand side, right hand are brought together and are nourished and that's how you feel all right, your health is all right. So when the Kundalini rises and when She touches the Spirit, the seat of the Spirit here, the flow of the grace also on the sympathetic nervous system relaxes your centre and nourishes them. Plus the rising of the Kundalini helps you such a lot but unless and until you get awakening of your Kundalini and the last breakthrough of the last centre, you cannot feel all right. And you have to work it out in a proper way, understanding the how to cure yourself or how to cure others. You have to also know how to protect yourself but you definitely become a personality who can cure people, who can cure themselves, I mean Sahaja

Yogis, don't go to doctors at all. I've no question. As soon as they get into trouble, they know this burning started, now this is it, clear it out. They are the doctors, they get the diagnosis, they know the medicine – finished. So the first thing that happens to us that physically you feel perfect. After that you don't age also, your age comes down. You don't have wrinkles, you don't have worries because all your worries are due to your left side or right side which is causing you to institutions of ego or super-ego.

But when they're open out and when the Kundalini is out, then like a, I should say like an opening of a chimney, the whole of this worrying and tension and all that passes out. And you have no tension, you are absolutely peaceful with yourself. You are peaceful with others. You're serene and you get all your centres integrated. Now this is a very big achievement because I feel these days it is not the problem of political differences thanks to Gorbachev – who is a realized soul himself but the main problem now is of fundamentalism. Because everybody thinks that they are on the right path. Thank God I was born in a Christian family – just imagine you are worshipping Christ. And how can it be that your eyes are going round and round and round like that because that Christ is deciding on your optic chiasma. That's why He said, "You'll be calling me Christ-Christ and I won't recognize you". He has also said, "Those who are not against me, are with me". So who are those? We should not be fundamentalist and try to find out who are those, who are with Christ and who are not. I mean the horrible things we have done, of course let's said the better about Him the religion also. Where it is said that in every human being, we have the Spirit and every human being is the Temple of the Spirit.

Still we have a horrible thing called caste system in India. When Shri Rama ate the fruits from a very old lady of an aboriginal land, who had eaten them and seen that they are not sour because He may not like sour food. And He really was so happy to eat them. He made it, I mean His life was written by a person called Valmiki, who was a dacoit then he got his transformation and he was born in a very low caste, if you want to think from modern angle as a fisherman. Same thing with Shri Krishna, his life was written, Gita was written by Vyasa, who was the illegitimate child of a fisherwoman. Illegitimate child. So you can see how these people have tried to show in their own life that is not important as to what work you do or what calling you have, is what is important is how pure you are. What level of spirituality you are. We have in India, schedule casts [intouchable] and so many of them. And we have all kinds of saints in our country. And one saint has said that what's the use of me becoming a Brahmin, calling myself a Brahmin when I don't know what is Brahma is. This himself is condemning himself. Then another one saying thank God I have become a shedule cast, because I do not oppress others. All the Saints have said the same thing because they were integrated within himself. They could see that all religions, all prophets, all great incarnations, all of them were born on one tree of spirituality and we stupidly take away those flowers, those dead flowers and say this is ours, this is ours, this is ours. So today's problem is fundamentalism and this fundamentalism is working in everyone. Muslims are actually, I would say, are, they have no finesse, that's why it's obvious but Christians have greed finesse you see. They are also extremely fundamentalist and the way we are doing things, we should be shocked.

I recently read a book called Vatican connections in which they showed the Vatican published two billion dollars of counterfeit securities and sold them through mafia. Can you imagine two billion dollars and in London, if you live, you will feel like running away from Church of England because people are saying Christ was homosexual. He had bad relations with his mother. All kinds of horrible things that one cannot bear, they are talking and Church of England is sleeping and now they are appointing the clergyman or I would say the people priests who are homosexuals. Then the other day, I read that they were women in America were warned that do not go for ordain-ordination because the clergymen will harass you. Are they clergymen or what? How can they teach about God if they are like that? But once you get your self-realization, the Hindu start seeing the bad points among themselves, Christians start seeing the bad points among themselves and also the Muslim starts.

And you'll be surprised the Jews now worship Christ in Sahaja Yoga. We have many Jews in Sahaja Yoga and they all worship Christ and we have Sahaja Yoga centre even in Israel because they see that He was the truth. But when you are fundamentalist, you do not want to accept anything. You put the blinkers and mostly this business, any one of them is nothing but business. The false gurus are business, also these people who talk of religion also cannot think that they are dulling the spirituality of people. That everybody has this feeling to rise. This integration, you get in the light of the Spirit. Because as soon as you put your hands to anyone, say Khalil Gibran, say Muhammad Sab himself. You ask a question: was Muhammad Sab the incarnation of the primordial master? Immediately, you'll start feeling tremendous vibration that He was, whatever one may say about Him. But He was. They may say anything about Christ, nonsense but you ask any question, any one of you who are Realized Souls: was Christ

the incarnation of innocence? Was He the son of God? Immediately, you start feeling vibrations. But if there is a false guru, a false personality, a false man, you ask the question and immediately you will feel the heat. Sometimes even the burning from that person. This is how you know the absolute Truth about any person, about any situation, about any book or any kind of ideologies.

Whether it is truth or not, only can be verified and judged through your vibrations because there is Spirit flowing through. There are many people who are just mercenary, working for money, doing all kinds of nonsensical things but ultimately you develop that personality of self-respect within you and you think what am I doing? Is this the way? Even that thinking is not required. We just drop that all nonsense. I know people who have dropped their jobs which were mercenary, which were the wrong type of jobs, in the mafias and all that, they have come to Sahaja Yoga. And now they have proper, sensible dignified jobs. So the whatever we have lost, comes back to us because now we know ourselves in the light of our Spirit. And we become really so powerful that now we can bear any amount of money given to us, we are not attracted. Any amount of power given to us, we are not attracted. Any amount of promises or anything, we are not bothered because we have risen above all these things and we can see very clearly that what is most important is our spirituality, our virtues and we start enjoying our virtues.

People always talk about peace-peace formations. I've seen those people because of my husband who have been given Nobel Prizes and all that but they have no peace within themselves. I don't know how they get these prizes, just to have them outside going around, peace foundation. Peace is within yourself. Those who do not have this within themselves, how can they spread peace? How can they give peace to others? But once you get your realization, you become a peaceful personality but greatest above all, the Spirit is the source of pure knowledge. Absolute knowledge, pure knowledge about anything. So immediately because it is in your awareness, you know what is the correct thing to do. What is the righteousness. How to be on the right path? Because you also get the strength to be on the right path. You have that strength. You become a powerful personality. You remember Christ standing before Mary Magdalene and He said that those who think have not committed a sin, can throw a stone at her and everybody stood back. But He said just throw the stone at me. He didn't say at her. He said throw the stone at me. What a courage? After all, what has got a saint to do with the prostitute? Nothing. But his courage because He-they are not afraid of anyone but for God. And they are not afraid, it's the respectful or for God that they have. So this is the state we have to achieve of such personality but your attention itself gets enlightened. This is the best part of it. A person who has really evolved to that state, even a glance of this person can cure someone, can bring peace to someone, can satisfy someone. Even a glance.

So, such a personality is quite potential in all of you. You all can achieve that potential because you are seekers of truth and the truth is nothing but the light of the Spirit and once you have that light, you can have that kind of a consciousness, that wherever you put your attention, that problem gets solved, that person is helped. International problems can be solved also if collectively you think of any problem like that. If a person is very troublesome to you, you can just put a protection on him and you'll be amazed, he will change. He'll be kind to you because your love acts, your compassion acts through your attention. The last, the most important thing that happens to you, that you drop into the ocean of joy. Joy has no duality, it is not happiness, unhappiness. That comes through ego. But joy is the state where you are enjoying everything. You do not react to anything. Just see everything and you are in the ocean of joy. So, what is the question of getting sick or getting bored? You are never bored, when you are alone or where-whether you are with others. You enjoy because there's joy within you and the source of joy is the Spirit.

Thus you become the Spirit. This is the status you achieve. It can be achieved very easily but for human beings to eat food like, is very difficult. He has to go round his head and eat it. So, whatever is simple, is real. Whatever is complicated, is unreal. It is so widely (?) today for you to get your realization, that it works in such a simple manner. So don't listen to anybody who tells you to go on chanting for hours together. As I've seen this poor Buddhist going on like that spoiling this throat, getting cancer. You must have first seen many people like that, chanting-chanting-chanting-chanting, mad. See! You are not connected with God. See what is this, the telephone is out of order but where are you telephoning? It's stupid to do that way but you'll find there's a Hare Rama's now, there are so many who came to us are suffering from cancer of the throat you know. And then said chant-chant-chant-chant, you say, they start chanting any name, it takes you away. It's very dangerous because Shiva gets very angry you see.

Now supposing you have to meet the Queen of England and you go and start shouting Elizabeth-Elizabeth-Elizabeth, the police will arrest you there. You must have some protocol. You should be able to enter into-the-into-the protocol and you have to be in the Kingdom of God. Then even once you think of God, you are blessed. Don't have to go on pestering Him like this as if He's in your pocket. Just take out your pocket telephone, go on like that. All this is nonsense and once they do all these chanting business, I have seen they put some sort of a spirit in you, they just mesmerize you, then you don't know what's happening. The other day, we had three, four people complaining they went to some lady where they had paid lot of money and now they have got pain in the stomach, they've got pain in the heart. I mean at least your health should be looked after. There should be some concern about it.

So, one has to understand this kind of madness must be [Unclear]. People I've seen, even Christians, pray sometimes, they break their heads, they shout at God, they say all kinds of things when the God is not listening to them. What's the use of doing all this? Prayer is only possible after you have got connection. Otherwise there's no use praying to God because you are not connected and that's why Christ has said you are to be born again. Everybody has said, Muhamad Sab has said that you have to be [Unclear], everyone has said that.

Now if you just ask for it, you can get your Realization tonight. But after that you have to remember that this is not an individual thing, that you sit at home and say, "All right I am doing this meditation this way". It's not going to work out. You have to be collective. You have to meet each other wherever there is the program is or whatever it is. Like a nail, which is cut out, will never grow, so you have to be attached to the body of Sahaja Yogi's. Also, you have to spread, you have to spread Sahaja Yoga. When you spread Sahaja Yoga, you will go deeper and deeper and deeper. And then you'll discover your Divinity and you will know how glorious you are, how great you are and why are you here: to do the work of God, to be an absolute beautiful instrument into His hand.

May God bless you all.

[Applause]

Yesterday, we have had too many questions I think and I think today we could have very few because yesterday's questions I am very good at answering you know because I have been answering for the last twenty years now so I've become quite an expert and I know all the styles and types there are but this is a mental feed only. This is only at mental activity. What I want that you should not have any obstruction of your mind when you are meditating, that's why I say just ask the question but if you just go on like that, then it's just a mental level and it is no guarantee that if I answer to your questions, that you definitely get your Realization.

On the contrary, mental activity should be less. It's better that you should leave mental activity for tomorrow and you won't have much tomorrow. So, ask questions which are relevant. I've told you yesterday that I am not here to take anything from you. I am here to give you the key of your own benevolence by which you will have deeper faith in whatever you have been doing, like supposing you are Christian, you will know what Christ is and also you will know what other great incarnations were. Your knowledge will expand.

Even the children who come to Sahaja Yoga have become so intelligent that most of the scholarships they bag. They pass their highest examination in record time. It's something surprising that when the Kundalini goes into the head how one becomes so alert, so active, at the same time so compassionate.

So, I would request you to understand the value of your being, your Self-realization and don't waste your energy into something frivolous but pay little attention to your Self-realization and then next year I'll be here to see great masters of Sahaja Yoga sitting here. You all have to become your own masters, that's what I want to see. So any question there? Those who have been yesterday asking questions need not ask and those who are new, I must say they were must at least listen to my yesterday's lecture. So, they shouldn't ask about yesterday but today's things if they think, whatever it is, I mean, I am willing to answer.

MC: Questions?

Lady in audience: [Inaudible]

MC: What is your method of Self-realisation?

Shri Mataji: That you will see now. It's spontaneous. It's like a seed being sprouted. It's a living process, of a living energy, which spontaneously act.

Man in audience: (inaudible)

MC: Once you have gained this new sense of consciousness, how do you stop repeating the things that you have done in the past and would rather not do again?

Shri Mataji: I didn't follow this.

MC: Once you have got your Realization, how does one stop doing things that are against our better nature?

Shri Mataji: You mean usual habits?

MC: Yeah.

Shri Mataji: I see. See once you get your Realization, as I told you yesterday, a simile, that you are holding a snake.

1991-0417, Talk to Sahaja Yogis: Preschool Talk

View [online](#).

17 April 1991

Talk to Sahaja Yogis

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Preschool Talk. Sydney (Australia), 17 April 1991.

03:55

Left anyone? All of them? Nice flowers, eh? Mummy got for you?

04:33

Ah, these are also? They're from primary. Oh, that's My hand! Thank you.

06:00

The whole place is a school, is it? Whole place is a school? School ashram. How many there are?

08:00

[Teacher: Shri Mataji, the children have made these paintings for You.]

Ah! They have great feeling. . She didn't have any drawing before?

08:34

Not that one! These are future artists, I think, aren't they? This one, Radhika? Free-hand? Showing all vibrations. This one is, who has done this one? Looks like Christ. It's tremendous. It's Kundalini-shaped art.

09:35

Really? Have to look at their inside. They're seeing the Sahasrara, I think. All the seven colours, it's Sahasrara. With section, I think. This must be the left side, and this must be the right.

10:00

Oh, that's beautiful. Who is that? It's beautiful.

[Yogi: That's like the brain, isn't it?]

10:22

Brain, and also a little Kundalini, because green, yellow Swadishthana, see and then the blue. They are really the smartest. Very sweet. The body is missing! That's what they are. Beautiful. All are the Kundalini.

11:00

So how many children are studying here, about? Fourteen? Thirteen.

All right, you all sit down. I would like to talk to you. All right? Let them also sit. Let them come in. They can sit. All right. So what are we learning in the school?

[Child: We dance.]

I'm sure you can write, you can write your names? Do you know how to write your names? All right. It's a Montessori style you are doing or

[Teacher: No, Shri Mother. Sahaja Yoga style.]

That's better. Sahaja Yoga style, yes! And, you come what time to the school? Nine-thirty. And then they have their lunch here, or they go ?

[Teacher: They have their lunch, and they have a little]

Rest.

[Teacher: They have afternoon activities as well. Yes. The little ones have a rest, and then they finish at three o'clock, so they go all day for four days.]

I see. (Sit down. Sit down.) We'll have to have a proper big building now, isn't it, because you'll be increasing in number, I think. And what's happened to the children who are doing primary school here? Ray?

[A yogi explains that the primary children go to a local primary school nearby.]

Good school?

[The yogi explains that it is a small public school, and that the thirteen Sahaja children form one-tenth of the whole school. Also that Sahaja Yoga is taught there in the scripture class.]

That's a good solution, because children who are doing primary school also should go to a proper school, where they are guided properly and have a proper education. Because yours is a secular state, and whatever the parents want will be taught to the children, you see, so they cannot force you onto anything. Also the children have to, some children could come to India also once we have the Vashi school we'll see. Vashi we are trying to make it up very well and work it out in a proper way. First of all, I mean it's easy to get teachers in India, no problem. Very well-qualified teachers you can get, if the place is not so far away as Dharamshala. But to get proper art teachers is a problem: they are expensive as well as a little fussy type, you see. So we are trying to get a flat or a house next door where these artists could be kept, so They could teach from very childhood; certain things we can start so the children develop the deftness, you see. The problem is they don't have the deftness to do artistic things.

Also we're thinking of starting a class with the mechanical things also, so the children learn how to play with the mechanics also. Because if you see in Japan, they make the children I think by the eighth class they know how to make a watch. Yah. And the children have to clean the trees even. So bigger children climb up or they go on a ladder, but the smaller children clean the lower part of the tree. It's very sweet, you see. So that's how they train them up in a practical way, like Gandhiji's style was that you should make the children know about everything from childhood, whichever is good for his livelihood and also for his life.

For example, if you have say, cotton. Then you tell them about cotton: what is cotton is, how it is come, what are the seeds are, how it is sowed; from there up to how the, you make threads out of them in the churka. And then how you weave them, how you put patterns. Like that every class, you can be taught one by one things like that. Ultimately we'll be having a school of twenty-one arts and crafts of India in Ganapatipule, for adults. So these children can go finally to that place if they want to take to any art or craft and polish their, their deftness and their craft. This is the idea we have. We have so many crafts in India, lots of them; and here I think this starting very late in life, that's why they find it difficult, but if you start it very young it's very easy to put it into them.

[Yogi: I think most parents here would like to send their children to the Vashi school. It's best for the children.]

Yes, but they think it's too much price for them. Now we have found out a very cheap price for you to travel to India. They said the school is not expensive, but the travel is. But for travel we have found out for children it is How much percent is less? Or go the Shri Lanka one also. So I mean, we can find out cheaper ways to send children there. But the schooling is not expensive because it is all found: everything, clothes, everything, and so many arts and crafts and all that; it means a lot of money. And it would be very versatile education to them, so they do not have these conditionings of religion and conditioning of one country, because they'll be coming from all over the world. They have certain basic problems of Mooladhara also, and also about ego, and these two centers are really catching. But I think gradually, living in India, they'll come round. It could be managed. It's not so difficult.

[A yogi reads out a letter from the NSW Minister for Education in support of the Sahaja Yoga scripture classes at the local primary school, also praising how the Sahaja parents have become very well-respected and involved in the school's activities. And commenting how also the Victorian government have recognized Sahaja Yoga in Victoria (another state).]

22:18

This should be, I think, used against the ABC!

[Teacher: The children did some drawings for You this morning, Shri Mataji.]

Really? So I'll have to put them in Vashi School now, all these. But you must write your names. Also "Australia."

[Teacher: Shri Mataji, we have fourteen. You were correct when You said "fourteen" because we have the little girl from Cairns. That's fourteen, that's what You said. Thirteen now are fourteen, that is the number.]

Because actually they are seven into two: we have fourteen centres, you see, to create a seven, you know. Ah, good is a good number. Fourteen is very auspicious, very auspicious.

24:04

So now what is this for? All right, come along, one by one. All of you get up, one by one. Start from the very beginning. All right, now Thank you oh, look at that! May God bless you. One better than the other. All done so spontaneously. The Kundalini. All right. Now who else? Ah. Tanya is she French? No; is she, is she Russian? . Fred's daughter? Fred, how do you name her Tanya? She's a, it's a Russian name. We have one Tanya in Russia, very good Sahaja yogini, very good, very intelligent.

May God bless you. These are people flying in the air, or what? All their Kundalini coming out The other way round; that's what I was wondering. Oh, I see. Ah, that's a rainbow? May God bless. May God bless. So you are Daisy, eh? Ah, may God bless you.

[Teacher explains that Daisy's mother is at the school in Dharamshala.]

Oh, I see, she's gone there? Yeah, I've heard about Oh! Really Thank you. Seven loops seven chakras! Many of them have started to see a flower enjoyed by Kundalini. Thank you. Have great sense of colour, I must say Done so well. Very well done. Beautiful. Now, who else? Yours? All right. Not yet finished? All right. Thank you. They are too sweet for words!

So now then, if the somebody was telling Me that you find it difficult because of the airfare. But now the airfare is so sensible, there should be no problem. But we are thinking that we'll send the children to Dharamshala during the summertime, about three months or so, not for study but for holidays; and then the parents can go and stay with them. But it's not proper to, you see, interfere with the school all the time. It's not proper. They get quite disturbed about it. So best thing would be that you take your children with you, go to Dharamshala, spend some time there it's very nice, is beautiful. You can go round, see Himalayas there or wherever you want to go. And children will be there, they'll get their food and also you can pay for your food, that's all it's not very expensive. So you can spend some time with them in the summertime, because summertime is here very, very cold, I'm told.

June, July, August. You see it's actually, June, July, August could be May, June, July. August is not such a bad month, I think. But actually in India the schools start in July, eighth of July. So July it starts and they close it in April, May, June, like that. Or maybe the fifteenth of April and the fifteenth of July or something. You see, we have to put them in a regular proper way. And I think they'll get adjusted: it's not very cold there, and it's not very hot. Should be quite all right. It's a very nice school, open school. It's planned well for children, and it's so planned that nobody can get out because it has got a great, big, huge compound in the centre only, what you can call like a courtyard. So they don't have to get out of the school. Very important it is. Though in India they don't have all these problems that you have here for children, but still, to be on the safe side. When it will work, it will work very well, I know that, but it has to start.

So, I think we should say thank you to all the children. I should have at least brought some sweets for them, I'm feeling rather guilty! Because it's just he told Me in the morning. Oh, that's fine! I'll give it to them.

[Teacher: Shri Mataji, before You go, may the children sing a song to You?]

Yes please, please. All right.

Thank you. Beautiful. Also, next time when you come, I'll give a small harmonium for them and a small tabla, and let them start. If they start playing on it, they'll get the knack of it. Easy to get a small one, and one tabla. So or a drum. So once they get the knack, they'll manage. We are going to do that in our school there. So now give them the sweet. I've already started! They love this.

Where is the house of Nirmala? .

[Teacher: The children are making this mat, and we thought we might send it to the school in India.]

Let Me see, let Me see Ah! Very good idea. They'll be very happy to get this. These small children have done this? This is remarkable. You can make a cap also, with this. We don't get this in India. No, these we don't get. We get cotton ones, cotton what do you call, it's used for the cord in the, this thing, and we can get them colored. And then they can do it.

[Teacher: We do a lot of sewing. We do a lot of sewing here with the children.]

They stitch their clothes?

[Teacher: Not quite. No, not yet. That'll be the next thing. Is there anything You would like us to do with the children here at school, that You could tell us about?]

Only thing, you see, I was saying that you have some very sweet prints. The other day I saw that print David has, about the children playing the cricket. So some of them if you can get hold of somewhere some prints where the children are. Children playing, or children move with the theme. You can send them with these people when they come. I have bought lots of them, but that kind of a print we don't have in the mass done by one fellow called who? I saw it in Melbourne no, Brisbane. It's a very good one. Something like that if you find anywhere, with the theme of children. Not the faces only, but if they are playing or they're studying or doing something. I've tried to collect a lot of things: dolls, I've collected lots of dolls and lots of also toys, by which you can make things like houses, a ship also not that difficult part, but easier. In Poland we got all that for children. So .

I'm thinking of maturing them by making them work out themselves things for themselves, so they mature very well. You see, the other day, you see, that child was crying so much and I just asked her that "you take the sweets and distribute to everyone." She didn't eat at all, she just took it over and was distributing. Even in the puja if you make the children sit down and do puja things and all that, they're very good. So you have to involve them into something and then they mature into some sort of a work. Children are to be given problems like that. "Now solve this problem. How will you do it? Solve this

problem.â€ So they develop mentally also, and they mature. Now you should not solve problems for them. So tell them, â€œNow, how can you do this one? How can you do this one? Like that. And there should be a competition in sharing. See that how much they can share with each other. Now say you have given sweets now, so who can give one sweet?" like that. Teach them how to share. Giving to others, you see. This is very important at this juncture: doing for others, not asking for yourself.

Say, I was saying in India that no child would ask for anything, never. Even My own grandchildren if I have to take, do for shopping, they're very difficult, and one thing they will take at the most; but if you say take second one, â€œnoâ€ I tell you. It's impossible. And all this perhaps comes from childhood, you see. They see that the mother gives things to others, she doesn't take anything. The father gives things to others, he doesn't take anything, he doesn't take anything. And they're, if they when you give something to someone, you see, everybody praises them a lot. So then the children start developing those virtues. But if you start only clapping for their ego, then children get spoilt.

This has to be understood that you should not pump their ego in childhood, then it's difficult to control when they grow up. Like a balloon which has been, you see, already bloated, it's very easy to bloat; but which is not yet bloated takes time, you see. So see to it that ego doesn't build up in children. That's one of the big problems in the West. Specially, before Sahaja Yoga I have known that parents wouldn't look after their children, but after Sahaja Yoga they just stick like glue, you see. They just think that their children are the last word, they must do this, and just spoil them, much more than normal children do. I did say they are realized soul, you have to look after them, you have to treat them with respect; but not if they are glued to you, how can you do that? Keep them a little distant, and see for yourself how they are growing. That is important, because it is you people who'll make the child or mar the child.

[The teacher says the children are learning some Hindi.]

They should, yah. Hindi. . Yes, please let them sing.

43:52

They'll pick up Hindi in no time. Look at them. These children are writing to Me in Hindi language. I don't know how many, they had not been there even one month, they started writing wonderful!

All right, I can never leave this place, you'd better ask Me to go now!

Who's done this?

[Yogini: The primary school children]

Really? . It's very nice. . Such small children can do this? . This you'll have to bring . Beautiful, this is beautiful. .

45:10

So, who's coughing? . Just come here. You should always wear a shameez. Come, come, one minute. One minute, just come. . They get frightened.

[Teacher: We have this little room here and another little room out here, and a backyard here.]

Well, you'll have to get a better school. You'll get many children now, I think. I hope they wear some under a shameez or something. It should not be just one covering. That's how also they catch cold, and start coughing.

46:09

All right. So, I hope you'll send these things. I'll show them and then they can make caps out of it! It's very interesting.

Are you all right now? Are you all right? You know she, she sings very well. And she dances so well. And she said she knows

everything about Me, isn't it? She's the one who answered that "œl know all about You, Mataji.œ

So may God bless you.

(Some problem with the seat. I'll come out.) So you people all have very children, but be very strict about.

47:42

Do you think we should have, from primary school we should have some uniforms for the children? . But there only you can wear something cotton, that's all like kurta pajama or something. That would be nice. All right.

So may God bless you all.

48:31

If you send in the ashram, I would like it, to have a look at it. Thank you.

48:37

Hello! Ah, now, she's wearing something inside or not, and that's what nothing! That's why you are coughing. Now, you must wear something inside, all right? Some sort of a shameez. Hallo, you are all right now? What was the matter? . How will you treat it? .

50:16

[Yogi: the shoes .]

Now you must buy some boxes ! [Child: Bye-bye!] Bye-bye, bye-bye! . He's all right. How are you? has passed through very difficult times; he had such problems. Very bad problems from South Africa. But now it's working out very well in South Africa? . Yes, working very well. They have been calling Me let's see. Their government doesn't permit. Let's see what happens.

Ends at 52:37

1991-0418, To understand the divine you have to become a self realised person

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18 April 1991

To Understand The Divine You Have To Become A Self Realised Person

Public Program

Newcastle City Hall, Newcastle (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program & Music (by Nirmal Sangeet Sarita and the late Baba Mama). Newcastle (Australia) 18 April 1991.

48:00

[??: meaning not clear/not audible]

I bow to all the seekers of truth. At the very outset, I have to say that truth is what it is. We cannot organise it, we cannot conceptualise it. Also unfortunately, we cannot know the absolute truth at this human awareness. We have to become a subtler being to know the truth. Now whatever I am telling you today here has to be understood with an open mind of a scientist. If it is a hypothesis I am putting before you, you have to see for yourself if it works then as honest people you must admit because this is for everybody's emancipation and the emancipation of the whole world. We have seen there are problems in every place, in every country, in every nation. Problems of different nature are there. But if you go to the roots of it you will find out that its human beings who have created these problems. And these problems exists because we are in ignorance, we are sitting in darkness and we do not know how we are related to each other. We talk of collectivity, we talk of peace, we talk of love; but still, we are separated from each other. And it's like a drop away from the ocean talking about the ocean. In every scripture, whether it is Christian, Hindu, Muslim, is Tao or Zen, any one of these philosophies of Buddha or of Mahavira it is said that to understand the divine you have to become a self realised person or as you say a second birth has to happen within us. How is it all of them said one simple thing that you have to have your second birth. But that does not mean that you can just have a certificate saying I am this, I am that. Because we are not. We do not practice what we are talking about. There is a disparity. And the reason is that we have not reached that second birth; otherwise automatically you start practicing what you preach. For example, anybody who is a Hindu, Muslim, Sikh or anything can commit any sin what so ever; though he may go to temple, may go to mosque, may go to church. So there is something lacking in us, some sort of a incapibility within us that we cannot do what we want to do. I have known many people who were alcoholics, who were drug addicts who came into Sahaja Yoga, and they said that mother it's impossible, we cannot give up, we haven't got strength. We are so much against it, we don't want it, but we just can't do it. So helpless. And... yesterday only there was a lady an actress who came to me, poor thing, she just asked me one thing, mother please relieve me from this alcoholism. I am a terrible alcoholic and my life is now about to finish. Now you give them lectures, you tell them something, it wouldn't work out. Through your mental efforts, nothing is going to work out. So there is something higher that has to happen to us that you become capable of enjoying that value system which you regard as something great. That those great prophets and incarnations have talked about. What is that missing point, is very simple, that in our evolutionary process we have become human beings. But we have not yet known the absolute truth and a absolute knowledge. And that's why all these problems are there. Once you become the truth it starts acting on your central nervous system. And this is what is 'being born again'. He has already told you about this whole system which works it out. It is within us, built-in. Our creator is the greatest planner you can think of. He has kept these two things like your past and your future on both the sides. And the middle path is kept open about which Buddha has spoken so that you can ascent easily and achieve your self realisation. In India, there was a tradition that only one teacher had only one disciple. It was not allowed to have any more disciple because they thought it is impossible. Then in the 12th century [ie 1200s], there was a great poet called as Gyaneshwara who wrote in a vernacular language. Of course in Sanskrit language, there are so many books written very much about kundalini awakening, about kundalini and all the processes. But Sanskrit being such a difficult language that general public did not know about it and those who were in charge of religion or we can call ones who knew Sanskrit, didn't know how to do it. But he took permission from his teacher, who was his brother, that he should allow him to talk about this inner power about divinity openly to people. So he wrote in his beautiful book called Gyaneshwari, in the 6th chapter about this kundalini. But still, people said, no no no no, this chapter is to be closed down this is not for us. Now only it has become possible to talk about it and to awaken the kundalini of people

amass. Masses and multitudes can get realisation. Of course all these incarnations and all these prophets have worked for it. And they have brought us to this level that now we can get this experience of self realisation. Now I have to tell you that its a living process of a living energy and you cannot pay for it. For eg. If you sow a seed in the mother earth, it sprouts by itself. You do not have to pay money to the mother earth, she doesn't understand. We understand that she doesn't know money. In the same way, this living force that is within you is your own within yourself, we say as the kundalini because it has got coils, is the mother the primordial mother. We can call her the holy ghost reflected within you. And for her awakening or for any such work which has to do with divinity, you cannot pay. You cannot also put in much effort because to become human beings we have not put in much effort. In the same way, it happens so spontaneously that you don't have to worry about it. But as a result of that what happens to you is that you feel for the first time the truth that there is the all pervading power of divine love. (You) Start feeling a cool breeze in your hands and a cool breeze of the holy ghost also comes out of your head and you can feel it. And for the first time, you know that there is some subtler energy beyond what we know of. And this energy is the energy that does all the living work.

58.31

This divine love is the energy which thinks, understands, organises. Above all it loves. We never even think like how these beautiful flowers have come out of one seed. We never even bother to know how we are made so beautifully. How our eyes are made so beautiful, such a beautiful camera. We do not try to understand because we take it for granted. It's a living process. And living process we do not want to get into. But these are special times when we are born. Modern times as you say are also described in all the books, to be the ones where will be quiet in illusions and will be quiet disturbed by the different ideologies that will be bombarding us. But in those times only the seekers will be born and these seekers of truth will get their self realisation. Even William Blake has said that Men of God will be born on this earth and they will seek God. Not only that but they will Godliness to others. So such a time has arrived for us to receive your self realisation, your self knowledge, by which you know about yourself, about your centres and also you know what's wrong with others because a new awareness is manifested in your central nervous system. You can feel the centres of your own being and you can feel the centres of other people, very clearly on your fingertips as shown there. And if you know how to correct those centres you can get rid of all the problems created by these centres and they are the ones when they go out of order or imbalances, you get your physical, mental, emotional and spiritual problems. So when this kundalini rises she pierces through, like a thread into pearls, and integrate all these centres and then ultimately she breaks through the fontanelle bone area which was a soft bone in your childhood; giving you the actualisation, again I say actualisation of baptism. Is described in all the religions. Now on Easter, we give eggs to people. What is the significance of we giving we are giving eggs to people? Because Christ came on this Earth with a purpose. And his purpose that he should establish our resurrection. That he resurrected himself. He is placed on this centre, you see like this is the centre, is optic chiasma. And that's why because he was on this centre (agnya) which looks after our eyes, he has said it thou shall not have adulterous eyes. Why did he talk of eyes so much, because he was placed on this optic chiasma. And when the kundalini passes through he is awakened within us. Then he sucks these two institutions there, left and right, which we call as ego and superego where your karmas are there, your conditionings are there are all sucked in. And then the area which we call as limbic area, opens out like this and through that the kundalini passes and you get your self realisation.

1.02.56

But while travelling through these centres, not only that it brings those centres to their proper position; like if there is one centre on the left and one centre on the right, now if you start using (centre) too much then what happens this centre becomes very constricted or the energy becomes exhausted. And sometimes any shock can just break them. And when they are broken you develop diseases which we call as psychosomatic like cancer and others which are incurable. But this kundalini is very wise. She passes through one and then to another and brings them together (left and right together), nourishes them and then she goes ahead to integrate all of them. Not only that but it is connected with that all pervading power. Once this connection is established fully, it starts flowing, the energy starts flowing through you and you are never tired. You become extremely dynamic at the same time extremely compassionate. Because this energy is the source of compassion, love and bliss. This is what is waiting for us. So the first truth is, the fundamental truth is that you are not this body or this mind or this conditionings or ego, but you are the pure spirit. And the second one is that there is this all pervading power which we have to feel in our central nervous system so that we can definitely help ourselves and help others. Thus we get our transformation. And this transformation is going to transform the whole world because then we find the peace within yourself. Then you find your witness state and you are above all the turmoils of the world. And you can see them (turmoil) very clearly; because if you are in the water you are afraid of the waves, but if you are in a boat you can see all those waves nicely. Apart from that supposing, you learn swimming you can jump

down and save so many of them who are getting drowned and who are afraid of these waves. So its a very very spontaneous collective working. From one person to another, from one to thousands you can get them self realisation because you get the power to give realisation to others and to sooth them to comfort them. You also get all the power because you are completely counselled, all the knowledge you know everything about it. You know how it works. There is complete open knowledge of the modus operandi of everything Sahaja Yoga is doing. Anybody who is a Sahaja yogi, which is the THIRD STAGE as I call it, can tell you about Sahaja Yoga, can explain to you, can work it out. The FIRST STAGE where the kundalini rises above this centre which I told you as optic chiasma, then you become thoughtlessly aware. You are neither in the past or in the future. You are in the present. There are no thoughts. You become thoughtlessly aware. But when this kundalini passes through this (Sahasrara) centre (the second stage) and your connections are established, then you become doubtlessly aware. This doubtless awareness is a state where you start understanding Sahaja Yoga and also the manifestation of your own being. You start understanding yourself and understanding others without any doubts. Then the THIRD STAGE is where you practice it, you give to others, you make them self realised people then you become a perfect sahaja yogi. They are very humble, angelic people. My husband always says that "see you got all the angels of the whole world, and in this United Nations of the world what sort of people have come, because they are supposed to be United Nations; I don't when they will be united. It's such a difficult thing to deal with them." So this has to happen. Already predicted. And if this does not happen then this creation will be finished. But our creator has become so anxious that such a thing should happen that this all pervading power has become extremely dynamic. And that's how I am taking full advantage of it. And I hope you take advantage of it and achieve that for which you are born as human beings, the last breakthrough of your evolution. In such a small I am sorry I wouldn't be able to elaborately all about it. But I think in English language only I must have had at least 3-4 thousand lectures. And there are other languages also I speak. So I would request you not to worry about the knowledge part. See now there are beautiful lights here. When you come you just have to switch on one switch and all of them come. But supposingly I start telling you about electricity or the invention of the electricity and how it came and how it was brought in new castle, will be all bored stiff. So the best thing is to get the light and in that light, you understand that there is the subtle subject and easily very easily understood when you have your spirit.

1.09.44

I don't know we have had so far a tradition that you can ask me questions and if you think proper, ask me questions. Now I must tell you that I have been doing this work for last 20 years and I have travelled at least 45 nations. And there are Sahaja Yogis about 55 nations that's what they tell me. So I am quiet ?? at answering all your questions. I know what sort of question you will ask. But only thing I have to tell you that I have not come here to take anything from you. Nor am I here to order you for anything. I respect your freedom. Those who want to have self realisation only they can get their realisation. We are not going to force on you. It cannot be forced. It is like this. It has to be asked in your liberty in your freedom. So the question should be relevant with our subject and should not be aggressive to waste our time. I request all of you; I am so happy to see all of you seekers in this beautiful town. I wish they were the same in New Castle in England. I don't know think they are so many there. But one thing about English I have seen they are hard hard nuts to crack. But there is something good about them is that once they get it, nothing like English. Because they settle down within. And they are scholarship, such a lot of scholarship. They settle down with it. And today we have in foundation of Sahaja yoga seven hippies who came to sahaja in England who were very well educated. There were doctors and philosophers and professors and all that. But they had taken to hippy style of life, I don't know why. And they told me it was for seeking. And now they are very great Sahaja yogis. One of the doctors I know of who is in charge of 7 psychiatric hospital who are suffering from drug addiction and to alcoholism. We have another doctor who is a Russian who has been in Australia all his life, then he came to London and now he is working in Russia for the Russian people. Because we have found Russians to be very sensitive to spirituality. They have now conditionings. They are very clean. And they are so sensitive that they thrown away all the false gurus and all the false things from their country. And just they are now in Sahaja yoga and thousands and thousands. We have to always use a big stadium for them. Still, people are sitting on the ground. 16000 people minimum are to be accommodated. So you can imagine what a tremendous country that is. And why not we also open our hearts, see for ourselves whatever is good for us and for our children. Because it does so many things for the whole family for the whole nation for the whole world. So we all should be a part and parcel of that. May God Bless you.

1.13.17

Q: [not audible] Sy: Why there so many different styles of yoga, kinds of yoga. What is the difference?

Shri Mataji: Very good idea. Very good question also. See the Yoga system was established by a great scholar called Patanjali and he had written a book which is as thick as this much. This book, Patanjali's book, has described 8 types of things that are to be done. Ashtangas. 8 fold we can say. Among them, was yama, niyama means the rules and regulations and very brief part of it

was the exercises (asanas). But these were all different steps. Then there is another where he has clearly described the Raja yoga. In Raja yoga, he has described that when the kundalini rises then, just like I would say a modern simili I would give you like a car when it starts all the machinery starts working by itself. In the same manner when this kundalini rises all the machinery within starts working. Like one centre opens out and another centre is closed, the one which is open pushes the kundalini upward and closes down and the upper centre then opens. This is simply what we call is Raja yoga. And when it passes through this (vishuddhi) centre you get a kind of a suction by the kundalini because she wants to be retained at this point so she doesn't fall down with energy, whatever with small energy it's coming up so there is an augmentation means there is a contraction there. This is called as khechhari. Is all described in a way that when all this thing happen within ourselves they are spontaneous. But you see these are half baked people. They say, first of all, I mean you will be surprised that I have seen this there is one association of some Yogananda or something; in the beginning of it they made people cut their thread of their tongue and push it back to get the khechhari. I mean it is like something like your car which is not yet ignited (started) to move the wheel, something like that. It's all artificial. And also the physical exercises that are done these days are not from Patanjali. They are their own made, you see now American, ??, then everybody has added to it. But these physical exercises are suggested for this kundalini rising. Because supposing there is problem on your spinal cord, they may also tell you to do certain type of exercise, certain type. But it is like taking medicine pf every kind without description from medicine box. So this is also absolutely wrong because there is no need to do any exercises in Sahaja Yoga. But later on when kundalini moves and we find out that somebody has a spinal cord problem because somebody has an accident or something then we might tell him to do exercise a particular one. That's all. Ones it's corrected it's finished. You see it is more sort of a money making proposition of these people that they started taking one strand from here and one strand from there and created so many yogas. So all this yogas that they talk of, now recently I have heard of other yogas like, I must warn you because I am not afraid of them, one is TM. I must tell you about TM. This TM people, first of all, a Indian came to me when there was the director, the chief man, of their flying academy. His name was Mr. Peter Peres and he was from South Africa and a diamond merchant. And his wife was the granddaughter of a Duke. And her daughter, and Dy. Director all of them came to me suffering from horrible epilepsy. They are falling on the street. And this lady used to into screams for 3-3 hours. And they told us that now they have become completely bankrupt. They told me all about it. And he is writing a book about it. Imagine these people charge 300 pounds for giving a mantra. Now there are Indian will laugh at it because it's absurd. But was kept as big big big secrets. The 3 mantras were Inga, Pinga, Thinga. They (Indians) have already started laughing. Now inga means a scorpion bite that is also not Sanskrit. Pinga means when a person gets possessed and goes round and round and round. And thinga means showing like this (thumbs). They paid 300 pounds, all of them. Headlong into it. Then second thing they did that was to charge them 6000 pounds. They had to go to Switzerland in some remote hotel and sit on some cushions and jump for flying in the air. I mean imagine, can't understand why do you want to fly in air about 3 feet, imagine. Already we have problem with our traffic here. But if we ask for such stupid things, they know how stupid you are, they want to charge you. 6000 pounds were charged. And they were told that you will be flying 3 feet higher above the ground. They broke all their bottoms. There are so many case against this man (TM) now in America. So many cases. Then they gave them the water which has boiled the potatoes for 6 days and the 7th day they gave the [rind ??] of the potato and the 8th-day potatoes. That is the end of 6000 pounds. Where 1000s of them were there.

There is one lady who is a barrister who went there, her sister was little mad, because they were also mesmerised. She became mad, she went into lunatic asylum. Now both of them have come to Sahaja Yoga and they are alright.

They (TM people) are all marketing. And now they are marketing Ayurveda. What is there for them to market? Anybody can get ayurvedic medicines. Moreover, Ayurveda is not possible in these countries because they are done with fresh leaves. And you cant get those fresh leaves as we can get in our country but still, you can make them into something and can be sold. But for that you don't need a guru, you need a doctor. So all such things are there.

Now recently I read a horrible article about this guru Mae's father who was actually her guru. Horrible. That if you read that article you will really feel like vomiting. He used to use 13 year old girls for abuse. Is given in American paper so clearly. But still, people are paying. The other day we had 5 ladies who came from this guru Mae who were, just they came before me and there whole stomach started getting nervous, everything getting nervous. We had to work so hard on them. They have already paid 400 dollars for intensive and 100 dollars for a shawl. Which was meditation shawl. Can you imagine? And get what this kind of nervousness in the stomach. I have to tell you this very frankly. Because this is going on and on and on. One after another they will come. You should not at all trush anyone who takes money from you to begin with. Secondly, you must see the disciples of such person. Anybody who talks of God, big big things you see, what is his own life and how are his disciples, what sort of people are they. Have they got something more than you have got? Otherwise, why should you go to them? You must use your logic and

your brains, first, and see for yourselves that you are going to the right person. You see because they that you do not know about these subtle things, they come and exploit you. And I feel ashamed of it as an Indian. What can we do? They cannot work it out more in India because Indians innately know who is who in this respect. They may not know politics economics. But this they know very well. And that's how they (Indians) are saved and we do not have money to waste also for these people. Who has got 6000 pounds so much to waste to fly in the air. In India no one has.

We must understand we should try to find out what sort of people these are. And what kind of life they are leading. Their insincerity is writ large on their faces. If you are sensitive like Russians you will find it out. So all these yogas are created for money orientation. But the main thing is the yoga is the union with the divine. That is what we have to have. These were all steps suggested in those days. But now is the jet age. And I think kundalini has also become like a jet. And whatever you maybe you will get realisation. Yesterday we had 15000 people and all of them practically except for 5-6 people didn't get it. Even journalist got it, even bureaucrats got it, can you beat that. In one shot. Poor thing because they are so much under tensions that I didn't expect. Because I have lived my whole if with them I know how tensed they are. But they all got it. It was remarkable. Is a very good question. I am happy because I could tell these things to you. I have said this from 1970s about all of them about Rajneesh this that. But you will be surprised none of them has filed a suit against me. None of them. But no one would listen to me. When I went to America they asked me how many Rolls Royces you have? I mean imagine the TV people. I said I have no Rolls Royces. Then we are not interested we are not in the business. Can you imagine such a thing?

Very good question I must say. Thank you for that. Normally I don't talk about these things but now it has become essential we all are warned about it.

1.28.07

Q: [not audible]

Sy: Psychosomatic diseases related to the system.

Shri Mataji: How is it related you are saying? Alright. Now the. I will tell you. Now. You didn't tell them about the three channels. Now. There are 3 channels you can see clearly. One is the blue one, another one is the yellow one and there is the central path. Now the left side and the right side of the sympathetic nervous system is nourished by them and the centre is the parasympathetic nervous system. This is medical terminology. But in psychological terminology, we can say that the left side one is the psyche. Of course it is not the psyche of the Mr. Freud because I think he was quiet half baked. He didn't understand the totality of human beings and he has reduced human beings to a sex point. I mean it's so demeaning the way he has done the whole thing. Alright, whatever it is. This the left side is the psyche and the right side is the somatic side means left side is the power of desire. Beyond this is the subconscious mind, collective subconscious mind. The right side is the power of action which acts through our physical and mental activities. Beyond this is the supraconscious, is the future and also the collective supraconscious. So these are two areas. So one is the left as I showed you and the right (shown by hand position). When these centres are in trouble, the psyche is in trouble sometimes, sometimes only the right side the somatic side. But when both of them break away from the centre then the psychosomatic troubles are caused which are incurable. So Sahaja yoga can cure physical aspect, mental aspect and also the combination of physical and mental. Is it alright sir?

Q : [not audible]

Shri Mataji: You see also the saints have written as to how to make out a Sadguru, is the real guru. Is very clear. It is said that you should not give any money to a guru. Guru has to be above ?? . A guru is a person who has gravity, who is higher than normal people. But a person who is looking into your purses, how can he be a guru? Is you servant. So the concept of guru is alright. But that doesn't mean any person coming out of the jail and wears those dresses like a guru and says that he is a guru, you should follow him. You must understand that the guru has to have those qualities of purity and holiness. I am not saying you could not have gurus, you should have. We have had such great gurus like Guru Nanak we had, we had Ramdas, we Gyaneshwara, we had so many of them in our country. And also we had them outside that we think that the primordial masters only incarnated as Abraham, as Moses. Later on as also Lao-tse. All these people are the incarnation of the same guru. Even last one who was the Sainath of Shirdi, not the Satya Saibaba, but Sainath of Shirdi. He was one of the last Gurus. So they were real gurus. They were not interested in your money or in your women, all nonsensical things like that. So that is what, a saying Guru Nanak has said 'Sadguru wahee jo Sahib mili hai'. To God, they call Sahib means God. The one who is the real Guru is the one who makes you meet God. That's the sign. Alright. So concept has to be understood fully. But these days you see we Indian are also keeping a guru like a telephone in the house, All of us must have some guru somewhere hanging. That's very wrong. You must judge the

guru. Otherwise, even if a telephone is not working why do you want to keep it in the house?

Q : [not audible]

Sy: She understands this is a spontaneous occasion when kundalini rises. But is there something we can do to create an atmosphere to help that.

Shri Mataji: Yes, of course. Just now we will work it out. You all will get your realisation I am sure the way you are. After that you emit this, you emit spirituality. Because you are such a beautiful person then. I mean the whole beauty is within yourself. You have not touched your depth. You are not seeing that you are full of divinity. When it starts emitting its vibrations then you change the atmosphere, you change the people, you change everyone. But first, you must get your connection. And then.

Alright. So let's have now the process of, this thing will take about 10-15 minutes at the most.

I have already told you that self realisation cannot be forced on anyone. You are respected, your freedom is respected, and you have to ask for it. Otherwise, I cannot force on you. Human beings have been given freedom because ultimately we have to rise to their full freedom. When you are so capable that you can bear your freedom, you can assert your freedom in such a manner that it doesn't hurt any body's freedom.

I am sorry I have been talking every day and every night the programme used to finish at 2'o clock, 3'o clock. So little bit my throat is ..

For this also we have to understand that we have to take the help of the mother earth and for that, we have to take out our shoes.

1.36.37

[Realisation follows]

1991-0418, Dance and Talk

View [online](#).

18 April 1991

Evening Program

Newcastle (Australia)

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

Dance and Talk

Shri Mataji: Such talents, such mastery of Mrs Kanan on what we call the "bhawas" means the emotions, the way she expressed her emotions ...She is really a master if she was in India people would have really knew that such a great artist is being sent to NewZealand.It should not have been done :)

And a little girl I must say for a rage, she is so dynamic, so rhythmic and so perfect. All these dances I know very well because I have been seen dancing from the very childhood of mine I should say...The perfection they have achieved is really remarkable ...I don't know how far you have understood the different moods have shown if in one after the other ...How she has gone from one mood to another mood. It's very difficult If you see the expressions on the face hands everything...It's a very difficult dance and also the dance that you saw of "Jattiswaram" Also is a very vigorous dance. All these are extremely beautifully manifested and I haven't seen such a group of mother and daughter doing such good work so far ...May God Bless them. I am so very happy to be here to see all this. Moreover, I would say that all the Sahaja yogis should try to learn from them ...That such a little girl how she has dedicated herself to her mother's rt and how she has learnt from her... And how both of them are so dedicated ...Let us see now how many of you can really take to it and practice it and understand it...Its also so spiritual so joy-giving ...the Marathi music that you heard. You must be surprised because in the south Shivaji's younger son was sung there ...He was given an area of Thanjavur as a present and He wrote everything in Marathi language and did all this what you call ...Bharatnatyam which is south Indian style of dancing ...So the Marathi Dance is actually in the style of south India and he also has a very big library in Thanjavur...I being there ...I have been able to see all these things the beautiful things he has done ... So that we can see that in India we have so many types of dancings the first one is an Odyssey dance...Odyssey dance is a dance you should say is performed ...I feel that it is a combination of Kathak and Bharatnatyam ...Because it has the more..... feet are more bent than the Bharatnatyam i should say ...Or the body is more bent ...than the Bharata Natyam but the music is North Indian sung in a north Indian way and mostly in the Hindi language...It is very beautiful ...I have seen some very great musicians and also the dancers many times...Many a time I have seen them and this has been revived ...Thi dance has been revived but the beauty of this performance I feel that I have never felt one artist doing both ...It is very surprising she has done it ...I have only seen one Pawar (Mr and Mrs Pawar) where she doesn't d odyssey but she does it with Kathak...Kathak and Odissi she does ...KAthak and Odyssey (also the Jaipur Gharana) she is from Jaipur Gharana ...

She is a very versatile lady I must say thisvery versatile ...I thought she must be Bengali from the name but I am surprised that Maharashtrians you see...especially are not good at dancing because It was not regarded as a dance to be learnt by Girls and nobody allowed us to learn dancing in childhood ...But Music of course ...The music they were very good ...but dancing was not allowed but slowly I think this came into the heads of the Maharashtrians also that its a great art and we should practice because you can see here how this the brother of Shivaji himself did all kinds of things and there is another very nice style of dancing here is "stillllana"09:47 which is actually taken from Tarana from the north from the Kathak and its footwork is something like kathak only so the way he actually integrated shows even a Maharashtrian can have a great sense of music. Now we have seen such beautiful dancing and such nice bhaktas (devotees) and the especially the last one is the "shant rasa " that we have saw ...In which "shant " is the peaceful one...Then she is talking about the "muni's" (the one the yogis are) how they are peaceful and she has shown how they are peaceful Surprisingly there one hand at the top of the head and one hand on the nabhi chakra suggesting of the Kundalini and it is though they do not know but it is very innately built on the spiritual aspect of life ...All these dancings have to suggest that we have a higher life and a greater life than what we see it today or the mundane life the reality lies beyond all these illusions that we have ...I am more charmed by the fact that in a place like Newzealand they should really perform such beautiful dance and keep to it you have to go on practising otherwise you lose the art So it is all creditable and all my admiration for them ...May God bless all of them ...May God bless you ...Thank you!

[Then there is a small conversation with the artists which is not audible as there is no mike used]

1991-0419, Dwijah - Twice Born

View [online](#).

19 April 1991

Dwijah – Twice Born

Public Program

University of Sydney, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset we'll have to know one thing that truth is what it is. We cannot organize it, we cannot conceptualize it moreover unfortunately, we cannot know it at human awareness. I'm very thankful to you Sir for inviting Me to speak to young academic people here about, as you wrote to Me that you would like to know about every type of religion. At the very outset I have to say that all religions were created by Incarnations, prophets - were like flowers on one tree of life. When people plucked it, took away the dead flowers with them, then they started calling this is mine, this is mine, this is mine. And that's why you do not see how they are integrated and how they are absolutely from the one tree of Spirituality. But one thing is common to all of them, is said that you have to know yourself, "Know thyself." Also it is called as in the Buddhist tradition or say the Christian tradition that you are to be born again - even Hindu tradition. 'You are to be born again.' Specially in India, the word used for a person who is a realized soul, who knows this All-Pervading power, is called as Dwijah, means twice born and also a bird is called as dwijah, means it, it is first in the form of an egg and then it becomes a bird in it's one lifetime.

In the same way, a dwijah the one who is a Self-realized person, is first born as a closed personality later on becomes a personality which is one with the All-Pervading Divine Power. Now whatever I'm telling you here - you are after all students and teachers and professors, academic people - you have to take it as a scientist would look at it, with an open mind and if it proves alright, then you have to accept it as honest people because you're very important people, I should say, you are cream of the nation and if you understand this as a hypothesis and later on find out whether it is true or not, then it is going to help in a much wider way than anything else. Now the principle of getting realization or getting the second birth is not yet very well described into full texts in these scriptures because, I think, the people were not ready. But in the Indian scriptures in Sanskrit language there are 108 Upnishadas which have talked about the Brahma Vidya meaning the knowledge of the All-Pervading power. Of course everywhere it is said that there is an All-Pervading power of Divine love but nobody has even described that and also they have talked of the Holy Ghost but nobody has described that either. Now, how we proceed with this research is this way that first of all whatever I'm telling you, you have to see if it works in you or not. 'Sahaja' means spontaneous. 'Saha' means with, 'Ja' means born, 'Yoga' means the union with the Divine power. This is a spontaneous happening because it is the last breakthrough of our evolution. We have become human-beings and there is still a little journey we have to do for this last breakthrough, where we get Absolute knowledge and Absolute truth.

Because we are in darkness and in ignorance about it that's why there are so many problems, that's why we are suffering, that's why we do not know how to relate to each other in a truthful manner. First of all we have to discover the truth and the truth is that you are the Spirit. You are not this body, this mind this ego, this conditionings - no - you're the pure Spirit. You have to achieve that state. You have to achieve - again I say, actualization, is the becoming, is not just certificate that, "I'm the Spirit," - it's not that, you have to become. So that is the one great fundamental truth about us that we are all are the pure Spirit which we have to become and the second one is that there is this All-Pervading power around us which does all living work including our evolution. For example, if you see these flowers here, beautiful flowers and when you see them you never even think that they have come out of one seed which was just sprouted by the Mother Earth - you take them for granted. All living work you take for granted. You take your body for granted, your eyes which are wonderful cameras, I think your mind is wonderful computer, all you take it for granted but how it was made, who made it - you never go into the inquiry of it because it's a living process. In the same way, we did not know how, with what force we became human beings.

Now, within us lies this force which will take us to this last journey, to this last breakthrough and that is here shown in the triangular bone which is called Sacrum. It's interesting to know that the Greeks knew that it was a sacred bone that's why they

called it a Sacrum and they called the fontanel bone as fontanne, means there's a fountain - that means they knew about the realization. Also Athena word - 'Ath' in Sanskrit means also in their language means Primordial So She's the Primordial Mother - they accept that there was a Primordial Mother but in some religions they have avoided the talk of the Primordial Mother. They said the Father, the Son and no talk of the Mother. Might be because of some reasons but how can you have a Father and a Son and not the Mother? So the feminine energy which is reflected within us, is this Kundalini - is called Kundalini because it is coiled up - Kundal means a coil. I'm sorry you all can't see it - no? Can you bring it? Somebody should hold it that's all. Here you can keep it, it be better.

Now? Better. This is the one coiled up in three and a half coils. That's a mathematical thing which you will know later on but it is here and now there are seven centers, as you see, one, two, three, four, five, six and seven centers altogether, one below the Sacrum and the rest of them are above the Sacrum. This one is in the brain on the optic chiasma and this one is the limbic area - actually this one is here and this is the limbic area with the last seventh center. These are subtle centers and they look after our plexuses on the physical side but they also are responsible for our mental, physical, emotional and spiritual being, so what happens that when we start using these centers on the left and the right - now the left one, this one, the left one is the energy of your desire, which Freud has called as psyche or things but is much more than that - this is the power of your desire and all your subconscious mind is placed on this. And this is the power of action which is looking after your all actions and this is also nourishing your physical and mental being. This looks after your emotional being. So all your futuristic ideas are on that side or you can say the Supra-conscious and the Collective Subconscious on that side. Hume got his realization, no doubt and he said that when you get your realization, you have to have Collective Consciousness - a new awareness - that really happens in sahaja yoga because he got it also.

But, I think, he made a mistake when he placed the Subconscious and the Unconscious and all that in horizontal lines because, after all, the Creator is a very great planner also. You have seen the periodic laws in the Chemistry how beautifully He has planned out everything - there has to be some brain behind it, so how will He place it one after another like this horizontal? If you have to ascend, what He has done, is to put them vertically, both of these - is the future on that side and the past on this side and the present here. In the medical uh.. terminology, we can say, that this looks after the Right Sympathetic, this looks after the Left Sympathetic and this is the Parasympathetic Nervous system. That is when we uh.. put in some effort for some emergency. Supposing, you have to run then you use your Sympathetic Nervous system on this side or if you are crying and you're feeling very depressed and all that, then you are using the Left Sympathetic. [UNCLEAR - YOU CAN USE IT?] but when you're running, the heart pulsates very fast but how does it come to normal, is only through the Parasympathetic activity which brings it to normal. Doctors have not reached upto Parasympathetic - they are very honest about it. These are the centers which are formed, like this, left and right - see this is how the centers were, left and right - so two centers make one center Now supposing, you start using this center too much, then it starts getting exhausted and smaller and smaller but sometimes something can happen, it will just break and when it breaks then what happens you develop diseases of a Psychosomatic nature which are incurable but this Kundalini when She rises she pierces through all of them and binds them together, nourishes them and ultimately connects you to the All-Pervading power - as this is connected to the mains, that's why we can use it otherwise it is useless.

So we all have to be connected to the mains then you will understand the integration of all the religions, of all the Incarnations. All these days we had political problems, of course we have economic also but I think, we are threatened with one big problem, is fundamentalism or fanaticism. This comes because of our ignorance and that is why you have to have a complete realization of yourself and in the light of your Spirit you can see very clearly that all these religions are - these are the milestones of our evolution and all these great people appeared on these centers - they created these centers to propound a religion. At the beginning every religion was just the same. Like in Christian religion Thomas, who was travelling from, from uh.. Egypt to India, has left some treatise written in a jar which were discovered about 48-50 years back and have been now decoded and it's all they're talking about this experience of sahaja yoga and about vibrations and all - there's a very nice book on that called as Gnostics. Now they were called as Gnostics, the people who were realized souls, so 'Gn'. 'Gn' word comes from Sanskrit 'Gn', 'Gn' means the knowledge. Now the idea of knowledge we think is mental, is a mental feat - it is not. If knowledge was mental, then there would have been no problem. Because everybody thinks differently everyone thinks, they're so self-opiniated, everyone thinks our religion is the best.

I mean, you ask anyone, you ask a Jew, he'll say, "All others are not chosen ones, we are going to go Heaven," everybody believes like that. You ask Muslims they'll say the same, Hindus will say the same, Christians will say the same. But all of them are quite capable of committing any sin they want to. We should face the reality as it is. Why if they profess a religion, why should they not be practising it compulsorily? But because they're professing it from your mind, it's not working out in their being. To work it out in their being, they have to have connection with this All-Pervading power which gives them the pure knowledge and a personality which we can call as universal personality because Spirit is the Universal being within us in our heart - is the reflection of the God Almighty. And this Spirit when it comes into our attention, it becomes such a light within us, that the light of the attention itself acts. For example, any such person who has evolved to that state, can just put attention to something and can work out wonders. Even a glance of such a person can be very purifying but that you have to develop after you have established your relations with this All-Pervading power.

It is remarkable how after coming to sahajayoga the first time I met seven hippies in England. They were all professors like you and, and they were, [SHRI MATAJI LAUGHS] uh.., uh.. lawyers and doctors, very capable people, all of them, seven of them - two were French, two French ladies and I asked them, "Why are you taking all these things?" He said, "No, no we, this is all in seeking we're doing." They were quite convinced about their own achievements but once they got their realization, overnight they gave up all their drugs about which they were on My head that drug is very important - overnight they wouldn't take it. Now what happened actually that - I give a simile always which is very simple to understand - that if you have a snake in your hand and it's all darkness, you cannot see it and you're very obstinate, somebody tells you, "It's a snake," [UNCLEAR] "No, it's a rope and it's not a snake," till the snake bites you you're not going to leave it. So when the light comes in, even a little bit, you see the snake, you just drop it. In the same way it has happened with these people and as I know I always say that they're very hard nuts to crack - these English are - but once they're cracked, they are tremendous people. Then they went into all their scholarships, found everything about the Kundalini everything and today they are one the foundations of sahaja yoga. So, I have to tell you that this power is your own, She's actually your mother, individual mother and She has got everything recorded about you within Herself and She is your own energy. She has to just rise and get you connected with this All-pervading power, then you realize how great you are!

Just now we feel so frustrated about ourselves. We don't know what is the purpose of our life, why are we here - I mean, I meet young people who are really very frustrated and they do all kinds of things out of frustration but there is nothing to frustrate because once you get this realization, gradually you start feeling your Divinity within yourself, your greatness within yourself but the immediate effect is that, you start feeling the cool breeze in, on your fingertips, start feeling cool breeze blowing out of your head and when you want to use this power, you are amazed to find out how tremendously powerful person you are! You can give realizations to people, you can raise their Kundalini - no saints, so far, did that, I must tell you. Nobody could do because the time was not such. Today the time is very special when this All-Pervading power has become extremely dynamic. We call it, now Kaliyuga is in parallel growing with Kritayuga - means where it is working out, where it is working out and when it starts working, this Kritayuga is so effective and so dynamic that I've seen thousands get realization. First time when I went to Russia - they had never seen Me, they don't know anything about Me, nothing - they just saw My photograph. I must say, there's one thing about Russians they're very introspective people, extremely introspective. Anything they want to do, even if they have to do a hair-do they'll think, "Why should I do, what is the need?" Anything they do it, they introspect it, "What is the need to do this?"

Even if they fall in love, they first of all see and then fall whether she should, they should fall or not? So they're extremely introspective by nature and their style of life you can see from the way Tolstoy has written and other books like 'Crime and Punishment' - throughout - they're extremely introspective. Even the, even the hero and heroines of their pictures, if you see the films, they too are extremely introspective, is a different type of uh.. uh...category, I think, of their uh.. personality that they always introspect. But they saw My photograph, just with My photograph and not even photograph, it's a posters, you won't believe, we have 16000 people thrice and we had to arrange stadiums for them and they all got realization. And forty doctor, I'm sorry four hundred doctors are practising sahaja yoga there out of which forty are in Moscow itself and there are two hundred scientist who are practising sahaja yoga. The Ministry of Education has written beautiful letter to Me and Ministry of Agriculture wants us to show the experiments with sahaja yoga. I thought they're so open-minded also, they're not conditioned at all by anything. They're such simple people and such clean people - their administration might have been bad, their government might have been

bad, whatever it is but I think they had lot of time and they could think about all those things which are inside us or perhaps, like in India we have very good climate all the time so people didn't have to fight the nature so much so they went to the jungles and forests and meditated and tried to find out what is the way out, out of this human bondage. This is very much seen there in Russia where there is no talk of God, no talk of religion, no talk of Spirit. But to Me they did not challenge it and the best part of it the way the love is expressed in sahaja yoga was best seen when about twenty German sahaja yogis rushed to Russia to give them realization and they were so gentle, so kind you can't believe they come from the same [UNCLEAR] - nothing, extremely gentle, so soft-spoken they gave them realization, they worked there, they stayed there, they worked very hard and they told Me that, "Mother, it was very necessary for us to come here for what our forefathers have done."

Such love, such understanding, I've never seen anybody going into discussions, arguments even if they are five thousand together I've never seen them discuss, discussing something. Like in India we have a seminar where there are people - this time were from fifty-five countries. Of course we have centers in forty-five but there were people from from all Eastern Bloc and everywhere and such understanding and love and pure love. There's no problem of this woman running with that man - nothing of the kind. They're so innocent and so pure, I never had such problems in sahaja yoga. If somebody carried on with this thing he just goes out of sahaja yoga very easily - no problems. So, I would say that this new race of people, sort of, are created. They respect every religion. You'll be surprised we have got Jews, many Jews in sahaja yoga -even in Israel we have a center. They all respect Christ as even Christians would not respect.

We have Muslims, we have some Muslims here also. They all respect Shri Krishna as much as they would respect Mohammad Sahab and there are many Hindus here who got angry with [UNCLEAR] this fellow who published things against Mohammad Sahab. [UNCLEAR - SALMARASHTI?] so angry with him, they couldn't bear it because we all know he was one of the Incarnations of the Primordial master. He has said that, "At the time of resurrection your hands will speak," and this is exactly what is happening in sahaja yoga. The another thing that happens to you, apart from that you know the Absolute knowledge and Absolute love within yourself. Still, there's one more thing happens to you, that you don't feel you're doing anything you just feel, it's done. You talk in third person - it's done, it's going. It's in a third person you start talking. People ask Me how's it I travel every third day at this age of Mine; I don't feel tired because I don't travel, I don't know, I'm just sitting there, I'm just, never feel that way, I never think about it.

Because you reach a state, in the beginning only which we call as thoughtless awareness, Nirvichar samadhi where you become thoughtless, means there is no future, there's no past but you stand in the present and in that state you start growing. When you're thoughtless, you just feel the abstract joy of everything. You do not think about it, don't waste energies on thinking but you get inspirations of very highest quality, you get so dynamic, [ASIDE - IT'S ALL RIGHT], very dynamic with your creativity. There are now musicians who have come here uh... to Australia just to express their feeling of gratitude because they got their realization and they became very great musicians. There are many great musicians today in India - one of them had been here Jalota, who got his realization now - he's a very great musician, very well known, Amjad Ali, so many of them are there. They may be Muslims, Hindus, anything - they all get the blessings of their own Self and they become great musician. Then we have students who were very dull students they were brought to us - now they're earning all the scholarships, bagging all of them and some students have, who got realization have got through very difficult examinations, in India, in record time because when the Kundalini comes into your head you start using much more part of your brain than you normally use and you really become extremely intelligent but this intelligence has a capacity to cheat itself - it does not. It doesn't like to cheat; It becomes a righteous intelligence, becomes an intelligence which tells you what is benevolent for you and benevolent for other. So the sahaja yoga is now the stage where human-beings have to reach. This transformation is going to solve the problems because if you see basically all our problems come because of human-beings but if you're transformed all your problems will be solved.

Ecological problem comes because we have no balance. With this you develop a balance. Because of balance you know how far to go with any production, with any consumption and the whole economic laws settle down into a beautiful balance. All problems that you face today are only because of the ego of human-beings or their conditionings. If you can get rid of it, then you become a pure personality, you become part and parcel of the whole and you become a global personality and that's how you can solve global problems. See, in this time I would like because you're academics who're here, academicians, you to ask Me some questions - would be good idea. I, I think in this little time I cannot elaborately tell you all about it but I've got I think, three

thousand or four thousand tapes of Mine, only in English language, which you can see later on and find out about it but just now, I think, I have told you whatever was possible in this short time. I would like you to ask Me some questions which are relevant with it because I'm not a politician. I'm not a politician, I'm not here to take any money from you, nothing of the kind - I'm just telling you the key. Whatever was not so far told in the Scriptures, I'm going to tell you and this will prove that all the scriptures are correct, all these Incarnations were correct and also prove that there is God Almighty Who is looking after us.

It is said that there is some moment [UNCLEAR] about your future and and your past. and [UNCLEAR] You said nothing [UNCLEAR] [UNCLEAR] He says, "If at this moment of realization we cut off ourselves from the past and the future are we then nothing?" Ha, ha, that's what you think. Actually, you do not, you cannot cut off. Try - you cannot, can you? - [UNCLEAR] - No. What happens actually, when this happening takes place then you rise like, I would say, like this, your attention starts rising like this and it pulls out, your attention is pulled out from the sides and you go in the center. Now [UNCLEAR -AS OR IF?] you know, past doesn't exist and - because it finished now and future also doesn't exist. What exists is the present and we always miss the present which is existing - Show at the moment present exists.

- Every moment, every moment, every moment. Now see, now I've seen you today, alright. Listen to Me, listen to Me, listen Me. As human-beings only, I'm a human-being too, I'll, I'm - just listen to Me, one minute, one minute, one. minute - You see, I'm looking at you, alright now. Now I've seen you once. Once I've seen you at this moment - listen Me - I've seen you. Anytime, this moment, I can again picturize completely - how you were sitting, what dress you're wearing - it's like a picture when you know how to live in the present. You take a photograph - can you take a photograph of the past or the future? You cannot of the present only - so the whole thing become completely known to you.

Your memory becomes tremendous. You don't live in the past, you don't live but you know - it's the whole library in your head that anything that you have seen, anything you have known, is just recorded there - you don't forget anything. - [UNCLEAR] - Beg your pardon? - What you said before, when You said that [UNCLEAR] You didn't hear Me properly. I think, you are thinking about yourself that might be the reason. I didn't say that, I said you stand in the present I say that, I never say cut off, I said you stand in the present. Now try to open your head little bit and try to understand what I'm trying to say because this is going to help you very much. From the time we're born to the time that we're now [UNCLEAR] must realize that we could see and get a lot of people and [UNCLEAR] that I don't think in the decorative in it's quicker way [UNCLEAR] Can You explain that more? Yes it looks quite fantastic, I know but supposing you are in the water, deep waters and you are seeing the waves coming on you, then you are afraid of the waves but supposing by some chance you're taken up in a boat, then you see at that little time you see the waves alright but you're not afraid of them but supposing you learn how to swim, then you can jump back and can save other people. It's like that, is your human personality expands in that manner so that you become a witness of the whole thing and then you can solve the problem much better.

You can say, as a wheel is moving but the axis of the wheel is absolutely silent. If you are in the wheel, then you are worried and upset and hurt but if you are at the point, at the axis, then you see the wheel moving but you are at standstill. It's a state in which you have to go. I understand at human level as it is from birth to death we do not see this say, we get hurt and people hurt you, we also hurt others without knowing that we are hurting others but when you are at the axis, you never hurt others nor others can hurt you because you never get the hurt - you're beyond them. Now I have to answer you, now what is it? [UNCLEAR] audiences [UNCLEAR] and I want to ask You, You are saying the same message? No, no, no, no, not at all, not at all. We had five people affected by her yesterday and we had a very bad time - nothing of the kind. Firstly, there should be no chanting in sahaja yoga, nothing of the kind, nothing to be done like that because you're not yet connected - why are you chanting? If your telephone is not connected, how can you chant so first connection is to be established.

Is all wrong, is all money making proposition - you cannot make money. This is one thing you please understand all of you. If you are going to run after people who are making money, you are in for trouble, no doubt. Yesterday we had five people who were affected by this lady, she has taken from them lot of money. Last year this time she said it was bargain for others - imagine! It's a shopping going on. How can you pay for the living thing? I mean, how much do you pay to the Mother Earth? - Yes, just a minute, yes. - [UNCLEAR] - [UNCLEAR] - [SHRI MATAJI LAUGHS] What is it?

How is it possible if you attain communal consciousness, how can you still have a personality of your own? Oh, you have a larger personality, that's all. See now, a man who is living in his hut all the time he is even afraid of seeing another person. Then he comes out of that in the village, then he changes his personality. Then a person who travels a lot, his personality is changed - your personality expands when you become a universal being, you expand. - Now, what is it? - Can You tell me have You as a person, Mother - I knew you're going to ask this question only - [ALL LAUGH] yeah, but I'm not going to tell anything about Myself. The reason is this. Christ said that, He was the Son of God, which He was, no doubt. He was the Son of God - you can prove it but when he said that they crucified Him.

People are so stupid, they cannot bear any truth, you see. What was the need to crucify Him? If He said He was the Son of God, what, what mistake did He commit? But for that He was crucified. So when you're dealing with stupid people you have to be careful. [PEOPLE LAUGH] That's what I have learnt a lesson. You see, people are very stupid. They cannot stand the truth and that's why is not proper to tell anything about Yourself, to claim anything - just to keep quiet. When you get your realization you will know. It's written down through realization only you can understand the Spirit - there's no other way out.

Because, like you have to have a microscope to see through for the cells, in the same way you have to have your realization otherwise you cannot understand. Anybody who comes in, wears a uh... saffron dress, people start prostrating before that person without understanding whether is it real or not. So first, My request is, you get your realization. If you get your realization - which is also not a guarantee - if you get your realization then you can start understanding who am I. I'm not going to claim anything whatsoever, I've become very clever and I have to do My work - I don't want to get crucified. [ALL LAUGH AND CLAP] [ALL LAUGH AND CLAP] [UNCLEAR] - What is it? - What is the importance of faith? - Annh? - What is the importance of faith? Do we - determine our own destiny or does God determine our destiny? - What is the importance of faith - Yeah - we determine our destiny - or does God determine?

- Yeah. What is God - this is also the in the same question? No. The faith is that it could be blind faith, it could be intuitive faith and it could be - a real faith. Faith can be - He said fate - Annh? - Fate, fate - What? He said Fate, fate, 'f-i-t-e' - Fight faith? - Destiny - Destiny, fate - To fight? I didn't [UNCLEAR], what did you say? - He said fate, I'm sorry to know.

He said fate not faith - Faith? - Fate, f-a-t-e - Fate, fate, annh That's what I was wondering how does it go with faith and destiny, all these questions together. Alright. Now, our destiny is only one and that is that, we become the Spirit - that's our destiny for which you don't have to fight, don't have to do anything. After you become a realized soul you enter into the Kingdom of God and then you will realize that you are the most fortunate person. I'm sorry I, I, that's what I was wondering how can faith and destiny, are two things you are talking. - Yes - [UNCLEAR] - Annh? - [UNCLEAR] - Faith? - Yeah - Faith also? - Yeah So the faith, you see, some people have just blind faith into [UNCLEAR - THING?]

and some people have a faith, as I told you, of another kind which is intuitive. Some people are very intuitive and their faith is absolutely alright and some people have a faith which our realized souls have, a real faith in the real thing because they see clearly. The blind faith could be uh... coming from some conditionings, like I'm born in a particular religion, so I must have faith in that religion. I might have been born in some other religion in last life but because I'm born in one religion I think, this is my faith, this is my religion. That's one but every human-being should use logic and see that, "Alright, my faith in this religion is alright but are the people who are following this religion, are they practising it or not? Am I able to practise it or not?" That's why I said, introspection is very important. If you introspect, then you can find out that your faith is not justified because you're having faith in people. Say if I have faith in a temple, I go and see in the temple that the priest is not a man of honesty or he's a money-maker or he has all other problems then I should not go to such a temple where such a priest is sitting - isn't it? This is what happened to Martin Luther, is happened to Mohammad Sahab, to so many people that they challenged all these wrong things that were going on.

Even Christ, He challenged, you see. So this is one thing one has to see, through introspection, that whatever faith I'm following, I'm just doing it because my father has told you or my mother has told me or am I just following it with proper understanding and logic behind it. But the intuitive is, some people are born intuitively, I think they're born realized perhaps, that they just shun these

things. I would say, one of the examples is Khalil Gibran. Khalil Gibran, if you read him, he's absolutely you can make out he's a realized soul. Then, C.S. Lewis is another one, then we have William Blake, so many people, Mozart - so many of them were born realized. Intuitively they knew, even Einstein, Newton - intuitively they knew what was right - in their lifestyle - Abraham Lincoln, Gorbachev is another one. So these people are intuitively having a faith though uh..[UNCLEAR] they do not know that they are born realized people. But intuitively they good and they always do good to others, they always look for good, they're very righteous in their own character, in their behaviour and you cannot find faults with them.

Or we can say saints, you see. We in India such people are called as saints whether they are householders or not - they're called as saints and such saints we have had luckily, quite a lot of people. They have no respect for people who just have some position or power like we had one in Nizamuddin in, we had one great saint called Hazrat Nizamuddin, in Delhi, and a horrible king, Muslim king was ruling and he was a very uh.. cruel person. He asked this Nizamuddin that, "You come and salute to me." He said, "I will not, I will not salute. You are not the one whom I regard as something higher than me - I will not salute to you." And he was very angry and then he told him that, "If you do not come and salute to me and by such and such date, I will cut your neck," and you'll be amazed, one day before that the neck of this king was cut by someone. It's very surprising. This, this is a true story I'm telling you. Like, you see, many of the saints have suffered because they wouldn't give up.

They wouldn't give up their truth so these are, I would call, intuitive but they are born realized people of past lives, great people. These days there are many children who are born like that and they are of that quality and you can see them in a group like this, you see, these people are sitting the way they ask questions, the way know, you can see their alertness about it. They never ask stupid questions, never, they're so much there that you understand how uh.. they are just in tune with the reality. So there are people like that. Then there are people who get realization. Once they get realization, then they start feeling these vibrations and all that and on that they judge the truth. You get ten children, tie their eyes up and ask them to ask the questions like ask them uh.., "What's wrong with this gentleman who's sitting before you?" Now they can't see the man but they immediately tell you, they'll raise one eye, finger. This finger means something wrong with the throat. You ask the gentleman, "Is something wrong with your throat?"

He said, "Yes, but how do you know?" I said, "The children are telling Me. "When?" "They showed Me the finger." So it is a knowledge, just like I would say, you become a Divine uh.. computer, you become a Divine per.... So these possibilities are within you but there are other categories, the fourth category which Blake has described very well, "The men of God, will seek God and they will be able, they will get to their point and they will be able to make others Godly," he has said it but that category are real seekers and these seekers today are getting their realization very fast with, with very great uh.., I would say, understanding, very great understanding and they're, they're, they are enjoying themselves. You must see them and you'll be happy to meet them and they have become so knowledgeable - it's a very subtle knowledge, this Brahma Vidya is a subtle knowledge but they have become experts in it, just experts. They are giving realizations, they are curing people and they're such lovable, good people. - Yes. - Uh.. why are we uh..in ignorance, why are we not realized [UNCLEAR] You see, you have to pass through this journey - first you have to become human-beings and then you are given the chance to choose between Hell and Heaven.

You have been given this chance to be in the Heaven or in the Hell and those who want to be in the Heaven can go to Heaven or can go to Hell because this freedom had to be given. For example, when you were school you were told 2+2 but in the college you're given chance to research out yourself, in the same way, you have to research out yourself - full freedom is given to you, research it out and once you have researched it out, it becomes uh.. easier for you to get your realization and to bear your freedom later on, which is a complete freedom from everything. Alright? Now please put down your hand. I'm not going to answer any more, there's no sense in your questions. Please put down your hand and don't raise it any more, please. Now He's, he's using a tape-recorder or something here, I don't know. Now please ask. [UNCLEAR] [UNCLEAR] - What is it? - Actually [UNCLEAR] - If we become our own masters - I think I've got your question.

If we become our own masters and are capable of controlling ourselves how do other people - You, You mentioned that we can feel others - how do other people affect us? You see, that's what you have to know and that all knowledge is free to you - alright? How to heal them is you have to just come to see and how we can give protection to them, how to heal them, is a little more knowledge you have to know for which if you come to our centers you can always know it. - [UNCLEAR] - What is it? - Yes, our

centers not those centers. [SHRI MATAJI LAUGHS] You remind Me of a very nice sahaja yogi we have uh... in Greece, you see, so I was just wondering how is he here but [UNCLEAR - HE'S?] not the same. [SHRI MATAJI LAUGHS] But he also, poor thing you see, is so separated because now they have sent him to Cyprus and he's writing to Me, "Mother, please come here so I have more sahaja yogis - I'm all alone." So just wondering, he has come or what here. Yes.

Huh Yes Is there such a thing as a national karma and national karma? [NATIONAL KARMA?] [SHRI MATAJI LAUGHS] [UNCLEAR] - I agree with you. - [UNCLEAR] Yes, but you're saying, I said the same thing that all problems come from human-beings whether it is collective or individual - isn't it? Is true, but this thing what happens is this the, you see the yellow thing that is up there is the ego, that balloon that you see on the right side is the ego and this ego is the one which uh... which carries all our karmas and the another side are the conditionings, that is the superego so when the Kundalini passes through, as you have seen, She pushes them down. When this center opens out, the one that is at the cross point, when that one opens out then both these institutions are sucked in and that's how it works. I think he was also asking Shri Mataji, "Is there such a thing as a national karma?" Is there a karma of Australia? [SHRI MATAJI LAUGHS] Of course there must be, you see we have collective karmas also, no doubt. You see, there are so many things we have done in the past which are inhuman even on national level, I agree with you - every country has done and unless and until they realize that it was wrong and they really openly say that it is not easy to neutralize it but they can ask for forgiveness because this Divine Power is the ocean of forgiveness and it can be easily forgiven but they have to accept it but in their ego they'll never say that they have done this mistake or that mistake.

Like the uh.. Germans, you see, they came and they said, "What mistakes our forefathers have committed." So one has to be very gentle about it. [INAUDIBLE N UNCLEAR] - during unbearable pain. - [UNCLEAR] Is it possible, is it possible to receive Divinity without asking for it under the circumstances of unbearable pain. Yeah of course. You see, the Divinity is there all the time and only you can bear that pain when you have felt your Divinity. Like Christ you see, when He was crucified at that time He has asked for forgiveness for those who have crucified Him - that's an example. [INAUDIBLE] If you are happy and content in a general way, how does that differ from being enlightened? - How does that differ from? - Being enlightened.

- Because you are not a universal being as yet. you are just satisfied with something uh... superficial, not with something deep and once something will come before you of that kind you'll be shocked, you won't be able to bear it. It's like that. Supposing, you have a house made of uh.. things, thin paper and you're quite satisfied sitting under the thin paper thing thinking, "Oh, I'm alright. It's looking after me," but when it will rain then what will you do? So you have to develop yourself into a personality that nothing can disturb you. Moreover, what is the use of self-contented life which is self-opinionated and self-centered - will never be happy. See, even uh... Roosevelt said that, "Poverty anywhere is threat to uh.. prosperity everywhere." So anywhere you feel anybody, like Buddha was such a uh.. great king's son, everything and he saw a person suffering uh..as a sick man and somebody dying and all his comfort and all his uh.. complacenses just disappeared and then he started thinking, "What's this, where am I?" - you see.

So that satisfaction is not going to be uh.. of eternal nature but of a very temporary nature. - [INAUDIBLE] - What's it, what did she say? - Can anger ever be Divine? - Divine? - Divine. Can anger ever be Divine? - Divine? Yes, there is Divine anger very much. See, you must have heard about the God who is very wrathful, is no doubt and I'm quite frightened of that because I don't want anybody to be hurt but sometimes people do such horrible things that I get worried that I don't know what's going to happen to this person. Is realization the same as enlightenment [UNCLEAR] [UNCLEAR] - Hunh?

- Is enlightenment the same thing as Self-realization or getting the Holy Spirit and does this come from - letting oneself go in meditation? - Self? - Self-realization, is it the same as enlightenment? Of course is the same. Enlightenment is the beginning of your Nirvana, I'll say, is what Buddha - Buddha means to know. Know, is to know on your Central Nervous System - Buddha is to know, the 'gna', 'gna' - Gnostics is the same. Then we have also another word 'Veda' from the word 'Vid'. 'Vid' means also to know on your Central Nervous System not uh... mental - so is the same, is the same thing as enlightenment. - Does it come through meditation? - Does it come through meditation?

- No. Meditation is actually before realization is introspection. Meditation is simple introspection because your mind is all the time working, is not stops, so that time when you meditate before realization, you should introspect and after realization you are in meditation. You don't do it, you are in meditation - that you enter into the area of present so you are in meditation. So to do

meditation is out of question - is better is meditation is introspection and later on to be in meditation so that you grow. Mother [UNCLEAR] [UNCLEAR] [UNCLEAR] If actors allow the [UNCLEAR] if actors allow their part to take them over, is this a dangerous thing? - When they become completely the part otherwise they become possessed. - Yeah, could be, could be with some people, could be but is better that after realization you should take it because it won't happen to you that way because you are your own, you become your own so it won't happen but could be possible - they can just get lost into it, it's quite possible. - I [UNCLEAR] give them realization now? - I think you should because [UNCLEAR] - [UNCLEAR] - Should I ask?

- Ask them. Now those who want to have realization should be here. Those who do not want I cannot force on them. Please I have to say that lot of people thinking that their classes they are to move that so many people like to stay here [SHRI MATAJI LAUGHS] this auditorium can stay. - Now you are in different [SHRI MATAJI LAUGHS] - If anybody who should stay, cannot go [SHRI MATAJI LAUGHS] You're all in a different area now [SHRI MATAJI LAUGHS] Within these two three days can you imagine where have you reached? [SHRI MATAJI LAUGHS] This is another one [SHRI MATAJI LAUGHS] Just you laugh all the time, isn't it? It's very interesting how you change so fast. - Would you like to come closely? - It better, hmm - We come closer It's all right we can... [UNCLEAR] and [UNCLEAR] I went to Your lecture few months ago, there was a talk about [UNCLEAR] - About Matreya? - [UNCLEAR] - formation of sine energy [UNCLEAR] - Yeah - Do You know Matreya?

Yes, Matreya is the three Mothers together, is Matreya. When you'll come to the center they'll tell you what it actually means - Matreya, is the three Mothers together. [UNCLEAR] Oh, they're all - they're somebody calling themselves Jesus, somebody calling themselves Shri Krishna, Bhagwan - everything is there, I mean it's nothing new. You see, anybody says that you should ask them uh... Like somebody said, "I'm Christ." I said, " Al... walk on the water." [SHRI MATAJI LAUGHS] then he fizzled out [ALL LAUGH] You see, it's very easy to call yourself by some name but what they do is the point. Seems sometimes that looking at [UNCLEAR] do You think that enough people will become actualized in enough time to save them - Now I have lots of - [UNCLEAR] - Yeah, yeah now I've lots of hopes. Absolutely I'm sure of it now. It's going to work out. Most surprising is that the people who are at the helm of affairs are trying to come to sahaja yoga - that's how it will work.

So now, to get your realization uh.. one thing I've to request you to take out your shoes - takes about ten minutes only. It is a collective happening so, even if you get realization, you must know that you must come to the collective and the collective gives you strength and you get very much corrected and it's like this - a nail which is cut out is not looked after by the body in the same way if you do not come to the collective you won't be able to achieve any heights so you have to be in the collective and enjoy the collective - that's very important. It's no more an individual practice, it is a collective practice and spreading of sahaja yoga so that you develop your depth. As a tree when it spreads it goes down also. So it's a very beautiful collective happening and sharing with each other. Now request you to know about two conditions we have to fulfill. The first condition is that you have to know that whatever you have done in the past, maybe your mistakes or whatever it is, are dissolved by this power of forgiveness which is All-Pervading so you should not feel guilty at all for anything. At this moment you should not feel guilty at all, as I said, forget the past at this moment - not to feel guilty because if you feel guilty, then you develop the problem on this center on the left-hand side and also you develop with that a possibility of getting spondylitis or getting, what you call, angina or also problems of the lethargic uh.. organs within you. So it's a very dangerous thing to feel guilty, so and the Kundalini won't rise if you have a problem of your guilt, so at this moment please forget completely that you're guilty, that you have done any mistakes, you have done anything wrong - just forget about it at this moment. You'll feel much lighter.

Anybody who might have told you that you're this, you're that - forget it. Nobody has right to judge anyone. Now you have to put your left hand towards Me. Now, the another condition is that another condition is that, you have to forgive everyone without thinking about an individual. You might say it is very difficult to forgive but what do you do? Logically, 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 you forgive yourself as well as you forgive everyone in the sense don't even think of them because they are torturing you through you. They are not tortured, you are torturing yourself and it's a myth because you're not doing anything. Just you say, once for all, "I forgive everyone in general," just say from your heart. Now there's a center which, I said, is the optic chiasma here which is like this absolutely closed but when you forgive, it opens out and then only Kundalini rises. In these few programs everywhere in Australia I found they do not forgive and I have to sit for hours together clearing their center.

So best is that if you can really forgive from your heart. Just say that, "I forgive everyone," just throw it away. You'll feel the load off your head, I tell you, just the load off your head, if you can really forgive. Now, these are the two conditions - left hand towards Me, right hand on your heart. In the heart resides the Spirit. Both the feet have to be away from each other because these are two powers. Here resides the Spirit but the seat of the Spirit is here on the fontanel bone area. Now, put down your hand [ASIDE - COME HERE THIS SIDE, IS BETTER, HELLO. COME THIS SIDE EVERYBODY CAN'T SEE. HAAN] Right hand in the upper portion of your abdomen on the left-hand side - we'll be working only on left-hand side.

Upper portion of your abdomen. Please put your hand upper portion of your abdomen, here. Please put the left hand like this, here. Now then you have to put your left hand into the lower portion of your abdomen. The upper portion of your abdomen is a very important center of your mastery and the lower portion of your abdomen is another very important center of pure knowledge. I'm just now showing you then we'll close our eyes and work it out. Now raise your right hand again onto the upper portion of your abdomen on the left-hand side Now, raise it higher on to your heart Now, then raise it in the corner of your neck and your shoulder which is, I told you, is a center when it is spoilt, you get due to guilt you get all kinds of diseases. Now turn your head left to right fully. Now, put your right hand on your forehead across, put down your head as far as possible. Here you have to forgive everyone, in general.

Take back your right hand now on the back side of your head. Push back your head fully, as far as possible. Here, without counting your mistakes, without feeling guilty, you have to ask forgiveness from the All-Pervading power. Now, you have to stretch your palm fully Put the center of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now, put down your head and press it hard, push back your fingers so you can press it very hard. Now, move your scalp slowly, seven times, clockwise. Hmm That's all we have to do. Now, again remember to put your feet on the ground straight, both of them apart from each other. Put the left hand towards Me, sit straight, not within strain but straight. Now, not like this bent or forward bent but sit straight.

Please now, close your eyes. You can take out your spectacles because you're not to open your eyes till I tell you. Now, take your right hand on your heart. Now, here you have to ask a very fundamental question to Me - you may call Me Mother or Shri Mataji. "Mother, am I the Spirit?" - ask this question three times. "Mother, am I the Spirit?" - ask this question three times. If you are the Spirit, you become your own master. So now, take down your hand, right hand upper portion of your abdomen on the left hand side and press it hard and here ask another fundamental question, three times, in your heart, "Mother, am I my own master."

Again ask this question, "Mother, am I my own master," three times. I've already told you that I respect your freedom and that I cannot force pure knowledge on you. This pure knowledge manifests on your Central Nervous System and gives you all the powers of a realized soul so you have to ask for this pure knowledge. Now take your right hand in the lower portion of your abdomen on the left-hand side and press it hard. Here you have to say with humility of course, "Mother, please give me pure knowledge." Say it six times because this center has got six petals, six petals so please say it six times, "Mother, please give me pure knowledge." As soon as you ask for pure knowledge the Kundalini starts rising so you have to expand your upper centers with your full 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 confidence, ten times, "Mother, I am my own master." Please say ten times, "Mother, I am my own master." I have already told you that you're not this body, you're not this mind, you're not this ego, you're not these conditionings but you are the pure Spirit.

So now raise your right hand on to your heart and again with full confidence in yourself please say twelve times, "Mother, I am the pure Spirit." Please say it twelve times, "Mother, I am your pure Spirit." This Divine power is the ocean of knowledge, is the ocean of compassion, love and bliss but above all it is the ocean of forgiveness and you cannot commit any mistake which cannot be dissolved by the power of this ocean of forgiveness. So please now raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Here you have to say sixteen times, with full self-confidence sixteen times, "Mother, I am not guilty at all," please say it sixteen times. Unless and until you say this from your heart sixteen times, this center won't open. Also I've told you that whether you forgive or don't forgive, you do not do anything, it's a myth but if you do not forgive then you play into wrong hands and you torture yourself while those you have tortured you or troubled you are not at all in any

way troubled so please, get rid of this myth. Now raise your right hand on to your forehead across and put down your head, as far as possible, resting on the hand. This is a very important thing to do, so please say, "Mother, I forgive everyone in general." Just say from your heart, not how many times but from your heart, say it, "Mother, I 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. Here without feeling guilty, without counting mistakes, just for your satisfaction you have to say "O Divine power, if I have done anything wrong knowingly or unknowingly, please forgive me." "O divine power, if I have done anything wrong knowingly or unknowingly, please forgive me." Push back your head as far as possible. Now, stretch your palm fully, push back your fingers, put your center of your palm on top of your head where it is a soft bone called as fontanel bone area - put the center there, push back your fingers. Now put down your head, put a good pressure. Here again I cannot cross over your freedom, which I respect very much, so you have to ask for your Self-realization, I cannot force it on you. So please put down your head, give a good pressure on the scalp, move your scalp seven times clockwise saying seven times, "Mother, please give me my Self-realization." [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] Now please take down your hands, open your eyes, put both your hands towards Me, watch Me without thinking. Now put your right hand towards Me and bend your head and see for yourself if there's a cool breeze or a hot breeze coming out of your fontanel bone area - please put it your [UNCLEAR] Now, don't put your hand on your head, away from it little fa - some people get it further away but you should not put it on top uh.. touching the head, little away.

Now, please take your left hand like this and again put down your head and see with your right hand - bend your head and please see with your right hand, there's a cool or a hot breeze coming. If you have not forgiven, it will be hot breeze so even now you can forgive everyone in general. You can move your hand little higher or on the sides to see. Now don't doubt. Now please put your right hand towards Me and again put down your left hand and see for yourself, if there's a cool breeze coming out of your head. Hmm, now we have to put both our hands towards the sky, like this and ask a question, any one of these questions, three times - push back your head, ask a questions, three times, "Mother, is this the cool breeze of the Holy Ghost?" or, "Mother, is this the power of Divine love?" or, "Mother, is this the Param Chaitanya?" Just ask this question, any one of them, three times - push back your head. Now please bring back your hands.

Very relaxing! Now all those who have felt cool breeze out of their fontanel bone area or hot breeze or on their hands or on their finger-tips, please raise your both the hands, please raise both your hands like this. So, all of you have felt it. I bow to you all! So as I told you, it's a collective happening to grow, please do not neglect your Self-realization, it's very important respect it and please come to our centers - we have centers in Sydney, all over and grow - become your own gurus and great masters. Next year I'll be here again to see you all in a very great state of sahaja yogis. May God bless you! - So, beautiful! - If there's anybody who didn't feel it and I would like to try - there may be a blockage in your system - there are some sahaja yogis over there - Could come this side - [UNCLEAR] this side Very good, excellent! - This is, I'm so very happy, thank you very much!

- Thank You! - Yes, thank you! Extremely, very happy! [ALL CLAP] [ALL CLAP] Those who want, those who feel they had some blockade or something could come here or could come to our center. You don't have to pay for anything What's she saying? [UNCLEAR] So now, you've become alright? I hope, you'll be endowed [INAUDIBLE N UNCLEAR] Hello! Who's child is this? Don't know [UNCLEAR] the parents. Who's child is this?

Hello! Where's your mom? [UNCLEAR]

1991-0419, Farewell Talk

View [online](#).

19 April 1991

Talk to Sahaja Yogis

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Farewell Talk. Sydney (Australia), 19 April 1991.

Now because there'll be so many Sahaja yogis here and it will work out, not only for Sydney, but other places, like New Castle was a surprise. You've seen New Castle how it worked out. You have to go to other, smaller places which are around.

So, we have to know that Sydney people who are now coming to Sahaja Yoga and we have to strengthen ourselves by meditating also and also by spreading Sahaja Yoga across.

But more if you start paying attention more to the defects here and the defects there, then you'll never grow. What you have to see is defects within yourself, and it will definitely grow very well. The best way is to grow yourself and become something that we can say is a solid Sahaja yogi. That's much more important, I would say, for all of you.

You can always write to Me. And I always take heed of that, and I work out many things even before you have written to Me. So, there's no need to be frightened of someone, or to be afraid of someone. You can always tell that person what you think. And nobody will now throw away anyone from Sahaja Yoga without asking Me. It's a law.

Nobody is going to be thrown out. But, of course, always I'll have your photographs with Me. And I know you very well. There's nothing to be told. But when I am busy with other people, you should know that Mother has given such a responsibility on us, we have to grow and let everyone grow. And gradually, I'm sure, everything will be all right.

And so far we have had mishaps, not so much because of leaders but because of you people, because you should have told Me and you should have informed Me. Also, I know we are very capable people here, but still people don't meditate. That's why I find they are catching. Once you have got your realization, you should know what should be the attitude towards yourself. Now we have a Sahaja culture as you know, and we have to come into that Sahaja culture. And when we "

Ah! Hey, what are you doing? Bad. No. Ah ah. At this age they pick up these things here, so what do you say of children? Whose child is this? Just take him. You must correct, yourself. At this age you must correct. Maybe later on no, but at this age you must correct. You see if they hit, then you hit them on their hands. Hit where their legs. Hit them there so they are all right.

Now come along, now what's your name? Hallo? What's your name? Such a Right Agnya. Very bright Agnya he has, and also see his eyes are showing the reason.

Gradually everything will be all right. You have to be grown in Sahaj culture. And also the women have to grow in Sahaj culture; men have to grow in Sahaj culture. And the women have to grow in a Sahaj culture is this, that you should not answer back your husbands at all. That's not the way you can conquer him.

They do not understand how they can conquer their husbands.

That's the main point. Not by answering them back. Not by torturing them, but by bearing up whatever they are saying. And explosiveness of women is absolutely wrong. That puts them off. They come from outside; they are very tired. And they are themselves in explosive condition. And then you suddenly do something to them and they start being explosive. You see?

So women, if they cannot run their husbands and family, all right. Then I think it is their responsibility. So the responsibility is

much more on women than on men as far as the culture is concerned.

Now, what is the matter? Sit down. Sit down here. Come along. Sit down. Sit down. Be a nice boy. Otherwise -- Now, sit. Nice boy, all right?

And when you want to say something, don't show anger, but determination. You see. Just sit down with them. Then they know what you mean.

So one side of the thing is of establishing the Sahaj culture among ourselves and being kind to them. In the family, to create peace. That's the job of a woman.

You see how that man was trying to provoke Me. But I wriggled out of all his provocations, because I'm a woman. Any other man would have slapped him twice I tell you.

In My place, any one of them. Krishna must have used His Sudarshan. And Christ must have hit him with His cross, you see. They cannot bear, you see. They don't have so much bearing power. And they cannot wriggle out, you see. But we can. So that is the quality one has to learn: how to wriggle out of this.

Then the men have the work to go out, earn. Women also, it doesn't matter. But you must share with them, have companionship with them. Enjoy your companionship. After all, you see, the romance starts actually after marriage, not before marriage. I was surprised that there's no book which describes the romance after marriage in English language. I asked so many people to find out if there's a book that describes romance after marriage. They said, "No book." But in Indian books, Indian languages, we don't have any romance much described before the marriage but always after the marriage.

So I didn't understand what was this thing was. After marriage, the romance finishes. Not in Sahaj culture "

Hallo. Now, come along. Ask him to "I take him out "I Put him in there in the room. He'll be all right. No, you can't sit here. Come along. Tell him. Now he'll be all right. If you beat, you cannot sit here. Now you take him. No, you take him out. Take him out and put him in the room. He will be all right. Now, why did you beat?

And the men have to know that they have to respect their women. In the presence of their children specially, they must really respect. If you're angry you can do what you like in the bedrooms. In the presence of your children you should behave yourself. And this is one of the reasons why the children in the West are not at all obedient. No sense of respect.

So the respect that husband pays to the wife is absolutely important. For example, now supposing I'm sitting here and my husband is sitting here and I want a glass of water. If I try to get up he'll ask the children, "Go and get it for your mother."

If they say, "All right, daddy, should we put some oil in your head?"

"First put in your mother's head."

"Can we go out?"

"Ask her. What does she say."

So put all the authority towards her. This is the job of men. You see, then only the love grows. Moreover, if wife is sick, she needs your protection. You must go all out to be gentle, very gentle with them. If the husband is gentle with the wife, the children will be very gentle, too. How you gently hug your wife. How you talk to her, how you express yourself to her. It's all very, very important. And care for her -- to make her most important.

You see, if she's sitting uncomfortable, "Should I make something comfortable for you?" Then if you are decorating, "Aha, this

year Mommy will like very much, isn't she." All such things suggest how much the husband cares for the wife.

Or sometimes bring some present for her, in the presence of children you should give, so that they also have that respect for the mother. Gentleness is missing, completely. We are very harsh sometimes. We are volcanic. And I don't know how people can stand volcanic women and volcanic men. So to be very gentle is the best way to live together. And to care for each other is very important. Then you start missing each other, don't dominate each other. On the contrary if the wife is going towards, then the husband would rush, say, "No, no, no, no, no, let me go."

Gradually they develop these qualities in them. Not by fighting, not by quarreling, arguing. Gradually they will develop these habits. And you'll be very happy to be in love with each other.

I am only worried about our family system in Sahaja Yoga. It's very important, extremely important. If the family is not all right, how are we going to keep all of you together? And I want the whole world to be together. How can we get the whole world together if you cannot have one family all together? But in no way it means that you become a slave to your husband or a slave to your wife as far as Sahaja Yoga is concerned. Sahaja Yoga is above everything. If husband tries to do something against Sahaja Yog, you should stand against it. If the wife wants to do something against Sahaja Yoga, you stand up. Nothing else. Because this is something precious you have got and you have to live with it, and you have to enjoy it.

It is very difficult for people to understand that Sahaj culture is the only culture in which people can live happily together. There is no other way out. We start from the very primitive to the most modern. We have imbibed lots of things of the Indian culture as well as lots of things from the Western culture.

For example, we allow divorce. Not at the slightest thing. It's not a very good thing to divorce also, but in case everything fails and everything is so horrid and by law you feel horrible with your standing, then I say, "All right. You can have this, you can have the divorce." So we could have a little compromise on that point. But we have the least divorces in Sahaja Yoga. Say in a church if there are ten marriages per year—I don't know if they even have so many, but even if they had, nobody goes to the church—out of them, nine of them are failures, first year only. Compared to that, we are much better off. We have some problems, in the beginning sometimes it happens, but on the whole we are much better off than all other people.

Now it's for you to decide whether you want to enjoy your wife or your husband or not. If you have everything and you do not know how to enjoy, then what to do? So all this anger, all this temper should go away. You should introspect also, "What am I doing? What am I expecting? What am I doing to the other party? Why can't I enjoy?"

Just ask this question: "Why can I not enjoy my wife or my husband?" Just ask this question and you'll realize the problem is more with you than the other party.

So our family system has to be absolutely ideal. And we have to prove to the world that those who are getting married in Sahaja Yoga are the ideal husband and wife; or those who are Sahaj yogis, even if they are married outside but they become Sahaja yogis, they become ideal husband and wife. The relationship between them are the best, and for that, whatever is necessary you should do; whatever has to be done, you should do. No sacrifice, no adjustment. It's just our idea. Just our idea.

So this is My last advice to you, that have beautiful families, pure families and love all the children as your own children. It will work out much better. Nobody should object if some child is corrected. Never. If somebody corrects your child, you should be thankful to that person that they have corrected your child. And then children are frightened of the collective because they think all the collective are together if they are not misbehaving. You see, if you start supporting on your own child, then the child becomes, you see, quite clever. It knows that "Nobody can say anything to me," but the whole collective— if just now the child has gone there, you see, they all have felt it. Because all of us have decided. They'll all behave. But if somebody had supported that child, then the children wouldn't.

So all of us should support all the children, and if some child is wrong, then we all should say, "All right, you're wrong." Because all of them are your children. Take it like that. They are collective children. You have to look after them; you have to

bother about them; you have to help them. Everything has to be done on a collective basis. But supposing one child is bad, then all of us, all of us, should tell that child that "You're bad." Then he improves. Also we have to tell them, "You are Sahaja yogis, you can't do like that. You are Sahaja yogis; you're great. You can't do like this." And that will work also, very well.

Also other relations we have outside who are not Sahaja yogis, just see if they are nice people. You need not be rude to them, need not cut out from them. But if they are rude and if they are against Sahaja Yoga, then it's better not go near them. Better not.

So you should just try to make a point in your life that you are going to show Mother that we are very happily married people. And that's what it is I want to see among you. Now we are a very big family all over the world and as you are Ganesha's patrons here, it's also important that the family should be the best in Australia. "Cause Ganesha is the product of a very beautiful family. I hope you'll all understand this. Seriously take it up, and work it out and practice it.

I'm told that people get angry if somebody corrects their children. Is very wrong. Never. Feel detached about it. You shouldn't spoil your children. And we have had a very bad experience with these children when they came to India. And we thought from which land they have arrived.

My tour has been very successful thanks to you all. You have worked very hard, I must say, very hard. Next time I'm told I'll have no radio, television, nothing of the kind. Just a waste of time with them. We'll just have all posters which are very good because they emit vibrations by which people feel much better. We'll have also beautiful – what you call them? Banners. Banners. And wherever is possible, you can put it. And it is My name there; when the wind blows also, the vibrations are emitted. Also you could go into the newspapers. That's all right. But no more of this radio or these things.

The other day I asked some people, "Did you hear the radio?" Nobody has known if there was a press card. So we are wasting our time with this radio and television absolutely, we are not going to have anything to do with it.

All those who are coming to India, they should try to book as early as possible, and let Me know when they are coming; they are all welcome. This time we are changing our plans. We are going via Madras. I want you to see the south. So we'll be traveling not by those horrible buses, but by the train, by the train this time. Up to Ganapatipule we cannot go by train as you know, but up to Kolapur. And from Kolapur to Ganapatipule is not such a long distance. The road is quite nice.

This time we are going to very different places like Madras, Bhairav, Hyderabad, then Puna, and then to Ganapatipule. I hope you'll all enjoy your stay this time again in India. And lots of people will be coming again. We are really having a great success everywhere. I'm sure this time we'll have many more people.

If you have money problem, you can write to Me also. We can make some arrangements for that. But, you see, we cannot reduce now any more. We have kept the same price throughout because we have to pay for the Russians, for all these Eastern Bloc people, their food, their living. We have to lend them money. There are absolutely, say, about a hundred people coming without a single pai on them. They're traveling; so, sorry, but we have to compensate for it. I know it pressurizes everyone. But we have to compensate.

And other nations are at least paying for their travels.

I can't pay for their travel. That's a hundred people traveling. So, as far as Australia is concerned, you don't have to share that part.

So, may God bless you!

Sahaja yogi: Shri Mother. We would like to give You a little memento of Your tour. It is something that has been with You for some time. Each time you had a public program or even at the puja it was there. It was made by Sahaj yogis, a whole series of them, even some children participated in it, into this screen.

Shri Mataji: Oh, My! Thank you so much. It's so beautiful. You know, today only I was just thinking what a nice thing it is. I shouldn't desire anything, I think.

Now, very beautiful. Very, very beautiful. It gives so many ideas of colors and things. You have so much of talent here I must say. But you'll have to bring it with you.

Sahaja yogi: We could dismantle it, You know that? and just bring You the silk screen.

Shri Mataji: Thank you, Alex.

Sahaja yogi: Shri Mother, from all your children in Australia, we thank you in our hearts for coming and giving us such a wonderful tour.

Shri Mataji Nirmala Devi. Ki Jay!

Shri Mataji: And any disease or anything you have, any problem, you have to tell Steven, or you can tell Me, or inform Dr. Spiro, or someone, whomsoever you want to. Any disease. Don't be shy about it. And I'll tell you how to treat it. I mean, normally it is only on the vibrations you have to say left, right, what is the problem is, but there are certain things which require more attention "I

1991-0424, Divine Love

View [online](#).

24 April 1991

Divine Love

Public Program

Ebell of Los Angeles, Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

1991-04-24 Los Angeles, Public Program

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 change it, we cannot conceptualise it. Unfortunately, at human awareness we cannot feel it. I know it. We have to become a subtler being.

This is the third time I am in Los Angeles. And I'm in search of the angels. Now whatever I'm going to tell you or whatever he has told you about this, you have to keep an open mind. Blind faith is not going to help you at all. But a scientific outlook – that whatever I'm telling you here, if it proves, and you do feel the all-pervading power of divine love and that if you get your Self-realization, then you have to accept the truth if you are honest people.

Now when we start discussing about our problems, human problems. In every walk of life, we have problems. And what is the solution for this problems is, can be only found in the mistakes that human beings have committed. Human beings are responsible. For all these problems we are responsible.

So, what is the solution? That to realize, that so far, we are not at that point where we know the absolute knowledge, nor are we capable of knowing the absolute truth. When it is the absolute truth, like you see me standing here, you cannot see it. It's the truth that I'm standing before you. All of you will say that yes, Mother, we can see you standing here. In the same way, when you know the absolute truth means about everything you all know the same thing. If that is not so, it's not an absolute truth.

That means we have to rise at a point where we have to become a universal being, where everybody sees the same thing, knows the same thing and absolutely the truth itself. Now how can it be?

It's very simple, our creator has created us so beautifully you have seen within our being all these beautiful centres are placed. They are the landmark of our evolution. Now the last breakthrough is when this power kundalini has to rise and pierce through these all centres, ultimately through this one, the seventh one.

Now this is something one should understand, this is a happening. Is a spontaneous happening of a living power. How did we become human beings? What did we do about it? How much did we pay for it—say from monkey to human beings, how much did we pay to whom? It just worked.

In the same way, your last breakthrough is going to work spontaneously, means sahaj. Sahaj means sah is with and ja is born with you. It's this yoga, it's the union with the divine power. Is born with you and that is your birthright as a human being to have it and this is the last breakthrough of our evolution. That is achieved by you yourself.

This power which is there, the kundalini, is in the sacrum bone, means it's a sacred bone, that means the Greek knew about it, that it's a sacred bone. And this energy when rises, if there is obstruction you can see it gradually rising. You cannot do anything like chanting. What do you do about chanting I can't understand. Like you go to these Buddhist they'll go on saying namyoh verong like mad, the neck is moving all the time like this. Then some people are saying this, some people are saying that. You are not yet connected.

It's a simple thing that your telephone should be connected. Without connection why are you breaking your neck? It's a simple thing, logically we should understand. There is no stupidity required in Sahaja Yoga. But a simple understanding that it's a living process. Like, you have to sprout a seed, now what do you do? You just sow it in the Mother Earth.

It's a built-in capacity in that seed as well as the built in capacity in that Mother Earth and it sprouts. How much do we pay to the Mother Earth? It's very difficult, I tell you I have been to Los Angeles, to America many a times. And I must tell you something very clearly about it. That people are more enamoured in America by the people who charge you money. It's very surprising.

The other day I was listening to a television have said such a thing I've never heard before. I must tell you this because this really disturbed me so much. This gentleman was showing a hundred dollar note and was giving such a big lecture and I don't know how people allowed that. He was saying if you release one hundred pound note you will get one thousand. How can you get it? Absurd. And he was saying you must release and he was giving all the examples from the bible. Was he, is he Christ to say like this? What right he has got to use Christ, that we should send hundred dollars to this man? He has even given his phone number, can you imagine? Not even afraid and ashamed about it. I mean it's really shocking.

You are all such intelligent people. How can you allow such people to cheat you all the time? So many have come from my country I'm ashamed about them. But why did they come to America? And why did they settle down here? Why did you pay them so much money? And why did you allow let them to exploit you? It's your mistake. You were gullible, you are simple people and when I came here first time I must tell you this, they told me, Mother, unless and until you charge, you'll have no response at all. No response. I said, please tell me how much you are going to pay for this?

What is the price of love, how much do you pay to the Mother Earth? It's a simple thing we should understand in this America, that you cannot pay in the name of God. You cannot. God doesn't understand money, He doesn't take such headaches. He doesn't know banking, He doesn't know anything. And a person whom you can purchase, he's your servant, how can he be your guru? And they are so commonly available especially America I've to tell you again and again, be careful about it.

So, it's a living process, it's your own, this energy is within you. Now this energy when it rises, it passes through the six centres, the seventh centre is down below. This also I must make very clear to you because also on this point, many people are confused. People don't like me because I tell them the truth, but you better like me. Because truth is for our benevolence, for the benevolence of the whole world and Americans are the leaders. If you become crazy the whole world will become crazy, why don't you understand this. You have to be very very sensible people and the responsibility of that sense is on you, especially you, the Americans, again and again I say.

Now this one is the energy that passes through the six centres, the seventh centre is down below. This is the seventh centre is of your innocence. Now you'll be surprised that innocence can never be destroyed, it is imperishable. So whatever you may do, whatever you may try, whatever you may try to defy all the natural laws, your innocence will not be destroyed, this I assure you. It's clouded. And this innocence looks after this kundalini, this power. So this innocence is below the kundalini. Now this last centre looks after your pelvic plexus which looks after all your excretions, inclusive of sex.

So when the kundalini rises it just stops there. Its activity stops that's why Christ has said you have to be like a child if you have to enter into the kingdom of God. You just become. It just stops. All its activities are stopped when kundalini is rising. Sex has nothing to do with your ascent.

You have had already one gentleman here who looted you, but again somebody will come like that. Somebody will tell you something. Now try to find out from the disciples what sort of disciples are they, are they knowledgeable? What powers they have got? What have they achieved in life? How do they live together?

First find out about these things, and then you should see that the gentleman or the lady who is doing all these, what is her

lifestyle, how she lives, does she exploit others? What is her this thing..?

Recently I read about Muktananda and the horrible description, I don't know if you people have read it, horrible thing that he was using a 13 years old girl. Such a person how can he be your guru? All these things you see, make me quite upset, how are we going to save this America which is the most important part of the world. It's the most vital part of the world.

And the first country I visited was America, for your information. But there's no response. There should be showmanship. I don't know what else they want. It is to be real. We're asking for reality and not for artificiality.

So, now when She rises as he must have told you, that it looks after your physical, mental and emotional being and spiritual being. But today I want to tell you about what is the spirit. People have no idea what is the spirit. Because truth is that you are the spirit, you are the pure Spirit.

And the second truth is, that there is this all-pervading power of divine love which organises everything, which caters for everything, which is very well equipped and efficient, which has given you today the status of a human-being and which is going to give you the higher status also.

It thinks, it loves, it organises and not only that, but it loves. It's complete knowledge, absolute knowledge. And today you have come here to feel that power. You have to feel that power. That is why you are here to feel that power and to be the spirit. Spirit is the reflection of God Almighty on your heart.

You may say, I mean (in) the scientific world you know, that there is no God, but this is very unscientific. Have you found it out, have you discovered it, have you made experiments, how can you just say that there is no God? It's a very unscientific statement. And this God almighty is reflected in your heart. That is the spirit which is a universal being.

And this kundalini is the primordial Mother, the power, the Shakti. It's reflected in your triangular bone. Recently I've been reading a book by (a) very good writer about the mirror of the Goddess. And he has said that in Christian religion, they have completely tried to avoid the feminine power. Completely. To put them down. Absolutely not to have anything to do with the feminine power.

And also he has said that despite everything, people still bestow all the powers of the Goddess upon the Mother of Christ, though in the bible they just call Her a woman. To treat them in such a manner shows that there was some ulterior motive of these people who organised religion. And these people didn't want the motherhood to come in.

Now this is the Mother you have within yourself. Who gives you birth is your mother, not your father. You have father the God and son the God. What about the mother? Can you get a son without a mother? So call it the Holy Ghost, the dove, very nice, a mysterious thing, you are not to know anything about it. And we accept.

They brainwash you completely, and we accept it that there cannot be a mother for Christians, can you imagine, which Christian is born without a mother I would like to know. So this motherhood cancellation is the greatest sin and that's why I think people have lost their sense of morality completely.

Whatever today we are suffering because of immoral behaviour in every way is because we are committing sin against the mother. Afraid of the Father but not afraid of the Mother. And this motherhood is within us all the time waiting for us to give us our second birth where you become the spirit. Now when you become the spirit, the attention is like a spread-out cloth you can say, and the kundalini rises like this because She goes up in an energy way so they call Her a serpent energy. And then She pushes that attention so the whole attention comes up in the centre and then she pierces through the fontanel bone area.

But before that when she comes through this centre of agnya where Christ resides, awakens him, so these two things called one side ego and another superego, both are sucked in, your karmas and everything are sucked in. And the whole limbic area opens up and then you cross through the fontanel bone area which was a soft bone in your childhood. So, when you get your

Self-realization, the first thing happens to you that you become thoughtlessly aware. Thoughtlessly aware. That is you are watching everything but there's no reaction, just watching. That means you come in the present. Now, you cannot meditate, you cannot do it. It's a happening that you are in meditation.

When you are in meditation you stand in the present. So, this is the first thing that happens, when the spirit starts shining in our attention. But when it comes in our attention, this attention becomes absolutely dynamic and extremely compassionate. Such a person becomes a very steady personality and when he develops himself properly, then his innocence shows in his eyes, and even a glance of such a person is capable of giving peace, joy and well-being to people. It happens to you because the spirit is now in your attention.

Attention becomes also extremely active as I told you. Sitting down here, if you want to know about somebody, you have to just put your hands like this, and think about the person. Immediately you know what centres they are catching because you can feel them on your fingertips. It's amazing in Quran, Muhammad Sahib has said that at the time of resurrection, your hands will speak, and they will give witness, Shahadat, against you. Actually they tell you what's wrong with you. And they tell you what's wrong with others. Because the whole thing works on your central nervous system. Now your spirit is manifesting on your central nervous system.

Please try to understand, that it's not yet mental. It's just as you see me through your central nervous system. It's not mental. In the same way it acts, this is what is known as boddh, from where the word buddha has come. It is also known as vida from where the word veda has come. Also the early Christians were called as gnostics, the word "gno" in Sanskrit means "gyana" means this. This is gyana. It's to know on your central nervous system.

As we know, during our evolution, everything on our central nervous system. For example if you ask a dog to go through a dirty place. It can go. A horse can go. But, we cannot go. Because we have a new awareness, awareness of cleanliness, awareness of beauty, awareness of sin, awareness of karmas. Animals don't have that.

So we have evolved, and now the new awareness that we have to have, where you get an awareness of your own centres and the centres of others. This is what happen in the Pentecost, that they started talking about the centres. If you see the Sahaja Yogis, you'll be amazed that they always talk about centres. This is catching, that is catching, this is happening, that. They don't know any other thing. They only know your essence, where's the problem.

So now if you somehow or other know, what the centres are, and how to get them alright, you can get your self all right, health, wealth, every way. And the others can also become alright. You can help them. But for this you cannot charge. Because it's so spontaneous.

With this Spirit, you get the complete, absolute knowledge. You put ten children, cover their eyes, they are realised souls. And ask them about somebody who's standing in front of them. What do you think about this gentleman? Immediately, they'll all raise supposing one finger. You ask the person, is something wrong with your throat? He said yes, how do you know? Children have told me, this is the finger. So everybody feels the same.

We have a seminar in India. Every year, for about seven days, in a very remote beach. And sometimes we get people from fifty-five countries, last year we had. We had all the eastern block, Russians, and all others from the south American, and America also, and other places. I've never seen them quarrelling, fighting, nothing. Just enjoying each other. Of course, sometimes they pull each other's legs and is a lot of fun. That's different. Such friendship, such purity, there's no danger of one woman running with another man. Another man running with somebody's wife. Nothing of the kind. Such purity of relationships. And so many people, five thousand people there, in that sparkling place, so happy. It's a new race, my husband always says, you have got all the angels of the world. Now that's why I said I'm in search of angels in Los Angeles.

But it's all your own, it is within you, you can get it, it's your own property. Then the second state that you achieve is called as doubtless awareness. Because you are empowered. You can raise the kundalini, you can give Realisation, you know each and

everything, complete knowledge is available to you, for no payment at all. And then you understand what it is.

You become experts. And when you become experts, we call it as a doubtless awareness personality. And then you become a Sahaja yogi, when you give realisation to people. That's the third state. It's a state, it is no organisation, you'll be surprised I have no secretary even. I travelled so many countries and everything and every third day I'm travelling and speaking.

But the whole thing moves like one body. Because you become collectively conscious. You become again I say it's actualisation it is not just a certificate, you can feel others. So you become collectively conscious. That means the macrocosm absorbs all the microcosms in it. Like a drop becomes the ocean.

There's no problem between each other. That's how we finish our wars, we finish our quarrels, we finish everything. Every year there are seventy-five to hundred marriages, international, there are beautiful children. Of course, one or two also misfire, no doubt. But doesn't matter. That's because of the conditionings, they do. But most of the marriages are successful, and they have children, so beautiful I tell you, beautiful children. At a very young age they become so alert. So alert, and so active.

Now for example see this, the Americans, Canadian, English, singing Marathi song, which was sung from twelve century [ie 1200s], Namadeva has written this, and which says that, "O Mother, give me the Yoga, Jogawa. O Mother, I will ask you for the boddha. Please give me".

It's so clear cut, it is all Sahaja Yoga. And they are asking the Mother Amba, that's the Kundalini, to rise. Udo, Udo ambe. This was sung in all the villages from the twelve century. So, we know about it, that there is a power like this. And we know, what sort of a satguru we should have. A real guru who can give us Realisation, who can give us the parama, the last that we are achieving.

All this, has come to you, just not by chance, but by your seeking. You have been seekers in last lives and last lives and last lives. And today you are here seeking, and that's why you are so gullible, that's why, you do not understand, what you have to have. Then, of all the things that happens to you, is that you become absolutely peaceful. Like a wheel is moving, and you are disturbed when you are on the wheel. But on the axis, you are absolutely silent. So, you enjoy that silence.

These modern diseases, what you call, tension, stress, stress, no more exist. All your diseases can be cured, I tell you. Of course, one has to work it out. It can be cured, it can be diagnosed, and also, you don't have to take any medicine. The medicine is within you, the doctor is within you. Everything is within you and you don't have to do anything about it except that you have to be in meditation.

And the last and the most important thing is, that you enter into the realm of joy. Joy is not happiness or unhappiness, there is no duality. Joy is singular, where you watch everything, and just enjoy. Even a small little thing makes you joyous. Like in the Zen system, you must have seen. But I was told that there are only twenty-six karshapas till the sixth century, and they all finished off. So there is no realised soul there either.

So you get the powers to do it. Of course, as they say, it's very difficult to raise the kundalini, it's true, was so. Formally, it used to be, in tradition, only one guru had one disciple. Again, till the twelfth century [1200s].

Then a very great poet called Gyaneshwara, he took permission from his guru, who was his brother, that at least let me write about it. So in the book Gyaneshwari, it is a treatise about Gita, he has written in his sixth chapter about kundalini, very clearly.

Of course, it was written in all the great books, in scriptures, I mean in yoga vashista or anything and [in] sixth century [ie. 600s] Shankaracharya's books, everywhere it's written about kundalini, it's nothing new. Also it's written in the Bible, I'll appear before you like tongues of flames. This looks like flames only, very silent flames, specially on the head. You see thousand of them. All beautifully shining. But very silent, very beautiful, very peace giving.

Then we have also, the tree of life. This is the tree of life, which is also described in Gita. But best is not to depend on anything

that is been written on anything, but experience it yourself. To find out yourself is the best way to know it.

I'm sorry I've been talking so much every day, and there's no rest for my throat.

Our aim should be to achieve this last breakthrough. Or are we going to die as human beings? Or we are going to be saints and angels. What is the aim of our life? What do we have to do? What are we seeking?

Just open your mind, open your heart.

I would like you to ask me some questions about it, in one lecture, you know I cant explain everything. I must have given at least four thousand lectures, maybe more. In English language only. And they have got my tapes. You can have them once you become Sahaja yogis.

We don't give them those tapes because then again the mental activities starts, mental feat starts, you see, now everything about sahaja yoga, without any cool breeze, without any vibrations.

So, the first thing is to achieve that state. Like you have so many lights here, if you just want to open all these lights, you have to switch on. One switch. But supposing I have to tell you all about the history, everything about this electricity, how it came here in this hall, you'll be fed up. So better to have the lights first, and then know everything yourself.

Now I would like you to ask me question, but relevant ones. I've not come here to take any money from you, I'm not standing for any elections, nothing of that kind. I've nothing to do with politics.

So, I'm just here to tell you, that it's your own power, and one candle enlightened can enlighten another candle. There's no obligation, nothing. It's your own which you should achieve. But in Sahaja Yoga today, it's a collective happening.

You'll be surprised, I must say, I must admit, that Russians are really great. In every program there used to be fourteen thousand to sixteen thousand Russians. And there are four hundred doctors practicing Sahaja Yoga in Russia. And there are two hundred scientists, who asked me such tremendous questions. I'm surprised, these scientists who have reached to the heights of science are so much interested in their spiritual life.

The main thing is that their government was horrid. So they had nothing to bother about politics, everyday what you read in newspaper this fraud, that fraud, this that. There is no inflation there. There is no fraud, nobody can steal anything, whatever it is, out of fear you may call it, whatever was.

They went inside themselves, they were introspective. Very introspective, because they couldn't do anything else. Also I think, we must have power to bear our freedom. We must have power to bear our prosperity. That only comes through balance. And this balance is only established through Sahaja Yoga.

Of course, there are people who are troubling now Gorbachev, you know that very well. Because they are dissatisfied, they think that they were very well off, I mean their regime was there. And also there are, about thirty percent people, in Russia, who asked for American genes.

But, seventy educated people, are real true seekers. And the way they had it, I mean their responses, even the media, all jumped on me, all of them. They published articles about me in their magazines, when you travel to Russia you'll find them. In everything in Russian language they published.

Today, for your information, this is the third time we invited newspaper people to come here. But as there were no sensation, we, I addressed all the empty chairs. "How am I to tell people? How am I to reach, which is the way, you tell me? What should I do?" I feel so helpless in America. But those who are Sahaja Yogis here, are great Sahaja Yogis, I must say. They are wonderful.

So, please ask me sensible questions, not aggressive questions. And I have to tell you, that all these twenty years I have been facing all kinds of questions, so I'm quite an expert. But I should also confess it's a mental feat.

That doesn't give you guarantee, that you'll get your Realisation. But just to satisfy you so that at the time when the kundalini rising, suddenly this mind might come out and say, now, you didn't ask this question. So you better ask if there is something too much pinching in your head.

[QUESTIONS AND ANSWERS]

Seeker: Once we receive this awakening, how is it that we could stay with this so we imbibe in our daily life?

Shri Mataji: What a nice question. You see, you have to know we have a very good centre in Los Angeles. And we have some very good Sahaja yogis, extremely sweet, loving, sensible, knowledgeable people. You're all welcome to come there, and I think they must be having hall for follow on. I also told them that you better try some sort of a, what to call that, a study, or a, you people like to have some sort of, that kind of a thing. So I said alright, start that way, if they like that way.

So, they are going to organise all that, and within one month you would see, you'll be somewhere else, and you'll be laughing, I know that, it has happened. Also I must say about Americans, one thing, very good. Once they get their realisation, there're nothing like them. Because they're genuine seekers, no doubt. But some are lost in drugs, some are lost in this, some are lost in that.

But even drug you leave overnight. Even alcoholism you leave overnight I've seen so many cases like that. It is such a tremendous thing, even the children who are of a very ordinary intelligence, become so dynamic. So it is not at all difficult to get to that position. Within one month's time, you all will be there. I know that very well. That's my experience of the Americans.

May God bless you.

I'm absorbing the heat, that's why. So much is heat is there. Is there another handkerchief?

There's no questions? Yes please?

Seeker: Why is the colour of the Nabhi chakra green?

Shri Mataji: Yes, green. This is the thing what we called as bhavsagara. Is the ocean of illusion and it is green because it is the guru principle. Principle of the mastery. You see this yellow thing? Is the second chakra. Is very important, which you will realise that most of our diseases are because of this one centre. I must tell you this, it's very important to understand.

This is the Swadishthan chakra which looks after our aortic plexus and looks after our liver, our pancreas, our spleen, our kidneys, our intestines, our large intestine. This centre, that yellow one you see. And it has very important another work is to supply energy for the cells of the brain, which we use when we think too much when we're futuristic. The right side is for futuristic thinking, for planning, for also physical things like jogging and all, that's another thing that has started.

So all right side is increased by that. This right side, when it goes too much, then especially when you're thinking too much of the future, planning too much, then what happens? That the main job as I told you is to supply energy for the brain. So this poor centre becomes absolutely entangled with one work, major work and others are neglected. That's how you get a very bad liver, you get a hot-tempered person, you thin down, you look like a bean stalk, I should say. I mean, you might get a beauty prize, like a mosquito. But these mosquitoes finish off very soon and you can't go near them. Even if you go near them, you have to use a barge pole. I mean, I perspire in them. Such heat. You can't go near them.

Because this liver has the function to absorb the heat of the body and release it in to the blood stream. But what happens, that when this liver is not working, it starts all absorbing all this heat within itself and this heat that it absorbs, it becomes absolutely out of function. But this heat then starts moving upward and you get the thing called as, with this right heart as we call it, asthma.

Of course the triggering has to take from the left side. You can see these are the two centres, left and right and they meet and here is the central centre. And now what happens you're using it too much on the right side. If something happens on the left, then you develop this psychosomatic troubles. So you develop this asthma. Then, it can pass to your right side and can freeze your right arm. It can make your right side pain, very much. You might also get your paralysis with it. But sometimes the heat in younger age, when you are say 21 to 30 years of age, say you're playing tennis, you're drinking too much, you're using too much of this right side. Then, this heat can pass to your heart and you can have a massive heart attack and that is fatal. Always at that age the heart attack is fatal.

Then you see the other parts is that thing, what you call is the pancreas. Pancreas does not function, so what happens, you get diabetes. Diabetes only people who are thinking too much get it, not the people who are just in the village, eat their food nicely, sleep off. Next morning go for work and they don't think about their future. They don't have any plans of insurance or anything. They have no stress, nothing. With that, you develop this trouble called diabetes.

Now in India if you go you see in the villages, people when they take tea, the spoon has to stand at right angle. Otherwise it is not tea in the sugar. So much sugar they take. At least 5 to 8 spoons minimum. They never get diabetes. While in the city even if they take ½ a spoon, they, whole thing passes out. So that means there's something wrong with the city people who are sitting and planning, especially the bureaucrats. And what do they plan? We know their planning of the bureaucrats, where are and this that?

So this happens with the diabetes. Now, then the third one is even more important where your spleen is neglected. Now the spleen is the one which looks after, for, caters when you are in emergency. Say you have taken your food and then you're running, you get a pain here. That is why because your spleen has gone into a production of red blood corpuscles, RBCs, suddenly.

But our today's life is so hectic. Morning time you get up, you're late because you sleep very late. Then, you see some horror film, already you're in emergency. Then in the morning you see the newspaper. Horrible things in the newspaper. They never given good things, only horrible things. Sensations you know. With that sensation, what happens this poor, this speedometer becomes quite crazy. Then you jump into your car and find, as I found, so many cars on the way. So there is a jam. People start blowing out and then mostly in the west people. They don't know what to do. It's too much for them. They just can't bear it. It's too much. Then you go to your office, you find your boss in a temper sitting there. Already he must have finished half a bottle of whisky in the night. So, the whole thing is coming on you next day.

And the whole life is so full of anger, aggressiveness, hectic, competition, maddening and this poor spleen becomes matched, it doesn't know when to produce RBCs when not to produce. As a result, what you get is leukaemia, blood cancer. I would like to tell you, through Sahaja Yoga, we have been able to cure leukaemia, definitely. There are two doctors in Delhi who have got their MD. MD, in Sahaja Yoga. So it's now an established thing, medical parameters have shown, and there are seven doctors in London who are documenting how many people are being cured by Sahaja Yoga.

Then you get the kidney, the kidney fails. Doctors will not tell you that it is not curable, they'll put you on dialysis which is very, very expensive treatment because of the machinery and they must use their machinery. After all, they have paid so much you know, such a capital expenditure. So, they have to make money. But they will never tell you it's not curable and it is declared that after, at the most 15, 20 days, you are going to be finished. There is a solution for this, absolutely a solution for all this.

Then, you're constipated, permanently. And they eat, I was surprised, in Geneva, they gave them cotton seeds to eat in the bread. I said (hindi) baap re, this cotton seeds only buffalos eat in India, not even cows. But, they said, Mother, very good for

constipation. What sort of constipation is this? That buffalos means they are having in Geneva. Working in the banks, I believe must be the reason. Just, can't understand all this.

Now, all these happen to you only because of one centre. And this green is actually showing, is the imbalance that we have within us because we move to the left and to the right, and how we torture our Mother, Mother Earth. And the whole atmosphere. This is the centre of your mastery. All the masters, real masters which we say satgurus, have created this within you, but if you have been to some wrong master, immediately it will start going like this. You'll see that when the kundalini will rise.

Any other question, please?

Seeker: [UNCLEAR]

Shri Mataji: You come here, I don't understand. What did you say?

Seeker lady: Here in Los Angeles, we have more countries represented than any city in the world I think. We have more cultures, we have more ethnic groups, and most of the time they don't get along very well. What can you suggest individually what we can do to bridge the gap?

Sahaja Yogi: What we can do individually to overcome the differences between races?

Shri Mataji: You automatically become my child. You don't have to anything about it. It is all skin deep. We laugh the same way, smile the same way, everything the same way. We're born the same way. You see, it is just skin deep. Just it's lost. Because you become a deeper personality. The superficiality creates all this problem. Then you don't like a person who is a racist. You don't like. Or who has caste system. You don't have, want to have any caste system. You'll be happy to know that the religion that we call, is the innate religion within us, which is awakened, which is a universal religion, we call it a universal pure religion, which is innate, is being registered in your Los Angeles, isn't it, in this place, by your government. That's something very creditable, I must say. California has accepted it. Then you transcend it. It's so skin deep.

Any other question? Somebody, here, this gentleman.

Seeker: Can you talk about children and can you talk about how we can assist children to learn meditation?

Shri Mataji: I must tell you, children are the best. They take to meditation in no time. Most of them, these are Realised souls. We don't understand this, and the atmosphere is so bad in your, television is so horrible. I mean, they are marketing every nonsense. Poor children are gullible to that. You see that point?

But the whole atmosphere changes for them. Children are the best for meditation. I wish you could come and see some of our children, you'll be very happy. Very different, they become extremely sweet, obedient, sharing things, they like to do for others. Like I'll tell you, I have my granddaughter, I have three granddaughters and one grandson. So the three granddaughters I asked, and they were very very small. I said, what you want to be? They said best is to be the nurse or to be an air hostess. I said why? Because don't you think grandma, only in these two professions you can give food to eat to others? So sweet. So very sweet. You see this, all these things come later on because we try to condition them. Very pure things, they are, extremely pure, beautiful. And automatically, because the atmosphere of the Sahaj children is good. We also have schools for Sahaj children, I must tell you, beautiful schools we have for them. And I'm surprised that the French government of all the things, the French. They have asked us to take their children to India and tell them about Indian culture and to teach them Sahaj and sending their children to India. Of all the thing, French. It's beautiful. You will see this world is not so bad as we think it to be. It's so beautiful it is. Very beautiful, it's very enjoyable.

Yes, my child? Please stand up, I can't see you. What did you say?

Seeker: [Inaudible].

Sahaja Yogi: He's saying in relation to this Muktananda, is the raising of the kundalini separate from Realisation?

Shri Mataji: Not at all. He says so? I mean I wish you could read that thing and then you won't eat food for 8 days. What sort of a man he was. This Muktanand. Useless fellow. Just wanted to have some money, alright, have money. There are many who are like that. But he has spoilt everybody's Kundalini. He was having relations with a 13 year old girl. He calls himself guru? And his, this daughter of his, this Jitvilasanand, who calls herself a gurumaai. All useless people. I talked about them in 1973 when I came here. Nobody listened to me. You wanted to have the fun to go through that experience. What can I do? And nobody has prosecuted me. I openly tell about TM. Horrible people this TM are. And if you want to know, I'll tell you all about them. Openly I'm saying that. They're all satanic people, and the Satan doesn't speak against their own house as Christ has said it. They're all marketing. I don't mind marketing, do it what you like. But, you cannot spoil somebody's Kundalini. That is sinful.

Yes please.

Seeker lady: [Inaudible].

Sahaja Yogi: She's saying, is Shri Ganesha at the root of the kundalini?

Shri Mataji: Yes, it is.

Sahaja Yogi: Can you explain the relationship of Shri Ganesha and the Kundalini?

Shri Mataji: Shri Ganesha is the symbol of innocence. That's why it is at the base. And he incarnates as our Lord Jesus Christ. To know all this, we have to remove our blinkers as Christians. I was born in a Christian religion and I thought that we are all treated like horses with blinkers, you know, organised. You cannot read anything else, you cannot know anything else. And what they did to Christ we are doing that same to him now.

You must read the book Vatican Connections. I don't know how many of you have read. Thank God one American who himself was a catholic found out. 2 billion, 2 billion securities were published, were printed. Can you imagine that? Falsely, and sold, by Vatican!! How can they talk of God? You tell me? Such fraud! What about protestants? They have also made the whole religion a kind of a mental thing. Archbishop of Canterbury, was asked by one of the interviewers, Robin Day, and he asked him, what is the Holy Ghost? So this gentleman says, I'm agnostic. He said, if you're agnostic what are you doing there? He said, I'm doing my job as you're doing your job.

What is their authority? To be there. And now they don't want women to be ordained. And now they're frightening women that if you're are ordained, the clergymen will harass you. Can you imagine? This clergymen should be thrown in the sea. And they want to appoint homosexuals now as the priest. God save the young boys.

What is this going on in the name of Christ? Said it, so painful. And they call Him homosexual, these stupid people. How will they understand divinity? Unbearable things they say about Christ. Unbearable, I tell you, that Salman Rushdie said something about Mohammad Saab, they all got after him. Of course, I don't like fundamentalism but at least they cannot say things like that about Mohammad Saab. But here Christ, anybody can say anything they like. This is the so-called freedom of human beings. They don't know how sinful it is to do that. They are allowed to come in the church as long as they can pay money. It is very painful, I tell you very painful. I can't bear to see all this way we are trying to make money out of Christ and then to say all these things about Him.

This is no freedom, this is license people have taken. It is very sinful. Yes please.

Seeker: So, is what you're saying is that one of the clear signs that a teacher is true is that they offer the gospel free of charge?

Sahaja Yogi: He's saying, is a sign of a true teacher that they teach for free without charging money?

Shri Mataji: Not only that. They must give you Realization. They must tell you all about it. You see, there's Nanak sahib has said "Sadhguru vahi jo sahib milaye". The one who is a Sadhguru is the one who makes you god, gives you the experience of god. But on this not taking money you will cancel 99%, you take it from me. Or there would be beggars like Lamaji going round begging. He is the biggest beggar that you could think of. And the amount of money he has got through, people have no idea. He's lynching us in India. He has brought this horrible people from there. Alright, refugees are better than our kings in India. With all his wrinkles around his face, he's a big businessman I tell you. Begging everywhere getting peace, this thing, very hot tempered though.

Seeker lady: There's three teachers at my house and that we know about. One is Maharajji, he's from India, one is Rajneesh and one is an American named [UNCLEAR].

Sahaja Yogi: She's asking about Guru Maharajji.

Shri Mataji: He's now become a Yankee. What can I say about it? You will be angry if I said it. Now, what else?

Sahaja Yogi: Rajneesh.

Shri Mataji: Oh... [LAUGHTER] Horrible! You people are so simple I tell you, so simple. It's written large on their faces.

Sahaja Yogi: The third is called Bhava Preethaananda

[UNCLEAR]

Shri Mataji: Who?

[UNCLEAR]

Sahaja Yogi: He's an American guru.

Shri Mataji: All better than one than the other. Who has given you Realization? Ask, first question. See this is a market for them. You are people who are seekers and they are in the market. But the temple of God is away from the market. There are so many others you can tell me. Even one fellow got Realization, an Indian, here. Just, next day he started his own. This Shirley Maclin came to my program first when I was here. First time she was here and now she has become a big guru.

Seeker: They're making lots of money.

Shri Mataji: That's it. But why do you give?

Seeker: Not me!

Shri Mataji: You're sensible. [LAUGHTER] That's a good one. "Not me". That's good. That's good. Ah, now. Now, doesn't matter even if you have given. Doesn't matter. I'll put them right. Whatever, what is it?

Sahaja Yogi: They need the money, they say, to support their ministry.

Shri Mataji: All right, sit down. Why do they want to have a ministry? There's no need. You see, all right. Now supposing, these

people want to have an ashram. Live together. They have their own money, alright? They look after their ashram. People go there, they know their accounts. I am not bothered.

Who has asked him to form a ministry? What is the advantage? What have you got out of it? What have they given you? Arrey, you people are so good at it! You know, always I have seen you. Americans would say we have paid for it. So what? What did you get after paying to these people, tell me?

As a mother, I would say what did you get out of that? As a mother. Simple question. There's no justification. No, it's alright. You can pay for this hall, alright. Sahaja yogis are paying for all these, alright. You can pay for this hall. You can pay for the car. But you cannot pay for realization. You cannot pay what you have to tell about God. This is free. Just like the sunshine.

Seeker: [Unclear] Where we live in a city or a society, we have to go to work and make money, so we can now survive. To do something to be able to provide for self-preservation. What throws us off-balance the yellow side, like the first speaker said?

Shri Mataji: Just a show my child. How much money do you need in India to survive? You know that. It's not much needed. You need Rolls Royce? To survive? Rolls Royce? That's it. You survive! You see there's not such a dirth for survival. No problem. For that you don't have to beg others.

If you want to know the real way of how Buddha used to live, all his disciples and he used to walk from one village to another once in the night because it was tapasya. It was, that was the time when the world had to do the penance. You see that time. These three of them, Mahavira, Buddha and Christ. Three of them. They are here. And they used to take a begging bowl, receive the food which is cooked in the household. Whatever was received, they would share and sleep under a tree. Finished. That's all. They had only two cloths to wear.

You have to have at least your self-respect. Rolls Royce! Just think of it, Rolls Royce! They asked me. I must tell you Americans are great. In Boston, the television people asked me. Mother, how many Roll Royce you have? I said none. Whatever my husband has got, has got it. I have none. They said, we are not interested. There's no business about it, I said, there's no business.

I mean, you see now, I have come here. These people are giving me food to eat. Alright, I'm eating that food at the most. When they come to my house, I can also give them food. But to take away his coat and his tie and everything and also his wife. What sort of survival you are? You don't allow others to survive any. Such people survive, I tell you. If you look at it you see with a detached mind, you will see what a horrible thing they are. One thing Americans must understand, you cannot purchase God. Take it this way. You cannot. Yes?

Seeker: How do you reconcile a loving God of the universe and immense evil is going on for thousands and thousands of years and man is made in that image, how do you reconcile that? It shows just the opposite.

Sahaja Yogi: How do you reconcile the existence of evil against God?

Shri Mataji: I do not. That's why I am saying you must all change. Where do I? You know I'm 68 years of age. I'm travelling every third day. All over the world. If I had reconciled, would I? I would have. I don't need Sahaja Yoga, do I? I do not reconcile at all. By no means but human beings are responsible for the evil so they should get transformation and if there are a certain number of transformed people then the whole thing will click.

You know that hundred monkey phenomena, that is going to work out. America needs it much more than anywhere else. Now let's see how many Americans would like to get their self-realization and would like to become great Sahaja yogis. Let's see, raise your hands. It's a promise? Is it a promise? Alright, non-Americans. Let's see how many non-Americans would like to do that. Japanese are difficult. Chinese are very good. Also, very good. Alright, let's see.

So, should we have now our Self-realization? All right, good. Now, please take out your shoes. This is just to have the help from

our Mother Earth. What's it?

Seeker: One more question. When people meditate [UNCLEAR]

Shri Mataji: No, not at all. You have to ask for it. If you do not ask for it, I cannot force it on you. No, not at all. Your freedom, I respect. You're free. In your freedom, in that glory only, you have to ask for your self-realization. I cannot force on you. Please take it from me.

Seeker lady: [Unclear] a certain position of the body that enables some realisation, like, some people do the lotus position, some [UNCLEAR]

Sahaja Yogi: We're gonna have it right now, and you'll find out.

Shri Mataji: I will abide at American English you know. That's the talk. All right, madam. I'm sorry. Actually, what he says is true. You see, these are all words, words, words. But what is the best is within yourself. The beauty lies within yourself. You do not know what divinity you have. You do not know anything about yourself. Once you know it then you will understand how great you are.

Do not get sold out to other things, to other ideas. Just think that you have to be the spirit. That's all. Because this power is the power of pure desire. All other desires as you know in general are not satiable according to economics. Why? Because they are not pure. This is the only pure desire we have whether we are aware or not is to become one with this divine power. This yoga, this union.

So now, there are two conditions which are very simple, if you look at it logically. The first one is, for the time being, at this time, you have to forget the past. You're not to feel guilty at all. Because it's a myth. Is your just punishing yourself for nothing at all? Because you're judging yourself and punishing yourself and you're feeling guilty. Let the Kundalini judge you. I am really telling you seriously.

Because if you feel guilty then you catch on this centre here. On this centre here, on the left-hand side what you call the vishuddhi. And the diseases you get. First thing that you might get is spondylitis. Second one, angina. Third one, all the diseases of the lethargic organs.

So, this centre which is catching on the left-hand side, just it catches when you feel guilty. There's one thing, Indians never feel guilty you know. That's, they don't know what this guilt is. Because they think if you're guilty you would have been in jail. So now, it comes to the position that we have to be pleasantly placed towards ourselves. Forgive ourselves.

Also, those people who tell you, you are sinners, this, that, don't believe them. I verily tell you all such people must be greater sinners. Please don't believe these things. Just now believe in yourself. Have full faith in yourself. You are seekers and you have every right to achieve your goal. So, don't feel guilty. Again and again I tell you don't feel guilty because this Kundalini won't rise from here.

Why do I have a bad throat because in America people are extremely guilty about something, I don't know what. I asked them why are you guilty? They said they say, we don't know, we are guilty. Of what? We don't know.

Seeker: [Unclear] I come from Macedonia (Yugoslavia) and I speak a different language. Some words like God means different. In America, God means something else.

Shri Mataji: Yes, yes. You see it's true. I mean everybody speaks in a different manner. But you have face all of them, isn't it? All kinds of things people say like, Australians will say I'm going to die. I said, what? Why are you going to die? No, I am going to die. To die? Today (accent). [Laughter]

So, I have been to Yugoslavia many a times also. So, you have to face it, you see. And I don't know my English also is supposed to be very ancient one because we studied in a different way. But now, the American English is different and it's quite, you know, you have to adjust your ears to that also.

It's alright, doesn't matter. After all, our heart knows love. This no need to have languages alright. Alright, so now let us. So first condition is not to feel guilty for anything. The second condition is even simpler that you have to forgive everyone without thinking about any individual but in general. Now, this is very difficult for so many. But whether you forgive or don't forgive, no logically, I'm saying again, see.

Whether you forgive or don't forgive, you don't do anything. What do you do? Nothing. But by not forgiving, you play into wrong hands. The person who has tortured you, troubled you or has made you unhappy is happy. But you are the one who is torturing yourself by not forgiving. And if you do not forgive then this centre is like this, you will be surprised. This optic chiasma is like this and it cannot pass through.

Christ had to die and resurrect himself to open the centre. So, if you forgive, it will open like this. Just say I forgive everyone in general. Straight away. This is the most difficult thing for many people I just don't know why. Why do they want to remember such horrible people? Always try to remember some good people. That will give you happiness.

We always think of the bad people I don't know, like newspapers isn't it? So now let's think that we have forgiven everyone whatsoever. You'd feel much lighter in your head, just do that. The Whites must forgive the Blacks and the Blacks must forgive the Whites. Keep it like this. I mean I don't know what sort of things there are or we can say that father must forgive the son, son must forgive the father, the mother must forgive the daughter like that. Any relationship. Husband wife specially because there is no romance after marriage I have seen in the west. But it's the other way around in India.

So try to forgive, forgive, forgive, forgive. I'm just trying to make it lighter for you. Whole thing should be taken very lightly. All these waste of energy for nothing at all. You are so great. Why should you waste your energies? Alright, so forgive, forgive, forgive, forgive everyone.

These are two simple, very, very simple conditions and now be very confident all of you that you all are going to get your self-realisation today. The first thing that will happen to you will be that you will become thoughtlessly aware, then a cool breeze will start coming out of your, maybe hot breeze also because so much heat you know I was perspiring with that.

So, a cool breeze will start coming maybe hot breeze doesn't matter, if you have not forgiven, if your liver is bad then a little hot breeze doesn't matter. And also you'll feel on your hand this all-pervading power, the Divine power as cool breeze. Shankaracharya has described it as "Saleelam saleelam", soothing, coolness, but it's actually like waves.

First time you'll feel that, all right. So he'll show you now, first you just see how you are going to raise your own Kundalini, just see with your open eyes and then we have to close our eyes. You have to put both your feet apart from each other because these are two powers.

The left side is the power of desire, ordinary desire, so you have to put it on your lap towards me like this, symbolizing that you want to have, you have a desire to have your self-realisation. And the right hand we are going to use because it is the power of action. We'll be using it on only on our left hand side and it's very, very simple. You will understand everything very clearly.

[REALISATION STARTS]

So now, before closing the eyes you better have an understanding about how to touch your centres on the left hand side. So put your left hand towards me on your lap and the right hand on your heart. Sit comfortably, not too much bending behind or further

or if you have anything tight on your neck, very tight, or on your waist, very tight making you uncomfortable, you can loose it but if you're comfortable it's all right.

Now put your right hand on your heart, left hand towards me. Now this is the centre where resides the spirit, but the seat of the spirit is at the fontanel bone area on top of your head. Now, you take your right hand in the upper portion of your abdomen on the left hand side. This is the centre of your mastery, the Swadishthana as I told you. Then take your right hand in the lower portion of your abdomen on the left hand side. This is the centre of pure knowledge which manifests on your central nervous system by which you work out all the divine powers.

Again you go back in to the upper portion of your abdomen on the left hand side and press it hard, then on your heart, then in the corner of your neck and your shoulder. Push back your hand as far as possible and put your head to the right. This is the centre you catch when, I have told you, you feel guilty. Now take your right hand on to your forehead and put down your head on it as far as possible. This is the centre for forgiving others.

Now take back your hand on the back side of your head. Push back your head. Here, without feeling guilty, without counting your mistakes you have to ask for the forgiveness from the divine power for your own satisfaction. Now stretch your palm fully. Put the centre of your palm on top of the fontanel bone area. Now put down your head as far as possible and push back your fingers as far as possible to have a good pressure on your scalp. And now move your scalp with your hand seven times clockwise slowly, very slowly.

Push back your fingers, push back your fingers that's all you have to do. It's very simple now, absolutely simple.

Now, you close your eyes, you can take out your spectacles, it might help your eyesight. Again, both the feet apart from each other. Those who are sitting on the ground are alright. You sit, that's the best, this is the best way.

Put the left hand toward me, and the right hand on your heart. And now please close your eyes. Don't worry about your thinking, don't put your attention to a particular spot or anything, automatically it will happen. Just relax, now here you ask me a very fundamental question. You can call me "Mother" or you can call me "Shri Mataji".

You can call me "Shri Mataji". Here you say, in your heart, "Mother, am I the Sprit?", "Mother, am I the Sprit?" Ask this question three times. If you are the Sprit, in the light of the Sprit you become your own guide, you become your own Guru, your master.

So now you please take your right hand in the upper portion of your abdomen on the left hand side, correct, upper portion, upper portion where the waist line is. Here you have to say, again you have to ask me the question three times, "Mother, am I my own Master?", ask this question three times.

I have told you that I respect your freedom and nothing can be forced on you, so I cannot force pure knowledge on you. You have to ask for it. So please, say six times, because this centre has got six petals. "Mother, please give me pure knowledge". As soon as you start asking for pure knowledge, the Kundalini starts moving upward. So we have to open our upper centres with our full confidence, full self-confidence.

So now raise your right hand on the upper portion of your abdomen on the left hand side. And here, you have to say ten times, with full confidence in yourself, "Mother, I am my own Master".

I have already told you that, you are the pure Sprit. You are not this body, this mind, this ego, these conditionings, but you are the pure sprit. So, now raise your right hand onto your heart, and here, please say twelve times with full confidence, "Mother, I am the pure Sprit", twelve times.

This all-pervading power is the ocean of knowledge, is the ocean of love and compassion and bliss. But above all it is the ocean of forgiveness. And whatever mistakes you may commit, they can be completely dissolved by the power of this ocean of forgiveness. So please forgive yourself completely, forget your past.

Raise your hand onto your centre which is placed between the left shoulder and your neck. Here you have to say again with full confidence sixteen times, "Mother, I am not guilty at all". Please say it sixteen times with full confidence.

"Mother, I am not guilty at all". Please say that, this centre has to open. I am sorry, you have to allow this centre to open now. You cannot miss your realisation for this kind of a mythical thinking that you are guilty. So please, whatever I might have said in my lecture, you might have been feeling guilty about it, but please forget my lecture also, just know that you are not guilty at all.

In the eyes of Divine, you are not guilty. So you don't judge yourself. Your Kundalini will judge you better. Please believe me, you are not guilty.

Now, raise your right hand onto your forehead and bend your whole head slowly on your hand, resting on your hand please. Now here, you have to say again with full confidence, is very important to be said, "Mother, I forgive everyone, in general". Please say that, it is very important. Say it now from your heart, not how many times, but you have to say it from your heart.

Now please take back your hand, back side of your head, push back your head. Here, you have to say, without feeling guilty, without counting your mistakes, just for your own satisfaction, "O divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me". You don't have to count what mistakes you have committed, it's not confession. It is just for your satisfaction you have to say that.

Now please stretch your hand, stretch your palm fully. Put the centre of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now press back your fingers. Push them back fully, put down your head as far as possible. Here again, I respect your freedom and in your glory of freedom you have to say, you have to ask for your self-realisation. I cannot force on you. So please press it hard. Move your scalp seven times clockwise. While saying seven times, "Mother, please give me self-realisation". Please say it seven times, "Mother, please give me self-realisation". Please bend your head, please. Please bend your head, please. Push back your fingers, push back. It is very important, push back your fingers. There is a good pressure, push back, put down your head, work it out. It will work, I am sure. Seven times.

Now, please take down your hands, and open your eyes slowly, very slowly open your eyes. Now put both the hands towards me like this. Now can you watch me without thinking? Just put, you can wear your glasses, can you watch me without thinking? Like this, not like, this way. Now put the right hand towards me and put down your head, and see for yourself, you have to certify with your left hand, put your hand on top of the fontanel bone area. I'm not saying, just touching the head but above the head and hold it. Move it upward, downward and see all around if there is a cool or hot breeze coming out of your head. Bend your head please, bend your head, see if there is a cool breeze coming out.

Some people get it much higher, some get it closer, doesn't matter. Just see if it is a hot breeze also doesn't matter. But then if it is hot that means you have not forgiven, so can forgive now. Now put the left hand toward me like this, again put down your head and see for yourself with the right hand if there is a cool breeze or a hot breeze coming out of your fontanel bone area.

Don't touch your head please, keep it away, about two, three inches away. Some people get it much higher, so can see, move your hand properly. Now please put your right hand towards me, again, push down, push, with the left hand see, put down your head. Please with your left hand now you see if there is a cool breeze coming out of your head.

Now, raise your both the hands towards the sky like this. Push back your head and ask any one of these questions three times, "Mother, is this the cool breeze of the Holy Ghost?", "Mother, is this the divine power of love?", "Mother, is this the Param-Chaitanya?" Ask any one of these questions three times. Push back your head, look upward and ask this question three times, any one of them.

Now please put down, just rest now, you are thoughtless. All those who have felt cool or hot breeze in their hands or out of their heads, please raise both your hands. Ah! May God bless you.

May God bless you.

1991-0425, Talk to Sahaja Yogis

View [online](#).

25 April 1991

Talk to Sahaja Yogis

Los Angeles Ashram 1, Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Holy Mother talking with women that are washing her feet...inaudible...This is a nice ashram that you have, I've heard about it, but next time that I see you all ...inaudible...ah, I have an expert now?

Hawaii I've heard that it is a wonderful place for Sahaja yoga, and mostly there are pollination there, but so much vibrations, wonderful, very very blessed. It's symptoms that there are a lot of symmetries despite there being quite a lot ...inaudible..., these people worship there and sisters...poor audio/inaudible. It's been such a long time since I've come to Los Angeles ... last time that I came, everybody was gathering, but you can't gather everyone and then disappear.

Such a big city that it is spread out and so many, what you can say, suburbs are there. Slowly slowly you should spread out to suburbs also. Like this Melbourne has thirty meters long and twenty meters broad. So what you start doing is to send one person to one corner and one in another corner, like that, and there are no proper ashram, they had only houses, and now suddenly all of them have joined together.

Los Angeles means the angels which are lost, or something? What's the Spanish meaning? -The angels Shri Mataji, just the angels- Los is the? -Los is the article- But this city plays a really big role in the culture of America. As in the Vishuddhi you have got Hamsa it's like that, it's Hamsa chakra, very important. They are extremely money oriented also.

Very pretty flowers, really (talking about the garland).

That place Hawaii has a tradition, I mean Hawa-ai, Ai is the Mother, Hawa is the Earth, that's according to the Marathi language. But it has a tradition, it is said that is the breath of the divine. Everything there is talking about the breath, as the air of the divine, it's very remarkable. Most of the things there are sung traditionally, they're so much as Sahaja yoga.

I went to see Doctor Warliker, and this is one of the examples of Sahaja miracles I should say. We were in Calcutta when Doctor Khan, who is a very well known scientist, fell on his top and fell on his back and the top broke, such a big deal, and the skull also broke, and this and that affected the brain also. So he became unconscious, they took him to the hospital, and they said he cannot be saved, he will die by tomorrow, stitched his head up, everything was done with the bones right. And then he telephoned me, and told me about the concussion of the brain, and God knows how it got it, maybe a heart attack, felt so badly, and there's a concussion of the brain. So I gave him vibrations, I put on a bandhan. Next day again (bandhan). The next day he started throwing "I should be all right", on the phone I said "it will work it out, don't worry". And next day he opened his eyes nicely and he said "I'm feeling much better", and then they moved him from the intensive care to another ward. Then sahaja yogis went and gave him vibrations. But he never felt any pain or anything. And when I saw him, you should also see Doctor Warliker, he looks at least 10 years younger, just like that, he was also looking 10 years younger when I went there. It's attention when the things can be worked out, no doubt. But you also should use attention like that. If your attention is cleaned it will also work, it will also act, see (why) your attention has to be all right. Australians noticed that we have a lot of sahaja yogis there, but they don't meditate, their attention is not all right, it's here and there, there and here. I asked them, do you meditate? No, we don't meditate so much regularly we must be honest. So I said this is not good, you have to be honest to yourself, you must meditate morning and evening, otherwise things will never improve, they'll never be improved, and you will be in trouble. I think now it started working very well, and starting doing all this meditation. Even in the ashram they do not have collective meditation, they do not have any individual meditation. I said what is the point of having an ashram if you cannot meditate? Everybody is very busy. I said why do you have an ashram? So this is what it is, you have to really grow and then you must meditate, is the only way you can do it. I

mean, you don't need to meditate, in sense you do something about it, but you have to be in meditation, that's what Sahaj Yoga is, to be in meditation, that strict you must get, you must get to the state of thoughtless awareness, and in that state only you can really come up. I was surprised that some of them were not even attending public programs, and some were not even meditating. I said what will happen? After some time they will be just like other people, there won't be any difference. And that was really surprising. And within 10 days everybody improved, I didn't tell them. It was such a journey from Perth, I went to Sidney, it's another world, I mean from Perth to Sidney it's another continent, and from Sidney there were very beautiful places. And they told us of the miraculousness of it. Suddenly, they met somebody and said "why don't you try?" a ground, a skyground, just in the center of the city, beautiful, absolutely like a jungle inside the city, so quiet, people could not hear anything that was going ...inaudible... in this beautiful place. They've got very beautiful cottages, but one of them was smaller and they call it Paramatha, the river's name is Paramatha, meaning the primordial mother, so they gave the name of Paramatha and decorated it. The person who was organising all that was Australian, he was so impressed by them, he had never seen such people and when I went there he bowed to me. How could you create such beautiful things? I've said I haven't created, they have done that. Just imagine how intense it was that time, how everything changed. Whatever it is you must meditate before going to sleep, it's extremely important.

Let us see what happens in Hawaii, but I must say they have been very adventurous to go there and started the whole thing in such a good way, and I'm sure they managed very well, spoke very well also. I was amazed how good a speaker he was, explaining everything very well, and that intensity was tangible. This is a new word I know from him, tangible. Because normally this word wasn't used before, it's a modern word, tangible. Sahaja yoga is absolutely tangible, and they were so much interested that despite it being raining they were still sitting down. And I went there on the stage, I went inside another hall, which had this platform, suddenly they found it, and they all worked out with them, worked in with the chairs ..inaudible.. like this, it was very nice.

So what you ..inaudible.. about vibrations because ..inaudible.. vibrations improves you will see things much better, and when your vibrations are all right Saha Yoga is going to work much faster, otherwise it is not going to work. As you know America is a very difficult place, so you have to work much harder, you have to put a lot of priority on it, you have to say that the most important thing is Sahaja Yoga, otherwise you won't be able to achieve much. If you are just making it the second thing it wont work, you don't have to sacrifice much, but only your ascent has to be achieved, and once it is achieved your problem will be solved, you'll be much better on (solving them). The first time I came to (USA) I came in Los Angeles, in 1997, it was in Los Angeles.

All these people can be nicely exposed, and they will be exposed ...inaudible.. the way they talk also, people can find them ...inaudible. For example I was sawing yesterday in the night, ...inaudible...taking a note, and he was saying that if you reduce, 100 dollar note, you will get 1000. Openly, shamelessly, just talking like that. And he was even saying that a lady sent him 100 dollars, so she offered groceries, so all groceries came to her house. All these things, it's unbelievable. How can people really digest such things, how could they bear it? Instead of saying you are all stupid bhoots, instead of everything else. And he was brainwashing everyone, potential from the Bible. You called them evangelists, isn't it Josep? -Yes Shri Mataji- So evangelists, so they are the ones that are making money out of the Bible.

So now we have found something very genuine, when we have got something so exceptionally unique, which no one knew about, it is our responsibility now, that we have to give it to others in every possible way. I mean, if you cannot do that, if you do not do it, then, I don't know what to say because that shows that you did not react properly to the timing in which you are born, or at what purpose you are born at this time. Very important to understand, you are born at this time to do something so exceptional, this timing is right there, but we have other activities we are indulging into, other things which are our priorities, they all can be completely achieved if you just meditate yourselves. So I think I will leave you tonight, last time I think we slept at 3-4-5-6 o' clock, I was traveling. God bless you.

-Shri Mataji, I think- Do you want to do it? all right (speaking with a Sahaja yogi). Not the complete, is it the vibrations, is it too much for me. Long to see? All right. Good. Who are the vibrations like that? I have decided to have Ganesha puja here, international Ganesha puja will be here next year.

1991-0427, Destruction or emancipation

View [online](#).

27 April 1991

Destruction Or Emancipation

Public Program

Queens Theatre, New York (United States)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset, we have to understand that truth is where it is. We cannot organize it. We cannot conceptualize it. Unfortunately, at human awareness, we cannot know it. Now whatever I'm going to tell you here, you have to have a scientific attitude towards it. There should be no blind faith. That's not going to help. Nor complete denial, but you should have an open eye to find out what is the truth about yourself and about this universe.

The greatest truth about us, the human beings, ourselves, is that we are not this body, this mind, this ego, these conditionings, but we are the pure Spirit. And we have to become the pure Spirit. The second truth is that the whole universe is organized, is coordinated, nourished, above all loved by God Almighty, who exists as this Power, which we can say is the all-pervading Power of divine love. This Power is the absolute truth. Is eternal.

And out of this universe emerges – we have become human beings from the amoeba stage only through the working of this great divine Power. So within us lies reflected on our heart, is the Spirit, is God Almighty. And also reflected within us, this Primordial Mother, God's love, his desire, as Kundalini, which you see here in the triangular bone, what we call as the Holy Ghost. This power residing in us was known to Greeks. That's why they call this bone as sacrum, meaning sacred. The knowledge of Kundalini has been known in every scripture, specially in the Indian scriptures it is very well-defined and talked about it in all the Upanishadas, especially Sandilya, Kundika and all those Upanishadas – it's very clearly given and described in a very clear-cut manner. But it is all in Sanskrit language. So the people who took to this Brahma Vidya as they call it, the knowledge of the all-pervading power, they had a tradition of having one master and one disciple. And one master used to give Realization to only one person. Till the twelfth century, you'll be surprised that this tradition was carried on by the [Unclear] they are called as. But then a great saint, called Gyaneshwara [or Dnyaneshwara?], he asked the permission of his master that this knowledge should be at least told in some of the vernacular languages to the people, permit me that much. And then his book Gyaneshwari [or Dnyaneshwari?], he wrote the sixth chapter about Kundalini, that this is the power that gives us the Self Realization. Of course he wrote another beautiful book called Amrutanubhava where he has described what happens after Self Realization. After that, then later on, so many great saints like Guru Nanaka, Kabira, Tukaram, Ram Das, Narsi Bhagat – so many people have written about Kundalini. Even in the Bible it is written that I will appear before you like tongues of flames and these centers look like beautiful tongues of flames. Also the tree of life, which is described in the Bible as well as by Shri Krishna. The modern Sahaja Yoga is just the expansion of this one person to one person knowledge to the multitudes, to the people. Any discovery if it does not go to the people it gets lost. And that is the reason people could never understand saints, they could never understand incarnations, prophets. That is the reason they were tortured and troubled and neglected by human beings. But they have talked about it. In every religion they have said that you are to be born again as also in the Indian scriptures it is said. That you have to know yourself. Also that you are to be born again. A person who does not know Brahma is not a Brahmin. Brahma is this all-pervading power. Words may be different but the meaning is the same.

Now we are standing at the precipice of a kind of a destruction or emancipation. Either we accept the truth or we face the consequence of it. Ascent is so important because it gives a complete transformation of your being. If you look at the problems of our world, you will be surprised to find that is due to human beings. The mistakes we have committed, the extremes we went to – without wisdom, without guidance. We have created all these problems, and these problems can be only solved if human beings can ascend to their reality which is very beautiful, is very glorious, because there is divinity within you. In your depth there is divinity and your Spirit is the collective being. Is the one that renders a new, a new awareness called as collective consciousness about which Jung has talked. So when you get your Realization the first thing that will happen to you is that for the first time you will feel this all-pervading power. You will feel the cool breeze of the Holy Ghost coming out of your fontanelle bone area which is the soft bone in your childhood. This is the actualization of baptism as we say. In Sanskrit it is called as Brahmarandhra [Unclear]. When this happening takes place, this actualization takes place, then only you can become the reality

which resides within you. There is no other way out. This is the real yoga, is the union with the Divine. All other talks and all other methods are artificial. Because it's an evolutionary process which is a living process of the living energy which works it out. It's nothing artificial. Of course, you can understand that if you want to sow a seed in the Mother Earth it sprouts by itself, sahaj, spontaneously, because built in within, a seed is the [Unclear] which works it out and built in within the Mother Earth is the property which spouts the seed spontaneously. You can't pay to your Mother Earth. We cannot purchase it. In the same way you cannot pay, please try to understand, for your Self Realization or for anything that has something to do for your ascent. You cannot pay. This is I want to tell you again and again, because I have been coming to America for the last — I don't know how many — years. First time I came I think in '73. But please take out of your mind this thing that you can pay for it. Or you can purchase your guru, please. I have failed there to convince people in America especially which I must tell you very frankly is extremely disappointing. Even from Boston when I was there, they asked me how many Rolls Royces I had. And I said "I have no Rolls Royces."

They said, "we are not interested; this is no business." You cannot make business out of God. You cannot merchandise it. And do not, please, try to put your ideas about the reality. But you just see for yourself what it is. You know for yourself what it is. Just do not believe into something that people are saying. Keep yourself open. And once this happens to you, you will know how powerful this spiritual experience is, because when the Spirit comes your attention on your central nervous system, on your fingertips, you can feel your subtle centers. These centers that you see here are created during our different steps of our evolution, like the milestones. When this divine power you start feeling on your fingertips, you can feel your own centers, you can feel yourself the own centers, and you can feel the centers of other people. If you know how to correct these centers you can be all right, physically, mentally, emotionally, and spiritually, and you can help — help others to be all right. It's so simple. But we do not want to eat the food this way. We want to go around. It has to be simple because it is so vital, for our breathing is so vital. We don't have to stand on our heads for our breathing or go to some university or for lectures. It just happens. But first of all, we have to have the understanding that so far we have not known the absolute truth. First thing. When we know the absolute truth, there cannot be a quarrel or difference of opinion. Absolute truth is like this: I am sitting before you, all of you know that. You can see clearly. I am sitting before you and I am talking to you. You can see these flowers. Everybody sees that. In the same way, when you see that there are ten children, realized souls, and you ask them to tie their eyes, put somebody before them and ask them, "What do you think about this gentleman?"

They'll raise the same finger, say, "This one."

You ask that fellow, "Something wrong with your throat?"

"Yes but how do you know?"

Or this finger. You ask the gentleman, "Something wrong with your stomach?"

"Yes, of course, how do you know?" So everyone thinks the same way.

Now if you really want to solve the problems of our lives, our country's life, of the whole world, then please understand how important you are, because you are born at this time of transformation. And you are going to be the vehicle. You are going to be responsible for the transformation of this world. And if you are going to identify something that is false, nobody can help you, because God has given you freedom. You can go to heaven or go to hell. There's no question. But if you can see for yourself that we have not reached that state where we can know the absolute truth and absolute knowledge, we have to achieve that state within ourselves collectively so that we can transform ourselves and the whole world. For example, I went to Russia. I don't know how. Where there's no talk of God, there's no talk of religion, nothing of the kind. People are so sensitive to spirituality, so sensitive. They would not accept any one of your gurus who have been thriving in this country, not, they were thrown out, absolutely. So sensitive to spirituality. There are so many seekers also in America I tell you. But so many are lost because of some sort of a conditioning they had. The money orientation and the big publicity and big spending on publicity and brainwashing. Complete brainwashing. One becomes brainless with this brainwashing. Thank God Russians haven't got that with them. And I was surprised at their spirituality when they had never heard of God, they had never heard about any religion, about anybody, about any saint or anyone. That they could see the point immediately. But they are very scientific by their temperament. Every third fourth person is a doctor of physics, chemistry, this, that. It's not the education but the humility that we have not reached anywhere. We have to get to it, the humility. We haven't achieved what we have to achieve. And there I was so surprised when I reached there. Twenty-five gentlemen Sahaja Yogis rushed in. Mother has gone, so they are there. Surprised to see them. So overjoyed, also overwhelmed, and my tears started flowing my eyes. I said, "How are you here?"

They said, "Mother don't you think our fore-fathers are responsible for something which we have to rectify." They worked very hard. They have become so gentle now. So gentle. They looked after them. And a big huge multitude of Russians are now doing

Sahaja Yoga. One day it would be one of the greatest countries of the world, take it from me. Of course there are thirty percent of the people are horrible, they are asking for American jeans and things like that. There are people like that. Thirty, thirty-five percent people are there. But such an awareness has come because of no conditioning, no brainwashing. They had no time. They had no chance. So please try to understand that we have be ourselves [Unclear] ourselves, equipped, to know the truth. And not be conditioned or brainwashed by anyone whatsoever. We ourselves are going to feel our own beauty and our own divinity within ourselves. So first this pure desire should be there, that we should get our Realization.

The second thing that happens when you get your Self Realization that your attention itself gets a new awareness, as I told you, called as the collective consciousness. Now this is what is gyana. To know on your central nervous system is the gyana. Everything that you have got out of your evolution has come to you through your central nervous system. You can feel it on your central nervous system. For example you take a dog, and he has to go through some sort of a dirty place, it will go. A horse can go. But not a human being, because we have a higher awareness than that of an animal. And we can feel the dirt and filth of that. So whatever is known on your central nervous system is the gyana. Is the bodh. Buddha is where it comes from. Buddha. Is also the Buddha comes from the same. Also, [Unclear] comes from the word [Unclear] meaning the same thing. Gyan doesn't mean your mental acrobats, not your reading, it is beyond. Where your central nervous system itself is manifesting the knowledge. Also, the earlier Christians were called as gnostics. Thomas went on his way to India has written [Unclear treatise/treaties] which were kept in Egypt were found out about forty-eight years back. Some of you must have read it also. Which is describing nothing but Sahaja Yoga. So gnostic, [Unclear] which also comes from the same as [Unclear], in India we use the word [Unclear] as [Unclear] also in Marathi language it is used as [Unclear]. So gnostic also comes from the same word [Unclear] meaning the knowledge, to know on your central nervous system. As you can see through your central nervous system, clearly, in the same way, you can feel this all-pervading power. You can feel on your central nervous system, your centers and the centers of others. And in the Koran it is clearly written by Mohammed [Unclear Sahib] that at the time of [Unclear], at the time of resurrection, your hands will speak, and your hands will give witness against you in the sense they will tell you what's wrong with you. Very clearly I must say. And the other day I was so happy in America I met lots of Iranians. There were fifty thousand there in Los Angeles. I'm going to approach them. And they all said that we are waiting for that [Unclear]. I said "The [Unclear] is here." The Sufis have talked about it.

But the way people are, making a business out of it. In America I must tell you, don't get used to this kind of brainwashing. Please. You are all individuals and created as the epitome of evolution. You are at the height of it. The other day I saw a television show by [Unclear]. I was shocked. The way this gentleman had taken out a hundred dollar note, and he was saying he [Unclear] hundred dollar and it relinquished to one thousand dollar. Forty-five minutes he was speaking, well how was he allowed to speak such a thing? I mean in India also, we may be poor, but we have this much wisdom. And he was using Bible. He was using Christ. To say such things. That's why I request you to remember that you cannot purchase God. You cannot purchase [Unclear]. You cannot pay for it. Alright, you can pay for this hall all right. You can pay for the aeroplane. But you cannot pay for your ascent. It's a natural process which is evolutionary. And you all have this right as human beings to get it. All of you can get that state very easily, but try to be easy about it.

Another thing that happens to you, that your attention when enlightened by this Spirit, becomes effective. First of all, it cleanses your being. Your innocence, which is never lost — also a wrong idea that innocence can be lost — it cannot be lost. It's too pure to be lost. Only thing like the sun can be covered with clouds. It can be clouded. But your innocence comes back. What Christ has said — "Thou shalt not have adulterous eyes" — I would like to know how many Christians have that kind of adulterous, non-adulterous eyes. Or any other people. Any religion they follow they do commit, can commit, the same kind of sins. There's no difference at all between human beings, just they brand themselves as Christians, Hindus, Muslims, that's all. But there's nothing great about it. When you get your Realization, when you jump into that state, then only, the religion is innately enlightened within you. Where you see the blue, the green line, green round thing, that the part where all the religions are within you enlightened which we call as Guru tattwa. Is the principle of mastery. And these are ten — like the ten commandments — and are enlightened within you which means innately you become righteous. Innately. Not out of fear. Not out of any thinking, but you become that way. You do not commit sins. You do not do wrong. You become a saint.

Another thing which is very important is that you become peaceful within yourself. Completely peaceful. Supposing you are moving in a wheel. The wheel is moving and you are in the periphery of the wheel. You are lost with the movement of the wheel. But if you sit to the axis, the axis is at peace. So you jump at the axis. So all this tension and stress in the modern world — all this disappears. And you become really a peaceful personality. Absolutely a peaceful personality. I've seen people who have been given Peace Nobel prizes or, say, peace foundations. Luckily I've met most of them. And I tell you they're so hot, so heated up. No

peace in their hearts. If you have to reach them better take a [Unclear] you know, maybe any time they might hit you. If there's no peace within your heart, how can you create a peace foundation — out of what? This peace has to be achieved which is already within you. It's within you. It's nothing mild. It's your own. All this is your own, within yourself. Only thing, you are not aware of it, that's all. Then you become like a witness and you start seeing everything like a drama. Absolutely like a drama. Supposing you are watching a film. Then you get identified with the film. You get worried. "Oh God, what's going to happen to this and that," as if the thing is happening to you. You weep and cry, sometimes get angry. But once it is over you know it's a drama. In the same way this life that you see around is just a drama going on. And if you know how to manage, you can manage yourself and the rest of that. It's not difficult. Because the greatest thing that binds you together is this divine love, which is pure love. It doesn't have any expectations. It doesn't have any material attachments. It's just pure love that you want to give to others and to enjoy others. We have our seminars in India on a seashore very far away from the maddening crowd, where we sometimes have 5,000 people. I have never seen anyone of them quarreling, fighting, shouting, never. But such love, such waves of love, and waves of beautiful feelings you can see. Friendship.

It is already a race that has come. We have people there from 55 nations. And it's necessary that we have to have a certain number of such people to trigger a universal transformation. But one must understand how important you are. Some people do not think that they can even get Self Realization. I don't know why they are so [Unclear]. They are so guilty about it. Why not? I verily say to you: All of you can get your Self Realization. You have to have just faith in yourself. It will all work out. And ultimately, the greatest thing about the Spirit is that it's the source of joy. Your own Spirit is the source of joy. And joy doesn't have duality of happiness and unhappiness. These things come out of the pampering of ego or conditionings. But joy has no duality. It's a singular thing. And cannot be described but be only experienced. And that is the experience you have to have.

But in Sahaja Yoga it's not that you just have some sort of a guru or something like that. You have to become your own guru. It's the becoming that is important. It's not just that you get your Realization—finished. No — nothing. You have to grown into a tree. It does cure you. Automatically. We don't have to give any medicine or anything. This Kundalini can do the job. We have cured — of course, not I — but people have been cured with Sahaja Yoga of horrible diseases like blood cancer and all that, just like that. So many diseases have been cured that there are two doctors in India who have got their M.D.s with the medical parameters on different subjects. There are seven doctors in London who are doing their research work. And maybe also we will start now in Italy. So this Kundalini itself cleanses you. For example, when there is a left and a right side which we are using — left and right sympathetic — for our emergencies. We go on exhausting our centers. Now, these are the centers formed by left and right side like this. And when we go on exhausting them, some sudden triggering on the left side breaks it. So these sides lose their connection with the center and then they are on their own, arbitrary. And that's how they become malignant. Psycho-somatic diseases are called, caused, also by the same thing — psycho and somatic. But you know the whole *modus operandi*. Complete. It's not like this — go on chanting something, then somebody comes and puts something on your head and now It's possession. You have to know the complete *modus operandi*. How it works. Not only that but you have to have the full knowledge as — that you can work it out. You can help others. You can cure others. You can give Realization because you are empowered. From your hands the vibrations flow of cool breeze if you raise your hand like this. The Kundalini rises. And then you can feel the cool breeze on them. All the saints have said this. Which saint has not said I have not known. The latest that we can talk of — Guru Nanak [Unclear]. All of them have said that get your Realization — you know yourself. Zen is the same. Tao is the same. There's no religion, real religion, which has not talked of your second birth. But it's not some sort of a certificate that I am born again. How can you have a certificate like that? You see if you are a governor, you are a governor. You have rights, you have powers, as a governor. But if put a thing on your head as "I am a governor," you'll be arrested tomorrow. You are an imposter. So you have to be really born again. You have to feel it within yourself. And please know that it's all your own, it's within you. Now do not condemn yourself for anything. Of course there are people who go on saying "You are sinners," this, that, I mean, it's all nonsense. Nobody has business to do all that. Nobody has the right to do that. If a saintly person has any right, it is to give you your Self Realization. To get you in contact with the all-pervading power first and then to enable you with such a personality that you are absolutely free. We are not free people. We think we are free. We are not. Because any habit can take over. You'll be amazed that people have given up drugs overnight with Realization. I've never told anything. I never say anything. "Don't do that." I've never said it. No question. I said, "Let them get their Realization." For example you are holding on to a snake. And I tell you there's a snake in your hand. It's all darkness. You can't see. You may say "No, it's not a snake." Most of them do say...

1991-0428, Hamsa Puja: The Source of Discretion

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28 April 1991

The Source Of Discretion

Hamsa Chakra Puja

Queens Theatre, New York (United States)

Talk Language: English | Transcript (English) – Draft

Today we have assembled in the area of Vishuddhi. In the Gita, Shri Krishna has described the area as "Kshetra", and the one who knows the area is called as "Kshetragna".

"Gna", yesterday as I told you, "gna" or "gya", means: "The one to know on your central nervous system". So the one who is the knower of that area is the Kshetragna.

Today we are going to know about the Hamsa Chakra. That is the area of, between the two eyebrows, bhrukuti [contracting the eyebrows] as they have called that. This one is placed at the base of the brain, which is called as "murdhan", and this part is the complete controller of the whole of the base of the brain, again I say, base of the brain. And that is a part of the Vishuddhi still, which is an extremely important center as far as the human awareness is concerned.

Because these two nadis, Ida and Pingala, before entering into Agnya and giving- crossing each other, part of them crosses over this chakra of Hamsa. So when the ego and superego develop in our brain and cover our limbic area, from both the sides, the strands, which are coming out of the Vishuddhi, sit on them [ego and superego]. So they also control these two institutions from outside.

For example, it crosses like this, goes up like that from Hamsa, and then- some strands - then the others go up again and cross like this, and form ego and superego. So from the back side, on top of them, these two strands go and sit [on ego and superego].

You all know that Hamsa Chakra gives you discretion, but still we do not understand, what do we mean by discretion. The first and the foremost important center within us is the Mooladhara Chakra. If we do not have the proper discretion about Mooladhara Chakra, we get into wilderness, I should say, or we open the doors of hell for ourselves. As you know, that only the Ida Nadi starts from the Mooladhara. That means it's the desire; power of desire within us starts from Mooladhara. But it's not the mental - which is the Pingala Nadi - which starts from Mooladhara, it starts higher.

So to have a complete understanding about- This child is crying, please take away this child. Yesterday again, same thing happened, this is indiscreet, Continuing with the child all the time. Yesterday was the same thing. Immediately you should take out the child. In the meeting, any child is crying, immediately take out the child. There's something wrong with the child, immediately take out the child. Again, it is discretion.

So one thing one has to know, that Mooladhara Chakra cannot be controlled by our mental activity. But if you shift it to the mental activity, then the control over Mooladhara is completely lost. Apart from whatever has happened in the West, Mooladhara Chakra is all gone into the mental activity of human beings. It is so much discussed, talked. It is so much described, written down, so much read, so much put into our heads, that it has become a mental activity. So, Mooladhara doesn't act spontaneously as it has to act, that's why there are problems that people cannot produce children. So many become impotent very early because it is used not by the power of desire, but by mental activity – a shift.

Now you see the light here, is burning there because there is oil and there is a wick, it is burning. But instead of this oil, you put just water. Will it burn? It won't. Because water is not going to nourish this light. So, the more mental activity you have, your Mooladhara gets spoilt and it becomes uncontrollable. But if it is left to your desire, so it becomes spontaneous. This is a fundamental principle that is missing in the Western thinking, I think – that whatever is spontaneous, they leave it to the mental activity. Wherever the mental activity is to be used, you should use mental activity and wherever your desire and emotions are to be used, you must use your desire power.

Also, it is spontaneous, though it should not be an obsession. Any obsession cannot be spontaneous: it's just, at a moment, you have the desire, that's all. But all the time if that sits in your mind, that means you are using water to have the fire.

Same about the Swadishthana Chakra. Swadishthana is for creativity, anything you can create. You can create a sari, you can create a beautiful design, pattern, you can create a beautiful art or anything. But as soon as you put it on a mental level, it's finished.

Also in the West, too much discussion is about the art: "This is not art, that is not art. This should have been like this, that should have been like that." I mean it's creativity, it's spontaneous. Whatever the artist wants to produce, let him produce, and who are you to judge and criticize? You cannot appreciate anything unless and until it is brought to the mental level.

So now, we have critics, and the artists are not spontaneous, they're afraid; they only think: "What will the critics say?" Even when I'm writing the book, when I give it to some Sahaja Yogis to read, they say: "Mother, if You write it like this, then they'll say like this."

I said: "Let them say, who cares?"

So then, critics should criticize and say: "This is not all right. This is not an art because this is such, this is such".

So the artists are finishing, art is finishing. Now what is left, are critics. So now they don't know what to do with their profession, so they are criticizing each other. So we have only critics criticizing each other. But there's no art now. What to criticize? And art has to be now made into money. So the critics must certify. It's so man-oriented, the whole programming of these critics is, that it is never an art. You know, they draw one line and say: "Now this is art, all right". If the critics say that it's art you had better accept, it is an art. Now, what is so artistic about a line? Then again mental: "It's a lonely person standing there" – this, that. It should be spontaneous! Why to describe an art?

So the mental level is so alert and is all the time trying to see things according to certain norms. All these norms are created about something so spontaneous like sex, like art. All bathroom culture is decided by the brain. Nothing is spontaneous. It's such a joke, I tell you! So people become artificial. Art becomes artificial. Your Mooladhara becomes artificial. Because it's all now man-made. All the spontaneity is lost. If you see any art from any country, just watch. Why must you react to it? Just watch, as Sahaja Yogis. You should just watch and the whole thing will start flowing through.

Now this Greek tragedy of romanticism, then the romance of Romeo and Juliet, all is imaginary, is all mental. There's no spontaneity in it. And then you accept, accept only relationships when there is artificiality – even between husband and wife. Like the husband must bring a flower every day to the wife, show her a flower, as if she's a priest or something. And the wife must – I don't know what they do – all artificialities. And then he must say: "Thank you" ten times to her, and she must say: "Sorry" to him a hundred times. I mean they're husbands and wives, left and right side of a chariot! And then the men expect this should happen, women expect this should happen. Men expect the women should be like men, and women expect women- men should be like women.

Men are very particular about time, women are not. So women must be very particular about time, otherwise they think she is the worst person they have ever known. The woman is, say, more particular about her kitchen or maybe about her dress. So the man would get angry with her because she takes too much time to get ready. It's mutually so indiscreet that the relationship becomes absolutely absurd. There should be understanding that she is the left side and you are the right side, and both of you have to act according to your nature. On the contrary, you want to make somebody look so funny, because imagine a man becoming a woman and a woman becoming a man. You see it's a joke, but that's what has happened.

Whatever the men are supposed to do they cannot do and whatever women are supposed to do they cannot do. Whatever the children are supposed to do they do not do. For example, children in the West will go on asking: "Why?" Who are they to ask "Why?" What is their growth? What is their intelligence? What is their maturity? They cannot be treated like a judge sitting in the court. They are children! But when they come to Sahaja Yoga they lose their discretion.

First, before coming to Sahaja Yoga, the husband and wife quarrel all the time. Half steps are in the courts and half outside. After Sahaja Yoga, they cling to each other, so much like glued together, it's impossible. So much so, that for the wife's sake, they will leave Sahaja Yoga. They'll ruin each other like that. They're glued together. Before Sahaja Yoga, they neglect their children, don't

bother. After Sahaja Yoga, they're glued to their children. Then nobody can say a word against the child. The child can go and hit anyone, you cannot say anything. They'll ruin the child also. So the discretion is lost completely in relationships, whether it is sex, whether it is creativity, whether it is family, anything. That's the part of the Hamsa Chakra.

Then we come to the Nabhi Chakra. In Nabhi Chakra also we do not understand that eating is not such an important thing. Doesn't matter if you don't eat your food today, what does it matter? It's very important, you know! In Pune we had a Puja, and we had Western children sitting there in the Puja, and there were Indian children also. As usual Puja is always late, but it was in the evening, Sankrant Puja. So the children, Western children, got up at eight o'clock, whether it was Puja or anything, and all marched on for their dinner. It looked very bad, Indians couldn't understand: "How can that be?" But they had to have their dinner at eight. Supposing they don't eat their food at eight o'clock, what will happen, will they die?

So in a way, we restrict children also by our own conditionings, and also we allow them to behave in a manner that they, as if they are very grown up, matured people. We are so enamored by our children, as if to get children is something great. Anybody can have children, what's so great about it? You have to look after your children, it's all right. But it doesn't mean that you should all the time dote upon them, think about them, worry about them, and nobody else.

So, if you have to enter into the limbic area which is the Virata's place, which is the, I would say, from Vishuddhi to Hamsa and then to your limbic area, into the Virata, then your interest must expand. So the other discretion should be that: "Am I only thinking of my child? Am I only thinking of my wife? Am I only thinking about them, or I am worried about others' children also? I'm thinking about others' children?"

I just tell you this because it's such a funny type of a concern we have, and you destroy your children also, by this kind of a indiscreet concern.

Like we had a school in India, and the children would stay in Pune. I had My Puja. I told them: "Don't bring children", because I knew these children are Western children, not easy, they can't bear anything. But the children insisted, and the teachers had to bring them. So the Puja was over as usual, very late, about I think eleven o'clock in the night, and there was no transport, and that's why I said: "Don't bring them."

So they had to get some sort of a truck, because these days we were not getting petrol, we had been having a very bad time. So they had to go on the truck. It reached there by about two o'clock. Some of the fathers were staying in My house. Next day they said:

"Mother, our right heart is catching."

I said: "What has happened?"

"Such cruelty!"

I said: "What cruelty?"

"The children reached at two o'clock in the school."

"So what?"

Right heart is catching! What attachments!

Your children, if they reach at two o'clock, what does it matter? Why are you so much concerned about it? They are Realized souls, there is God who is looking after them. Why are you so much worried about them? Leave them alone.

They send them to Indian School. Then the mothers are sitting there, teachers don't like it, no-one likes it. They have just gone there- mothers. No school allows such nonsense. But in Sahaja Yoga they think they have a right. What right have they got? Have they paid for the school? Have they done anything for the school? What right have they got to go and sit in the school?

So the discretion should be, we have to bring up our children according to Sahaj culture. The first of the principles of Sahaja Yoga is fortitude. Sahaja Yoga is not meant for such dainty darlings. You have to be soldiers of Sahaja Yoga, your children have to be the soldiers of Sahaja Yoga, not the dainty darlings. It's not meant for them. Though they are born Realized, you are ruining them by making them dainty darlings. You have to rough it out. You have to make them sturdy. You have to give them self-respect. You have to give them dignity and a fortitude, forbearance.

So this left Nabhi, right Nabhi, specially the left Nabhi, is a very big problem, where the woman has to be a Gruha Lakshmi and husband has not to be a Romeo, but a husband. He has to see how his wife behaves, correct her – that is his job, his duty. He

should not shirk it.

Gruha Lakshmi is the woman who should know that she has the great responsibility of creating a very great society of Sahaja Yoga. She's not an ordinary woman. How many women got their Realization before?

But in Sahaja Yoga if you find the ladies, you hardly find very few who are really alert. Most of them are in trance condition. They don't know anything. They don't know anything. They don't know much of cooking, you ask them anything, they don't know anything. You talk to them, you feel as if they have taken some sort of a drug, nothing goes into their heads. Sometimes one feels, it's better I do it Myself- impossible. The alertness is gone, because alertness that comes through your right side is wasted on nonsensical things. Attention is wasted on nonsensical things, that's why the housewives have lost that discretion to know that they have to be extremely alert and sensible and wise. They should know each and everything. It's not so. They just live in the air, somewhere hanging, you know. You don't know what to say to them, how to ask for anything, how to explain anything to them, is an impossible situation. So that alertness has to be there in a housewife. It's extremely important.

So we have Fatima at a young age. She had these two sweet children who died in the war in Karbala. What a brave woman the way she established the Shia system. Her husband also died, and she did all that on her own. Living behind the purdah [seclusion of women], living behind the walls, she managed everything.

We have had many such queens in our country. There was a seventeen-year-old widow, who was the daughter-in-law of Shivaji; she fought with Aurangzeb and defeated him, in our country: Tara Bai. So many of them we had. But if you do not have the alertness, then you cannot be a Gruha Lakshmi, you cannot be a good mother, you cannot be a good wife. There's no slavery in it. They don't know even what pleases their husbands, how to create peace in the family, what to say, when to say beautiful things and when to be strict. All this discretion is not there: either they are shrews or they are slaves.

So, Sahaja Yoga is meant for women who are alert, who are wise, who know everything about life. Even they don't know where are the chakras on the feet. Look at your Mother. She's a woman. She knows so much. They don't know anything as to how Kundalini passes through these centres, what it does, what she is capable of. But the Kundalini itself is the feminine Power. She knows each and everything about you, about your child. Many mothers don't know if the child is taking drugs, or is behaving which way. Except for spoiling or beating, there's nothing in between.

With discretion, the mothers can make these special children into something, that is My vision about them. But with their indiscretion they can ruin these children completely. This is so important, that our Hamsa should be all right, that we should be able to create a beautiful home, a peaceful home – not only for our family, but for all the other Sahaja Yogis who come to our house.

I don't know how it has come into the brains of Indian women, I don't know how, but if you have to please them you have to just say: "Sister-in-law, will you cook this for me tomorrow?" That's it.

Or if you say: "I am coming for dinner or lunch", that's the best. They are very much pleased. "Oh!" Just they're thinking: "Oh, what am I going to cook, what does he like?"

They know about each and every person, what he likes. It's not slavishness. If you want to please someone it's not slavishness. The whole nature is there to please us. Is it the slavish thing to do?

But the another side of a woman is she's a Raja Lakshmi, and the man who is the king. The discretion at that point is: are you dignified or not?

We went to Japan once, and they were treating us with great respect, even in a village. First we entered a shop because it was raining, so the villagers actually bowed to us. We didn't understand what's happening. And they, they gave us presents. So we asked ultimately, then, the interpreter:

"Why are they so humble before us?"

They said: "Because you belong to royal family."

I said: "No, we don't belong to royal family. How would they know? No."

"Because your hair are neat, your daughters' hair are neat and shiny. And you don't go to hairdressers."

That was it!

"Is this a sign, is this a sign of royal family?"

"Yes, that's how the royal family is. They don't put their head into the hands of somebody else."

We were amazed. Imagine the Japanese thinking like that!

So the discretion is that you have to be like a queen and the husband has to be like a king. But not like the king who killed his seven wives, but like a king who respects his wife. If you cannot respect your wife, you cannot be a Sahaja Yogi. Respect is different from being romantically in love. I think that you don't respect. To respect your wife is a very important thing in Sahaja Yoga. For this, I would say the Indians are not so good, but also I know some of the Western people are also quite funny. Your dignity is reduced if you cannot respect your wife. Indians, especially in the North India, not in the South, they lack this, to respect their wives. Also, they lack the discretion that a wife, if she is not respected, the children will not be respectful to her and she is in charge of the children.

But the most indiscreet thing about Nabhi is that you don't listen to your Guru. Hundred times you tell something to Sahaja Yogis, but still they will not listen to Me. Still, they will do as the fashion tells them or the norms that they have. Listening to your Guru, as they say, as if it's to obey the God Almighty. Whatever is said is to be accepted as a great blessing, as a great correction and is to be followed, not to be just left out as it is. As you know, your Mother is your Guru and She's your Mother. Also She's Mahamaya. Also She's Adi Shakti. And She's so gentle and She's so kind. She says some things to you to correct you. So many lectures I've given, of telling you what is important. But you should open your heart and surrender it fully to your Guru, then only you'll mature, otherwise there is no way out, I'm sorry to say. I do not like anybody surrendering to Me or touching My Feet or falling at Me. I, I, I don't understand that. I mean, I'm not conscious of it, not aware of it. It makes no difference to Me. Even when you sing My Jai, I think that you are singing some Mataji Nirmala Devi's Jai, in the third person, and sometimes I'm afraid I might say "Jai" with you. When you are singing "Swagata Agat" I always think there's some Mataji Nirmala Devi "Swagat" song they are singing somebody else.

But for your goodness, for your ascent for which you have come here: you have not come here just to waste your time, but to ascend, and for that it is important that whatever I am saying, you have to obey implicitly. But I never say a thing which will be uncomfortable for you. I never say: "You don't take your food" or "Don't drink water" – nothing of the kind. But, out of laziness, people just don't do many things; or, if not laziness, then just they do not know how important it is. Or else they feel nervous.

So the discretion is that Guru is Parabrahma – any guru, Satguru. But what about the Parabrahma Itself, which is your Guru? I do not say things as hearty as the gurus used to do it. I mean, if you read about them you'll be shocked. But whatever I say, every word, you must note, is for your benevolence and for the benevolence of the whole world. And, by not obeying Me in that, you are not only spoiling your own chances, but the chances of the whole world. So you understand how important it is if you are the disciple, if you are blessed by your Guru. All these things are written about them, but I say not only that you are My disciples, but you have got your realization, you are Sahaja Yogis. You got all the powers. You know each and everything. You are so special people. For such people there should not be any difference of opinion, because you know the same thing all the time, so there cannot be any fight, there cannot be any quarrel, there cannot be any argument. But the discretion should be that our Guru is a Mother. She's very mild. She's very gentle. She's very kind. I know that.

One day, My brother told Me, that: "What sort of a Guru You are? When my guru was teaching me tabla, he used to break the tampura on my head, and even one percussion I would make wrong, he would bring his hammer: 'And now I'm going to break your nails!'

I said: "There's no need to do all this. Not necessary in Sahaja Yoga, because they are self-disciplined." So there has to be the self-disciplination, as you can so call it, on the Hamsa Chakra, which is the one which knows what is right, what is wrong, through which we work it out; whatever is the right – that's all we do. Otherwise we don't do whatever is wrong.

Then comes the Heart Chakra. We talk of love. We talk of this. We talk of that. I mean, so much of talk of love in the West, which is never in India. But there isn't any love. It is such a love for money, love for possessions, but there is no pure love, Nirvaj. There's no love like that. So the discretion between your family and others' family is to be seen. Very clearly, you will know that you are doing something wrong. This is more in India than here, abroad.

A couple will stay back. One by one they'll come. All right, couples are all right. But they'll not bring their uncles, aunties, their aunties' parents, their parents, and then the grandparents and all that. Together they will come in one line. They will always be grouped together. All of them will be on My head. I have seen. There's no discretion there, that we are individuals as far as Mother is concerned. She is our Mother. She's our Guru and we have to face Her individually, not to take all this paraphernalia

with us: all our relations, my brothers or my sisters or my this and that. So the discretion as far as the guru is concerned, is an extremely important thing in Sahaja Yoga.

It is.. You want Me to explain to you how the gravity acts through Nabhi. No doubt. But through your Heart Chakra, if you gravitate at people, or sort of what you call, the charisma of a person or some sort of a nonsense, or the charmingness of a person, that means you're attracted towards something that is extremely superficial and not at something which has gravity in it. So, the discretion at the Heart is to have a relationship which is so detached that you nourish everything, every part of your family. Now somebody's attached to the husband, somebody's attached to children, somebody's attached to the dogs, somebody's attached to the, only to the plants. It's very indiscreet. You should be attached to everything the same, same way. I would say that you should be so detached that you are attached to everyone equally. Detachment doesn't mean that you wear dresses scantily. It doesn't mean that. It's a wrong idea. Detachment means that you watch everything, and you do not get involved with anyone. You are out of it, and you are seeing everything, watching it, you're a witness. This sort of love if you have for anyone, you will be blessed by that personality very much more.

So now the discretion of the Vishuddhi is another very important thing. The other day somebody came, and his right hand was frozen. I asked him: "What do you do?"

He says: "I am working as a secretary."

That lady.

So I said: "What do you do?"

She said: "I type. I type a lot."

I said: "You take to Sahaja Yoga, and before typing you just say 'Namaskar' to that work that you have to do, just like that, and then you start doing the work, as if you are not doing it. You are just doing it, typing, you are just typing, that's all. You are not doing it, you are not doing anything."

Some people say, "Mother, You travel so much." I never travel. I'm sitting or I'm walking. Where do I travel? It's the plane that travels, I'm just sitting in the plane. I never travel like a Superman. I'm sitting very nicely. Where do I travel? If I start thinking: "I travel very much, I do this work, I do that work", somebody would say: "Mother, you do so much work." I mean I don't do anything. I tell you, really, I don't do anything. Now I'm speaking. All right. So, just I'm speaking, that's all; and this speech also I'm not doing it. It's just coming out, like a radio. Would you say that the radio is doing any work? It's just a radio.

Actually, I don't do anything whatsoever. So when I'm not doing anything, why should I feel tired? Why should I wear out? So this feeling of: "I am doing this and I am doing that", is responsible for creating your problems of ego within you. So, to use the discretion over this ego, to put it down in its proper place, are these strands of Ida and Pingala sitting on top of them, to bring it down. And it's like a brake and an accelerator.

So, if somebody has too much of ego then the discretion, see, is missing from that person. He does something, thinks: "I have done this, I have done that"; as they say, Humpty Dumpty sort. And then he suddenly finds that's finished. "I was very stupid to have such a, such an ego." So, what does he say? "All right, Mother, You do help me. You work it out."

Finished. It's done. Of course I don't do anything, nor you do anything. If you just say, "Mother, please do this for me", it's done. If you say, "Mother, come in my head", I come in your head; "Come in my eyes", I come in your eyes. Say what you like, I don't do anything at all. Neither you do anything. It just works! Somebody else is doing – all right? Need not bother about that. Somebody's doing it, but as long as I am not doing it, I am relaxed and I am not worried. I am not upset.

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So Vishuddhi is a very, very important centre, and for you Americans, specially, American Sahaja Yogis, you have to know that to

be in the Vishuddhi means you are "in charge". Not doing anything, but in charge. Like these two hands are there, and you should know that it's the Vishuddhi Chakra which controls the two most important chakras, are Lalita Chakra and Shri Chakra. Just think about it. How important is Vishuddhi? How important is America? Just think of it.

But nobody's aware of it. America means Las Vegas, then all these horrible beaches – horrible, horrible, horrible! Nobody knows what is America is, what does it mean to be in America, what's our responsibility. All this comes to you when you allow your Kundalini to be up there, so you're absolutely detached, you're connected with the mains, like this one [the mike] , and the whole work is done by the mains. You don't have to do anything. So when you are detached of doing anything, of appreciating anything or debasing anything, or judging anything, when you are not at all doing all this nonsense, that means you are absolutely detached in the real sense of the word.

So this works up to the Agnya Chakra. We can say that all these discretionary powers are within you, they are built in, they are spontaneous, and you have to just allow them to grow, by meditating, by watching yourself every minute, every second, whether are you enjoying yourself or not? So the whole of discretion rests on one point: how far you are enjoying Sahaja Yoga, what a nice thing!

Like yesterday, I was meeting every sort of a person, and some, some of them felt I was exerting too much Myself. No, no, no, no, not at all! I was enjoying all of them. Sahaja Yoga is a very big joker – very big joker. Say, a person comes up to you, you talk to that person. It's a drama behind every individual and you discover what a drama this individual was. No need to go to any theatre or any film. [Laughter]

Every personality is a drama, very enjoyable if you just want to see the drama and if you just know that, oh, you have to watch the drama, you have to see it. Only painful part is that as a guru, I have to tell them this is not good, that is not good. That's the only painful thing. I wish I could have avoided it somehow, but it's not possible. Because from the darkness to the sunlight you have to come out, and you're holding My hand so I have to tell you that be careful, it's a very, very small road and both the sides you can fall off into Ida and Pingala. So hold My hand tightly, we have to go further, further, further. Don't look this side, that side, that's all. And this is what it is when you have discretion to put your hand into the hands of your Guru. Then you don't do anything. You just watch everyone, see everyone and only thing you do is to enjoy. Whether you do it or not is not the point, but you are in the state of enjoyment, completely in the state of enjoyment. And that is the state we have to achieve, and should become that state as our own being.

Up to Hamsa Chakra you have come and the Kundalini is now ready to open, very much better, because She knows that you are in a state, She knows you now. She knows you very well, and the Kundalini knows that you can now pass through Agnya. Your attention can pass through Agnya because you have discretion. You've cleared out yourself of all these loads and things, and you can now pass through this Agnya. So before Realization, those people who have had discretion are the best people to rise. They're solid people. Or, those who are weak again and again fall and rise, fall and rise, fall and rise. They catch again and again. So the discretion, at that time, is to know that you are here for your ascent and for nothing else. And that has to work spontaneously only by just finding out Joy and Joy-giving things.

It is not so difficult if you allow the spontaneity to work it, but they told Me that: "Mother, we have to do this, we have to do that. What to do? This and that." Just leave it at that point. Just leave it, and everything will work out. You are not doing anything. You are not really doing anything. It's this all-pervading Power, which is so efficient, is doing everything for you.

There is one point which I wanted to tell you about the Ashram life. We have ashrams and ashrams and ashrams everywhere. Ashram is a small world which is a symbol of an ideal world of the enlightened people. It's not that only those who are having no house: "All right, you have no house? Come along!" Because you can pay the rent. It's meant for people who are of that quality. So now in the ashram one has to realize that you are under complete observation. So you have to be alert. Somebody's watching you. Now you have come in the camera. You are now in the ashram. So let's start from the very beginning, as I said, in an ashram, as far as the Mooladhara is concerned. That part I think most of you have worked out, that you should keep an extremely clean atmosphere. But I have seen some mad people, even in the ashram, start behaving in a manner that doesn't show that they are Ashramites. Their behaviour is so funny towards sex sometimes that I just don't understand. The relationship between the husband and wife also: either they fight with their fists or their legs or feet, or otherwise they're absolutely docile and given up each other.

It is such a misunderstanding we have, without Hamsa Chakra being enlightened, that we take to things which were so

dangerous for us, for our society a long time back, just for granted, and we start doing the same thing. If not to go down to that level, but we try to keep company with such people, we try to so-called "help" them, whatever we try to do for them all the time. We are so indiscreet that whatever we try to do for others, anything: either there is some sort of a passion or a obsession or some sort of a gain or whatever it is, then it is indiscreet, absolutely indiscreet. Because you don't do anything, it just flows, goes to everyone. So, in the ashram the life should be very pure. Relationship should, should be very pure, there should be respect of the elders. Those who cannot respect their elders will have a right Vishuddhi problem always. They must know how to respect their elders, and a proper respect of the representative of your Guru.

The other chakras are to be seen in the same manner. In an ashram try to have things which are spontaneous. Not to have something artificial or some things your Guru won't like. Like, I don't want to see there some sort of funny paintings or some sort of, of funny, suggestive, stupid kind of an emblem. In a household that is Sahaj it should be felt by anybody who comes in, feel: "Oh, this is an ashram!"- clean, neat, tidy. And also, ashram should be a place of peace and happiness and joy. If somebody comes to that ashram he should feel: "What a place I have found! What a nice place it is! I wish I could also come here." It's only your discretion that works it out, that whatever you create, whatever you do, is for the best.

Now what do I do? You bring some water to Me, I just put My hand. I do not vibrate. I do not do anything to vibrate [Shri Mataji moves Her hands], or just put My hand into it. Finished, it's vibrated. Now why should I take any credit for it? Just vibrated. Finished! Do I do anything? Anything else have you seen? Nothing. Just put My hand, finished! It's vibrated.

In the same way, when you are doing something you just think that: "I'm not doing anything. It's just this hand put there. If there is some red on my hand the water will become red. So what did I do? Nothing! Nothing." Now there are vibrations in my hand. If I put it in the water, it has been vibrated. So what?

Now in the ashram, I have seen people are not alert at all. Now there's a telephone call comes in. It gets lost, or there's no communication. One person doesn't tell another person what is the telephone that has come. But even in the household, we have to be careful and alert. Like you put a paper there or some sort of a notebook where you should write down today, whose telephones came. Write it in, one after another. So when a person sees a telephone call has come, that person can telephone back. It's one of the examples I'm just giving you, how you have to be alert about that.

Now if you are cooking, you should know how many people are going to eat. There are going to be, say, ten people, then the food will be cooked only for two. But if there are two persons, then the food will be cooked for ten people! And then the food is thrown out. Because after all, I mean, this is absolutely absurd!

I must tell you a story of Mahatma Gandhi. I was in his ashram. I was quite young at the time, but that is on My [Shri Mataji points to Her head] very much recorded. So he wanted everybody to stay for dinner – lunch. They said: "But we are going there."

"It's all right, you can have your lunch with me"; and they were having a conference, all the big johnnies were sitting there.

So he got up, and he had the keys in his Janeva as they wear it, you see, it is that sacred thread. Came out, with his key he opened the storeroom and got everything taken out, according to the allotment of every person; like one person would get only one "chatake" [Shri Mataji is asking aside], "ounce" for each person. So he stood there. It was all measured, brought out for cooking. So all these people were there.

Mola Nazar said: "We didn't know, Sir, that you had to do it yourself, to stand there with the keys, to take out everything. We – you have wasted so much your time for us."

He said: "What wasted?"

"Yes, for this you had to stand there, and take out the food."

He said: "Do you know, this is the blood of my countrymen. There are so many people starving in this world, and if you throw food like that, I assure you, one day you will be starving."

You cannot insult food like that, but you have to be alert. You go to an ashram, I've seen in Australia, everywhere it happens, you just go and ask them, all right:

"Have you got ghee with you?"

"No."

"Then what oil you have?"

They said: "What oil?" [Shri Mataji mimes ignorance by pouting]. Only going on like this. What is this? Where you have, what oil you have got? Noone knows what oil they have got. They don't know. They don't read what oils they have got. So somebody

brings an oil bottle.

I read it: "Castor oil."

"Castor oil?" [Laughter]

"Yes, what else?"

I said: "Do you know for what castor oil is used?"

"No, Mother."

"Do you cook in this oil?"

"I don't know."

From where are you coming? Lunatic asylum, or what?

There is no alertness, is the point. So, you have to get up at four o'clock, four-thirty. I don't say you have to do it, but discipline yourself because that's the time you get the alertness, the first shooting of the rays of the sun gives you that.

You'll always see Me early in the morning awake. Not that I need that, but for your sake I get up. You can sleep later on, but that time you just get up. First rays – sun comes much later, the rays come first. That gives you alertness. Then you have your bath, do your Pujas. You are ready. By six o'clock you are ready and alert.

But the alertness should be about everything.

Now supposing I ask: "Where did you buy this?" [Shri Mataji mimes ignorance by pouting]. This [mimic] should never be answered for anything.

"Where do you get this made?" I know everything, if you ask Me.

I may not know about this but I will find out from where did you get it and I will know. Alertness about things, what we have, what is in the ashram, are we keeping it clean or not, or we're lousy people, absolutely lousy, don't know anything. Is a big fashion to say: "I don't know."

I'm not asking absurd question like: "How many hair do you have in your head?", or "How many stars there are?" A simple thing, if I say: "How many cups you have got?"

Same with the men I have seen. It's not with the women, but men, also, do not have that alertness that they should have. There's no communication among themselves. They have more alertness because they are right-sided, but they have no alertness about the feelings of others. Like, there's a husband who is very rude to his wife, always insults her. The alertness of the man should be in the ashram, is to shave off his head and also shave off his moustaches, and ask him just to go about with the pyjama. Or even then he misbehaves, then get a donkey and make him sit on that. Even then if he misbehaves, then tell him: "No water available for you, do what you like." Such punishment should be given to a man who misbehaves, who has no emotional feelings towards his wife, who ill-treats. Or somebody who is very romantic, also you should make fun of that person.

This is the alertness of men, is very important to see. Also they should be alert as to how the money is spent. You know very well how they have made money out of Me in San Diego ashram. Nobody bothered even to find out, what's happening to this. They're paying their rent – finished! Where are they spending? What are they doing about it? Nobody knows about it.

I asked them: "Did you find out where they were sending money? Did they send Me the money, My rents, things?" Nothing!

"We don't know, Mother. We didn't see. We didn't bother."

There should be alertness as to how much money is going where, where it is spent, how much you have got, this thing. You go to an ashram, you ask them: "Now, how much money you have got?" In short, you don't know how much money you have got.

"No, Mother, You know we went to that place, and then we bought twenty tins of fish, so all money was exhausted."

"But why? Why did you buy twenty tins of fish?"

"Because the women said: 'You'd better buy twenty fish.'"

"How many there are to eat?"

Like that, they have no idea, no alertness, nothing, it's all a mess.

What time people get up, what time they sleep, what time, what they do; there is no alertness about it, because in Sahaja Yoga you are your own guru. Everybody is guru. Great Guru they are!

You are your own guru, no doubt, but you must have that self-discipline. To be a guru you have to be self-disciplined and a determination, complete determination to rise higher, to ascend by whatever means it is possible, whatever is needed for your ascent. That is a sign of a person who will be a guru. There's no communication. There's a communication gap. There's no understanding of each other. There are problems. There's no emotional attachment to anyone. That's not an ashram.

Another story I can tell you, because I have been in Gandhiji's ashram. Of course our ashram was nowhere like his. His ashram

was: you had to get up at four o'clock, take your bath with cold water, and go for the prarthana [prayer], and you would see all the snakes going round you. And when you are doing your prarthana there, all the snakes, somebody might be sitting before you, doing like that [Shri Mataji mimes a cobra dance] with you. But no snakes ever bit anyone.

You are not supposed to say anything. And best, this gentleman used to walk so fast, this Gandhiji, you see he was hardly he had any weight. So he used to just jump. That's how I learnt how to walk fast with him, because you had to walk, really run with him. And then, the food was all boiled, without any salt. You could use salt if you wanted to, and then he would put some oil, which you may not like so much. If you wanted, you could have oil on top of that.

He said: "You must make your tongue all right. Why should your tongue ask for a particular type of a food?"

He was worse than Zen, I tell you! Even Zen tried that very much with his disciples. He used to make things which were bitter, like quinine raised to power a-hundred-and-eight. Then to compensate it, the sweet was sugar, raised to power a-hundred-and-eight, so that your tongue is all right.

So the training of the tongue, then what you speak, what do you say, are you just chatting?

You are a Sahaja Yogi, every word you say is a mantra. These ashrams are much higher and greater than all the ashrams of the world – even Gandhiji's ashram. Do you know that you are the instruments of God Almighty, and when you speak, every word of yours is a mantra? Whatever is your desire is the command.

Unless and until you realize this, the alertness about it, our ashrams are just like orphanages. People like a leader to be sweet, sweetie-pie, so that they can eat very well, the leader. Or somebody overly strict comes in. He's another Hitler. There's no discretion that you have to be strict, at the same time you have to be loving, caring, protecting.

Many things can be said in humour. That doesn't give such a sting to people. But a Sahaja Yogi should think, highly honoured that Mother is saying something to him, that you have to do this or do that, that She's so much bothered about you, about your family, about your children, about your ashram.

So that alertness should be also in the minds of the men of the ashram: how to behave, how to talk, what to say. You are the mouthpieces of God Almighty. How can you waste your time chatting? So it is to be realized how to behave for a person who is the mouthpiece of God. You represent Him, actually. How you should dress up, how you should walk, how you should sit, how you should eat.

I was surprised that people are drinking beer in the ashram, I mean, it is non-alcoholic. But it's beer, made of molasses. But, anyway, it is beer. How can you drink that molasses business? Have you ever been near any sugar factory? The smell of the molasses! You are consuming that? So, whatever you are eating, whatever you are spending, whatever you are talking, I mean whatever is the extroversion, whatever is outside, must express your inside.

So you have to develop your Hamsa Chakra. Self-disciplining and introspection:

"Why do I do such a thing, I am a Sahaja Yogi?" Ask this question every morning, and in the evening please note it down: "What did I do for Sahaja Yoga?" We have fun. We have music. We have everything, but everything should be done in a dignified manner. Even dancing, I was saying, learn some rhythms. Otherwise, somebody's doing the trot and another is galloping, that too like horses – looks so odd. There should be gentleness, there should be understanding of the rhythm and rhythmic patterns. Learn more, how would you dance? Practise it. It's all right, in the house. How the ladies should dance, how should they walk? Because your whole expression is the expression of God Almighty. So, how you should be among yourselves? How you should talk? When you should get up, when you should sleep? Everything will change if you really become aware of the fact that you are representing God Almighty, who is the source of discretion.

In discretion, so many things you will learn. The first is the tolerance: "It's all right. We'll work it out. It will work out." You will learn what is love which is detached. You will learn what is humour, which tickles but does not hurt. You will learn also what to say in your lectures, what to listen to. And of all things, you will know how to fulfil the visions of God Almighty.

Now today, I had to tell all these things, of course, is a part of Vishuddhi. But the other part of the Vishuddhi is that you are part and parcel of the whole, of the Virata and you become the oceans. So, you have to be like oceans, oceans in every way. That's how you will realize that this ocean of yours has no limits; not only the ocean, but the beauty of the ocean and the creativity of the ocean. Everything is within you which you have to utilize, which you have to develop, to manifest. Because if you are part and parcel of Virat, that you are the Virat, then how discreet you should be.

I hope all of you will know that your behaviour has to be of a level, not superficial, not cheapish, not greedy, of course not lusty; but dignified, saintly, royal, magnificent, beautiful and joy-giving.

May God bless you all.

End of video

Today My discretion was telling Me all the time, so I had to force Myself, that better not say all these things just now, they'll be all shocked. I hope you are not shocked by what I said.

May God bless you.

End of audio

1991-0429, Two foundations of the new age

View [online](#).

29 April 1991

Two Foundations Of The New Age

Public Program

United Nations Headquarters (United States)

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 organize it. We cannot conceptualize it. Also, unfortunately, we cannot know it at this human awareness. This is the reason for all the human problems. We do not know the absolute Truth nor do we have the absolute Knowledge.

The Truth that I'm going to tell you today, you need not to accept it blindfolded but you should have a scientific outlook to keep your minds open because it's a new dimension, a new area, about which I'm going to talk to you. And if this is an hypothesis which I am putting before you, and if it is proved, then as honest people, one has to accept it because it is for the benevolence of every individual, of every country of the whole world.

Here is now the mechanism by which we are going to know the Truth – again I say don't accept it –, and the Truth 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 Spirit, you are the pure Spirit. So, for the next age which is going to come, the basis of that has to be Truth; we cannot live in Falsehood anymore, we have had enough of it. You have played games, and it's better that you finish it now and take to Truth, that we are all – or can be – the pure Spirit.

The second thing that we have to know is that there is an all-pervading power, a subtle power, about which you are not aware but you have read about it. It's mentioned in the Bible, it's mentioned in all the scriptures; in the Quran, it is mentioned as Ruh, that this subtle power of Divine Love does all living work: you see these flowers, they are so beautiful; we take them for granted. We don't even think how an ordinary little seed can create such beautiful colours. How it works out? How this living process takes place? We have become human beings from amoeba state. We don't even think how did we become, what force has worked it out; we just take everything for granted, but there must be something that has done this job. And all this living work is done by that subtle divine Power of Love. So, the second foundation of the next age, of the new age, should be pure Divine Love. If these true foundations are not laid down in the nations and in the human beings, whatever you may try, any amount of organisations you may have, you cannot deliver the goods because human beings have to be transformed. They are at the stage where they do not know the Absolute, which is so beautiful; the Reality is so beautiful that there is divinity in all of us, all of us have that divinity within us, and that divinity we have to reach. For that, we don't have to work: it is sahaj, which means that it is spontaneous, because it is a living process. When we sprout a seed, what do we do? We just put it to the Mother Earth. There is a built-in possibility in that seed, and a built-in possibility in that Mother Earth which sprouts the seed, spontaneously. It does not have to be taken upside-down or taken to a laboratory or to a guru, or to anyone.

Least of all, you cannot pay for it. And when there are people who are seeking Truth, they don't realize that Truth, you can only have it spontaneously, and you cannot pay for it. This is a very big misunderstanding about the seeking. There are so many people in this world who are seeking the Truth, and they are so many who are in the market. They are marketing Untruth. If you have to find Truth, you cannot pay for it.

I was amazed: in America, a country that is supposed to be very enlightened, on the television, they talk like this: "if you give one note of \$100, you will get \$1000", and then a telephone number; is that the telephone number of God Almighty? But people do it! What is happening to their brains, I don't understand; or is it all brainwashed with all your advertisements and these glossy talks

that people give? That people have lost the idea that you cannot pay for it. Get any of these scriptures, read them, and find out how much money did you pay to Christ, or much money was paid to Mohammed Sahib. Any person who takes money in the name of God or in the name of higher awareness is a cheater, and you must understand that. I have to tell you this because I am really surprised that on the television they talk like this, and people are paying money like this. One after another; so many from my country came here and have looted you all, and still they are going on like that. How can you believe such things? After all, you are all people with brains.

And this is what is the most dangerous thing, that this age has a foundation of money. This age in which we live has a foundation of money. There are no principles any more. Anybody can compromise. We talk of big principles, that this country is standing for that, and that country stands for that but when it comes to money or to power, everything finishes off. And just we think of nothing but these false things, which can never bring joy to any individual, or to any group, or to any country. It's a fact.

If money had given us that joy, then why people who are very affluent like Switzerland – of course, they are rich, supposed to be – and other countries like Norway, Sweden, are competing in committing suicide. Why in the affluent countries, people are going amok and getting to diseases like AIDS and other things. You must think about it: it is because they are frustrated. They haven't got what they have been seeking. They haven't got anything for their satisfaction. So, we have to turn our eyes to the fact that we haven't got what we really needed, which should have really satisfied our goals. And this is what first we should realize, that at human awareness we haven't achieved that, which will give that peace, that benevolence, that joy and that collectivity. You know that my husband has been working with United Nations for so many years, and they said he was a good worker and all that; but he also felt the same way that human beings have to be transformed. No organisation can work out unless and until human beings themselves are transformed to that state where they feel that the whole world is one.

Within us lies this power which in Sanskrit language they call as Kundalini. Kundal means the coil. It is a Sanskrit word, but Kundalini because it is a feminine energy. We have God the father, God the son and no Mother, you see. How can there be a father and a son without a mother? Logically! Who is the Mother? Mother is the Primordial Mother who was accepted and has been described in Greek mythology as Athena. In every mythology, there is a Goddess; but in some way or other they avoided to talk about Her, and this is also responsible for certain mistakes we have been committing. This is the Power which gives you the Realization. It is described in the Quran also as Asas. In the Quran where Mohammed Sahib has done the latest work on Kundalini: He says that when the Resurrection Time will come, your hands will speak, very clearly as it! But they are not looking out for resurrection. Christ has said "I'll send you the Holy Ghost who will comfort you, who will counsel you and redeem you". They are not looking out for the Holy Ghost. That means that it's some sort of a person, Holy Ghost cannot be a dove. How can we have counselling from a dove? So, in all the religions it is described that you have to have your second birth; you have to be born again.

So now, I put a certificate myself, saying "I am born again". I am not Secretary General of United Nations, but supposing I'll put a brand on my (Shri Mataji shows the top of Her forehead), will I become? If you are now something, you must have the power of that position, you must have the knowledge of that position, otherwise how can you be at that position. And this is what is going on that we call ourselves as Christians without following Christ, we call ourselves Hindus without following Krishna who said that the Spirit is in every human being, so how can we have castes. We are not following what they have been telling us; but we just think that we are alright, we are following the theology. Theology is only words, but even to follow a religion you have to be born again, in the sense you should have your Self-Realization. Like this is [UNCLEAR – 14:27] you see, unless and until it is connected to the main, it has no meaning; in the same way, unless and until we are connected to this Power, which is so great that I cannot describe it during this small lecture. This is the Eternal Power which exists, and unless and until we are connected with That – that is Yoga –, we cannot understand what we are and we cannot benefit from the great Power that is surrounding us.

So now, in the evolutionary process, this is the last break through we have, which is to be experienced, and you must know the modus operandi. This is a very important thing which people miss. The other day, somebody came and started shaking before Me. I said: "What's the matter?". He said: "I went to a guru". "Then, what happened?" "He gave me initiation" "How?" "He did something". "But do you know how to give initiation? Do you know the modus operandi? Can you relate it to the medical

terminology?". "No, nothing". "So what's that? What has happened? What have you got?".

Divinity is a seedling, is beautiful, that is within all of us. It's all residing there, all the time; you have to just touch It. And how beautiful it is made, just see! There are books written about Kundalini, that Kundalini does this and Kundalini does that; it's all non-sense I assure you, believe Me. Kundalini is your Mother; when you were born, your mother took all the pains upon herself. She didn't give you any pain. This is your Mother, your individual mother; She knows all about you. And how beautifully She rises, knowing Her child, and how She gives you Realization by passing through the six subtle centres and piercing through your fontanel bone area. This is the Actualisation of the baptism; this is your second birth.

As you see here (Shri Mataji points to the chart), there are two institutions which are built up, due to the activity of the right side and the left side. The right side gives you a balloon called ego, and the left side gives you a balloon called superego (you can call it as conditionings). These two institutions form a cluster on your limbic area and cover it. And this soft bone gets covered like this; it is calcified. In Sanskrit, a person who knows the Brahman, this All-Pervading Power, is called as a Brahmin or a Dvijaha, means born twice. And also a bird is called dvijaha because the bird is in the egg; it is first born as an egg, and then it becomes a bird.

So, when this Kundalini first passes through these centres, She nourishes them. She nourishes those centres which are the energy centres for our physical, mental, emotional and spiritual being. For example, say these are the centres from left and right joined together (Shri Mataji shows the chakra structure with Her hands) and, say you are working very hard, then the right side is going this way (going to the extremes of the right-hand side) and they are getting smaller and smaller. Now, something happens: it breaks (Shri Mataji jerks Her hands apart). When it breaks, then you get psychosomatic troubles, like cancer, like so many diseases which are called as incurable. I am happy to tell you: with Kundalini awakening, many cancer patients have been cured.

It's your own power which rises, nourishes it, passes through these centres, here and here, and joins them together, nourishes them, and then connects you to the main. All the time, that Energy starts flowing through and you become a dynamic personality. Dynamism is there, but no aggressive; you become an extremely compassionate, loving and a peaceful personality.

We talk of Peace foundations; I've known many people who have been given Nobel Price of Peace, and I don't know what sort of Nobel Price we give them, but one thing have fallen down, that there is no peace in their hearts. They are extremely hot-tempered people, and if you have to meet them, you'd better use a barge pole. Surprisingly, how can you have peace when there is no peace in your heart? But when this Kundalini rises, She achieves that state of peace. How? If you are on the periphery on the wheel, the wheel is moving, but supposing that by chance you go to the axis of the wheel, the wheel, at that point, is peaceful. That's exactly what happens to you that you reach at that point of peace. Then, the so-called tensions, the modern word stress, just disappear: you get a balance, a complete balance.

But you get the power, power to give Realization to others, to cure others, to help others. You know the complete modus operandi of the whole thing. And above all, you develop a new awareness called as collective consciousness. That works on your central nervous system; it's not mental, it is beyond the mental state. Whatever we have got in our evolutionary process is evident in our central nervous system.

For example, if there is a dog, it can pass through a dirty lane; but human beings cannot, because they have developed their selves in their evolutionary process. This evolutionary process has not stopped; we have not reached that absolute personality, we have to reach that. Your attention itself becomes enlightened. As I said, you start feeling this all-pervading power as waves of cool breeze in your hands. You start feeling the cool breeze of the Holy Ghost – the Holy Ghost is this Kundalini – coming out of your fontanel bone area. With this enlightenment, you can feel your centres – (Shri Mataji shows her left palm, counting the fingers, then the base of the palm, then the centre of the palm) five, six and seven on the left side and seven on the right side – ; these centres are absolutely at the endings of the sympathetic nervous system – on that part, doctors agree. Once you know how to get these centres cured or nourished, you are alright. And if you know how to do it for others, they are alright.

So, when you feel on your central nervous system, the word used for that in Sanskrit is Buddh, from where the Buddha has come.

Buddha got His Self-Realization, that why He was called as Buddha; otherwise, He was Gautama. So, also the word Veda – ve-da – means the same that you have to feel it on your central nervous system. It's the Gnyana – gn- –, again it's a Sanskrit word, meaning the knowledge. It does not mean the knowledge of the books. It means knowledge on your central nervous system. Even the early Christians were called as Gnostics. You must have read the book written by someone who has found out when Thomas went to India, he has written some treaties and he has found out, in a big jar, things written about Gnostics. And this is what he has written that you have to experience yourself. All that I am telling you is already written in that book. This was found out 48 years back and now it is being recorded.

With all these things, why should we not get our Self-Realization, when it is so easy, when it is so simple? Because you cannot force; your freedom is respected very much; because later on, you become absolutely free, in the sense, you can bear your power, you can bear your money, you can give up any habit you want; you become so strong, so powerful and so free. Last but not least, the Spirit is the source of Joy. Joy is not happiness and unhappiness; it is singular. In that, you see the whole world as a drama and you know what the problem is. I would say that first the state that you achieve is thoughtless awareness, then doubtless awareness, and then you become a yogi, a Sahaja yogi.

1991-0505, Sahasrara Puja: Realise Your Own Divinity

View [online](#).

5 May 1991

Realise Your Own Divinity

Sahasrara Puja

Ischia (Italy)

Talk Language: English | Transcript (English) – VERIFIED

"Realise Your Own Divinity" Sahasrara Day, Ischia, Italy

Today we have assembled here to celebrate the Sahasrara Day which was opened in 1970 on this date. I find this beautiful canopy is like our Sahasrara. And [it's] so very apt to have this beautiful arrangement for Sahasrara Day.

We have to understand what happens when the Sahasrara opens.

When the Kundalini passes through the five centres it enters into the area which we call as limbic area. This area is all surrounded by thousand nerves and when these nerves get enlightened they look like flames of VIBGYOR colours, seven colours, and very mildly, beautifully shining, emitting peace.

But when the Kundalini starts emitting its vibration on the sides all these nerves get enlightened gradually and start moving on all directions, opening the Sahasrara and then the Kundalini emerges out through the fontanelle bone area, which we call as 'Brahmarandhra'. 'Randhra' means the 'hole' and the 'Brahma' is the All-Pervading Power of God's love.

So it enters into the subtle energy, which is all-pervading, which we do not feel normally. But then the chaitanya, the vibrations, which are the part and parcel of this energy, All-Pervading Power, the Paramchaitanya, they start entering into our brain and showering their blessings in the limbic area they assemble.

Now the limbic area is connected to all the area of the brain and also to the nerves. So it starts flowing onto the nerves giving you the new awareness of collective consciousness, called as 'samuhik chetana'.

So, you get a new chetana, a new awareness, which is showered upon your limbic area. The working of these chaitanya waves is very interesting. They are normally formed like small commas, but then they go into different forms. They make themselves into swastikas as the four-limbed symbol of innocence or they become the Omkara: as you know how 'Om' is written, which is the symbol of our doing, our awareness.

So, when they form the swastika they try to nourish the left side and when they form the Omkara they nourish the right side: left and right sympathetic nervous systems they nourish.

But Sahasrara to be kept open, is rather difficult for people because it's a vicious circle. First, these vibrations should enter into your brain through the Brahmarandhra when it is opened out and they should nourish your nerves by which your left and right side open out and so more chaitanya can flow down all these centres. But if your Sahasrara is not properly opened this process doesn't take place. As a result of that the chakras don't open, the Kundalini only as very few strands is kept in the spinal cord and the new strands cannot rise because your chakras are not open. So, in Sahaja Yoga, it is very important to keep your Sahasrara open. Otherwise, there's a vicious circle.

To keep the Sahasrara open is, in a way, very easy, as well as difficult. As you have known in Devi Mahatmya that, "at Sahasrara Mahamaya comes." She is a Mahamaya: not easy to recognise Her, not easy to know Her. She lives just like you. She moves just like you. And you can never make out Her real nature. She is in the form of Mahamaya.

So, at the Sahasrara, to recognise the Mahamaya is another vicious circle. You may say that, "Why should it be Mahamaya. Should have been better as, starkingly (sic), some other form." But any other form could not have worked out Sahaja Yoga in modern times because people would have been frightened and upset and they would never have taken to Sahaj Yog because they had no discretion already within them already to know what is right and what is wrong. That is why it had to be in the Mahamaya form.

In the Mahamaya form you have to recognise. This is another test because Mahamaya you cannot recognise, while you have to recognise. But in Sahaja Yoga you have seen so many photographs which should convince you people mentally about this Mahamaya Swaroopa. You can see, mentally you can understand there's something very different. Even when I came to Napoli the policeman and everybody was given a photograph and they all recognised that there's something very different. They all wanted to shake hands with Me. (note: all the police asked for Mother's photos and badges when She arrived at the Napoli airport) This is one way.

Another way is that you start seeing the blessings and you start seeing how you become so progressively better materially, physically, emotionally and spiritually. Still on a mental level most of the people recognise.

But, unless and until, it is recognised in the heart it's no recognition. Already the heart is surrounded by seven auras of the seven chakras and the Spirit, the Atma, resides in the heart. As it is, on top of your head here, resides the God Almighty, Sadashiva.

So, when Kundalini touches that point your Spirit gets awakened and the light of the Spirit starts spreading and it starts acting on your central nervous system because automatically the vibrations, the chaitanya flow into your brain, who enlightens your nerves.

But still the recognition in the heart is not there. Even without that you start feeling the cool breeze, you can raise the Kundalini of others, you can cure people, you can do many things. But still it is not yet felt in the heart so much. That's why we have music, art. All these things start opening your heart. But still it is not recognition because recognition is a mental activity of the heart. How can heart have a mental activity? This is another problem you all can face – and I know that – that, recognition, if it is a mental activity of the heart, how do we do it?

Say, if you are a Christian, born in a Christian family, as soon as you see the photograph of Christ, immediately you feel "It's Christ," you see, something here. Or if you are a Hindu, if you see the photograph of Shri Rama, immediately you know, "It's Shri Ram," you see. There's a kind of a thing, a recognition, in the heart.

But the recognition of somebody living with you is very, very difficult and you live on the cusp of your mental activities only. But to go deep down into your heart, "What should we do?" People tell Me, "Mother, how should we get into our heart?" How this mental activity can be performed through the heart? Now, you must remember that heart is absolutely connected with brain – absolutely connected. It's not a disconnected thing. If it was it would have not have worked out. When heart fails, after some time, brain also fails. The whole body goes out of order.

(If the child is crying please take out the child. You better take out the child. Something wrong with the child if the child is crying.)

So, this mental activity of the heart is to be understood this way: that as soon as you see the danger, without even thinking, in a reflex way, your heart starts pumping more blood and you get palpitation. You don't have to think. There's no mental activity. Just you see, supposing, a tiger standing before you, immediately the heart will start pumping. It's a reflex action.

Now, how this activity takes place, one may say, is that, because it is built-in within you that as soon as you see some emergency your sympathetic nervous system goes into activity and you start feeling the fear, you start feeling that there should be some protection, that you should do something about it. But you do not think, you just run, you run as fast as possible. You don't think

about it, "What I should do, where I should run." Just you go on running away from the danger. And how do you do that? Because it is built-in within you, all this in your brain, that as so as the heart starts pumping too much blood it should just make the legs work and the hands work and you should run. Or we can say, it is in the central nervous system built in – the fear. Any reaction, any response like that is built-in within you.

But the response to spirituality is not yet manifested. It is manifested, it is all built, no doubt but it is not yet manifested. And how will it manifest? That's what people ask Me, "Mother, how will it manifest?" Through your past you have learned that you have to be afraid of this, you have to be afraid of that. Also in this lifetime, you have learnt many things. For a child may put his hand to the candle, won't feel be frightened but a grown-up would because an experience. With the experience gradually you build in that reaction of reflex within you so that you try to save yourself.

Now, what experience you should have to build that in your heart is the point. And the experience is of your own divinity, of your own spirituality. Once you start developing that experience then you know that you are a divine person. Unless and until you are aware fully that you are a divine person howsoever faith you may have in Me the recognition is not complete. Because who is recognising Me? Is a blind person. If a blind person is recognising Me it won't have that response of the heart.

So, first you have to recognise yourself to be a divine person, to have faith in yourself. We do not have faith in ourselves, though we are Sahaja Yogis. If there's any problem, they will write a letter to Me. If they are sick they'll write a letter to Me. If there's any family questioning they'll write to Me. If there's somebody bothering them with some questions they'll ask Me. But if you become introspective and meditative then you touch that divinity within you. When you touch that divinity you know you are a divine person.

So, in Sahasrara Puja, actually, you have to recognise your own divinity, that you are divine, by experiencing your divinity. How do you experience your divinity? That you give realisation to others. It's a great experience to give realisation to others. Not only that, you give realisation but you can tell about their chakras, you know what's wrong with them – you are quite confident. And mentally you know that, "Yes, yes, it's working" you'll say, without getting involved into it as "I do it!" You'll say, "Mother, it's working. It's happening. It's this thing, that thing."

But you never introspect, "How is it I am working? How I'm working it out? How I can feel it? What has happened to me? What has improved in me? What has sharpened in me? What is the development in me? What is the transformation?"

Once you start thinking about it, the experience of your own being, then a kind of a feeling – feeling – toward the Mahamaya, develops. Feeling. Again, I say 'feeling'. Like feeling of fear, feeling of happiness, feeling of depression. Any feeling you develop. And this feeling, you could call a feeling of gratitude, feeling of love, feeling of oneness, feeling of joy. All this starts working in your heart and then you feel the responses. If, supposing, the sea is responding to moon that means it has that mobility in it to respond. A stone will not react to the moon.

In the same way: in your heart these waves of these feelings are created by the experience of spirituality, by the experience of your own being. And then you start expressing them. And I could make it out. Such a person may not be so much talkative, may not know much about Sahaja Yoga, but in the heart, in the heart he feels a response. Is something to be achieved because you know that the centre of heart is placed here. The peetha, the seat, of the Heart, is on Brahmarandhra.

If your heart is not open, in the heart if you do not have those responses built-in...they need not be of awe or fear. But a natural protocol that develops. Then you can never do wrong because you know what ever is good in your heart. Supposing you love somebody from your heart – you are not going to harm that person. In the same way, when you start feeling those responses in your heart, you can never do wrong because they are now manifesting which were built within you. Because there was spirituality, there was that divinity which was built in. Now it is manifesting.

And then you do not worry about things and you do not do anything outwardly. It is said in Upanishads like Shandilya Upanishad, Kathopanishad that once you know the Brahma, then all the outside things like wearing a thread of Yagyopaveeta and all that,

should be thrown away – it's not necessary – because now you got the sutra (thread) within yourself. Then you should give up all those outward things because inside is all built-in now, is expressing itself. And such a person automatically becomes a yogi of very high calibre.

There was one gentleman in Calcutta, His name is Mr. Khan, though he is a Hindu gentleman and a great scientist of physics. He was developing those feelings and one day he was taking his bath in a bathtub and fell down on his back. And it completely broke and some of the splinters went into the brain and he was in complete coma. So much so that doctors gave up complete hope about him, saying that, "He can never come back to life." And he was in the intensive care. But just before falling he called – responses – "Ma!" That's all. Then I was in Delhi. They informed Me that he has fallen and this is what has happened. I said, "Alright." I just paid attention to him. Gave a bandhan. Next day he opened his eyes. The doctors could not believe it. And then they removed him to the another ward where Sahaja Yogis went and said, "We'll give you vibrations." He said, "But I'm not feeling any pain, nothing." He's looking ten years younger now and so different. Now the experience: this is a complete thing for him now. He is absolutely into his divinity. So he says, "Mother, I am a person now who doesn't think about anything. About life, death, anything. About my children. Now I know who You are. I know that I am under your protection. I don't have to worry."

Another case was a Dr. Worlikar who had a very bad heart so they made a by-pass for him. A great devotee. And his by-pass went out of order perhaps and he had a very massive heart attack. He, again, went into coma. They put him in the hospital. His aorta, in the beginning, was eighty per cent clogged. So only twenty per cent was opened. There was no hope. So they did this by-pass for him and he just said, "Please send word to Mother." That he need not have done also but doesn't matter. And I just put bandhan to him. I was in Australia. He, again, was a given-up case. And they said, "Now, how can we have another by-pass. This pass is finished now, what should we do?" They were about to operate him and thinking about it when he opened his eyes and he told the doctor. "Doctor, I am feeling all right. I don't know what has happened. I'm feeling perfectly all right. Can I sit up?" So the doctor couldn't understand. He felt his heart. He said, "His heart is doing very well. What has happened?" So, they put him on the test and they found out that his old aorta was opened out completely which never happens in the history of medicine.

Now this experience that he had about is also because of his divinity that I could work on him – the connection was so good – and it worked. But if you mentally go on analysing everything and mentally understanding Sahaja Yoga you cannot reach that state of divinity from where you receive all the blessings. It starts pouring on you in every way. If you hear the way these people were helped as far as the money was concerned, as far the buildings were concerned, the transport was concerned – every thing – as if somebody's working it out. Even if you are mentally Sahaja Yogis, all these things work out. But you are definitely helped when your divinity is manifesting in a very, very big way, in a such a big way that it is not possible otherwise.

These are not miracles. For human beings these might be miracles, but for God it is not. After all the whole world He has created, the whole Universe He has created, universes of universes He has created so what is so great for Him? But this is the faith with experience not a blind faith. Faith with experience. And through introspection, "Why do I do this? Why should I do like this?" "Why shouldn't you do like that?" This introspection should start. When you are introspecting then this depth moves further but more through meditation. That's why I always tell you that please get up in the morning and do your meditation and get up in the evening and do your meditation. At least before going to bed, you should get to it. That's the only way you can go deeper into your divinity which is the source of all creativity, source of all the innocence, is the source of all the knowledge and the source of all the joy.

So when you get it into your Sahasrara – yes, it is true Sahasrara was opened out [and] because of that you got this mass realisation. That's true. But now the quality has to go up. Quantity is quite big. The quality has to grow of the Sahasrara. And the Sahasrara is the only instrument which is going to work out Sahaja Yoga in the modern times if we realise that heart plays the most important part in Sahasrar. Just here (at the centre of Sahasrar) is the heart centre. How important it is that you have to recognise through your heart otherwise this [Sahasrar] centre won't open. Then how do you get your realisation? What a beautiful connection made: that this centre here is the seat of the heart, is the peetha of the heart. And this has to open out. Then only does Kundalini comes in.

So all this machinery is connected and made in such a manner that you have to understand the importance of heart connected

through this brain which is absolutely integrated with heart. Sahasrara is the one to be preserved. [Not just] by putting left to the right, right to the left and everything, opening it out but by recognition. With introspection also, you can ask, "Why can't I recognise that way? Why can't I do that way? What is my interest?"

Now, if you come to Sahaja Yoga for making some sort of a power game, you want to have a power, you are finished. You want to have money or some sort of a business, you are finished. Anything else you try like making something for your children or for your marriage or family or any such outward things if you come to Sahaja Yoga this won't work out. But just to expand your heart, to spread your love to everyone, to feel their love within your heart and then to put yourself into a position when it responds, the heart responds, to divinity within you and to your Mother with full mental activity of the heart.

Today's subject may sound rather difficult for you to understand but I had to say this one day because we are quite satisfied with a little of the Kundalini coming out of our head. There's so much to come out. So much divinity is there which has to come out and if you have to ascend and if you are the foundation of that new age which is going to transform the whole world we'll have to work hard. We shouldn't say, "I don't know how to get up in the morning. I don't know." You are on a warpath. You are soldiers now. And you have to work it out if you have to fight the forces of ignorance and darkness. This has to be worked out. This has to be paid attention to.

So what you have to do is absolutely decide within yourself today that, "We are going to work it out in such a way that we will all become very powerful Sahaja Yogis and through us the whole world is going to be saved." It's a very important thing for all of you to understand.

Today is the Sahasrara Day which, of course, I agree that I opened the last chakra. But, further to go, to grow, you have to get to meditation where you become silent and your Tree of Life will grow in silence, not in a turmoil. If you understand that, please work it out in such a manner that you all become completely aware of your divinity by which you can see.

If you have to see the image you have to have a very good mirror. In the same way, if you have to feel the Mahamaya you have to have a complete, pure, divinity manifesting in you.

May God bless you.

1991-0727, Evening Program Guru Puja

View [online](#).

27 July 1991

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

1991-07-27 Evening Program before Guru Puja, Cabella, Italy:

Shri Mataji: So, Who will translate me?...

I must say that it was a miracle that I reached this place. Just we found out about the other castle that it was not at all good for us because it was not having good vibrations.

And we have to shift from there in one day...I requested the mayor of this place and you will be amazed that in one day he sold this house to me and arranged it... And such a miracle it was - the place where you are right now is like Kailasha like Himalaya so pure and so fresh and the people are so beautiful ...In the whole of Europe, I have not met ...They are extremely hospitable very gentle very kind and the river here is so beautiful and so fresh...So there is no need for you to go to the Himalayas any more. We have to know that Sahaja yoga is something that you start feeling your divinity within yourself. And after your second birth, after your realization, the whole thing starts growing into you automatically, spontaneously. And this tree of love grows and the fragrance of this is love. Pure Love! And that is what our basis ...We have only used the power of hatred, so far ...Now you have to use this power of love. I know it was all arranged in such a short time, that you might not feel so comfort of the body because you live very comfortably in your own houses. But we have to see to the comfort of the spirit Which is the joy-giving source. That's why I was told that nobody wanted to go back to that castle. They were all enjoying it here because you are enjoying your own spirit. This shows that we are realizing the real enjoyment of anything is in this pure joy. I hope you will all enjoy today's music concert and all the entertainment that is being arranged and tomorrow we will have our pujas and meditation But today let us all enjoy ...Now, what about [unclear 09:47 /name of some Sahaja yogi]. Is he there? Has he ...Come along ... May God bless you!

So just now they want to have the Quawali composed by Mossi

Let him speak for one minute ...Just come along!

Sahaja Yogi:

Ladies and Gentlemen, it is very difficult for me to speak so big number of people because here in Cabella we are not accustomed to so many people. :)

You all have bring here to Cabella something which was not expected, something completely new

In all the villagers are very happy with[unclear 13:19] mainly how you are showing us how ...(then some Sahaja yogi is addressing to Shri Mataji)

Shri Mataji: Thank You! Thank you!

Come along! Sit down! Just keep this out a little bit. Backward. Put it back.

One minute

Children's can dance there ...You see ...They can dance tomorrow because she is saying that all the girls have slept.

You want to dance today or we will do it tomorrow, all of you. Today ...(children says today)

Tomorrow you will get the complete stage! Just come here ...come there

You can dance in that area?

[Performance starts]

1991-0728, Guru Puja: Four Obstacles

View [online](#).

28 July 1991

Four Obstacles

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Today, you are all here to worship your Guru. It is a common practice, specially in India, that you must worship your guru, and the guru has to fully be in control of his disciples. Guru Principle is extremely strict, and the strictness made many people could not conform to the ideals of a disciple. In those days the guru had to be, absolutely, the authority and it was the guru who would decide which disciples he'll have. And one had to go into great tapasya, to great penances, to even become a disciple. And this hardship was the only way the guru used to judge. Gurus would always live in jungles and they would select their disciples, very few, very, very few and they had to go and beg food from the neighboring villages, and cook food for their guru with their own hands, and feed the guru. That sort of guru business is not in Sahaja Yoga. That basically we must understand that the difference between those styles of guruship and that we have now is this, that very few individuals were given the chance to become the guru, very few. And these few also were selected out of quite a lot of people and they felt that they were something really special that they are being selected, chosen, and that whatever they will have to go through is all welcome. With this idea, they became the disciples. But Sahaja Yoga is a very different thing. I would say just the opposite. First of all, your Guru is a Mother and who suffers from Sandrakaruna. At the slightest things that happen to you My eyes get filled with tears.

So as a Mother to be a Guru is a very difficult thing. At the same time, for you to achieve heights is also difficult. Because you get lost when I love you so much and in that love you forget sometimes, that the progress in your being is very slow. It is important that in Sahaja Yoga you have to be strict with yourself. That's why I said that you have to be your own guru, which people do not understand what it means. You have to be your own guru means you have to guide yourself; you have to treat yourself as your disciple and you have to trim yourself. If you do not understand the responsibility as Sahaja Yogi, of working it out yourself everything, you cannot move very fast, because it is a different type of relationship between the Guru and the disciples.

So first I have always said you become your own guru. So you have to make a lot of introspection and fix your ideals. Before you I am sitting. You have seen Me how I am. I can eat anything; I need not eat at all for days together. I can sleep anywhere; I may not sleep at all. I travel for miles together untiringly. I have this energy because I'm a Guru of Myself also.

So the first thing is that there should be lot of introspection, "What's wrong with me?" Not wrong with others. "What's wrong with me? Am I seeking the comfort of my body? The attention, is it on my body or on my spirit? If so, what am I doing?" I think best thing is to write it down. "Can I sleep on the grass? Can I sit on the stone?" You have to make this body work. "Can I sleep anytime I like, and can I keep awake anytime I like?" I have seen people doze off. The reason is this, not that they are bad or in any way indisciplined people but because inside they are tired. If you are tired inside then you feel tired all the time. You'll see on the television, if you see people in the West, they're always sitting like this. Because they are so very tired. Why are they so tired? They don't work so hard.

So introspect how you behave. Now when you start introspecting yourself, you'll also start introspecting your surroundings and your styles and your methods, and what you are doing to yourself because of the conditionings of the outside.

Now the conditionings of the outside in the West, are of a psychological nature. Indians have other conditionings which are also quite surprising, or we should say the Western people, they must wash their hand ten times, even if their skin comes out, they'll go on washing like mad. They must have a bathroom attached to them all the time. They must have their baths. If they don't have bath they are not comfortable. They have other conditionings also. All kinds of stupid conditionings they have but the conditionings that we have in the West are more psychological and that's why you cannot find out what's wrong with you.

The physical conditionings are not so dangerous, you can get over them or you can manage. But when you have conditioning of your psychology you cannot understand what's wrong with you.

Now if you see, if you introspect around, what you will find is a very subtle thing. Firstly, that because of the wars maybe, I don't know why but everybody is afraid of everyone. Specially I think, Freud. Because of Freud, even the mother is afraid of the child, and all these things to Indians are absolutely they can't understand this. But, you people know that very well. They won't touch anybody; they won't hug anyone. First of all when they used to play football, they used to hug. But now I see they don't hug they just touch hands like this. After sometime I think they may just do like that or something. So frightened that nobody, even the children I've seen, are frightened of hugging their parents.

So the expression of love is not there and when there is no expression there is no love inside and that's how it goes on drying you up and drying you up and drying up.

There was a little girl in Sahaja Yoga and I had some present for that child. She was quite young, must have been about ten years of age. So I gave it to one Sahaja yogi, Western Sahaja yogi, that you go and give it to her and say that I have given. "No Mother. I won't give." I said, "Why?" "She'll misunderstand me." I said, "What will she misunderstand?" It has gone so much into the heads of people. And this has created really the psychological insecurity within you. From very childhood this insecurity has been working, and that's why you are frightened of each other. Even of your parents, of your brothers, your sisters. Psychologically you are suffering. And when first I came to England they used to say it is the insecurity. I said, "What insecurity? The whole world is afraid of the Western world." And what are they suffering from insecurity? They have made everybody insecure all over the world. And why, what are they insecure? They are insecure within themselves in their own society, in their own family, in their own groups. They are so much frightened of each other.

So the first thing, you should be fearless. You are a Sahaja Yogi, you are no more immoral, cannot be immoral. If all the time if you start thinking that you are immoral, and if you do something it is immoral, and that you have to go and do some confession somewhere, then what is going to happen to you? What sort of a personality you will have? We have to change this by changing ourselves.

So among Sahaja yogis there should be no insecurities but maryadas. You must know how to respect each others privacy.

The second thing that if you find with the Western mind, which is a very common thing, that they are bombarded by criticism. There are so many critics that now there are no more artists left. Only critics are criticizing critics. All artists are finished. They are all the time criticized. Somebody will come in – there's an education on criticism – they may not know how to play any instrument, they may not know how to sing, but they can criticize all right.

So all the time in your mind, is a way that you always feel that somebody will criticize if you do this. All the time the fear is there that somebody will criticize. So, "Should I say or not?" As Sahaja yogis, you shouldn't worry about these stupid people because they are blind. And if they want to criticize you, let them criticize. What does it matter? Makes no difference. But this you have to build up within yourself.

Now the third is even worse, which I don't know if you have noticed or not. I don't know how it has gone into the heads of the Western minds that you must always see to the other side of the bank, even if you are standing on this side, to be fair and never to say something that you are sure of. Like you ask anyone, "How are you?" He'll say ... Always. Nobody say, will say, "I am perfectly all right, nothing wrong with me." "What's wrong?" "Perfectly all right, thank you very much." But it is never. They are not sure of themselves, all the time, is shaking. And this shaking inside gives you a personality which can never progress. Progress comes when you put your step forward, you put your foot firmly on that point and then put the second step forward, like as you climb on a mountain. But in the first place only if you are still thinking that it's half way through, then how can you go further? You'll only move on two steps, this or that or this or that. This is another very big psychological deterrent I should call it, or

detrimental thing for your progress.

Now the third thing you have learned which is also, third or fourth maybe, that you must argue out yourself. Like you have a problem, you'll come and tell Me, "Mother, this problem I have got." This is very common with everyone, "I have this problem." I'll say, "All right, this is the solution." Then you'll come out, "No, no, no. But in this, this will happen." Then You tell another solution, "No, no, no, no, no Mother, this can't be this way." All right, You tell third solution, "No Mother, in this, this can happen." Tell fourth, "This can happen." You are standing against yourself all the time. Then I have to say, "This is your problem, not Mine, and I am giving you the solutions and if you want to solve your problem, better take a positive attitude." The brain is this way. In our Hindi language it's called "ulti khopdi." You are all the time arguing against yourself. So how can you progress? This is another great problem of the Western mind that it doesn't try to face any problem as your own, but go on arguing with yourself like a lawyer. You see. there are two lawyers: one yourself, another lawyer – go on arguing. So is a double personality in the body, being; is not a single personality. As I said, it is very, very psychological that people have to take to this kind of a turn suddenly, without understanding how dangerous it is. With the enlightenment of your brain, this should disappear. On the contrary in Sahaja Yoga, it's very dangerous. Because you say something, you are all Sahaja yogis, you are connected with the all-pervading power. Whatever you say gets connected and it acts. Is very dangerous for you people not to realize that you are realized souls, and not to assume your own powers. Like you see, I have to say something secretly then I must put My hand here and then say it because it is connected to the mains. But supposing I keep it open like this and say something, it goes to everyone. In the same way whatever the Sahaja yogis say or desire or want, there are just people sitting there, see here and here, you have put them there. They are listening to you all the time. They are so anxious to do your work, "All right, you say so, done." So whatever you think or whatever you desire or whatever you say, you have to be extremely careful.

And when, now, I mean, old people, all right, I can say that very conditioned, they have problems and all, but the generation that is here, most of them, are all capable of improving yourself and making your brain straight by bringing it backwards to the forward. This psychological problem you do not say. The another psychological problem is, which you do not know, which is very surprising, that whatever is the entrepreneur's ideas you must act, because the whole fundamentals of Western life is to see and to be seen. So, "Oh that's the fashion so we should do like that. This is the fashion so we do like that." Like the other day, about a year back, I went to England and I found all the Sahaja Yoginis having their hair here I said, "What's this?" So I asked an Indian girl, I said, "What is this supposed to be?" "This is a new fashion." I said, "What new fashion?" Called as "ziprya" in Marathi you know, we call it ziprya fashion. The Maharashtrians can And they all had their hair here you know, like this, all. I said, "My God, this is Agnya, this they are covering, their eyes will become squinty."

But the fashion if it comes, and the whole fashion is with the hair alone. Hair I don't know what. There's so much interest in the hair. And they lose the hair so fast in these countries, without using the oil, which they should use. They lose their hair very fast. Starting from the hair, the Sahasrara. Then fashion means – What is this these entrepreneurs, these stupid people are creating ideas and there why should we follow? I don't say that Sahaja yogis should all look alike, not at all. You can dress up the way you like; you can live the way you like but you should not get yourself enslaved by any entrepreneurs. You are free people now – know that very well. Know that you are absolutely free and your freedom is absolutely in the light of your enlightenment. You can never do wrong. But first of all, have that confidence within yourself that whatever you have to do, you are not going to enslave yourself to entrepreneurs, what people have to say, how you will look, how you will appear before. This is a very important point that half of the time we are laboring just to look like many others. It's very surprising how these entrepreneurs have befooled the Western people. In India it won't work, won't work – specially the Indian women. This "in-between" came, a mini sari, came up to Bombay for about four-five days, I think, disappeared. No Indian woman would wear a mini-sari, finished. Nothing doing. Any sort of fashion now, comes in India, doesn't stay because whatever clothes we have now in India - is traditionally - has been there, has been tested and error and trial and error and trial, and we know now this is the best, now stop it. At certain age you stop. This is the style that suits us the best. But anything goes on and the styles go on changing. And this is what you have to be very careful to see that you do not take to stupid things, which are being created by entrepreneurs, but to sensible things, which are required for you.

So one of the enslavement I feel, is that you have to play into the hands of entrepreneurs. But a slavery is very deep and is so psychological; in so many ways it is extremely hidden and so subtle that you cannot make it out.

So, in the introspection you find out what's gone wrong with you, how you are made this way. "What's wrong in my own personality – it has come from all the surroundings and the way people have been putting ideas into my head." You should have your own ideas. You shouldn't worry what Plato said and what Socrates said and what this thing said. What do you think? After all, you are enlightened people.

But then there is another psychological thing, which is even the worst. And that "Mother, if we are very sure, then we are putting up our ego." They are so much afraid of their ego that as if after some time they'll take off. "The ego will bloat so much that we'll take off." This is another fear people have, that if we assert, "All right this is what I want, this is the right thing to do, then I'll get off so I don't want to say such a thing; I have an ego."

So, with Sahaja Yoga also, certain fears have crawled in. One of them is that "Mother, I should not have any ego."

Now, what is the problem of ego? That also surprising despite all fear and everything. As a reaction to it people have developed a kind of a protesting character. But again these entrepreneurs have pampered your ego. Like, in the morning you ask the child, "What will you have?" Then child will say, "I'll have this." The mother has to run and get it, or she must keep everything in the fridge. In India that's not the case. Whatever is cooked in the house, you better have. If there is no salt, all right without salt, come along. Otherwise don't eat, doesn't matter. In any case you will eat. So when the disciplining comes within yourself and you understand this, then you do not say, "I desire only this, I desire only this." What you desire, you tell yourself: "All right, you'll not have it for one month, let's see."

Once I must tell you about Myself that little bit comfort grew upon Me, sometimes, I think. So, we had, had a transfer, and My family was not with Me at that time. We had only one small little bed where My husband slept. And I slept just on the bare cement on the earth, and next day I started getting the pain in the body. I said, "All right." I slept on the cement for one month. "On the cement you get pain? All right. Sleep now. One month," I said, "I'm going to sleep on the cement." Then cement lost its power on Me. Then, might be the cement might be feeling the pain. So, that's what you have to do, is to master your mind. Now the problem only will come: "What is the discretion? - This ego will come up Mother." Because, your ego, as I said, is developed by reactions, by protesting against things, and also by the pampering of the entrepreneurs. All right, whatever may be the reason, we are not going to psychoanalyze ourselves. But the fact is, also we have a ego problem. Why? I have already told you that, if a balloon is bloated many a times, it can easily be bloated. At the slightest air, it bloats. And that's why you are afraid that suddenly my ego might become so big that I may be like a balloon in the air, somewhere moving." But, how to get rid of this is to know that you are an enlightened soul. Respect yourself. Once you start respecting yourself, you will not fall into any traps of ego. Very simple. Respect yourself. You have to say, "I am a Sahaja yogi. how can I behave like this? After all, I am a Sahaja yogi." A kind of a dignity that develops, and then you will start feeling shy of doing something that is stupid, because ego makes you stupid, that's the point is, absolutely. So now, if you develop this respect for yourself, "I'm a Sahaja yogi, so I can't behave like this. I'm a Sahaja yogi." If you say like that to yourself, then you will be amazed that the dignity of a Sahaja yogi will definitely keep you down to earth. You will not get into the trap of your ego.

So one side is the conditioning, another side is this ego. Simple thing is ego. That dignity has to be developed. You'll be surprised – among animals there are maryadas. Like a tiger won't behave like a snake and snake won't behave like a tiger. So we are now Sahaja yogis. We are tigers among human beings, we are lions among humans, the highest; we are the highest human beings. It's not necessary to have ten, what you call, medals on your body to show that you are something great but you are Sahaja yogis, you are Mahayogis. So, develop that respect and you will be surprised the humility will immediately come into you, I mean will walk into you, humility.

I have seen some Sahaja yogis sit like this, sometimes sit like this, sometimes they, one, if the Left Vishuddhi is there, like this, Right Vishuddhi is there, like this. But then you see yourself. Like a bridegroom has to dress up and he remembers, "I am the bridegroom, I cannot behave like other younger boys who will be there. I have to have my own personality. I am the bridegroom; I am going for my wedding. I cannot behave like all my other friends are there." You have to behave in a particular manner. So

assume this. Still we do not know that we are Sahaja yogis. Once we know we are Sahaja yogis, that dignity will develop within us, and with that dignity you'll be amazed you'll also see what is wrong in your own country, what is indignified. Now with the whatever has happened in France, you can find out what's wrong with French laws. But French are more interested in drinking and eating and other things. So they never paid - "Oh, let it be, what do we care for laws, let it be as it is, doesn't matter, who should bother about these things, is nothing important. After all, if you can get something to drink" You go to any French village, at seven time, you cannot meet anyone, even a drunkard. They are sitting inside and drinking, drinking. I mean that's the main religion, main pastime. Next day with a hangover they come, so they see everything the other way round. Like this fellow, these journalist who went to India, they saw an iron gate and they thought this was the iron curtain of Hitler. Everything expanded, you know, so big, crooked because hangover, you know.

So the whole life in the West like a hangover. Either they see things too big or too small, they don't see things as they are. Now most of these things are written, which you will read, the psychology and all those things and the books, mostly they are drunkards. If you see their lives, they have been drunkards. So whatever they have written, why should we take them so seriously? Except for very few who were realized souls, most of them were drunkards. Like those who wrote about Greek tragedies must have been really drunkard people In - they must be taking lot of things inside and then must be writing something like that. Because most of the drunkards, when they write, they say that "Why, why should I live, I must die." And like that we too have in India many people who have written ghazals who always say that "Why should we live, we should die." So if there's one poet who has said, "Now you are talking of dying, why don't you die once for all?" So, you will realize that what you will write, what you will say is higher than all these people. But Sahaja Yoga has worked so smoothly in you that you do not know what you are.

Today, on Guru Puja, you are worshiping your Guru. At the same time I bow to your guru within yourself. Let your guru come up and show itself. Specially the kind of a Guru you have - I am not strict with you, I am very gentle. Because, as I told you, fundamentally is a different thing is that it is not for an individual, but it is for the collective. And if something has to spread collectively, then you have to understand that it has to be only love that is going to work it. There is no other way we can spread Sahaja Yoga because we cannot be like Hitler giving wrong ideas of hatred. Either it could be hatred or love. You teach people we hate this one - fundamentalism, this, that - you'll get thousands ready to fight. You can elevate their baser self and say, "All right, come along, let us fight." Racism, this, that, anything, even nationalism. All right, they are people. But when I say love, is very different. Try to understand. And because of our collective work, we have to know that love is a source of energy that makes things grow in a living manner. It is the energy which is a living energy. Try to understand now. This is, people don't understand. Love doesn't mean that you hug somebody or do something, but living energy that understands, that makes you grow.

I hope you have seen My books, and I hope you have read it. In that I have described you to you very clearly what is the living energy within us that works, and anything that is working. For example see this flower. Now, I cannot order this one to go straight. It's moving in its own way - let it be. It looks nice because no flower should look like another flower. Living energy never creates the same thing exactly than another. Only plastics can be done. Now, when it is growing, it is growing in its own way. So whatever is built in within you, which is a living energy, built in, but living energy, and a living thing that works - it blossoms by itself. The water of pure love is to be given. In pure love what you see in another person, as a guru, "What's the matter with myself where it is obstructing me to go further." In another person, as a guru, what you see is how to handle this man, with love, so that he comes closer to reality. Is a very gentle process is very loving process, and nothing like really enjoying your love. Just to know that I love so many people itself is so great. And you too see feel that "I love so many." But it should be samadrishti - means: With the same eyes you should see everyone. You see everybody with the same eyes, isn't it? Only two eyes are there. But, you see everyone with the same eyes - they are different. All right, you see them as different. But you do not ... your eyes do not discriminate. Your eyes do not see somebody black, somebody white, somebody blue. They see what they are. When you start seeing with samadrishti, means the same eyes, same sight, not to change your ideas. Because, what happens that your own mind twists it, and you start seeing somebody as different, somebody as different. Now, with the eyes I see the fan. But supposing My mind is off, I might see as a human being.

So if you are a sane person, then you will see everyone as they are. This is samadrishti is that you have the same eyes for everyone. Do not get twisted, so that you cannot have: somebody is your special friend, somebody is number two friend,

somebody as number ten friend and some as your enemy. Once you start looking at things like that, everything will get into proper shapes. Otherwise, one can go crazy. Also, it should be samyak. Samyak means "integrated". There should be an integrated knowledge. Like the eyes when they see, they see where you are sitting, where you are, where is this person, where is that person, what is the relationship.

So the knowledge about others is in relationships with each other. Now supposing there's a gentleman who has a child, and there's a problem between that gentleman and the child. To approach that person, you must know that he has a child; not to just make him separated from others, singularizing. You take somebody, say, he is from, say from England or he is from Italy. Then try to understand him that he is from that particular background and that background is around him, so he is like that.

If you can have this kind of a full knowledge of others, there will be no problems, no quarreling, nothing. Otherwise there is a conflict all the time and that's how one feels very tired. Eyes do not react; eyes just see; whatever is there, they just see. Eyes never react, but the mind reacts. And this reaction is the one which is responsible for spoiling your attitude towards people.

So now, you should have a witness state. As Gyaneshwara said, "Niranjan pahane. – Niranjan pahane" To see somebody without any reaction. Just to see and you'll know everything about that person, as soon as you see that person. "Niranjan pahane" Because, as long as your brain is there you do not see that person as he is. But as soon as you see that person, you just know what it is. And then, immediately you will know his chakras, his kundalini, everything you'll penetrate. But your mind, which is loaded with nonsense, will not allow you to go to that level.

So the niranjan pahane, the one where you just see something, that kind of a eye we have to develop it. So, with that a detachment starts, automatically you do not criticize anybody because your mind is like this against that person; you do not love somebody because your mind thinks this way; you too cannot form groups; you cannot have some people who are dear to you, some are not. Sometimes, if I do not smile at some people then they grumble and say, "This time Mother didn't smile at me." I mean, I cannot keep all the time a smile, you see. You must also think of My muscles. All the time how can I keep My smile on, you know? But there are people who feel very bad that "You see, this time Mother didn't smile." So I have to go on smiling all the time at every one. I try. So the attitude towards others has to be with niranjan attitude, because it's a collective work. It's not strict; it is not in any way clamping anything because it's a living work, absolutely it's living, we cannot. But it is definitely the work, which creates harmony, love, affection, feeling of oneness.

Imagine, to think about someone who is not kind to you or he's ... is a horrible thing. Better think how nice you could be to that person. So the attitude should be that how nice I am going to be with that person, you know. See, somebody is angry with you, is easy to fight, "Come along. You are angry, I am angry." No. Go and just tickle. Simple thing like that, and enjoy. Because you cannot enjoy hatred; you cannot enjoy rivalry; you cannot enjoy separatedness. Like this hand has to enjoy this hand, in the same way you have to enjoy each other. If you cannot enjoy then you have lost the point, lost the point.

So, in the collective progress we have to know that we cannot progress if we have no sense of collectivity, that we are part and parcel of one person. If I pull My one ear, it's not that My ear will come out but it will give pain to the whole body. That's why I say pull both is better. And when you start, you see, seeing this way yourself, then you'll be amazed a kind of a sweet humor about yourself develops. And you really become a very interesting, magnetic personality, and a very enjoyable person, extremely enjoyable. Everybody will seek your company. This is what is the sign of your Guru Principle being enlightened. Of course, they have said that you should get detachment; you should not have any attachment to this and that and that and that. This is all talking. But actually, only introspection and assumption or, we can say, the knowledge of your own depth, itself, will give you that feeling. If you have that knowledge that I am a Sahaja Yogi, and my depth of divinity is so great. That itself will be more than sufficient for you to exist as the topmost guru.

Actually, I am no more a Guru, I was never a Guru – I am a Mother; I am hopeless Guru. Because, a Guru who cannot be strict is useless, and I have to prepare Myself to say things, you know. If there's problem between two people, and then if there's some gap of time when I have to say to them, then I start, "How to become strict?" I tell Myself. "Hah" spontaneously if something comes, then I say, "Why are doing like this?" At the most. Spontaneously. So, you have to develop this special style of guruship

within yourself, which is for the collective working. Again, remember it is for the collective working.

So today, you worship your Guru Principle within yourself when you are worshipping Me. I would not say that you should try to follow Me, because I am hopeless in many things. Say, banking I don't understand, money I don't understand, I mean there's so many things I don't know, really. I am hopeless, law I don't understand. I mean, you should not be like Me, agreed. But, you should be able to say as I say that "You see, I have these problems." But one thing for sure you must have complete knowledge of Sahaja Yoga or desire to know everything about Sahaja Yoga. If that works out, then you will swim into this ocean of knowledge, like a jet. And whatever you want, whatever you want to know, you will know. But there should be a desire to know. Never get satisfied that I know sufficiently enough about Sahaja Yoga, no never. In all other things you can be satisfied. But only on one thing, that's Sahaja Yoga, still, I have to know through my brains, and my heart should have that knowledge. It should be in my heart, not only in my brain. I should know through my brain, it should be in my heart. Like when you see a film, you see King Kong. Then you know it's King Kong, all right, this is a film, doesn't matter. Normally our knowledge is like that. But if you see Mr. King Kong standing here, "Oh my God, he's already here." In the same way, when our knowledge is in the brain, it is just like a film, is away from ... it's not in our heart. But when it is heart, it acts, it works. It doesn't work through brain. In the brain it just stays but in the heart it works. And in the heart resides the spirit. Is very simple, that we are people who are more living with our brains, not with our heart. But know that we are in reality. You see, King Kong is standing before us. You are not seeing a film; it's in reality. And in reality, the heart has to work, not the brain, because reality is only through the heart, not through the brain. Once you understand this, then you'll open your heart, enlarge it, "Now this is in my heart." So the whole thing will be so clear-cut in your head you will know everything clearly. What is to be done, how to react, how to work it out. If you put all this knowledge of Sahaja Yoga into your heart, first of all, you'll have to enlarge your heart otherwise you can't put this ocean. And then you see, "This is Sahaja Yoga". To Me everything seems to be Sahaj Yoga, buying this house, coming to this place, all this is Sahaja Yoga. I can see clearly. Anything that I see, I connect it to Sahaja Yoga immediately. "This is Sahaja Yoga. Why this is so? This is because of Sahaja Yoga. This is Sahaja Yoga". So everywhere you start seeing Sahaja Yoga, when your heart knows what your brain knows. I have known people who know all the mantras very well, everything very well and all that, but in the heart. So put it in the heart.

In Sahaja Yoga the guru is not through his brain but through his heart.

May God bless you all.

For the Guru Puja - Mother speaks HINDI - first he'll read it out. You see now this Guru Gita business I never gave it to anyone of you to read. The reason is not that it's not truth. They say it's truth. But it was told by Shiva to Parvati, what is a guru. But why I didn't give you: because all these gurus in the market they say, "All right, I am your guru and this is Guru Gita." In the Guru Gita is written, give all your money, all your belongings, all your self – prana, mana, dana – your body, your mind, everything to the guru and become a stupid fool; so they give it to them. That's why I didn't give it to you. But today Rajesh – I've told him for the first time – but that doesn't mean that you should follow the way it has been described by Shiva.

I have to make an announcement today that we have already three of our leaders Dr. David Spirow then Gregoire de Kalbermatten, Guido. And now today I would like to appoint Rajeshwaha as one of them.

Hello, please keep quiet. Please keep quiet. Nobody can hear anything. Just now... Just now you had such a big lecture from your Guru. Now will you please be dignified and keep quiet and don't talk Please be seated. All of you. Please be seated! Those, who are bringing presents, please also please be seated One by one, please. Please.

The Guru Puja is over now and we all have to depart. We decided to have more Pujas in this place because it is very lonely and nobody to disturb us and the people here are very nice and have been very kind to us. Moreover I think with my age I shouldn't also travel too much in Europe If possible I would like to have most of the Pujas here It is quite close to all the European countries at least. But America - of course I will go to America and all to South America.

So the new program for me: My Qawwali goes on - for not only 24 hours, for the whole year, the life long.

I must thank you all of you for coming here and living here under all kinds of circumstances. I hope next time - by next time, we will have better arrangements made because there was hardly any time but very suitable for Guru Puja. That we had to learn how to achieve the state of Guru. There are so many false people in this world now, you know that and as Babamama has said in the last Qawwali very beautifully That is the personality of a person makes the personality of the place. Like the roses are growing in the thorns but where the roses grow they don't say: "This is the place where the thorns are growing" but they say: "The roses are growing." So whatever maybe the conditions that I told you today to understand under what circumstances we are born and surrounded by and what psychological problems we arrived so far. Whatever it was, you have now to know that you have to enter into the Kingdom of God, where none of these bad things even can enter. and the enjoyment that we have had is absolute pure enjoyment of our Spirit dancing. I hope this time my lecture should not in any way depress you but on the contrary introspection is very good. Without that we can not understand there are so many things which I have discovered myself which are to be seen little carefully, why do we behave in such a manner. and I have tried to point it out to you, what our subtler badhas we have within ourselves. So please again and again you can listen to my tape and try to understand what I have said. I am sure next Guru Puja you all will be coming here as great gurus. All the best for - till the next Guru Puja I should say "All the best!" This year we all should work out to come out of the thoughts (thorns) and become the flower of fragrance, so that when people see us, they know now we have created here the World of God. There are obstacles, there are problems whenever there is truth there is always somebody to come on you, no doubt but truth will be successful, it will be victorious, be sure of that! With that surety, if you work it out it is all going to overcome all these little little hurdles, little little incidents that you have faced in a very beautiful manner. So never forget the enjoyment of tonight whenever you are depressed think of that and just start saying that we are not living our thorns, we are flowers we are roses. That's you are, you are more than that. You are more than that - the whole atmosphere is fragrant by your goodness. So keep to that and enjoy yourself. There is no place for depression for all of us. How many people have such joy in their lives to think about the memories of these beautiful nights that we have spent together enjoying ourselves and enjoying everybody else without thinking about race and all that, about... ... The power of God's Love is going to completely help us I assure you, and I verily say to you that good will be victorious righteous will be victorious and we establish a new style of life where there is no hatred , there is no killing there is no jealousy but all love and love and love. May God bless you.

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You Have To Actualise The Experience Of Spirituality

Public Program

Natura Artis Magistra, Amsterdam (Holland)

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Public Programme, First Evening

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I bow to all the seekers of truth. At the very outset, I have to say that truth is where it is. It is what it is. We cannot change it, transform it or conceptualise it. Also unfortunately, we cannot know it at this human awareness. We have to become a subtler being what we call the Spirit. Otherwise it is not possible to feel the truth. The truth is you are not this body, not this mind, nor this ego or these conditionings, but you are pure Spirit.

The second truth is that there is a subtle power of divine love that does all the living work. We have never felt it. Holland is a country of flowers but we never thought how these small seeds have produced such beautiful flowers, spontaneously. The seed had the potential to sprout and the Mother Earth had the potential to make them sprout. But we take it for granted.

Look at ourselves. Look at the eyes that we have- it's such a beautiful micro-camera. But we do not know how we have achieved this state of human awareness. From amoeba stage to this stage we have come, but we do not try to find out how. In the Zen system of Buddhism it is called as Tao, which means how. But as in every system they have lost their way to reality because of ignorance.

When we find that science cannot give answer to absolute questions we take to other things to find out the truth. Say for religion - we take to some religion, but if you find anyone from any religion can commit any crime; there is no binding force. They may claim that they are the chosen ones, but they don't behave that way. So there is something wrong. We have missed the point. In every religion, at the beginning of it, it is said that you have to find your Self, "Know thy self!" The self knowledge one cannot achieve by reading books. It cannot be reality. By seeing a film about Holland I do not come to Holland. So you have to actualise the experience of spirituality.

Now whatever I am telling you today, you have to listen to it with an open mind of a scientist. Treat it like a hypothesis, and if it is proved, you have to accept it as honest people, because this is for the benevolence of human beings. These are the resurrection times, no doubt. These are the last judgements and we are going to judge by this force of Kundalini. We are going to judge ourselves. But unless and until we have our Self, how can we judge ourselves? If I say you pay attention to your Self you will not be able to do it. You can pay attention only outside. So something has to happen within you which should attract your attention inside.

As you have already been told, that there is a system within us - a subtle system - that works out this last breakthrough of our evolution, because you are at the epitome of evolution but there is a little breakthrough needed to achieve that state of spirituality. All of you have got that divinity within yourself. It is not manifesting because you are not yet connected to the mains. Like this instrument is made very beautifully but if it is not connected to the mains it won't work. As the seed has to outgrow its roots to suck in the power of the Mother Earth to grow, in the same way we have to be connected to that all-pervading power which does all this living work.

It is not easy in this short time to tell you all about this subtle system within us but one can understand what is self knowledge, what is the Spirit. When this power pierces through your fontanel bone area and connects you to that subtle power then you can feel a cool breeze, the vibrations of cool breeze around you. So first time you start feeling this energy around you. Also you can feel, through your fontanel bone area, a cool breeze coming out of your head.

This is the actualisation of your baptism, actualisation. It is not that I put some water on your head and say, "Now you are baptised." No. It is a question of becoming; becoming the Spirit. And when this reality starts manifesting within you, you are amazed at your own glorious and beautiful life. This is a living process and it cannot be done by some sort of acrobatics, also through mental acrobatics, because this connection has to take place; this yoga has to take place.

And how can you pay for it? How much do we pay to the Mother Earth for producing these beautiful flowers? She doesn't even understand money or banking or anything. So you can't pay for it and you cannot put in effort for it. Sahaja means - "saha" is with, "ja" means born with you, all of you. It is the right for all of you to be united, to be in yoga, with that divine power.

When you are enlightened by the light of the Spirit then you start feeling the centres of your own being on your fingertips. For example, somebody is developing cancer or becoming mad, he does not know, he is not aware of what is happening inside. Nor does he know if there is a friend who is suffering from some malady. But after self realisation your fingers become knowledgeable. They can feel the centres of others also. So you jump into a new dimension of your awareness that we call as collective consciousness. (Carl) Jung has talked about it.

In the scientific field, of course, it is a subject which is now being taken over by many medical practitioners. There are three doctors in India who have got their M.D. in Sahaja Yoga, in curing incurable diseases. Also there are seven doctors in London who are now recording all the maladies which have been cured by Sahaja Yoga. In Russia there are forty doctors who are practising Sahaja Yoga.

There is one thing good that has happened to Russians; they are very well educated people. There are thirty to forty people who are not educated and who are doing ordinary work, and they ask for, say, American jeans sort of thing, but the rest of them are not only very well educated but very introspective. (Cameras are going off, so Shri Matai asks that photos be taken after the lecture) They are extremely introspective. And the character I have seen of the Russians, since long, has been very introspective. If you read Tolstoy or anyone you can find that they are very introspective. That may be the reason that in Russia it is spreading very fast. They are surprisingly sensitive to spirituality.

There is a place called Tagliati which was established by an Italian who revolted against, I think Mussolini or something, and went down and settled in Tagliati. And there are now forty thousand Sahaja Yogis. And on My birthday they took a holiday, it's very surprising, there was a holiday – a general holiday. Very surprising! So there's a kind of a thing that is built-in in them that they can be controlled without any state control, because if the Self comes up it is all enlightenment, because Spirit is the source of absolute truth.

But in the West the main ideas we have about our freedom that we cannot discriminate, and that is how we have fallen into the trap of evil. And many people don't even believe that there is evil. But only after realisation you will understand that your hands will speak. Mohammed Sahib has said in his Koran that at the time of resurrection your hands will speak, and they will give witness against you. That is exactly what happens, and you start understanding what is right and what is wrong. Freedom doesn't mean abandonment.

The first time I went to America, in 1973, and I told them that they would get into AIDS, clearly - it's on the tape, it's on the television - and they got very angry with Me, because they thought that I was curbing their freedom which Abraham Lincoln had pictured for them. Abraham Lincoln himself was a realised soul and his idea of freedom was not abandonment by any chance.

Then about six or seven years back I told them that if you go on too much on the right side, and go on becoming futuristic, you will develop a disease which will make you like a reptile. Your conscious mind won't work. And now they are getting into a new disease, called 'Yuppies Disease', where a person really becomes like a reptile, like a big caught fish. You have to put them on your shoulder and carry them - they can't walk.

So all intelligent people should try to see why we are in trouble, why we are having ecological problems, why our children are becoming so adamant, arrogant and wasteful. This dry industrialisation has really made us like robots. We have lost the source of joy that is our Spirit. We run after pleasures which have repercussions on us, but they are never joy giving. Moreover we are slaves of entrepreneurs, their ideas; we are slaves of the media; also we are slaves of so many weaknesses that we have. Even if we want very much to get out of it, we cannot because that strength is not there. So we are automatically moving the way atmosphere is, the way fashions are, the way we are led into. And we are living in a relative world. We do not know the absolute.

But within us lies the Spirit, it is all there waiting for us and then you know the absolute. Like you have seen these Sahaja Yogis, they are very joyous people because the Spirit is the source of joy. On your fingertips you can feel the truth. This is actually what was called as 'bhod', or from Vedas the 'vida'; that is to know on your central nervous system the truth. Whatever we know on our central nervous system is absolute. Supposing I touch this flame, I feel the heat; I mean everybody will feel the same. Also the early Christians were called as Gnostics; "gna" means the same. In Sanskrit "gna" means the same as to know on your central nervous system.

That is why, because we are living in the relative world, we are fighting. Everyone thinks that he knows the truth and he is absolutely correct. But there cannot be a hundred truths. It has to be one. So it's time for all of us to get to that state of Spirit and feel that you are part and parcel of the whole. The microcosm becomes the macrocosm. But again, it is a question of becoming. It is not some sort of a brand. And all of you are quite capable of becoming that.

You don't have to suffer, you don't have to feel guilty, nothing of the kind. There's no need to suffer. Christ has already suffered for us. Are we going to suffer more than Him? And you are not to feel also guilty about anything. These are all wrong ideas. After all you are a human being. You can commit mistakes; not God. But this all-pervading power is the ocean of forgiveness. It forgives everything. It sucks in all your karmas, everything. So only thing that is needed is an honest desire, a pure desire to become the Spirit.

I would like you people to ask Me a few questions - a few again I say - questions, before we start our meditation for our realisation. That will hardly take fifteen minutes. But it cannot be forced on you. I respect your freedom, and the Divine respects your freedom. But when you ask Me questions please remember that I have not come here to take anything from you, but whatever you have I want to just give you the key to that. But those who do not want their self realisation should really leave the hall.

Now can we have the questions?

Question: Shri Mataji you say that we can feel the truth on our fingertips. What kind of truth can we feel with our fingers?

I told you there are two truths; that you are the Spirit, and that there is an all-pervading power which does all the living work. And through this new awakening you can discriminate between what is falsehood and what is truth about anything. But when you grow more within yourself, then you don't have to use your fingertips, you just know it. We can say you are like a divine computer which is absolutely perfect and when your connection is established properly you know the truth.

Question: You have described what the Spirit is and about becoming and I have not clearly understood it.

You see it is a subtle subject no doubt. And it is the ocean of knowledge. Now for example there are so many lights in this room and when you want to put on the light, I would just tell you that you put that switch on and everything comes on, because it is

built-in. It is all built-in. So the best thing is to put on the light first. If I go on telling you about the invention of electricity, how it came to Amsterdam, how this was built, it will be all boring and maybe you may not understand.

So best thing is to first get your enlightenment, and then there... I think, I must have spoken on the Spirit... there must be at least ten or fifteen tapes, must be there, on the Spirit. It's a very subtle subject. As you have to have a microscope to see the things in a cell, you have to become the Spirit to know fully well about the spiritual science.

Question: I have a very strong longing for Self Realisation but I also have a partner. Does the desire to be with this man go against the Self Realisation?

(Shri Mataji laughing) You see everything works out, don't you worry. (People in the audience ask for the question to be translated.) It's more personal she is talking. It's personal. See how these flowers – how they are arranged on a bush or on the trees, just see - it's a tremendous force.

Question: Is there a difference between knowing the truth and being the truth?

Yes, it's like if you see King Kong in a film, you see it's a film, but if the King Kong arrives here everyone will run away!

(Laughter)

Alright, I think now we should have our self realisation.

Of course, there are a few conditions. First of all, I cannot force self realisation on you, as you cannot force the seed to get sprouted. I respect your freedom.

Now the second thing, you all should know that you all are capable of getting self realisation. So you must have all self confidence within yourself.

Thirdly, you are not to feel guilty about anything. As I told you, that whatever is your past you better forget; it doesn't exist at this time. We have to be in the present so forget your past as far as guilt is concerned. Also it's a western mind which always has this guilt. Indians don't have it. I don't think any Indian feels guilty. (Laughing) Maybe the psychiatrists have put this idea into your heads, or maybe the church. I don't know who. So no use feeling guilty; we must face our mistakes and clear it out.

The fourth [Shri Mataji actually says 'third'] condition is that you have to forgive everyone in general. It is even more difficult. But logically, whether you forgive or don't forgive, you don't do anything; but if you don't forgive then you torture yourself at the hands of wrong people. While those who have harmed you are enjoying themselves and you are torturing yourself in their place. So this is all mental torture for nothing at all. So you forgive them, do not think about them; they are not worth being remembered. Just in general say I forgive every one of them. Finished! You just will feel so much lighter actually.

I think these are the only [three] conditions. It means, in short, that you must have respect for yourself because you are a human being. We are glorious. Only we have to discover our glory and divinity.

Self Realisation.

Alright, so for this you have to take out your shoes because you have to take the help of the Mother Earth. Also, we have two energies working on us - Sympathetic – one is the left and another is the right. The left one is the energy of desire and the right one is the energy of action. So, first of all you have to put your left hand towards Me which is symbolically suggesting that you are desiring to have your self-realisation. You have to just sit comfortably - not bending forwards or backwards, but comfortably - and put your left hand towards Me on your lap comfortably.

Now, then we have to use the right hand for nourishing our centres. You have to put your right hand on your heart. First we show you and then we close our eyes. In the heart resides the Spirit. If you are the Spirit, in the light of the Spirit you get all the guidance. So, you have to take your right hand in the upper portion of your abdomen, which is the centre of your mastery. Then, you have to know that there is another centre in the lower portion of your abdomen on the left hand side – we are only working on the left hand side, please all of you do it. Now, this is the centre of Pure Knowledge, knowledge by which you have got all divine powers. Then you take your hand up in the upper part of your abdomen on the left hand side. Then we take our right hand on our heart. Then we take our right hand in the corner of our neck and our shoulder, on the left hand side, and turn our heads to the right. This is the centre you catch when you feel guilty and it's very dangerous because we get into diseases like angina and spondylitis. Now you take your right hand and put it on your forehead, across. And now bend your head – this is the centre to forgive everyone in general. Now take your right hand to the back side of your head and push back your head. Here, without feeling guilty, without counting your mistakes – for your satisfaction - you have to ask forgiveness from the All-pervading power. Now, stretch your hand and put the centre of your palm on top of your fontanel bone area. Now, please bend your head fully, stretch back your fingers so that there's full pressure on your scalp and now move the scalp with pressure seven times clockwise. Stretch back your fingers, put down your head. That's all we have to do. Please remember to stretch back your fingers – only put the palm and move the scalp. Stretch back, like that.

Now, we have to close our eyes. Until I tell you, please don't open your eyes. You can take out your glasses.

Now, put the left hand towards Me, right hand on the heart and both the feet apart from each other – not for those who are sitting on the ground – and close your eyes. Now please ask, on your heart centre, a question which is very fundamental. You may call Me Mother or Shri Mataji – whatever you like. So now, you have to say three times, ask Me a question, 'Mother, am I the Spirit?' If you are the Spirit, you are your guide, you are your master. So now, take out your right hand on the upper portion of your abdomen on the left hand side and ask another fundamental question. Here you ask, 'Mother, am I my own master?'

I have already told you that I respect your freedom and I cannot force Pure Knowledge on you; you have to ask for it. So please take your right hand on the lower portion of your abdomen and here you ask six times – because this centre has got six petals – 'Mother, please give me pure knowledge.' As soon as you ask for pure knowledge, the Kundalini starts rising upward so we have to nourish our upper centres with our full confidence. So now, raise your hand in the upper portion of your abdomen on the left hand side. Here, you have to say with full confidence in yourself, 'Mother, I am my own master.'

I have already told you the fundamental truth about is, that you are not this body, this mind, this ego or these conditionings, but you are the pure Spirit. Now raise your right hand on your heart. Here, you have to say again, with full confidence in yourself twelve times, 'Mother, I am the pure Spirit.'

This all-pervading power is the ocean of love and compassion. It is the ocean of absolute knowledge. But above all, it is the ocean of forgiveness. So whatever mistakes you commit is resolved by this power of ocean of forgiveness. So please raise your hand on to your neck, on the left hand side and your shoulder in the corner. Please turn your head to the right and with full confidence say sixteen times, 'Mother, I am not guilty at all.'

I have already told you that, 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 and you torture yourself. So now, to avoid all this mental torture, please raise your hand on your forehead across and bend your head as far as possible. Here, you have to say again with full confidence – not how many times, but from your heart – 'Mother, I 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. Here you have to say, without feeling guilty, without counting your mistakes, just for your own satisfaction - from your heart, not how many times – 'Oh Divine power, if I have done anything wrong – knowingly or unknowingly – please forgive me.'

Now, stretch your hand fully and put the centre of your palm on top of the fontanel bone area; it was a soft bone in your

childhood. Please now bend your head and push back your fingers so they can put pressure on your scalp. Here again, I cannot cost your freedom, I respect it. So please, move your scalp seven times. I cannot force self-realisation on you, so you have to say seven times, 'Mother please give me self-realisation.' Please bend your head, push your scalp properly and ask for your self-realisation seven times saying, 'Mother, please give me self-realisation.' Please do it slowly. [Shri Mataji blows 7 times into the microphone]

Now please remove your hands. Open your eyes please. Put both your hands towards Me like this. Put the right hand towards Me and put down your head, and put your left hand on top of your fontanel bone area and see for yourself if there's a cool or a hot breeze is coming out. You should not put your hand on top of your head but away from it - some people get it very far away – and move your hand, to see. Now, please put the left hand towards Me. And now bend your head and put the right hand to feel the cool breeze out of your head. It may be hot, so that means you have not forgiven, so please forgive now everyone. You are not going to miss your self-realisation for not forgiving. As it is, you have tortured yourself too much. Now, put your right hand towards Me again and see with your left hand if there's a cool breeze coming out of your head. If you bend your head, you can see it better.

Now, raise your both the hands upward and push back your head. Here you have to ask three times one question, one of these, '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 Paramchaitanya?' Ask any one of these questions three times.

Please take down your hands. Put your hands towards Me like this and watch Me without thinking. This is the first state, called as Thoughtless Awareness which in Sanskrit is Nirvikara Samadhi. Nirvichara Samadhi.

All those who have felt cool or hot breeze from their hands or fingers, or out of their fontanel bone area, please raise both your hands.

Most of you have got it. I bow to all of you. Now you are becoming saints.

May God bless you all.

Tomorrow again I'll be here, and some Indian musicians are coming to sing to you. And I'll meet all of you tomorrow. Also call your friends and tell them to come along. Thank you very much.

(Applause)

1991-0802, Talk to Dutch Sahaja Yogis, Afternoon

View [online](#).

2 August 1991

Talk to Sahaja Yogis

Zaandam Ashram, Zaandam (Holland)

Talk Language: English | Transcript (English) – Draft

18:00

Everyone was allowed to greet Shri Mataji in person. Mother received lots of flowers, the Dutch translation of the Ascent and a table-cloth, embroidered by the Dutch ladies. She showed the children how to make paper airplanes.

So I have to congratulate you all for coming to Sahaj Yoga in Holland. It's very important. (Waiting for some people who still have to arrive) So it's nice to see really so many people in Holland, really. I'm very happy because I was thinking we should go to Sweden, to Norway, and I always said let it be settled first in Holland. In the beginning it was so difficult but now gradually it's settling down, and I think from yesterday's group we might get lots of people.

You see the main problem of Dutch people is this, that suddenly they got this idea into their heads that nothing is evil and nothing is wrong. Everything is alright. And that's how it all started working here in a wrong way. And we came here much later than that, so already this idea was prevalent that nothing is wrong, everything is good. And that's how they went to all kinds of people and drugs and, I mean, everything. Because once you start thinking that nothing is bad then you do everything; and this came out of their stupid ego that they thought of abandoning everything.

But maybe it is a reaction to the austerity of the church, maybe. Maybe. They said, "In any case we are sinners, so why not sin?" (Laughing) In any way we are branded permanently as sinners. And there is no limit to that also that you are a sinner. Up to a point everybody's a sinner. So it's alright, we are sinners, so let us have all the sins upon ourselves. Enjoy yourself and then die. Finished!

So despite that there are seekers, you could see yesterday, so many of them. And most of them raised their hands, I think except for ten people. It's very surprising. And none of them asked me to cure them or anything; very positive.

So now I would suggest that you people have to understand that you are now the foundation, and everybody must learn to little bit sacrifice. Because this kind of a place (the house the yogis were living in) is not going to work out very well. We have to have a separate place and a good place to live in. I've told him to find out some nice place a little away from the city. Because for your programmes you can hire some hall or something, but for your living and for your own meditation you must have a proper ashram for which we can work out something. So try to find out something outside and with about ten, fifteen rooms something like that. Or some dilapidated thing which we can repair would be good. That's much better. So, by next year he hopes we will be able to get something.

But you also should decide to live together, not to live separately. Also living separately builds up your ego much more. So all of you should try to live together and work it out, because unless and until you live together you will not know if you are alright. Like a ship has to go on the sea to know it is seaworthy. In the same way, when you are in the collective only you will know whether you are Sahaja Yoga worthy or not.

If you live individually it's different. I've seen people who live individually do not grow much. It is a collective happening. Because Sahaja Yoga is very different from other yogas which are really for individuals. This is for a collective happening. And the collective can only grow if you live collectively. So all of you should prepare for that, to live collectively. It's very important. Individualistic life has lead to this kind of an ego business also quite a lot. Even when they came to Dulio this time in the programme it was such a nice one. They started suggesting, "Can we buy our houses here?" And I said, "Nothing doing."

You see they just don't know the enjoyment of collective living. Also you start living then you will know. How you have to adjust yourself, how you work it out. If you cannot adjust there's something still wrong with you. That is to be accepted. Something wrong. You have to improve. And it should be very congenial living like one body. Then you can say you are alright.

Like in Austria, they're all one, and they're all after the life of this X, you know. This mad person, he's really mad. I mean, he must be mad to do all that. I mean I just don't want to condemn him so much as people have condemned him, this stupid fellow X. But now poor thing he'll lose his house also. He can't get that house for which he's done, because he had not paid the tax saying that this belongs to the collective. And they were all paying for the mortgage, so how can he now get the house? Poor thing you see. Stupid! And, he's really mad, I can't understand. He's the one who saw my photographs of Sahasrara and all that; and after seeing all that, how can you be so stupid?

Whatever it is that's just one person like that, but the Austrian collectivity is very strong; and now the French, after this thing has happened, the French collectivity has become very strong also.

So in the same way I think, collectivity works much faster and even, you will see children will improve. See this child, as you were saying, she was not even talking and now how much she's changed by collectivity. So one should not develop individualistic things, or your children will be harmed. If you live individually your children will be harmed. You cannot. It has to be collective. Alright Richard?

28;22

Richard: Yes, Mother.

Shri Mataji: I'm really amazed to see the change in you. It shows everybody can change.

May God bless you.

Still but you...Robbert has to work out. Still his problems are there. I mean these Rajneesh people I tell you. When they came to me they were shaking like.... One of them collapsed. Do you know what he's done? You never went to his ashram did you?

Robbert: I went to a centre...

Shri Mataji: Imagine those who have lived in his ashram what must have happened.

Robbert: No, I never went to live.

Shri Mataji: That's what I'm saying. Those who must have gone how he has damaged them completely. Maybe that time's gone now? North of Italy there were many of them. And the way he died and everything happened in Poona, it's terrible because when he died you see.... they said that there was one lawyer from Canada and one doctor from America or something. They had puzzled? out all his money and everything. There was not even money for his cremation and then the doctor said that we should cremate him within half an hour's time. Then they discovered he had AIDS so to the nearest place they took and burnt him off. And none of them got much money so they announced there's no money at all. sucks their soul Nobody would buy even his bed.
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The other day we had somebody from Rajneesh. You could make it out because... I knew he was from Rajneesh; he was all burning; all his nerves were out and he was tense and that sort of thing. Sort of his neck was all....he'd put on some sort of tentacles here. He couldn't talk to me like that without doing like this. Horrible! He was very thin and all his bones were showing and he said,

"I have no job, nothing. I was a manager and I've lost everything in this life."

I said, "You are very badly off.", and he looked pretty poor. Then he told Me Rajneesh.

I said, "You see, you have to give him up."

"No, no, no. He's my guru. I can't leave him."

What to do? All his backbone was just jammed. All had come out!?? And when he was sitting with me to help he just ran away. I said; "What happened?" there was such heat. Very bad!

Now this TM has to go also some day. Also has to go? It appears he's writing a book? He wanted to have my permission to say that he was cured by Sahaj Yoga.

So Holland has one very great point that there are so many flowers, and the flowers are the most beautiful things God has created, or the Adi Shakti has created, in the nature. That's the best because they have fragrance and the Sahaja Yogis are the other things She has created which are very fragrant. So Sahaja Yogis have to live in one house and to love each other and to be fragrant with love.

If you want to find faults with others then you are not a Sahaja Yogi. That's one of the things one should know that you cannot find faults with others. Better find faults with yourself and that's how the collective will grow. I know at first you'll have some problems living together - will be a problem. But then know that there's something wrong with you. You can get out for a while, work it out and try to clear it out. But unless and until you live together you will not know, what's wrong with you.

I mean of course in Sahaja Yoga there's no compulsion nothing but I'm just guiding you for your ascent. All the time you must do meetings, you must get up at the right time, do the meditation and then in the evening you do maybe meditation, some music, everything; and you are in the know of everything that is happening in the whole world.

If people have any questions they can ask me, would be a good idea.

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Shri Mataji: Come along, ask a question.

Yogi: Mother, should we find a permanent centre ?

Shri Mataji: Yes, not centre, if you can get that would be nice. That's alright. Try it. In the city there should be some place where they could meet you as such; could be an office of Sahaja Yoga plus a little centre. But you'll be increasing very fast and I don't think you will have to hire something. I mean, unless and until you hire something you cannot manage. Look at yesterday, the hall was full and some were standing outside.

If you become collective then, I mean your lives themselves - that will impress people.

Yogi: (Centre in Breda.) I have a question for Breda.

Shri Mataji: How far is it?

Yogi: A hundred kilometres, Sri Mataji.

Shri Mataji: It's better in such countries if you go to smaller places. Like in England; you see in England what they have done, they've got Sahaja Yoga in every crook and corner and now they are making a pattern, a kind of a network and that's how it spreads. ?

Yogi: (Sri Mataji, what can we do to make it easier get up earlier because we feel it's quite heavy here in Holland...?)

Shri Mataji: Then at night time you should work hard. Before going to sleep you must clear out yourself. For example in your case it's the left side. You have to take three candle treatment for about eight days. For eight days you'll have to take three candle treatment, at least, and then you'll feel like getting up. If you work in the night before sleeping you'll feel much better. Put your attention to your Sahasrar. Three candle treatment you should take... and somebody should give you three candle treatment. And at least two candles you can easily do. And then you should wash your feet properly, you should do this washing your feet with salt water and then go off to sleep, but before going to sleep you must put your attention to your Sahasrar. Very important! Tie up your Kundalini take a bhandan and sleep. Especially who are left-sided always have this problem.

But ultimately everything works out you see. But one thing you should be collective, it's very important. And Ganesha has to be settled down. Now this place is just temporary and also the neighbours are there, all the problems with the neighbours and their vibrations! That's the worst. Worse than the neighbours are their vibrations! But not in Cabella; when we came at all I must say they were very nice. Very sweet!

Yogi: Mother, there's a new technique now by which you can scan documents and you can put them into computer and make books with it and I was thinking would it be a good idea to have all Your puja talks scanned and put and bound as books.....

Shri Mataji: That would be good.

Yogi: May the Dutch have the honour to publish your complete work?

A lot of technical explanations about scanners (reading and storing documents) and CD-Rom (a whole encyclopaedia on one CD); (Johan de Cocker Question) "CD one" three shelves of books on one CD, search all information on any topic etc...

Shri Mataji: Find out how much it is.

Yogi: Why don't all people come back after enjoying Sahaja Yoga?

Shri Mataji: Well. It's a very good start. I started with one person. And now you see, there are so many. It's incredible how it works out. I didn't expect this during my life-time.

After this point the meeting got a bit more informal, Mother bhandaned the gambling problem and noticed other addictions were over the top already, mentioned the ashram should be in the country. We all bowed down to Shri Mataji and again She said: 'May God bless you all'.

1991-0802, Self-Realization: The Seed of Spirituality

View [online](#).

2 August 1991

Self-realization: The Seed Of Spirituality

Public Program

Natura Artis Magistra, Amsterdam (Holland)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Second Evening, The Koningszaal, Artis, Amsterdam, 2nd August 1991

I bow to all the seekers of truth.

Yesterday I told you that truth cannot be felt at human awareness, and that the truth is that you are the pure Spirit. In the evolutionary process you have become a human being, but there is a little growth needed in your awareness where you become the Spirit. To start that growth you have to awaken a power within you which we call the Kundalini. Somebody should show it. (On the chart) Now this residual power is the reflection of the Holy Ghost.

In the Christian religion it's a mystery, the Holy Ghost is a mystery. Maybe because Christ came on this earth and he was here only for eight years in Israel, in that place where he was born; and then he had to go to India for twenty years. And he came back, and three and a half years only he got before people crucified Him. And as I told you, three and a half years is nothing to explain to people, because it took me four years in London to give realisation to seven hippies. It's a headache I tell you! (Laughter) They were so argumentative and so ignorant and arrogant; I had to use all my patience and love to bring them round. So I must really give credit to Christ and the people around him who at least listened to him even these three and a half years.

But this growth of spirituality within you can only start once it has been sprouted; the seed has been sprouted; and that is what we call "Self Realisation". To begin with you can feel the cool breeze of the Holy Ghost out of your fontanel bone area as you felt yesterday; and also you can feel this all-pervading power of divine love. But then you have to have patience with yourself because there are obstructions where this power goes and cleanses your chakras, your centres. It is a living process, and it is not an economic affair, I should say. So it works out spontaneously; for which you cannot pay.

But people who make money... you pay them money, you get involved - and then you think "Let us go through it because we have paid." Like you go to see some show, you pay for it and though it is horrid you go through it somehow. But in Sahaja Yoga because you have not paid, you take it for granted and do not understand the value of self realisation.

Moreover you are absolutely free to leave Sahaja Yoga or to enter in; there is no compulsion of any kind. But those who are of that spiritual intelligence understand, and they grow into Sahaja Yoga. So the first thing you must know is that you cannot pay for your awareness to be improved. You cannot pay for your realisation. You can pay for this hall alright, but not for your self realisation, or for any knowledge which is pure.

So we must first of all understand that, even if you get realisation, unless and until you grow to the full extent you will be half-baked Sahaja Yogis. And a Sahaja Yogi has to have a complete understanding about himself, as to how his growth is taking place inside and about everything that is outside; the Sahaj Yogis, the people, the country, the ecology; everything he has to be aware of. And this you do not have to pay for, nor do you have to put in much effort.

Once you get your self realisation you get into meditation. You don't have to do it. You get into the meditative mood. So you just have to practice how to get into the meditative mood of thoughtless awareness. You are aware, but you are thoughtless. You can imagine, if this earth was always bombarded as the thoughts bombard us, how could this tree grow? So you have to achieve a state of thoughtless awareness which is very easy for you, but you have to give some time. In the morning time about five

minutes or in the evening about fifteen minutes. Also we have collective programmes which you must attend. As we do not take money we don't have elaborate palaces for you. We have very humble places and we have to humble down. Once you are established then you just seek the comfort of your Spirit and nothing else.

I have already told you that, believe me, you are all capable of getting your self realisation, and that there is divinity within you - all of you. There is innocence within you which is not lost. Innocence cannot perish. It is eternal. The only thing, like clouds, it is covered by our wrong behaviour. So you should not believe anyone who says that you are a sinner or anything like that. It is not so. As I said, you don't have to suffer. It's a wrong idea. Why should any father make his son suffer? And when Christ himself has suffered, why should you suffer? Can you suffer more than him? And he never suffered because he was an incarnation. They don't suffer. It's a drama for them. And they play it well. (Laughter)

So with that happy mood we have to know about ourselves a little bit. I'll tell you where we go wrong, but on one promise, that you are not going to feel guilty about it. However you may go wrong; there is a string which pulls you back to normalcy. It is the string of your seeking and it's a string of love. So you should not become desperate by any chance. And whatever I am telling you, you can just listen to it but you should not imply it to yourself at all. And by no means condemn yourself.

So here we see now, in this drawing¹ is the complete mechanism that works out our self realisation. In the medical terminology we know there is an autonomous nervous system. So it has got two sympathetic nervous systems, left and right and the central one which we call the parasympathetic. In Sahaja Yoga we know that these two systems, left and right, work for two different things. The left and the right... For example, if you are running you can increase the beat of your heart. So in an emergency you can use either the left or the right; but when you stop running the central autonomous nervous system, called the parasympathetic, acts and brings it to normal.

So now we have three systems working within us; and in our evolutionary process whatever we have achieved is expressed in our central nervous system. So the left side is, as I told you yesterday, the power of desire, and the right side is the power of action. So the left side looks after our emotional side, and the right side looks after our physical and mental side. So in the brain we have got the left side... because it crosses over... so the left side, acting for the right side; and the right side acting for the left side. So now when we act on our left side you see a balloon-like structure develops in the head which is the conditioning, and when we act on the right side then another balloon develops which is the ego. Both of them meet together and overlap each other. That's how we become a closed personality.

Now we have to understand how we develop these two things, like conditioning and the ego. If we are futuristic we move to the right side. If we think too much, we plan too much, we move to the right side. We start using our conscious mind. With that, if you have also physical exercises like jogging or another kind of 'Hatha Yoga' so called, then you go more to the right side. When you go more to the right side you start using your conscious mind much more than you should use. As a result you have developed a horrible disease now in the West called 'yuppie's disease' where human beings just become like reptiles.

Now some people go onto the left-hand side to balance the right side. Like a pendulum goes to the right then it must move to the left. So to overcome the right side they start indulging into things. Of course, we had horrible people like Freud who was absolutely half-baked. He didn't know about these two things. He only talked of the left side. And he has reduced human beings to a sex point.

Movement towards the left started with all these horrible.... they are anti-Christ's. They are anti-Christ! Because Christ has said, "Thou shalt not have adulterous eyes." Can you imagine? Up to that; up to that subtlety he said, there should not be adultery in your eyes. But I don't know who we worship. In all the Christian nations all you find is one fundamental principle; is to see and to be seen. All the time the eyes are hovering like that, full of lust and greed. It's very surprising how this has gone into our heads. Our attention has become very disturbed by this. So as a result of movement to the left we start indulging into all kinds of so called pleasures.

Then all kinds of funny people came up saying that we must experience everything. I was told there is a poet who started this

hippyism here. Experience everything; we experience all kinds of drugs, all kinds of alcohols, all kinds of women, experiment with.... why not with poison? And somebody told me; because it is new you must experiment. There's no wisdom in this kind of preaching; no wisdom; and no understanding of totality and reality. It is such a horrible thing that I feel absolutely concerned that; what is going to happen to this decadent society?

Say in France, if you go... When I first went to France they said that, "Mother, you look so happy and people will think you are an ignoramus. You have to look miserable." So I started my lecture with "Les misérables". (Laughter) If at every tenth lamppost there's a prostitute standing, and after every twentieth lamppost there's a pub, and after that somebody is selling drugs, what else will happen? You will be miserable. You are inviting your pain. And then on top of that, very nicely, very generously, they say there is nothing evil, nothing evil. There is no evil. No evil!

So now once in a dinner I was sitting with the ambassador of Mexico and he told me that one should always experiment with something new, and Freud told us something new always. I said, "Alright, we have had this kind of dinner before, but we have never tasted the table. So why not eat the table now, to be new?" (Laughter) There should be some traditional wisdom in people to understand that, why should we try whatever is new? We should know whether it is detrimental to our health or not; and not try everything that is new.

And what I found about these seven hippies - they were extremely greedy! They used to eat a lot, which I was surprised about - as if they were taking some sort of an appetizer. And such a lot of food they would consume! I was amazed; how could they manage? So they told me they take that "bung", what is it in English that "bung"; hashish? They take that hashish.

In India, where it grows, some servants, some miserable people take it. I mean, I have known only one person in my household who used to take that, but he was regarded as a leper. No wife will live with such a man, no children will live. He will have no jobs. He will have to stay somewhere like a leper, in a leper's home. Nobody educated can think of such a nonsense. The first small thing we must understand is that whatever destroys our awareness, or changes our awareness for a short time, how can it be good for us?

I am sorry; this is the first time that I am talking so clearly to you people because I have found that Dutch people are very intelligent. I have talked about these things to Sahaja Yogis but never to the general public, because half of them might leave.

Then we had some people who came. They had hair all twisted, with lice in their hair and I asked them, "Why do you do this? It's primitive." He said, "I want to be primitive." (Laughter) I said, "You cannot be, because your brain is modern. By growing this kind of hair how can you become primitive?"

And then he came to Holland, I must tell you, and died here.

So many of them have died, and do you know, they were seekers of truth. They were seeking something beyond, and in their earnestness they lost the path. It's very sad. All these things have happened. So many people we have lost. So this kind of indulgence took us so much away from the central path of our ascent.

Our chakras are made like this, left and right, both sides. Now if you start using too much on the left or the right they become constricted, and if something happens suddenly on the left, or a shock, they just break. So the connection with the whole is lost and then you start moving on your own. That is how a malignancy is created. That is how cancer is created.

I have to tell you about this right side because actually in the West people are more right-sided. I will be just dealing with one centre because there's not so much time. We have this second centre here in yellow colour if you see, it's called the Swadishthana. It manifests your aortic plexus, in the medical terminology. Maybe they might have changed the names because I did medicine a long time back.

Alright, now this aortic plexus gives us physical and mental power. And, as you have seen, it goes from the right, turns towards

the optic chiasma, and goes to the left hand side as ego. And it gives us ideas about the future.

So now, when a person thinks too much... We just go on thinking like mad, I mean, there's no need to think so much, but we do think. We try to plan everything; now how will I go, which bus shall I take; then I'll go home, then my wife will be angry...or some sort of a thing. We cannot remain in the present. The future doesn't exist so we waste our energy thinking about the future. But this centre has too much work when you think, because it has to convert... or give energy to the brain cells. So now when you think too much, other functions of this Swadishthan centre become absolutely zero. The other functions are liver and pancreas, spleen, kidney and part of the intestines. So when it is neglected, first of all your liver goes out of order.

The liver is the one that takes out poison from your body and throws it out. Throws it into the... I don't know the English word - we can say, throws it into the blood circulation, to make it simpler. But when this liver is 'out', all that heat remains in your stomach, and when this heat starts rising you develop problems of your lungs, like asthma. This also melts the phlegm and you develop a funny type of a cold, like hay fever and sneezing; all the time cold. Some people sneeze sixty times in the morning.

Also this heat goes to the heart and you get a heart attack. There are two types of heart attacks. One which comes because of overwork, like the one I told you, and another one from a lethargic heart, like angina. Now this heat goes downwards, it coagulates your kidneys. Then you cannot pass urine, you have to be on dialysis. You just spend money and then die. This heat goes downward and you get constipated and you have all the troubles of constipation. This is only because of one centre.

Another is your pancreas. Now this pancreas is actually the one which is responsible for absorbing your sugar but it is so big that it cannot do it, so you develop diabetes. You develop diabetes because you think too much. Can you believe that? In Indian villages, you see the farmers, if you don't give them the sugar where the spoon has to stand at a right angle they will say, "This is not tea!" you know. (Laughter) But they never get diabetes because they don't think. (Laughter and clapping)

Then the third horrible disease people develop is due to the spleen. The spleen is the speedometer within us. Supposing you eat your food and just walk or run, then you get pain in the spleen because it reacts to emergencies. It has to produce more red blood corpuscles, 'RBC's, whenever there is an emergency. But our modern life is so hectic that in the morning first you see the newspapers, already one shock. (Laughter) I mean, there is always horrible news and you get a shock. Again this poor spleen starts pumping out. Then you have a hangover, (Laughter) so you don't get up early very much, so you have no time even to go to the bathroom. Somehow you get dressed and get into your car without taking your breakfast - of course, you may carry some food with you and on the way eat it - and when you go in the office the boss is shouting at you; you come home, your wife is shouting at you, (Laughter) or maybe the husband.

Because of this hectic life you have no patience, with yourself, or with anyone else. But this poor spleen doesn't know how to cope with crazy people who are all the time hectic. It becomes mad, and it starts producing all these RBCs all the time. It doesn't know when to... just like a crazy person. And then suddenly a shock comes from the left side; he gets a horrible disease called leukaemia, blood cancer. It is curable in Sahaja Yoga. We have many cases. If you follow Sahaja Yoga, it's absolutely curable. Those who are cured are architects, chartered accountants, doctors, lawyers and bureaucrats, (Laughter) and bankers. It's surprising. And also the women who are very much planning all the time and hectic, can have children with this leukaemia, can have children with diabetes. So with one centre in imbalance, going to the right, how many diseases are standing on our head?

But the most dangerous is the last centre which manifests the pelvic plexus and is the centre which also looks after sexual activity. This is the centre of innocence. Now when we indulge too much, arbitrarily into all kinds of nonsensical things, you see... There's nothing like private parts left; nothing like private parts. And when it gets spoiled you get so many varieties of diseases, and basically so horrible; starting with AIDS and these muscular disabilities. All diseases of muscular disabilities come from that. Also you develop these horrible secret diseases like gonorrhoea and all that.

This centre is to be respected. We have to respect our chastity. If we do not have a sense of chastity, we are in for trouble. And when somebody says this, people don't like it. They think that it is being made into a taboo, and their freedom is curbed. But actually we become slaves of this. I mean, in India we never know anything about this till we are married, and we produce

children alright, much more than any one of you can do. (Laughter) Sometimes I think the way children are treated.... In England they say two children are killed in London city every week, killed by their parents. I think all of them want to be born in India, where even if they have ten children, they will love all of them; because we never have problems in producing children. While, you would be surprised, in England, in Germany, even in America, the white people have a negative growth rate. I don't know about Holland? Also Holland?

So we have gone wrong somewhere. We have to understand that these things are not joy giving. If it was nice to carry on with ten men or ten women then why is there jealousy? You should have enjoyed it. But it's not so. Husbands murder wives, wives murder husbands. All over these things happen. That means basically we don't like all this. So now we have to understand that we have to respect our innocence.

After Sahaja Yoga you will be surprised, your innocence will be awakened. Your eyes become innocent. You can see Sahaja Yogis how they are. We had recently about one thousand five hundred in Italy. They don't look at women or men. Nothing of the kind! Nobody has the fear that when he goes home his wife will run away with another. Nothing of the kind! There is no such insecurity anywhere - such pure relationships - and we have marriages, and we have children, no problem! There is no insecurity of any kind in Sahaja Yoga.

So this is what happens to you spontaneously, and you become a really righteous person, and you start enjoying your value system. Of course, I must say that India has other problems; economics, and politics... horrible, horrible. So if I say that this is the sin against the Mother - of indulgence into such pleasures which are destructive - then India has got the sin against the Father, because they feel so insecure. Politically, economically, it's a mess. They tell lies. I mean just see the way these false gurus are telling lies. I'm amazed.

I heard about T.M. being very successful here. It's very surprising. You see, such lies! After four or five years they all become recluses. The gentleman who was running their 'flying academy' in Runnock in Scotland came to me with his wife and his child, with his director. They all were suffering from epilepsy, of a serious type. Especially that lady, for three hours she used to be in that state. Luckily, in those days my husband was on tour, so I put them up in my own house. They all got cured and now they have gone to South Africa because they were South Africans; but they lost all their property, they lost all their money, and became bankrupt. The husband was a diamond merchant and the wife was the daughter of a duke.

And they told me about the lies. That the first time, when they joined, they were asked to take some mantra; and three mantras were used. And were told with a great... you see, you couldn't just sit like this... you had to go through seven rooms, and the guru was sitting at this height - the "giggly guru" he was called - he was four feet tall! And you had to pay in advance for that mantra. And the mantras were "inga", "pinga", "tinga"! (Laughter) There are no such Sanskrit words, and this guru doesn't know a word of Sanskrit himself. He speaks some sort of a, what you can call a rustic language. So "inga" means the scorpion bite, "pinga" means when a person gets possessed and goes round and round, and "tinga" means showing like this to someone. (Thumbs up sign)

For this they paid three hundred pounds; and then they had to go to Switzerland... I mean, people must use their brains. They should have asked some Indian. He would have laughed! Then they went down to Switzerland - six thousand pounds - to learn how to fly in the air. Why do people want to fly at three feet like that? Imagine the jam on the road! You can't, you cannot fly. It's all nonsense. Alright, they believed it; they wanted to fly - six thousand pounds!

And then they were asked to go in a hotel and stay there. And you'll be amazed, they paid six thousand pounds, and they were asked to drink the water of boiled potatoes for six days to become lighter in weight. (Laughter) Then, on the seventh day, they were given the rind of the potatoes, the skin. And then, on the last day, they were given potatoes to eat. Six thousand pounds! Then they were made to sit on some sort of foam and they started jumping, and so many broke their bottoms, really, and they have made a case against them. And they have paid - they have paid! In America!

All kinds of things there are; one better than the other I tell you. There's no end to these stupid people who came here and told all

kinds of lies. And you people believed them? And they said, "Mother, but he said he was Bhagwan³." So what? They are liars of the first waters. They can tell you lies. Because Dutch people never tell lies, that's why they think Indians cannot tell lies. You were all cheated and I feel ashamed of the whole thing. And to add to all this nonsense Mr Freud, Mr Sartre and all these nonsensical people were throwing their theories at you.

And the worst are the entrepreneurs. They introduce new ideas. Like in England, with that cold weather, people were wearing pants with holes in them, square holes. And I asked them, "Why do you wear these holy pants?" "This is the fashion." But in England it's so cold, I mean, you will get into trouble. Then the ladies had to wear something extremely tight, some new fashion, so they could not get into the buses. So they had to be pushed like this! (Laughter) Every time I come I find a new fashion of the hair, new fashion of the dress... because these entrepreneurs are working out their machines, and they want you to pay for it. That's all. So this is the Paris fashion, this is this fashion. Why should you take to all that nonsense? I am just telling you because we are not aware as to how these entrepreneurs are befooling us. There's no alternative left for us to be befooled, that's all, I think.

If you come to Sahaja Yoga, you develop that age old wisdom which is there stored up in your head. Because, when the Kundalini comes up here, she enlightens you completely. Then you understand how mad this world is, and then you realise how you can be benevolent to yourself, how you can bring benevolence to everybody else - because you get empowered. Permissiveness and abandonment are not freedom. Freedom is only possible when you are the Spirit. Freedom which has no wisdom in it cannot be freedom. But when you have your real freedom nothing can dominate you. No-one can cheat you. You know everyone very well.

Today I am sorry I didn't talk too much about Sahaja Yoga, but about how we have gone into wrong alleys - because we have to come to the centre.

So the attention is spread like this, like a cloth you can say, and when the Kundalini rises she pulls the attention into the centre. This attention becomes so active and so effective that even paying attention to somebody you can help them. The eyes become so innocent that even a glance from such a person can do many things. You just feel that you are the storehouse of peace, joy and wisdom. But you don't feel superior to others, but you feel concerned. Most of the Sahaja Yogis are asking me, "Mother, what is going to happen to this world? When are all of them going to get realisation?" It's your freedom that you should take your realisation. I cannot force it on you.

I would like you to ask me some questions again today for a short time, remembering that I have not come here to take away anything from you, but I am going to give you something that is your own - the key to that - which has been there all the time, in a sleeping state. So when you ask me questions, please ask me questions which are related to this subject.

Question: How do you know when your chakras are cured, when your chakras are complete?

Sri Mataji: Then you start getting a cool breeze in your hands and it starts flowing from your head, a lot of cool breeze; and you can get thoughtlessly aware; and you can give realisation to others; and you can cure people; and you are in joy. Joy is not unhappiness and happiness. It's not duality. It is joy to be experienced.

Question: What should we do with our sexual energy when we are not married?

Sri Mataji: One should marry, (Laughter and applause) that's why you have that energy, and marry nicely for ever.

Question: This man has had an amputation of his hand but he still feels this 'phantom pain.' How does this work?

Sri Mataji: We'll see that. You try Sahaja Yoga. What is this gentleman saying?

Question: I started with Sahaja Yoga three years ago but so far I have not had any particular experience, even though I meditate twice a day.

Sri Mataji: Where did you start?

Question: He started in Antwerp but he is not participating in the meetings.

Sri Mataji: You see, I told you it's a collective happening now. It's not like other, former types of saintliness where one individual was a saint. You have to be in the collective, like you are part and parcel of the whole. Supposing my nail is cut out, it will never grow, will it? If you live individually it won't work out.

And the feeling is so strong that I am very proud to tell you that twenty-five German Sahaja Yogis flew down to Russia to help the Russians. At their own expense, everything, they were there and I was amazed to see them there suddenly. So they said, "Mother, are we not supposed to do something for what our forefathers have done?" And such love between them, really, I mean, it's to be seen and to be enjoyed.

We have Muslims, we have Christians, we have all kinds of races, white, black, all kinds - there's no question of feeling that you are something different, because your Spirit is the collective being. It's the reflection of one God Almighty. And when you become that, not only that you are collectively conscious, but you become collective. Like if this hand has any pain, this other hand immediately goes to help; you don't have to tell this hand.

Question: Can you explain me more about sexual energy? (Some laughter)

Sri Mataji: What?

Question: How to deal with it.

Sri Mataji: First you get your realisation. In darkness you do not know how you are related to others. In the light you will know.

Question: Is Sahaja Yoga your own creation?

Sri Mataji: No, not at all my creation, I wouldn't say that. It's the most ancient thing, and even if you read the whole of Patanjali's Sat Yoga it's the ultimate aim.

Actually, we had three types of movements in spirituality in India, three types. One was on the right side where they were dealing with the Vedas; so just to enlighten the elements within us. But 'vida' also means to feel it on your central nervous system. And the very first words of the Vedas say that; by reading this, if you do not know the truth, it's better to close the book - if you do not seek the truth.

Then there is another one where they thought of devotion, of 'bhakti', praying to God. But without connection if you pray, how can God hear you? Krishna has also said it should be 'ananya bhakti', which means when we are connected. Without a connection we cannot telephone to God, that's the point.

Now the third was the central path, which was done by Nath Panthis, since long. Ultimately these two had to submerge into the third one of ascent.

Fourteen thousand years back Markandeya wrote about Kundalini, then also Adi Shankaracharya - everybody has talked about Kundalini. But the system was such that the tradition was to have one guru to one disciple only, one disciple. And it was all in the Sanskrit language. So only in the twelfth century one great saint, called Ganeshwara, wrote about it for the public in a local language. Then it started, like Kabira, like Nanaka, like Tukaram - all of them started talking about it to people. They were individuals, and they all suffered a lot.

Buddha also has said the same thing; Mahavira has said the same thing; Zen is the same thing; Tao is the same thing; Christ has said the same thing; Moses has said the same thing; Mohammed has said the same thing - they are all related to each other. Christ has said, "Those who are not against us are with us." Also this is the tree of life. In the Bible it is written, "I'll appear before you like tongues of flames." These chakras look like that. Mohammed Sahib has clearly said that at the time of 'kiyama', resurrection, your hands will speak and will give witness against you.

So they all have said the same; only we are fighting because we have blinkers.

Question: What is the relationship of prana to your system?

Sri Mataji: Prana is the right side and when it is enlightened it is called pranava. Prana is only right side. That's why I said Hatha Yoga is not suitable for you.

;; He is arguing that 'asanas' are the second stage in Patanjali's system Sri Mataji.

Sri Mataji: No, no, not at all. Yamenyema is one of the astangas. There are eight fold in Patanjali, out of which one is yamenyama. Out of niyama there is one fold which is exercises, asanas. And there are only ten asanas, he has written, ten. And they are all related to chakras. So only when the Kundalini rises, and she stops at some place due to a physical problem, we also use any one of these asanas. But it's a science, it's a science. But otherwise the way people are doing asanas, it's something like taking all kinds of medicines out of the medicine box without any discrimination.

With enlightenment this prana becomes pranava. But the whole of Patanjali's work is so big, out of which these exercises are so little, and the rest of it is nothing but Sahaja Yoga. (Sri Mataji laughs) He has talked of nirvichar samadhi, meaning thoughtless awareness; he has talked of nirvikalpa samadhi, which means doubtless awareness; everything - the stages which you have to pass. This all-pervading power is called Ritambhara PrAgnya, which creates the seasons. Ritambhara PrAgnya. "Pra" is for enlightenment, "gnya" is the knowledge, knowledge that is enlightened.

They say that a little knowledge is more dangerous than ignorance. But these are not the days of Patanjali. As we have grown outside, this knowledge has also grown deep. And if we do not have the knowledge of the roots, this big tree will fall over. So we have to have the knowledge of the roots.

Question: How do we get knowledge?

Sri Mataji: Just now we are going to work it out. You are a real seeker I can see that. You'll get it in no time. Alright, so let's have the knowledge now. He has already asked the right question to me, "What about the knowledge?"

Now, what's it? What is that gentleman asking? What is it?

Question: Is it destiny for each living creature to reach God's will?

Sri Mataji: It must be something like destiny. Otherwise in this place, Amsterdam, there are so many people, how is it that so few are here? While in Russia I have to always hire big stadiums. So it must be the destiny that they go to false gurus and finish off. It must be destiny. I can't explain it otherwise. You are destined to be realised so you are here. It must be your good deeds of the previous lives, "guru punyas" as they call it. Guru punyas.

Question: Is Sahaja Yoga the same as Kundalini Yoga, and if it is, can it be dangerous?

Sri Mataji: It is actually Kundalini Yoga; but in the so called 'Kundalini Yoga' there is no Kundalini awakening at all. It's hokus

pokus! (Laughter)

What is your question?

Question: If there is a catch do we focus only on that and how do we discriminate between which medicines to take?

That of course they will tell you. You will know yourself. It's not difficult. You will be amazed that this enlightenment is so great; I am myself amazed that, such a subtle knowledge, you know it in no time. I mean except some mad people who are really mad, that's different, but otherwise you know it in no time.

Question: Whatever happens, does it have to happen? Is it our destiny?

Sri Mataji: Yes, of course. (Laughter) You are here because your destiny has brought you here. What you think is not your destiny, but what it is is. What is he saying?

Question: And there is destiny?

Sri Mataji: That's it. (Laughter) Those who are not destined will not even stay for the programme. (Laughter) There are people who come all the way and just leave the hall before realisation because they are not destined. You can't help them.

Question: Sri Mataji, but what happens to these people? (Someone leaves - laughter.)

Sri Mataji: I don't know where they will be fitted in. I just don't know really. You see, my concern is with you people, the seekers.

Question: The Bible speaks about the apocalypse and that it should be horrible.

Sri Mataji: Yes, of course. It's all there. (Laughter) Very much so!

Question: Is this also destiny?

Sri Mataji: Of course it is. This is the resurrection time. But don't ask me about me, I'm not going to tell you.

Question: Why?

Sri Mataji: Why? Because Christ said he was the son of God, which was the truth, and people crucified him. I don't want to get crucified just now. (A lot of applause) You'd better find me out yourself. Through your Spirit you can find out about me. I'm not going to tell you anything about myself, because you can find out the absolute truth. So let us wait till you get your realisation.

Question: Christ didn't say who he was.

Sri Mataji: He did in a way. I mean he did say in a way. You see, he should have been more cautious as I am now. Because he didn't know people could be that horrible. He talked of his Father, he did everything, but people could not tolerate anyone saying that. Today also it is the same situation, where the thieves have become great, religious people; thieves, the mafia, this, that; while a real person is nothing. No saint, real saint, was spared; even in India they were tortured. We have to establish the emancipation of the whole world so we have to be careful. What is he saying?

Question: (Person arguing) Christ knew everything at the time he lived. (Some people ask this man to be quiet)

Sri Mataji: It's true, agreed. But today there is no Christ. I am sitting before you, all right, so don't avoid me now.

(Indicating another person) What was it that he wanted to know?

Question: Could you say something about the astral worlds Sri Mataji?

Sri Mataji: Oh that's all nonsense. (Laughter) You should go into the kingdom of God first of all and then know all these things, all right. This is all horrible stuff. You will know each and every thing. I am not saying that you will not know. You will know everything. But first you achieve your status, you achieve your protection. As you have to be a doctor first, then to operate.

Question: She has a guru and she asks if you know this man. His name is Da Free John, or Da Kalki he calls himself.

Sri Mataji: You see there is a saying; Guru Nanaka has said, "Guru wahi jo sahibamili hai." which means, "He is the guru who just gives you self realisation, to be in connection with God." The rest are not gurus.

(Some disagreement from the person asking the question)

See now, if you are satisfied with him you can go to him, but as far as I'm concerned, I don't think your guru is alright, to be very frank. She's catching so much on the left. Of course, there are real gurus no doubt, but they are not in the market. I am the only one who has ventured.

Question: Why has Sahaja Yoga not come earlier?

Sri Mataji: That's a question really. You see I had to find out a way, a method, by which I could give 'en masse' realisation. So with my own penetration I tried to understand human beings, their permutations and combinations. It only worked out in 1970, and I started Sahaja Yoga with one lady. One! Moreover, it's a living process. You can produce thousands of plastic flowers, but to produce real flowers you have to have time.

I came here in the year 1965 with my husband and I met one man who was very much interested in Sahaja Yoga, but when I told him he said, "Don't talk about it." Officially, I was here with my husband. People were not prepared also. I went to America before any one of these gurus had gone, but they didn't like me because I was not pampering their ego.

Question: Why do you think people need gurus?

Sri Mataji: There is no need at all. You have to be your own guru. You have to be your own guru, but of course you need guidance no doubt. Without enlightenment how can you be your guru?

Actually, I would say it was the advertising department of these gurus which has worked on the minds of people. Any advertisement, you see, really makes you absolutely surrendered to it. So they earn this money by befooling people and making big, big advertisements, then getting more people and more money, and making more advertisements, very huge big... they own newspapers, they have got big television channels and everything.

So if you can be befooled by advertisements, how can anybody help such people? We should not get enamoured by that. For example, whatever I have said also you shouldn't have blind faith. If you experience it - then. When you experience it, then as honest people you must know that this is the truth. Alright?

So now let us have it because I've spent about one hour answering your questions. I was going to spend ten minutes but it doesn't matter. Because you are intelligent people you must ask questions no doubt. But that proves beyond doubt that you are free people. You cannot ask any questions to these gurus. No questions are to be asked. Alright.

But asking questions, answering, - I am very good at, because now I have known all kinds. But this is mental acrobatics. This

doesn't give a guarantee for realisation. So if you want to have your realisation you must have it, and have a very strong desire to have your self realisation.

Self Realisation

Most of you have got it, most. One or two, or three, four haven't. It doesn't matter, you have to be honest.

I bow to all of you. You are all saints. Look after your growth.

There are some people who did not feel it. They shouldn't feel so bad. The Sahaja Yogis can work it out for them. They can come out and then Sahaja Yogis will work it out for them. In any way I would like to shake hands with all of you.

1 On chart of chakras

2 'Out' – out of balance

3 Bhagwan - God

1991-0804, Shri Buddha Puja: You must become desireless

View [online](#).

4 August 1991

You Must Become Desireless

Buddha Puja

Brielpoort Deinze, Deinze (Belgium)

Talk Language: English | Transcript (English) – Draft

Today, we have assembled here to do puja to Buddha.

As you know Buddha was a son of a king. And one day He was shocked to see a very poor man, thin man, walking on the street, very unhappy person, and He felt very sad about it. Then He saw one person who was very sick and about to die. Then He saw a man who was dead and people were carrying him to the cremation ground. This all upset Him very much and He started thinking about it and seeking what is the reason for all these happenings in human beings. Firstly, why do they become so miserable or sick, or, why do they die so miserably? The reason He found out in His search. He went round the whole world, I should say, in the sense: He read Upanishads, He read ... went to many gurus, went to many places of spiritual education, Benares, everywhere He went. And ultimately, He was sitting under a banyan tree when suddenly His kundalini was awakened by Adi Shakti and He got His realization.

Then He realized that the reason for all this is the desire.

In Sahaja Yoga, we have now understood that all other desires are not pure desires. Firstly, whatever desires are fulfilled, we are not satisfied by it, first thing. And secondly, all these desires have a repercussion.

So what is the pure desire? That, you all know, is the kundalini. Kundalini is the power of pure desire, which fulfils your pure desire to be the spirit, to be Buddha, to be enlightened. Buddha means a person who is enlightened.

So Gautama become... became Buddha, as you people now have become Sahaja yogis. But because He went through all these various penances, whatever He learned became part and parcel of Him, but in Sahaja Yoga it is all sahaj. So we always conclude everything that "This is, after all, sahaj." And when we try to work out anything, we always say, "Oh, it will work out spontaneously. It's all right, Mother will do for us everything." This is a common failing in Sahaja Yoga.

So whether to put you all through that long process or to give you realization was a question before Me. Because, in these days of confusion there cannot be much time to put you through all which Buddha had gone, and He was one individual, I had to put all of you. That would have been very difficult. I don't know how many would have sustained it. Most of them would have dropped out half way, or maybe quarter of the way.

So it was done in a sahaj manner. You did not have to sit in a banyan tree. Ultimately you got your realization. Your kundalini was awakened and you got your enlightenment.

But that enlightenment which settled in Buddha, is not settled in us because our chakras were not cleansed as He had cleansed His chakras. We had the same body, the same mind and the same attitude when we got realization.

As we were looking at the house of God, still we are looking at the house of God, but you have entered inside the house and you have to look out from the windows. This you forget. And though we are sitting now on a hilltop out of all the congestion and all the traffic, still you see a car, you get frightened. You don't know you are sitting on top of a hill where your Mother has put you nicely. And that is how you try to behave.

When I get reports about Sahaja yogis, I am quite amazed that they do not know that they are realized souls now. That's why Buddha talked of desirelessness. It's not possible before realization, even after realization I find it's difficult. Some sort of a subtle desire exists and where you have to work it out, you do not work it out, saying that "Our ego will be catching." So wherever it suits us we work that way, wherever it suits we work this way.

The solution of the whole thing is one which I have found out Myself, was this: that it's a collective happening. A person who is an individual can never get over his ego. Individualistic person cannot get over his ego. The one who lives individually, wants to enjoy everything individually, can never get over his ego because you have not gone through all that penances. Or else, if you are an individual then you better go through all these penances and then come back.

So the solution is to wash all our chakras, cleanse our life in the collective, and this is what was the solution of the problem of ego.

Formerly, everybody worked out individually. Like they had to go to Himalayas, take some guru, then the guru would throw him out. Then he would go to another guru, then work there, then he'll throw it out. Then next life he'll be born again; again he'll be thrown out. Ultimately, if one guru accepts, all right, very well. He's beaten up, he's tortured, he's treated every way, hanged upside-down. And then ultimately, if any guru gets nearer to any one individual, he would give him realization. This was the situation.

But in Sahaja Yoga, the door is open – anybody can come in, anybody. Get your realization. Because I have faith in collectivity, this collective life will definitely give you what Buddha got through His individual efforts. But there also we fail that we do not know how to be collective. Individualism is all the time around us. In every way we think of individuals. Wherever collectivity has worked, Sahaja Yoga has prospered; and wherever it has not worked, there has been a problem.

So it is very important that we should look at ourselves, and see for ourselves and see how much collective we are. Do you enjoy collectivity, or not? Are you aiming at collectivity, or not? As soon as I thought of this Cabella place you have seen, and I thought I'll make a little ashram there, near the river, for you. Immediately people said, "Mother is it all right if we buy our own houses here?" Immediately. Then what is the purpose? And then they will call Me, "Mother please come to my house for dinner. Please come to my little house for some tea." I'm not interested.

So in Sahaja Yoga, unless and until you really become collective in every sense, you cannot ascend and you cannot wash yourself, you cannot cleanse yourself. This point He did not say, but in a way He did say because He has said,

"Buddham sharanam gacchami." First I surrender myself to my Self-realization. Then He said,

"Dhammam sharanam gacchami " means the dharma in me, I myself surrender to that dharma. That is spirituality. And thirdly He said,

"Sangham sharanam gacchami." Sangha means collectivity, I surrender myself to the collectivity.

But He did not know how to give en-masse realization at that time. So He got hold of disciples who had to shave off their heads, whether you are a queen or a king; who had to wear only one cloth, whether you are a man or a woman; who had to have only one mat to sleep in a big hall. No husband and wife, no marriage, nothing. And they had to beg their food in the village and feed the guru and also they themselves had to eat that food, whether it was sufficient or not. That is not in Sahaja Yoga. Everything is enjoyable in Sahaja Yoga from the very beginning and you are supposed to be absolutely joyous people in Sahaja Yoga. That is there. But the joy of the collectivity – if you do not know how to enjoy, then you cannot ascend, because there's no other way out. What is the other penance? For some people even collectivity is a penance till they start enjoying it. And they are very troublesome; "This is not good," very critical. Some of them stay in the ashram and criticize everything all the time. "This is not good. I don't like this, I don't like that."

So here, in complete awareness, I mean you cannot be mesmerized. If you are mesmerized then you can live whatever way you like. But in complete awareness and full understanding we have to become collective.

This is one of the solutions for our cleansing. We can say like this: supposing My hands are dirty, so I go to one tap and I find there is one drop coming, so I can't wash. So I go to another place, there's no water. Third place I find there's nothing available.

Ultimately, I reach the place where I find some water. Then I wash Myself completely, because I know I can't find it anywhere else.

But in Sahaja Yoga, you are immersed in the water of collectivity. If you enjoy this collectivity and can swim in that, then there's no problem.

Buddha, as you know, is working on our right side, on our Agnya. Is very surprising, the Deity like Him, to work on the right side. First He said, for the right side, you should be detached, desireless. I mean, nobody would work if they have no desire and if they have no way of earning something out of it, I mean, in the normal sense.

But desirelessly you have to work. Then only the right side can be conquered – very symbolic. Normally the right-sided people are extremely thin, but Buddha is very fat. Normally the right-sided people are extremely serious, very serious, even if you tickle them they won't laugh. But Buddha is laughing all the time with His both His hands like this, enjoying Himself. See the contrast.

So when you are working without any desire, only then, this state can be achieved that you'll be all the time laughing. But those who feel that "we are doing this work" with certain desire ... I mean, some are very low-level people, want to make money, some, this, that, nonsense – that goes on. But it becomes even subtler and subtler and subtler. As you become subtler, the desires start becoming subtler and subtler and subtler. And if you are not careful, it just comes up.

So He's the one who is on the right side placed, going to the left side. He's the one who has said that "You have to be desireless," on the right side. What a contrast. Specially in the West, I've seen people do little bit "Huh." What have they done? "I lifted that spoon."

And with the spoon they sit down. And they are surprised to see Me that I'm not tired. But I don't do anything. I mean, I have no desires. Actually I never do anything; I'm just Nishkriya, I'm just doing nothing.

So, when you become that instrument, surrendered instrument, when you know you are not doing anything whatsoever, then on the right side you achieve mastery. How you achieve mastery? You don't do anything, all right? You go to any shop and you get a jackpot, without doing anything. You do not desire anything and suddenly you find, which you have never even thought of is before you, there, sits there, available for you, just have it.

So, with the desire to achieve something, when you work out, it also has a reaction. Every action has a reaction. But action without desire cannot have reaction because there's no desire already.

Supposing, supposing, I get lost somewhere on the way. So I never feel upset about it because, maybe I have to be there. Supposing I want to, sort of, I have to buy some, say like a castle, take it like that. So people get... I have to buy you see, that's different than desiring. I mean, it also came in My neck suddenly, I just said that "I have to live in Italy, so must buy a house," they showed Me a castle, and this turned out to be no good. All right, doesn't matter.

Then the second one, everybody got attached. "You must buy this, at any cost." this thing. I somehow didn't like the place very much, but I said, "All right, let their desire be fulfilled."

It so happened that they were all uprooted and they had to buy another one, which they didn't want to buy. And I was very happy about it because I didn't desire anything, and it turned out to be the best. The reason is, whatever is best happens to Me. So whatever happens to Me, I know is the best, is all for My good, is for the good of Sahaja Yoga.

Now anybody criticizes Sahaja Yoga, it's very, very good, excellent. Like in India, first of all, there was one magazine where Rajneesh used someone to speak against Me. But that lady had stolen some of My photographs and had given the photographs as well, and everybody in My family was so angry, My brothers, My husband, they wanted to sue the paper. I said, "I don't like this idea of suing the paper or anything."

So, when we had the first program in Delhi, it was so overcrowded that I could not even take My car inside. So I had to ... I mean, the outside also was filled, and they had to put loudspeakers outside the hall.

And I asked the people how is it they are here? They said, "We saw your photographs in the Illustrated Weekly and we were so much impressed."

They never read anything, not a word, and they were all there. One of them is Harsh and so many of them have come from there, just seeing the photograph. So if she had stolen the photograph it was for our good, and it ... I mean, normally we would have paid lot of money to publish something – without paying any money it was there. And then these people, you see, My family people, they saw that this magazine was closed for six months and they had to go into a terrible loss. I didn't desire that either.

When you're desireless you are happy because you are never disappointed, you are never nervous. So to be desireless doesn't mean that you become something absurd or ascetic or anything like that, but not to expect something. "If I do like this then this will happen. If I do like this that will..." Not to worry, do what you want to do. One thing you should know that nothing bad can happen to you, and if something bad is happening, that something wrong with you.

I'll tell you another thing. This time, first time, I fell down a little bit, little bit, not much. So they said, "You can't go out of the house at all. You cannot move out because it's raining and you'll develop arthritis." I can never develop anything like that, but doesn't matter.

So I was made to stay in the house and I wrote this book in that.

It was nice I fell down. Otherwise they would have said, "Come here, come." All My family was there for a holiday. Thank God. I got these four-five days, I wrote this book.

So make the best of all disappointments. If there is a disappointment, just smile at it and know for ... it is for your good, to discover something new, to find out something better. But the conditioning is so strong. That's why I say, "Be in the collective."

Now for example, we have Indians, we have got French, we have this, that and all that. All their conditions are around them, still. For Indians, must have Indian food wherever they go. It's a very difficult situation. That way you people are better, you eat every sort of ... even you eat wretched Indian food. I don't like very much Indian food Myself; it's not very nourishing. It's more tasty but not nourishing. But you don't mind eating any food whatsoever, that's a good thing about you, but your desires are another, little different, which you know very well, I need not tell you. Like, I told ladies not to carry too many cosmetics and heavy things with them, but whenever they come the men break their hands picking up their big, big suitcases.

Now, I'm not saying that should walk about in a manner that is not so decent, but for that, keep to minimum.

Or else, there is a competition with a leader, always, somebody will be there. But in the West what I find, not so much for food but for house, even in India, if you marry an Indian wife she'll try – or a Greek, Greek wife also will try to keep the husband to herself, is a common thing, I've seen it. They're something like Indians and they'll spoil the ascent of the husband and theirs also. Is a

fact. And very dominating. Indian women won't be dominating but they will try to control the husband, to have another house of their own. But they don't know... Indians don't know collectivity, they are very individualistic.

Now with Sahaja Yoga, of course, they are learning gradually how to be one with others. Moreover, culturally some people are different so they stick onto their own culture. Of course, whatever is good in any culture should be taken, because whatever is universal culture is in Sahaja Yoga.

But so many things there are where we just falter because of our conditionings. And that's why, at the same time, we had another great incarnation of Mahavira, who's pointed out what are the punishments for people who indulge into their conditionings. I mean, horrible things He has talked about. What will happen to people if they have their conditioning, where will they end up, what will be their situation, what kind of hell they will get, this has been described. Horrible things. Of course I'm not going to tell about that today.

But common thing about Him and all His contemporary: like Buddha, Kabira and all these people, was one thing common which came that they – not Kabira so much as Buddha – that it's better not even to talk about God but to talk about abstract, about formless. Because the worst conditioning in those days was that once they started worshipping any deity or anything, they became complete slaves of that.

Like Mohammed Sahib also said ... He talked of nirakar. But these two went even beyond that and they talked, "There's no God, better not talk of God just now, better get your Self-realization." I did the same in the beginning. I said, "Get your Self-realization." Because anybody can start, "I am God." So they never talked about God, not at all, and they all the time said that "There is no God but it is your Self." They tabooed actually – they're called as Nirishwaras, Nirishwarwad did not believe - both of them did not believe in God, but in Self-realization.

They knew that I had to come and tell you about it. So Buddha has talked about the future Buddha, which is Maitreya. Ma is Mother, who is in three forms: Mahakali, Mahalakshmi, Mahasaraswati. Any Buddhist, if you ask him to ask the question of Maitreya, he gets his realization just then. So He talked of Maitreya because He knew that when Maitreya will come, She will have to tell people about Ishwara. According to them, the people had not that ... reached that stage that you could tell them about Ishwara. So they said there is no God just to accentuate Self-realization, AtmAgnyan, knowledge about your self, Self-realization.

And early Buddhists, I'm told ... of course they were bhikshukas, they were ascetics, but they had the experience of the cool breeze of the Holy Ghost, just like the Gnostics I think, but they were very few. They were not as many as you are, but quality-wise they were very high because all of them had come through that terrible penances. So quality-wise they were very high and because the difference between them and others, the quality-wise, was so much that they could not impress the others and so just it died out, I should say.

But still we had Zen, where Vidditama, is another disciple of Christ went down... of Buddha, went down and Tao. These two are the ones which are expressing Buddha's ideals about Sahaja Yoga. Tao is nothing but Sahaja Yoga. Tao means how, how it works out, and Zen system, Zen means dhyana. So they also believed in raising the kundalini. They did not hit, at that time, anybody's spinal chord, but later on they started hitting people's spinal chord with some stick to put them into dhyana.

So Tao and Zen both are offshoots of the same Buddhism, in the real sense of the word I should say, of their ascent without talking about Ishwara, about God, but aims were the same, to become Buddha, but they also died out. I met the head of the Zen who came to Me for curing. I asked him, I said, "How is it you are the leader, you are not even a kashayapa?" Kashayapa is the one who is a realized soul. So He told Me, confessed to Me they had only twenty-six Kashayapas throughout and only after the sixth century it started, and very few were there and it has died out. That means how lucky you are that you are all realized souls.

So for our banyan tree – is the collectivity. We have to make ourselves subtler beings, to be one with the collective, and that is very enjoyable, very beautiful. Those who cannot do it, cannot progress in Sahaja Yoga, they are problematic and they create problems and they trouble everyone. Their attention is bad and no one knows how they stand.

So Buddha's message is, of course, is not to develop ego. But how do you do that? First of all, whatever you are doing you have to say, "I am not doing it. It's Mother who is doing it" or "God who is doing it, I am not doing anything." But if you feel that you are doing something for Sahaja Yoga, it's better you stop doing it. But you should say, "No, it came my way. I just ... I didn't do anything. I was just there. That's all." Then you have achieved a great deal.

And the second thing is of desire, even desire of anything, of smallest thing or the biggest thing or even loving your children, loving your wife, this "my, mine" all those things; all these desires, if they are not fulfilled you feel frustrated, then you must know that there's something wrong with you. But, if you understand the sense of collectivity, then you can ascend very fast.

I would say Indians are extremely religious, disciplined people, in a way, but they are lacking in collectivity. If they could come up to collectivity, they can shoot off.

The only nation which I have found very good, is Russia. Because of Communism they are collective and desireless, because all their desires were fulfilled by Communistic ideas, they didn't have any choices left, and also they were collective. In a way Communism has suited the public not the government. While the other way round – democracy has suited the government to make money but the public has suffered.

So we are people who have not been able to know about collectivity. So I would say the collectivity develops faster in the West, no doubt, much faster, but desireless, desirelessness is less. So it's like somebody has the teeth and somebody has the food, sort of a thing. If we can see ourselves as we are and try to understand that either we have this problem or that problem. If you could just somehow or other neutralize this one-sided problem, you could be there, because if you solve one you can go to another, from there to there. But just to stand in the center and see for yourself, "What are my desires?" Count them one by one. I mean if I have to think, "What is My desire," I become thoughtless, really, My position is horrible. If I have to think, "What should I desire now," I become thoughtless. I was ... sometimes I said, "I will develop some ego." I don't know from where to start. Must have some ego, after all everybody has, so why not Me? I don't know how to start it.

Then, we also have these conditionings of developing this horrible thing called guilt. I mean this I, it's another ... at the time of Buddha nobody had this problem, I think. This is a modern technique, to feel guilty; some sort of a modernism in it because I don't know how it is worked out. And this modernism of this horrible thing called "guilty" is something really has come to My lot to clear out, not at the time of Buddha, He never had this. Otherwise He would have paved way for Me, but that He did not. He has left it to Me to clear out your Left Vishuddhis and Mine also, all the time hurting Me here. So this horrible thing – specially Western mind, Indians don't have guilt, nothing – but this has to be overcome.

As you know that Buddha and Mahavira both support the center of Agnya. So if you have to have a very clear-cut Agnya chakra then on one side you should be desireless, you should forgive, "kshum." Kshum is the bija mantra, is to forgive; bija mantra of right side. Kshum, I forgive.

And the left side is "hum." Like the left sided person always feels, "Oh, I'm no good." This he has to say, "No, I'm good." "Hum," "I am." So hum and kshum: these are two bija mantras, which we have to say. Of course, if you say they will act because, after all, now your pranas have become pranavas, your breath has become enlightened, but rather weak I should say, but doesn't matter.

Your mantras can act. You must use these two bija mantras to clear out your Agnyas. But Mahavira has a solution for this that after realization if you catch your Agnya, you get a terrible headache. That's Mahavira's style. You do anything wrong, you get punishment; you indulge into anything, you are punished; you go against Sahaja Yoga, you are punished. I'm not doing anything, it's Mahavira, simultaneously working. If you try to be overly smart, you are outsmarted.

So these two forces are working from the right, left, left to right. If you overdo right, then the left hits you hard. If you overdo left, then the right hits you hard. Both of them are like, really like, double-pronged attacks. One is, says, "Don't have desire." All right,

you have desire – punished, this side.

Like, some people say, "I must have children, I must have children." You give them the children, they say, "Mother, why this horrible child you have given me; he's such a horrible thing." Then somebody says, "Mother, give me a lady from, say, Maharashtra." Recently there was a case like that. She was bothering too much, "Mother, give me one lady from Maharashtra." And a real special style came to punish. They said, "No more from Maharashtra," and she was really... I've never heard of such a woman in Maharashtra. Horrible. Because she was insisting on it, so she had it, and she says, "No more from Maharashtra; baarpre baap."

"No, no," I said, "everybody is excellent. This was an exceptional case, came just to punish you."

So, to have any desires ... if you cross a certain limit you are punished, and that is done by Mahavira. In a small way or a big way. Like, there was a little boy who came to London, very bombastic, and he wanted to buy something for himself. I took him to an ordinary shop and there was a very nice coat, full wool and all that. He wouldn't buy. "I want to go to a big shop." I said, "All right." So, I said, "I'm not coming." I sent His father. And he came back with an artificial coat from that shop without knowing that it was artificial, because he wouldn't take something from an ordinary shop. So in the big shop, very nicely, big price they gave and this they got.

Every minute Sahaja yogis must know that there is a Mahavira sitting round. Also, Buddha is there who gives you an indication that "Don't do this. Do not desire so much." He puts limitations to you; but if you don't listen, then all right, Mahavira is there to correct you. Up to a point He goes, then you get headaches, then you say, "Mother, why did I get headaches?" You asked for it. It's such an automatic machinery that we have to be very careful as Sahaja yogis.

So, today's understanding should be that we all should become collective from inside. We should not grudge or grumble about everything and enjoy the collectivity.

But the second side of collectivity is this, that, do not try to exploit the collectivity otherwise you'll be in trouble. Like, I've seen some people don't know how to use their bathrooms. When you are collective you have to be respecting the collectivity of others. By your presence another person should not, by any chance, suffer, or should not feel in any way insulted or inconvenienced. So when you are in the collective it should be such that another person should enjoy your company, enjoy your being there. That is something where there is no problem. But if you are demanding, and if you are asking for things and you think no end of yourself, you can not at all collective, by any chance, but you'll suffer for that, automatically you will suffer. If this is realized and understood properly, your Agnya is solved.

Like anger. There are people always boast, "I'm very angry with him." Boast. But just make that anger into forgiveness and you will see the person, instead of you getting into problems, he will get into problems. Anger will upset you, but forgiveness will upset him, automatically. It's the biggest weapon you have got – is to forgive. And this is shown in Buddha's character throughout.

And this will give you self-respect that you are not disturbed by anything, you see. Like a ship has to be seaworthy. If you put the ship on the sea and if it breaks, what's the use of making a ship? What's the use of a Sahaja yogi who gets disturbed at every moment? You have to be seaworthy, and if you are seaworthy nothing can disturb you. All right. The elephant is walking and the dogs are barking – all right, let them bark. What does it matter? The elephant looks this side, like that, sometimes takes some water and blesses them with water. "All right. Quieten down; so that your head will be cooled down." That will give you self-esteem and you will know what you are – much higher than others. And this is what is ... how to get rid of your ego, which is a very, very big problem according to you people. "Mother, how to get rid of ego?" Ego can be said, "You go." When this I-ness goes away, the Self rises. What is there to feel hurt? What is there to feel bad? What is there to hurt others?

Han [Hindi meaning 'yes'] all right, you are cheated, very good; at least you have not cheated anyone, be happy about it.

But once you are without ego means you have surrendered yourself, no one can cheat you. Can you understand that? No one can cheat you because there is some higher force, which is looking after you. This is the way we should understand Buddha. This is ... we should know our Buddha qualities. This is how our ego can be dissolved.

When you say, "Mother, we surrender to You," That just means that you give that horrible ego a complete holiday, it means that. That is how this ego disappears. I think all your, your... just now, your Agnyas are opened out, most of you, somehow. And then you'll laugh at everything; you'll make fun of yourself; just enjoy everything.

May God bless you.

1991-0805, Talk to Sahaja Yogis

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5 August 1991

Talk to Sahaja Yogis

Vienna International Airport, Vienna (Austria)

Talk Language: English | Transcript (English) - Reviewed

Talk to Sahaja Yogis, Vienna, Austria, 1991-08-05

Shri Mataji: It was really very, very nice of all of you to come to the airport. And all the sadness that I had when I left Belgium has disappeared. It is a very creditable thing that Sahaja Yoga has taken such dimensions in Vienna.

Vienna is a very great, important place in Europe, as you know, a long time back. But Marie Antoinette moved here from Prussia with her [unclear] and her administrative powers. For Me also, Vienna is something very important. And spiritually, we can say it is the spiritual part of Germany. And the great sense about it is that if Germans can take to it, anything can be germinated as they say.

And that's what it is, such a great thing to see. Such a blessing upon this Earth that you people have taken to Sahaja Yoga. It is not an easy thing to tell you - Sahaja Yoga, normally. People who are so much in the modern world, professing [unclear] and so-called well educated and that is how [unclear]. In [unclear] I should say.

But despite all that, here suddenly you find so many people who have not only understood Sahaja Yoga, but it's gone to their hearts, their lives and they feel it is so important. Also, you have all taken the responsibility. Because it is now spreading through you to Hungary, and also to Czechoslovakia. Something so remarkable that you have been able to achieve. This kind of [unclear] that you feel that you have to help others to come out of the mire of illusion.

But I think that it is destiny. Because there are so many countries where I have heard, where I have been. But in Austria, the way I have seen people so very deep, expressing their [unclear] is very astonishing and remarkable.

When Gregoire was posted here, he told Me, "Mother, I am so lonely. There is no Sahaja Yogi here". And then, how we prospered. It is just destiny only, I think so - and also your purvapunya. Goodness of your past lives. That you are here and that Austria has been [unclear]. So many numbers. Not only in quantity, but also in quality. Whatever may be the reasons, whatever may be the circumstances, it is very surprising. I am sure all the gods in the heavens must be showering flowers upon you.

To see how you people have taken to this subtle life. Also to understand the inner being, its working, its manifestation, its effects - it is not an easy thing at all. But the enlightenment is so good that you people [unclear]. Only I have to say is that we had to have this happen. But this was proof(?) until - but the collectivity becomes much better. You all joined on your own to resist this kind of nonsense. And then one wonders, how can it be a person who has seen all the miracles, who has [unclear] all the miracles, who has got transformation, everything, from what to what, just slipped.

I think, hidden somewhere are these conditionings and hankerings which just overpower, like a negative force. And people get lost. They forget what they achieved, what they have got, incidentally. The other day I was talking at Buddha puja, that, at the time of Buddha, how much people had to sacrifice. That, if they were kings, anything, they had to give all their kingdoms, all their wealth, everything into the collective. And they had to wear only one cloth with [unclear], tied up to here. And they had to sleep on mats. And the food was all boiled. It was brought from the villages. It was all cooked and then everybody ate. Whether it was sufficient or not.

Now, they, all of them came from very rich families. You know, [unclear], all these people. Ashoka. Such kings and queens and all

of them decided. And how much they had to sacrifice. First of all, all hair and everything had to be shaved. You had to give up your husbands, your wives, your children [unclear]. It was even worse than the nuns and priests that you have. That was all for cleansing.

I have told in this lecture that Sahaja Yoga has another very beautiful way of cleansing you without going into all these. Very simple. That is collectivity. Collectivity, like the ocean, clears you out. And this is so simple. So easy. You enjoy the collectivity. Once you start enjoying the collectivity, you don't have to worry about "give up this, give up that". Automatically it starts happening. As if you get dissolved into the ocean of collectivity. So all these austerities which you don't have to do. And it has worked out in such a normal way. And you enjoy your collectivity.

Once in Guru Puja, there was only one tent. And I said, "There is one big castle for you over there. You can go there and stay there". Nobody would budge out. Not one single person went there. [unclear]. But nobody would. I could not understand. But they were saying, "Mother we were enjoying here. Why should we go there? We are enjoying each other. We are enjoying this climate, the rain, the weather is so beautiful. Why should we go there?"

I said, "For convenience. After all, these are small children". "No, no, it is all right". And the children wouldn't go either. So it was not the atmosphere. It was the [unclear], that we are all together. Of each other. And for three days, nobody went. It was not a comfortable place from the body point of view. But I think you lost consciousness of your body. Just enjoy the Spirit that lies within you.

At first, I thought it was very formal, but later I found out - it was your desire. It was very, very surprising for Me. I had kept that castle for three days for you. We made all the arrangements in the castle. Nobody would go there.

So, I think that we have not learned to enjoy our Spirit and our collectivity. And collectivity is where you feel that also those countries which could not somehow or other get to Sahaja Yoga, must go and give them the blessing. Such a new thing. I mean, people used to go to other countries just to invade them, possess them, rule them - as we had for three hundred years. I mean, generally, I would say, it was the intention.

But to love them. And to give them the message of love. To redeem, talk about the Truth, was never heard of. Never heard of it. And in that [unclear/midst of Cabella], when you all came up here, they wanted that they should also have a program. Cabella. Then they came. And I asked them, the mayor, "Why do you want to have a program?". And she said, "Mother, we have never seen such a group of people. They are all saints". "How can you make out they are saints?". "They did not quarrel, they did not fight, anything of that kind. They are so quiet, so silent. So beautiful, so loving. "How have you made them?"

I said, "They are like that. They were like that. Just they touched themselves. That is all". "We also want to touch ourselves. [unclear]". "All right. Come along". And at least seventy-five percent got realization. Old people did not get by, but I think they will. And then what happened - I must tell this story.

Peter heard about it because there was a lot of [unclear]. And the Vatican said they had a newspaper, some sort of a very bad, scandalous one, which had published this report of the French. No other newspaper had published; would not accept it. So the mayor came out with it and said, "See now, they have published all this". He belonged to the Christian Democratic Party and all that. He said, "The church has said, so I am out". But Javier gave him the latest news about [unclear].

[No sounds of talking/ from 16:10 to 18:50].

Shri Mataji: [unclear]. And the man who murdered Mr Carli(?) was a mafia man. And that man was paid by the Vatican. He confessed it. So he took him aside and showed him. "About the Vatican, this has appeared. So what?". The newspaper would not believe that man. And the Vatican did not know what to say to him.

But this courage for the mayor also comes from the truth that he knows about Sahaja Yoga. And we thought we would never

have any pujas there. But he said, "[unclear/this is our house]. You can have all the pujas there". And he was so victorious and so happy about it and proud of himself.

Though I did not meet him. Javier was upset. But he was not. He said, "What can I do?". So this how, your behavior, your love, your understanding of each other, and enjoyment of each other convinced him that this is how, another race, coming from the moon. They don't look like normal human beings.

So this is what it is. Our behavior. Even you may be peaceful within. Even, you may be of a very high quality. But your behavior outside is very convincing. And people are amazed how so many people can love happily together. I am Myself amazed. Somehow or other, someone who is not in the collective, who is not worthy of the collective is just thrown away. The whole thing gets decided in no time. Is just thrown away. You don't have to worry. It's just like a mechanism which works. Automatically. I mean, it's like a machinery, I sometimes feel. That all that is not all right with it goes away. Useless people. That's what is so obvious now. And is working out in such a beautiful manner.

I am happy we are meeting like this because I never get a chance to talk to the Sahaja Yogis. Mostly in the program, disappear. And the ashram is a very small place where everybody cannot fit. But I must see if you have any questions. Better ask. Everybody ask Me questions.

Sahaja Yogini: What is the best time for meditation and why? What is the connection between the time of meditation and the activity of the deities? I mean, why at 4 in the morning?

Shri Mataji: You see, when you are getting up from your bed, actually what is happening is that you, your attention is coming out. And from the subconscious to the conscious and then, you become fully conscious. But as the sun starts rising, the right side starts working within. So the mind immediately starts getting involved with the problems of the right side.

So that is the time we call, between the nighttime thoughts and the morningtime thoughts. It is called vilamba in Sanskrit. It is the time of pause, where your mind has finished with the nighttime thoughts. And the morning time thoughts are not yet started. And deities are more alert because they know, at this time, all the Sahaja Yogis are meditating.

I may skip at four o'clock a night but I am up at five. Every day. Because by that time evening hangovers are over and the morning problems have not yet started. The pause. And the best meditation you should practice is as soon as you get up, you should go and have a shower. And sit down. It is easy to achieve thoughtless awareness at that time than at any other time. That's why it is deeper meditation also.

I think in Sahaja Yoga, that is the only, there is no compulsion. You can get up at twelve o'clock; have your meditation at twelve. There is no compulsion. There is no compulsion at all. The dawn is coming. And nature is awakening to welcome the dawn. It is neither hot nor cold. And the dew starts dropping on them. Fresh flowers are only found in the morning. Because that is the time when there is no bombardment from outside.

Even children normally get up in the morning. Normally. But when we grow up, I have seen that in the Western countries especially - people have developed a habit of sleeping late and getting up late. But if you start getting up early in the morning or at least you start forcing yourself, you can manage it. If you sleep early; what is the use of keeping awake? But say, it is musical night or something. Or My puja.

I slept in the plane very well. But in the morning time, I am up. Wherever I may be. Not necessary that four o'clock here maybe four o'clock in India. But wherever I am, in the morning time I just get up. Because I find it so fragrant. And in India also mostly - I mean, nowadays people have also become Westernised - but formerly, at five o'clock, everyone would take their bath. One of the reasons for their health is that they get up very early and take their bath.

And you must have seen Indians, when you were in Ganpatipule. You never see them going for a bath and a towel around them.

And you will feel much more fresh. Of course, there is no compulsion for meditation; you can do it when you feel like it, whenever you like. There is no time fixed for meditation. But if you ask Me, I would say, this would be a better time.

Also, suppose you get up at about nine o'clock. Then, you will not even have time to brush your teeth. You are in a hurry, now you have to go, you have to attend to your work. You are in a rush. These ideas start coming to your head. But that is the better time. That is the time, you can say.

Supposing now you go to your work at eight o'clock, say. You get up at seven. To be ready between seven and eight. But suppose you get up at five. Have your bath immediately. And then you got an hour, nicely. That time, you need not think or plan about anything. As it is, you know we are very sensitive about timings [unclear] our watches.

If you have to tell somebody you have to go to the airport, even after Sahaja Yoga, people start [unclear]. I don't know what goes wrong with them. Name of airport. And they become nervous. I travel so much; I have never missed a plane, except for one. And that was [UNCLEAR/had to buy so much?]. [unclear]. I didn't go. But I am surprised, as soon as you have to go to the airport, the whole thing becomes so [unclear] and all.

Also before you dive into the next day, because you are much more fresh in the morning. You meditate, then you are cleansed. It's like a bath. Because now the inner growth has to start. You see the nature. In the morning only, it is the best. Everywhere you go you have to see the beauty of the mountain. The Matterhorn. You think of Matterhorn because it is so beautiful only in the morning.

You will be surprised; it will change your system so well. You can cope with so many things. Because that's the time and you achieve that. [unclear]. I mean in Sahaja Yoga, nothing is compulsory. It's your own path. Especially for Germans I must say, it must be the easiest. They are so disciplined themselves. Your liver problems can be improved by that very much. Skin problems can be improved very much. Because at that time there is no emergency of anything. Because of an emergency only you develop all those problems. If people start getting up in the morning, as it is, I think blood cancer [unclear]. And in the morning, you know very well that all vampires and all those people, they disappear. As soon as they see the sun is rising, they are gone. They do not like the sun [unclear].

So when the sun is on top of your head, then you are on the right side. In the middle of the night, you are toward the left. In the morning is the time where these do not exist. Also in the evening. But in the evening you have more things. So between the two extremes, you have to find out the middle path. As you know, we have to be in the center. And for time in the center, one is in the morning and one is in the evening. It is a very nice question. [unclear].

[Unclear], Indian grocery stores. They always start early in the morning. They start with singing early in the morning. The ragas Bhairavi and all are morning ragas. All other ragas are for the evening. There are very few rags for the mid-day. To get out of the traffic jam of your thoughts, morning is the best time. People don't mind in the evening, but in the morning people mind, because [Unclear]. Any other question?

[A question about dangers of microwaved food].

Shri Mataji: See it is not dangerous but just to eat that food [unclear]. See within we have electric currents. So we are not far from electricity. [unclear]. But the complication is not with the food, it is much earlier. Because here the food is so complicated. So at that level, I do not think it is as dangerous, as at an earlier stage when the food is so much controlled and there is [unclear]. And it has to be a factory product sort of a thing. That is very complicated. And the manufacturing is also, the horrible fertilizers, this, that.

See, it all has repercussions, I feel. It is getting more and more complicated. But you can't have all entrepreneurs. I mean, for a small city like [UNCLCEAR].

Once upon a time, [unclear/Belgium], I was surprised there were only farmers producing [unclear], the thing called as a factory. They never had any factory. In '65. And I asked them, "How do you get on with these things like video and television? [unclear]. How do you get them in your homes? From where? How do you get these electricals?" He said, "Very simple". I said, "How?". He said, "When you sell twenty-five pounds of tulips to the Japanese, you get a video recorder. And you sell twenty-five bulbs and you get a television. So why should we make television and this, that? We just sell to the Japanese".

I said, "Why do the Japanese buy from you?" "Because they have no land. We have land. So why shouldn't we use our land and sell [unclear]?"

Sahaja Yogi: When Christ went to England, how did He go? Which route did He take?

Another Sahaja Yogi: To India?

Sahaja Yogi: To England. Which route did He take?

Shri Mataji: To England?

Sahaja Yogi: Yes. Did He go by ship?

Shri Mataji: [unclear]. It's not difficult for Him. He could walk over the water. So many things happened. You know that Moses built a bridge.

[unclear/A Sahaja Yogi asks a question].

Another Sahaja Yogi: There is an atomic power station in Bulgaria and there is a hole in it. She wants to know whether it is dangerous.

Shri Mataji: I believe so. But see, it is protected now. I know about it. See human beings go to another extreme, absolutely. There is no need to play so much with these material powers. The three [unclear], they have gone to the extreme of [unclear] power and power of hatred. Simple as that.

Sahaja Yogi: Would we find another energy like atomic energy that is not dangerous?

Shri Mataji: See this is all to be neutralized. This is all in the choice of human beings. If you want destruction you will have it. If you want resurrection, you will have it. But somehow those who are resurrected - if they are bent upon destroying themselves, what can you do?

Now see this Saddam Hussein, he has come out. Now some sort of a political game they are playing with Saddam Hussein. I mean it is so tremendous. American tactics are all [unclear], because of this, because of that - I just don't know. They say, because of fundamentalism [unclear].

But I find fundamentalism in France, very much. They are very [unclear]. Absolutely fundamentalist to the last one. Italy is also fundamentalist. For these last so many years, it is ruled by the Democratic Christian Party. All fundamentalists. England is very fundamentalist. They all [unclear], England is very corrupt [unclear].

Sahaja Yogi: Is it good for us to join the European community?

Shri Mataji: if you move out from Australia, you would be spreading Sahaja Yoga to Europe. You are very convincing people, I must say. Italians are good no doubt. They are good for their own ascent, for collective ascent. But for spreading Sahaja Yoga, I

must say Australians are the best. So you [unclear].

Sahaja Yogi: Shri Mataji, is it at the talk in Austria, Phillpe said that Vishwa Nirmal Dharma is the solution?

Shri Mataji: You all should desire. See, they said, if there are a thousand people, they are going to accept it as a religion or something. It seems in Austria - good. Germany is difficult but not Austrians. [unclear] who are in complete control of the Vatican. Complete. And the Vatican is one of the richest devil, I can say. [unclear]. ...from German Times?

Sahaja Yogi: Yes.

Shri Mataji: German? People have read it or not?

Sahaja Yogi: They have read it. Now they are publishing a segment, recently. They mailed it to all the households in Vienna I think. Just a payments list. If you pay it, they will send. So, I think they sent it free to reach more people.

Shri Mataji: Apart from the book, you see, in three days people will start becoming [unclear/I have been neglecting]. [I will?] see that something is done about it. I am really shocked - they are not only criminals; they are murderers, this and that. And against this Pope, so many things are there. This particular Pope. That he sent arms to Nicaragua, that he sent arms to [unclear]. He sent arms to Argentina. To help the Germans there. Can you imagine? Using God's name, openly.

In India, such an organization would never have functioned [unclear/I tell you]. [unclear] German. And still, people are not willing to believe anything. This Pope was definitely murdered, no doubt. Horrible people who [unclear]. We were shocked. It's more than the mafia. [unclear]. It's tremendous. But Italians I don't know how they stay. But I can't understand the Germans. And we are called as; we are blacklisted in Germany - that is why.

How can a church have a bank? Imagine Sahaja Yoga having a bank. [Laughter]. And that bank siphoning money from all the developing countries. Even our Indian money comes there. And then siphon it off to these banks in Zurich and Switzerland. They have facts, they have figures - everything. And a very good way is to create a bank in the name of God. Get money in the name of God and send it to these people in Switzerland.

I mean, you people should have taken it up. These things are of the mafia of the worst type. But that is, the mafia is a mafia. This is God's name.

Horrible things I have heard. See that [unclear] people told us that this place was a nunnery. And one of the monks broke and out of that, they saw a nun being completely buried standing there in the doors. Alive. Also, they said that in one of the nunneries, where the nuns were not allowed to go out. So it caught fire. And they came away to this place and they found groups of small, small children burnt there. Such unnatural, secretive life they were living. Nobody wants to probe and find out. What is going on behind.

Of course, in India also, we have such things. Not saying. But it is not organized, you see. Because the religion is not organized, on a small scale, such things pass away. There have been no improvements over the last two thousand years. And this French thing is also done by these Vatican, you know that. I think they are frightened because, this Fatima thing, they said, [unclear] mother is going to manage it and this is the resurrection time. So they are frightened, and they are after us.

But imagine, for one boy in France, four Germans went [unclear]. [unclear]. Can you imagine? Like a whirling ball. You must be drunk alright. Every school has a gate. And they published it all over the world. Even Rustom wrote to Me that he had seen it. You know why. They published it in Bangkok. And a lady who was a Sahaja Yogini - she was working in a French school - she lost her job. Can you imagine such things? While this boy was taken to the psychiatrist. And they say he is [unclear]. And he did not know anything about sex. So they all got frightened, and they explained to him everything very clearly. So that's the education he got.

Freud was anti-Christ. No doubt about it. So they are all following Freud. Such a conspiracy. If you go to India. From there you take a plane to Delhi. From Delhi by train. Then by taxi. These four people went there. So many boys come from India. Nobody does that. Germany, you had so many young people who came and stayed. Leave alone in India, so many children are sent at their age to schools. Can anybody enter into a school just like that? Without any permission, just like that.

Told lies after lies; they are such liars. This one woman is talking; she's a liar. I know she is a very big liar. Throughout she has been lying. I mean, how can they believe one woman? And they don't want to believe you all. Just want to believe one woman. Stupid thing. What is her credibility?

So that shows what a negative, formidable force we have. [unclear]. Don't you worry, we have [unclear/practitioners?] with us. Actually, I don't know. I gave a bandhan to the judge of the child. Was very adamant. Suddenly he's come on our side. And he is giving all the clues to us - "they will ask us this question, so please keep this answer ready and all". [unclear]. So don't you worry? It's a mafia basically, all mafias.

So [unclear], any questions you have, you can write to Me. You have to be happy that we are out of it.

Sahaja Yogis: Thank You very much, Mother. Thank You.

[End of recording].

1991-0805, How to understand the Absolute

View [online](#).

5 August 1991

How To Understand The Absolute

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1. CA-Tent, Vienna (Austria), 5 August 1991.

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 change it, it is beyond human awareness. That means, at human awareness we cannot know the absolute truth. This is the reason why we have different theories which go against each other and we fight. Absolute truth can only be known if you become a higher person. That you have to become the Spirit. This is the fundamental truth about you that you are not this body, not this mind, not this ego, nor your conditionings but you are the Spirit.

Unless and until you become absolute you cannot understand the absolute. This second truth is that there is a subtle All-pervading Power around us which does all living work. We see these beautiful flowers here, we see them, we take them for granted. They have come out of a small little seed differently. How it happens, we don't think. Look at our eyes, what a beautiful micro-camera it is, but we just take it for granted. We have also taken our evolution for granted, from amoeba stage to this human stage. Unless and until we human beings find out the truth through this evolutionary process of becoming the Spirit, none of our problems are going to be solved.

And it is very easy. Sahaja means "born with you". And Yoga means, is the union with this All-pervading Power. This is done through a residual power within us, as you can see here, in the triangular bone, of sacrum. This bone was called as "sacrum" by Greeks, meaning the Greeks knew it's a sacred bone. This instrument exists within us and is just waiting to be triggered. And when She rises She passes through six subtle centers, ultimately piercing through the fontanel bone area giving you the actualization of baptism.

It is the actualization, it is not some sort of a brand. And then your growth starts because there is Divinity within you. With this growth you are amazed that physically, mentally, emotionally all your problems are solved. Spiritually, people talk of many things but it is just talk, but is not reality. Unless and until you had the experience of this all-pervading power it is just a talk. And unless and until you are connected to this all-pervading power, your life has no meaning. Gradually, we are living like robots, without any joy, without any love. So, the first experience you get is that you become thoughtlessly aware, meaning you watch something, you just enjoy it but you don't think about it, don't react. And the second state is, we call it as "doubtless awareness". At this state you yourself develop the power to raise the Kundalini of others, curing others, and knowing about your centers, that is self-knowledge, and knowing about others' centers, which is collective consciousness. Thus, you enter into a new awareness. When the Kundalini pierces through your fontanel bone area you start feeling a cool breeze in your hand. These are gentle cool vibrations which are the cool breeze of the Holy Ghost, or this All-pervading Power. But when you get to this stage that you become the Spirit you become extremely peaceful. Like a wheel which is moving, and if your attention is on the wheel, on the periphery, then your mind is all the time moving. But if you jump on the axis of the wheel it is silent. So, you enter into the area of complete silence and from there you see everything as a drama, a play. Spontaneously all these things happen to you. You are already built in that way.

Today, I am sorry, the musicians arrived very late because they were stopped at the border and the whole thing has taken so much time. But it is all built-in within you as all these electrical bulbs are here. If you have to put on the light you have to just

press the button. But supposing I have to tell you all about these lights, and electricity invention, it's a headache. The best thing is first to get your enlightenment. For this enlightenment you cannot pay because it is the last break-through of your evolution. It is a living process. As you do not pay anything to the Mother Earth you cannot pay to Sahaja Yoga. When we sow the seed, there is built-in quality in the Mother Earth to sprout. And also, there is a built-in quality in the seed to sprout as well as in the Mother Earth. In the same way you have built-in this instrument which works out your spontaneous Self-realization.

So today, as we have done a little more time, so I would request you to ask Me some questions and tomorrow I'll tell you what is Self-realization and what is Self. You can ask Me some questions and I can answer them but I have to tell you that this is all mental acrobat. I am not come here to take anything from you but to give you what is your own. So please if you can ask Me a few questions and then we can have the session of Self-Realization, which will take hardly fifteen minutes.

Such great seekers of truth!

So, as you have no questions we could have the session of Self-Realization. First thing I have to tell you that it is a living process and nobody can be forced. If you have a pure honest desire to get your Self-Realization then it will work out spontaneously. Please have full confidence in yourself!

Now, there are three conditions before we start. First, as I said, you must have full confidence in yourself. The second is, you should not feel guilty at all about anything, whatever has happened in the past. Because we are all human beings, and if we have committed mistakes it's all right. You are not God. So, to feel guilty is absolutely of no use. On the contrary, if you feel guilty then the center on the left-hand side here catches very badly. And this is a very dangerous thing that happens. With this catch you develop a disease called angina, and also spondylitis, and also the left-side organs become lethargic. So, please forget the past at this moment, you have to be in the present! The third condition is very simple but people think it is difficult. The third condition is that you should forgive everyone without thinking about them individually. Many people say, "It is very difficult to forgive." Whether you forgive or don't forgive you don't do anything. Logically, you don't do anything. But if you don't forgive then you play into wrong hands and you torture yourself unnecessarily while the person who has troubled you is living happily. So, if you just say, "I forgive everyone in general", don't think of them, immediately you will feel very much lighter. So we must have respect for ourselves because we have no ideas to how glorious we are inside, that there is Divinity within all of us which has to manifest to give us joy, it's all waiting there. So please, forgive everyone - without thinking about them!

Now, we have to take out our shoes to take the help from Mother Earth. Put your both the feet away from each other as these are two powers. Left power is the power of desire, and the right one is the power of action. So, we have to put our left hand like this towards Me, symbolic that we desire to have Self-Realization. We have to use our right hand for nourishing our centers on the left hand side. First we put our right hand to our heart.

Aside: "Somebody should show."

First, I will show you, and then we will close our eyes. Here resides the Spirit. If you are the Spirit, in the light of the Spirit you become your guide. So you become your own master. So now, take down your right hand in the upper portion of your abdomen on the left hand side. This is the center of your mastery. Now, take your right hand in the lower portion of your abdomen on the left hand side. This is the center of pure knowledge. Then, you raise your right hand again in the upper portion of your abdomen. Then again on your heart. Now, between the corner of your neck and your shoulder and turn your head to your right fully. This is the center which I have told you goes out of order when you feel guilty.

So now, you have to raise your hand on your forehead across and put down your head as far as possible. This is the center where you have to forgive everyone in general. Now, please take your right hand on the backside of your head and push back your head. Here, without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask forgiveness from this all-pervading Divine power. Now, please stretch your palm fully and put the center of your palm on top of your head, on top of the fontanel bone area. Now, please put down your head as far as possible. Now, please push back your fingers, please do this, push back your fingers otherwise there won't be proper pressure. And now move your scalp seven times clock-wise, slowly. Push back

your fingers, put down your head!

That's all we have to do.

Now, remember you have to take out your shoes, put both the feet apart from each other. Please put left hand towards Me. And the right hand on your heart. You can take out your spectacles because now we have to close our eyes and unless and until I tell you you are not to open the eyes. Those who do not want to have their Self-realization must leave the hall because it is not civil to disturb others. Now, please close your eyes and don't open them till I tell you! With the hand on your heart you have to ask a very fundamental question to Me. You can call Me "Mother" or "Shri Mataji". So ask this question: "Mother, am I the Spirit?" Ask this three times.

If you are the Spirit you are your master.

Shri Mataji says to the translator: "Little loudly - loudly."

So now take your right hand in the upper portion of your abdomen on the left hand side. And here you have to ask another fundamental 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. So now take your right hand in the lower portion of your abdomen and here you ask for pure knowledge, because I cannot force on you. So please say six times because there are six petals: "Mother, please give me pure knowledge!" As soon as you ask for pure knowledge the Kundalini starts rising. So we have to open the higher centers with our full self-confidence. So, please raise your right hand in the upper portion of your abdomen on the left hand side and with full confidence say ten times: "Mother, I am my own Master!"

I've already told you that the fundamental truth about you is that you are the Spirit. You are not this body, you are not this mind, you are not this ego, these conditionings but you are pure Spirit. So now, raise your right hand on your heart and with full confidence say twelve times: "Mother, I am the Spirit."

This all-pervading power is the ocean of love and compassion. It is the ocean of absolute knowledge. But above all it is the ocean of forgiveness. So whatever wrong you may do, this ocean of forgiveness has the power to dissolve it. So, please forgive yourself and 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: "Mother, I am not guilty at all!", sixteen 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. So please forgive, because this center is extremely subtle, so please forgive everyone in general without thinking about them individually. Now, raise your right hand on your forehead and put it down. Put down your head as far as possible. Here you have to say from your heart, not how many times, with full confidence: "Mother, I forgive everyone!"

Now, take back your hand on the backside of your head and push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, just for your own satisfaction, you have to ask forgiveness from this all-pervading Divine power. So again say with your heart, not how many times, please say: "Oh Divine power, if I have done any mistakes knowingly or unknowingly, please forgive me!"

Now the last center is important, so you have to stretch your palm fully and put the center of your palm on the fontanel bone area. Now put down your head as far as possible. Now, push back your fingers, this is very important, push back your fingers and press your scalp. Here again, I cannot cross over your freedom and I cannot force Self-realization on you. You have to ask for it. So now, please move your right hand with a pressure on your scalp, move your scalp seven times clock-wise saying, seven times: "Mother, please give me my Self-realization!"

Shri Mataji Nirmala Devi is blowing into the microphone.

Please take down your hands and open your eyes. Put both the hands like this. Now, put down your head and see with your left hand if there's a cool or a hot breeze coming out of your fontanel bone area.

Shri Mataji says to the translator: "Loudly, loudly!"

But don't put the hand on your head but away from it and see for yourself, sometimes it comes very much far away. Now, put the left hand towards Me. Now again put down your head and see for yourself with the right hand. Now, again please put the right hand and see for yourself if there's a cool breeze or a hot breeze coming out of your head. If you have not forgiven then it will be hot breeze, so please forgive, even now. Now raise both your hands towards the sky like this and push back your head, and ask a question three times, anyone of these questions: "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 Paramachaitanya?" Ask anyone of these questions three times.

Now, please take down your hands. Please put your hands towards Me like this and watch Me without thinking. Now, those who felt cool breeze or hot breeze on their hands or fingertips or out of their fontanel bone please raise both your hands.

I bow to you all Saints, the whole of Austria will get one day Self-Realization if we move like this. Now, don't discuss it, don't argue it out, because it is beyond the mental side. Tomorrow I'll explain to you what is the Spirit and how we have problems of our centers. Please also telephone to your friends and tell them to come to get your Realization. Thank you very much!

(Audience applauding)

Those who did not feel cool vibrations should not get upset, tomorrow it will work out.

May God bless you all!

1991-0806, The power which achieves the state of Spirit

View [online](#).

6 August 1991

The Power Which Achieves The State Of Spirit

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Vienna (Austria), 6 August 1991.

Shri Mataji: May God bless you!

I bow to all the seekers of truth. I've told you yesterday that truth is what it is. We cannot conceptualize it, we cannot imagine it and we cannot know it with our human awareness. So we have to become a subtler being that we have to become the Spirit. Only when we become the Spirit then we will understand that this whole creation is looked after by a very subtle power of love of God Almighty.

So to become a subtler being, within us is placed a mechanism about which we told you yesterday. Today I want to tell you about this power which achieves the state of Spirit and about the Spirit. This power resides in the Sacrum, in the triangular bone. And is the reflection of the Holy Ghost. While the Spirit is the reflection of God Almighty in our heart, the Spirit is the one which is just watching, like God Almighty. And the Power of God Almighty, His power of desire is the Holy Ghost, is the Primordial Mother. They talk of Father, the God, Son, the God, and nothing about the mother. How can you have Father and Son and no Mother? But they avoid it, somehow, I don't know for what reason to talk of the Primordial Mother. But in all other scriptures there is a description of the Primordial Mother, like Athena. Atha in Sanskrit means the Primordial. But even if they did not mention Christ's Mother as a Goddess, still the people on their own, with their feeling and with their background of the Pagan religion called Her Madonna. But She was not called as Madonna in the Bible.

Now this Primordial Mother is expressed or is reflected as this Kundalini. And this Kundalini is your individual mother. And She knows each and everything about you. Many people have said that Kundalini-awakening can harm you. How can you think that Kundalini can harm you when She is your mother? When you were born your mother took over all the problems of your birth. She did not trouble you. In the same way, when this Kundalini is awakened She gives you this second birth without giving you any trouble. So, we have to understand that this Mother Earth cannot give us any trouble when She sprouts the seeds, in the same way this Mother Kundalini doesn't give us any trouble. The Spirit is the reflection of the God Almighty in all of us. As there is only one God all of us reflect the same, and so we are collectively conscious when we become the Spirit. So everyone has the Spirit reflected in his heart. So when you feel this Cool Breeze as you felt the other day, what you feel is this all-pervading power. At the same time you become collectively conscious. So you can feel another person also on your fingertips. In the Koran Mohammed Sahib has said, "At the time of resurrection your hands will speak." And this is the resurrection time. This is the last judgement. And you have to judge yourself.

The other day in Holland one person asked Me, "Mother, how is it that some people will be saved and some will not." I said, "It is destiny." Maybe those who are here have done such righteous things in previous lives and in this life that they are here. It depends, I don't know how, in Russia for example I have to always book a big stadium. For example there is a place called Togliatti and this gentleman Togliatti was actually Italian. And he revolted against the Christian church and went to Russia. And there he started a big factory for making motorcars. Now there are 40.000 Sahaja Yogis. I've not been there as yet. And on My birthday they had a holiday for the whole city. I can't understand why in some places it works tremendously in a big way, many people come to Sahaja Yoga and in some places there are very few people.

As I told you, when this Kundalini rises then you improve physically. Now, I must say many diseases have been cured as a

by-product of Kundalini-awakening. We have three Indian doctors who have got their MD in Sahaja Yoga for curing incurable diseases. And there are seven doctors in England who are recording all those who have been cured. But in Moscow there are 40 doctors who are practicing Sahaja Yoga. Because for this you don't need a hospital, you don't need money, you don't need anything. It is your own power that works. And once you are properly established, then you don't have to worry about your health at all. It also helps for mentally retarded people, mentally sick people. Because this Kundalini, when She rises She is also a redeemer. She nourishes the centers, by that nourishment the centers get cured and ultimately She integrates all these centers. The Spirit, when it shines your attention, then your attention becomes enlightened. If you can pay attention to anyone and try to feel what centers are in problem in that person, you can immediately feel it.

There are many criminals from India who came to the west countries wearing these orange dresses and became false masters. Some of them also knew how to mesmerize very well. And they have lynched people because main interest was money. Of course there are also other so-called masters in other countries also. Even a person like Freud, he was anti-Christ, you can see it clearly. Because Christ had said, "Thou shalt not have adulterous eyes," such a subtle description of purity. But on the other hand this Mister Freud has made everyone into nothing but a sex point. And the people have lost understanding that these are the human weaknesses. To such an extent they have been misled that they say that you can ascend in your spirituality through sex. This is absurd! On the contrary, in the Christian dogmas people believe that you should abhor sex. This is both are absolutely absurd. One has to have a sane attitude.

If you see it clearly, the lowest center, which we call as Mooladhara is placed below the Kundalini. Now this center looks after our excretion, including sex. So your ascent has nothing to do with sex. On the contrary, when your Kundalini starts awakening you become innocent like a child. And that is what Christ has said that, "You have to become like children to enter into the Kingdom of God." So it is Sahaja Yoga which really explains Christ and practices Christianity. Moreover, the breaking of the Sahasrara, which is what we call is the fontanel bone area, is actualization of the baptism. You may follow any religion, Hindu, Christian, Muslim, any religion, you can do any sin, you can commit any sin, there is no restriction. There is no restriction from within. But once you become a Sahaja Yogi I don't have to tell you anything. You just become righteous. I don't have to tell you Ten Commandments, you just do it yourself. You become your own master. And you guide yourself. And - you know the absolute truth.

You can get ten children who are realized souls and tie their eyes and put one person in front of those children and ask them, "What's wrong with this gentleman?" And they will put up the same finger. And you ask him, "Is something wrong with his throat?" - And he says, "Yes, but how do you know?" Because this finger indicates the throat.

So, these false gurus who have come here, the falsehood that they have talked - you can feel it. You can feel if they are crooks, if they are false, if they are deceiving you. First of all you should know that you cannot pay for your ascent. Because it is an evolutionary process, which is living process, for which you cannot pay. And then you enter into the Kingdom of God. And then you become joy. Not the wrong type of joy, but joy that elevates you, [sublimates ?] you. Joy does not have happiness and unhappiness like two sides of a coin. That means joy is absolute, but pleasures are not. When you indulge into any pleasure it has a reaction, it has a repercussion, but joy is absolute.

So, yesterday all of you who were here, most of you felt the Spirit. Because you could feel the Cool Breeze. So the growth has started. And hardly you'll take a month to master it. But you have to work it out, because the connection has to be all right. Maybe there are some problems within the being which need to be corrected. So it would be very nice if you people attend their follow-on and meet them. But the whole thing works in collectivity. See, at the time of Buddha they had to do all kind of penances, cleansing, absolute renunciations. Still they could not achieve their Self-Realization. Buddha also had to suffer a lot in His cleansing. But in Sahaja Yoga it is the collectivity which cleanses you automatically - corrects you, yeah. Now supposing there's something wrong with this left hand, so the right hand immediately helps it, automatically. Because they are part and parcel of one body. In Sahaja Yoga you have become part and parcel of the whole. The microcosm has become the macrocosm. So now, you can only grow when you are with that body. Supposing My nail is cut from My body - it won't grow.

In the beginning you will find little difficult to adjust to collectivity, you may find that it's not very congenial for you, maybe. Not

with everyone, but some people do fuss about it. And the door of Sahaja Yoga is open to everyone, sometimes we also get mad people in Sahaja Yoga. Then you start thinking, "How this mad man is here?", and all that, you start criticizing. But if you take to introspection, then it will be excellent for you. And not to worry about others - you will grow much faster. For you are the seed, you are the Mother Earth and you are the gardener. And you are the love that is water.

So as it is, I've told you, all you have Divinity, only thing you have to feel and grow into it. Yesterday nobody asked Me any questions, it was such a good sign that you all want your Realization, that's all. Then I told you that asking questions is just a mental acrobats. Now, I can answer all your questions, but - that is no guarantee for Self-Realization. Only thing, you must have the pure desire, pure desire to be the Spirit. Then it works, because the Kundalini is the power of pure desire. As you know all other desires are in general not satiable. This is the only desire which gives you real satisfaction.

Thank you very much!

So, are you going to ask Me any question today?

Question: [inaudible ?]

Translator: He wants to know about the appearance of Holy Mary, for example in Fatima or in other places.

Shri Mataji: Might have, might have, it's quite possible, you see one of My photographs, where people are taking photographs - and She's there, She's appeared before Me also, it's possible. You must see some of My photographs, it's interesting how these apparitions come in. All right? It's possible.

But unfortunately She's described as just a woman in the Bible, I mean there's no respect for Her. Must be Paul who must have done it, because he was just an organizer and I think he wanted to use Christianity as a platform for himself. And he had nothing to do with Christ, you see on the contrary he killed one of the disciples of Christ, Steven, he killed him. He must have thought it's a very good way of getting a platform so he must have jumped on the platform. Or might be to make some money. We do get sometimes such people in Sahaja Yoga. What to do? (Shri Mataji laughing) But he was not a realized soul, nothing of that kind.

Sahaja Yoga will explain everything, the relationship of Christ with others. Christ has said, "Those who are not against Me are with Me." Who are those? Actually Christ was there till eight years of age, and then He went to India. For twenty years He was there. When He came back He lived only for three and a half years. And they crucified Him. I mean, whatever He has done is tremendous in three and a half years. He just used ordinary fishermen and did such a lot of preaching about truth, very forcibly He talked about truth, courageously. But three and a half years is nothing. In England I was struggling with seven hippies for four years, I had to give them Realization, struggling for four years. They had no background at all. And they are now, I feel, they were following Freud, not Christ, it was such a shock to see.

All right, so it will take as ten, fifteen minutes for us to get to that state. I have to just request you to take out your shoes, to take the help of the Mother Earth.

One thing I have to tell you, that Self-Realization cannot be forced. You have to ask for it in your own glory of freedom, because ultimately you have to achieve the complete freedom, complete mastery of yourself. Where no addiction, no habits, no false gurus, nobody can dominate you. So those who do not want to have their Self-Realization should please leave.

Come and sit there, that's your seat, come and sit here. No use standing, please be seated. All of you should be seated will be good idea. You shouldn't stand and watch others, it is not civil.

Now, please try to understand what you have to do, and we'll show you that, after that you have to close your eyes. There are two powers within us, left one the power of desire and the right one the power of action. So we put our left hand like this on our lap, very comfortably. You should not sit with a slouch or a stretch on your body, but just a straight comfortable pose. Those who are

sitting on the ground are perfectly all right, they should just take out their shoes. Those who are sitting on the chair put both the feet away from each other. So we use the left hand to express that we desire to have Self-Realization. And we use the right hand to nourish our centers.

So first we put our right hand on our heart. Because in the heart resides the Spirit. Please put it on your heart. Now, here resides the Spirit.

Now, you take your right hand in the upper portion of your abdomen, where is the center of your mastery. When you are the Spirit, you are your master.

So now, please take your right hand in the lower portion of your abdomen. Everything on the left side, because this is the center of pure knowledge.

Then we raise our right hand again on the upper portion of our abdomen. Then we take our right hand on the heart.

Then we take our hand in the corner of our neck and our shoulder, and we turn our head to our right. This center is spoiled when we feel guilty. And as a result we get horrible diseases like angina. So please don't feel guilty.

Then we take our right hand on our forehead across, forehead across like this. And put down your head, as far as possible. Why don't you do it - please. This is the center where you have to forgive everyone. Now please take back your right hand on the back side of your head. And push back your head. This is the center where, without feeling guilty, without counting your mistakes, you have to ask for forgiveness from the all-pervading Divine power.

Now stretch your palm fully. And put the center of your palm on top of your head. And now press it hard. Push back your fingers and put down your head. Now move your scalp slowly seven times - scalp!

Now, that's all we have to do. But there are three conditions. The first one is that you have to be absolutely self-confident about yourself that you will get your Self-Realization. Whether you have come late or earlier makes no difference. The second one is to forget your past, at this point you have to be in the present. So that you do not feel guilty. After all you are a human being, you are not God. If you have done any mistakes - it's all right.

This Divine power is the ocean of forgiveness. And whatever mistakes you commit, it can be dissolved by the power. That means you should be pleasantly placed towards yourself, and you should have respect for yourself because you are a human being, because you are the epitome of evolution. Only thing, the last breakthrough has to take place. So don't feel guilty at all, at this moment. Now, the third condition is that you have to forgive everyone in general. As I told you yesterday whether you forgive or don't forgive you don't do anything. That is just mental. And if you do not forgive others you play into wrong hands unnecessarily. And you torture yourself while the one who has troubled you is very happy. Just say, "I forgive everyone in general," and you'll feel immediately lighter in your head. These are the only three conditions.

Now please close your eyes and please do not open them till I tell you. So put the right hand on your heart, and left hand towards Me like this, and both the feet apart from each other. Now, here is the center of your Spirit. Please close your eyes and ask Me a fundamental question, you can call Me Mother or Shri Mataji, whatever you like.

Aside: [Hindi ?]

Here you ask Me a fundamental question three times in your heart, "Mother, am I the Spirit?"

If you are the Spirit you are your guide. So now please take your hand on the upper portion of your abdomen on the left-hand side and press it hard. Here you have to ask another question to Me, "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, which does all the Divine work. So please put your right hand in the lower portion of your abdomen on the left hand side. And here you have to ask six times, "Mother, please give me pure knowledge." Six times.

As soon as you ask for pure knowledge the Kundalini starts moving upward, so we have to nourish the upper centers with our full self-confidence. So now please raise your right hand in the upper portion of your abdomen on the left-hand side, and here, with full confidence, say ten times, "Mother, I am my own master!"

I've already told you that you are the pure Spirit. You are not this body, you are not this mind, you are not this ego, this conditioning, but you are the pure Spirit. So now please raise your right hand on your heart. Here you have to say with full confidence in yourself twelve times, "Mother, I am the Spirit!"

This all-pervading power is the ocean of love and compassion, it is the ocean of absolute knowledge, but above all it is the ocean of forgiveness. So whatever mistake you might have committed, it can easily dissolve all of it. So now, here you raise your right hand in the corner of your neck and your shoulder and turn your head to your right. And here you have to say with full confidence sixteen times, "Mother, I am not guilty at all!"

I've already told you whether you forgive or don't forgive, you don't do anything. This center is so constricted that, please, you have to forgive everyone in general. If you don't forgive you may not get your Realization. So now please, raise your right hand on your forehead across and put down your head fully. Here you have to say, with full confidence you have to just say, don't say it is difficult, "Mother, I forgive everyone!"

You have to say it from your heart, not how many times.

Now take back your right hand on the backside of your head and push back your head as far as possible. Here you have to say, without feeling guilty, without counting mistakes, just for your satisfaction, "Mother, if I have done any mistakes, or all-pervading power, if I have done any mistakes, please forgive me." "All-pervading power," you should say.

Now please stretch your hand, stretch your palm, and put the center of your palm just on top of the fontanel bone area, and put down your head and press it hard by pushing out your fingers. Here again I cannot cross over your freedom, so you have to ask for your Self-Realization. Now please put down your head, push back your fingers nicely, and move your scalp seven times slowly, saying, "Mother, please give me my Self-Realization." Please put down your head, please put down your head, bend down your head. If you don't bend it won't work out.

(Shri Mataji blowing into the microphone)

Please move your scalp seven times, saying, "Mother, please give me Self-Realization."

(Shri Mataji blowing into the microphone)

Please take down your hands, please open your eyes. Now please put both your hands like this. Now bend your head and see for yourself, if there is a Cool Breeze coming out of your head or hot breeze, if you have not forgiven it will be hot breeze. But please don't put your hand on top of your head, little away and see for yourself.

Now please put your left hand and see for yourself with your right hand. If it is hot air that means you have to forgive.

Now put the right hand again please, and see with the left hand.

Now put both your hands towards the sky, and ask anyone of these questions, "Mother, is this the Cool Breeze of the Holy Ghost?"

Mother, is this the All-pervading power of God's Love? Mother, is this the Paramchaitanya?" Anyone of these you can ask three times - questions.

Now please take down your hands. Put your hands like this towards Me. Watch Me without thinking. All those who have felt Cool or hot Breeze out of their head or on their hands or fingertips, please raise both your hands.

I bow to all of you, you're the saints. I know some people did not feel it, very few, doesn't matter.

Aside: What's the time?

Those who want to meet Me are welcome, but the Sahaja Yogis should not come.

Those who have not felt should come on this side.

1991-0807, Awakening the Light of the Spirit Within

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7 August 1991

Awakening The Light Of The Spirit Within

Public Program

Építők székháza, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

At the very outset we have to know that truth is what it is. We cannot talk about it, we cannot conceptualise it. We have to feel it on our central nervous system. That is what is called (? buddh), from where the word "Buddha" has come. In the early Christians' era the Christians were called as Gnostics, about which Saint Thomas has written when he went to India. The "know" word comes from the Sanskrit word which means "to know" (the word). So not to know, mentally, but to know on your central nervous system. So at our human awareness we cannot know the truth. We have to become a subtler being. We have to be born again, as they say. But it's not just a certificate, that we are born again. It is the last breakthrough of our evolution, where we become the Spirit. It is the becoming which is very important.

Now you are getting exposed to religions and you have to understand that whatever religion you may follow, you can commit any sin. (Shri Mataji speaks to the translator: Whatever religion one may follow, they be Hindu, Muslim, can commit any sin.) Because righteousness is not awakened within you. That has to be awakened. If you just condition yourself, and just feel that you are born again, you are sadly mistaken. It is of no advantage. Now within us is based the power [to] achieve that state of Spirit. So the fundamental truth about you is that you are the Spirit, not this body, not this mind. Nor you are your ego, nor your conditionings. So we have to be prepared, desirous of becoming the Spirit.

The second truth is that there is a certain all-pervading power which does all living work. You see these beautiful flowers and you take them for granted. But we do not think that these flowers have come out of one small little seed. How it has come? We have become human beings from amoeba stage. Look at our eyes. What a micro-camera it is. How have we developed it? It is some force within us, around us, which has brought to it; this evolution. But we have not reached the absolute truth. If there was absolute truth there would have been to quarrel about anything. So all this living work is done by this all-pervading power. And when this Kundalini, this power rises within you then you can feel this all-pervading power as cool vibrations.

Tomorrow is the day of one of our poets' anniversary, of Rabindranath Tagore. And he stayed in your country for quite some time. And I think this all-pervading power has arranged [for] me to be here. To pay my homage to him. He has talked about the same thing, in the first half of (? his) life, that "I'm seeking the truth, I can't find it, it's hiding." And the second half he had described that he has now found the truth and what has happened to him.

So when you become the Spirit, what happens to you is very important. The Spirit is the reflection of God Almighty. Before knowing about it, whether you believe in God or do not believe makes no difference. Because if you believe in God blindly it's just the same as not believing. But better to be open minded like scientists and find out. If you find out then you have to believe.

And this Kundalini is power which connects you to this all-pervading power. It's the reflection of the Primordial Mother. We have God the Father and God the Son. But no Mother. In the Bible Christ's Mother is described just as "woman". But there were many people, who came from traditions, they started calling her as Madonna. So in the Christian religion they just avoided to talk about Madonna or to talk about Mother. But how can there be a Father and a Son, and a dove the Holy Ghost? And they say this Holy Ghost is a mystery. This Holy Ghost is the Primordial Mother. That all the old, ancient cultures knew about. The old cultures like the Greek culture have called her as Athena. "Atha" means "the Primordial".

So this Primordial Mother, the Holy Ghost, is reflected within us as Kundalini. She is your individual mother. And she resides in all of you. Actually this bone is called as Sacrum, meaning "sacred". And if you are (unclear), you will get your self-realisation. If you are (unclear) this Kundalini will be awakened, and you will get your self-realisation. It is important because this is the last breakthrough of our evolution. If it does not happen we are doomed to get lost. Because when this power awakens it nourishes all the six centres through which it passes. And gives you self-realisation. But above all, it nourishes all the centres with (? mighty) power. Thus your physical, mental, emotional problems are solved.

We have three doctors in India who got their MD in Sahaja Yoga. Three doctors got MD in Sahaja Yoga (unclear) in incurable diseases. Like that we have to understand that all these troubles of human beings are because they're ignorant about their self. When the light of the Spirit comes into our attention, the attention gets enlightened. Not only that you feel the cool breeze around you but you can very easily feel your own centres on your fingertips. Also you can feel the centres of another person. So this is a new dimension of awareness you achieved which is called as collective consciousness. So you become collectively conscious, you become. So you are empowered then to correct those centres. Thus you can correct yourself and you can correct others. This is how it is going to be for the benevolence of the whole humanity.

We have in Sahaja Yoga people from fifty-five nations. We are Russians, Germans. English, Americans, Indians, in thousands. But when they meet in thousands there's no arguments, there's no fighting, there's no jealousies. All these baser things are finished. And such a feeling of compassion and love. That when I went to Russia, there were twenty-five Germans who came rushing to help me. And they felt that love and responsibility.

So we have to know that this is the Resurrection Time. And that you are to be resurrected. This is the Last Judgment. Those people who are trying to make money in the name of God, murder people, all kinds of mafia and all that, all such people will be judged. And those who are real seekers of truth and honest people will be resurrected. We all have that divinity within us. We should not get lost with any propaganda or anything, but we must ask for the actualisation of the experience.

When the Kundalini rises, then from the fontanelle bone area you feel a cool breeze coming out, this is the cool breeze of the Holy Ghost. And first time you feel this all-pervading power. Then you start growing in your divinity. Of course you get rid of all bad habits, all maladies in your body. Your brain becomes enlightened, your body becomes enlightened. You don't feel tired, but you all the time feel extremely energetic and dynamic. But at the same time you are extremely compassionate and loving. This is – the blessings now which are working out in fifty-five nations. As this is a living process, we cannot pay for it. Like we can pay for the hall, but we cannot pay for awakening your Kundalini. Cannot pay for self-realisation. All those people who take money in the name of God are absolutely cheating themselves and cheating others.

I'm sorry I am here only for one day with you, and the whole knowledge of Sahaja Yoga cannot be explained in such a short time. But see there are so many lights here, and if you have to put on them, just you have to switch, put one switch on and all (unclear). So this power is built in within you. Only thing is, it has to be awakened. And once it is awakened, that light of your Spirit, you will be able to understand everything very well. You will know very well how you are related to each other. But I must tell you, it cannot be forced. We cannot organise it. It has to happen.

I'm sure most of you will get your self-realisation. It will take about ten to fifteen minutes (? to work). If you all want it we could start but if you want to ask some questions you are welcome. But ask questions which are related to the subject. Because I've not come here to take anything from you. I've not come here to take anything from you. But to give you the key of your happiness and joy. Of course I can answer all your questions but it's just a mental (unclear). So I would have to repeat you ask the questions which are related to Sahaja Yoga.

Seeker: I would like to ask for your advice on how we should relate to the harsh aggressions that are manifested in the world? How can we relate ourselves to it so as to not become aggressive as well?

Shri Mataji: After self-realisation, the situation becomes like this: that if your attention is on the periphery, then it's like a wheel

and you are moving with the wheel. But if your attention is on the axis, on the centre, it is silent. So when you become the Spirit you don't react at all. But you become the witness of the play. And you watch. And your watching is so powerful that it has an effect on the environment.

Seeker: I would like to ask what the meaning of the word "akash" is in the Sanskrit language? (unclear)

Shri Mataji: All right I'll explain to you later, it's a very big subject to talk about. First of all you get your realisation.

Seeker: The question is, Shri Mataji, that what do you mean by someone accepting money in the name of God?

Shri Mataji: What is there to explain, it's simple like that? Like many false gurus have come from my country, and there are many who are all around, to everybody they say give (? to) God. God doesn't know money.

Seeker: It is said that for the rich man it's so hard to go through the gates of Heaven as it is for the camel to go through the needle. So I'm asking a/the question: how come that all religious organisations of today's world are functioning like that?

Shri Mataji: I agree. It's dangerous but time has come for to end them all. It's the tolerance of people. Because we have tolerated all this nonsense. I agree. When the light will come darkness will disappear.

Seeker: Mother I would like to ask you, how can we become real Yogis? But (unclear), but it's the way of becoming real Yogis.

Shri Mataji: He's a great seeker (unclear) who wants to know what makes us a real Yogi. You see the – as I have told you the growth takes place within ourselves. And the thoughts, when we react, disturb the peace. So when the Kundalini passes through this Agnya chakra, through this centre, that it sucks in the two sides of the Ego and our conditionings. As a result we become thoughtlessly aware, we are aware but we are thoughtless. And when we become thoughtlessly aware we are in the present. Neither in the past, nor in the future. At that time the growth takes place. In Sahaja Yoga you will know so many ways of establishing that silence. That is how we are going to grow. Into another state that we call as doubtless awareness. In Sanskrit it is called Nirvikalpa Samadhi. In that state you become empowered. You can give realisation to others. You can cure others. You can know all the absolute knowledge within yourself. That is the state of complete freedom.

Seeker: I would like to ask if there are any outside things that obstruct or help the practice of Sahaja Yoga, such as food or drink or lifestyle or ideology?

Shri Mataji: There are no restrictions at all, of any kind. But you become your own masters. And you become your own guide. For some people carbohydrates are more suitable, for some people proteins are more suitable. That you will find out yourself. That is what is self-knowledge.

Seeker: I would like to ask you, what do you think of the end of the world? Many people say nowadays that within ten or maybe fifteen years we arrive to this last day, when there will be some kind of catastrophe or something like that. So what do you think of this? Is there anything like this coming towards us or not?

Shri Mataji: It's not true. They are just frightening you to make some money perhaps.

Seeker: But you see there are signs of this, and for example these things that are happening – waters and floods and other natural catastrophes are the signs, earthquakes and so on are the signs of these times.

Shri Mataji: They are just – earthquakes have been always there. (unclear) Only thing is that man must be – human beings have to be afraid of themselves, the way they are behaving. There is no problem from the Nature as from the human beings themselves. What we need is the transformation of human beings. Because all problems arise from them. It's all due to ignorance. (unclear) ignorance it's all due to.

Seeker: (inaudible)

Shri Mataji: Yes there is, of course. There's a – with the sick people there is a little problem. But it can be overcome.

Seeker: (inaudible)

Shri Mataji: We should now talk about the present. I have – because you see, these are subjects we are dealt with, there are three or four thousand lectures of mine. Everything cannot be told in a short period but of course you will understand everything gradually.

Seeker: My last question, I promise. What is your opinion about the Yogic life – the relation of Yogic life and free sex? Having sex with anyone.

Shri Mataji: A Yogi cannot have free sex. Impossible. He can marry, he can have children, he can (? regret) but he won't because he's a wise person. He doesn't want to get AIDS and all kinds of horrible diseases. He has to work for the benevolence of people. We should see the countries which are suffering today because of stupid ideas – of Mr. Freud. Because he was born of the antichrist, you see. Christ has said: "Thou shalt not have adulterous eyes", even that. To that subtle extent the purity he described. And this horrible fellow talks of such horrible things that we Indians cannot digest it. And he has created this problem of so many horrible diseases in America. And people have gone amok now. They're gone amok, they've lost their balance completely. But this sanity, this purity, this sense of chastity comes to you when you become a Yogi, automatically. Your eyes really become, as Christ has said, innocent. And they are so powerful. Because they are so pure. There is no lust and greed in those eyes. And every glance of such a person can create peace, joy and purity.

(unclear) There's a question now, why big dinosaurs disappeared? There are many already in the society, they all have to disappear.

Seeker: (inaudible)

Shri Mataji: The first question is that, the diseases can be cured by Indian doctors? I mean, they were cured, by Indian doctors, and they got their remedy. They were cured actually. But it was as a by-product of self-realisation.

The second question is that, am I a doctor? I did medicine, of course, but I'm not a doctor. Because I don't follow the way medical science is. But which is beyond medical science, Sahaja Yoga is beyond medical science. It explains everything and it attends to the roots of the trouble.

The third question is that, can anyone raise the Kundalini? Yes of course, if you become a Sahaja Yogi, you can not only raise the Kundalini but you can also cure people. In Russia there are forty doctors who practice in Sahaja Yog. In Moscow itself. And in Tolyatti there are forty thousand Sahaja Yogis. Whatever might have been the problems of the governments, but people in Russia are extremely introspective. I'm to always book a stadium – always book a stadium for them. And so many of them are scientists, and of very high quality, who are Sahaja Yogis. Spiritually they are very rich people.

Now I think we should stop talking. Because you want to have your realisation, you want to have your realisation now.

It will take about ten to fifteen minutes. I've already requested that I cannot force it on you. It has to work out. So you have to know one more thing; that you all can get it, your self-realisation. You should have full confidence in yourself. There are two conditions you have to fulfil. One is not to feel guilty at all about yourself. It's a fashion I think, in Europe especially, to feel guilty all time. After all you are human beings, you're not God. If you have done any mistakes, it's all right. And do you know that this all-pervading power of love is the ocean of forgiveness? And whatever mistakes you can commit, it is so powerful that it can

forgive everything. Those people who tell you that you are like this or like that are actually – I think must be wanting (? to earn) money. So don't believe them. Have faith in yourself. And you forget the past now. Whatever wrong you're supposed to have done is nothing. But do you know, if you feel guilty then this centre catches on the left side? And gives you horrible diseases like angina, spondylitis. So why should we feel guilty? Let the Kundalini decide.

Second condition is that you have to forgive everyone. Many people say it's very difficult. But whether you forgive or don't forgive, what do you do? Reason it out. Logically, you don't do anything. But when you don't forgive you play to wrong hands and torture yourself. Those who have troubled you are happy, while you are torturing yourself unnecessarily. So what is the use of not forgiving? And don't think of them. Just (unclear) say: "Mother, I forgive everyone." I tell you, you will feel very much lighter. You'll feel very much lighter. These are the two conditions. These are all mental conditionings. And can be easily swept away.

So now, you have to understand that we have two sides: left and right. And the left side is for our desire, and the right side for our action. So please, if you don't mind, you will have to take off your shoes because you can't take the help from the Mother Earth. Those who are sitting on the ground are all right. But otherwise, others should keep their left and right feet away from each other.

I'll show you first how to raise the Kundalini. Sahaja Yoga is very comfortable. You don't have to go to Himalayas, you don't have to renounce anything, you don't have to fast. And sitting on the chair you can get your realisation. Because you are so worthy. But you have to sit at least straight, not too much bending or too much crouching in front.

So we put our left hand on our lap on the left-hand side. Left hand on the left lap, left side. Towards me, symbolising that you desire to have your self-realisation. And you have to use your right hand for nourishing your centres on the left-hand side. First of all, you put your right hand on your heart. In the heart resides the Spirit. If you are the Spirit you become your guide, your master. So you please take your right hand to the upper portion of your abdomen on the left-hand side, which is the centre for your mastery. Then you take your hand in the lower portion of your abdomen on the left-hand side. Which is the centre of pure knowledge that works out all the divine powers. Now again raise your right hand in the upper portion of your abdomen on the left-hand side. Now raise your right hand on your heart. Then in the corner of your neck and your shoulder. And turn your head to the right. And I've told you that this centre is caught up when you feel guilty. Now please take your right hand on your forehead across. And bend your head as far as possible. This is the centre where you have to forgive everyone in general. Please take back your right hand, backside of your head, and push back your head as far as possible. Here, without feeling guilty, without counting mistakes, for your satisfaction, you have to ask forgiveness from the divine power. Now stretch your palm please. And put the centre of your palm on top of the fontanelle bone area, which is the soft bone of your childhood. Now please stretch back your fingers as far as possible. And please bow down your head. Now move your scalp. Seven times, slowly, clockwise. (? Put pressure.) That's all you have to do. Please remember to push back your fingers.

Now all of you have to do it. All those who do not want to have self-realisation should please leave the hall. Also in-between please don't disturb others.

You have to now close your eyes. Put your left hand towards me on your lap, and right hand on your heart. And please do not open your eyes until I tell you. Here resides the Spirit. Now I already told you that the fundamental truth about you is that you are the Spirit. So you please ask me a question, a fundamental question, three times. You can call me Mother or Shri Mataji, whatever you like. Please ask three times in your heart: "Mother, am I the Spirit?" Three times. Now if you are the Spirit you are your master. So now please take your right hand in the upper portion of your abdomen on the left-hand side and press it hard. Here you ask me another fundamental question: "Mother, am I my own master?" Three times.

I've already told you that I respect your freedom, as you have to have a complete freedom. I cannot force pure knowledge on you, you have to ask me in the glory of your freedom. So now take down your hand in the lower portion of your abdomen on the left-hand side. And here you ask six times because this centre has got six sub-plexuses, six petals: "Mother, please give me pure knowledge." As soon as you ask for pure knowledge the Kundalini starts rising. So we have to nourish the higher centres with our self-confidence. So raise your right hand in the upper portion of your abdomen on the left-hand side. Here you have to say, with full confidence, ten times: "Mother, I am my own master." I have already told you that you are not this body, you are not this mind,

you are not this Ego, you are not this conditioning. You are pure Spirit. So now raise your right hand on your heart, and with full confidence you have to say, twelve times: "Mother, I am the Spirit." This all-pervading power is the ocean of love and compassion. It is the ocean of absolute knowledge. But above all, it is the ocean of forgiveness. So all your mistakes can be easily dissolved by this power. So please raise your hand into the corner of your neck and shoulder and turn your head to your right. At this centre with full confidence you have to say: "Mother, I am not guilty at all." Sixteen times. I've already told you that, 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 torture yourself. So you have to forgive. Forgive everyone in general, without thinking individually about them. So now please raise your right hand on top of your forehead, and bend your head as far as possible. Here, not how many times but from your heart, you have to say: "Mother, I forgive everyone, in general." This centre is very constricted and if you don't say this your Kundalini may not pierce through. Please take your right hand now on the backside of your head, and push back your head as far as possible. Here, without feeling guilty, say: "Mother, All-pervading Power, if I have made any mistakes, please forgive me. Say from your heart, and not how many times. Now stretch your palm. And put the centre of your palm on your fontanelle bone area. Now please put down your head and stretch back your fingers, so you have a nice pressure on your scalp. Here again, I cannot force you the self-realisation. You have to ask for it. So please move your scalp. Put down your head and move your scalp, with pressure seven times clockwise, saying seven times: "Mother, please give me self-realisation."

Now please take down your hands, and open your eyes. Put your hands towards me like this. Then put the right hand like this towards me and bend your head, and see for yourself there's a cool breeze coming out of your fontanelle bone area. It could be hot, if you have not forgiven. But please don't put your hand on top of the head. Away from it, bend your head. Some people get it far away. Now please put your left hand towards me. And bend your head again. And see for yourself if there is a cool breeze coming. Doesn't matter if there is hot coming. Now again try once more, with the right hand. (? Again it) with the left hand.

Now please put both your hands towards the sky, and push back your head. And ask any one of these questions three times in your heart: "Mother, is this the cool breeze of the Holy Ghost?", or "Mother, is this the all-pervading power of divine love?", or "Mother, is this the Paramachaitanya?" Any one of them, you ask the question three times. Now please take down your hands. Put your hands please towards me. And watch me without thinking. This is thoughtless awareness.

Now all those who have felt cool or hot breeze on their hands or fingers or out of their fontanelle bone, please raise both your hands. All those who have felt cool breeze out of your hands, or hot. All of you have felt it. I bow to you. Now the new growth has started. Enjoy yourselves. Of course, I would like to meet some of you if you want to meet me now.

1991-0811, Adi Kundalini Puja: The Power Of Pure Desire and Agnya clearing after the talk

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The Power Of Pure Desire And Agnya Clearing After The Talk

Kundalini Puja

Weilburg (Germany)

Talk Language: English | Transcript (English) – Draft

Shri Adi Kundalini Puja, Weilburg (Germany), 11 August 1991.

Today we have gathered here to do the puja of Adi Kundalini as well as your own Kundalini.

First of all, I think this is the most important thing to understand about your own Kundalini, as Self-Realisation is Self-Knowledge. And the one who gives you Self-Knowledge is this, your own Kundalini, because when She rises She points it out what are the problems on your chakras.

Now, we say that it is pure desire, but we do not know what purity means. It means your chaste desire. It means it has no lust, greed, anything in it. That power is your own Mother and is settled in your triangular bone. She's your own mother. She knows everything about you, it's like a tape recorder. She knows everything about you and She is absolutely the knowledge - because She's so pure. And whatever chakras She touches, She also knows what's wrong with that chakra – beforehand. So She's quite prepared, and She adjusts Herself fully so that you do not get a problem by Her awakening. If any chakra is constricted, She waits and goes on slowly opening that chakra.

Now, this Kundalini is the primordial power which is reflected within you. And within you, in a human being it is like many strands of energy. So it's like a rope and these energies are all twisted together to form this Kundalini. In a human being these strands are three into seven – that is twenty-one – raised to power 108. But when your Kundalini rises, one or two strands out of this come up and pierce the fontanel bone area - only one or two. Because it has to pass through the innermost nadi, known as Brahma Nadi. It's all a spiral throughout because Kundalini is a spiral and these nadis are also - are like a spiral like this. So the innermost nadi is the Brahma Nadi. The outermost nadi is the right side and the second innermost is the Ida Nadi.

So, through the Brahma Nadi She starts sending those threads. By that they relax the centre. By the relaxation of the centre the sympathetic nervous system also starts relaxing. And when it goes to the Agnya Chakra then your eyes start relaxing, your pupils start dilating, and your eyes can become like Mine, very black, absolutely relaxed.

So, you can easily see in a person how far is the Kundalini. If it has pierced the Agnya, then the eyes will be completely dilated and will be shining. And then She enters into the Sahasrara.

Now, it is absolutely pure light of knowledge, love, compassion and attention. All these three things are in that energy. We know of many energies - like electrical energy, we know of light energy, we know of other energies. But these energies cannot think, they cannot adjust, they cannot work on their own. They are to be handled by us. But this energy, itself, is the living energy and knows how to handle itself. It thinks.

If you see a seed being sprouted, you'll find at the tip of the seed there's a small little cell which knows how to go around the soft places and then how to encircle the stones and then how to find its way to the source. That cell has got, I would say, a little Kundalini in it, the way it moves. But within you is - a tremendous force of Kundalini exists.

So, you have a storehouse of compassion, which can be enlightened by the Spirit. You have a storehouse of love, compassion and knowledge, an ocean of forgiveness. When people get Realisation, they do not understand that they have to now grow. And

why they don't grow? Because they do not ask for these energies. A person who is a Realised soul, if he says that, "I have to have more compassion. My compassion is not all right. My concern about others is not all right. My generosity is not all right. I'm exploiting others. I'm exploiting their love." Then this energy starts moving, giving you that greater dimension of love and compassion. But, if you do not want to be growing in your awareness, then She says, "All right, he is a half-baked Sahaja yogi, let it be." She doesn't supply that energy which is stored within you. I told you, three into seven, that is twenty-one, raised to power 108.

So what a storage you have within yourself.

But because of your mundane style of thinking and asking — in the beginning, when I started Sahaja Yoga people used to ask for, say, jobs or for, 'My mother is sick' or a father is sick or they would ask for money or something like that. So these wants are not pure wants. As we know in economics, they are not pure wants. They're impure wants, because they are never satiable in general.

So this Kundalini that is your Mother, She is there to supply you, nourish you, to look after you, to make you grow by giving you a higher personality. Higher personality, wider personality, deeper personality.

Now, we think if somebody is well read, then we think he is a higher personality. Sometimes a person who is rich, we think he is a higher personality. Sometimes we think a person who is very hard working is a higher personality. Sometimes we think a person who is, I mean, some sort of a confusion about religion or something, we think he is a higher personality. Our ideas about higher personality itself are wrong. People are higher because they are spiritually evolved - otherwise, they are not, they go to dogs. Nobody respects them.

Now we are in Germany and Germany - 'germ' itself means actually 'Kundalini'. Germ means in Sanskrit, as you call it, 'ankura'. Ankura is the germ. And Germany is the place where we can have Kundalini Puja, is something really a great coincidence or I think it's just Paramachaitanya's arrangements.

So, to look at a seed, looks like an ordinary thing, nothing special — could be very hard nut also — mostly the seeds are in nuts, mostly. If they are not in nuts, then they might be having some sheath or something, minimum. But you won't find a seed just hanging from somewhere on a tree.

It has to have some protection, some sort of a hardness outside. Now, that hardness is there, but the germ has a capacity to break that hardness. Just imagine a germ, which is such a delicate thing, which even if you touch it might break. Can it break the covering, the hard shell? How can it do it? Isn't it fantastic that such a hard shell, which we cannot break it with our teeth even, can be easily broken by a delicate germ. So at that time, what happens is the shell itself doesn't become lively. It doesn't get life. There is no movement of the shell itself, but it moves and it opens. So that delicate thing, when it grows, then the shell has to break.

In the same way, this Kundalini, which is a delicate thing — if you see a person who is compassionate. "Oh," they say, "Mother, he's too much a gem, you know." Everybody has sort of a sympathy, protectiveness for that person. "He's just, Mother, he's just compassion, you know, it's too much." We always feel such a person to be very — a weakling, a weak personality and that he should be protected. "Oh, Mother, he doesn't know also how to abuse people. How will he beat anyone? He cannot even kill an ant on the road. How can he do anything when he's good for nothing?"

That's our concept, because we think we should have somebody really a tyrannical person to handle things. But just see that in a seed, it is that delicate germ grows and breaks the shell. In the same way, when we become really delicate like a germ and then grow in our delicacy and in our beauty of compassion, love and knowledge which makes you humble, then these shells will break.

But it's the other way round, normally. In Sahaja Yoga now we have leaders. We've had leaders and leaders and leaders. Some of

them came like tigers. I didn't know what to do to tell them. Even tiger can be ridden by the Goddess Kundalini, because this love has the power to break any hard nut.

So what we should ask for is that beautiful, soft, compassionate nature, and then the Kundalini will supply, because She only has that. Kundalini doesn't have anything else. All Her power is of love, nothing but love. So how can She give you something She doesn't have? Supposing you hate someone, what can She do? She can't do anything because She cannot give you powers to hate. So what She says, "You hate someone? Allah forgive." She gives you the power to forgive.

Like a sword has to fight a shield, not a sword. So the violence, as they say, can be only fought with non-violence. In the same way, if we have to grow, the Sahaja yogis have to grow, first of all we have to see how softly we talk, how kindly we talk, how considerate we are. Now this is externally, but when you start doing that externally the energy starts coming internally.

You might say, "Mother, even if you think —" So that's our thinking. No, you're thinking that time. For that thinking, the energy will come from Kundalini, because you're asking Her help. Whatever She has, She is willing to give, but whatever She does not have, how can She give?

Now, supposing you want to get angry, She hasn't got the power to show anger. So how can She give you anger and temper? I mean, sometimes I try, "Let's see if I can get into ego." How to get, I don't know. Because this Kundalini (Shri Mataji laughing) doesn't know what is this ego, how to pamper the ego and how to make you fly in the air. No. So whatever kind of energy She is, She will give you that.

So please remember, those who try to bring in assertions and conditionings and ego and all that are not going to grow because they are not getting the energy from the Kundalini, but from outside, which is absolutely useless.

So the power of Kundalini is absolute purity, auspiciousness, holiness, chastity, self-respect, pure love, detachment, concern, enlightened attention – to give you joy. As every mother wants that her child should get the joy. Whichever way is possible, She'll try to give joy to Her children. In the same way, this Kundalini has only one power – how to give joy to Her own children, and She does that.

Supposing – I mean, I don't know about modern mothers, but normally, if I would go and say to My mother, "Teach Me how to be angry," she will say, "You go and cut Your nose." If I tell her that, "Tell Me how to tell lies," she'll say, "Go and cut Your tongue." If I say, "Tell Me how to see bad things in others," she will say, "Take out Your eyes it's better." All these ideas that we harbour within ourselves make a very big problem for Kundalini to enter into your attention.

Now, people always ask, "Mother, how are we to grow? What should we do?" That's why I say introspection. There should be introspection, "What do I want in this life? I should be able to love many more people without any lust or greed or expectations." All right. Then the floods of abstract love will flow.

She gives you witness state. She gives you peace. How many things She has to give you by which you become so powerful, so very powerful. No one can trouble you. She gives you security. She gives you peace. She gives you wisdom. But if you want to ask for stupidity, She cannot do it. It is impossible. She hasn't got it with Her. So every Sahaja yogi who has to grow, must know what is in store with your own Kundalini.

So now, if you try to do the other way round, you jump on the left or the right side. Jump on the left side, then you start moving on the left side, then you can become anything.

Whatever we hear about people, the way they murder and rape and this and that and all these things start coming in very easily, because that energy lies beyond the Kundalini. Because you move on that side – all right, you want bhoots, have them. You want diseases, have them. You want to indulge into filthy things, have the filth. Whatever you want you can have it. Also that is available. Nobody can stop you. You want to be sly, you want to be talking behind the backs, all right, go ahead. This is also very

common, I've heard that the Sahaja yogis, specially ladies, go on talking behind about others, discussing. This is how we can never grow. If you have to talk, only talk good about others. Otherwise don't talk, best is. These things are not going to help us.

Now we are not here in this world, at this stage, to build them more churches or temples or mosques. No — had enough of them, had enough of problems. So now we want to make for ourselves abode of love and purity, but those who are residents are not, then how can you have love? It will be always jealousies and selfishness and all those things there.

So when we talk of the light of the Kundalini, we have to understand that this light spreads in your life, outside your life and expresses itself in a very, very beautiful manner. Everyone says that Sahaja yogis look very different from others. "There's a glow on their face. There's a - they look like flowers", so many. "Relaxed, they're very beautiful people." For example, in Cabella people were so impressed. They said, "These are young people and they have come here, they're not fighting among themselves, there are no hooligans among them." They're quite surprised how you could be so sensible, so many of you. So many people if they gather anywhere, they can go amok in no time. I mean, even a smaller group can become mad, for no rhyme and reason they go mad.

So this collective behavior of yours was so much seen clearly by those simple village people. For that, you have to just desire. You just have to desire and this pure desire works out in the right direction, otherwise whatever you desire you can't get it. You want money? All right, have it. Move to the right side. Get money this way. Get money that way. Do what you like. Then you want to kill somebody - all right, get to the right side. You can get many people who will go and kill anybody they want to. Then you want some publicity or something. All right, get to the right side.

All these things can happen, whatever you want according to the movement that you have. But for ascent, your desire should be pure desire to get to that greater personality of love and beautiful relationships.

Today you're worshipping your Kundalini. You are also worshipping the Adi Kundalini. Now, you have to find out what are we doing as far as the Adi Kundalini is concerned. When you worship the Adi Kundalini, the reflection in you, which is your own Kundalini, feels very happy. Also the Deities feel happy. In that happy mood you can achieve a very much deeper experience, that's a fact. But, to keep it up, you have to meditate, otherwise all these strands will go back, slip down, which have come out in the puja.

I know everyone likes to come to puja, they enjoy it. But you should understand that, "What do we get in this puja?" You come here — desire for that higher life. But try to get out of this every day-to-day nonsensical life. If you want, you can do it. It's again a question of your wanting. So throughout it is 'want'. What is your desire? We have desire like 'children'. Some people want to have children. After the children are born then they say, "Wow, what these children! God save me!" (Shri Mataji laughing)

Then you want to have money and most of those money people are now in jail. Then you want to have fame. The fame of the people never helps them, only it gives you problems because of jealousies and all kinds of things. If fame was such a good thing, why should people be jealous?

So the power of Kundalini, which is your own Mother, which has to rise, which has to come up, which has to manifest itself, because of your pure desire. So in your introspection, in your pujas, in your meditation, if you see for yourself why are you meditating — it is for pure desire of compassion and love to be awakened within us. You are already in the meditation, you're already growing, the growth has started. And you'll grow so fast that this shell, which is this human conditioning and egos will just break open. And then this small, little thing which is only in the triangular bone — imagine in a — there's a very little space in this triangular bone — that it comes out and manifests and can save the whole world. Just see the magnificence, the expansiveness, the greatness of this Kundalini which was within you and which came up in its full strength and has shown tremendous things.

Such people are the really great people and not the people who are trying to show off some sort of a brand cloth they wear, and try to show off. All these silly ideas and stupidities have to be given up by Sahaja yogis. So that this Kundalini wears the beautiful

flowers, your words become fragrant, your glance becomes soothing, your smile becomes satisfying. Everything, all your being is emitting nothing but goodness, righteousness, peace - above all, joy. And the joy you feel now - together when we were yesterday clapping and singing songs and were feeling the joy at a very simple, simple music concert - without any drugs, without any shouting, screaming, nothing — very simple. The joy we were feeling, it was because our Kundalini was dancing. She was so happy, because what were you asking there? Nothing, but the enjoyment of collectivity.

Collectivity doesn't mean that we all should be stuck together with some glue or something or we all become like Gibraltar, Rock of Gibraltar. No, it doesn't mean that. It means wherever you are, you are connected. That is collectivity. Connected doesn't mean that you hate that person. No, you're connected means you love that person, you're concerned about that person. The connection, the connecting line is of love and not of hatred. So, when you are connected with another person, or persons, then you are in collectivity.

But people will live together and everyday break each other's heads. Some of them really give Me headaches, I tell you, sometimes, because they are nowhere near the real growth of Sahaja Yoga. So you may be in America, you may be in India, you may be anywhere. You are just connected. And you are concerned. As soon as there's a problem somewhere, into any part, any part of the world, you are connected and you're effective, you can manage.

But if you are not connected and you are just glued together, it's very inconvenient to live under such circumstances. I think people don't even understand the meaning of collectivity where there's not the other, ananya. Where there's not the other, there's no other personality. These personalities are separated from you because of left and right. Or could be both. But you are yourself fully when you're absolutely detached and your Kundalini is dancing – you're alone and never alone.

This oneness with the whole gives you all the security that you want, all the joy you want. And that's why Kundalini Awakening means collectivity. Unless and until you want pure collectivity in your being, Kundalini won't rise.

I feel sad sometimes when people tell Me, "This gentleman is like this, this lady's like this and she just says things like that and she tries to put down her orders", or some man like that. Then I really can't understand what are they doing here? We don't want Hitlers.

This attitude of ours, so far has been on a different level, like acquire more money, acquire more wealth, acquire more houses, acquire more cars, acquire more wives, husbands, whatever it is, children. But the whole thing changes in Sahaja Yoga. You enjoy everything. All right, this is your hall, doesn't matter whosoever it paid, I am enjoying. It's better not to pay for it and enjoy other people's money! (Shri Mataji laughing) This carpet is not mine, very good. That's excellent. It's beautiful, I'm enjoying. (Laughter) Maybe the one who has got this, one must be worried about something. It might get spoiled or something, but I'm enjoying.

So when this detachment comes, really enjoy everything. And in that detachment only you enjoy others also because you are so detached about it, don't want anything with anyone. Only person to person you enjoy. That means you enjoy the Spirit of another person through your spirit, "Atmanye maneta" [?], it is through the Spirit only you enjoy another's Spirit. And then the Spirit itself is, as you know, is the source of knowledge. The light of the Spirit is the light of love, compassion, forgiveness, everything. All that starts shining in through your faces. I mean, from faces you can make out a Sahaja yogi. There's no need to put hands and see. You know this is a Sahaja yogi, can't be anything else.

So the relationship with the Adi Kundalini is that it is the reflection of the Adi Kundalini. Now the reflection — supposing you take an Indian mirror; you look in the mirror and you'll find you look like nothing on earth, it will just cut you into three pieces, maybe, or anything. But if you take a Belgian mirror, say, then the reflection is correct, full — but still not three dimensional. But this is a four dimensional reflection — four dimensional it is, what is called as turya state. And that four dimensional personality you have reflected because of your reflector of your desire. The reflector is the desire and the reflection is complete.

So when you worship the Adi Kundalini, what you are trying to do is to cleanse your Kundalini as well as please the Deities.

Because this is an object, it is object, it is not to be changed – but the reflection can change.

The movement of Kundalini also depends on the temperament of the person, what sort of a desire he has for his Kundalini to rise. First of all, there are people who doubt. They don't even believe there is Kundalini. All right, even if they believe, they say, "Oh, the air might be coming out of something else." They don't want to believe. So it's dishonesty. Kundalini cannot give you dishonesty. It can give you honesty and faith in honesty. So She gives you faith in goodness, faith in honesty, not just by sermon or lecture, nothing by reading Bible or anything, but actually by actualizing the experience.

Now, supposing - you want to go to the garden, supposing. Just you want to go to the garden and suddenly you'll find in the garden. Then you will know that your desire is pure. That's why it has worked out. "How am I in the garden? Has garden walked to me or I have walked into the garden?" All such things go on happening within you. These are miracles, as they call it, miracles of Sahaja Yoga. It's not that. It's the pure desire works it because it is powerful. It just works it. And when it works the whole thing out, you develop that faith within yourself. So that faith, if it is within you, nobody can challenge that faith, which is not a blind faith but an open-eyes, experienced faith which is established within you - cannot be challenged. If you have the faith, it will be done.

That's why I always say don't say even off-hand things because you're Sahaja yogis, you are connected. If you say, "Let that plane be late", it will be. There is no need to say such things. We have had so many experiences like this. I have been telling Sahaja yogis not to say something off-hand because you must know you are connected now. Your pure desire is now being fulfilled and you are now connected, now you are Divine, you are Realised souls, you are very different from others. You can't imagine, I can't talk like this to anyone.

Take any judge, for example, even from France, [laughs] I can't explain anything to them or talk to them. It's beyond their mind. But for you, all this subtle knowledge is just being absorbed because your Kundalini's absorbing it.

Now, as it is, you know I always perspire too much. Why? Because I go on absorbing your heat. I absorb so much that I perspire. So much, despite the fact that you people are having a nice cool breeze, and I am feeling hot.

So this, your Kundalini also absorbs. But whatever you absorb is absorbed back by Me. But that becomes like a barometer. Immediately you know, "This is this. This is that. He's very hot. He's like this." You immediately know, without even thinking, without for asking, without any desires, you know that this one is like that. But the same fellow will be quite friendly with others, it's all right, but you just can't stand it, because your Kundalini is a barometer and She tells you what's wrong with others, with yourself.

Now, for example, Agnya is a problem, Agnya. Everybody, "Mother, Agnya is a problem. Agnya is a problem." Means, I am egoistical. No one says that – means that.

So you are the one who can know about yourself – that is Self-Knowledge – and also you can know about others because of the Kundalini's purity, it's the reflector. And the more you become a better reflector, the more Kundalini shows.

So, for us it is important to know that our Kundalini's awakened, that is the pure desire, that's the pure Mother of ours. Each one has got a separate mother, individual mother, and that this Kundalini, whichever we have our own separate, different from others in a way that She - Her awareness about us is different. But, in Her function, in Her methods, She's just the same in everyone. She has Her- She knows about Me, She knows about you, She knows about you, [Shri Mataji shows different persons] so She's different in a way, in the knowledge. But the way that She works in everyone is just the same. You wouldn't find somebody's Kundalini in the stomach, somebody's in the throat. It's in the same place and it moves the same way. It cures the same way. It works the same way, except that it has the knowledge. For example, if you have two Mercedes cars, they work the same way – exactly the same. But supposing if I have to go from here to, say, Frankfurt, then the road is circuitous, so she has to go in a circuitous way. But another Mercedes, which has to go on a straight route, it will go on a straight route. But the working is the same.

Only the knowledge She has about you being particular - She knows you very well out and out. Remember this. You cannot cheat Her. She knows you very well and that is the reason why today we are here to worship our Kundalini, to give Her all the credit, that "Oh, Mother, You have given us these great powers. You have given us this subtle knowledge within ourself. You have given us the love which encompasses the whole world." And the more and the more you become aware of Her connections — very, very delicate connections — then you'll be amazed. In one of My photographs which came out, you must have seen many, many lines going like that, but very thin lines, sharp, thin. This is how we are.

Now we are all Realised souls. Only thing, if we have to develop ourselves and grow, we have to ask for, desire for something very beautiful. But our attention is moving on nonsensical things, how will you grow? That's why I said we have to meditate so we get into thoughtless awareness by which we allow the Kundalini to grow.

I hope after today's program people will pay attention to their own Kundalini and not to the defects of other people. First you must grow and develop a personality of that compassion and love and everything. Then only you'll be amazed. You'll grow into something really - a beautiful picture of perfection as a human being.

So may God bless you!

I didn't want to go into the details of the mathematics of three and a half and this and that and this — forget it. There's no need to deal with all those mathematical calculations and things. There's no need. I mean it's the mathematics of love, and what is the mathematics of love?

But I am writing a book. If you want to know about it, you can read it later on, once you have become something great, then otherwise it will go into your head again.

Agnya is too much. What is making you so very Agnya? I didn't say anything to hurt you, did I?

Better? I think you all should put our finger to our Agnya and move it a little. Here we become really thoughtlessly aware and detached. Move it slowly. Better, much relaxed.

1991-0812, We should now find out our roots

View [online](#).

12 August 1991

We Should Now Find Out Our Roots

Public Program

Mera - Warszawski Klub Tenisowy, Warsaw (Poland)

Talk Language: English | Transcript (English) – Draft

1991-08-12 Public Program Day 1, Warsaw, Poland

I bow to all the seekers of truth. At the very outset you have to know that truth is what it is. We cannot conceptualize it. We cannot describe it. And also unfortunately at human awareness we cannot feel it. Now whatever I am going to tell you today has to be listened to with a scientific mind. Meaning with a very open mind and if this hypothesis is proved then you have to accept it as (unclear). It is for the benevolence of your country, your children and the benevolence of the whole humanity. Outside the civilisations have grown like trees. We do not know the roots. And unless and until we reach our roots this civilisation, will be destroyed. So it is extremely important that we should now find out our roots, as I described to you how we are now heading towards the destruction. This is working out, this destruction is now working out from within. Not from without. They we are now taking to things which are not helpful to us shows that we have lost hope in our emancipation.

But actually this is the resurrection time. This is the Last Judgement. And you are going to be resurrected by the divine power, which is all pervading. And this resurrection is going to give you the powers. The powers by which you can also resurrect others. By this understanding that there is an all pervading divine power you will know that still the activity of this power we have not felt. This is to be felt. This divine power is to be felt on your central nervous system.

You see these beautiful flowers and you take it for granted but they have come out of different small little seeds. Now how did they get created by this Mother Earth through a living process. We have become human beings from amoeba stage. How did it happen? We have eyes, which are like a mighty camera, how this was created? But still at the human stage we do not know the absolute truth. That's why we keep separately, differently, we fight with each other. But if we keep to the absolute truth than nobody can question it. There cannot be any quarrel, there cannot be any fight, nor war.

But now the problem for us is to believe that we are not this body, not this mind nor this ego, nor these conditionings, but we are the pure Spirit. So, the first fundamental truth about you is that you are the pure Spirit. And the second one is that there is this all pervading power of divine love. But it's not just a sermon or a lecture. But it's the experience of actualisation. That you should feel this all pervading power as cool waves of breeze on your hands. And also you must feel your peace and your witness state. And the attention has to become enlightened. That is whenever you pay attention to something it should act, it should work. If you do not achieve this state no use calling yourself light born, twice born or something. It's just a false certification. You may follow religion, Hindu, Christian, Muslim, any religion. One is capable of committing any sin. So, these are also outside brands. You have to be innately righteous. Then you realise that those who started all these religions are all related to each other. That's an absolute truth which you can feel it on your fingertips.

So, Spirit is the reflection of God Almighty on our heart. And the Kundalini, this power which connects you to the mains, to the reflection of the Holy Ghost. Holy Ghost is no mystery for us. You have got the Father, got the Son and Holy Ghost as a dove. Actually, Holy Ghost is the Primordial Mother. In all ancient times, in all scriptures this Primordial Mother is described. In Greece they have Athena and in Sanskrit 'atha' means primordial. But in the Bible, I don't know they avoided talking of God the Mother. Even the Mother of Christ is not described in the Bible as [inaudible 17:21...] came from ordinary simple hearted people who were following some ancient religion that she had to be a Goddess. It is the people who called her benevolent Madonna. So, this has led us into a kind of confusion.

But please try to understand that in our triangular bone, called as sacrum is placed the reflection of the Primordial Mother. She is the Mother of all of you individually, your Mother. She knows everything about you. She is a Mother who wants to give you your self realisation. And she takes up all the problems upon herself to see that her child gets their second birth. She stays in the triangular bone, meaning the Greeks knew that it is a sacred bone. So, when she rises she passes through six centres. And she nourishes all the centres with her energy of love. That is how all people get physically, mentally, emotionally alright, cured. They develop that balance and the divine wisdom. She pierces through the fountanal bone area and you can really feel the cool breeze of the Holy Ghost coming out of your head. This is an actualisation of baptism. It is not just a certificate. But you become baptised. You have to become something higher.

In Sanskrit language a Realised soul is called as 'dvija'. And the bird is also called the same. Because the bird is like an egg first. And then he has a second birth when it becomes a bird. In the same way, at human awareness, we are people who are closed [Shri Mataji puts her hands together to show an egg like shape] but with the second birth that, we may say, we become connected with the whole. The microcosmos becomes the macrocosmos.

It has shown results because there are three doctors in India who have got MB in Sahaja Yoga for curing incurable diseases. There are seven doctors in England who are doing documentation on how many are cured. But in Russia, in Moscow, there are forty doctors in Moscow who are practicing Sahaja Yoga. Whatever you may say about the politics of Russia but the people of Russia are extremely spiritual. They are very sensitive. Except for people who are say, door keepers or valleys or taxi drivers, who want Americanmade jeans, but they are very well educated. And so these scientists, so many educated people and also the villagers are absolutely extremely introspective.

There is a place called Togliatti, I have not been there, and there are forty thousand Sahaja Yogis practicing. They had a holiday for my birthday, They don't believe in any nonsense. I also hope that Polish people will understand reality. I know how much you have suffered. And you should not again suffer in the hands of wrong understanding about God. So far, we have suffered because of political mistakes, but we will suffer from now spiritual mistakes. There is no need to have any blind faith. If you really want Poland to be strong, take to reality. Just don't have blind faith. Because you have divinity with yourself. You have to feel that. You should not also believe Me unless and until you've got the experience.

Today there has been a little delay because of the musicians arriving late and all that. So I will not speak longer. But I would like you to ask Me questions. For about fifteen minutes. Then this whole process takes about fifteen minutes. So, it is to be understood that this is a knowledge which is limitless. Like in this place, when you come, then you have to put the lights on, just you have to press one button. You don't have to know the history of electricity and how (unclear) or anything. Because it is within you. So, the best thing is to get your enlightenment. Through this living process. Living process of your evolution. And it is your right to get this Yoga, which is the union with the Divine power. I would like to answer your questions but do not ask me questions that are irrelevant. Because I am not here to take anything from you. But I have come here to give... the key of your ascent.

Mathias: Have you got any questions?

Seeker [in Polish]: In the East there are many types of meditations. Some people say there are sixty of them. And now they are all good. Or is there only one proper one.

Mathias: According to what he has read there is about sixty six types of meditation.

Shri Mataji: Sixty six? [Laughter]

Mathias: Types of Meditation. Are they all bad?

Shri Mataji: Oh, all bad. Because you have to be 'in meditation' and not 'do meditation'. Now supposing you have to telephone and

there is no connection, what's the use of telephoning? First, get your connection. Same about prayers. Many people tell me, "Mother I do this and I do this, yet I am not all right." But you are not connected. It is common sense.

Seeker [in Polish]: So what should one do to be in meditation?

Mathias translates.

Shri Mataji: That I will do now. We do that now.

Seeker [in Polish]: [Unclear]

Mathias: Shri Mataji, they are asking for this bindi. What is the significance?

Shri Mataji: It is a sign of a married lady in India.

[Multiple seekers, in Polish, are asking about christian meditation with the rosary.]

Mathias: Shri Mataji, what do you think about Christian meditation? They say you have this chain with..

Shri Mataji: This is christian meditation. You have to be connected with Christ.

Seeker lady [in Polish]: (unclear) after awakening of the Kundalini, how to establish/preserve this state? How to start meditating?

Mathias: The question is the following - one the awakening of Kundalini takes place, how to hold it? How to keep it?

Shri Mataji: Yes, for that I think if you come to the follow on and our centre is here already established, they will tell you. It hardly takes a month to master it. You cannot pay for the awakening because it is a living process. How much do we pay to this Mother Earth when she gives us these flowers? Why this mother earth doesn't understand anything about money, no. So you need not pay also for this spiritual knowledge. Whatever you want to have will be given to you absolutely free.

Seeker [in Polish]: Shri Mataji, some people have this sort of, it is hard to call it pain, but like a pressure/weight over here on the left shoulder. Can you tell us why?

Mathias: He is talking about Left Vishuddhi. He says that sometimes some people feel heaviness and weight from the left side.

Shri Mataji: Ha, very much. Very much I can feel now. This is because of a centre on the left hand side which gets into trouble because you feel guilty. Why you should feel guilty. You are human beings. You are not gods. If you make mistakes it's alright. This all pervading power is the ocean of forgiveness. What mistakes can you commit. Especially the Polish? Even their forefathers did not commit mistakes. It's a fathom (?) to feel guilty I think. Don't believe people you are wrong, or you are sinners or anything.

Seeker [in Polish]: [Unclear]

Mathias: He is asking whether we can say how many of the general people usually get Realisation?

Shri Mataji:- All of you.

[Woman talks about her illness.]

Mathias: She came here Shri Mataji with great hope.

Shri Mataji: Why?

Mathias: Because she is very very sick. She has very severe pelvis problems. She has difficulty to sleep and when she sleeps she sweats so much and she is very tired during the day. So she came with hope asking you if there is a chance for her to get cured.

Shri Mataji: It's a Polish problem. Those who were there during the war have suffered so much. Even Mathias was like that. You will be all right (to the woman).

Now this gentleman.

Seeker [in Polish]: I once read that Kundalini manifests as a wave of heat, not coolness. If this force which manifests as heat exists, what is it's name?

Shri Mataji: They are all talking. Actually, I think most of these are really anti god because they will tell all lies to divert you from reality.

Seeker [in Polish]: What does She think about the dark night? Not only in christianity Christmas is preceded with a dark night. I mean like Father Pio, Faustina, Sign of Jonas in the Old Testament and sign of Jesus. It is a second birth through suffering. What do you think?

Mathias: He said that he has read that they say the second birth is preceded by black night, by suffering.

Shri Mataji: Nonsense. I'll tell you one thing. That She is your Mother. When your own Mother gave you the birth, she took on all the problems upon herself. So, don't believe all these people, all nonsense.

Woman - unclear. People laugh

Matias: She is asking how long does it take to raise the Kundalini and can the Kundalini go back down as quick as it went up?

Shri Mataji: [Laughter] - It takes hardly any time. (?? Dakshat?) That moment. But you must have pure desire to get your Realisation. That's all.

Mathias: Now she says what to do when she goes down.

Shri Mataji: No, she, she doesn't go down like that normally. But we have a centre here, we have books, they will tell you how to keep the Kundalini up there and how to establish your condition.

There are people coming from Germany, from England. Afterwards you can do also and then others.

There is a gentleman there.

Seeker [in Polish]: I would like to ask if the Tibetan Lama's teachings are real?

Mathias - He is asking about the science of Tibetan llamas.

Shri Mataji: See, all these people are trying artificial (unclear?) and they cannot take your attention above. They can take you to the left or to the right. Tomorrow I will tell you about the left and right side. Can you believe that Hitler was following some Llamas and then their bodies were found? And Hitler went to Tibet to learn about these tibetan practices by which you can

mesmerise people.

Shri Mataji points at another person (voices overlapping) - yes?

Seeker [in Polish]: If the Kundalini is our Mother which will not hurt us, sorry if this is a silly question, but in that case how to free people who are degenerates, who murder or hurt other people.

Mathias: The question, Mother is, if the Kundalini is our Mother, what to do to free criminals from their criminal history.

Shri Mataji: Criminals?

Mathias: What to do or is it possible to free criminals from their criminal instinct

Shri Mataji: You get complete transformation. You get completely a new awareness, a new dimension. You wait and see. It will happen to you. Have patience (?).

Shri Mataji: This lady wants to..

Woman (PL) unclear

Mathias: Shri Mataji the question is how was your life at the time of Realisation?

Shri Mataji: I was born Realised.

Seeker [in Polish]: (Talks about some movement freeing animals etc.) Do you think this can be an alternative for humankind. Anantamurta.

Shri Mataji: My God! They are criminals.

Mathias explains in Polish that in Her talk Shri Mataji explained that the only way is to get Self-realisation and this means there is no other way.

Mathias: Shri Mataji, You in your lecture explained that there is only one way to evolution and this..

Shri Mataji: No, no, no it's that Anantamurta is absolutely horrible, the gentleman was in jail for so many years and we had people from him and said they had seen the (unclear). His own wife and son are in Sahaja Yoga. And he offered some money, he made lots of money, and his wife and some said we don't want this sinful money. I'm really ashamed of so many gurus have come from India. But I would blame also the people, but why would they not use their intelligence? Also, there are so many (unclear) institutions. [Woman interrupts Shri Mataji] So, Many questions. Except for Russia. These people run after them. Run after falsehood.

Woman to Mathias: In the beginning you said that we feel pain in certain fingers and you characterized which finger means which level. There is a form of yoga called mudras. When you use them, your fingers also hurt. Does it mean that it is a false practice?

Mathias: what is a Mudra?

Lady (PL): It is way to put together fingers as a form of Yoga

Shri Mataji: Ach, mudra. Not necessary. I mean by this can you reach God? Can you imagine? I mean use your brains. Some

people (unclear). By doing these artificial things outside how can you, how can you think that such a thing will happen. It would be something like putting the plastic flower into the Mother Earth, like that.

Woman in the audience argues

Shri Mataji: It is not correct, it is all wrong.

Some people stand on one foot, some stand on their heads. Some cut their tongues. The other one (unclear) says "cut your nose", they will cut their nose. Brain is missing (unclear) . I tell you sometimes I think there is no brain. In which scripture this is written?

[Conversation between Woman and Mathias. Shri Mataji points to somebody]

Seeker [in Polish]: What does Shri Mataji think about Swami (unclear).

Shri Mataji: Now sit down, I will tell you. Whatever I may say, why you must believe me? First, you get your Realisation. All right? Let's keep no more questions. I mean in Austria, they didn't ask one question. So many questions, so many (unclear). Now one thing I will tell. You see this asking questions and answering I'm an expert. But it is a mental acrobat. There is no guarantee that your Kundalini will rise. If your attention is more on asking questions how should your Kundalini rise? Your attention should be on your pure desire. It's all mental acrobats.

I give you only chance to ask Me questions because it's in your freedom. And (unclear) time of the Kundalini awakening some question just creeps in. I of course respect your freedom. Because you have to later achieve it freely. But then it is not free if you waste your energy asking questions (unclear). In any case I'm going to meet all of you individually after this programme is over. I'm very anxious that you all should get your realisation and settle down. But you should be also anxious to achieve your Self-realisation. Moreover it's a question of your destiny. If your (indistinct sentence) It's your destiny. You should not miss out this chance of getting self realisation. My advice is now forget it. Just right now get your Realisation. Not only you are diverting your attention, but you are diverting the attention of everybody else. Of course I'll manage to give en mass realisation (unclear) but if you are not desiring something I cannot force it on you. So the first thing should be you should get your realisation. All right?

Man speaking in Polish, Matias replies - we've ended the discussion

Mathias in English - End of (conversation ??)

Shri Mataji: Now lets you see there is no use asking these questions. (indistinct sentence) Alright, so (indistinct).

So now, first of all, I have to tell you there are three conditions. Your first condition is that you should be confident that all of you will get your self-realisation. But you should only have that desire to get that self retaliation. (Shri Mataji speaks to Mathias - indistinct)

Now the second condition is that you have to forget your past and not to feel guilty at all. As a result you get pressure on this centre here. And you develop diseases like angina.

Shri Mataji [speaking to someone on the side] Let it be alright. It's alright, very good I'm happy (unclear).

So You develop diseases like angina or you develop diseases like spondylitis, and you develop also diseases from the lethargic organs. So just now you have to just tell yourself "I'm not guilty at all". With full self confidence.

Now the third condition is you have to forgive everyone. Not individually, but in general. This seems to be a very difficult

condition. But logically whether you forgive or don't forgive you don't do anything. Only mentally you torture yourself. Those who have troubled you are happy. When you are torturing yourself. Just to say "I forgive". All of them without thinking about any individual, you will feel much lighter just now. This is a very very very important thing to do. Because this center which is called as Agnya [Shri Mataji touches her forehead] is a very constricted centre. And unless and until you forgive it won't open like this. [Shri Mataji puts two fingers - Nabhi and Vishuddhi of one hand and crosses them with these two fingers of the left hand and shows an opening in between the four fingers]. So you may miss out on your realisation. And you may also get instead of cool breeze, a little hot breeze. These are the only three conditions.

Now I will show you how we are going to nourish ourselves, our centres.

And later on we have to close our eyes.

/Cut in video recording/

Before starting we have to take out our shoes. To take the help from the Mother Earth. Those who are sitting on the ground are alright. But those who are sitting on the chairs should put both feet away from each other.

Now you have to put your left hand towards me on your lap very comfortably. On your lap. You have to be comfortable. But if you do not bend too much or straight too much. Now those who do not want to get their self realisation should leave the hall. It is not (unclear) to watch others. (Indistinct - Mother makes sure people at the back can hear.) It's not (unclear). One should not be aggressive.

Mathias (PL) People standing at the back who do not want Realisation are asked to leave. Indistinct conversation with people.

Shri Mataji speaks to Mathias (unclear).

Don't pay attention to him. As long as you don't pay attention to him that's nothing. Nothing can matter. I just don't want your attention to be disturbed. So put the left hand towards me. And the right hand on the heart. Like that. Left hand on the lap. Some of them are showing down. You can see there. (Shri Mataji points to a Sahaja Yogi demonstrating on stage). Now in the heart resides the spirit. If you are the spirit in the light of the spirit you become your own guide. So, you become your own master. So now take down your right hand on the lower 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. Now. Please take down your hand to the lower portion of your abdomen on the left hand side. This is the centre of pure knowledge which manifests the divine work. Please take your right hand in the upper portion of your abdomen on the left hand side. Now take your right hand again on your heart. Now please take your right hand in the corner of your neck and your shoulder and turn your head to the right. This is the centre where I told you when you feel guilty something goes wrong. Now take your right hand on top of your forehead across and bend your head as far as you can. Here is the centre where you have to forgive everyone in general. Now please take your right hand on the backside of your head. And push back your head as far as possible. Here without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask forgiveness from the all pervading divine power. Now please take your right hand and stretch it. Stretch your palm. And put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now please put down your head and press back your fingers. It is very important. So that you put pressure on your scalp. Now move your scalp seven times clockwise. Scalp. Not your hand. Scalp. That's all we have to do.

Now before starting please put your left hand towards me and right hand on your heart. If you have anything tight on your waist or on your neck please loosen it. Also you can remove your glasses. Now close your eyes and please do not open them until I tell you. Sitting on the chair please keep both your feet away from each other.

Now here you have to ask me a very fundamental question about yourself. You can call me Mother or Shri Mataji, whatever you like. Please ask three times in your heart "Mother, am I the spirit?" As I told you if you are the spirit you are your own master. So please take down the right hand in the upper portion of the abdomen. And here ask another question which is very fundamental.

Three times. "Mother, am I my own master?" I've already told you I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So please take your right hand to the lower portion of the abdomen. On the left hand side. Press it hard. Here we have to ask 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 moving upwards. So you have to nourish higher centres with your self confidence. To open the way for Kundalini. So now raise your right hand to 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".

I've already told you that the divine power is the ocean of compassion and love. So please have confidence in yourself and know that you are the spirit. You are not this body, not this mind, not this ego, not these conditionings, but you are pure spirit. So please put your right hand on your heart. Here you have to say with full confidence twelve times "Mother, I am the spirit". This divine power is the ocean of love and compassion. It is the ocean of absolute knowledge. But above all it is the ocean of forgiveness. So whatever mistakes you may commit, it can be easily neutralised by the power of this ocean. So now raise your right hand in the corner of your neck and your shoulder. And turn your hand to the right side. At this point you have to say with full confidence "Mother I am not guilty at all". Say it sixteen times.

I have already said 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 please now you forgive everyone in general, without thinking about individuals. For this you put your right hand on your forehead across and bow your head.

Now please take your hand on the back side of your head. And push back your head. Here without feeling guilty, without counting mistakes you have to say for your own satisfaction "Oh divine power, please forgive me if I've done anything wrong".

Now the last centre which is important. Please stretch your palm fully. And put it on your fontanelle bone area, nicely push down your head and press it hard. Here again I cannot take your freedom. So, you have to ask for your self realisation, while moving your hand seven times please say "Mother, please give me self realisation".

[Shri Mataji blows into the microphone].

Now please take down your hand.

Now put the hands towards me. And watch me without thinking. You can do it. You reach a state of thoughtless awareness, Nirvichar Samadi. Now please put the left hand towards me like this, bend your head and see with your right hand if you are feeling a cool or a hot breeze coming out of your head. Please take your hand away from your head, not on top. And move your hand (unclear). Now please put your right hand towards me like this and again bend your head. And see with your left hand if there is a cool breeze, or a hot breeze coming out of your head. If it is a hot breeze, then know that you have not forgiven. You have to forgive now.

Now please put your left hand towards me and see for yourself again if there is a cool or a hot breeze coming out of your head.

Now raise both your hands towards the sky and push back your head and ask anyone of these three questions. "Mother, is this the cool breeze of the Holy Ghost?"; "Mother, is this the all pervading power of divine love?"; "Mother is this the Param Chaitanya?" ask one of these questions three times.

May God bless you.

Put your hands like this. All those who have felt cool breeze on their fingers or hot breeze on their hands or out of their fontanelle bone area please raise both your hands.

See. I told you all of you are going to get it. All you have got it. Practically all of you. May God bless you all. I bow to all of you. Now you are on your way to sainthood. Please grow in your divinity. I have to tell you one thing, this is working out only in

collectivity. If your being is cut, then it doesn't grow. But if you are in the collectivity then you grow very well. So please remember that you have to grow in collectivity. Tomorrow again I will be having the program and I will tell you more about the inner machinery and also the spirit. But please know that you have gone beyond your mind. Do not discuss and argue. So I would like to meet you all now. Also call your friends tomorrow. Phone them. Because I will come after one year only. Also the sick people have to go to the centre and they will be helped very much.

1991-0813, First of all, we must have self-knowledge

View [online](#).

13 August 1991

First Of All, We Must Have Self-knowledge

Public Program

Mera - Warszawski Klub Tenisowy, Warsaw (Poland)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Warsaw, Poland 1991 08 13

[English Transcript]

Christ has said that you are to be born again. And if we just have a certificate that we are born again, we do not become. There is something that has happened to us so far that we are human beings and something has to happen to us to be in the Spirit. By that we get connected to this All-Pervading Power and also we have the powers ourselves of the Spirit. First of all, we must have self-knowledge. That we must know what centres we have within ourselves, subtle centres which look after physical, mental, emotional being. And also we must know how this spiritual power works within us and without.

Early Christians were told by Christ to form a congregation, the temple of the congregation, congregation. This congregation was to be people, who were really twice-born. When Saint Thomas went to India, he went through Egypt and he has written about what exactly Christ said.

And he called early Christians as gnostics. Means who had the knowledge, self-knowledge.

He wrote all the scriptures and put them in the big jar and it was discovered only about 50 years back. It was brought from Egypt and now it's been(?) decoded and it is describing nothing but Sahaja Yoga. That you have to have the experience of Realization. Also is written very clearly that you must look after your centres. So these gnostics, the people who were realized souls were the ones who were to (?) formed the congregation.

But in Italy Paul suddenly came upon the stage. He was epileptic and he was a very cruel person. He tortured, he tortured4 many Christians, even killed a disciple of Christ called Stephen. He said he saw the cross, but whatever it is, he just jumped on stage one has to make for him, becoming big big leader of Christians. And he tried to organize the religion. You cannot organize God. And that is how we have really broken our relations with the rest of the world. I was also born in a Christian family. And I asked my father who is this mister Paul who had never met Christ. In Marathi, he said (...) meaning as quater – an empty house.

Peter also was actually hang, secretly. And even the Matthew was told not to say about the immaculate conception. And he also wanted to make the whole thing very rational and very intellectual. He did not want to talk about the Mother, about Madonna, at all. He was not realized soul, so how will he know about Holy Ghost? That is what when we find, when I was I said born in the Christians family I could not take it any more the way people were behaving, I couldn't believe how could they be godly people. They never talked of spirituality, all the time money, money, money, money, money. How can a person who has a relationship with God is so much interested in money? So you have to be honest seekers of truth. We know all about Christ. Christ has said those who are not against me, are with me. Who are those people? Christ lived in India, after eight years of age, he went to India, lived there for twenty years. And then he came and they allowed him only to live for three and a half years. And they crucified him. How can in three and a half years, how much can you do? When I went to London, I was struggling with seven hippies for four years. Very hard works (?). But today they are the foundations.

Christ has said, „Thou shall not have adulterous eyes". Without greed and lust. He told to his disciples, but if you go in the western countries where there is Christian religion everywhere, they just believe in seeing others, that's all. To be seen and to see

is the fundamentals. Only after Sahaja Yoga, after Realization, their eyes have become what Christ has described. What is the interest of a Sahaja Yogi? Is to make everyone joyous, spiritually enriched. All these great religions were started by a very great, spiritual personalities, no doubt about it. But their followers failed them at one point. Firstly they organised people. And secondly the basic was that you have to become the Spirit in all the religions (...) The only thing was in here (?) and in India, they build temples and mosques and church, this, that. What does this going to do with all those stones? And because of the complete austerities which were preached, it was not preached by Christ, people took to antichrist like Freud.

Why should they, they say that you should not marry. In India also we have this kind of nonsense. All religions are funny in this way, that they say you should not marry. Rama married, Krishna married. Christ attended to the wedding (...) What makes them think, that by behaving in such an unnatural manner you will go to God. By this, the perversion started. All kinds of perverters entered into people. Then you cannot divorce. It is really very hard to understand that how people agreed to all this nonsense. In Russia I had a very good experience of the orthodox church, that (?) I must tell you. You see, my husband was a very big and influential personality, and as VIP they took me down to see one church, the big church there, of the orthodox. And the big priest, in the black ornate, he attended(?) on us, we were supposed to (...). So, he said that we are having now fast, fasting days, 40 days, so we do not eat any meat, but we can drink. And he drunk so much that vodka, that he forgot that here are the guests(?). And he collapsed on the table. You see, these Russian officers and leaders were laughing. Because of (?) the vodka he didn't even come to say goodbye to us. So they told me a story in the car, the Russian officers. They said our tsar thought of finding some religion for Russians. So he sent for Catholics. So, the Catholics said all right, you can drink as much as you like vodka, but you have to marry only one woman. You can have kept but one woman married. But they said, we can't do that, well you see, we have to marry many women, we must have many tsarinas for different purposes. And they said you can't divorce, so they cancelled catholicism. And then Muslims were found. And the Muslims said, that all right, you can have any number of wives, but you cannot have drinks. They said we can't do that. So they said all right, that won't suit us. So the third time they sent for this orthodox, so-called orthodox. Orthodox say you can drink and marry any number, we have no (...), as long as you give us (...) money we are asking.

Now, there is also a very big misunderstanding, that Christians can drink. Even the (...) I mean Benedictines (...). Christ went for a wedding and he converted water into grape juice. I can do the same and do it. But it cannot be wine. Wine has to root. It has to root for years. And the more it roots, it is more expensive. This is what it is. Because you know that alcohol takes you away from your awareness. But I don't say you that don't drink, I don't say that today.

But after Realization, you will not drink. Because when the nectar of this joy is flowing through you why did you run after this (...) Is dirty water.

So it's such a misunderstanding being created. I have come here to tell you the truth.

And to make you feel the truth. You are the Spirit and you are the Divinity. You lost, you lost your way in the darkness of ignorance. But you are all destined to get your Realization. For which you cannot pay. For which you cannot organise. It is a living process, you cannot force it, you cannot compel, you cannot discipline it. It works spontaneously within yourselves. It grows spontaneously, only you have to look after it like a (...). Because it is Divine Love. It is a love that forgives everything. Is love which is not attached. It is like sap in the tree that rises and goes to different parts of the tree and then returns back. Is, after all, He is your Father. God the Father. Which father would like you to suffer? Or to feel guilty? Christ has suffered for us. Are we going to suffer more than Christ? Why should we suffer? The only thing in ignorance enter this (?) darkness we may trample on everyone, that doesn't mean that we deliberately take suffer upon ourselves. This is the tree of life which has been described to you. And in the Bible, it is said I will appear before you like thousands of flames. These centres really look of thousands of flames but very beautiful. Especially the Sahasrara. Very silent, beautiful flames, like the petals of a lotus. But because there is light in them they look like flames. They do not discuss of these things. So please remember that there is your Mother Kundalini sitting within. And there is the primordial Mother who is the Holy Ghost. Christ has said I'll send the Holy Ghost. That's that means he is going to send you a dove(?)? And how we believe that after our death we will be redeemed, resurrected. Is Holy Ghost going to, which is the counsellor, is he going to counsel the dead? It is a very nice idea, is to say all the redemption will come after death so that there's no responsibility. Nobody is looking out for the Holy Ghost. Also, I have heard that in Italy that the last true secret

from the Fatima apparition was that a celestial Mother is working out for the resurrection of the people and this is the resurrection time.

I used to wonder when I saw these Hindus and Muslims and Christians, the priests, they were doing the anti-God activity. They are not even afraid of God. They don't know God. God is wrathful. If one does things which are absolutely anti-God in the name of God, He's wrathful. So be alert about it, be aware about it, and with honest seeking, you will all get your Realization. Don't do (...) under ignorant thinking. You have to experience yourself. You have to certify yourself. And you have to be knowledgeable yourself. Look at Mathias, he is a polish man, very nervous, very hectic, extremely nervous and absent. He was just sort of about to commit suicide (...) situation. Because he did not know, what was happening. He couldn't understand. He was seeking the truth and he couldn't understand, he couldn't get the truth anywhere. And you see how knowledgeable he is today about all the subtle centres and subtle things. He is very well off and everything is fine, but his love for Poland, he said Mother you have to come to Poland.

First time I have come to Poland with my husband and I had seen the sufferings. And that time I thought one day I hope I will redeem this country. But you have to help me. I cannot give Realization to stones or to chickens. I have to give it to you.

Yesterday we had too many questions and we wasted a lot of our time. But still will be good people ask me some questions, for only 15 minutes, but sensible questions, I'm here to give you Realization, not to take anything from you. My main concern is how to give you Self-realization.

If you are really interested in the actualisation of your baptism, then ask questions which are related to it.

Question: Shri Mataji, the question is what's difference between bhakti yoga and Sahaja Yoga because he believes (...) they are the same.

Tremendous, this so-called bhakti-yoga is not at all bhakti-yoga. You see Shri Krishna has said, that for bhakti if you give me (...) if you give me the flower, the fruit and the water, I'll take it.

But when it comes to bhakti it should be there when it is Ananya, is the word: Ananya, in Sanskrit. It means when you are not the other when you are connected with me. What is the use of this kind of bhakti if there is no connection? Like I yesterday told you, you are telephoning without connection.

It is just a (...) and money-making again. And you need a personal experience. You see, they came to me because my husband (...) shipping and they wanted to ships some idols of Shri Krishna to South Africa. South Africa, they wanted to ships some idols of Shri Krishna so they came to see me, these bhakti people. Bhakti (...). They came to see me, just for recommend for my husband that they should get free passage. And they were dressed like sanyasis and with all the hair and whole thing (...). And I was in my house, so they asked me, Mother, Holy Mother, we have heard that you are a very spiritual personality but here you are living in your house, with all the amenities of life and you are not sanyasini. I said all right, what have you done? He said I've given up my house, I've given up my wife, I've given up my brain (...). I said all right in this house (...) anyway, whatever you think equal to the dust particles of Shri Krishna's feet, you can take it. They looked that up and they couldn't find anything. I said what have you given up, stones? What is this, this is nothing. The sannyasa is within not without.

In India, everybody in the morning says Hari Rama, Hari Krishna, everyone. Especially if they are great thieves they greet more. Also, they build temples, the greater thieves. Are they religious people? All this stupidity is useless. They came to my husband and asked him to give them 15000 rupees because they (...) in the hotel, they are making hotels, money-making. So my husband: all right I'll telephone to my wife and he asked me, (...) you know these Hari Rama people. What are they? He asked me. I said they are the same, you saw in Oxford street dancing, wearing (?) these things, applied hair was falling down, the sari was falling down, the same people. I said you become their member, you will have to also dance. You become their member, you will have to also dance (...) on Oxford street. It is just (...), so they asked, what did she say? He said, you see, she says we have no money, sorry.

You people are very (...). If you are fed up with Christianity you go to another thing, they are all cults (...), all cults. See, by remembering books or by reading books you do not achieve the experience. (...) Kabira said „pari pari pandita (...)” means by reading too much the panditas are becoming stupid. That's what I found. People who read do not know that these are the (...), these are not the experience to reach (?), it is just the (...).

Use your logic. Christ has said you are to be born again. So you go on saying: you have to be born again, you have to be born again and this dance on the squares, will you be born again?

They can't hear, they can't hear. Now supposing I have a headache and the doctor says that you take headaches. Now you start singing „headaches, headaches, headaches, headaches” will your headache go or increase? By that, you only spoil this throat, and sometimes you get, most of them get cancer of the throat, I've seen this. Buddhists start the same style, they go on „Nam Myoho Renge” (...), mad. Can't you see this is madness? I'm sorry today I have to say this because especially the leader here wanted me to tell you all this. Louder.

You will know about Kundalini, you will know about everything, first experience your Realization.

Now only thing what you have to have is the pure honest desire to get your Realization.

Firstly, there are three conditions. The first condition is that you have to be self-confident, all of you, that you can get your Self-realization. Not to have any (...) about it. You are here because you are destined to get it.

The second condition is that you forget your past and you are not to feel guilty at all. Because you are human beings. And you are not God. Only human beings can make mistakes. Animals never think that they are making mistakes. So is the only human beings capacity to feel that they are making mistakes. But this All-Pervading Power is the ocean of forgiveness. And whatever mistakes you have committed makes no difference. If you have been to some falsehood doesn't matter, forget it. The second condition, we can say of the third, of a very big weight, is to forgive everyone in general. Which always people say is difficult. But whatever you forgive or don't forgive you don't do anything. The only thing that when you don't forgive then you play into wrong hands. So why to play into wrong hands and torture yourself? If you just without thinking about them individually, if you just say that I forgive everyone in general. Immediately you will feel lighter. All right, It will take about 15 minutes for us to get your Realization. Those who do not want to have their Realization should leave. (...) we cannot force on them. And please, all of those who are standing should also sit down or should leave.

Now, we show you first of all, how, how we have to nourish our centres ourselves.

You place your left hand towards Me, indicating that you have a desire to get your Self-realization.

And put both the feet away from each other. Please, take out your shoes to take help from the Mother Earth. So the left side is the power of desire. And the right side is the Power of action. So we have to nourish our centres with our right side. So now please, as it is, sit comfortable but not very much bending backwards or forwards but in a little state manner. And if you have anything tight on your waste, on your neck or anything, make it loose, that's all. Now, to show you before closing your eyes. (Keep it away, because you are too close, (...), not that much, a little bit, that's all).

Now please put your right hand on your heart. In the heart resides the Spirit. If you are the Spirit than in the light of Spirit you'll become your master. Please bring your right hand in the upper portion of your abdomen. On the left-hand side level. This is the centre of your mastery. Now, take your right hand in the lower portion of your abdomen on the left-hand side. This is the centre of pure knowledge that works out all the Divine work. Now, raise your right hand in the upper portion of your abdomen. Now raise it on your heart. Now, this is the centre where..., on the left side, between the corner of your neck and your shoulder. This gets spoiled when you feel guilty. And you, you get diseases like angina, spondylitis and many others. Now, so turn your face to right.

And remember that you are not to feel guilty. Now, take your right hand on top of your forehead. And put down your head as far as possible. At this centre you have to ask, you have to forgive everyone in general. Please bend your head. Now take back your right hand on the backside of your head. And push back your head as far as possible. Here you have to know that without feeling guilty, without counting mistakes, for your satisfaction, you have to ask forgiveness (...) bow.

Now, the last centre, you stretch your palm. Now put the centre of your palm on the top of your head, on the fontanel bone area. And push back your fingers. Now, bend your head. Press back nicely your scalp and move it seven times clockwise (...). Please bend your heads, please, that all we have to do.

Now, again remember to put your feet away from each other. Those who are sitting on the ground are all right. Left hand towards Me and right hand on the heart. You can take out your spectacles because you have to close your eyes now and don't open till I tell you. Now please close your eyes and don't open them till I tell you. Here you have to ask me a very fundamental question, you may call me Mother or Shri Mataji. Please ask 3 times: Mother am I the Spirit? If you are the Spirit, you are your Master in the light of the Spirit. So now, please take down your hand on the upper portion of your abdomen on the left-hand side. Now, again. Here again, please ask me a fundamental question 3 times: Mother am I my own Master? I've already told you that I respect your freedom and I cannot force the pure knowledge on you. You have to ask for it. So now please put your right hand in the lower portion of your abdomen, the left-hand side. Here you have to say: Mother, please give me pure knowledge, six times. Because this centre has got 6 petals. As soon as you ask for pure knowledge your Kundalini starts rising and you have to nourish your higher centres with your self-confidence. Now raise your right hand on the upper portion of your abdomen and here you have to say with full confidence: Mother, I am my own Master. Say ten times. Now, this Divine Power is the Power of love and compassion. It is the ocean of pure knowledge, it is the ocean of forgiveness, so whatever mistakes you might have committed, they will be absolutely dissolved in this ocean of forgiveness. Now raise your right hand on the bottom of your neck and your shoulder and turn your head to your right. Here now with full confidence, you have to say 16 times: Mother I am not guilty at all.

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 that you torture yourself. So now raise your right hand on the forehead across and put down your head. Here you have to say with full confidence, not how many times, but from your heart: Mother I forgive everyone, without thinking of all of them.

This is a very constricted centre and if you don't forgive Kundalini cannot rise.

Now please take back your right-hand backside of your head and push back your head as far as possible. Here without counting your mistakes, without feeling guilt, just for your satisfaction, you have to say: Oh Divine Power, please forgive me if I've done anything wrong knowingly or unknowingly. It is not how many times but from your heart.

Now stretch your palm. Put the centre of your palm on top of the fontanel bone area, which is a soft bone in your childhood. Stretch back your fingers as far as possible and put pressure.

Put down your head. Here again, I cannot cross over your freedom, so move your scalp seven times clockwise saying seven times: Mother, please give me Self-realization. I cannot force it on you.

Put down your heads, put down your heads.

Now please take out your hands. Please open your eyes, both the hands towards Me. Higher like this and watch me without thinking. This is the first state described as thoughtless awareness. Nirvichara Samadhi, Nirvichara Samadhi.

Now put the left hand this, bend your head and see with your right hand if there is a cool breeze coming out of your head. Now, bend your head. Now try with the right hand. Now see with the left hand. Is there a cool breeze coming out? Now again with the left hand. Some might get hot also because they have not forgiven. Now you forgive. Please now, raise both your hands towards the sky and ask the question, anyone of this: Mother is this the cool breeze of the Holy Ghost? Is this the cool breeze of the

Divine love? Is this the Paramchaitanya?

Now take down your hands. All those who have felt the cool or hot breeze from their hands or from their fingers or from their fontanel bone area, please raise both your hands.

(...) All they got Realization. I bow to you all. Your saintliness has started now. Now look after your Self-realization. I would like to meet you all, but I just come back in five minutes and then the musicians start the music. Just be seated, don't (...) and don't talk.

Did you feel the cool breeze? Did you feel the cool breeze? Better now, much better.

It started.

1991-0815, Discovering the Key to Your Own Joy

View [online](#).

15 August 1991

Discovering The Key To Your Own Joy

Public Program

Berlin (Germany)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth.

At the very outset, I have to say that truth is what it is. Truth cannot be conceptualized. By thinking you cannot reach truth. By reading you cannot reach truth. By any physical, mental, emotional efforts you cannot reach truth. Unfortunately, you cannot also know the truth at this human awareness. Something is missing in our lives, in our human awareness that we do not know the absolute truth. That is why we have different opinions, different ideas and ideology. If truth is one then there should be no quarrel about it. So that missing point is that, we still have to evolve more. That we have to become the Spirit.

Whatever I am telling you today here should be treated as hypothesis with an opinion mind of a scientist. You need not believe [UNCLEAR]. But if you experience it, and if you find it that it is true as honest people the seekers of truth, you have to accept it. The fundamental truth about you is, that you are not this body, not this mind, not this ego, not these conditionings. But you are the pure Spirit. You are all, all of you are pure Spirits. All of you have got the divinity within yourself. Only you have to touch that divinity.

The second truth is that there is a All-pervading power. Power of Divine love. You see the beautiful flowers here, we don't even think that they have come out of small little seeds, different seeds. We take them for granted. Look at ourselves. we have evolved from ameba and this state, we take it for granted. And look at this eye, what a beautiful camera it is, micro camera. Which energy has done this? All this living work has been done by this all-pervading power of divine love. It is subtle. That's why you have to become a subtler being.

Human organizations and enterprises have grown big like a tree. Human civilization like a big tree has grown but waiting for some sort of a shock. And there are so many problems for which we have no solutions. We have the knowledge of the tree, but we have the no knowledge of the roots. This is the knowledge of the roots, and you have to become the subtler being to enter penetrate into the roots. Like this instrument is made here and if it is not put to the mains, it has no meaning. And as long as we are not connected to the mains, our life also has no meaning.

He has already explained to you about this instrument that resides within us. In the Bible it is described as the tree of life. Also, I will appear before you like tones of flames in old testament. These are the centers. Its not only in the Bible, but in all the scriptures it is written that you have to be re-born. That doesn't mean that you just certify yourself as re-born person. It is a higher subtler state of the Spirit that you have to achieve. It is the actualization of your baptism. Actualization. Not just somebody says you are baptized. No not that way. It's the becoming of you. As a result of the awakening of the kundalini, all our centers get nourished and enlightened.

St-Thomas who went to India has written in his treaties which he had put them in Egypt about what's the reality? And that book is now ready as called as the St. Thomas's gospel after forty-eight years of research. Which talks of this happening and also, he talks of the centers. In all other scriptures, Indian scriptures also it is mentioned in a very elaborate manner that there this the power of Kundalini in the sacrum bone. So, the Greeks knew about this Kundalini. She is your individual mother. And she knows all about your problems. But as your mother took all the pains of you on herself while giving you your second birth, she does all the job very beautifully. Every human being has a right to get this union - this Yoga with the Divine power. But I do not know many are really destined for it in this lifetime.

It's very surprising that people do not understand that it's a living process and you cannot pay for it. They run after false things. Because they think they can purchase false gurus or false religions. God doesn't understand money. Look at this Mother Earth. She gives us so many things. How much do we pay her? She doesn't understand money or banking. You can pay for the hall, you can pay for the travel, but you cannot pay for something that is living process. And it has to be very much effortless. Because it is so vital.

So, as a result of this awakening, the first state you receive when the Kundalini cross this center is what we call as thoughtless awareness. We are either thinking of the future or of the past. But we are not in the present. The present we cannot achieve. Present is silent. By kundalini wakening you come to that state of silence within. And when that silence is established, the growth of Divinity starts. The second state you achieve is called as the Nirvikalpa samadhi which is meaning the doubtless awareness. At that state you can awaken the Kundalini of others, you can cure others, you can feel others and you can feel yourself. So, a new dimension in awareness is awoken on our central nervous system of collective consciousness. And this collective consciousness is the one makes you understand the centers of others people on your fingertips.

In the Quran it is written that at the time of resurrection, your hands will speak. And that they will give witness against you. Means they will tell you what's wrong with you. That means you will have self-knowledge. This is the resurrection time. This is the last judgement. Not after death. Is a wrong idea. Because Christ has said 'I will send you the Holy Ghost, who will council you, who will revive you, who will comfort you'. How this is going to happen to dead body? How can we talk to the dead body than council? There are many wrong conceptions which have come through wrong ideas. Also believing in one book and only in one incarnation, it has created a kind of a very subtle fundamentalism. If you ask a Muslim, he will think he is a chosen one, and Christians and Jews are the worst. You ask the Jews; they will say these Christians and these Muslims are the worst. Same with the Christians, they think Muslims and Jews are the worst. But they are just the same, there is no difference. Because anyone of them can commit any sin.

But after Self-realization, you come saints, you don't commit sins, you become collective, you don't hate anyone, no question of feeling and you await in the realm of kingdom of God. Whatever I am saying might sound to you very fantastic. Because we have no faith in ourselves, and we feel very guilty all the time for nothing at all. Say if we take a television set in a remote village of India and tell them that all the pictures will be happening into here, they think what is this box, how can it be? But as soon as you put to the mains, they are amazed at this box. In the same way when we are put to the mains, we are really surprised, amazed the way we are glorious. After all, we are human beings, we are not Gods. If we are made mistakes, what does it matter? This All-pervading Power is the ocean of forgiveness. So why should we feel guilty? Why should you suffer? If God almighty is our Father, which father would like his children to suffer? And if so, Christ has already suffered for us, we are not going to suffer more than Him.

So, after Sahaja Yoga, you will be surprised to know that all these incarnations, these prophets and real saints are all related to each other. Then you develop a very collective feeling for all of them. And automatically you become righteous. There is nothing to be told to you that don't do this, don't do that. In the light of Spirit, you see the Truth, the reality, the beauty and the love.

Tomorrow, I will tell you about the nature of the Spirit. Today I would like you to ask me questions. I have not come here to take anything from you. I have just come here to give you the key of your Joy. So please ask relevant questions. Now I know all the answers to all the questions also very well. And it's just a mental acrobat. That doesn't guarantee your Realization. It's an actualization, it has to work out.

But you must ask me questions because later on you will just at the time of entering into new awareness, your mind might just jump up to say ask these questions. Moreover, you are free to ask, there is no compulsion on you. Because it cannot be forced. It has to happen in the glory of your freedom. Because you have to be absolutely free later on.

Yes, please standup.

Question: If somebody has reached the highest, let us say [UNCLEAR siddhi] chakra, is he ... determined his whole life?

Shri Mataji: Siddhi chakra? Is what?

Yogini: When he has reached the highest thing, would he then decide about his life?

Shri Mataji: Of course really, of course, of course you become your own master.

Yogini: Shri Mataji, he wanted to know if [UNCLEAR it/he] then take away his life? He can kill himself, that he is free to decide about his life whether he wants to live or not.

Shri Mataji: Of course, he can, he can, of course he has to.

[Yogi comes to Shri Mataji and says something]

Shri Mataji: To kill yourself? Why? You see, this is not happening for your sake only, it is happening for the rest of the world. This is for the emancipation for the whole world. And you have to give this to others. You don't take it just for yourself. Its selfish. You have to give it to others and share it with others.

I mean I didn't understand. I didn't understand first of all, sorry. You will never kill yourself. You won't do it because you will be filled with such compassion. You will know the value of your precious life. And importance of these times. These are very important times. May God bless you.

I dint understand what you said – [Shri Mataji addressing to the translator]

Translator: Sorry

I thought of he wants to get out of .,

Yes madam.

Question: Shri Mataji, what is the difference between self-realization and enlightenment?

Shri Mataji: Both are just the same. You see the light enlightens you. Self-realization means the Spirit coming into your attention.

Question: [UNCLEAR Which aspect has got father and which aspect has mother?]

Shri Mataji: The God the Father is the one who is watching the work of God the Mother. God the Father is the witness of God the Mother. His aspect is more to be angry with people who try to trouble the Mother. You will know about them later on very well.

Question: What is the meaning when the chakra on the fontanelle bone is over UNCLEAR [heated] with burning sensation?

Shri Mataji: That means there is something wrong in the body, which is to be corrected. [UNCLEAR But/that] can be. Could believe her. Or you have been to a wrong master.

Question: Shri Mataji, he has lots of freedom. And he has the idea about [UNCLEAR]

Shri Mataji: I am talking about the freedom which comes through wisdom. Divine wisdom. That means that your Spirit shines in

your attention, in your being, in that light you see everything clearly. Now see there is darkness, you don't know how you are related to others, you start walking, you will trample over people, you will destroy people, trouble them.

Alright, any other question?

Question: Shri Mataji, the question is, can Sex is the achievement of self-realization?

Shri Mataji: It does not in any way, sex does not play any part when the Kundalini raises. You have to be married in a sained way and live in a sained way. The last center that you see here, the red one-the first center is the center of your innocence. And it looks after your pelvic plexus. Means, the one which looks after also your sex activity. So, this center is not to be pierced through by Kundalini as you can see clearly. But you would be happy to know, whatever you might have done to this innocence of yours, it can never be destroyed. It can only get covered with some clouds, because you have gone into perversions and wrong type of life. But it is all the time there. It's eternal. So, you should not have any worry on that point. As Christ has said, you have to become like children to enter into kingdom of God. So that's what happens when the Kundalini starts raising, this center puts all its energy for the raising and doesn't pay any attention to any other activity. All your activity is of excretion stops. Christ has said 'thou shall not have adulterous eyes', what a subtle way of saying that your eye should have no lust and greed in them. But if you see the fundamentals of western life is that to see and to be seen. Because perhaps may be we never worship Christ but we worship this horrible fellow Freud and kick Christ. But when the Kundalini raises, your eyes get back your innocence absolutely. All the lust and greed is finished from the eyes. And when they develop properly, even a glance of such person can bring peace, joy and joy. All this madness of wasting our attention and making our head full of tensions just disappears. And such a joyful life, such a pure life. In sahaja yoga we have many marriages and I have seen they get children who are born realized. Great children they get. Because there are so many who are waiting to be born on this Earth. I am sorry to hear in Germany and in most of the western countries the population growth is on the minus. But once you get your realization, you will be surprised, you will get saintly children. Beautiful children, something very special, and extremely wise. The other day when sahaja yogi told me that, my daughter was telling me that 'Daddy you are again getting complicated'. They talk in such a wise manner that you are amazed at them. If you have to change the world and if you have to solve our problems, we have to transform human beings.

Any other question?

Question: [UNCLEAR]

Shri Mataji: Yeah, very good question. See this is the human beings were given all the freedom then Adam and Eve tried to get out of it and the whole evolution system had to be setup. So, there have been different periods called as Yugas. And these modern times are described as the Kaliyuga are the worst times. Where the people will be completely under illusions, they will lose their wisdom and follow people who are false, and they will try to destroy themselves. They will be in such a confusion, in Sanskrit it is Branthi, such a confusion that they will not what is right and what is wrong. And they suffer with diseases which are incurable, most of them rot by their mistakes. In those days only there will be great seekers of Truth will be born. And those seekers who have been seeking in the Himalayas and on the hills and dales will be like householders. Ordinary people. Special category of people. William Blake has called them 'Men of God, they will see Truth and they will give Truth to others'. So, this is the times specially where is there is resurrection because people are seeking. They are honestly seeking the Truth. Sometimes they are misled alright doesn't matter, makes no difference.

Question: She wants to ask again so she can understand clearly, what is the connection between marriage and love. Because one side marriage [UNCLEAR] and the other side love can also [UNCLEAR]

Shri Mataji: In sahaja yoga marriages we hardly have divorces. Divorce is allowed but its hardly we have divorces in sahaja yoga marriages. The basis for divorce is the difference between the levels of people. And understanding the relationship between the two. Love seems to be a very great misnomer. It's an infatuation, some sort of infatuation. Temporary. Because certain ideas are built-in that you must fall in love. We really fall not doubt. But we have a choice always to find out a proper man whom we can like. Sometimes people marry after twenty years of living together. And then they divorce immediately and say sort of a freight

built in the minds that marriage means some sort of a domination, some sort of a competition. Which is not. Its beautiful companionship. But only with the light of the Spirit, you can discover the beauty of another person. So this is what happens to you when you are an enlighten person. We should not reduce ourselves to sex point as Freud has told us. We are not animals, we are human beings and we have to become the Spirits. So, we do not become beastly people. Fighting, quarreling, criticizing. No, we become beautiful supports of each other. Enjoying each other. We have people about two thousand people have come to a seminar in India, in a village, we can say near the sea shore. From fifty-five countries. They never quarreled, fight nothing. Of course, they do little bit of leg pulling is alright. very friendly. Isn't it something great? When you see all these vilegans everywhere. When ever human beings now a days joined together they just fight. conference means fight. Any big things United Nations means fight. Anything. Or competition or jealousies, hatred. All the beauty and divinity of a human being is lost. Also, there is no dignity, no self-respect. So, you do not respect others either. All these qualities are just there within you. All of them are there. They are not lost. You get completely cured of your disease, you get completely cured of mental problems, stress and all these nonsense. And is your own power.

Alright?

Now should we have realization?

One more? Alright.

Shri Mataji: What he said?

Question: [UNCLEAR] compassion, affection how is that [UNCLEAR] self-realization [UNCLEAR]

Shri Mataji: No no. When you get your self-realization, your attention becomes concentrated. Your brain becomes enlightened. Many people have got. Many people have got. They are doctorates in science after coming to sahaja yoga. Many children who were dull in school are getting first positions. Because you are no more confused. So, you really become perfect in side and out.

Question: He is relating to the terminology Shri Mataji and the question is why the [UNCLEAR] sahaja yoga with Kundalini yoga ...

Shri Mataji: Sahaja saha means born with you. Born with you is this right to get your union with the divine. So sahaja yoga is the wider terminology which encompasses all the yoga systems, all the history of spirituality, also it encompasses all the problems of the world. It is not only Kundalini yoga, its not an individual happening. you cannot, after getting your Kundalini yog, get out of your responsibility to the whole world. Its like a nail. If you cut it out, it doesn't grow. It's not an individual yoga. Like the Buddhists, they will sit individually meditate and all. No. Because in the olden days when it was individual, they have to go through terrible penances, terrible penances for their cleansing or their ascent. So, they had to be individually done. But sahaja yoga has a solution that in collective you live. You meditate in collective. The method I found out is that you can get your self-realization a mass. So your cleansing and all that automatically takes place automatically as soon as you become collective. You don't have to go to Himalayas for that. [Video discontinued]

And then you come here fed-up with all that.

Question: [UNCLEAR]

Shri Mataji: Just the same as Christ [UNCLEAR], just the same. In every scripture it will describe the same way. In sahaja yoga you find all the scriptures saying the same thing between the lines. All the incarnations building you up for this today. You will know everything as to whatever I have said God almighty is called as Sada Shiva. They had to talk of also abstract about this all-pervading power. Because people when you talk of God they start thinking their Gods. So they started talking about the Nirakara about the formless. First, they talked about the flowers. So, to get the honey, they started worshiping the flowers - the forms. They said 'no no no, let us talk about the honey otherwise they worship the flowers', so they talked about the formless. So, it was talk talk and talk. Whether about the form or formless you have to become the bee to get the honey. By talks you do not

become. All these questions will be very easily understood if you get your light.

Question: UNCLEAR[why this God almighty come out oneness provide the..]

Shri Mataji: You can't question God. It is his whim. You cannot question God why he did it. You see, there is a reason for everything that he does, there is a reason. Its all a very well-planned thing. He is more efficient than Germans. He knows how to organize this creation. He knows. And that's why he had to make himself separate from his energy of love. And in the office we have one manager and other is the energy that works the management.

Question: She says but why we have all the way to come back to where we already were.

Shri Mataji: I told you. It started with Adam and Eve. They didn't accept these commandments. It's a headache more for God than for you. If they were told if they behaved alright, there would have been no problem, but they did not. Then he understood that these human beings need their own freedom to be used. Because they were given freedom this was the mistake that they were given freedom because animals don't have freedom. Only human beings have the freedom. And we have freedom to go to the kingdom of God or to go to hell. We have freedom. If you want to do, you can do it.

Question: She says one level Shri Mataji would you occupy in her life, UNCLEAR[] of practice sahaja yoga?

Shri Mataji: I mean its so funny question. There is nothing like that. I am not going to occupy your life. I am like an ocean. You cannot put it in a small little cup. Can you? I am sorry.

Question: She is asking Shri Mataji, whether this ocean has any special wish?

Shri Mataji: I want you all to get your realization.

But you know I am desireless and you have to have the pure desire to get realization. You should have. Because Kundalini is the power of pure desire. All other desires are impure that's why we are not satisfied.

So, I think now we should start.

It should be the last, Alright?

No no its alright, you can ask now.

Shri Mataji: What she said?

Question: Her question is [UNCLEAR]

Shri Mataji: It doesn't, its imaginary. There are many imaginary things we believe in. if your pain is physical, it will disappear, and if your guilt is there, it will disappear too. You do not know how dangerous it is to be guilty.

Please be seated [Shri Mataji addressing to the person who asked the question]

When you feel guilty, this center here, left side catches very badly. As a result you develop spondylitis-Anjaina. And most of the lethargic organs on the left side. Moreover, if you feel guilty the Kundalini cannot raise, because the chakra is completely closed. Whatever you think is not always reality. But it is very absurd also. Now Germans should have no guilt at all about war. Because your forefathers did it, its not you. Now your forefathers are born in Iran. They are not here. Why are you feeling guilty for them? You will lose your chance of realization out of this artificial idea. On the contrary I must tell you in my experience. I found German sahaja yogis are the gentlest people you could think of. Absolutely very gentle. That gestapos are born there somewhere.

Waring, fighting. Have no guilt.

Question: Who can store these locations [UNCLEAR]

Shri Mataji: There are deities on every center. They dissolve it. When the Kundalini raises, she awakens those deities, and they dissolve all these catches. But when will do this meditation then you will have to say that you want it. I will tell you how to do it yourself, you can support it.

Alright, let's have it now.

It will take about fifteen minutes.

But as I said it cannot be forced. So, those who do not want to have it can leave the hall. All others must get seated. Better be seated. There are seats here. Come along. Be comfortable.

Now, alright, there are two forces left and right. Left is the power of our desire. So, the left one is the power of desire and the right one is the power of action. So, we put our left foot on one side and right on another side when we are sitting on the chair. On the ground you are alright.

[Shri Mataji addressing to a lady]

I think she should on the chair otherwise she may not get her realization. Poor thing. Yes better. She is not alright, poor thing. Yes, it's better. Yeah. You can't put [UNCLEAR]. You have to put them out. Just for fifteen minutes. Just for fifteen minutes. Put it on the sides. Poor thing she is not well at all. It's alright. alright. You see this. Alright.

Now, you have to be comfortable. Absolutely. You don't have to go to Himalayas or anything very comfortably. Put both your feet apart from each other, take out your shoes. Because you have to take help from the Mother Earth. Please take out your shoes all of you. Good. He is the real seeker I tell you. What about him? He can't take out? This gentleman [UNCLEAR], behind you, he can't take it out?

You will have to help him, I think. Just help him, you will have to help him I think. Just help him – [Shri Mataji addressing to yogi to help the seeker]

Alright.

You have to put our right-hand for action and left-hand on your lap in a very comfortable manner. Now try to follow properly. Now, your right-hand is going to nourish all your centers. On the left-hand side

Come forward – [Shri Mataji asking yogi to come forward]

Now he will show you how to do. Just you see him. It's very simple. But before that I have to tell you there are three conditions. The first one is that you have to have complete self confidence about yourself. That you will get your self-realization. All of you. The second one is that you forget the past and be in the presence and don't feel guilty at all. Third one is very simple that you have to forgive everyone in general. It's very simple but people think it's very difficult. Logically whether you forgive or don't forgive, you don't do anything. Nothing you do. But if you do not forgive then you play into the wrong hands and torture yourself for nothing at all. You are torturing not the people who want to torture you. They are very happily placed. But you are torturing yourself by not forgiving. So just forgive everyone without thinking about them individually. And forgive them in general. Just say I forgive all of them, you will feel so much lighter. You have to do that because this center of optic charism has closed like this. It's very very constricted. Agnya. And if you don't forgive, it won't open and you won't get your realization properly and even if you get it you may not get cool breeze, you will get a little hot breeze. But if you forgive it opens up like this very beautifully. These are

the only three conditions.

Now, please don't feel guilty. Actually, you should be very pleasantly placed towards yourself. Because you are a human being, the epitome of evolution and there is a little break through needed that's all.

So now please put your left-hand like this. You need not bend not push back yourself, sit just straight that's all. Comfortably. You put your left-hand on your lap comfortably. It will work out. And put now your right-hand on your heart. In the heart is the reflection of the Spirit that is the God Almighty. So, if you become the Spirit, then you become your own master. So put your right-hand in the upper portion of your abdomen. This is the center of your mastery. I have already told you that I respect your freedom, and this is the center down below in the left-hand side in the lower portion of your abdomen where there is the pure knowledge. But I cannot force it on you. Now raise your right-hand again, take your right-hand on the lower portion of your abdomen on the left-hand side. This is the center of pure knowledge. With which we workout all the Divine work. Now raise your right-hand in the upper portion of your abdomen, then on your heart, then in the corner of your neck and your shoulder. From the front you have to take your hand and turn your head to your right. This center you catch when you feel guilty, I told you about it. Then take your hand on top of your forehead and put down your head as far as possible. This is the center where you have to forgive everyone. Now take back your hand on the backside of your head and push back your head and here you have to without feeling guilty, without counting mistakes for your satisfaction. You have to ask forgiveness from the Divine power. Now, stretch your palm fully. And take the center of your palm on top of your fontanelle bone area and bend your head and push back your fingers and press it back nicely the scalp. Put down your head press back your fingers, and now move your scalp clockwise seven times with a pressure slowly.

Now, that's all we have to do. If you have got anything tight on your waist or in your neck you can loosen it a little bit. And you have to take out your spectacles because you have to close your eyes and don't open them till I tell you.

Now, please put your left-hand towards me like this, and right-hand on your heart and please close your eyes. Here you have to ask me a very fundamental question. You have to ask three times; you may call me Mother or Shri Mataji whatever you like. Three times you ask me a question in your heart 'Mother, am I the Spirit?'. Now, if you are the Spirit, you are your master. So, take down right-hand in the upper portion of your abdomen and press it hard. Here you have to ask another question three times 'Mother, am I my own master?'. Alright. I have already told you that I respect your freedom and I cannot force pure knowledge on you. So please takedown your hand in the lower portion of your abdomen on the left-hand side. Here you have to say in your freedom 'Mother, please give me pure knowledge'. Say it six times because this center has got six petals. As soon as you ask for pure knowledge, your Kundalini starts raising. So now we have to nourish our upper centers with our self-confidence. So please take your right-hand on to the upper portion of your abdomen on the left-hand side and press it. Here you have to say with full confidence ten times 'Mother, I am my own master'. I told you the fundamental truth about you is that, you are not this body, not this mind, not this ego, not these conditionings. But you are the pure Spirit. So now raise your right-hand on to your heart and say it with full confidence. 'Mother, I am the Spirit'. This Divine power is the ocean of love and compassion. It is the ocean of absolute knowledge. But above all it is the ocean of forgiveness. So whatever mistake you might commit it can be easily dissolved by the power of forgiveness. So please forgive yourself and take your right-hand in the corner of your neck and your shoulder and turn your head to your right. Take it from the front. Here with full confidence, please say sixteen times. 'Mother I am not guilty at all'. Please say it sixteen times. I have already told you, whether you forgive or don't forgive, you do not do anything. But if you don't forgive, then you play into wrong hands. So now raise your right-hand on the top of your forehead across and bend your head. Here, you have to say with full confidence, not how many times, 'Mother, I forgive everyone' in general. Now please take your hand back side of your head and push back your head as far as possible. Here you have to say without feeling guilty, without counting your mistakes, just for your satisfaction, 'O Divine power, if I have done any mistakes, please forgive me'. Now, please stretch your palm and put the center of your palm on top of the fontanelle bone area which was a soft bone in your childhood. Now push back your fingers as far as possible, push them back so that there's a good pressure. Push back your fingers. Now bend your head. You all should push back your fingers. Please push back and put down your head. Please put down your head. Here again I cannot cross your freedom, I cannot force self-realization on you. You have to ask for it. So, please move your scalp seven times clockwise and say seven times 'Mother, please give me my self-realization'.

Now, please take down your hands. Put your hands like this towards me and watch me without thinking. You can do it. Now put down your head, put the right-hand towards me and see for yourself if there is a cool or hot breeze coming out of your head. Don't put your hand on the head but away from it and see for yourself by moving your left-hand. Now, put the left-hand towards me. And again put down your head, put down your head and see for yourself again with the right-hand. Now take your right-hand towards me. And again please see with your left-hand. Some people get it far away. Now, take your both the hands towards the sky like this and push back your head. And ask anyone of these questions three times: 'Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power of God almighty? Mother, is this the parama chaitanya?' ask any one of these questions three times.

Now put down your hands. Put your hands like this. You feel very relaxed. Watch me without thoughts. All those who have felt cool or hot breeze on their hands, fingers or out of their fontanelle bone area, please raise both your hands. [UNCLEAR]

May God bless you.

Your saintly life has started. I bow to you all. Tomorrow will have again, those who did not feel, will feel. And those who have felt, will feel better. Also, I will meet all of you individually tomorrow. I hope there will be less questions to [UNCLEAR harrow] and you will save sometime on that.

Thank you very much.

[Shri Mataji addressing to a yogi] -

And you have to tell them as it is a collective happening, you have to come, and everything will be told to you without any charges.

Beautiful people.

Also tell your friends to come.

1991-0817, God Almighty and His Love

View [online](#).

17 August 1991

God Almighty And His Love

Public Program

Štvanice, Prague (Czech Republic)

Talk Language: English | Transcript (English) - Reviewed

Public Program

Prague, Czech Republic, 17 August 1991

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 conceptualize it or we cannot change it. Unfortunately, we cannot also know it with this human awareness. We have to become a subtler being to know the truth; that is, we have to be the spirit. For that one has to understand that it's a evolutionary living process. It is a living happening within us which makes you the spirit, for which you cannot pay. You cannot put any effort, but it just works because you are seekers of truth.

Whatever I am telling you, you have to listen to it with a open mind of a scientist. If it is proved to be the truth, you have to accept it as honest people, because it is for your benevolence and benevolence of the whole world. We see beautiful flowers here, but we take them for granted. We do not even think that they just come from small little seed. Look at our eyes, what a micro-camera it is, but we take it for granted. So, one must understand that there is some power which does this living work.

So the first truth is that you are not this body, this mind, this ego or conditionings, but you are, but you are pure spirit. The second truth is that there is a subtle power of divine love which does all the living work. Through that power only we have become from amoeba to this stage, and there is a very small breakthrough that we have to achieve, to know the truth. We do not know the absolute truth. That is why we are quarreling with each other, fighting with each other, we have wars. But if all of us know the truth, it is only one. As you all can see Me sitting here, you all know that I am sitting here, there's no quarrel about it. But when you become the spirit, then you can feel this all-pervading Power which you have never felt before. You feel it on your fingertips, and also you feel the cool breeze of the Holy Ghost coming out of your head.

In the Bible there is the God Almighty as the Father God, and we have the Son God. And the Trinity, the third one is the Holy Ghost. But how can you have Father and the Son, and no Mother? The women are called as "second citizen" because they say that She was not on the table of the twelve apostles, who were having the Last Supper. But then how do you have Paul there, who was not sitting on the supper table also? But people could feel the Mother of Christ as a Goddess, so they called her as a Madonna. And I can't understand, those who do not want Her as the Goddess go and worship Her as Black Madonna in Poland.

In the same way in every religion they have created problems, because they wanted to have it organized the way they wanted to have it. So the people concluded that there is no God, because whatever religion one may follow, they can commit any sin. So they lost faith in God. But when you will become spirit you will know that there is God Almighty and His love, His all-pervading living Power. It can be proved by Sahaja Yoga that there is God, and there is His power of love. Whether you believe in God blindly or don't believe in it, it's just the same. Many people come and tell Me that "Mother, we pray to God and nothing happens to us. We are just like people who do not believe in God." The reason is, you are not connected with God. If this machine is not connected to the mains, it won't work. If your telephone is not connected, it won't work.

So the first thing is to get connected to this all-pervading Power. And all of you have got this divinity within yourself. You all can get your Self-realization, and get connected to this all-pervading Power. You should have no diffidence about it. It's so simple. "Sahaja" means it is born with you, and all of you have the right to get this connection, yoga, without any difficulty. As a result of

that, all your physical, mental, emotional problems can be solved. Even your material problems are solved. Above all, you enter into the Kingdom of God, which is the ocean of joy. This is what is going to happen to you. This is extremely simple, which you cannot achieve by reading, by studying or by doing anything. It is not the mental act, but it's a living happening.

Today I think you have heard about the kundalini and the power which is within you. So tomorrow I will tell you about the nature of the spirit. In this short time, it is difficult to give the complete idea of this knowledge of the roots. I must have given at least four thousand lectures on this subject in English language only. So, like here there are so many lights which we can put on with one switch, but if I have to tell you about the electricity and its history, and how it came here to Prague, you'll get bored. Only one switch can open the light, because it is all built in. In the same way it is all built in within you. So it is better to get this enlightenment, and then to know about the subtle subjects.

But in any case, I would like you to ask Me questions for a short time. Only My request is not to ask Me questions which are not related to the subject. Please try to understand that I have not come here to take anything from you. I have come here to give you what is your own. You may ask Me questions.

Remove all this from there. You can remove all this from the front, because people can't see Me. When you walk it shakes too much, the whole thing shakes. Very cold, but it's all right. I'll have My spectacles. It's all right, just I'll have My spectacles. Spectacles.

Loudly.

Yogini: She said You were helping her in Vienna working on her ears, But she doesn't hear that well.

All right, that's different. I will see to it again. Did you meditate? All right, we'll see it again. All right, sit down and we'll see it again. We'll see you tomorrow.

They have no questions? Wonderful people!

Question: When You open the Kundalini to the people, how can the people keep it if they are not ready for this?

Shri Mataji: I first of all told you, have no diffidence, and don't judge yourself. Alright. The question was, if they are not ready. Your kundalini knows everything about you. She is your mother, your individual mother, and she's anxious to give you your second birth.

Hearing now? She started hearing. Little bit.

Yogini: She has said that to awaken Kundalini, to awake Kundalini we have to meditate for a long time. What does it mean, a long time to meditate?

Shri Mataji: You have already done it in previous life, everything. That's why you are here. You are destined to be here.

This lady wants...

Yogini: How do You see the future of the Earth?

Of what?

Yogini: Of the Earth. Of our Earth that we are living on, its future.

In Prague Or?

Yogini: How do You see the future of the mankind?

Shri Mataji: Great!

Yogini: There are many wars in the world nowadays, and very much violent. And my question is, what must come before the joy will come?

Shri Mataji: You see; these wars are because of the problems with human beings who have created them. If you could transform human beings, these problems will be solved automatically. If certain number of people are transformed, they'll trigger it. Already there are thousands who have been transformed, and you can transform others when you are transformed.

This lady...

Yogini: She's painting and doing very many things with the romanys, with the gypsies.

Shri Mataji: Any race, whether these are gypsies or any race, can get their transformation. It has nothing to do with your race, your nationality or your religion, nothing to do. It is something inner, innate. As long as you are a human being it will work out. The best part of it, that all so-called bad karmas are also washed off. Only human beings think that they do bad karmas, not the animals.

Yogini: He's asking whether this Sahaja Yoga is based on faith in [unclear], in Christ.

Shri Mataji: Of course, of course. But Christ has said that those who are not against us are with us. All these incarnations and all these prophets are related to each other. So we see them separated, and this creates hatred between people.

This one is there...

Yogini: Shri Mataji, Do You believe that Jesus Christ was killed for our sins, to help us?

Shri Mataji: Yes, He suffered for us. He had to do that. But incarnations actually never suffer. He had to do it, which I will tell you later on, because the way He had to go through a center of Agnya, of optic chiasma was closed like this. So He had to get crucified for his message is His resurrection – not crucifixion, resurrection. But now we need not suffer. So those who say you must suffer, they're absolutely wrong. Are we going to suffer more than Christ?

Yogini: How can we help the people who don't want to get realization, to get it?

Shri Mataji: They can't. They can't. You cannot force it. Kundalini is the power of pure desire. If you do not have pure desire, I cannot surpass your freedom. It has to be a personality like a good seed which can be embedded in the Mother Earth. But you must have desire, otherwise it cannot be worked. You cannot force a seed to sprout. Now, this gentleman has a question. Yes.

Yogini: Anyone is just will learn how to raise our Kundalini?

Shri Mataji: All right, that's a good question: that by raising the kundalini of others and also establishing yourself, you become a righteous person, and another also becomes the righteous person. They become really saintly people. They are peaceful, without any lust and greed. After all, this world is made by human beings, and if the human beings are transformed, the world will be transformed.

Yogini: Shri Mataji please are you connect with the Saint Grail?

Shri Mataji: I don't know what you are saying, I don't follow. You should not worry about Me. I will not tell you anything about Myself. Christ said that He was the Son of God, which He was. But He said that, so they crucified Him. People don't want to hear truth, unless and until they are realized souls. So I do not want to get crucified; I have to do My work still. And it is because I say you cannot take money, all these people who have made a business out of religion and business out of all this false guru propagation, they're all against Me. Also the religions have made a business, all the religions have made a business nowadays, so they don't like Me. You cannot make business out of God.

So now I think we'll have the session of Self-realization. For this again I have to say that I cannot force it on anyone whatsoever. Only those who want it and desire it should be in the hall. Otherwise they should leave the hall.

And those who do not want should not sit here, please.

The whole thing starts shaking if you get up, you know.

Yogi: Shri Mataji, they want to take Your vibrations down. They want to have their vibrations, they want Your vibrations down, and get their Realization.

Shri Mataji: I don't understand. You come from this side, I can't hear you.

Yogi: Shri Mataji, I've told them they should go down and sit, sit in front of You to have Your vibrations.

Shri Mataji: They wanted that?

Yogi: Yes.

See, once, even you come up it shakes and they get up with shakes. so let it be as they are. The whole things are shaking. And those who do not want should not sit here, please.

So, at the very outset I have to again tell you that be fully confident that you all will get your realization. The second thing is, there are three conditions which you have to understand. The first condition is that you have to forget the past, and you are not to feel guilty at all. You are after all human beings, and if you have done any mistake it's all right, you are not God. But feeling guilty is some sort of a mental torture. But also when you feel guilty, this center here catches on the left-hand side, and you physically also torture yourself. Because when this center is caught up, then you get angina, spondylitis, all these diseases. So what's the use of feeling guilty? Please do not feel guilty. When I say don't feel guilty many people are leaving, because they want to feel guilty and get sick.

Now the third condition is that you should forgive everyone in general. Some people say it is very difficult, but whether you forgive or don't forgive, you don't do anything. Again, when you don't forgive, then you torture yourself for nothing at all. So you should not even think of people whom you are to forgive. Just say "I forgive everyone" and immediately you'll feel better. That's all.

Now to take the help of the Mother Earth, you have to take out your shoes, that's all. Please put your left and right foot away from each other. Just for about five, ten minutes, that's all. Now as he has told you, there are two powers, left and right, so...

After, after, after the meditation, all right? Well, let him take one. All right, let him now. That's all. Sit down, sit down.

So put your left side on one side, and right side on another. Left side represents your desire power, and right side represents your action power. So please put your left hand on the left side, on the lap, and the right side we will use for nourishing our centers on

the left-hand side. First we'll show you how to touch your different centers on the left-hand side, to nourish them, so please see first of all, and then we'll have to close the eyes.

Put the right hand on your heart. This is the center where there's the reflection of God Almighty as spirit. And kundalini is the reflection of the Holy Ghost, the primordial Mother. Now, please take your right hand in the upper portion of your abdomen. This is the center of your mastery. When you become the spirit, you become your own guide. Now take your right hand in the lower portion of your abdomen, on the left-hand side. This is the center which is for pure knowledge, with which we work out all divine work. Then raise your hand in the upper portion of your abdomen, on the left-hand side. Now raise your hand in the corner of your neck and your shoulder, and turn your head to your right. This center you catch when you feel guilty. Now please take your hand on your forehead across, and bend your head as far as possible. This is the center where you have to forgive everyone.

Now please take your right hand the back side of your head, and push back your head. This is the center where without feeling guilty, without counting mistakes, for your satisfaction you have to say, you have to ask forgiveness from the divine Power. Now you have to stretch your palm. Now put the center of your palm on the fontanel bone area, which was a soft bone in your childhood. Now push back your fingers, and put down your head as far as possible. So there is a good pressure on your scalp, push back your fingers. Put down your head. Now you move your scalp seven times clockwise, slowly. Put down your head. Now, that's all you have to do.

Now please put both your feet apart from each other, left hand towards Me, and do not sit too much bent down or forward, but comfortably. Now, please put your right hand on your heart. Left hand towards Me, on your lap. Now please close your eyes. Here you have to ask Me a fundamental question, three times – you can call Me "Mother" or "Shri Mataji" – "Mother, am I the spirit?" Loudly.

If you are the spirit you become your guide, your master. So please take down your right hand on the left-hand side of your abdomen, in the upper part. We are working only on the left side. Here you have to ask another question, "Mother, am I my own master?" Ask this question three times. I have already told you that I cannot force pure knowledge on you, because I respect your freedom. You have to ask for it.

Now please take your right hand in the lower portion of your abdomen, and press it hard. Here you have to say six times, because this center has got six petals, "Mother, please give me pure knowledge." Six times. As soon as you ask for pure knowledge, the kundalini starts rising higher.

So now we have to nourish the upper centers with our self-confidence. Now raise your right hand in the upper portion of your abdomen, on the left-hand side. Here you have to say with full confidence, ten times, "Mother, I am my own master."

I've already told you that you are not this body, not this mind, not this ego or these conditionings, but you are pure spirit. So now raise your right hand onto your heart, and here you have to say with full confidence ten times – twelve times, "Mother, I am the spirit." Ten times – twelve times.

This all-pervading Power is the power of compassion and love. It is ocean of absolute knowledge.

Loudly, loudly, loudly you must say.

But above all it is the ocean of forgiveness, and whatever mistakes you might commit, this ocean can dissolve it very easily. So please forgive yourself, and put your hand in the corner of your neck and your shoulder, and turn your head to your right. Here with full confidence say sixteen 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; but if you don't forgive, then you play into wrong hands. So, now raise your right hand on top of your forehead across, and please put down your head as far as possible. Here you have to say with full confidence – from your heart, not how many times – "Mother, I forgive everyone in general." Now,

please take your right hand on the back side of your head, and 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, not how many times – “Oh divine Power, if I have done any mistakes, please forgive me.”

Now stretch your hand fully, your palm fully, and put the center of your palm on top of your head. Now push back your fingers. Please put down your head. Here again, I cannot cross over your freedom. You have to ask for your Self-realization. So move your scalp seven times slowly clockwise, asking, “Mother, please give me Self-realization” seven times.

[Shri Mataji blows into the microphone.]

Now please take down your hands. Please put both the hands towards Me like this. And now put the right hand towards Me like this.

Hamid, Get up. Please stand up. Please stand up and show otherwise they will not know.

Please put right hand towards Me, and put down your head and see for yourself with the left hand, if there's a cool or a hot breeze coming out of your head.

Loudly, loudly, loudly.

If it is hot, means you have not forgiven, so please forgive and don't feel guilty.

Now left hand towards Me, but bend your head, bend your head. Now please see with your right hand if there's a cool breeze coming out of your head, or a hot breeze coming out of your head. Don't put the hand on top of your head – away from it. Sometimes you get it far away. Now please put again your right hand. And put down your head and see for yourself again with the left hand.

Now, raise your both the hands towards the sky, like this.

Loudly, loudly.

And push back your head. And ask any one of these questions three times, “Mother, is this the cool breeze of the Holy Ghost?” or “Mother, is this the power of divine love?” or “Mother, is this the Paramachaitanya?” Ask any one of these questions, any one question three times.

Now take down your hands. Now put your hands like this towards Me. Open your eyes. Watch Me without thinking. Those who have felt cold or hot breeze on their fingertips or in their hands, or on the fontanel bone area, please raise both your hands.

Prague! All of you have become saints now. I bow to you all! Your saintly life has started. Tomorrow I will come again and explain to you about the spirit. May God bless you. Please inform your friends and also call them, because I am here only for tomorrow. Those who have felt the cool breeze or hot breeze will settle down tomorrow, and those who have not felt at all will also feel it.

May God bless you all.

You see how it is, it's shaking.

Also tell them not to talk about it. It is beyond your mind. To be quiet. Don't discuss it.

1991-0818, Enlightened Person and the Attention

View [online](#).

18 August 1991

Enlightened Person And The Attention

Public Program

Štvanice, Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Prague (Czech Republic), 18 August 1991.

[Hindi]

They have done three songs, have they? One more ... one more ...

[Hindi]

[Yogi asks about taking of photos during Shri Mataji's talk.]

But when I am talking, one should not.

You have to sing one song more, smaller one. Hamid, My spectacles. My spectacles.

[Yogi explains to Shri Mataji that they have already spoken about chakras, etc.]

I bow to all the seekers of truth. As I told you yesterday, that truth is what it is. It cannot be conceptualized, and cannot be felt at this human awareness. For that you have to become a subtler being that we call as the spirit.

Today I'm going to tell you about the nature of spirit. Spirit is the reflection of the Father, the God Almighty. The seat of that is on top of fontanel bone area, but He is reflected in our heart; while kundalini is the reflection of the Holy Ghost, the Primordial Mother.

So this spirit, when it is enlightened into our attention, our attention becomes active: in the sense that if you pay attention to something, it doesn't act there, but on the contrary wherever you pay attention, that acts upon you. On the contrary an enlightened soul, even a glance of such a person can manifest peace, joy in the other person. The spirit, when it starts showing through your central nervous system, you develop a new dimension on your nerves, by which you can feel your own centers - that is self-knowledge, and you can feel the centers of others. It is absolutely accurate sensation you get on your fingertips. If you know how to put these centers all right, then you get physical, mental, emotional complete balance.

The center is like this, and when we start using it on the right side or left side too much, then it becomes constricted. Sometimes a certain shock can just break it, and then you develop maladies, physical and mental. But when the kundalini passes through these centers she puts them right and enlightens them, because she's now connected to the spirit. So the spirit tells us what is wrong with us. This is the Last Judgment. Also this is the Resurrection Time. We are going to judge ourselves, and we are going to resurrect ourselves through Sahaja Yoga.

Spirit is the source of truth, absolute truth. If you have ten children who are realized souls, and if you tie up their eyes, and put somebody before him and ask what's wrong, then they will all put up one finger. That means they all are saying that something wrong with the throat of the gentleman. And if you ask the gentleman, "Is something wrong with your throat?" he says, "Yes, but how do you know?"

In the light of the spirit gradually you understand this divine Power, which is all-pervading. And if you know how to work out this divine Power, you can also raise the kundalini of others and give them, others realization. Also you will know which man is truthful and which man is not, because immediately as soon as you put fingers towards such a person, you will feel terrible heat if he is a crook; because in your awareness you develop a new dimension called as collective consciousness.

First you develop a state, what we call as nirvichar samadhi, meaning "thoughtless awareness." For example, there's a nice carpet here and I look at it, and I start thinking about it. But after enlightenment you see something and there is no thought; because thoughts come from the past or from the future, but in the present there is no thought. So when you see something, whatever joy is created by the artist starts pouring on you and absolutely soothes you down. Your stress, your worries all disappear, because spirit is the source of peace.

There are many people who start talking about peace, but they have no peace within themselves. They also get Nobel Prizes in peace, but what's the use - they have no peace within themselves. But it is like a wheel: when the wheel is moving and you are at the periphery, you are disturbed; but if you go to the axis of the wheel, it's peaceful. In the same way you, your state becomes that of an axis. Like if you are standing in the water, there are waves coming and you are afraid of the waves - like the thoughts coming from the right and left, future and past. But if you get into the boat, then you are no more afraid of the waves. But if you learn how to swim, you can get into the waves and bring people with you back to the boat.

This is the third, this is the second state where you arrive, is the doubtless awareness, nirvikalpa samadhi, where you become very knowledgeable. Your light of the spirit enlightens your brain. What we know through human awareness is very little, but when the brain is enlightened you start discovering new things. We have some scientists who have discovered lots of things after coming to Sahaja Yoga. It gives a new dimension to your creativity. We have many artists, musicians who have become world-famous after coming to Sahaja Yoga. Physically you feel all right; all incurable diseases can be cured, most of them can be cured with Sahaja Yoga. Some people take more time, some less, but most of them are cured. But it is not meant for people who are frivolous, or people who do not want their realization. It is meant for people who seriously are seeking honestly the truth. People who have been even spoilt by false gurus or for following some religions in the wrong way, all can be saved.

In the light of the spirit you become your own master, because you see the truth. For the first time you feel this all-pervading Power which does all the living work; and then if you know how to handle this great power, you can become masters. You become extremely dynamic, fearless, but at the same time very compassionate. And this has to happen to all of you. Only those who do not want, or those who are not destined, will not get it. But it is not a plastic growth, that you can create thousand flowers of plastic - it is reality, and so the becoming is important in Sahaja Yoga. Above all, your spirituality, your divinity start expressing itself and you become automatically righteous, and you enjoy your virtues.

The greatest thing about Sahaja Yog today is that it's a collective happening. Before this, people had to cleanse themselves by going to Himalayas or hiding themselves in some caves. They had to do lots of penances. But in Sahaja Yoga, collective work makes you absolutely perfect. It is like if My nail is broken then it will not grow - it has to be connected with the whole. Once you are connected to this divine Power, then you all become part and parcel of the whole. You are not only guided, but also very much protected and blessed. Specially it gives you joy. Joy cannot be expressed, cannot be described. It doesn't have duality of happiness and unhappiness; it is absolute in its nature. It is just to be experienced, and that is what will happen to you.

Today again if you have some questions, I would like to answer; but again I have to tell you that I have not come here to take anything from you. So please ask Me a question, any question which is relevant. Thank you very much.

[Question]

Yes, of course. Continuously. You have to know about it, for which you don't have to pay anything. All this knowledge is absolutely free. You cannot pay for the divine work.

[Question]

They are all our mistakes, these are human mistakes. Human beings have to change, they have to be transformed.

[Question]

No, it cannot be. It cannot be by any exercise, or by reading or by anything. It is a living process. Like the seed, you cannot force it to sprout. You have to put it into Mother Earth.

[Question]

They all have to be upset. All the religions are just making money. "Yoga" means "union with the Divine." All scriptures have said that you have to be born again. Nobody is paying attention to that; they are just busy collecting money.

[Question]

He has never said so. You better read your Bible again. Of course word of God is there, no doubt. Hello! What is it? It is not - it is of course the word of God. Hello, listen, sit down. I'll tell you. Sit down. I'll tell you what. It is, Christ has said that it is the word of God, and I am using word of God alone. Sit down. Also He has said that "I'll send you the Holy Ghost." If I am the Holy Ghost, I am God also. Please be seated. If I am the Holy Ghost, how will you recognise Me, as a Christian? How will you recognise Me?

I am the Holy Ghost. I have to say this, because if you bring Bible here, I'll have to tell you; because, because I give comfort - we have cured so many people in the whole world. There are three doctors who have got M.D. in Sahaja Yoga. There are forty doctors in Russia who are practicing Sahaja Yoga. And I am counselling you, I am telling you what Christ could not tell, because in three-and-a-half years He was killed. They were the same people who were reading Bible and saying, "This is not our Saviour" - and they killed Him. And the third thing is the redemption. Holy Ghost has to be a Redeemer, and that's what it is: I am giving you realization. This time don't miss it.

Three-and-a-half years they allowed Christ to live, and they are using His Bible when I'm here. When Christ was there, they were using the Old Testament to decry Him, and talking about Moses. By reading Bible, if you people would have achieved anything, you would have seen to it. I was Myself born in a Christian family. And do you know what Christians have done with this Bible? If you go to South America you'll be shocked. Billions and billions of Red Indians were killed by Christians showing them Bible. In India they brought Bible in one hand and a gun in the other.

Don't miss it. The time has come for you to get your realization, to take your resurrection. You were born in a Christian religion, so you believe in Bible; but those who are born in Islam, they believe in Koran only. They think all the Christians will go to hell, and the Christians think that all the Muslims will go to hell. What about the Jews? When you have blinkers and when you put blinkers, you do not see the unity of God. This has Those people who read Koran, Bible, Gita, anything, they follow any religion, commit any sin. Are they righteous? Christ has asked you to be humble. Where are the Christians who are humble? I would like to see - they are so arrogant. Christ went to the extreme of morality: "Thou shalt not have adulterous eyes." Let us see which Christians have that kind of eyes. Only the Sahaja yogis have those innocent eyes.

You all are to be born again, you should have an actualization of baptism. You should feel the cool breeze of the Holy Ghost out of your fontanel bone area. We have had enough of sermons and lectures and Bible-reading. Let us read the book of reality, the book of reality. No blind faith is needed. You have to feel the all-pervading Power. You can prove it through Sahaja Yoga that Christ was the Son of God - you can prove it. They cannot prove. Can they give Self-realization? (You better take another hall and give address there. No one wants you. Just throw him out.) You should not believe blindly into anything whatsoever. You must have the proof of everything. If you don't have the proof, why do you believe in Bible, why do you believe in Gita, why do you

believe in Koran, just blindly believing into it?

[Question.] (What did he say?)

I can treat her later on. We'll treat you, no doubt. It will take some time, better? We'll treat you, all right? Just now I want to give Self-realization to all of them. That is very important. They have come here to get their Self-realization. All right.

(Ask them to give, give these boys some bandhans.)

I had to say it, I'm sorry. I had to say - the time had come to say this, see, so I'm happy.

Those who do not want to have Self-realization should please leave the hall. It is not civil to come to somebody else's meetings and disturb it. It is a divine work which is going on, and you have no business to disturb. So people are paid for this kind of work, I know; but why not seek your benevolence? Why stick onto these ideas and get ruined forever? There is no wisdom in this kind of blind faith. Now so many Muslims and Jews worship Christ, because it's a proof for them. It is not because they go to church and listen to someone, and then accept something. If it is a proof, then as honest people you have to accept. They say in English, proof of the pudding is in the eating of it, not by talking or by reading something. If you are hungry, you will get it; not those who are living on words and books. One poet has said in India - his name was Kabira - he said, by reading too much, even the educated have become stupid.

Now, as you know, there are two forces within us: what we call the left sympathetic and the right sympathetic nervous system. They work when we are in emergencies. But the third one is called as the parasympathetic, which supplies the energy to bring the whole system into balance. Actually the left side is the power of desire, and the right side is the power of action. Christ could not tell all these things, they crucified Him. This is the problem, that His work has to be completed.

Now we will be using our left power of desire, expressing with your hand like this. But there are three conditions which you must have: that if you have pure desire to get your realization, then be sure that you all will get your Self-realization. You should now have no diffidence. (Let it be, doesn't matter. They are useless people, you see; they are paid by someone. You forget it now.)

So there are three conditions: first is, you should be confident that you will all get your Self-realization. All right. Then the second condition is that you are not to feel guilty at all. You have to forget the past. You have to be in the present. If you feel guilty, then you catch this center very badly, and as a result you develop even physical problems, apart from mental torture. You develop angina, spondylitis, and many diseases from the lethargic organs. All right.

The third condition is that you have to forgive everyone, everyone in general; not to think about anyone who has troubled you. Even the gentleman who tried to disturb you: forgive him, just forgive. Because 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 logically you must forgive. Actually you don't do anything. But why should we torture ourselves for others when they are enjoying themselves? And don't consider yourselves as anything low. Now you are a human being, and there's a last breakthrough that you have to achieve, which is the actualization of your baptism.

You have to take out your shoes for about ten minutes and put them, your feet, on the Mother Earth.

... On your lap. This is suggestive that you are desirous of having your Self-realization. We'll tell you about the centers on the left-hand side which we'll be nourishing ourselves. Now please put your right hand on your heart, where resides the spirit. On the heart. Left side, left side.

If the spirit shines in you, then it guides you; that's how you become your own master. So now please take down your hand in the upper portion of your abdomen, on the left-hand side. This is the center of your mastery. Now, here is the center made by all the prophets, which when enlightened, makes you the master of handling divine Power.

(Please sit down. Don't disturb us, at least. If you are Christians, sit down. Please don't disturb us. Sit down. Be humble, listen. Please be seated. At least behave like Christians.)

Now, you have to take your right hand in the lower portion of your abdomen, on the left-hand side. This is the center of pure knowledge, not bookish knowledge but pure knowledge which works, which works the divine Power; by which you give realizations to others, cure others, everything. Now raise your right hand in the upper portion of your abdomen, on the left-hand side. Now, again on your heart. On your heart. Now in the corner of your neck and your shoulder, and turn your head to your right. I have already told you that this center goes out of order when you feel guilty. Don't feel guilty at all.

Now, take your right hand and put it on your forehead across. Put down your head. Here you have to forgive everyone in general. Now, please take your hand back on the back side of your head, and push back your head. Here you have to say without feeling guilty, without counting your mistakes, for your satisfaction, "Oh divine Power, if I have done anything, please forgive me."

Now, please stretch your palm, and put the center of your palm on top of the fontanel bone area, and press it down, your head. Push back your fingers so there's a good pressure. And now move your scalp slowly, seven times clockwise. Now, take down your hand. That's all we have to do. You can take out your spectacles because you have to close your eyes, and also if there's anything tight here or on your waist, please take it out.

Now again put your left hand towards Me, both the feet away from each other, and close your eyes and put your right hand on your heart. Here you ask Me a very fundamental question - you can call Me "Mother" or "Shri Mataji" - three times, "Mother, am I the spirit?" Ask this question three times. ... (Loudly.)

If you are the spirit, you are your master. So please take your right hand in the upper portion of your abdomen, and ask Me another question - on the left-hand side - "Mother, am I my own master?"

I've already told you that I respect your freedom, and I cannot force pure knowledge on you. So please take down your right hand in the lower portion of your abdomen, on the left-hand side. You have to ask for pure knowledge. So please say six times, "Mother, please give me pure knowledge." ... (Loudly.) As soon as you ask for pure knowledge, the kundalini, the reflection of the Holy Ghost, starts rising.

Now please take your right hand onto the upper portion of your abdomen on the left-hand side. We have to nourish these centers with our full confidence. Here you have to say with full confidence, "Mother, I am my own master."

I've already told you that the fundamental truth about you is that you are the pure spirit. You are not this body, you are not this mind, you are not this ego or these conditionings, but you are pure spirit. So now raise your right hand on your heart, and with full confidence say, twelve times, "Mother, I am the pure spirit."

The divine Power is the power of compassion and love, it is the ocean of pure knowledge, but above all it is the ocean of forgiveness. So whatever mistakes you might commit, the ocean of forgiveness can dissolve it with its power. So now raise your right hand in the corner of your neck and your shoulder, and put your head to your right. Here you have to say with full confidence, 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 and torture yourself. So now raise your right hand to your forehead, and put down your head. Here from your heart, not how many times, say, "Mother, I forgive everyone."

Now, take back your right hand on the back side of your head, and push back your head. Here you have to say, without feeling guilty, without counting your mistakes, for your own satisfaction, "Oh divine Power, if I have done any mistakes, please forgive

me." Say it from your heart, not how many times.

Now, stretch your palm, and please put the center of your palm on the fontanel bone area, which was a soft bone in your childhood. Now bend your head. Push back your fingers to put a pressure on your scalp. Now move your scalp slowly, seven times. But here again I cannot force Self-realization on you. I respect your freedom. So say seven times, "Mother, please give me Self-realization."

[Shri Mataji blows into the microphone.]

Now, please take down your hands. Please put your hands like this towards Me, and watch Me without thinking. Like this, like this. Now bend your head, and with the left hand see if there's a cool or a hot breeze coming out of your own head - you have to certify yourself. Don't put the hand on top of your head but away from it, and see for yourself. This is the proof. Now, please put the left hand towards Me, and put down your head again and see with the right hand. Some people get it far away also. Now with the right hand again.

Now, please put both your hands towards the sky like this, and ask a question, one of those - one of these questions you ask, "Mother, is this the cool breeze of the Holy Ghost?" Or second one, "Mother, is this the divine love of God?" Or "Mother, is it Ruh or Paramchaitanya?" Any one of these, you ask question three times.

Now please put down your hands. (They have got it!) Put down your hands, please. Like this you put it now. Those who have felt cool or hot breeze out of their fontanel bone, or on their hands or fingertips, please raise both your hands.

This is the proof. May God bless you. Now you have become really Christians. Now you have become saints. This has to grow, your divinity has to grow. As I told you, it will grow in collectivity. We have here a very good center, and there are many people who know about Sahaja Yoga very well. You all should come, and become great Sahaja yogis. You have to save your fellow-men here; and you'll become masters in no time. You don't have to pay for anything.

May God bless you. I would like to meet you people today, tonight, if possible. (Now, they should come up and)

(Don't talk with them. They are negative people.)

[Shri Mataji works on the seekers.]

1991-0818, Shri Ganesha Puja, He Creates the Lotus of this Mooladhara Chakra

View [online](#).

18 August 1991

Ganesha Puja

Sokol gym, Prague (Czech Republic)

Talk Language: English | Transcript (English) – Draft 18 August 1991 – Prague, Czech Republic, He Creates the Lotus of this Mooladhara Chakra

[Puja being prepared. Hindi or Marathi instructions at start of audio]

Yogi: Shri Mataji, [sounds like/ without microphone this is wonderful. Thank You.]

Shri Mataji: Today, we'll have Ganesha Puja and for that, I think some of you should come up here on the stage. You organise. You also come so you can tell them. You can get that thing from here to wash [unclear]

We have children here? Some of them are here. Behind Me. Also unmarried girls, there must be. Unmarried girls and children can come. He could have a chair... can you not give him a chair? Let them come, all of them. All the children can come. Just see what is there, is there a... [unclear/Just keep it safe.]

Now, [inaudible] the bigger one would be better.

Yogi: Shri Mataji, can we...

Shri Mataji: This side, if the chair could be... [unclear]

Yogi: Can we use both?

Shri Mataji: That's better. You've got the water?

Yogi: Yes.

Shri Mataji: Tell them I will speak, if they have the water?

Yogi: Yes, they will come Shri Mataji.

Shri Mataji: All right. [laughing] Let him do whatever. Now, why did you start this kind of thing? It's all right. I told you not to collect any money.

Yogi: Shri Mataji, can we read the Ganesha Atharva...

Shri Mataji: Yes, but first I'll speak something. [Hindi aside] Can't you put there for the time being? Now sit down. Who's going to translate?

Today we are going to have Ganesha Puja and is important to do it on the first day because first, innocence was created on this earth and that is so very important, because it is the support of this world. Innocent Shri Ganesha is, all His incarnations, because He is an eternal child. Also innocence is eternal; it is never lost. Even when we do mistakes and wrong things, immoral things, still innocence is just covered, like clouds cover the sun. So one should not worry about what has happened in the past or what wrongs we have done in the past. We have to first create auspiciousness in any place we're starting programs.

Auspiciousness is the power of Shri Ganesha, which gives you an atmosphere which is protected by Him. It protects the children very much. Also protects the women, and all the men who believe in a chaste life.

I will not go into the details of Shri Ganesh, which you can find out yourself. But He's placed on Mooladhara Chakra. This Mooladhara Chakra does all the excretion from our body, so all the filth is thrown out of our body. So, like in a dirty pond, He creates the lotus of this Mooladhara Chakra, and He emits the fragrance, which is His quality. He is made of the Mother Earth and the essence of the element of Mother Earth is that it has fragrance. Thus, He creates a new world, even in that filth. But He is placed on all the centres, because He is the support of all the centres. So it is very important to understand that, innocence that we achieve after realisation must be respected.

At Agnya Chakra, He comes as Jesus Christ. He is the Logos [divine reason] so He can walk on the water. He's very subtle. He's so subtle that He can pass through this Agnya Chakra of the great Virat. That is why I always tell that, you must forgive everyone if you want to open this centre. Gradually you will know much more about Him. We should say He's the eldest Son of your Mother. May God bless you.

Artharva Sheersha we'll say. First Ganesha's mantra.

Water you should bring. You can put down some towel or something is there. Is there some towel here? Keep it here. That should be added there. Keep it on top of this... No, don't keep it on the carpet. Is it hot? Very hot?

Yogi: It's...it's a little bit warm.

Shri Mataji: Warm is all right.

1991-0819, Welcome Meeting

View [online](#).

19 August 1991

Arrival

Sheremetyevo International Airport, Khimki (Russia)

Talk Language: English | Transcript (English) – VERIFIED

When I was leaving Prague all the Sahaja Yogis was crying and I was also crying. But after coming to Moscow all that sadness has gone now. I'm so overjoyed to see you all again here. I hope this time My coming is going to do something great for all of us.

(Sahaja Yogis are saying, "Jai Shri Mataji", several times.)

...and very handy, I must say. I was rather worried when I heard that this problem in Russia¹. But I see you quite all right? (Shri Mataji laughs).

(Sahaja Yogis. "Very good, very good. We did not know about the problem".)

That seems. You are in the Kingdom of God².

(A Sahaja Yogini. "I love You very much, Mata".)

I love you too. I love all of you.

(Sahaja Yogis are saying, "Jai Shri Mataji", several times. The leader of Ukraine said that all the Sahaja Yogis are happy when Shri Mataji is here.)

I'm happy Sahaja Yoga is spreading so much here in Russia. And when you tell this to others they also going to competition with you (Shri Mataji laughs). And they think that spiritually you'll be very powerful one day and they'll be left behind (Shri Mataji smiles). And one fellow asked Me, "Mother, I hope there is sufficient place in the Kingdom of God for all of us." (Shri Mataji laughs).

(Sahaja Yogis are saying, "Jai Shri Mataji", several times.)

And I told them how Russian understand Sahaja Yoga so easily, they are not conditioned. And they are also not so materialistic as the Western world is and very immoral. Very immoral and extremely violent. Now this all Nazi group is again rising. So Sahaja Yoga has to spread fast in all the countries where yet they are not contaminated by this.

People are going, say, from Austria to Czechoslovakia. And from Italy to Bulgaria. And from Switzerland to Poland. And Romania French people are looking out. They were hundred and twenty Romanians who came to meet Me in Hungary. So Czechoslovakia and Hungary is looked after by Austrians. It's all working out very well in all these countries. Even in Austria we have lots of good Sahaja Yogis, very matured Sahaja Yogis. In France also we have many. So much so that people are now frightened of us (Shri Mataji laughs). Because they are false people, they are making money in the name of God also. And they are afraid that falsehood will exposed very soon.

They are very proud of you, all of them. And they think...

(Sahaja Yogis are saying, "Jai Shri Mataji", several times.)

I'm also very proud of you. You have become very...

(Sahaja Yogis are saying, "Jai Shri Mataji", several times.)

... you have become very deep Sahaja Yogis.

May God bless you.

(A Sahaja Yogini presents her handwork to Shri Mataji and describes it, "Kundaliny, Mooladhara, Swadishthana, Nabhi, Anahata, Vishuddhi, Agnia and ...")

Sahasrara.

(Yogini, "Sahasrara. In order to embroider the letters of Your name...")

Exact, exact colors.

(Yogini, "In order to embroider the letters of Your name there had to be threads out of the Sun and the Moon rays.")

Beautiful. You have taken so much so much trouble.

(Another Sahaja Yogini, "She is a Sahaja Yogini from Lenigrad and she wanted to express her great love to You".).

Thank you, very kind of you.

(Yogini. "Is it nice?")

Very beautiful.

(Yogini. "I'm happy, I'm happy.")

Every colors is absolutely the same!

(Yogini. "She made it in the state of meditation being in front of the Photograph and she thought that You blessed her".)

Of course.

(Sahaja Yogis are presenting flowers to Shri Mataji).

So beautiful flowers. Thank you very much. Spasibo.³

¹ It was a historical date of August 19, 1991 when H.H. Shri Mataji has come to Moscow. This day started a military coup d'etat in the USSR by some orthodox sticklers of the old communist regime who named themselves as GKChP. So in the early morning armored forces had occupied Moscow and some other main cities of the USSR and President Gorbachev was arrested. The state of emergency was declared and any social gatherings were prohibited, all the theatres, cinemas, restaurants, etc. were closed. (The only exception in Moscow was H.H. Shri Mataji's public program!) Many people (and some Sahaja Yogis too) were afraid of the possibility of civil war then. But in a few days the situation has changed dramatically – the USSR has broken out into the Independent States, the absolute power of the Communist Party of the Soviet Union was finished, and people have got some democracy, so further propagation of Sahaja Yoga became possible there. (Transcribers note)

2 Shri Mataji has cited that instance several times in Her talks to explain how we should behave in any precarious situation – there is no any threat when the Mother is here. (Transcribers note)

3 It is “Thank you” that Shri Mataji has said in Russian. (Transcribers note).

1991-0820, Kundalini: Miraculous instrument within us

View [online](#).

20 August 1991

Kundalini: Miraculous Instrument Within Us

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program. Moscow (Russia), 20 August 1991.

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, nor can we change it. We cannot know it by reading books or by listening to lectures. And you cannot pay for it. At this human awareness unfortunately you cannot know it.

All our civilization is like a tree but if we do not know our roots all this civilization will get undernourished and may be destroyed. But if we know our roots then we can take to our growth in spirituality. This growth has to start within us. You are all spiritual beings - you all divinity within yourself. You have not yet touched it but this is very easy - sahaja - for you to get to your roots. To go to your roots you have to become a subtle being.

You have become from amoeba to this state as a human being but now you have not reached that absolute state. That is why there are quarrels and different ideologies. So you have to become the Spirit for which already in you is placed this miraculous instrument. It is all there within you, built-in. Like these lights, you have many lights but you have to put on only one switch to get all these lights on. But if I am to tell you that this electricity was discovered and then it was brought here in Moscow and put here it's quite a boring thing and of no use.

So the best thing is for you to get your Self-realisation, to get your state of Spirit then in that light you will understand everything very well. It is a very subtle subject. If you become the Spirit then the light of that Spirit enlightens you completely. First you discover what's wrong with you. These are the resurrection times and for that you have to know what are your problems within yourself.

So when this power of kundalini - which connects you to this all-pervading Power - comes through your fontanel bone area then you start feeling this all-pervading subtle Power which you have never felt before. It is the power of divine love and it starts flowing through you. As this instrument is to be connected to the mains, our instrument has to be connected to this all-pervading Power through our Spirit.

So when the kundalini rises she passes through six subtle centres and gives you such energy that you solve your physical, mental and emotional problems completely. Somehow I think Russians are extremely sensitive to spirituality. Except for here I have not seen anywhere in the world such sensitivity as you people have. You are really special people. You here are so fast to spirituality that it is amazing.

So first thing happens with you that you start feeling the cool breeze on your fingertips of the Holy Ghost, you can call it. In the Bible they have not described the Christ's mother as Madonna at all. On the contrary, they say that women are second class citizens and that the mother of Christ was not at the supper table so she was not an apostle. This is no logic because Paul was nowhere near Christ but still the whole religion is taken out of Paul. And they are giving artificial baptism. Baptism is a reality. When the kundalini rises she actually breaks through your fontanel bone area and you get actualization of the baptism. You cannot organize religion, you cannot organize God. You cannot take money in the name of God.

So when you become the Spirit you get the powers of the Spirit. Many people take false certificates saying that, "You are born again." But if you are born again then you must have the powers of the Spirit.

The first power of the Spirit is that your attention gets enlightened. That means wherever you pay attention it acts. Christ has said, "Thou shall not have adulterous eyes." - to that extend he went to morality. So as a result of kundalini rising your eyes become innocent, without any lust and greed in them; and they become very powerful with compassion. Even a glance of such a person can manifest curative powers. It can also manifest peace, joy.

This attention acts: sitting down here you can find out about anything you want to know. You have just to put your hands like this and think of the person - immediately your fingers start showing you what centres that person is catching. So the first power you have is of collective consciousness. You get self-knowledge - you know about your own centres, and you know the centres of others also.

Now, if you know how to correct these centres you are perfectly alright. Either you go to the left or to the right, left sympathetic or right sympathetic, that is to the past or to the future. You cannot be in the present. With the rising of the Kundalini the thoughts on the past and future just stop and you stand in the present. It's completely silent time. This is the power you develop called as "thoughtless awareness" for which you have to forgive everyone. Forgiveness, that is very important because the kundalini passes through this Agnya chakra which is like this - closed absolutely. And if you do not forgive then it will not open; you have to forgive so it will open.

So now, in our evolutionary process - which is a living process - we have to just get to this breakthrough. Like these flowers you see, they come from this seed - you take them granted. The same our eyes - we take them for granted - they are micro-cameras. Who does all this? It's all done by this living power of love. It's the most powerful thing, this love.

So the second state when you reach - it is called as "doubtless awareness". Like you sow a seed in the Mother Earth: it sprouts by itself, sahaja - spontaneously. So the seed has got the power to sprout built-in and the Mother Earth has got the power also. In the same way, you too have the built-in power to become the Spirit. But you must have full faith in yourself that all of you can get your realisation. And then you have to grow into it.

Second thing happens that the Spirit is not only the collective being but also it's the source of absolute truth. Like if you have ten children who are realized souls, you tie their eyes and put somebody before them, they will all raise one finger like this. So you ask the man, "What's wrong with you? Have you got a throat trouble?" So he'll say, "How do you know?" So this finger shows the throat.

There are many false people who have come, from my country also, and who are trying to make money in the name of God. And you can also find out very easily what is false and what is true on your fingertips.

Also whatever religion you may follow - Hindi, Christian, Muslim, any religion - you can commit any sin. That means it is artificial, it's not real. So what is reality is within ourselves. This religion has to be awakened. So you really become saintly, really. Nobody has to tell you, "Don't do this, don't do that." It's so simple. So you know the absolute truth. But you enter into the ocean of joy. Nothing can disturb you. If you see the Sahaja Yogis, they blossom like flowers. When they mature they never quarrel, never cry, no jealousy, no catching.

Sahaja Yoga is working in 55 nations. They are many who are against because they don't like truth and they are making money so they don't like me telling them, "You can't take money."

Now we have to know that all our human problems come from us only. So only thing what we need is transformation of human beings so all our problems can be solved. And such powerful person can transform the whole world so there is such an

emancipation of human beings.

I've always felt this great love for Russians and I think they are going to be the most powerful country one day, spiritually. But you have to have patience with yourself, first of all. Sahaja Yoga works collectively. Formerly people used to go to Himalayas and do all cleansing for ages together; work very hard, fast and sometimes die also. But in Sahaja Yoga you don't have to give up anything. You don't have to give up your family, anything. But then cleansing comes through because of the collective feeling. Like this mine, one nail is broken then it will never grow. And now you have become microcosm into macrocosm. You have become a drop into the ocean. So only in collectivity you will grow in Sahaja Yoga otherwise your weaknesses will overpower you. So all those who keep to collectivity will grow very fast.

In a place like Tolyatti we have so many Sahaja Yogis - 14 000, they are absolutely collective. And they know even if they got all their sicknesses, all their problems and they are absolutely enjoying themselves. I want also Moscow to be able to enjoy themselves.

Today they have informed me that we have to leave the hall little earlier because the military might come at ten o'clock. So today I will not ask you to ask me questions. I know how to answer all the questions but by that you are not going to get your realisation. It's all mental acrobatics. There is no guarantee that you will get realisation by asking questions. But you have to have pure desire in your heart to get realisation. If you have that pure desire then there is no problem at all.

As scientists whatever I have told you should be taken with an open mind. There is another beautiful world waiting for us. And if it is - like a hypothesis you are going to do - if it is proved you have to accept it as honest people. As honest people you have to accept there is possibility because these are resurrection times, very important times. Because it is for the benevolence for the whole world. And especially, you people, are so divine within yourself.

If you have any question you may write and bring it to these people and maybe I will send you the answer. If you are sick or there is problem of sickness, we are a clinic here where you can go and get yourself cured.

So now we'll have the session for our realisation. I hope you all agree.

At the very outset I have to say that I cannot force Self-realisation on you. You have to ask for it because I respect your freedom. And after becoming the Spirit you become absolutely free. In no way I cannot force on you Self-realisation.

There are three conditions of course. The first condition is that you have to have full faith in yourself that you will all get your realisation. Second condition is that you have to forget your past; that is, you are not to feel guilty at all. You have done nothing wrong which cannot be forgiven by this divine power. Do not believe that you are sinners and all this nonsense that we take money. You are human beings and with a little breakthrough more you are the epitome of the evolution. But if you feel guilty then you catch this centre here - on the left side - very badly and then you develop horrible diseases like angina, spondylitis and other diseases due to lethargic organs. Also Kundalini won't rise. So do not have this kind of a mental conception about yourself; don't try to condemn yourself at all.

The third one is very difficult: is to forgive everyone without thinking about whom you have to forgive but in general. You have to forgive in general: you have to forgive everyone. Because logically whether you forgive or don't forgive you don't do anything, isn't it? It's very important. It's just your mental idea. But when you do not forgive you torture yourself. So those who really have troubled you are happy and you are torturing yourself. Just now if you say, "I forgive everyone." you will feel very, very light in your head. The worst thing is that you are torturing yourself and you will not get your realisation. So we have to respect ourselves. And why should we torture ourselves for nothing at all. It is very important that you all should forgive everyone. Please do it.

Alright. So these are the three conditions for you.

Now, to take the help from the Mother Earth those who are sitting up there should take out their shoes and those who are sitting

down also should take out their shoes. You must be comfortable, not bending too much or bending back but be straight, comfortably. Sahaja Yoga is a very comfortable happening.

Now you have to, those who are sitting on those seats have to put their feet away from each other because they are two powers, left and right. But those who are sitting on the ground are alright. We have two powers, one is the left, another is the right. The second one is the one which gives the balance.

So now left side is the power of desire. So please put your left hand toward me - like this on your lap, comfortably - expressing that you want your Self-realisation. And those who do not want to have Self-realisation should leave the hall, be civil, because it cannot be forced.

So now, put the left hand towards me like this. First we'll show you what is to be done and then we'll close our eyes and go into meditation. Now, the right hand we put on our heart. In the heart is reflected the Spirit, resides the Spirit. If the Spirit shines in your attention then you become wise and your own guide, your own master. So now please take down your hand on the left hand side of your abdomen on the upper portion. This is the centre of your mastery. We are only working on the left side. Now you take your hand in the lower portion of your abdomen on the left hand side. This is the centre of pure knowledge which works on your central nervous system and you know all about divinity. You have to feel this all-pervading Power on your central nervous system. That is called as "bodha" from where the word "buddha" has come, "vida" from where the word "veda" has come, means "knowing on your central nervous system". So whatever you get of evolution you know it on the central nervous system. Now raise your right hand again in the upper portion of your abdomen on the left hand side, again on your heart please, now in the corner of your neck and shoulder. And now turn your head to your right. I told you, this centre you catch because you feel guilty. Now please put your right hand on top of your forehead, across like this and bend your head as far as possible. Here is the centre where you have to forgive everyone in general. Now take back your hand on the backside of your head and push back your head. Here, without feeling guilty, without counting your mistakes, just for your satisfaction you have to ask forgiveness from the all-pervading Power. Now you have to stretch your palm fully. And now put the centre of your palm on top of the fontanel bone area. Now put down your head. But here push back your fingers; it's very important to put a big pressure on your scalp. Now move your scalp slowly clockwise seven times. That's all we have to do.

Now again, if you have anything tight on your waist or on your neck then loosen it. Now please put the left hand towards me and put the right hand on your heart. Now here you have to close your eyes till I tell you, please don't open. Take out your spectacles also. Here you have to ask me a very fundamental question three times, "Mother, am I the Spirit?" You can call me "Mother" or "Shri Mataji".

Now you have to put your right hand on the upper portion of the abdomen, on the left hand side and here again you have to ask another fundamental question, "Mother, am I my own master?"

I've already told you that I respect your freedom and I cannot force pure knowledge on you. But now you have to take down your hand on the left hand side of your abdomen, on the lower part and here you have to ask six times, "Mother, please give me pure knowledge." because this centre has got six petals.

As soon as you ask for pure knowledge the Kundalini starts rising so we have to nourish the upper centres so please take your right hand and put it on the upper portion of your abdomen and here you have to say twelve times, "Mother, I am my own master." You have to nourish it with full confidence.

I've already told you at the very outset that you are the pure Spirit. You are not this body, you are not this mind, you are not this mental, nor this ego but you are the pure Spirit. So now raise your right hand on your heart and with full confidence say twelve times, "Mother, I am the Spirit."

The all-pervading divine power is the power of love and compassion; it is the power of the ocean of your knowledge but above all it is the ocean of forgiveness. So whatever mistakes you might have committed this power can dissolve that. So raise your hand

in the corner of your neck and shoulder and say with full confidence, "Mother, I am not guilty at all." sixteen times. Turn your head to your right.

I've already told you that 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 you have to forgive because the centre won't open. So please remember that it is very important that you have to forgive each and every person without thinking about them. So now raise your hand to your forehead and put it down, your head, as far as possible. Here you have to say with full confidence, not how many times but from your heart, "Mother, I forgive everyone."

Now without feeling guilty, without counting your mistakes you have to say for your own satisfaction, "Oh, divine power, if I've done any mistakes, please forgive me." So take back your hand on the backside of your head and push back your head as far as possible and here you have to say again with love - not how many times but with all your heart that, "Oh, divine power, if I've done any mistakes, please forgive me."

Now please stretch your palm and put the centre of your palm on the fontanel bone area. Here again I cannot cross over your freedom so please move your scalp seven times with full pressure and say seven times, "Mother, I am not guilty at all." Push back your fingers then it will happen. Push back your fingers, put a good pressure.

Now bring down your hand and open your eyes. Please put both the hands towards me like this and watch me without thinking. Now put the right hand towards me like this, put down your head and see for yourself with the left hand if there is a cool breeze or a hot breeze coming out of your head. Bend your head. Please don't put your hand on the head but away from it. Bend your head.

Now put the left hand towards me and again see for yourself with the right hand. Those who have not forgiven will not feel the cool breeze but hot breeze. So please forgive, even now. Now please put the left hand towards me. Again bend your head and see with the right hand if there is a cool breeze coming out of your head.

Now please put both your hands towards the sky like this, push back your head and ask one of these questions, "Mother, is this the cool breeze of the Holy Ghost?" or "Mother, is this the power of divine love?" or "Mother, is this the paramchaitanya?" Ask anyone of these questions three times.

Now put down your hands. All those who have felt cool or hot breeze out of their fingers or on their hands, or out of the fontanel bone area please raise both your hands.

You all have got it. I bow to you, to all of you. You are saints now. May God bless you, give you wisdom.

Please take down your hands. Now I have to say that you all have to be collective. Now it has started but you have to grow. For that you have to come to the programs of Sahaja Yoga. You'll get all this knowledge. You don't have to pay anything for that. This is all your own which you have got it But respect your Self-realisation. It's something very unique that is happening. Please remember that you have to grow, all of you.

I'm sorry I have to leave today but next time I hope I will be able to spend more time with you.

1991-0820, Talk to Russian and Ukrainian Sahaja Yogis

View [online](#).

20 August 1991

Talk to Sahaja Yogis

Dacha in Rastorguyev, Moscow (Russia)

Talk Language: English | Transcript (English) - Reviewed Talk to Russian and Ukrainian sahaja yogis, Dacha in Rastorguyev, Moscow (Russia), 20 August 1991

Galyna: [leader of Ukraine] [Offers a gift to Shri Mataji and says in Russian]. This is an ancient ritual vessel with live water which symbolizes Kyiv.

Dr. Bohdan Shehovich: [leader of the USSR]. What is it?

Galyna: It's a Ram.

Dr. Bohdan: It's a sheep, Shri Mataji, it's a symbol which carried the living water, and this is the symbol of Kyiv.

Shri Mataji: You can put vibrated water.

Dr. Bohdan: And it is the head of a lion, Shri Mataji.

Galyna: Planet Sun. The Ram (zodiac sign). Sun, sun planet.

Dr. Bohdan: Agni.

Galyna: Agni.

Dr. Bohdan: It's the sun planet.

Galyna: Agni.

Shri Mataji: Agni?

Galyna: Yes.

Shri Mataji: Agni is fire.

Galyna: This is Rus. Ancient Rus.

Dr. Bohdan: This is the old Russia, old Rus, Shri Mataji, was based in Kyiv and then spread to become Russia, Ukraine, all these together.

Shri Mataji: Really?

Dr. Bohdan: Yes. Kyiv was the center of the old Empire, Shri Mataji.

Shri Mataji: Oh, I see.

Thank you very much. Oh! This is the thing you have brought for me.

A Sahaja Yogini: From Novosibirsk.

Shri Mataji: Oh, such a heart, thank you. You know, beautiful. This one I need one, now what to do?

Yogini: Kyiv, Kyiv.

Shri Mataji: This is from Kyiv.

Dr. Bohdan: This is the poetry for You, Shri Mataji. It was done by the yogis, it's in Russian, Shri Mataji.

Galyna: She wrote it herself.

Dr. Bohdan: Written by her.

Shri Mataji: Written by whom?

Dr. Bohdan: By her, Shri Mataji.

Galyna: A part was written for the Birthday of Shri Mataji.

Dr. Bohdan: Some of these were written on Your Birthday, Shri Mataji.

Shri Mataji: Thank you.

Galyna: We celebrated this Holiday. Translate. We have celebrated Shri Mataji's Birthday.

Dr. Bohdan: They celebrated Your Birthday, Shri Mataji, and read those poetries.

Shri Mataji: I must come on My Birthday to you now.

All the Sahaja Yogis. Jai Shri Mataji!

Shri Mataji: So, what about – it's such a small little house, I don't know what to do. Oh, thank you. What's that? Thank you. Such a small house, and...

Oh! Too much. It's too much. Always you give so many things. Letter? In English? What can I give them to eat, I tell you.

Dr. Bohdan: ... We have a large cooking instrument...

Shri Mataji: Small house, but it's good [aside conversation with yogis]. Can you all be seated? Can you move this side a little bit?

Yogini: I want to sing.

Shri Mataji: Please.

Yogini: It is about our love for You.

Shri Mataji: All right.

[Sahaja Yogis sing a song in Russian.]

"Jai Shri Mataji Nirmala Devi

Bless us, Mother, and live in our hearts

The light of Your love I see everywhere

In the cosmos, in the soul and in the eyes of people

You gave us life to always bloom, happiness and love to grow

Jai Shri Mataji Nirmala Devi

Bless us, Mother, and live in our hearts

We are Your flowers and You are the Gardener, our Mother. Give us Your Divine blessings.

The light dissolves the darkness. Water gives strength.

The garden of Paradise will be always in bloom in love.

Jai Shri Mataji Nirmala Devi

Bless us, Mother, and live in our hearts

Thanks to You we live and we flower. We love You, Mother, and we sing about You.

The world rejoices and will shine in love. So we are together again, with God, The Child and the Mother

Jai Shri Mataji Nirmala Devi

Bless us, Mother, and live in our hearts"

Yogis: Jai Shri Mataji!

Shri Mataji: Thank you. Very good.

Dr. Bohdan translates the author of the song. She sings it in front of Your Photograph, Shri Mataji.

Shri Mataji: Eh?

Dr. Bohdan: She sings it in front of Your Picture.

Yogini: When I was doing a sewing for Sahaja Yoga I composed three songs.

Dr. Bohdan: When she was doing a sewing of, a design of Sahaja Yoga, that's when the idea of the song came to her, Shri Mataji.

Shri Mataji: It's very beautiful. Very beautiful. Is the expression, you see, I don't know how to really express My love because I must learn your language.

Sahaja Yogis (laughing). We all study English, we all study English, also.

Shri Mataji: Please (10.43), we have to, we must learn English. Easy to speak, English is a very easy language. Because of your script I cannot read, otherwise I may learn it very fast.

But script is Greeks' script they use. Otherwise... it's very easy to know.

But I have taken a book, let's see now. I have no time, I travel so much, you don't know how much I'm traveling all the time. Now I'm going to South America also, Latin America, to Colombia, to Peru, to Chile, Argentina, Brazil. Then to this side: Taiwan, Bangkok or Nepal, Malaysia, Hong Kong, then Australia.

And also, in Europe, you see, all these countries. They are all waiting to meet you all. So many wanted to come. But just now there was no arrangement, you see, we thought that it would be difficult to accommodate them.

Galyna: No, no. We can accommodate them in our homes.

Shri Mataji: I know dukhom, I know the Spirit.

(Sahaja Yogis give over some plums for Shri Mataji)

Shri Mataji: Thank you. What do you call these in your language?

Sahaja Yogis. Sliva – plums, green plums.

Shri Mataji: These are plums, they are green, and there's red also. We call it alubukhara, alubukhara.

Dr. Bohdan: Is it sour, Shri Mataji?

Shri Mataji: No, it's nice, very nice. What about apricot, what do you call it in your language, apricot?

Galyna: Abrikos.

Shri Mataji: The oil of apricot seeds is very good for the hair.

Galyna: Is there any of our fruits that can be used instead of lemons because here they are very expensive?

Dr. Bohdan: Is there anything that can be used instead of lemons for the cleansing of negativity in this country?

Shri Mataji: Chillis can be used, these (Shri Mataji points to the plums) can be used.

Candle: best is to use the candle – left side. You see, put the candle like this on the photograph, hand like this, the right hand on the Mother Earth. But the best for serious troubles like cancer or anything, like radiation in Kyiv¹ you were having, you see, for that you have to use three candles.

One with the Photograph, one to be kept here – left Swadishtana. The third one is to raise the Kundalini. For any incurable psychosomatic, like cancer or anything. Then the Parkinson, when your hands shake, you see.

Galyna: What can we use in our country instead of Ajwan dhuni?

Shri Mataji: Ajwan dhuni. Is also there. Very good for cold.

Dr. Bohdan: She wants to know what we can use in this country instead of ajwan, for the purpose.

I don't think we know of anything...

Galyna: It's pity that we don't know the botanical name, the Latin name for Ajwan.

Dr. Bohdan: If we knew the Latin name of ajwan that would be helpful, Shri Mataji.

Shri Mataji: A very big name [ed - Trachyspermum ammi]. But I can send you by [SOUNDS LIKE – mons], whatever you want. You let Me know what you need.

Galyna: Oh! Thank you very much, thank you very much.

Shri Mataji: You wanted, you wanted to have Ajwan. Any amount Ajwan I'll send you, any amount. Next time with Arun Kumar I will send lot of Ajwan. What else you want?

Galyna: Also, some red clay which one take inside along with honey.

Dr. Bohdan: The red clay, Shri Mataji, that we use for the left Nabhi, with honey.

Shri Mataji: Gheru.

Galyna: Gheru, gheru.

Shri Mataji: All right, gheru I'll...

Galyna: We have brought some green clay from Kyiv and, if Shri Mataji allows, we can take it to the programme.

Dr. Bohdan: They have some green clay from Kyiv which has been used in past for cleansing purposes, Shri Mataji.

Shri Mataji: Green what?

Dr. Bohdan: It's a green clay that they dig out under Kyiv and they also use it for cosmetics, basis for cosmetics.

Galyna: To be taken inside for cancer problems, as well as to apply outside.

Dr. Bohdan: They use it for caltesis, they eat it for oncological problems, cancer problems.

Galyna: To be put outside, on legs.

Dr. Bohdan: It's an ancient natural method.

Shri Mataji: What?

Dr. Bohdan: Green clay, Shri Mataji.

Shri Mataji: But effect is what? Is this hot or cold?

Dr. Bohdan: By vibrations, it's cool.

Galyna: It's cold.

Dr. Bohdan: They would like to show You that in the program, Shri Mataji, and see whether it can be used instead of gheru.

Shri Mataji: You see, all these things are meant - either they are for right side or for left side, even food. There are left or right effects. Say now for fruits, like these, the sour fruits we can call the citrus fruit, like these (Shri Mataji points to the plums). These are, these are for the right side. Liver, over-activity, too much thinking. And also rice – carbohydrates, I mean, carbohydrates. And for the left side it's more proteins.

Now some things, like clay is cool, it should be used for the right side. For liver.

But if you have gout or if you have arthritis, all that, that is due to the left side. Left Nabhi.

For that you have to use something that will heat it, like ajwan, like what you call cloves.

There are many things which are in effect are heat, they are good for the left side, very good. For example, left side you use the light, you see, and the Sun. But the right side you use water or ice.

Gradually you will know everything now, because you have got your Kundalini in your head, so it will give you all the light and you will know all the knowledge.

Galyna: Mother, You have already sent medical reference book to us.

Dr. Bohdan: Mother, You have already inspired some medical knowledge in them.

Shri Mataji: Eh?

Dr. Bohdan: You have already inspired some medical knowledge in them.

Galyna: You already sent us in English language. We will translate it.

Shri Mataji: That we have written down certain for liver, this, that. But not yet complete. I mean, there's all kinds of diseases people have.

Dr. Bohdan: There is this book...

Galyna: We have, Kyiv has.

Dr. Bohdan: Kyiv has this book.

Galyna: Yes. And translated here.

Shri Mataji: You have had, you see, there are boils coming at wrong places, it's radiation. Radiation. So, you see, the radiation is the one which is heating you.

Galyna: Here a lot of erysipelas cases have come up.

Dr. Bohdan: She says that a lot of inflammation have come up in Kyiv.

Inflammation of the legs, red... Reddening. And in Czechoslovakia also.

Shri Mataji: What do they say?

Dr. Bohdan: Nothing.

Galyna: Nothing.

Shri Mataji: You see, this radiation can be overcome with Sahaja Yoga.

Galyna: They do not want to relate this with radiation.

We asking for help from our Mother.

Dr. Bohdan: We ask for Your help.

Shri Mataji: Nothing can happen to Sahaja Yogis. You are in the Kingdom of God. Who can touch you? Just enjoy yourself.

(All the Sahaja Yogis say several times, "Jai Shri Mataji")

Dr. Bohdan translates a Sahaja Yogini. We know that You are God, Shri Mataji.

Shri Mataji: What should we offer them, we have nothing in the house to offer them.

Sahaja Yogis: It's all right, Shri Mataji. We are happy to be here with You.

Shri Mataji: Very kind, very kind of you. Very kind. Very kind.

Dr. Bohdan translates Sahaja Yogis: We are very happy to be side by side with You, Shri Mataji, and give our love.

Shri Mataji: May God bless you.

So, are you coming to Togliatti for the Puja?

Sahaja Yogini: There is no tickets.

Shri Mataji: Really? Next time we should have a Puja even in Leningrad also.

A Sahaja Yogi: If we are sick or making mistakes, Shri Mataji, do You find it difficult to carry this? Please translate.

Dr. Bohdan (translates): If we are sick, Shri Mataji, do You find it difficult, do You also find it difficult to carry this? His question, Shri Mataji.

Shri Mataji: They are sick?

Dr. Bohdan: No, he is speaking I think hypothetically. If we are sick, do You find it difficult to carry us, to be with us?

Shri Mataji: I should, I'm worried about you. On the contrary My body is more compassionate than Myself. It just sucks in all your problems. You must surrender, that's important, you must surrender. There have been so many miracles like this.

In Prague only two days back a very old lady came up, she all her has everything and nothing moving, brought her in a chair on the stage in a very bad shape. So she said, "Mother, I'm sorry I'm in this shape, but I completely surrender myself to You. I know what You are and please if I am not cured I will not say anything."

And I told her, I said, "Now you get up!" And she got up. And then she stood up herself and then she ran. Everybody looking at her, you know, she went running. Even in Moscow it had happened. Doctor, you remember?

Dr. Bohdan: I beg Your pardon, Mother.

Shri Mataji: That lady in Moscow, that lady who came to us. She couldn't walk. She had Parkinson, I think, or something. And she just got up – (aside: "Hatha yogi?") - and she just walked and when we were going in the car we saw her running for the bus.

Galyna: Tell that we can tell some miracles.

Dr. Bohdan: We also can tell You an interesting story of a Sahaja Yogini in Kyiv.

Galyna: A 18-year old girl came from Ivano-Frankovsk in a wheel chair.

Dr. Bohdan: A girl came from Ivano-Frankovsk (West Ukraine) on crutches.

She saw the video tape of the Leningrad Public Program and stood up. We taught her and now she still living in Ivano-Frankovsk and walks and runs. She had encephalitis.

Galyna: Yes. Her name is Galia. She is thirty years old. She could not walk for 11 years.

Dr. Bohdan: She wasn't walking for thirty years, Shri Mataji.

Shri Mataji: Wow.

Dr. Bohdan: It wasn't crutches, Shri Mataji, I'm sorry, it was a wheelchair.

We have a letter from her.

Yogini: Now she sits on the ground. For 11 years she has not walked nor sat on the ground, while now she can walk. She is very happy.

Dr. Bohdan: This lady has not walked or sat on the earth for 30 years, Shri Mataji, and this is the first time she has been able to sit on the Earth and walk and she's so very happy.

Shri Mataji: Who?

Dr. Bohdan: This lady we are talking about now, Shri Mataji.

A Sahaja Yogini: First, I saw Shri Mataji in October in Leningrad and I came there on crutches.

Dr. Bohdan: She says: I saw Shri Mataji first time in Leningrad in October and I came there on crutches. This lady here.

Yogini: Yes, yes.

(Sahaja Yogis say several times, "Jai Shri Mataji")

Shri Mataji: It is your own power.

Sahaja Yogini: And Your, and Your power!

Sahaja Yogini: In my embroidery in the first line I wrote "O, beloved Mother, You have saved me!".

Dr. Bohdan: When she was sewing on the side she wrote the first sentence: Oh loving Mother, You have saved me".

Galyna: And me and he.

Yogini: Have they translated what was written?

Other yoginis: Not yet.

Shri Mataji: I can see, you see, you can make out a Sahaja Yogi the way they are just like flowers, they look so beautiful. So happy, all the time laughing (Shri Mataji laughs).

Dr. Bohdan (translates a Sahaja Yogini): We just sang the song, that we are flowers and You are our Gardener. (All are laughing).

Shri Mataji: I'm the Gardener. I am the Gardener.

Dr. Bohdan: Yes, Mother.

Sahaja Yogini: Later on, in this song there are words: We are Your flowers and You are The Gardener, Mother, so pour on us Your Divine blessings.

Dr. Bohdan: Wow. We are Your flowers, Shri Mataji, and You are our Gardener. Therefore pour on us Your Godly blessings.

Shri Mataji: Ah.

Yogini: Light will make the darkness go.

Dr. Bohdan: Light will make the darkness flee.

The Sahaja Yogini: And the garden of Paradise will bloom in love forever.

Dr. Bohdan: And will the garden of Paradise flower in us.

Shri Mataji: Oh.

(All the Sahaja Yogis say, "Jai Shri Mataji").

Shri Mataji: May God bless you. Beautiful thought it was.

Yogini: You should still make a programme.

Galyna: Maybe we are tiring Shri Mataji.

Other yogini: Shri Mataji should rest.

Shri Mataji: We have to put them in the garden, because we have no flower pots.

Dr. Bohdan: They are worried, Shri Mataji, that they making You tired.

Shri Mataji: Eh?

Dr. Bohdan: They are worried, Shri Mataji, that they making You tired now.

Shri Mataji: Tired? No, no, no.

A Sahaja Yogini. We want that Mother have rest.

Dr. Bohdan: We wish that Mother should rest.

Shri Mataji: Thank you. Very kind. I got up at today at four o'clock in the morning.

Galyna: We know.

Shri Mataji: And in the morning I think of you all.

The Sahaja Yogis: Thank You, Mother.

A Sahaja Yogi: Mother, one farewell poem.

In the morning having raised by the narrow path I will ask o, Mother, let me hear Your call from the Highest Gospel.

Let me see the Highest Face of Immortality, a glance from the secret mansion. My eyes are shining, my road is great, I cannot hesitate by my threshold.

"Take your path to the Heaven's shelter Fight the darkness till the morn Loosing not the image Mine Went on, My son, to the Truth of Light. Don't lose your strength in the faraway abyss I will give the love to your heart Please come back, my loving."

(Sahaja Yogis say several times, "Jai Shri Mataji")

Shri Mataji: You should write it down.

Yogi: For You, Mother.

Shri Mataji: All right, you write it down, then we will translate it. All right, where is the poem that you have written? Poem. I'll ask somebody to translate it. Yes, you write in Russian language?

Yogi: In Russian I write.

Shri Mataji: In which way, in Ukraine language? Which language he used?

Yoginis: Ukraine, Kiev.

Sahaja Yogi: I am from Mineralnye Vody, Sochi, Pyatigorsk, Caucasia.

Shri Mataji: All right. Yes, you write it down on a piece of paper and then I'll get it translated. This also I'll get it translated. Beautiful handwriting.

Sahaja Yogini: Can I also write my poem down?

Prostitute (Forgive me).

Shri Mataji: (Reading a note) Why are you asking? Why you saying sorry?

Dr. Bohdan: I don't know, Shri Mataji.

Shri Mataji: Did she ask for forgiveness? Ah?

Dr. Bohdan: Aha.

Shri Mataji: "Prostitute" means "forgive". Prostitute.

Forgive. For what? The word "Prostitute" I know, because I have to tell everyone that you forgive, otherwise your Agnya will be bad. By this I learned that word "prostitute".

Galyna: Oh, You are speaking it Russian word very nice.

Shri Mataji: Prostitute (Shri Mataji laughs).

My pronunciation is good in Russian language, they say so.

Galyna: Very well.

Shri Mataji: Because I can say "s" which Russians say "ts".

Dr. Bohdan (translates). I can speak good Russian, because I know all the sounds like "ts", "dg", "zh" in Marathi.

Shri Mataji: In Sanskrit. Sanskrit is a big tongue- twister, tongue- twister, so you can say many words easily, I mean, the pronunciation can be good.

Thank you very much.

(Sahaja Yogis say several times, "Jai Shri Mataji")

Sahaja Yogini: We love You very much.

Shri Mataji: I love you very much. I love you very much. We have bought a house for you here, so that I could stay in Russia.

(Dr. B. had missed the last words of Shri Mataji and could not translate it in Russian).

Shri Mataji: I said, Doctor, that – they said, "We love you". I said, "I love you very much, because I have bought this house for Myself, because I want to live in Russia with you people".

(Sahaja Yogis express their delight and ask Shri Mataji to come in Russia more frequently.)

Galyna: So, Kyiv ask You too.

Dr. Bohdan: Kyiv is also asking, Shri Mataji.

Shri Mataji: Thank you.

Galyna: We invite You to Kyiv too, welcome to Kyiv!

Shri Mataji: Oh, of course. I'll take a house in Kyiv also. But it's not that easy (42.00). It was something just miraculously I got this house. You can't buy a house (here, in the USSR), very difficult. But somehow...

Galyna: We want to buy a house in Kyiv for You.

Dr. Bohdan: We want to buy in Kyiv, Shri Mataji, we want to buy in Kyiv for You.

Shri Mataji: All right, but...

Yogini: Kirgizia, Shri Mataji.

Dr. Bohdan: Kyrgyz, Novosibirsk...

Yogini: Leningrad...

Shri Mataji: Under law, I don't know under law it's difficult. This one somebody gave Me. He left the country, gave Me, so I'm here. But it's very difficult the law here, that the foreigner cannot buy.

But the only thing were that, you see, this law may change.

Galyna: Yes, there will be changes.

A Sahaja Yogini: Of course, but we don't know for the better or for the worse.

Another Sahaja Yogini: Of course, for better, because Shri Mataji has arrived here. Translate for Shri Mataji.

Dr. Bohdan: Yes. Once You have come, Mother, it should change for the better.

Shri Mataji: Yes.

Galyna: Yes, yes. We believe it.

Shri Mataji: I don't know, but yesterday I came and they said all Gorbachev has been removed and all that, so I said, "I don't know what's happening now".

Dr. Bohdan: Sorry, Mother, there's a...

Shri Mataji: I said yesterday I came and they told Me that Gorbachev is removed.

I don't know what's happening in this country, but we should all pray that every good thing should happen to this country now. We need something very good, prosperity to come in.

Something good should happen, that's all I can say (44.27). Should happen, something very good should happen, because you people have suffered a lot now, had enough of it. No more.

(Sahaja Yogis say, "Thank You" and "Jai Shri Mataji").

Shri Mataji: May God bless you all.

All right, hope to see you for the programme.

Sahaja Yogis: Yes.

Shri Mataji: Thank you very much.

(Sahaja Yogis say several times, "Jai Shri Mataji").

Shri Mataji: You just enjoy, enjoy yourself.

1991-0823, How to know the essence of every person?

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23 August 1991

How To Know The Essence Of Every Person?

Public Program

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program, Leningrad Russia, 1991-08-23

I bow to all the seekers of truth.

Truth is love and love is truth. If you love someone then you know all about that person. But when it is divine love then you know the essence of every person. There is within us, as you know, there is a power which is called as a kundalini which can connect you to this all-pervading power of God's love.

We see these beautiful flowers here and they have come out of one single seed but we take them for granted. Who does this living work? Who has made the human beings from amoeba stage? There is a power beyond us which has done this work without needing anything about it. For all this living process we don't pay anything.

Now we've reached a state of the human being and there is little breakthrough more that is needed for you to feel this love of God. All the scriptures have said it that you are to be born again, all scriptures. But none of them tried to get that experience of being born again. And they organized themselves, made money and did not think that spiritual life is beyond human awareness. They just became book worms. Whatever is written in the book has to become. It is [like], supposing you have a headache and a medicine is written by a doctor. If you go on reading the name of the medicine will you get rid of your headache? By reading books how can you evolve?

So the reality is that you have to become the Spirit, the Spirit which is your reality. And when you become the reality then you know that there is this all-pervading Power. You do not know mentally your emotion but you know actually, on your fingertips you can feel this all-pervading Power as cool breeze, a very gentle, cool, soothing breeze flowing on your fingertips. This you have not felt before but when you feel it you will be amazed how much power you get yourself. For example, this instrument [the mike] has to be connected to the mains otherwise it has no meaning at all. That is how you are to be connected to this divine power of love.

Then you start a new life of transformation. First your health improves. You know there are people who met me from Tolyatti and they told that many ladies who were not having children have now conceived; they are going to have children. Also people have given up alcohol and also given up smoking, all of it. So it happens spontaneously. I don't have to tell you, "Don't do this, don't do that." Mentally you become a balanced personality and also you have discretion, divine discretion, to know who is your friend and who is not your friend, who is really a spiritual person and who is not because you know the absolute truth. Because the Spirit is the source of absolute truth so you get the knowledge on your central nervous system, on your nerves. In Sanskrit it's called as "bodha" from where the word "buddha" has come - means to know on your central nervous system, not mentally. Also the word "vida" which is from "Vedas", vida also means that.

This is your own power which works it out because kundalini is your own mother, individual mother. I don't know why in the Bible they did not write about Christ's mother as the Goddess. But the people of those days who were following some other religion started calling her "Madonna" and it's fact - she is - but there is no proof. Only after realisation you will know who she was, who was Christ.

So these problems, all human problems are really coming because there is something wrong with human beings. But once they are transformed, they become the Spirit then all these problems are solved because the Spirit is the collective being within us. It is the reflection of God Almighty in all of us. We have divinity within ourselves and that is just to be felt. The Spirit is collective being and that's how we realize that we have become part and parcel of the whole: as the microcosm becomes the microcosm, like a drop becomes the ocean. This has to happen everywhere and it's happening in 55 countries.

It means your attention becomes extremely alert, intelligent and compassionate. As a result wherever you put your attention it works out in a proper direction. But above all you achieve your peace in the heart - no more tensions, no more worries. You actually jump into the ocean of joy. You start enjoying yourself. Human beings are the best thing that is created. You don't have to sacrifice anything, you don't have to give up anything. It's just, you get it as a matter of fact.

You reach a state – means that you are blessed by God, your country is blessed and whole world is blessed. Many people tell me that, "Mother, we pray to God and there are no blessings." If you are not connected how can you get blessing? What's the use of telephoning if it is not connected? But if you use the telephone too much it might get spoiled. So the best thing is to get your connection and establishing the connection.

I wanted you to ask me some questions for about 15 minutes but today I have to catch a train back to Moscow. But I've not come here to take anything from you because you cannot give anything. But I have come here to give you the key of your joy and happiness. So please me ask questions which are relevant to this. Thank you very much.

Question: [UNCLEAR]

[Flowers offered]

Shri Mataji: Thank you very much. Spasibo.

And also with each flower you must forgive everyone, that's very important. *Prostitute. It's very important. (*Russian - forgive).

Question: At what age a child's fontanel should close?

Shri Mataji: It all depends on every child but sooner the better. If it just open after 16 years time you must take precautions. Maximum at 2 years, maximum. But what you have to do is to put some oil, olive oil, on the fontanel and try to bring the oil back to the fontanel, fill it up with oil. But with Sahaja Yoga is much easier.

Alright? No questions - wonderful. Because I am very good at answering all questions.

Question: [UNCLEAR]

Shri Mataji: That's what I am going to do now. Very good question.

A seeker: We want to ask for forgiveness from Shri Mataji.

Shri Mataji: Oh, you? I love you very much and it's no question of forgiving. I love you.

So we'll now have the session of Self-realisation. It should take 10-15 minutes.

But I am to make a humble request that those who do not want should leave the hall because I cannot force it on you. It cannot be forced. I respect your freedom because ultimately you have to get the complete freedom. So in the glory of your freedom you have to ask for Self-knowledge, Self-realisation. Self is respect.

But it is important that after getting your realisation, after feeling the cool breeze you must come and become collective with other people. Some people feel nice for some time and they get lost. Supposing my nail is cut out then it doesn't grow. Sahaja Yoga only works in the collective. Formerly people had to go to Himalayas and do all kind of penances to get them cleansed, give up their families, give up everyone, become ascetics. But in Sahaja Yoga with the collectivity you get cleansed. If you do not come to collectivity, you will be surprised after some time you might be again caught up.

We have to have now two leaders for you and they will all work it out; one for men, one for ladies. We'll have two leaders and they'll work out everything for you. Also we've got Dr. Bogdan from England who has come here, all the day, he is a great Russian, I must say. Also we've got Yogi Mahajan who is going to come here and work for you. There is Arun Kumar, so many people are here also from England. So now it is for you to care for your realisation and to respect it otherwise you will lose it. One should not have jealousies and small little ..., making groups and this that but should join all of you together. Try, watch yourself, introspect and see why can't you become one with the whole? And they will tell you how to make this connection permanent and perfect.

But to all the Russians I have to say one thing: that you must now take to work, very important. All your factories are lying without any work. I see people just not interested in work. In freedom one has to work. You got your freedom so easily. We got our freedom with great fight and sacrifice. If you want your freedom permanently then all the Sahaja Yogis must decide that they will do some work, they will not idle out. This is a vow all of you have to take after realisation.

First we'll tell you how to nourish your centers on the left side and then you have to close your eyes for the process of the kundalini awakening within you.

This is doctor Bogdan, give him a hand.

Now we have to first of all sit down in a comfortable manner, without bending forward or backward but in a stable way. And take out your shoes because this Mother Earth will help us. Then we have two powers - left and right which is used of sympathetic nervous system – so you have to just keep both the feet apart from each other.

Please put your left hand on your lap, because left side is the power of desire and this is symbolic to express your desire to have Self-realisation. And put the right hand on your heart. We nourish with the right hand because right side is the power of action. So this is heart where the Spirit resides. In the heart is reflected the Spirit. Then we take our hand in the upper portion of our abdomen which is the centre of your mastery. So if you become the Spirit in the light of the Spirit you become your own guide, your own master. So now we take down our right hand in the lower portion of our abdomen on the left hand side. This is the centre of pure knowledge which works on your central nervous system and does all divine work. Then again we take our hand in the upper portion of our abdomen and then on our heart, now in the corner of your neck and your shoulder and turn your head to your right. This centre you catch when you feel guilty. There is no need to feel guilty at all. Now take your right hand on top of your forehead across. Now slowly put your head downwards. Here you have to forgive everyone without thinking individually about them. Now take back your right hand on the backside of your head and push back your head as far as possible. Here you have to - without feeling guilty, without counting your mistakes, just for your satisfaction - you have to ask forgiveness from the divine power of love. You have to stretch your palm fully and put the center of your palm on top of your head, on the fontanel bone area and now take down your head as far as possible. Push back your fingers, this is important; push back your fingers and press your scalp. Put down your head and move the scalp clockwise seven times. Now, that's all we have to do.

At the very outset I've to tell you there are three conditions. The first is that you have to be absolutely confident that you'll get your realisation. The second one is that you have to forget your past and not to feel guilty at all. If you feel guilty then this centre catches very badly, on the left hand side, and you get diseases like angina, like spondylitis and diseases due to lethargic organs.

The third condition is that you have to forgive everyone. 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 and then you suffer while the people who have troubled you are quite happy. Please

don't say it's difficult. It is just a mental idea. Don't even think about them. Just in general if you say, "I forgive everyone of them", you will feel so much lighter.

Now you have to put your left hand towards me like this, comfortably on your lap, and put both the feet apart from each other. Those who are sitting on the ground are alright like they are. And then you have to put your right hand on your heart. Now you have to close your eyes - you can take out your spectacles - and please don't open them till I tell you.

So now please close your eyes. Now here you have to ask me a very fundamental question about you. You have to call me "Mother" or "Shri Mataji", whatever you like. Here you have to ask this question three times, "Mother, am I the Spirit?" in your heart.

Now you have to take your right hand in the upper portion of your abdomen on the left hand side because we are working on the left hand side. And as you become the Spirit you become your master. So please me ask again three time this question, with full confidence, "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 you have to take your right hand in the lower portion of your abdomen on the left hand side, press it hard and ask for pure knowledge by saying six times, "Mother, please give me pure knowledge." And this is 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 centres with our full confidence. So please raise your right hand in the upper portion of your abdomen, press it hard on the left hand side, and say with full confidence ten times, "Mother, I am my own master."

At the very outset I've told you that you are the Spirit. You are not this body, this mind, this ego, these conditionings but you are pure Spirit. So please raise your right hand onto your heart and please say 12 times with full confidence, "Mother, I am the Spirit."

This divine power is the power of love and compassion. This divine power is the ocean of pure knowledge. This divine power above all is the ocean of forgiveness so whatever you may do can be easily dissolved by this power of forgiveness. So please raise your right hand in the corner of your neck and your shoulder and here with full self-confidence you have to say, "Mother, I am not guilty at all."

I have already told you that 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. You don't have to play into wrong hands and torture yourself. So now you have to raise your right hand on your forehead across, bend your head as far as possible and here with full confidence you have to say, "Mother, I forgive everyone in general." without thinking about individuals. It is not how many times but it's from your heart.

Now you have to take your right hand on the backside of your head and push back your head as far as possible. Here you have to - without feeling guilty, without counting your mistakes, just for your own satisfaction - you have to say, not how many times but from your heart, "Oh, divine power, please forgive me if I have done any mistakes."

Now the last centre. Please spread your palm, stretch it fully and put the centre of your palm on the fontanel bone area. Now push back your fingers and put down your head as far as possible. Here again I cannot cross over your freedom. You have to ask for Self-realisation. So move your scalp seven times saying, "Mother, please give me Self-realisation."

Now please take down your hands and please open your eyes slowly. Now put both the hands towards me like Dr. Bogdan. And now see with your left hand like this and right hand, put down your head and see for yourself if there is a cool or a hot breeze coming out of your head. Please don't put your hand on your head but away from it. Sometimes you get it very far also.

Now please put the left hand towards me. And now put down your head again and see with your right hand. If you are feeling a hot [breeze] that means you have not forgiven. So please forgive.

Now put the right hand again and see with your left hand if there is a cool breeze coming out; bend your head and see for yourself.

Now please put both your hands up in the sky like this. Put your head upward like that and ask a question, anyone of these three questions, one of them ask three times. First is, "Mother, is this the cool breeze of the Holy Ghost?" Second is, "Mother, is this the divine love?" Third is, "Mother, is this the paramchaitanya?" But ask anyone of these three times. Please put your hands.

Now please put your hands like this and watch me without thinking.

Those who have felt the cool breeze in their hands or hot breeze, or on their head, on their fingertips, please raise both your hands.

I bow to you all, to all of you saints. Please take down your hands. I bow to you. I bow to you. You all have started your saintly life. Now you must grow and respect it. You can feel each other also. You can feel the cool breeze from each others' heads. But all of you must become collective. That is very important otherwise you will not grow.

Thank you very much. Spasibo.

I am sorry I have to go for the train. And next time I'll be here for more time. I will be in Russia for 15 days minimum.

1991-0824, Talk to Sahaja Yogis

View [online](#).

24 August 1991

Talk to Sahaja Yogis

Dacha in Rastorguyev, Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis. Moscow (Russia), 24 August 1991

Russian Boy: Speaks in Russian

Russian Yogini Replies (Galyna)?

Galyna: These are the three steps, here of ascent – Conversation continues in Russian)

Shri Mataji: Begin with the first part

Sahaja Yogini: Void. Void, Void (Laughter)

Shri Mataji: Nabhi. (Laughter)

Galyna: Perhaps, this could be also three coils.

Unclear conversations

Shri Mataji: There are some Ganeshas which I would like to give

Unclear conversations

Shri Mataji: You need

Unclear conversations

Galyna: This lady from the city of of the Sahaja Yogi, who is working at the maternity post and she has got very good results (Some Russian) The union used to come here to work (unclear) Russian and laughter. From Moscow also a very good boy, a very young ... Russian

Shri Mataji: You know I was coming from countries, so I couldn't bring much presents, but next time I'll stop from India and bring you a lot of things, because if you come from India, I was going from Germany to Austria, France, Hungary, like that and you see so....

Galyna: Translates into Russian

Shri Mataji: So, whatever I could get (translator speaks at same time) I'm giving away everywhere

Unclear as all speaking at same time

Shri Mataji: It is very precious stone (over speaking again so unclear)

Shri Mataji: It is also stone (over speaking again so unclear) it is from Argentina - Semi precious special stone

Shri Mataji: What is that blue stone called as (5.35)

Galyna: Turquoise (many over speaking again so unclear)

Shri Mataji: Is called as Lapislad (6.08)**

Shri Mataji: Lazuli - Lapis Lazuli and all of have to (unclear) timing and full addresses of those who come

Galyna: Translates

Shri Mataji: because in this country everything takes time, be careful you have to be very careful

Shri Mataji: So we can send you invitations and we can arrange as it takes too much time and then you can't come

Galyna: Speaks & Translates

Shri Mataji: Tell her – someone speaks

Shri Mataji: A kind of a vacuum

Male Speaker: Even people and Yogis are saying (unclear) come at the right time (others converse also)

Shri Mataji: I just said that we need an afternoon time and I went into that room and worked it out (8.20)

Galyna: Speaks & Translates & Laughter

Shri Mataji: Ask God that you must meet me because He must take my blessings, I have been saying good things about him but I don't know why he doesn't meet me?

Shri Mataji: You better tell him that She did all this for you and so many people are ahead (unclear) is here - laughter

Dr Bogdan: ...Name.....from Nova Saverrsk?? has a group of nine hundred, he worked so hard, he got himself diabetes Shri Mataji, he is currently lying in my flat.

Shri Mataji: No, no, you just tell him it's very simple, you should first give him two candle treatment and see, and then with that you can start iced simultaneously.

Dr Bogdan: Right Mother

Shri Mataji: It's very simple and then put his left to the right. You see first diabetes come when, it's a psychosomatic. Starts with the right side and it's a kind of a virus and then that virus goes away in no time. Then you treat him on right, diabetes is curable (9.54) Ice treatment on the pancreas and on the liver? alright

Dr Bogdan: Yes Mother

Shri Mataji: May God Bless you.

(Unclear)

Shri Mataji: Go on saying this mantra before the photograph 10.28

Shri Mataji: Caroline, go on saying this mantra before the photograph and you will be alright

(Unclear) Maybe personal advice being given – soft low voices – (15.27)

Shri Mataji: Tell the mother what to do – is that Three candle treatment – she'll be alright, she'll be alright

Shri Mataji: Best thing is.....my name, My name like this, Shri Mataji, Shri Mataji, Shri Mataji

Yogini translates

Shri Mataji: Left foot on the right hand (17.08)

Yogini translates

Shri Mataji: And wash your hands

Yogini translates

Shri Mataji: Are you ready now? Alright, that's your mantra

Shri Mataji: For left side the best mantra is, Mother, you are the Holy Ghost that Christ has sent. (18.20)

Yogini translates

Shri Mataji: And for ego is Matreya

Yogini translates

Shri Mataji: The future Buddha

Yogini translates

Shri Mataji: The Three Mothers, Matreya

Yogini translates

Shri Mataji: Aum twameva Sakshat, Matreya Sakshat, Shri Mataji Nirmala Devi Namoh Namah

Shri Mataji: Three is better

Yogini translates – Jai Shri Mataji repeated by many. Thank you very much. We love you very much (audience to Mother)

Shri Mataji: Of course, and you must all meditate, that's very important.

Yogini translates

Shri Mataji: First time, the left hand, sitting on the ground with the right hand on the Mother Earth and a light, then on the chair, both the hands without any light. And maybe with the right hand, maybe hot

Yogini translates

Shri Mataji: Or ice maybe

Yogini translates

Shri Mataji: Now, when both the hands are alright, then you can put the water and the light. But when you are alright then only both the hands, the water and little salt with the light, five or ten minutes only, when you are alright, when both the hands are alright.

Yogini translates

Shri Mataji: Very simple, left to the right, whether it is left or right, and when it is both, try first the left then the right.

Yogini translates

Shri Mataji: That's for psychosomatic, like cancer, diabetes

Yogini translates

Shri Mataji: Allergies, first left, clear out left. So, the virus you've got, so virus is finished

Yogini translates

Shri Mataji: And then the right side, because if you go too much on the right, suddenly with the shock, it's like a pendulum, goes to the left, it's psychosomatic.

Yogini translates

Shri Mataji: So, this is it, it is very simple, it is very simple, you judge yourself

Yogini translates & someone asks question on vaccination – using polio vaccine, it's already with a virus etc

Shri Mataji: It's alright, doesn't matter, but this virus which goes in the body you see, excites your antibodies and they are ready to fight any other diseases. So, it makes you immune, immunity. It's alright, doesn't matter so much because that when you are alright, when you are twelve years of age all the antibodies spread to the whole body through the sternum then it is of no use, like homeopathy, not so good, little bit, alright, not too much. ***

Shri Mataji: It challenges your immune system, in childhood, your immunity develops

Yogini translates

Shri Mataji: But not when you are grown up, it's wrong, to take a polio vaccine is not going to clear

Yogini translates – other questions posed

Shri Mataji: For me to love you is the greatest joy

1991-0831, Eve Of Shri Krishna Puja, Evening Program and Talk: First, you master yourself

View [online](#).

31 August 1991

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Evening address before Krishna Puja. Cabella (Italy), 31 August 1991.

I'm really thankful to both of them, really, for one reason, you see, humour can say many things you cannot say otherwise. [Laughter] This is absolutely best way of saying things in which you feel embarrassed, isn't it? But this shows that we should understand Sahaja Yoga, that unless and until we are quiet, unless and until we are in thoughtless awareness, we cannot grow. So, all these extreme behaviours cannot take you to the center.

I must admit that the marriage business sometimes really shocks Me the way some people are married to some people. I don't know how it works out, but because very surprisingly somebody appears on the stage and now, we have no time to consult three hundred, what you call, the reports. And Yogi tells Me, "It's all right, all right," Then I say, "All right." Because for the whole month he is behind Me with his file, you know, and showing Me names of the people who are to be married, this, that, and really, it's quite confusing! And there are so many other things I'm doing at the same time, doesn't matter.

Sometimes really it has made real blunders, I think such horrible blunders. And I suddenly discover them and then I'm surprised that most of them are the entries at the last minute, you see. And you don't know what you've done. And everybody is in such a big mood of marriage. It's impossible to tell them, "No, no, no, no, you can't marry now, you haven't given the-" because you see, they just come with such enthusiasm that you don't know what to say. And sometimes you marry somebody at the last minute and they try to escape that. Also, it's dangerous.

These last-minute marriages, I have told that now should be avoided, if possible. But some of them turn out to be very wonderful. These last-minute marriages, I must tell you there's- we can say that, see this Madhuri and her husband Dave, absolutely last minute. But last than, I must tell you the last, more last or absolutely the last was our Giovanni and Sashiwala.

When Giovanni came, he was supposed to marry some girl, and this girl didn't turn up. I think she- I don't know what was the matter, she never turned up. Now he was whole ready, you see, in Marathi we say, "Gurgala bashing badun" [unsure] means that thing that you put on your head, his 'bashing', he's so much in a hurry, that he tied it on his knees, you see. [Laughter].

With his mangal sutra and all that, he was there. I didn't know what to do. He said, "Now, Mother, where's my wife?" I said, "Now from where to get somebody for him?" So this Sashiwala, I don't know, I was just thinking that Sahaj, something should happen, otherwise this fellow will collapse. "The boys have come now, they are here, where is my wife?" I said, "I don't know, she was to come, I don't know why she's not come." "No, where's she?"

So, luckily this Sashiwala, I don't know how she got this idea and she said, "Mother, can I get married now?" I said, "Now?" "Yes, I want to marry now." So I said, 'Should you not tell your parents?' "Doesn't matter, in any case, they belong to some group which doesn't want me to marry, I would like to marry someone." So I said, "All right, there's one Giovanni here, would you like to marry him?" "Yes, of course." And Giovanni was in such an enthusiasm, he said, "Yes." They are really an ideal couple, both of them are doing very well. And there was no sari available at that time. So I said, "All right," I pulled out a sari from My couch and I said, "Now use this one."

So we have had many spontaneous marriages, very spontaneous and they've been extremely beautiful and has not been a problem. And some problems have been were, they have been living together for years together, and as soon as they married, they come to Me, "Mother, can we divorce now?" This I can't understand, they have lived together for years together!

So, it's something [that] has to do with your previous lives, I personally think. These marriages have something to do with your previous lives. Maybe you might be wanting to marry somebody, hankering after someone, so that person had to be in your life to learn your lesson, whatever it is. But I just can't understand because apparently whatever looks very nice then sometimes it really becomes very funny. And sometimes also we make mistakes like, I think Warren was the real culprit, the way he made mistakes, I mean, I can't imagine.

Now Yogi is a hasty man. So if you find somebody on the stage standing, some girl standing there and he doesn't know what to do, he has to marry her to someone like that. So like, you see, some boy suddenly refuses to marry someone or some girls do not like some boys, then you feel that they are in a mood of a marriage, you'd better get them married to someone like that. So there's a mood in Sahaja Yoga, I've seen, people get into moods and things.

But the problem is like this in India we are built up from childhood that you'll have your husband and this. So we don't consider anybody as our husband or anything, we wait till our parents decide, "All right, this is all right". Normally, girls never think of any husband. Boys also, I don't think this love affair is there much in India. And then the parents decide for them that, "This is all right." But we consult horoscopes, you see, but here we consult vibrations but there we consult horoscopes. And when horoscopes are all right, you see, like Babamama's marriage, I must tell you.

There was a very well-known person to us. And his sister's daughter was there to be married to him- I mean, there came, the proposal came for Babamama.

Now Babamama was much fatter than this at that time. And he had six friends who were even as fat as himself. And we had a huge big car, in that they all sat and went to see the girl. You know, that's a custom in India. Now this girl, poor thing, she saw from the window six wrestlers coming down. [Laughter]. She got such a fright, she said, "Which one of them is going to be my husband?" So I went up and I told her that 'such and such, this and this'. But, you see, but she said, "All right, if I have to marry this man, I will marry him. But you just tell me, you stand behind the person whom I have to marry because there are so many looking exactly the same." [Laughter]. And that's how the marriage took place.

But, you see, that was the first time they saw. Then he said, he asked Me, "Do you like the girl?" I said, "I like her very much." And then I asked her, she just nodded her head. And the marriage was fixed at that moment.

So, you see, that's another style, we think that our elders are much more - wiser and sensible. But in Sahaja Yoga sometimes, you know, we fail, I think, sometimes really, we are befooled by some negative things. And sometimes you get girls who are really not at all capable of getting married or I should say, not good, or boys like that. And it's very shocking sometimes what happens. But this is due to the last-minute thing.

So now I'm going to think about it that only under some circumstances which are absolutely compelling, that you know about someone very well, and if such a person is let down, then it's all right. But mostly, if you don't know the person, and suddenly they come up, then one should not go with the spontaneous marriage.

But, you see, marriage is a thing for Indians, it is that it's a, just like having a baby in the house, you see, just like that, it's a part and parcel. So, they never think that, "All right, my wife has come, she's short or she's fair or dark," nothing, "Now, she is my wife." Like your child, like your child comes in, that's it. So, this is what it is a marriage. This is the wife who has come and the husband is there. Husband is supposed to be a husband, wife is supposed to be a wife, finished. That's a part of the family, we all live together.

And husband is supposed to protect the wife and the wife is supposed to look after the husband and all the family people and everyone. So, it is such a training morning till evening, you see, every day we see even- like Aradhana and Anupama, My grand-daughters and Shonu, all of them, I see them they are just training themselves, you see, automatically. So, when the marriage takes place, they take to it like a fish takes to water, it's no problem with them.

But here the thing is that you have an idea that you must fall in love, when you fall ten times actually, and you really fall. So the marriage is regarded as some sort of a 'shopping business'. That's how it fails also. You see, once you're married, just accept this is a part of your life, it's from your destiny, it's your life- previous lives things. Just accept the marriage, work it out. And we don't even work out but they just work out. Many people say, "I'll make it work." I mean, how? Is it a machine or something that you make it work? It's so artificial! That's how if you take to marriage, in that way - a married couple has to know in Sahaja Yoga that they are married because they're Sahaja Yogis. And they have to have children who are going to be great saints and Sahaja Yogis and great people. And then they have to develop their relationship in Sahaja Yoga in a proper way.

Now as I see, it's correct that you say, "You're left-sided, you're right-sided. You're this, you're that". But, you see, in Sahaja Yoga, you become actually the person who is a Vaishnava, the one who is in the center, Vishnu's path. You are neither left nor right, you're on Shri Krishna's path. So how can you remain left or right? If you are left or right then you are no more a Sahaja Yogi.

Sahaja Yogis are - now see, look at Me: I would say that if you want to keep Me awake, I can keep awake for five days, if you want Me to sleep I can sleep for five days, under my command. If you want Me to sleep on the ground, I can sleep on the ground, I can sleep on the stones, and I need not sleep at all. Doesn't make a difference to Me at all because I'm not at all bothered about my body or by my physical comfort. I don't know what physical comfort means. So, you can do whatever you like. So, if you have to get up at six o'clock, I can get up at five, if you want. And I can, if you want, I can sleep at five also.

So the thing is, the body should be under our command, we should not be under the command of the body, both ways. But in a very left-sided person, it's not only the body, also the emotions play a part.

But in the right-sided person, it's his physical body itself is a jerky type, all the time jumping, jumping. You know, you take a child - nowadays they're suffering from this disease that they want to go out, run here, run there, do this, do that, all the time, just like monkeys. So, they're just roaming about. And they're overactive and it's a disease now, an overactivity is a disease. And nowadays, I think it will end up in that horrible stuff as you call as 'yuppies disease' and you just become like reptiles. People have to carry you like you see, as they carry snakes or they carry fishes, like that. Your body becomes absolutely revolting against your conscious mind. So you can't even walk, can't even talk. So that's one thing that happens.

And the second part is the lethargic people also, they cannot lift their legs, you see, they cannot sit on the ground, they cannot do this, they cannot keep awake. So these problems are so serious that they have to be finished off in Sahaja Yoga, no doubt. But if your body demands anything- now supposing your body demands that you should sleep. So you should say, "I'll not sleep, now let me see what can you do?" You command your body, "What do you mean by yourself? Who are you to tell me to sleep at this time, sleep at that time?" That is how you've to master your body.

Like once I remember we had a transfer and we had no beds, nothing, and I thought better sleep on the ground because I could sleep anywhere and I had some pain in the body. I was amazed at myself, for one month I slept just on the cement, direct. Let me see, what is this body going to do? Then with the mind also. You see, the mind is also all the time wobbly, as like, they cannot sit at home, now they've come here, "Oh, let's go out, look at this, look at that, let's see this, let's see that," they can't sit properly for five minutes together.

So, there should be contentment within yourself. You make Me sit in a room, I'll sit comfortably for hours, ages. I would not like to go anywhere, to see this, to go round this, if I have to go, I will go. Otherwise, I'm contented. Just what is there to see this and see that? Now you go about this way, that way, run about. So this is also a mind of the right-sided person, who is all the time running away from this, running away from the house, running away from himself. So these extremes come in only when you are not in the center, when you are not yourself fully. When you are yourself, you really enjoy yourself fully, whether there is someone or not.

Now I was just thinking today that supposing any other Indian lady would have been in this big house, she had written a long

letter to her husband that, "Oh, I'm so frightened here, there are bhoots looking at me from this side, and this and that". And all kinds of things! Because I've seen such letters written, you see, by people and I used to be amazed what is there to be afraid? Because if you are in a big house also a small house, what does it matter? If it's a big house, does it mean that it becomes bhootish? And if it's a smaller house it doesn't become bhootish? [Laughter] Like that, you see. So it's all conditionings of the mind.

So, if you have the conditionings, then you are not a Sahaja Yogi. There should be no conditioning. Now you've seen that by God's grace, I have all the comforts in my family life, but to Me it makes no difference! Neither physical nor mental, nor emotional, nothing of the kind. Now so many people get very upset if they do something wrong like Marcus, Mr. Marcus, you see, turned out to be a funny fellow, doesn't matter. He's funny, that's all, finished. I don't feel much about it. People were very much disturbed, of course you feel more disturbed because he said something against Me. But to Me it doesn't matter.

Now you start singing my praise, my 'Jais', sometimes, I don't know if you are singing mine. All the time I think, yes you are singing somebody else jai, and sometimes I may join you, you see, it's possible. I've to keep quiet, "No, no, no, It's Me they are singing about." I've to tell Myself, "It's for Me". So, there should not be any sort of a reaction, that's the point. Niranjana, you should not react. You see something, just see it, don't react. You hear something, you just hear, don't react. If you can manage no reaction business, means you do not react on that, neither emotionally nor physically nor mentally. Then spiritually you'll act, it works, that works.

Like Mr. Gorbachev's problems, you see. I told them, "Give Me about two hours, just I'm going to sleep now." Because when I sleep then all My attention is on one point. So I said, "All right, Gorbachev, come along, sleep now," finished. Problem was solved. That's how it works out. But when you sleep also you are dreaming, you are thinking about this, you are doing that, "Tomorrow, I've to get up for meditation". Nothing, you just tell yourself, "Tomorrow there's meditation," finished. "That time will you get up? Four o'clock means four o'clock". Now, for the whole day, today, I think, what time I got up? I don't know. I got up very early, then everybody's sleeping. Then again, I sleep, I don't know what to do. Again, I get up and everybody's fast asleep. "All right, let them sleep, doesn't matter". Then I say, "All right, call somebody, I'll have some tea or something". But what I'm saying that such a person is not troublesome to anyone. There's no demand, nothing, everything's fine, it's all right.

But on the contrary, you do so much for Me that I don't know what to do with Myself. Like I must thank you all the Swiss who brought such nice beautiful sheets and things for Me. I never knew what sort of sheets I was using, I never knew what sort of pillow case I had, nothing. Today she told Me they've brought the sheets. I said, "Really?" "This is from them." I never knew what I was using.

So you see, not that I- I would not say that I don't know about things. I know this sari when it was given to Me in what puja. I know from where it comes, I know the art. But what I don't worry about is this, "Where is that thing gone? When is it this meticulously? Why this is not at ten o'clock? Why this?" No.

You can meditate any time. But four o'clock is the time, if that's too much for you, but I should say, about six o'clock at these season things. Six o'clock is the time when, you see, you are away from the day's problems because so much time has passed. And that's the time when you are in a state where you are silent.

You are now getting up. Now supposing you have to go to work at seven. Then you must do your meditation by about five. So, five o'clock you get up whichever way you like. Then use five, at least you will get ten, fifteen minutes free when you'll meditate. Because then you'll have to get ready, you've to go.

So, one hour you take to get ready. Before that, if you can get up, I tell you, you'll just practise it, it would be very helpful. It's not that it is compulsory, "If you don't meditate, you'll go to hell," nothing of the kind, Sahaja Yoga is not like that. Only, in Sahaja Yoga one thing is there, if you have to grow, then you have to meditate. And that's the best time for individual meditation, for individual meditation. And that's how one has to do it.

But in the West, I don't know why getting up early in the morning is worse than giving them a corporal punishment, I think. But

maybe because in India, the timings are such that we are used to that kind of life. And I always get up very early. Whatever time I may sleep, I get up early and then if I've to keep awake, I can keep awake. So, the body should be, you should be the master. You should be the master of your body. You should not try to rule. Now you would know that I'll be very soon seventy years of age. Quite an old age it is supposed to be, you see. And still, if you make Me sit on the ground, I can sit for hours. If you want Me to sit on a thing, I can sit for hours. Sometimes I just sit on the ground just to allow the vibrations to go up. Many people can't even sit on the ground at this age. They have pains here, pains there.

Of course, if you have pains over, so what? Doesn't matter. You can see your pains. See, I've burnt my fingers yesterday. There was a blister, can you see that?

Babamama: Yes.

Shri Mataji: Yes. So, what I did, I put more oil and burnt it more. It's settled down, little bit is still there but it will go back. It's very simple thing, you see, you should do to your body.

You see, if it is trying to misbehave, all right, do it more. It's paining there, repair it, more pain. So, that is how you can conquer your body. But if you want to become slave of your body, then you cannot be spiritual. Because of that, all these things come up. Like all these problems, I saw as you said it now between the two persons, it's very obvious, shows that we are more concerned about each other than about ourselves.

We should be able to be ourselves, you see. If somebody says, "All right, sit here," all right sit there, what is there? Nothing. What does it matter? It's no so important. If somebody says, "All right, you don't have your food," all right we won't have food, so what does it matter. I'm not going to die and even if I'm going to die, I'm going to die in any case, anyway, if that is the last.

So if you take an attitude, you see, which is not strictness for others but for yourself, then it works. Then it works out. And you can make your body your slave, you are now masters. Just make your bodies your slaves, don't have to go to Himalayas, don't have to do all those things, you can now. Because they could get their Realization, poor things went to the Himalayas, they stayed in the cold, they used to, I don't know, most of them died also in that condition. You might be one of them possibly, those who did all those things.

So, in this lifetime you have to know that that's the best time and whatever is good for our benevolence we should do, this wisdom we should have, because we are Sahaja Yogis. It's for our good, for our benevolence, why shouldn't we do? We've been seeking this, we've been doing this, we've been asking for this, we are born like this, and now we found it! So why not do it? But I've seen people, if they've to go to work, they'll get up in the morning but if they've to go to meditation, they will not. Because of still the conditionings they have there. But once- the best way, I think, is to first of all, to get up in the morning. Some people say, "All right, tonight I'm going to sleep early so I'll get up tomorrow morning," you'll never. I've tried that also. Because it's good, that's why I'm saying it. It's not that compulsory, nothing of the kind. It's good. You just try it, it's good. That's the best time that one can meditate.

Now supposing I'm travelling now, today here it is twelve o'clock, if I'm in Russia the twelve o'clock there is twelve o'clock for Me. Five o'clock there is five o'clock for Me. I don't have this problem, I don't have to worry about what is the time there or what is calculated now, nothing of the kind. When I'm there, it's five o'clock, Russia all right, five o'clock. There at exactly five o'clock, I'm up.

So, what I'm trying to tell you is this, that you can master the time, you can master anything. But first, you master yourself. If you've not mastered your body, your mind and emotions, how can master? Master everything, you can master it, everything. You can stop the sun, you can stop the moon, you can stop the rain if you want to. You can do everything.

If you want, I can try something for you tomorrow. [Laughter] Even the moon will move with you! I've seen, I've shown people that when I move the moon moves. You see, they become your slaves absolutely your slaves because they respect you for the mastery you've shown.

So all what we are mastering are all elements within ourselves. And that is not to be done with force or anything, but dedication, I think, I would say. But for Me it comes just a matter of, what should I say, it's part of My life, part of My life.

Now, Sahaja Yoga, I don't need anything, it is a part of Me, I don't need anything and I can sleep whenever I like after all, get up

whenever I like, nothing. Food now, today I don't think I had lunch, nothing. So, doesn't matter, nothing important. Still I look fresh, I mean I feel fresh, I'm feeling all right. So this is the thing, we should now try to know we should master it.

Now yes, supposing you are fond of something, something you want to eat. Then you tell yourself, "Now you are not going to eat that." Now say for you [Guido], you are fond of pasta.

[Laughter], poor Guido has been tortured for pasta. All right. So, you say that, "Somebody told me Guido didn't like some pasta when he came to Milan". So I thought, "Why he didn't like?" I was eating the same pasta every day. Then I ate and I thought of it, "Ha!" I said, "See this pasta, they've not put olive oil but have put corn oil, raw corn oil." All the time, I've been eating that, I've never thought like that. But when he didn't eat, I thought that there must be something wrong. And this I do with My husband also. When he says, "This is not good to eat" then I put My attention to it to see why it's not good to eat, because I've been drinking that throughout, you see. I never feel that there's something wrong. I eat everything. So this is what it is that I've mastered my tongue. This tongue cannot trouble Me. What I want I will eat, jolly well it has to tolerate. This is what it is.

If you can master your tongue and master your eyes. Now the eyes are such, which are very powerful things, extremely powerful. And the feelings of the eyes are extremely powerful. But if you have artificial eyes, I mean, artificially you do things, artificially you - then the eyes have no power. Eyes have no power. If you should master your tongue, if you say anything, it may be wrong but it will come true. Truth will only come from it. So it is the same within the ears, you see. You have to master it in the sense that, "What? You're talking like this? All right talk, I don't mind." So any amount of noise, I can sleep any hour. Only thing, what I don't like [is] electrical light when I sleep. I've seen that I had no, these spectacles till about four, five years back, but with these lights the way you're putting on Me, I had to do it. They're artificial. So, because of these artificial things, if the body doesn't like, it's very good. That means the body is sensible. It is honest and it's sensitive. It should not like artificial things. If it likes artificial things, then something's wrong with the body. This is genuine, that the body is genuine, you see.

So, this is what we have to understand that sleep you must master. All right, you feel sleepy? Stand with a pole in the hand and don't sleep. Let's see that way. Now if you are feeling like eating too much, then don't eat food at all. Once, I went for a massage some place, they said, "You'll have to starve here." I said, "All right, how many days?" He said, "About five, six." "All right, I can starve any amount." Sixteen days I just didn't eat anything. They got a shock. They said, "Baba, please eat something, what's the matter with you?" And others were stealing chapatis and 'parathas' from the shop and eat it. I said, "Why? Just I never even thought of food".

So, you control your thoughts, "No, no, I'm not going to think about it, finished," just thoughtless awareness. So this is- you see what happens is that we have become slaves of everything. Just think of it. You're not master of anything. Now supposing you are getting late for the plane. So, people become [Shri Mataji mimes a stressed person] - I mean the aeroplane, you take the name of the airport, they go off up and down! I don't understand what is the need. At the most, you'll miss the plane, at the most! Which I never miss, which I never miss. So this is a conditioning in our own mind. So what?

But if you miss the meditation, it means something. So priorities change. Gradually when you start mastering yourself, the priorities change and you really become the master of the whole atmosphere, the whole of everything. But, I mean, I'm quite a master I must say in so many respects. But I never force my ideas on you, no. If I want, I can, I don't. I allow you to grow the way you are. Because what's the use? By my doing, if you do something, then how will you grow? It's like using a computer instead of your mathematical brain, isn't it? If by doing what I do, if I change you, then how will you grow? So, you have to do something. If you want, I can make you all get up at four, do meditation regularly, I can. That's not good, you have free will. If you want, you do the meditation, if you don't want, don't do the meditation. So it's something is to be respected is your freedom. But you must respect your ultimate freedom that you become the master.

Just the master. How you play the game is your style, that's Shri Krishna's. Like this buying this house, Cabella. There was a crook, you know, everybody who had fallen a thing to him. I didn't know how to play, just now I said, "Let Me see, let Me see." Ultimately the whole thing was discovered only five days before the Guru Puja, I bought this. Five days before, four days before- no, I saw it and four days before bought it. And three days before, we purchased this and one day before it was pitched in.

You can do anything, ask our Guido. Guido told Me that there are two ashrams available. I said, "All right, what have you done about it?" He said, "Nothing so far." They said. So, I telephoned to him. He said, "Mother, how will you do it?" "We'll see." And the plane did not go that day, went and bought both of them.

So, I mean, if you are a master, you see, if supposing you are a master of source, you can do whatever you like with that. But if you're a master of everything, you can manage everything. Everything looks magical, but it's not. Actually, you're mastering.

Like we went to Germany, he said [showing Philippe], "Mother you must also buy something from Germany for puja. What's the use of, sometimes you bought from Holland so why not from Germany?" I said, "This is such an expensive place all I try to avoid." But still I was going round and round. And suddenly, we came to a point. I said, "Now see here." In Germany, we bought things fifty percent less! Germany, can you believe it? [Laughter]. That too not the East, the West Germany. So, this is what happened. But, you see, you have to have the knack. And a master is not worried, you see? Master knows.

Let everybody play their cards, the master sits on the trump card, that's the one. Then you're so confident because you're the master. But we don't spend time in mastering ourselves, this is our trouble.

Now supposing, if this was the situation [Laughter]. Supposing! Now the husband is, say, right-sided, which I have very much. He's very right-sided, all the time sees the time, like this, you see, all the time. I've played so many tricks with him now that he doesn't now see the time much.

Like my daughter's wedding was there, now this elder daughter, you see, they all came from Lucknow, all left-sided people. In Lucknow, if they invite you at ten o'clock you better go at six o'clock in the evening because by ten o'clock they would all be sleeping and snoring, you see. So, that sort of the people there are in Lucknow. My husband comes from the same Lucknow, [Hindi to Babamama]. But he is very right-sided, first class, first this, that. These people, poor things, came from Lucknow. So, he had arranged everything. Six o'clock the barbers will be ready to shave you, you see. So these people were still in bed. So barbers were there, you see, to shave them. In their beds, they were shaved. [Laughter].

See, imagine the boy's side!

So, then they got up from their beds, poor things. Then they're told that at eight o'clock will be the breakfast served. Rushed some or other, poor things, you see, to get up. They have never known such a thing, they'd never got up before ten in Lucknow. So, they rushed up, came there and all that, so much poor things, they thought, "We must show our efficiency, otherwise in Bombay, people will think why these lethargic people have come?" So they all tried to be very, very smart and this and that.

So, the marriage was fixed and the custom is that the girl has to take the garland and has to garland the boy, otherwise you cannot marry. So, the stage was fixed and my son-in-law was to come after a certain puja on the door and come there and the girl has to walk all the way and put the garland. It was all fixed, you see, set, so she was told, "You have to walk exactly at this time," and told Me, "Keep your watch ready". So, I kept my watch. And so, poor Kalpana started walking, and nobody on the stage! So, she looked back, she said, "Whom am I going to garland here?" I said, "Garland the chair now." So, I brought her back.

What we discovered - immediately I knew what must have happened - that my son-in-law felt like going to the bathroom. And he was wearing those tight pants, you see, that they wear, this churidar, and they were pulling his churidar, poor man trying to go to the bathroom. She went up. She said, "Mummy, I don't know what to do." I said, "Take it easy." C. P. was jumping here and there, he didn't understand. I said, "Kalpana, you go back, stand there, I'll bring Prabat." Then Prabat came. It took over fifteen, twenty minutes, according to time. C. P. said, "So, You played some tricks again on me." I said, "Sorry, I can't help it."

[Laughter].

Like that, so you see, then I played tricks like this. Now he knows Me too well that I'm playing tricks and so now he doesn't force Me to do. So this is what, if you're a master, but in a very gentle and sweet manner you play the tricks. He told Me, "Now I know why you went to Russia". "I know you know that, all right." [inaudible] Now gradually he's realized this is the master. But I don't show like that. I am otherwise a very good housewife, all the time saying, "Yes sir, yes sir." You see? But I'm not. [Laughter].

But if you are the master you can play, that's what is Shri Krishna. Shri Krishna is the master. He has the mastery, you see. All the mastery He had and that's how He managed things. So that's what I'm trying to say that you must master yourself. Instead of blaming anyone, instead of saying anything, just tell yourself, "Now I'm a Sahaja Yogi, come along, why am I here?" So the right-sided will become left, left will right and ultimately it will station out into the center. It's like a pendulum we move. So this is what is a very good thing that you have shown, I'm very happy, but these problems exist. And actually, in Sahaja Yoga, nobody should be right-sided or left-sided. You're all in the center, you're all in the center. Because certain things like shoe-beating is such an embarrassing thing, you know. But you have to do it, you can't help it if you have ego.

But this, all can be easily solved once you face yourself, just face yourself, "But this is me, not others, not others, not others". Yourself, face yourself, "I'm like this, all right, I'll see to it, I'll put it right." All right?

So now, they have decided to do everything, finish everything tonight and then they will do it. I would say if you want you can do it now, whatever it is. And if you feel sleepy tomorrow you can sleep also, doesn't matter. Whenever you say, I will be ready to come.

[End of video]

May God bless you.

So tomorrow I'm going to talk about the master of masters whom I can master also. I can master that master also, all right?

May God bless you.

1991-0901, Shri Krishna Puja: Yogeshwara - The Technique of the Play

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1 September 1991

Yogeshwara – The Technique Of The Play

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED Shri Krishna Puja. Cabella Ligure (Italy), 1 September 1991.

Today we have decided to worship the Yogeshwara. I think that is the greatest name of Shri Krishna for us. That means He is the Ishwara of yoga. 'Yoga' means 'the union' as you know, with the Divine. But also yoga has another meaning which means 'yukti' (). In English language, to translate it properly, not possible, we can call it as – yukti means 'the trick', the trick. But trick is always connected with something funny and bad. But this yukti means 'the technique'. The technique is mechanical, so I couldn't find any proper word for yukti. But one can say, it is (the) 'to know the technique' and 'the trick of the technique' is also another meaning of yoga, yukti.

So, even if you are connected, if you do not know the trick of the union, then it is useless. It is of no avail. So what one has to learn after getting realization, not only the technique, but the trick of the technique.

At Krishna's level, when we reach, it is an incarnation after Shri Rama's. So Shri Rama came as a Maryada Purushottoma, means a person who is a complete ideal of maryadas and a benevolent king. But, in the case of Shri Krishna, it was a different phase because people had become extremely serious, very disciplined, and were leading a life, which was, we can say, 'over-dharmic'. And this had put the people at a level fixed and they thought that, "If we are doing all these things every day, then it's all right. We have reached at last".

So, Shri Krishna had to come. Himself, Shri Vishnu came as Shri Krishna to tell us about the ascent, and that - all this, just a play. But only a person who is a master of the play can do the play. So to know the play – supposing you have communication. Electrical communications you have. Now, you don't know how to play with it – play. Not, how to know or how to connect, but to play. Supposing only you know all the technique. Then it becomes quite a headache because all the time you think you are doing it, you have to do this, and this has to be done, that has to be done and this connection is not all right, that should be properly connected. You get tired and bored. But, if it's a play for you, just a play – for any master it's a play. If it's just a play for you, then you don't feel tired. It's fun, is fun. And that is, what is "leela". That's why He is called as "Leeladhar". Because He is a master. He came as a master – master, not as a guru, but master of all the arts of this yoga, yukti.

So, He is so deft. He is so capable, that for Him it's a play. All this is a play for Him. And this is what one has to know, that in yoga everything that you do should be just a play. Say, getting up at five o'clock in the morning should be play. In the morning you get up, say, it's not yet – the sun has not come to suggest what you have to do and the moon has departed and in that twilight or a little darkness, you get up. It's very beautiful and that time you sit down for your dhyana.

But it's not a serious thing. It's not something that is boring, it's a play. But, for that, you have to be a master. If you're the master of yoga, then it's a play. So, the first Shri Rama's state has to be there, where you become really Vishwa Nirmala Dharmi, so that it becomes your play.

Now communication with the Divine has to go to the whole world. Whole world has to get this communication that you have received. For this part, Shri Krishna arranged something in His lifetime in a very simple way, as a child. Very childish it looks, very child-like. Like when the gopis were taking their baths, He hid their clothes. But Indian women are never fully nude, never. Hid their saris and all that and He could see their back, this little boy. What is for a little boy? He is sitting on a tree and is trying to raise their Kundalini. They are coming out of the river Yamuna, which is being vibrated by Radha. Already there are vibrations here, see - raising their Kundalini. Then they are taking the water and He breaks their pitchers from the back, which has also got

vibrated water. So the vibrated water falls on the back of these ladies and He tries to awaken their Kundalini.

See the play of a child, how He tried to play in His childhood, just like a child and then He shows, later on, His child-like expertise in dealing with politics, with dealing with people, with communication and everything. And His power was Radha. 'Ra-dha' ; 'Ra' means energy, 'Dha' means the one which sustains. "Ra-dha". So, (the) "Dharayati sa dharmaha" [:] as they say, in the same way, 'Ra – dha', the one who sustains the energy.

So, the first quality that He got from Her is that She is 'Aalhad dayini' (). There is no word. I couldn't find any word in English for Aalhad. Aalhad is when you suddenly see something nice, joy starts. Just feel very happy. But there are very few words in English, as you know, for translation for 'joy', or at the most 'happiness'. But Aalhad is a kind of a joy, which, as you see, get the fresh air! And how you feel! That is Aalhad.

So She is Aalhad dayini. She is the one who is giver of Aalhad. And so, with Her powers, He could work out, this Aalhad to all the people with whom He was connected.

So all the gop and gopis who were with Him, had to do Ras (). 'Ra' is 'energy', 'Sa' means 'with'. To dance with the energy that is Radhaji. He use to just play the flute and She used to dance. The energy used to pass through Her hands to all the other people and the Kundalini would be awakened.

So this was another play, right here. So in the play only He raised the Kundalini. But in modern times it's very difficult. It's not easy to raise Kundalini in modern times that way. I mean, nobody will understand also.

So, in modern times, when Sahaja Yoga is not just raising the Kundalini, but giving the complete knowledge about Sahaja Yoga and also empowering the person with the power to give others realization, it was tremendous task. And that's why we had to find out these methods by which we could give realization to people.

In those days Kundalini were awakened, but it was not that Sahasrara was broken. So Kundalini must be somewhere hanging in the Agnya maybe, at Heart maybe somewhere. And such people became the seekers. And that's how we find today people are here, as Sahaja Yogis whose Sahasraras are open and they know all the yukti of Sahaja Yoga. But there are subtler and subtler yuktis of Sahaja Yoga, which you have to master. The first is that His character was madhurya (), meaning 'the sweetness'. Sweetness. We always say, "Sweet like honey".

So when He talked to anyone or He communicated with anyone, it was through sweetness and this communication, if you have not developed then you are nowhere near yoga. To talk to someone sweetly, automatically everything is madhurya for Him – His talking, His actions, His face. Everything is madhurya.

So when we talk of communications, first of all the greatest thing is the communication between human beings. And when you have to think of the communication with the human beings, many people think that by aggression you will communicate better, which is not true. I mean, if somebody wants to get something out of some one, say, so you go there and just talk, "I have to have. How can you do it? This, that." As it is, it's "No." But if you are sweet and start talking sweetly, then ninety-nine percent will definitely dissolve.

So, to dissolve people with sweetness, how to do it, that trick one has to learn. How with sweetness, you can dissolve people, this is one of His special qualities, that you talk to someone in such a manner, genuinely, in a very sweet manner and the problem between you and that person will be dissolved, absolutely.

Now, there are many tricks. How to talk to someone is one of the biggest things one has to learn. First of all, you must always show that you are less intelligent than another person. Like if I am talking to scientists I will say, "I am sorry, I don't know any science, you know; no good for scientist". So they feel, "Ah, very good!".

If you have to talk to some musician, must say, "I don't know any music. No, I just – I have learnt little bit, but not much". Musician feels very happy. You may call it a pampering of the ego, you may call it. But, there is no harm in saying that "I am nothing compared to you".

So first trick is, complete humility when you talk to another person. Is the sign of greatness, is a sign of fulfillment. As the trees, when they are laden with fruits, they bend down.

So the first of all, if you say, "I am no one. I don't understand anything, but I would like to hear". This is first.

First quality of communication is, to be extremely humble about yourself. The another person should not know who you are. And there is a lot of fun in it. Say for example now, say, I can say about Myself that My husband was very highly placed in India. But I met a friend in Delhi, she was studying with Me in school and in college and she asked Me, "Where do you live?" I told her, "In Meenabagh", which was just a useless, small, little place meant for very ordinary officers because they had not allotted us any house or anything. So, temporarily, we were there. She said, "What? What is your husband doing?" I said, "He is some government servant." I didn't tell her. He came down. So he just looked at Me and smiled. She said, "Do you know him?" I said, "He is my husband". She was shocked! "He is your husband? Oh, my God! Why didn't you tell me?" Immediately the whole thing changed and she felt so ashamed of herself. Though she had started looking down upon Me there, married to some clerk or someone there.

So, the best thing is to play down. Play down everything. Now I know of certain Sahaja Yogis, they say, "Oh, Mother has given me such powers. I can do this. I can do that." This boastfulness is of no use. "I haven't got any powers, you see. I just – I am a Sahaja Yogi, that's all. But, if you want, I can try."

So, is to play down, as much as you can. Practice this at home. First practice, and then do it.

So that is one of the greatest qualities of communication with others. Second thing, I think in the whole of Gita, if you read it, there's one very important thing, it says: "Krodhat bhavati sammohah"[:- chapter 2]. You see, among all the worst things that we have, according to Him, we have six enemies. But in Gita, He started with "krodh". He said, "it starts with krodh", means anger. If you have anger within you, then you are not a master at all. There is no need for a master to get angry because he can play about. He can make you dance like this. What is the need to lose your temper? But that mastery if you don't have, of handling people, then after five - six minutes of talk, your voice starts raising and a sort of a something starts barking. Because that temper is still inside you burning. But for a master, there should be no temper, no need. He has started with the krodha, that with the krodha all problems start – from one to another, to another, to another.

So we should watch out if we are angry people. Anger comes from Vishuddhi, starts from liver - Vishnu, but expressed through Vishuddhi. Face becomes red, eyes become red. From the mouth, you see, you start saying all kinds of horrible things and the whole expression becomes so different, when you are angry.

So this anger is to be seen, "Where is it? Within us, where is it, this anger? Liver? All right, I will put it right".

So, to master it you have to face yourself, clearly. Many people I have seen, people say, "Mother, do you know, this lady is such a hot-tempered woman. She is so dominating. She does this, does that." But if you tell her, (she says) "No, no, I don't do that way. No, no, I am very good." "But how others are saying that?" "I don't know, but I am very good". Finished. If somebody is saying that, then you watch yourself. Do you get into tempers or not? Are you losing your temper? It's very easy to make it out and face. So the trick of the trade is to face yourself and see for yourself how much you are lacking.

So first is humility, which should be genuine. And secondly, is equanimity – no temper. There is no need to take to temper. At the most you can say "What are you doing? Why are you doing that way? Now if you do something, you know, maybe something I might say which I do not like, so I don't want to say". Like that. At the most. Up to that point is all right, that you should say, that I

dislike. But not to go further with it.

If you just stop at a point, then this habit of getting into temper will go away, this arrogance will go away, which has to go. This arrogance has to go, this temper has to go and then you will be surprised. You will feel very much relieved. Because this anger, once it comes in, reacts and catches your left Vishuddhi and you become guilty. You feel very bad - "Why I said so? I should not have said this." So Vishuddhi is finished. Left Vishuddhi means - it's a headache. It goes on accumulating like a storehouse there, all your anger, temper, whatever you have and this left Vishuddhi catches and you know the problems of left Vishuddhi.

So, if you get angry with someone, don't feel guilty, but go before the mirror and slap yourself nicely, twice, ch ch ch[laughs]! Now, you get angry with yourself. "Let me get angry." Then stand before the mirror. "Shoo, shoo, shoo," like that. [laughs] [Shri Mataji smiles] In the same manner as you get angry, try to act. You never feel guilty. Or maybe more angry would be better, so you empty out your left Vishuddhi. Next time you won't do it.

But feeling guilty means you will again repeat, and repeat, repeat the same thing. So this temper is expressed by men differently and women differently. And I am very much worried about the women sometimes because they take to waterpower and I am lost. But those who have ego too much, cry much more. That's the sign. I have seen. If you say anything to them, immediately they start crying because already the left Vishuddhi is there, full, like a full balloon and you touch them it becomes water. But men, their temper is different style. As you know very well, that when they get angry they might fight with each other, box everyone and then settle down nicely and have something to drink. [Everyone laughs] "Let us have it out", you see, they will say, "Take out". But women don't, they keep it there [In the left Vishuddhi] and once they keep it, then it becomes tears, it starts coming down.

So these are just tears out of joy, happiness, that's different, or out of feelings for others, but it's not that. But it's tears just to impress another person that you are very sad or something.

So the second trick is how to master your own temper. And the third one is how to master the temper of others. That's even better. I don't know if I have told you the trick of Gagangadh Maharaj, when I went to him. He is a very hot tempered avadhuta, sitting on a thing and he's lost his legs because he was feeling hot, he was sitting in the water all the time, so his feet are useless and he goes on a tiger, they say. I never saw the tiger, of course. But he knows about Me and all that and he told everyone about Me, so I went to see him. And he is supposed to control the rain. It was quite a steep climb for about one and a half hours, and as soon as I stepped in, it started raining, raining, raining heavily throughout and he couldn't stop it. So he felt very challenged! When I went up, he was sitting on his own stone outside the cave, with anger doing like (Shri Mataji shaking Her head and showing the action), he didn't know what to do. I looked at him, then I walked into his cave and sat down nicely. Then he came. They brought him. He said - he touched My feet, everything he did and then he said, "You tell me now, why did You not allow me to stop the water? You got completely drenched. I am very angry with this rain, I know. But why did You do that? Is it to control my ego?" I said, "No, not at all. I never knew you had ego or anything." [Laughs] "Then why?" So, because I am a master, as you know; I said, "You see, you are a sanyasi and you bought a sari for Me. That too, of an orange colour and I would not take the orange colour sari from you. Any sari I wouldn't take because you are a sanyasi. But I had to get drenched to get the sari, isn't it?" Immediately, he melted away! But I had to be the master!

First of all, how to melt him, and secondly, the master of his mind. This is the subtler part of it. You can be master of a person. Like that, you can know what he has done for you, what he has prepared for you, what is coming for you. I wouldn't say that you know all the future, but if you try just to know about a person, you can know everything about that person. Very simple. So first, try to understand a person.

My father had lots of tricks with him I know and a very humorous person. And one day my brother told Me - Babamama - that he has a friend who sings very well. So, I asked My father, "How does he sing?" "Oh, he is very courageous," he said. I said, "Why?" "He sings whether he knows or not. That's the trouble." [Shri Mataji laughs] What an exact description he gave me of this gentleman! "He is very courageous, You see! He doesn't know, but he sings, quite all right. He is very courageous". I mean, he didn't say anything against him. He said, "he is courageous." But he gave Me the complete picture of the gentleman, that - 'you

have to be careful, you see, he might start singing in a funny way. You shouldn't laugh and all that' - came in that 'courageous' word.

In the same way, if you study someone, you see, then you will just describe that person in an interesting way and you will not feel that this person has these bad habits or that bad habits or this is wrong with him, that is wrong, but you will describe - it's part of that person. Is a way of knowing a person in totality, with all his defects, with all his qualities, with everything, and accepting that person as he is.

If that mastery you can have – now, how will you have? If your attention is not on his qualities, you will only know his bad things. And if you know his qualities, then bad things will be there a little bit, but they will just be adding little masala to his character, you see. You will feel, "Ahhhh, that's it, you see. He is, but little bit like that!" Little additional svaras [musical notes] added to his character. And you wouldn't mind it so much, such a person. You will really enjoy.

Like my son-in-law is very fond of dogs and his wife says, "No dog in the house. It's a flat." So, there is a fight between them for the dog. So Prabhat said (to Shri mataji), "You never meet me". I said, "This is not proper. But next time I have decided to be a dog". [Shri Mataji laughs]. Immediately he took the point. See? So the way you talk to a person, you can suggest to him what is so special about that person or the defects of that person. But you need not say directly something to him. If you say indirectly, in such a humorous manner, that the person will understand. So, in communication with others, you have to be a very humorous person.

But mostly I have seen, people have humour if somebody cannot walk straight, if a physical problem is there, they will laugh. If he has, say, not properly made his hair, then they will laugh. On some sort of very superficial thing, they laugh. This is not humorous. This is some sort of a criticism in laughter. Or some people have a humour like this, that they say sarcastic things. That's no good. If you say one word to somebody sarcastic you think you are very brilliant, but you are lost forever for that person. That person will remember - "He said such and such things to me."

So sarcasm is against you completely, against Sahaja Yoga. If you have to say something, say it in such a manner that it doesn't hurt the person and the person enjoys that subtle humour and understands also that – 'this is the problem with me'.

Now, humorous way is, say, if I have to tell something to you, I need not tell you directly, "you are like this, you are that", but I will say, "There was one, you see, crow which came to my house" and like that I can transfer all your qualities to that crow and describe to you and say that, "this crow did like this and did that." Immediately, you will start thinking - "Is it about me that Mother was saying or about the crow?"

So transfer it to somebody else. Transfer it somebody else. That's the best way. For example, if you want to say that all the names of the people are coming to the puja, should be there at right time. So now, this time Americans, all right. "Americans have sent the word" – they have not – "...have sent the word that all the names should be there." No harm telling such lies, no harm. So that people will not put it on you, they will not be angry with you, at the most they will be angry with Americans - doesn't matter, for the time being.

So like, transfer it and this transference is hastaantar [], as they call it, to transfer from one hand to another hand. Shri Krishna was an expert.

There is a story about Him when He is called as Ranchhordas, means He ran away from the battlefield. He doesn't mind. "So what? Yes, I ran away. So what?" The reason was like this: There was a very bad rakshasa who had all kinds of boons from Brahmadeva and Shri Krishna didn't know how to overcome that. Nobody knew. And he was killing so many people. So He thought of a trick - transfer it to somebody else. He knew of another great yogi, you see, special type, who has meditated and taken a boon from the same Brahmadeva, that "if I am sleeping and anybody disturbs my sleep and if I open my eyes, and look at that person, that person should become ashes, bhasma". So Shri Krishna thought of him, "Better transfer the job from Me to him." So He started running away from the field. So this rakshasa also followed Him. Then Shri Krishna stealthily went into the

cave of this avadhuta and put His own shawl on top of him, covered him, and hid Himself in the cave. Now this rakshasa came here. He thought this was Shri Krishna who was sleeping. "Ah, now you are tired. You are sleeping. Now I am going to see how you can save yourself!" and he started waking [him] up. This avadhuta got up and looked at him (at the rakshasa) and he became bhasma!

So transfer your jobs to a more capable person [Shri Mataji laughs] who can do this better than taking upon yourself, straight forward, going, "All right, come along. I will fight with you". You cannot win. It's a guerrilla warfare, as you can call it. Transfer it. And you can transfer it to somebody, you can make friends with that person, pamper his ego; do what you like, but the main point is that you should get rid of the ills, the bad, the rakshasas. So you can transfer it to anyone.

And so many tricks He played. In Mahabharata, Bhishma had a blessing that unless and until he wants to die, nobody can kill him. So Shri Krishna decided that He should use some tricks, so He told Arjuna that, "You put him " – He told Arjuna, not himself, He was just doing the chariot driver's job, sarathya (). So Krishna told him that "you just make him sleep on the arrows. Let his body be on the arrows and he has to decide that he will die."

But Dronacharya was a great guru, also of Arjuna, who was siding with Pandavas – I mean with Kauravas. Now how can you kill this Dronacharya, big problem! Because, you see, he knew all the tricks of archery. How are you going to save there? Because archery is such a thing that He was the master of archery, while Arjuna was his disciple. So how to stop? How to stop him answering back the [Shri Mataji asks the translation of a Marathi word and the answer is "arrow"] arrows, arrows of Arjuna? How to do that, that he doesn't answer back? Because He was a master. So Krishna organized it in a very special way. He got [a] Shikhandi, you see, he was a eunuch. What an advantage of having a eunuch! Of course, it's a big story how they became Shikhandi and all that, but He (Krishna) got him (Shikhandi) in front of Arjuna. Eunuch in India is regarded as a woman. So Dronacharya said, "I cannot kill a woman". And that's how he (Arjuna) killed Dronacharya. So (Krishna played) these tricks – because to get rid of ill is the main thing. How to get rid of the ill? If you are not capable, you better tell somebody else to get (rid) - because that is very important to get rid of the evil. And if you can transfer this to somebody else who is more capable in your own humility, you will do much better than to directly attack that person. That's tomfoolery. No use. So this was the trick of Shri Krishna and throughout, if you have seen Mahabharata, Shri Krishna told Arjuna that – "either you can have all of My army or you can have Me." Same He told to the Kauravas. Kauravas said, "we will have Your army." But he (Arjuna) said, "You will be mine. Krishna, You will be on our side". But He (Krishna) said, "No, I will be just on the chariot. I will not hold any weapon". But He is a master of tricks. He does not need any weapons with Him. Without weapons also, He can do everything. So Arjuna said, "All right, You be my chariot driver" and He was there.

Because Shri Krishna knew about each and everything, mostly He used to smile. Now, somebody is telling Me something, sometimes you will find, I also smile, but I try to control, but I don't want them to see. But I know what they are doing, what they are up to, what is their trick. Because you are such a trick-master, you know all the tricks and you know what they are playing with you, so you just smile about it. Just to smile in a very sweet way, "Ah, that's it! Ah, of course! Of course! What you say is true. No doubt." But, by this kind of thing, you will be surprised, your communications will improve very much with others.

Now some people I have seen in Sahaja Yoga - very common, very common: "Mother" – they came and told me – "our leader told me that "you are bhootish. What is bhootish?" Another one says, "But he told me - you are a bhoot." Then somebody says, "Mother, no, he told me that - you have got a bhoot in you." "Now what are these three categories, tell us." Why to tell anybody you are bhootish or anything? There is no need. If you know how to correct it, just say, "Left Swadishthana. Correct it. Take it out." Ask him if "you had any guru or anything". All right, if the person is good natured and a good person, then it's even more important. You should say, " (it's) nothing, you see, it's just a badha from outside, we will have to take it out." But a person who has got Agnya and all these things and plus that, he has got this left Swadishthana, then, of course, you should say, "Baba, we cannot help you." Because, you know, he is cunning. What's the use of playing with that?

But in Sahaja Yoga we forget. Anybody who comes, "All right, come along, come along, come along." Everybody is not capable of Sahaja Yoga, one has to know that. Not the whole world. Sahaja Yoga can only be given to people who are deserving, who are seekers, and who are courageous, veeras. Is not meant for ordinary people. So we [are] open our door to everyone and all such

people walk in and then we work very hard on them, do all kinds of things, and we find that they create problems for us.

So first, only deal with people who are simple, as Shri Krishna dealt with gopas and gopis and then we can see, in a collective way, if we can face somebody who is complicated. But no use transforming Hitler or Rajneesh, not possible.

So one should not try to do impossible tasks in Sahaja Yoga, which Shri Krishna has shown in His own character by avoiding things, which He didn't want to do - no. And He did it because He was such a master.

Of course, for Him it was not necessary to face Himself, to master Himself because He knew Himself. He is the Ishwara of Yoga. He knew everything. When you know everything there is no need for you to master, what are you going to master? On the contrary, you see, sometimes you get frightened of yourself that you know so much.

So best is that, when we are dealing, as human beings in Sahaja Yoga, we have to know ourselves very well. "Now, oh, that's my speciality." In that, you have to see - "how I face myself all the time. Why do I say such a thing? What's lurking in my mind?" Negativity is something to be seen very clearly within yourself. As I must have told you so many examples, that the Western negativity is like this, that their minds are all the time labour-saving devices.

They don't like to work anyway. For example, you tell them, "you go and telephone to someone." Immediately, they will tell you ten explanations, "He may not be there. His wife will shout. He might have gone to work. It's ten o'clock. This, that." But if you telephone, he is there. But they won't telephone - hundred excuses! Now newer excuses have started. "The computer was not working, fax was not working." Except for your brain, everything works. But the other way round it is : your brain is now working and everything is not working. "The lights were not working." I mean, whatever it is. But you must learn, "Why can't I find the solution? I must do something." Like I have told you - the tip of a root, how it manages to go round and round and seeks the source of water. In the same way, are we doing something about it? All right, if this is not available, do that. If that is not available, do this. Out of nothing, you can do so many things. But if you want to find out all the time "that cannot be done, that cannot be done." (That was) Not (the case) with Shri Krishna. After all, He was incarnation of Virata, the master of masters, we should say.

Like when Draupadi was in trouble - Draupadi was actually Vishnumaya, His sister - She thought of Shri Krishna. She was holding onto Her sari, when it was just pulled out by Duryodhana. And she was holding it (between Her teeth - Shri Mataji shows it by doing the action) and said "Kri." She wanted to say "Krishna," but She said, "If I say 'shna', it will fall down." So She was holding on. As soon as She dropped "Shna," sari dropped down, then (it is) described about Shri Krishna, "Dwarika me shor bhayo - Dwarika me shor bhayo, shor bhayo bhari; Shankha chakra gadaa padma Garuda layi sidhari" (-

- ; ---,) That sound went into Dwarika. Now where is Dwarika and where is Hastinapur? At least distance of - at least two thousand miles. But the sound, you see, went through Chaitanya and made a big sound there [In Dwarika]. And "Shankha, chakra, gadaa, padma", "Shankha, chakra, gadaa, padma" are the weapons as you know, all of them He took and came on His Garuda to save the chastity of His sister. Immediately! Spontaneously! That moment. He could have said, "All right, let it be. Let one sari come out, two, then I will go later."

I am sure He must have stolen My saris which you give for My pujas, which are too many! [Shri Mataji laughs] That's what I feel, that - from where did He get all these saris to give it to Her? Must be from My own storage, I am sure and that's why you are giving Me so many saris, so that He can save the chastity of many women.

All this is so related, so connected, so one, so united. There's such a big drama going on, but you can't see it. But if you believe in yourself and if you really believe that you are a Sahaja Yogi, that - what [is] are your qualities, what you are, what your value is, then I am sure you can become masters. But first of all, we have no value of our Realization. We do not know what we are capable of, what we can do. You still think, "Oh, I am such an ordinary person, Mother has given me Realization, I have never been to university." Nobody has been to university. Christ never went to university. I mean, if you see, Rama never went to university. Krishna never went into university. Christ never went to any university, ordinary man, a son of a carpenter.

But you are Realized souls. You don't realize your worth and value. Once you realize it you'll just smile at everything, because you don't know, you are sitting on top of the world. Once you know that, only then your mastery will work. Otherwise, imagine a master sitting under the foot of a disciple. What will it look like? But it's not that you dominate, but you are in charge. Absolutely in charge! You know everything, you know how to handle, you know how to manage.

This is the mastery you have to get. This is possible, absolutely possible for all of you to do it. But first and foremost thing you have to know that we have to master ourselves. But then immediately people say, "Mother, (it) is the most difficult to master yourself." I can't understand this. Why not? You try to master everyone. Why can't you try to master yourself? Your 'Self' is with you, you are with yourself, is your own, is your own property. You can correct the property of others, why can't you correct your own property? It should be the easiest thing to do. But you are not sure that this is your own. You do not know that you are capable. But you are! And now you have Self Knowledge, so why should you not do it? Why should you not try to watch yourself and see for yourself and then you will know that you know all the tricks, the yukti.

I don't have to tell you, "Do this, do that." Nothing. You, yourself, will know, "Ha, come along." We know so many things – little, little things – about ordinary material things, you see. Something is falling - all right, put some support to it. This is happening - put it that way. But in spiritual life is the easiest thing because you are in the ocean of knowledge. But if you do not know that you are in the ocean of knowledge, you will not know the tricks of dealing with others because the main purpose of our communication is to emancipate the whole world, to emancipate them, to bring them out of their ignorance.

So for that we have to develop this mastery and not to get lost into nonsensical things, but this mastery has to be developed. For that, meditation early in the morning is required - to begin with, and then facing yourself, all the time, "Why did I say such a thing? Aah, must be this. This is the word I picked up from that person."

So when you start facing yourself, you will be surprised that you are trying to avoid the reality and just using your mind. See there, as I say, that this mind cheats you and tells you, "All right, forget it."

And the last, but not the least, is that Shri Krishna is the one who is an expert of drama. He creates drama, He acts in the drama, And He is the spectator also. In these three forms you should see yourself. You create a drama of yourself, "Aha, this one now, see now, how I am acting here!" Then you become the spectator also. Become the spectator of your own dramas, then you will realize what you are doing, how you are working out everything. Then the deception that we have all the time against ourselves will just run away. Because if an artist knows he is the spectator, if the one who is acting knows – he is the spectator, he can never deceive himself because he knows this is acting.

So, this self-deception is the one (that) one should try to avoid. "Let me face it." But also, there's another way out, people find out. I mean, there are ways and ways. Like you tell somebody, "Why didn't you write a letter?" "I know." 'I know' means what? "But don't you think you should have written letter to that person who has done so much for you?" "I know." "But don't you think it's very bad and cruel on your part not to have written the letter?" "I know." 'I know' means what? "I know I am bad. I know I have been stupid. I know I should not have done it, but I know, also that." So what next? Because they think if you have confessed: "I know," (it's) finished.

So, this is a new escape which was not at the time of Shri Krishna, is a new modern one, where people say, "I know, all right, so what? Ohh, all right, I am a sinner, so what?" This is the second side of it. First of all, "I know that I am a sinner" and second is higher state, is that, "So what? What's wrong?"

So this is how the derailment starts and one goes from one to another. If I know something, then why shouldn't I correct myself?

That's what it should be. "I know I am like that, I know it is." If you know, then you should also know the trick how to get rid of it. Because you are detached from that personality about which you know, you can correct yourself. This is what is yoga, is where all your attention is one with the Divine, and you're so detached that you can see it, the attachment to all the things are finished

and now the force that is coming to you is acting through you and acting on these attachments also.

The situation changes, absolutely, in Sahaja Yoga in a very different way and if there is one bad Sahaja Yogi who comes in, either he is thrown out or he has to be all right. Is the other way round - anyone who is a bad Sahaja Yogi, if he comes in Sahaja Yoga, then he has to be corrected, otherwise thrown out.

It's a, I think, a more evolved state now than it was at the time of Shri Krishna because He talked to only one Arjuna, and I am talking to thousands - this knowledge. That time, He just talked it at the time of war. I am talking at the time of peace. And it's much more evolved because Shri Krishna didn't give him (to Arjuna) Realization. You have got the Realization you got the knowledge. You know everything. You have all the subtle ideas.

So this is what it is today. As it is, the situation is that you have become part and parcel of the Virat already. You have not seen the Virata, but you are part and parcel of it. You are not watching it, you are inside it. So that, any more of not watching yourself will be only thing that – you will be thrown out of Sahaja Yoga or else you better watch yourself, and correct yourself, and be one with the body of the Virat.

This is sign of a Yogeshwara. That's how you have to be, in a mood which is very smiling, knowing everything and not sarcastic, but very paternal smile, very loving, affectionate smile that you should have for all the other people and immediately they'll recognize. I have seen small children are like that. They are extremely patronizing sometimes, you know, they see their parents and this and that. So they come and tell you that - "Don't worry. Everything will be all right. After all, God is there to look after." And they can be extremely, extremely loving and kind and the way they talk, they will neutralize the whole thing.

So, we have to learn a lot from our children, from all the little babies that we have, and that we ourselves, should have that Ganesh Principle within us, with innocence, we should work it out. Innocence is the most intelligent and most effective thing.

So, I would request you - all of you, to face yourself, and don't hate yourself but correct yourself, respect yourself. And try to evolve your own glory.

May God bless you.

1991-0914, Evening Program: eve of Ganesha Puja

View [online](#).

14 September 1991

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed Evening Program Eve Of Ganesha Puja, Cabella, Italy, 1991-09-14

Showers, the one which showers, ambrosia and it is in Ektal. Ektal as you know is in twelve beats and he'll tell you, it is always in a slow pace. Ektala is very slow. So first in according to Indian style of our music, first we build up the foundation with a very meticulous method and it is built not in a hurry or a fast or a speedy way. So the first the foundation is made like that, then gradually it is raised as your own being is first grounded properly and then it is gradually built up into a beautiful theme. I mean it's a complete creation, it's a theme, you can call it a complete architecture. You can call it a complete cosmos of the particular raga but I have never heard this raga, I'm very happy that Ajith has decided to sing such a beautiful raga to me. May God bless you and him, all of them.

1991-0915, Shri Ganesha Puja: Shri Ganesha and His Qualities

View [online](#).

15 September 1991

Shri Ganesha And His Qualities

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Shri Ganesha Puja. Cabella Ligure (Italy), 15 September 1991.

Today is the happiest day for all of you, for the whole universe, because Shri Ganesha was created. He was created to emit auspiciousness through His 'Chaitanya' [Hindi/Sanskrit meaning Divine Vibrations]. First, the whole cosmos was filled with this 'Chaitanyasrishti' [Hindi/Sanskrit meaning creation of Divine Vibrations]. Then Brahma Deva came into play, and He created all the matter. But the greatest blessings of the Divine Power was to symbolize 'Chaitanya', and this Chaitanya has many aspects, but specially in Shri Ganesha, it is auspiciousness. In these modern times, people have lost the sense of auspiciousness. Everything that emits vibrations, 'Chaitanya, is auspicious, is 'Shubh', and whatever does not, is not, by any chance, auspicious. So, first of all, whatever you worship, whatever you accept, all of them have to be auspicious things. Every shape has a coefficient and all these shapes, which you see, not necessarily give vibrations. But in the human beings, also, we find there are many people, like you, who have 'Chaitnya' flowing in them. But this 'Chaitanya' when it flows, we just take Shri Ganesha for granted. We do not understand that we have to awaken Shri Ganesha within us - means what? What we have to do? There is Shri Ganesha already existing within you and as I said that innocence cannot be lost, so Shri Ganesha is eternal being, eternal child - He cannot be lost and He cannot be destroyed. So, He is all the time there. Maybe some clouds of your ill doings are covering the great personality of innocence. But it is always there present. So now, what should we do to keep this Ganesha all the time shining within us? Is to first remember that you were made in the same pattern as Shri Ganesh. But His Kundalini is on His stomach; His pure desire is on His stomach - is very significant to understand why it is there that His Kundalini is on His stomach. That means He does not have to conquer the temptations of Mooladhara at all. But He has his Kundalini on His stomach - that means He is also beyond the temptations of food, of power or anything because His stomach represents absolute abandonment, absolute freedom. He is not bothered as to how He looks that... these days there is a big fashion that you cannot have a big belly. I mean this is becoming a big... not only fashion but a big business. But as age grows, you have to have. Even small children have that and they look so sweet. Those people who are very thin must understand that they might be getting some prizes in the, maybe, beauty contest or something, but they do not have that majesty, that royalty, that dignity in them as they should have. So Shri Ganesha accepts everything. He has a head with a trunk. He accepts it. Of course, is important - He should have that. Because, head of the elephant suggest that He is not like a human being who develops ego, superego, conditionings, but He is just all the time one with the Divine. He accepts His body, He accepts His head, He accepts His ears, He accepts everything that He is made of. He doesn't aspire to something - some entrepreneurs put some ideas and He wouldn't go run after them. He won't try to change Himself; He won't try to create that fashion and all that. He is what He is because He is a satisfied soul. The Kundalini on the stomach shows a complete, self contented, satisfied personality of Shri Ganesha. When you have all the powers within you, you know you are powerful, then you don't hanker after all these things and you don't try to make a position or an impression of others. For example, He would never go and read books like how to impress people - very common.

So now, as you are created in the same image of Shri Ganesh, you have to understand that you have to accept whatever God has given you; whatever position He has given you. Same with Christ - Christ accepted His father who was just a carpenter. He didn't aspire for something higher or some sort of a special position or a power because He was so powerful - what more power can He have? Though people mocked at Him and laughed at Him and could not accept what He was saying, but still He was self-contented, self-satisfied; He knew what it was. So, for a Sahaja Yogi first thing is to be self-contented. As I told you, the fundamentals of the western life is to see and to be seen. Both things were missing completely in the incarnation of Shri Ganesh. So when I say these things, suddenly people start thinking, 'Let us become hippies, or let us become punks, or let us become this,

let us become that.' You don't have to become anything. Whatever you have - your body, your face, your hair - everything is there, just meant for you. You don't have to change anything outwardly because inside is complete 'Chaitanya'. Shri Ganesha never tried to change Himself. Though there were so many clouds on His being, though many people insulted Him, tortured Him, hanged Him, crucified Him, still the Eternal Being didn't bother. So the first and foremost thing for a Sahaja Yogi is to accept, go on accepting things. But when I say accept, I must say the other side also: that doesn't mean you start accepting bhoots, all the bad qualities of others. 'Mother, you said you must accept,' so they'll start accepting all these bad qualities. 'What's wrong? You have said it already.' Whatever I say has another side, always. Like I said, "Now you have become your own Guru." So, 'Why should we listen to anybody else?' Like this, you see, we go on diverting ourselves... deviating ourselves from reality, just to cheat ourselves. And this comes because we have no wisdom. We have no wisdom because we do not know what is for our benevolence, what is for our good, what we should do for our good. And even if we know, we don't want to do it. So, what we lack is wisdom. That's a vicious circle, I must say, that Ganesha is to be awakened to give you wisdom - He is the giver of wisdom, He is the giver of wisdom - and He has to give you the wisdom, He is to be awakened; but you are not wise because He is not awakened. It's a very vicious circle. How to make this vicious circle break? That let my wisdom shine in my attention. Let Shri Ganesha throw His light in my attention. Mentally you people are very alert, no doubt. And, you can always cheat yourself nicely. That's the point where you could see yourself - introspection, which I have seen among Russians. Just introspect - 'Why do I do like that? Why cannot I meditate? Am I going to miss out? Why can I not do something that is good for me?' Introspection is the only way you can see yourself how far you are from Shri Ganesh. Even, I have seen, when I say something in general, people always - the mind is very clever - thinks that I am talking about somebody else, not about them. It's a convex mind, convex, which never receives anything inside itself - because there is no wisdom. If you are wise, then not only that you will accept but you will understand and it will penetrate into your attention through your central nervous system. You just know that this is it. Now you know that this... you put your hand towards this candle, it... you'll... your fingers might burn. You know it definitely, with experience, and you won't do that. With experience you have learnt not to put hand... your hand on to the candle. And this wisdom is there; I don't have to tell you that. But this is a new life you have started - a spiritual life. When you are going into the spiritual life, try to remember your experiences, one after another - how you got transformed; how you changed; how many the bad things that you had disappeared gradually and how you have become so nice. This will take away your depression - to begin with. Then you should think that, 'what do I have to do further? Am I really wise, or I am stupid?' There are lots of stages between absolute stupidity and absolute wisdom, and you see all those shades all over, and combinations and permutations of these I see every day. And I am surprised that after getting your self-realization, when Shri Ganesha is shining in your attention, you should see your reflection clearly and try to correct it. Only this much wisdom if you have that, 'I have to work out my benevolence,' you'll do it. I know of somebody who would never get up in the mornings, say for example. But one day I saw him ready at about six o'clock in the morning - I was surprised. How this gentleman who has no self-discipline has suddenly get up... got up at six o'clock and ready to go somewhere. I said, "Where are you going?"

"You don't know?"

I said, "What?"

"I have got a job now and I have to be present at 8 o'clock and it will take two hours to reach that place. Also, I am keeping some margin. So I have to leave now. I can't talk to you even."

Quite alert, awake. Now, what is the thing is as far as money is concerned, lot of wisdom is there. Don't have to tell them - that is automatically. Money wisdom is quite a lot; job wisdom is quite a lot. Because, these things means prestige in the society, this means security in the society. So this kind of wisdom [? Or business] you find in many people and in some even that is missing. They don't even understand that they have to earn their living. But, that's the minimum - you cannot be parasite.

Then the second stage, as I said by many stages, is this: that we are not for money; money is for us. The attention if it is on your spirit, on the Ganesha principle, then whole situation will change. Your priorities will change. And suddenly people will say, "Mother, what has happened to this gentleman? He was a stupid fool, now he has become such a wise person."

So, to awaken Shri Ganesha, you should have minimum wisdom already there. I mean, even if that is not there, how can you work

it out? Is not meant for stupid people - 'Moodhas' - not meant for 'Moodh'. So now what is our benevolence is? Let us see. Is it money? No. Those who have money don't seem to be very happy people always. Then what is the next? Is jobs? Those who have jobs - all right; should have jobs; I am not saying you should be jobless. I mean immediately the another side they will take - I mean so quick, you know, that, 'Mother is saying we [you?] can be jobless you see, nice.' Immediate, escapes. Now, then the power - you want to have political power, this social power, this power, that power - is absolutely a joyless pursuit. You go and see those people who are supposed to be powerful, so called, half way they are towards hell, one foot there and one foot here and about to be gulped down by the crocodiles. You can see it clearly; Specially in this 'Kaliyuga' it's so obvious, so clear-cut. We don't want to be like them, we want to be like Shri Ganesh. So once you start accepting your circumstances - accepting your body, your... accepting your face, everything, you will see that lot of time will be saved.

The another problem that faces us is planning. And that is missing in Shri Ganesha completely. He did not do any planning whatsoever. I wish He had done some planning, things would have been much better. He doesn't believe in planning because He is so powerful. Whatever He wants, He can get it done. You want the sun? All right the sun is there. You want the moon? Moon is there. You want the stars? Stars is there. The dust of His feet can create the whole universe - Universes after universes. For such a person, there is no need to be planning everything because whatever He wants happens. But why, why it happens? Why He has this power? - Because He is in that state. Are you in that state? You have not achieved that state. You talk (to) somebody... tell somebody that, "Oh my... I have to go and catch the plane." There are ten people standing next to you, they'll all get panicky. I have to go, and they are bothered; something sort of goes off their heads. I don't know what goes, they go amuck. I never tell them like that. I say, "There's still time for the plane to go, and don't worry. When I reach there then the plane will leave and you don't worry." But because of this kind of a... presumptions, and the planning system of the mind, you just think that, 'Now I have a plan to go today, I must go.' Why? I wont go. I may decide at the last minute I don't want to go. I'll make the plane go away. We did that many a times, you know very well. I wanted to buy the Rome 'Ashram', so I saw to it that the plane never arrived. But you have to be in that state. Specially buying this Cabella, you know what happened. There were five great intellectuals on My head sitting. I didn't know how I will manage these five intellectuals with all their planning, this, that; they made Me run up and down, do this and that, Ultimately they all had to come here. But I was telling them, "Go and have a look." Nobody would look at it; nobody would listen to Me; nobody wanted to know about it. How things work out - is your pure desire that can work out anything that you want. But you won't want funny things also. Like Shri Ganesha would not like to follow some entrepreneur who is saying, 'Have a punk on your head,' or something. Is stupidity, all kinds of stupidities. Because you are stupid, these entrepreneurs are having a good time; they can befool us all the time. At His state, He is Himself on top of the pure desire. The pure desire is on His stomach, tied up nicely.

It is to be seen in Sahaja Yoga how things work out, how miraculously they work out, and these can happen to you also. All these powers can come to you also. You know about some people who came to us who didn't know even how to sing. I mean, they had no voices; something very funny they had - I mean I didn't know from where they learnt to even talk. When they opened their mouths, if you were at one note, they were on another note and they went on and on and on without even listening to what they were singing. After some time, I find, they are singing beautifully. So the Kundalini itself is working it out; the pure desire is working it out, but what about you? What are you doing about it is to be seen. There are so many things that could be understood very easily through the lifestyle of Shri Ganesha. The first and foremost thing for Him is to obey His Mother - never to say no, no question, and also not to ask why. He will go and fight with all the Gods and Goddesses and every one. And that's what Christ has said - 'Anything against Me I've tolerated but nothing against the Holy Ghost.' There should be no question; there should be no explanation. Sometimes even My patience goes out, the way they do not want to accept what I am telling them. At the end, of course, they all come around, no doubt - at the end. But you waste so much time convincing them. What is the reason? They have no wisdom to know what their Mother is. Like, you know the story of Shri Ganesha that His Mother said, "The one who goes round the Mother Earth, I will give you a present." So, Ganesha again accepts a little mouse as a transport - imagine. Nowadays people can't believe it that Shri Ganesha - so powerful - should accept just a mouse for His transport. Because He is so humble; he doesn't have to show off His Lincoln or Mercedes to anyone; He is very comfortable with His mouse. Now what does He do? He thinks that... He understands, in no time, that His Mother is much greater than the Mother Earth. 'So why should I go round the Mother Earth?' His brother is going round on a peacock. He just goes round His Mother - He gets the present. It's such a simple thing to understand because He is the wisest person. The wisest person knows what is what, he knows who is who; he knows what are the qualities of these persons. He is not impressed by superficial things, no. If somebody is well dressed, then people

get very much impressed by them, and they turn out to be bank robbers. Walking with umbrellas and lined suits, as if some big executives are coming, and they decamp with all the loot. So, for a wise person, the superficial behavior doesn't appeal, not bothered. It is a kind of a very penetrating intelligence; just like a computer you know. In a second you know that what is this gentleman. Oh, he may come with a great, you see, ado and he might come and praise you and do this and do that and you know the person very well. If some body is unduly very friendly, very kind, very nice, not necessarily that he is really appreciating you but he is looking at your purse, maybe, maybe something else. But not only on this level, it is even on a spiritual level we have to understand - how people try to put you down spiritually; what they try... what tricks they try on you. It could be your husband, your wife, your children, your relations, your friends, anybody, any Sahaja Yogi. But in the case of Shri Ganesha, it's the other way round. They say that if you put one apple, bad apple, all the apples get spoilt. But if you put Shri Ganesha among all the bad apples, they will get all right - because He is the life giving force. This is one of the greatest qualities that He knows that He is the source of life and He gives life, He gives Chaitanya. He doesn't say... think that, 'Now supposing I give Chaitanya, give life to this person, my ego will come up,' - very common problem. "Mother I don't want to do it because my ego will come up." Everybody is psychoanalyzing themselves - 'Because this will happen'; Baba, [a Hindi expression of a general exclamatory nature] you are all realized souls now; you are all saints. The false people are talking so big, and you the people who have got something are still thinking, 'My ego will come up, this will happen'. No, no, you have the powers. But as you keep it under a major [?] - as Christ has said - the light will go out. You have to give it to others; you have to open it out. And that is how you will judge your state. 'What is my state? - Let's see. Where am I?' That confidence, take it from Me, should be with you. All of you have to work out this way. Very... many, "Mother, my Mooladhara is caught up." How dare anybody catch Mooladhar? That's the anger of Shri Ganesha. How dare? How can anybody? What's missing is complete faith in yourself and faith in your Mother. In Russia recently... in Prague, there was a lady who was brought on the stage, very old lady, couldn't walk. I mean they just... just carried her and she came and sat before Me on a chair. She said, "I know you... I'll be cured. I am in your presence; I know I will be cured."

I said, "Then get up."

She got up. Those who were with Me in Prague, you can ask them. She came down and she started running, and everybody laughed. But her faith - she was not a Sahaja Yogini as such - but she was sure; she knew Me. And she just started running like that and everybody started looking at her. Same thing happened in Russia for many people - very serious diseases. So that, one thing is for sure - either you don't know that you are realized souls or else you don't know Me, one of the two things. Why was He so obedient to His Mother? Why was He? - Because that was the wisest thing to do. The one who knows everything, it's better to be guided by that person. And many a times, I have seen, people try to do things without telling Me - important things - they fall into traps. Then they come back to Me and I tell them the solution, it works. It's not necessary that you should tell Me everything. But when you are in a fix, you can always just go into yourself and ask yourself, "What would Mother do?" You'll get the answer. You are at a... quite a higher state. But still, even if you are on a tree and you are still thinking you are falling down, you are nowhere. Steady yourself. That's what is, we say, the 'Adhishtan' of Shri Ganesha. Is the steadiness, steadiness in your achievements of Sahaj Yog. Believing in yourself that you have entered into the new world, into the new atmosphere [not clear] it out. Shri Ganesha is just waiting. But He is not meant for people who have no courage. Such a courageous man who could go and fight with all the Devas - because He knew the Shakti was with Him.

Today is such a joyous day for Me because we have children, and we are dealing with children. Most of them are born realized. They are of a very special category, I have told you many a times, but we spoil them. Because, we were not born realized. So we don't know how to handle these special children - we spoil them. Not only we spoil them, but we interfere with the school, we interfere with this as if we are the wisest parents ever living [? Not clear]. Because we are Sahaja Yogis, we have to be much more sensible than other parents. How can you interfere with any school anywhere? But in Sahaja Yoga you will. It is because there is no wisdom, and no understanding what is good and benevolent for your child. If you love your child, then you must think of its benevolent. You must learn from the experience what happens to children if they are left like that. You cannot spoil your child; you cannot because it's a special category of children they are. They are not children who can become vagabonds; they cannot become thieves. So you will make them something funny - they are neither here nor there. They are born realized and they have to be channelised properly, to achieve their complete manifestation of their spirit. So the possessiveness and the stupid attachments to children must be given up. There is no force on you - if you want to destroy your child, you can destroy. But in an advice - if you were Ganeshas, you would have understood it; I don't have to explain so much. What is good for your child,

because we have to have beautiful children. They are born beautiful children, I tell you. If they are spoilt, it is because of you. You have spoilt them. You have ruined them. You are responsible. I know of so many children - they are very very sweet. I have conference with them also and I find them much more congenial, and I have much better rapport with them than I can have with you. They never argue, never. They never says no, and they have very good information about all of you. So it is such a nice thing that today you should desire that our children should very soon become the images of Shri Ganesha, His Ganas, who have to work out so much. It's a tremendous task. Sahaja Yoga is the greatest achievement of spiritual evolution. We all have to dedicate ourselves. We don't have to sacrifice anything as the Saints have sacrificed - nothing, don't have to suffer anything. Only thing you have to have - wisdom. For that, I am very happy that today we are worshipping Shri Ganesha. So the pure desire should be that, "Shri Ganesha please give us Divine Wisdom." That's all. It contains everything in it.

May God bless you.

Today's Puja is going to be quite short and the children have to come up today, first of all - all the children.

1991-0916, Only by Experience You Can Achieve the Truth

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16 September 1991

Only By Experience You Can Achieve The Truth

Public Program

Berlin (Germany)

Talk Language: English | Transcript (English) – Draft

(Bhajans till 00:04:35)

Shri Mataji: I bow to all the seekers of Truth.

I've already told you yesterday that Truth is what it is. And we do not know it at this human awareness. You have to become a subtler being, and so you have to become the Spirit. The fundamental Truth is that you are not this body, not this mind, not this ego, not these conditionings, but you are Pure Spirit. And that there is an All-pervading subtle Power of divine Love which does all divine work.

Yesterday, I told you how the Kundalini rises through six centres and pierces through our fontanelle bone area, giving us the experience of Actualisation, of baptism. How She nourishes all the centres, enlightens them and ultimately connects you to this All-pervading Power. Today, I want to tell you about the nature of Spirit. The nature of Spirit, – as I told you yesterday –, the Spirit is the reflection of God Almighty. And the Kundalini is the reflection of the Holy Ghost, which is the Primordial Mother. And in the Bible, they have not talked about the Mother – much. But the people have created Madonna out of (9:48) [UNCLEAR]christen(?). It is absurd to say that women are second-class citizens. If so, why did people go to this black Madonna to worship her? She is just a painting.

So, this primordial Mother, – which was in Greece called as Athena, in India as Adi Shakti –, is reflected on your Kundalini; we can say that Kundalini is the reflection. Even on the cross, Christ said "Behold the Mother"... on the cross, on that peculiar time. So, this Kundalini is your individual mother, as I told you, and the Spirit is the reflection of God Almighty. So, the seat of God Almighty is here, on top of the fontanelle bone area; but He is reflected in our heart as Spirit. Because there is one God Almighty, the reflection of that has to be the same. We all should have the same reflection. But the reflectors are different. Supposing there is sun in the sky, it will reflect best in a mirror, less in the water and not at all on the stone. So, Spirit is the collective being within us. In the light of the Spirit, we understand that we are part and parcel of the Whole. This collective being, which is the Spirit, is the one which, when It shines in our attention, when It enlightens our attention, our attention becomes active. A person who is a Realised soul can feel the vibrations of other people because he is a collective being. On his fingertips, he can feel his own centres and the centres of others. Then, this attention, which is through our eyes, is projected, is enlightened by Spirit, and our eyes become innocent. And when this light of the Spirit enters or enlightens our central heart, then we get complete security. It throws its light on our nerves, and we become very powerful. For example, when Christ faced Mary Magdalene, he had nothing to do with the prostitutes. But look at His courage when He faced the people and said "Those who have not committed any sin can throw stones at Me". This courage we develop when we know the Truth that we are the Spirit. Such a man is not afraid of anything. He says things openly without any fear. When you see something clearly, when you see there are flowers, you say "these are flowers", because you are no more blind to Truth. So this attention which is enlightened can act, can create beautiful peace and joy in another personality. It gives you wisdom to understand what is good and what is bad for you. In that light, you understand what is real and what is unreal.

Realisation is not possible for frivolous people or for people who do not care for themselves and [UNCLEAR – 00:19:19] powers. Because it's a very powerful force within you, which is the Spirit. It is going to manifest His powers through you. You can give Realisation to others, you can cure people, you are not afraid of anything, and you are filled with compassion and Love. We had a Sahaja yogini from England who was staying in Dehra Dun, and she heard of a young architect who was down with blood cancer.

And she telephoned to Me: "Mother, should I go and cure him?". I said: "By all means, why not?". And she cured him without getting any after-effects upon herself. And this architect was certified to be dead after one month by the doctors. Seven years have passed, he's still very well, he's doing well. So, this Spirit becomes a curative power within you; it cures you and it cures others. With this attention, you know the absolute Truth.

Once I was told that from India there was one gentleman, who was released from the jail, who came to Berlin and sat in one of these cross-rooms somewhere with orange clothes. And he became a very big guru; and then he became very rich. Now how can you make out if somebody is false or real? How will you recognize Christ if He appears before you?

If you have ten children who are realised, and if you tie a piece of cloth on their eyes, and put someone before them and ask them "What's wrong with this gentleman?", then they put up only one finger like this (Shri Mataji shows Her right forefinger). So, you ask the gentleman: "Have you got something wrong with your throat". He says "How do you know?". Because this finger knows this centre (Shri Mataji places Her forefinger on the Vishuddhi chakra). And all of them will say the same thing. So, on vibrations, you will know what is the Truth and what is not the Truth.

For example, if there are some mad people seated. And they start shaking before Me. Also there could be some egoists seated, who might also shake equally the same as the mad ones. But one would shake on the right hand and the other would shake on the left hand. So you know that these are the egoists and these are the mad. Not only about human beings but about anything, whatever is the Absolute Truth, you know. So there is no quarrel, there is no fight, there is no argument. On the contrary, you enjoy each other's spiritual life. It's a very enjoyable life together in the collective. But the Spirit gives that light within us by which we develop the peaceful existence. And this peaceful existence comes to us with a feeling of peace within us, not by talking of peace but just a feeling within us. For example, now there are beautiful flowers there. Normally, if you look at it, you will think "from where it has come, so beautiful, and from where to buy" and all those things, thoughts will start to come. Like this carpet is so beautiful and I look at it, but anybody would be worried who owns it, even worse than that... stole it. But I look at it, just look, I don't react; as a witness. And the joy that the artist has put in this carpet starts flowing on my being like beautiful stream of peace.

And our attention thus becomes extremely steady. Any people these days develop something called tension; all the time they say there is a tension. It's a common disease. It comes either by too much conditioning or by ego. But supposing both these balloons (Shri Mataji put up her hands on both sides of the head) are removed, then there cannot be any tension at all. Because we think that we have done something, this tension builds in us. But what do we do? Now say a tree was dead, so out of a tree we made this table, thinking we have done something very great. From dead to dead; we have done no divine work. This ego comes to us: we have done this, we have done that. We cannot even produce a small little molecule. Even on the flowers.

So now after Realisation, you start doing living work. You can give Realisation to human beings and completely transform them. But the greatest achievement is that you jump into the ocean of Joy. There is no jealousy, hatred, anything of that kind. You just become joyous. Joy is not duality. Not like this is happiness and unhappiness. Joy cannot be described, it's to be experienced. There are so many things that happen to a Sahaja yogi that in this short lecture, I may not be able to tell you. This knowledge is limitless. Only in English language, I must have given 4,000 lectures. But it is like this that when you come in this room, there are lights, and you have to just switch on one switch. I don't have to tell you about the history of electricity, how it came to Berlin and how it was brought in this hall. You'd be bored stiff. It is all built-in. In the same way, it is built-in in you also, the whole thing. The only thing is to enlighten. Once the switch is on or when you are connected with the mains, it starts working. So it is better to get your enlightenment first, and then you can listen to all my tapes. By reading too much also we get confused. By reading anything, you cannot achieve the Truth. But only by experience you can achieve the Truth.

(Shri Mataji addresses somebody in the audience): Please put down your hand... What's the matter with you? All right.

Only through experience, you can know the Truth. And you have to certify yourself. No one can certify you, except for yourself. This is the Last Judgement; this is how the Resurrection is working out everywhere.

I am sorry that I come in Berlin very late, because we have no centre in Berlin. But now I feel very confident that it will work out because I found you people extremely honest. Again today, if you have to ask me questions, just ask a few because yesterday we wasted too much of time. I want to guide all of you and attend to you individually.

(Addressing someone in the audience): Were you here yesterday?

What is it? What do you want to ask?

[INAUDIBLE QUESTION] What did he say?

A yogini: He wants to know if you are aware that we are in a Freemason [UNCLEAR] temple.

Shri Mataji: Of course. So what? [INAUDIBLE] I know that also; then what?

[INAUDIBLE] Why have you come here to quarrel with Me? What have I done wrong to you?

[INAUDIBLE] That does not belong now to Freemasons – this hall. All right. This does not belong anymore to Freemasons. It is owned by some private company now. Do you understand it?

[INAUDIBLE] Of course, there is. [INAUDIBLE] What do you want to say? I don't understand. You have paid for it? You have not paid for it, you can go. I don't want you disturb anyone. If you are a Freemason, I know what Freemasons are doing; I don't want to talk about them. [INAUDIBLE] But why do you want to talk about these things? Are you not interested in your Spirit? Why do you want to waste everybody's time like that? You seem to be a sensible man. Then? All right, keep quiet. What is it now?

[INAUDIBLE] What is she saying? [INAUDIBLE] You come first time today, is it Madam? [INAUDIBLE] No, listen to Me; it is an experience, it is not understood mentally. All right. First, you have the experience, and then you'll understand it better. I know it is quite subtle, because we live in gross life.

A yogini: She says that she read the leaflet.

Shri Mataji: But still you have not understood. It doesn't matter. I'll make you understand. Have patience with yourself.

[INAUDIBLE] Let it be, it's all right, it doesn't matter. It's all right. I'll manage it. All right.

[INAUDIBLE QUESTION] What do you say? You see, he reads some book and come and tell Me. You see, that's not the way. Try to understand what I am saying... whatever you have read, you have achieved nothing out of it. So, why do you want to come and tell Me something that you have read? You just try, you have patience and get your Realisation. All right? Because supposing you think that you read some book, then you come and mention some work to Me; that's not the way. I am here to give you the key of your Realisation. All right? There's no examination, there's no examination going on with you, is it? If you have not understood, it doesn't matter. You will understand. But you read some book, XYZ, then you go to some guru, you go there, and then you come and ask Me a question. That's not the way. The way is to ask relevant questions. If you really want to have your Realisation, then ask relevant questions. All right?

Now, what are these seven chakras are? There are seven chakras, no doubt. And the Kundalini rises and pierces through this fontanelle bone area where is the seat of God Almighty, which is reflected in our heart. All right? That's all. Now you see if it happens to you or not.

Yesterday, there were very nice questions, I must say. Because, you see, you have read so many books, I know, you have. But did they give you the answer; did they give you the experience? You are here to take the experience.

[INAUDIBLE QUESTION] Why do you have to ask this too? Because you don't know anything, you see, you are so ignorant. [INAUDIBLE] All right, now you go then. According to us, you don't know... Everybody who wants it should go out, finished. Would you please go out. You see, that door is open to anyone, mad people can also come in, it doesn't matter, but now it's all right; you'd better go now on. No, no, please leave this hall, we don't want you here, finished, you'd better go; useless, you have to go, useless, I'm sorry.

(Applause)

(The man is shouting)

Just imagine, what matters with the people... I mean; you see, they must have some sense in the heads. What did he say?

(A yogi explains the situation in German)

You see, problem is like this: you see, there are many people who are in the market. They are making money out of their preaching. They are many. And because I say you cannot make money, they're all against Me. They are feeling challenged, and that's why they send some people like this. But Truth has to be [UNCLEAR] things that really challenge Falsehood, what can you do? Nowadays, I would say, it's not so much; it's used to be much more. Because there are so many false gurus in this world. And so many false things going on. And when you talk of the Truth, naturally they do not like it because they are earning money out of you. It's a big business. This is the reason why there is an opposition like this. But openly they will never oppose. They send some mad man like this to talk, that's all. But I must tell you that in some countries, they are very sensitive. Like... I must tell you about Russia; in Russia, anywhere I go, we have to book a stadium, fully. Fourteen to sixteen thousands people come; and very well-educated and scientists of high level, very good seekers. And they achieve also great heights. I've never faced anything like this in anyone of these countries. But you know that we have here people who are... this is the beginning of Sahaja yoga, so naturally one has to face this, not to feel bad of it. So this is nothing new to Me. All right, it doesn't matter. So now, I think we should not allow you to ask questions, because that seems a waste of time; it is better that you get your Realisation first, then you will not ask many questions. And yesterday also I told you that these are mental acrobatics. What is the use of being this mental acrobat? I'm quite good at answering but this is just a waste of time.

So now, we'd better step to our Realisation first. But you must have an open mind of a scientist. That is you should take it as a hypothesis to begin with. And, if it is Truth, then you have to accept it as honest beings. Because it is not only for your emancipation but the emancipation of the whole world.

There are three conditions as I told you [CUT IN THE VIDEO]:

Nobody should feel guilty; forget the past. Yesterday, there was a lady who was saying: "Mother, I cannot get over my guilt." Don't you know it is just a mental projection? I also told you that if you feel guilty this centre catches really badly; here, on the left side (Shri Mataji puts Her right hand on the left Vishuddhi) and you get angina, you get also spondylitis, so many diseases you get with this catch.

(Aside: So, there are two open windows, that's why. I don't know why. [UNCLEAR] All right.)

So, that second condition is not to feel guilty at all. You are human beings, you are not God. If you are done mistakes, so what does it matter? Because this Divine Power is the power of Forgiveness; and whatever mistake you might commit, It can dissolve all the mistakes. (Aside: This gentleman has closed it; there was one gentleman who came and closed it). All right.

Then we have the third condition, which may look difficult but it is the easiest thing to do. The condition is that you have to forgive everyone, even forgive this gentleman; because 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 unnecessarily. So, it is important, very important, that you have to forgive everyone without thinking about any individual, in general.

As I told you yesterday, this Agnya chakra, the one which is on the optic chiasma, is like this closed, absolutely closed chakra. And if you don't forgive, it won't open. If you forgive, it opens like this (Shri Mataji shows how the chakra opens with Her forefingers and middle fingers). And makes the Kundalini to pass through. These are the only three conditions.

There are two sides, left and right. The left side energy is the power of desire; and the right side is the power of action. Please put both the feet apart from each other. So that the left side is away from the right side; and take out your shoes. (Aside: In the beginning, it happens everywhere, [UNCLEAR]). And those who are sitting on the ground are all right, they don't have to worry. All right.

Now, please put your left hand on your lap. This is symbolic that you desire to have your Self-Realisation. Put your right hand now on your heart because in the heart resides the Spirit. Sitting comfortably, sahad asana, it is to open out your... open out, not to lock it out. Now, if you are the Spirit, you become your own master, because in the light of Spirit, you know Reality. So you put your right hand on the upper portion of the abdomen, on the left-hand side. This is the centre of your mastery. Then you take your hand on the low portion of your abdomen, on the left-hand side. This is the centre of Pure Knowledge. Now, again you take your hand onto the upper portion of your abdomen; we are showing you now, you can have a look here properly, then you'll have to close your eyes. Then, now you raise your hand again on your heart. Now, in the corner of your neck and your shoulder, and turn your head to your right. This centre, I've already told you, catches when you all feel guilty. Now you take your right hand onto your forehead across and bend your head. This is the centre where you have to forgive everyone, in general. Now, take back your right hand on the back side of your head and push back your head as far as possible. Here, without feeling guilty, without counting your mistakes, for your satisfaction, you have to ask forgiveness from the Divine Power. Now, please stretch your palm and put the centre of your palm on top of the fontanelle bone area which is the soft bone in your childhood. Please bend your head as far as possible. Now, push back your fingers, this is important. And now with a great pressure you move your scalp seven times, slowly, clockwise.

Now, that's all we have to do.

If you have anything tight on your waist or on your neck, please remove the attach. Also, you can remove your glasses because you have to close your eyes; and please do not open your eyes till I tell you. Please put your left hand towards Me, your right hand on the heart. Put the feet apart. And now close your eyes. Here you have to ask Me a fundamental question. You can call Me Mother or Shri Mataji. Please ask Me three times: Mother, am I the Spirit?

If you are the Spirit, you are your master. So, please take your right hand on the (low portion of your abdomen) upper portion of your abdomen on the left-hand side; you are only working on the left-hand side. And ask Me a question three times: Mother, am I the Spirit (my own master)? I've already told you that I respect your freedom and you can only get It in the glory of your freedom. I cannot force Pure Knowledge on you. So, you have to now take your right hand in the low portion of your abdomen. Here you have to ask six times, because this centre has got six petals: Mother, please give me Pure Knowledge. I cannot force on you. As soon as you start asking for Pure Knowledge, Kundalini starts rising, so we have to nourish the upper centres with our full self-confidence. So now please raise your right hand on upper portion of your abdomen on the left-hand side, and with full confidence you have to say ten times: Mother, I am my own master.

I've already told you the fundamental Truth about this that you are the Spirit. You are not this body, nor this mind, this ego or these conditionings; but you are the Pure Spirit. So now raise right hand onto your heart and say with full confidence, 12 times: Mother, I am the Spirit.

I've already told you that this Divine Power is the Ocean of Love and Compassion. It is the Ocean of Absolute Knowledge, but above all, it is the Ocean of Forgiveness; so, whatever mistake you might commit can be easily dissolved by the power of the Ocean of Forgiveness.

So now, will you please raise your hand onto the corner of your neck and your shoulder, and put your head to your right. Here, you have to say 16 times with full confidence: Mother, I am not guilty at all.

I've told you whether you forgive or not 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 hand to your forehead across, and put down your head. Here you have to say, not how many times but from your heart: Mother, I forgive everyone.

Now, take back your hand on the backside of your head and push back your head. Here, without feeling guilty, without counting mistakes, you have to say for your satisfaction: Ô Divine Power, please forgive me if I have done any mistake.

Now, stretch your palm and put the centre of your palm onto the fontanelle bone area. Here you press it hard and put down your head, push back your fingers. Here again, I cannot cross over your freedom. So, move your scalp asking for Self-Realisation seven times: Mother, give me my Self-Realisation. Because I cannot force on you. Push back your fingers to put a pressure, push back. Don't fold your hand, push back. Push it hard and now move seven times, saying: Mother, please give me my Self-Realisation. (Shri Mataji is blowing in the microphone seven times).

Now please, remove your hands. Put your hands like this; open your eyes. Now watch Me without thinking. Please put your right hand towards Me like this, and put down your head and see with the left hand if there is a cool or a hot breeze coming out of your fontanelle bone area. Please put down your head. Now, please put your left hand towards Me and see with your right hand. Don't put the hand on top of your head, but away from it, and move it and see. Now, put again right hand towards Me; bend your head and see for yourself. If you are getting hot breeze, it means that you are still not forgiving.

Now, raise both the hands, towards the sky like this, push back your head. Ask any of these three questions three times: Mother, is this the cool breeze of the Holy Ghost? Mother, is this the cool breeze of the divine Love? Mother, is this the Paramchaitanya? Ask any of these questions three times. Now take down your hands. Put your hands towards Me.

All those who have felt the cool breeze in their hands, or on their fingers or out of the fontanelle bone area, please raise both your hands. May God bless you! Most of you have felt It. Some of you felt It yesterday and today didn't feel It; you are thinking about it. Don't think; I'll work it out. All right. But in any way, I would like to meet you all before you go. But don't ask Me too many questions. If you have any problem, I'll try to correct it.

From 1:19:00, Shri Mataji works on seekers and Yogis individually.

1991-0921, How to work on the chakras on the head (note of a yogi)

View [online](#).

21 September 1991

Palazzo Doria, Cabella Ligure (Italy)

How to work on the chakras on the head in the Palace (note of a yogi). Cabella Ligure (Italy), 21-22 September 1991.

Shri Mataji started by using the left hand with the right hand open on the lap, saying that it's like giving yourself balance, if you are catching on the left, you work with the right.

She started at the Vishuddhi, which begins just above the Agyna, using the Vishuddhi finger and pressing it slowly upwards to the point where the hairline begins, then slowly bringing it back down a little, and moving it a little way across the forehead and back, like a cross:

'If you are catching here at Vishuddhi, it means you are uncollective.'

The Agyna was catching. She asked us to say silently, 'Matreya, You are Matreya'. (which is on the left side of the Ekadasha Rudra, which itself is just below the Vishuddhi and between the Agyna and the Vishuddhi on the forehead,) Also, to press the Agyna chakra a little.

'Working back and up from the Vishuddhi is the Right Nabhi, then the Sahasrara with the Left and Right Heart on either side of it, but reversed, the left on the right side and the Right on the left.' Then work on the left nabhi: 'You can feel when it's caught, it's hard heavy stuff.'

Further back, at each side of the Back Agyna, which here Shri Mataji referred to as the Mooladhara, are the Left and right Swadishthans, also reversed.

Shri Mataji worked for two or three minutes, then came to the Ego on the upper left side of the forehead and the 'Conditionings' on the upper right side, extending back to the ears. We also rubbed each of these chakra positions in turn.

For the Ego we can say the mantras to Shri Buddha or to Shri Matreya.

'Now close our eyes and put your attention on Sahasrara. When thoughts are coming – they will – you can take the Bija Mantra "Ksham, Ksham'. You can also say silently the Nirvichara Samadhi mantra. Now leave your problems to the Divine Power.'

Shri Mataji then closed Her eyes and went into meditation. Then said, "for Me it is easy, I have no problems!"

Laughing and smiling, She spoke about this word 'problem' which they learnt in Geometry: 'Just don't put your attention to the problems. Then you will end up in the Turya state. Turya means fourth. You'll jump into the Fourth Dimension. For instance, when you see these mountains and the nature, you are just there, and you just jump into it. It's practice for the attention so that when you get a crisis, you'll just automatically go there, and it will work out. You were destined to come to this point, think how few you are compared to the world population. So now you leave it to the Divine. It's like the landing of an aeroplane, it's all fixed, it just comes without any effort.'

Shri Mataji then said, "Because I have given you Realization, the most powerful mantra is 'Shri Mataji Nirmala Devi, namoh nam'ha.' When you first sit (for meditation), you might feel catches or heat. It's not necessarily you; it might be the people around you, or the atmosphere, not to worry about it. But when you sit down individually (on your own) before the photograph, you will see how you are.

What I have seen is the giving of a bandhan. First, actually first, one should tie up the kundalini and then give a bandhan.'

Shri Mataji said that the attention should be on the left hand, which we should look into the left hand when tying up the Kundalini. When She tied it, She revolved only the right hand. On the third knot, the right hand only is pulled away.

Ardha Kavacha

(Half protection)

Giving a bandhan, Shri Mataji demonstrated the bandhan for routine protection and made three distinct movements of the right hand up and over from left side to right, without the return movement. (Similar to raising the left and lowering the right.) She said that each movement counted as half. So, seven movements (without the return) are a half-protection, which also, She said, add up to 3 ½.

Poorna Kavacha

(Full Protection)

This is our normal, full bandhan, which Shri Mataji described as being for when one is facing a dangerous person or crisis. At the end of the meditation, She again mentioned the Turya state when you just jump into thoughtless awareness automatically, and lastly, 'You shouldn't talk very much. You lose energy. I've seen that. If you want to talk, talk about Sahaja Yoga, not about the bad of others, but the good that others have done.'

22nd September 1991

Shri Mataji began by saying: "Do not allow anyone to dominate you. You are all individuals. If you do allow it, you will go into the left, where you suppress (emotions) and can become very possessed. You'll go into the collective subconscious, where you could even develop cancer. When someone tries to dominate you. You must just laugh, treat it as a joke. Especially, you must not be dominated by your wives.... Nor wives by their husbands.'

Shri Mataji then told the story of Shiva and Parvati, who went for a walk and met a snake. The snake said, 'I want to go and meditate.' So they said, 'Alright, go under that tree and meditate there.' When they came back from their walk, they found the snake lying there, badly beaten and bruised with some skin peed off. They asked what had happened? The snake explained that it had been stoned by some boys while meditating. Shiva said. 'I told you to meditate but I didn't tell you not to hiss.'

Shri Mataji continued that also men must not dominate their wives, but treat them with wisdom to put them in their places. "Women are more spiritually evolved. Normally they are the emotions, so that they can achieve Bhakti more easily. But if they do not respect their Self-Realization, they will go down.... Whereas for men, Bhakti is the next step.'

Shri Mataji then gave the example of the chariot. Where the man and woman are the wheels: ' But left should be on the left and right on the right. You are equal but not similar. One wheel should not be smaller, or the chariot goes round and round in circles. In marriage, you are each other's companion.....Now let's have a meditation on Bhakti.'

Shri Mataji placed Her right hand on Her heart and the men did the same:

'First you must sit down with the photograph and put me in your heart. Also, mentally you must see everything that Sahaja Yoga has done for you in your life and what my incarnation means to you and the whole world.'

She continued that 'once we were in Bhakti, we don't feel any suffering, it all becomes a play. When we are in Bhakti, who can touch us? But, when someone dominates us, our Bhakti gets lost.

Also, if someone praises us, we enjoy it through our ego, like two sides of a rupee, giving happiness and unhappiness. But if you can jump into this Bhakti, one can rise very high without any effort.'

Shri Mataji explained how we should sit comfortably, relaxed, with hands open.

'For Bhakti, there is no method or technique, there are no rules or regulations for Bhakti...Now raise your hands, in Bhakti. Also, bend your head.'

The hands were raised off the knees a little, up towards Shri Mataji, and heads bent to face the ground.

'First put your right hand on Sahasrara and rotate it clockwise. (Shri Mataji here went into meditation for some minutes with her hand on Sahasrara). Now, take your right hand down....'If thoughts are coming, you can put your hand back to the Sahasrara.'

Shri Mataji then spoke about people have faith in Christ, or Krishna, or the Madonna, especially if then they were young there was a special adoration for these deities. Because, from childhood they have heard about them, they have not met them.

'Now all these deities are with me, and they are trying to show you through the photos and the miracles...So, now your children will have this Bhakti for me, automatically. They are lucky to have parents who are Sahaja Yogis.'

Shri Mataji continued by saying that those who were Christians should say in the heart, especially for the left side:

'You are the Holy Spirit that Christ has sent.' Those who are not Christian should say that She is the Devi or the Adi Shakti.

(During this time, the vibrations were very strong. Shri Mataji was sitting in deep meditation, in Her Majesty, Her hands resting on Her lap, eyes closed, completely still).

After some time, Shri Mataji played a song on a new cassette by a famous blind Indian singer and film composer Ravindra Jain, accompanied by another well-known singer, Hemalata. Shri Mataji explained that he has now written songs about Her and Sahaja Yoga and has put a lot of heart into his music. The song played was very devotional, after which Shri Mataji said it contained two new names not included in the thousand names of the Devi. She was touched by these names and gave beautiful explanations of their meaning:

'Yoganirupana' meaning: 'Giving the explanation of Yoga – its deep meaning and verification' Shri Mataji said that never before has the Yoga been explained. None of the incarnations did this. The great Indian saints such as Gyaneshwara, who took his samadhi when he was 23, and Tukaram, also did not explain the Turya, because they could not talk to the people. Sahaja Yogis were not there at this time to understand this subtle subject.

'But you have realization, You can actually experience and verify it.'

'Dharma Vikasini' meaning: 'The flowering, the blossoming of Dharma – when thieving, lying etc, are gone and righteousness, kindness and honesty start manifesting.)' Shri Mataji shaped Her hands like the closed bud of a flower, a lotus, then opened them as She explained about the 'Bud of Dharma' opening:

'And the fragrance of this Dharma starts emitting, filling the whole atmosphere...'

Referring again to Bhakti, Shri Mataji mentioned a couplet, in which it says that 'In your heart is a picture of love. If you bow your

head, you can see this picture.'

'Look at the photo and then put Me in your heart.' (All heads were bowed to Her.) 'Actually, you are surrendering your ego.... It's written in the Bhagavad Gita.... You need to practice this meditation, it's like music, you must practice, today this, tomorrow this.'

Shri Mataji also said that what matters is now how long we meditate but how deep.

She then gave the treatment for runny noses in the morning: to take a basil leaf and a black peppercorn with some ghee.

Shri Mataji then talked about Russia, saying how the Russian people don't like Lenin now, but they don't realize what he has done for them, he made them introspect.

About the Russian Sahaja Yogis, She said how devoted and dedicated they are, and how the Nagpur musicians had been overwhelmed by their devotion and love for Shri Mataji. One lady wanted to give them tea and told them that, singing the songs of praise of Shri Mataji, they must be celestial beings. But they said they could not stay, and they had to leave in the bus. But then the bus broke down, and they had to back to her. Shri Mataji added that the musicians felt ashamed when they saw the devotion of the Russian Yogis, and that we should also experience these people.

The meditation ended, Shri Mataji gave her blessing and said: 'Even if I am not here, you should come and sit for meditation. The vibrations are flowing, wherever I am.'

Om twameva sakshat Shri Yoganirupana sakshat, Shri Nirmala Devi namoh nam'ha.

Om twameva sakshat Shri Dharma Vikasini sakshat, Shri Nirmala Devi namoh nam'ha.

1991-1009, 2nd Day of Navaratri: You are the leaders

View [online](#).

9 October 1991

You Are The Leaders

Navaratri Puja

Palazzo Doria, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

1991-1009 2nd Day Of Navaratri Palazzo Doria Cabella Italy

So, today is the second day of Navaratri. I told you yesterday that first the auspiciousness and the holiness was created through the creation of Shri Ganesha. So that this World is fulfilled with auspiciousness and holiness.

We can see in the history that people in the olden times cared for auspiciousness and were afraid of God, they had fear for God and they didn't challenge God at all. But gradually, the evil took over and so this auspiciousness and holiness started getting – not exhausted – but sleeping off. So Ganesha started sleeping, and as Ganesha sleeps, the people are not afraid of God. They think they can do what they like: what can God do, after all, who is He? We don't see it. They also have no gratitude for what God has done for you. They have no gratitude about the blessings of this universe that he was created, all the beauty that God gave you because they're ignorant and in ignorance they forget everything.

Now the problem started more when Ganesha started sleeping. With his power, people were afraid of God, they were righteous, they wanted to be good people, they didn't want to commit sins, they didn't want to do wrong things, they wanted to keep their attention clean and put attention to good things. Such people existed because you can see the temples, the big churches, the big mosques that were built in the name of God. And they didn't have so much money, nothing but just out of devotion they did it. So, they had devotion for God.

Another side was that people like we can say, the people who were searching God, were trying to find out the ways and methods how they could reach God and there was such a big search. They didn't want material things, they didn't care for it. I mean, for them, it was too low to think of it. But gradually so, it happened that these simple needs of life became very complicated, then first they had started to fight with each other. And then when they fight with each other it was out of selfishness, it was all kind of uncollective temperament that they developed may be food, maybe some material things, all these things started crawling up into their ignorance. As a result, they became very blind and gradually they became sub-human, barbaric.

So, the second phase started where just after the vegetation and everything was created, the fire of the Mother Earth started coming out as an anger for these animals that they grew up, also were very-very dangerous type and were troublesome, who were – in the evolutionary process were very very big sized – very big sized things, but not intelligent. Extremely cruel and big sized animals. All these evolutionary processes start but before that, only the Mother Earth's fire started burning the stone inside. Because as I told you first it was taken nearer the Sun, this Mother Earth, and then towards the Moon. So that the upper crust (The upper mantle of the Earth), though it was-it had become cooled down and it had formed ice and then it melted away into the water, still the inside, inside the ocean, the Mother Earth was very hot. And that She started coming out. And when this heat started coming it burned many trees and many stones, with that burning, carbon was formed.

Now, this carbon started absorbing all the gazes that were outside and purifying the atmosphere quite a lot. Plus, this carbon is the basis of our organic chemistry. So first the in-organic chemistry was there in the sense chemicals were produced and then with the carbon started the organic chemistry and that's the beginning of life we should say because then nitrogen it started absorbing and they formed amino acids. These amino acids are the basis of life. So that is how the life started.

But the first life grew in the water and you know the whole evolutionary process how it took place in the second centre, Swadishthana which had created all the universes and all that, all around in the Mother Earth there was water and on that surface of Mother Earth life started growing then the evolutionary took place. Evolutionary process took place in this Bhavasagara, till we come to the human stage as I told you there were animals first who came up in the evolutionary process,

they grew up and they grew very big then they had to become small, then they became very cunning, all kinds of things happened in the evolutionary process, left and right, right and left.

Ultimately a human being was created. He too was in the image – not of God at that time, but in the image of an animal because the animal has – hum, he has come from the animal stage, but God created later man into the image of Himself in the sense is, out of these barbaric models – we call them we call them half-man, half this thing, like you can say the monkeys becoming man. Then He created something – you can call it as Adam and Eve before, two models. So this was all done at that time, as you know that Adam and Eve are symbolic two personalities who wanted to know what is good and what is bad.

And because of this urge to find out, that we can find, we can, also in the search of God many people think there's no need to have any advice from any Realized soul s, we can do it ourselves, what is the need to have Mother to tell us anything, we can do it ourselves. So they wanted to keep themselves on their own.

So God said: "All right, you go ahead." And that's how the circle started in the search of the truth. And as you know we are here today enlightened. So then enlightenment has come to you, ultimately, but one had to go through the desert, the darkness of ignorance and then come to this stage.

Then the state came in that we needed somebody to lead us, as somebody's needed in the process of – you can call it the evolution, one fish came out and crawled and became a reptile, in the same way, you needed every time some leader to come out to raise you higher and higher and higher. So the first incarnation, I would say, was that of the Goddess. She was the first who came to lead people towards God. Because if you see in the Void, we have this chakra of Swadishthana and we have also the great Gurus, prophets who came to try to save human beings. But this was later. Before came the Goddess, to save people from all these ways of destruction. Some had become very evil people who were called as Rakshasas, devils and some were, had become good people.

Out of them then the Goddess created these great saints, they worshipped the Mother and they become great saints then became incarnations of saintliness. So the first incarnation that ever came was that of the Goddess. And we see, on the second Yuga that we can call, She came. She came before Shri Krishna, She came before Shri Rama and She saved people from getting drowned into Bhavasagara. This then created great saints and sages and Gurus who tried to save people.

We have Gurus who were very great, I should say saints and very evolved, but also we had some who were right-sided, who knew all kinds of Vedas, they knew all kinds of sciences, they knew all kinds of – you can call them the divine weapons and things like that. And we also had left-sided Gurus who believed in the devotion to God, like you can say Moses was there, Abraham, Moses, all these people came who were left-sided, Muhammad was there, one of the last ones you can say and then Nanaka [Sainath]. So came the devotion to God, devotion to the All-pervading Power started like this. So in this stage, that people tried to murder these great saints like Socrates, like we know everybody had to suffer so much because nobody in the collective liked saints or goodness or righteousness. That's how we had fallen down so much at the time of Moses, you know what happened.

And all these things like "shariat" and all that has come from Moses, but the Muslims are following it. And that time it was such a bad decadent society that they had to use these methods of very strong punishment or banishment, you can call it, so that people were afraid not to do anything that is sinful or else. But now they've taken up by the Muslims, the Muslims are using that scripture there, they have no right, they are no saints, they're not Gurus, nothing and they cannot use this. But they started using it.

But as you see our society, some of our Western societies, have really become very decadent and are going down. So now it is for us who are enlightened people to awaken others to reality to make them face up to recede that where are they? In the name of pleasures, enjoyment, indulgences, how they're destroying themselves? You have to talk to them, you have to tell them, you have to awaken them and that's why now we are going to protest also in Paris.

The basic thing we have to understand, that we have a very, very big responsibility. At the time when the Goddess incarnated, She had just to save people from the cruelties of these devils, that's all. Because devils were on one side, Goddess was on another side. She was very powerful. She was killing all the devils and all demons. But now in modern times, it becomes a very delicate work because these devils have entered into the brains of all the sadhakas. I've seen even people who were born

Realized were indulging into all kinds of wrong things because of the society. So many went to horrible Gurus and they had those bhoots in their heads. So, it's a very intricate operation one has to perform to take out these things. And that lingers on and still, it puts doubts in their heads and also curbs your strength to fight it.

But as Sahaja Yogis, you have a tremendous responsibility and you must try to clear out yourself of all these conditionings, of all these wrong ideas that the society has spread so far.

So, one side the evolution went wrong, now it has gone down. The decadence has started, people are just getting ruined and living with unnatural things, with materialistic things and people are becoming extremely selfish also deceitful, not afraid of God. Even the priests, even the churches, even the temples, even the mosques, all these people who are representing God are crooked. They're criminals, they're not afraid of God.

So, the first thing one has to understand that if we are not afraid of God, we cannot work out. Human beings only work under two circumstances: one either fear, either there should be fear or there should be some temptation. Otherwise, nothing can work out. But the fear of God is the most important thing that we should not do anything that may displease God by any means. We have to be very, very careful on this point because first of all we are very complicated personalities, we've got these bhoots in our heads, we've got these ideas in our heads.

Like in Germany when first, I think, Grégoire went there and told them that, "You can't have licentious life anymore, now you're Sahaja Yogis ". They said, "Of course, we're Sahaja Yogis that don't mean we have given up our lives ". " You have to. You have to change ". So, three hundred people went away from Sahaja Yoga, they wouldn't [Inaudible] But then came in Mr Aids, they were all panicked by this. So, these warnings are coming to us.

Thinking too much, dominating others, right sidedness, now first time is leading you to yuppie stage. And in this stage, in this disease, outwardly nothing happens but you start reducing, you become like a reptile, people have to carry you on your back, just like a reptile, like a fish. Left-sided, you know already, you know the cancer and all these incurable diseases come from the left side.

So, this onslaught I would say, such a big attack of the negativity is more felt in Kali Yuga than anywhere before. Because now you have to think as to what is missing in our society, what we have to do about it, and that we have got luckily this Chaitanya with us. How can we help society? So, we have to widen our vision and think about it. It's not this time that only the Goddess has to save you from the evil. It's much more than that. She has given you powers. And these powers are to be used. Instead of that if you are still lurking with all these old things, how can you have the powers?

So, one of the Gurus, we should say one of the last Gurus was Mohammad Sahab and then Nanaka. And both of them have said one thing is you must surrender. Islam means surrender. You must surrender. But they don't. I've seen people don't surrender; they still stick onto things. Say, I told people you must put oil. They'll not put oil. Because nobody puts oil so they're not putting oil in their heads. Then they'll become bald-headed, they come to me: "Mother we've lost our hair". You put on oil! I've told you to put on oil. Why don't you put on oil? They won't just do anything because the rest of the people don't put on oil, we should not put. You are not them; you are different. Try to understand you are not the other people. You are the leaders and you shouldn't follow them, they should follow you.

Instead of that, you are following all the general opinion of the people and you want to live like them, then how can you be a saint? A saint lives like the way he has to live because he has the wisdom.

And that is what you have to understand, that all these ideas have gone into your head and it's a very dedicate operation for Me. Even to tell you something. If I tell something to the ladies they'll start crying. If I tell something to men, they'll leave Sahaja Yoga as if they're obliging Me, is wrong. What you have to do is that God has chosen you to be the leaders of the people. To be the leaders. Do you know you are going to be the leaders? And then how a leader should be? It should be a model. And that's why in the Islam or in Nanaka, praises complete surrender. What you surrender is nothing but this Ego and these conditionings, these nonsensical ideas. And that you have to surrender. That's very important and surprisingly how Mohammad has said that Islam is to surrender, must be the reason he must be knowing that now ego is going to overpower the left side.

We are not ordinary people. How many people know how to raise Kundalini? But still, I see people do not know on the feet where

is the, where are the chakras are there. Simple, simple things they don't know. I don't know what time, where they spend their time, what do they talk.

The other day I asked these Indian girls what are the stones that are for all these. They didn't know, I 'm surprised, none of them knew. They're Indians, I mean, I thought they should know all that. It's all there, but they don't know that. I don't know what, morning till evening they're talking but what do they talk? You should find out. It's all I've said it, it's all in the – in what you call it – on the tape, finished. That's all. This knowledge should be in your brain and the vibrations should be in your hearts.

So, Navaratri is a big preparation. We have to know that the knowledge of Sahaja Yoga has to come into us, otherwise, why will people ask- think that you are saints? Nobody's going to believe it that you are saints, in your behaviour, in your knowledge, in your dealing with others. In everything a Sahaja Yogi should be something outstanding. When I said, "You have become, you all have to become your own masters". Then they use it the other way round. They tell the leader: "Now we have become our own masters". It's not the way.

So, the first thing is wisdom, wisdom to understand that we are Sahaja Yogis. Assume the power. Sometimes I feel as if a beggar is made a king supposing; still he doesn't assume his position. Anybody coming he says, "Can you give me one penny?" Though he's a king. Something like that.

Now you have to become the leaders of the world, all over the world and this is something to be assumed and felt. It's not ego, it's a reality. Because once you know that it is the reality you immediately change yourself. Immediately you will think that, "Now, what are we doing? How much do we know? We are the leaders, the responsibility's ours". If that is understood, you'll be surprised that nothing is needed to work out your cleansing. Just automatically it will work, that's My blessing to you. Accept it. But you must feel that, "I have to be all right", you have to feel it.

The situation becomes helpless for Me. Sometimes, if I tell something to somebody they'll start crying or they'll run away from Sahaja Yoga. So, what am I to do? Should I leave you at the same stage as it is? Now, to save you from evil is not the same as to fight Mahishasura or Narakasura, not that way. Because Narakasura is also gone into your head and Mahishasura is also gone into your head.

So, the only thing one has to do is to understand, "There is this one in me, I ask that to get out". Once you work it out that way, you are doing Navaratri itself. You have got powers, you have the knowledge, you know you can feel it. Just take out all these conditionings: we are something different. You are not ordinary people. You are something very special. And why should we, at all, behave like others or like the way others behave? You're not like others.

And what a big thing you have, what a big knowledge you have! Look at Christ, He was alone. He talked about what he wanted to say to multitudes, he talked. He was crucified, still, He talked. Till the end. But He was knowledgeable and you might say that Mother he was an incarnation, all right. But in no way you are less now: you know how to raise the Kundalini, you know everything. You are my children.

So, I would suggest that to develop wisdom, you must meditate and be in the centre, so all these things will go away: just be away from this nonsense. In what atmosphere we live, what we do, it's not important. We have to know that we are something exceptional.

All the Ganas, all the angels are just waiting- [end of recording].

1991-1010, 3rd Day of Navaratri: We can really expel our ego and our conditionings

View [online](#).

10 October 1991

We Can Really Expel Our Ego And Our Conditionings

Navaratri Puja

Palazzo Doria, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

The third day of Navaratri 1991, talk on October 10th, Cabella, (Italy)

Yesterday, I told you about the way these all incarnations of the Guru principle came on this earth, and how they tried to establish dharma, this valence among human beings.

As you know that in the nature, whatever elements we have got, all these elements have got eight valences in which, some maximum is eight. So, it could be two, three, four, could be five, six, seven, eight. So, whichever is -say there are three valences, or two. Then the two valences because they are less, they'll combine with others. If they are more than four - supposing they are five, so they have three places. So, they'll attract others which are the three, it's like this. And this goes on in such a way that the atoms are not aware of it. They don't know about it. Automatically it's happening. Like carbon has four valences, so it can take four or give four. That's how the life started, with the carbon because it had more possibility of attracting elements to itself. But all the things that are dead are not aware of the Divinity, about dharma. Their dharmas are built-in. So, if you take, say oxygen, it will behave like oxygen. If you take hydrogen, it will behave like hydrogen. They don't change because they are not aware. They do not have awareness.

Then comes the animal stage where they have nine valences. These also, their dharmas are determined by Sadhashiva. That's why He's called as Pashupati. It means the Lord of all the animals. So, a serpent will be a serpent. A tiger will be a tiger. It cannot be that a tiger can behave like a serpent, the serpent can behave like a tiger, or a wolf can behave like a bird. They all have built-in, within themselves, their dharmas. Of course, they know that they can fly, they can see, they can smell, they can make out, they have got magnet within themselves, they have directions. Because how can the birds fly all the way from Siberia to Australia if they didn't have a sense of some direction? They have magnet within them and they know how to act according to the magnet. They have a sense, another sense which you can call, which we don't have. Say, there are birds in Japan, when there's going to be an earthquake, they can hear it, they know. And if these birds all disappear then you know that this earthquake is going on. Or else there are some birds, another kind, like, you know the Noah's ark, he said, "They go outside". And ultimately, he found out that there is- water has receded and the leaves have come. Because he brought one leaf of [Shri Mataji's looking for the name in English] [Hindi]

So, this is how, you see, but this can only be done by dove, any other, supposing you use a crow, they won't do it. So, all their dharmas are built in themselves. And they are bound by those dharmas. They have to be that.

Then human beings were given the freedom. So, we are not bound by any dharma. We can be cruel like Hitler or we could be like Christ or we could be like any animal.

So, but our natural source is the animal nature, that we had first of all, is to obey our dharma, it's natural. Whatever within us is the dharma instilled, those ten dharmas we obey. Basically, we know that this is wrong, basically. Even small children know what is wrong and what is good. Then we have freedom. Then we start taking to adharma, start crossing our limits, going away from what we think right is and reach such a state where we start thinking that whatever we are doing is the right thing.

That's why these Gurus came and brought you your dharma. So, the dharma gives you the balance and gives you the height. Supposing you have some wheat and you spread it, it spreads all over, there's no height. But you put it in a gully bag then it gets heights. In the same way, when you have dharma, you get the depth of your dharma, you become a deeper personality. And from

this dharma, once you become dharmic, then only you start seeing that there's something beyond dharma.

But if you are adharmic, then you think, "This is best for me, good, nice lifestyle, why give up this?" And you go on gradually disappearing from human value system to sub-human value system. It can be animal system, it can be devil system, it can be "bhootish" system, can be any system, there's no end to it.

So, there are many dharmas built-in within us which are ten basically, ten dharmas. And these ten dharmas are like Ten Commandments in the West. They are taught to us as commandments. But actually, they are for our benevolence by which we develop our dharma. But once you develop your dharma in the centre then your dharma expands to everything: the money, the power, your family, to your society, to your country, to the whole world. You start thinking, "It's my dharma." "What is my dharma now, what should I do?" Towards my children, towards my family, towards my village, towards my nation, towards this whole word, what is my dharma?"

Then when this dharma starts extending, on the horizontal way, then you start looking at others and try to find out what is their problem is? It is my dharma to help this person, it is my dharma to do this way, that way? Then you extend your family more and more and more, you become very generous, you become very righteous, you become very kind, you become very mild, all those things happen. But despite that, you are not yet a Realized soul. So, sometimes when you are nice and you find there's reaction outside, because you are nice people try to trouble you, then you think that it's not sufficient to be nice. It's not enough, you have to rise higher. And that's how a Mahalakshmi principle is born within you of seeking.

And modern times are the main things where so many people have got this principle within themselves, whether they are conscious of it or not, but they are. We never had so many seekers. It's a category, a special category of people you are, that you are all seekers and that you've been seeking the truth and that's how you are seekers. And once you're seeking the truth, then you try to understand that you have to seek something higher. But if you are not already dharmic, then while seeking there are problems, conflicts. Your mind also can fight with you, your liver can fight with you, anything can fight with you in your body.

Supposing you have spoiled your liver, then it will fight with you when you are rising. If there's something wrong with you, say, your father's side, mother's side anything, it will fight you. But still, if the urge is deep and intense, you can rise. Everybody has to rise. Whether you are a king or a queen or a servant or anything, everybody has to rise and everybody can rise. But everybody will not, this is the problem. Everybody will not rise; this is a big problem you have. And that's why we shouldn't worry about those who do not want to rise. We should worry only about people who want to rise and who want to ascent.

So today, I've already told you about the incarnation of the Goddess at the heart level. And this is what Navaratri is, where at the heart level She came and saved people from getting destroyed by the evil forces. But they were already dharmic, they were already bhaktas, they were already seeking of God of their "moksha", their "kalyan" [Realization]. They were not to be told all these things, they were already there. So, She just saved them at that time and She came, again and again, to do that nine times. Her incarnations are regarded as the highest value.

But then it didn't work out, because you save those people for what? They are still only on the dharma level. How will they go beyond this? How dharma will become just part and parcel of them? It should be Sahaj within them that they should be dharmic, as you are. I don't have to tell you don't drink, don't- you just don't do it.

So, this problem is: how to become dharmic without putting any effort. Like, morning take hundred and eight names, then you do this, and the whole day you work out, you go to the Himalayas, get there in that cold - alos here, you have a little bit of that here! [Laughter]

You should get little immunity. Ah! This is nothing compared to what is Himalayas, but still, a little bit of it glims. Then all these things people seek, they worked very hard for it within themselves. But Goddess didn't tell them that you have to ascend. She just killed all the devils and She killed all the evil forces. And that's what nine energies have incarnated, it was very important.

So, Navaratri is to pray to Her, to pay your tribute that She saved you from evil and She gave you a sense of security within you. So, at the heart level, centre heart, there's a sense of security. When this sense of security is disturbed, then you catch on your centre heart. And at the centre heart only, in your childhood, up to twelve years, on this sternum bone, you develop what you call

the antibodies which are the Ganas. These are the Ganas of the Goddess and the king of those Ganas is Ganapati, is Ganesha. So, whenever you see something that you get a fright, the sternum starts pulsating in your childhood. But when you are grown up, it sends like a remote control the message to all those Ganas which go out of the sternum bone in the whole body and receive messages and then they prepare themselves to fight attacks. Attacks of negativity. Say there's cancer which is coming out, that is the kind of a violence they fight. They try to fight all kinds of things. All the negativity they try to fight.

They have to fight the negativity of the left side, not the right side. The right-side negativity, I think you have to fight yourself. Also, people like Hanumana and other Angels, they try to show how stupid you are to be egoistical. Every time you try to have some ego, they show you. And then they control your ego, they try to show how you have fallen into the ditch of ego.

But when it happens to you, then you start seeing your ego, then you become guilty, but that's not the way. If you see your ego then you have to separate yourself from that ego. You say, "Oh, so I'm beating you all right, I'll put you right now." "What do you think of yourself?"

Put the ego down with your ego. [Laughter] "What do you think of yourself?" "You're Mr. So and so, you behave like this? All right, I'll beat you with shoes."

But one should never play into the hands of ego, it's very dangerous. But sometimes, I've seen people who are possessed also can become very egoistical because these bhoots make you [inaudible]. And then it's very dangerous, you never feel you're doing anything wrong. Just start doing wrong, you start aggressing others, you never know what you're aggressing others. But if you oppose also these bhoots they'll trouble your body; they'll give you pain. But if you accept, they'll trouble others. The person who has ego never feels the pain himself. But others feel it and they know it's a very difficult person. But he feels, "I don't do anything wrong. How can people say I'm difficult"[Unsure]

So, this is how it's working out within us that we can see our ego because now we have become the Spirit. So, whatever we see is like a window. Now we can see through the window what is outside. And we can really expel our ego and our conditionings very nicely if we try to do it.

So, at this stage, the Mahalakshmi principle started and the first incarnation of the Mahalakshmi, as you may know, has come as Sita, because of Maryada Purushotama. He was the one who was full of Maryadas. His wife, She came as the first incarnation of Mahalakshmi on this earth.

Now, we have today a film on Ramayana, if you want, if you are not been very sleepy, we can see, and you can see how She behaved.

Shri Mataji [to a Belgian Sahaja Yogi:]

You have some problem of the right heart, I think.

You have some problem of the right heart, I think.

Sahaja Yogi: Yes. What do you mean?

Shri Mataji: How is your father?

Sahaja Yogi: My father?

Shri Mataji: All right?

Sahaja Yogi: He cannot see with one eye.

Another Sahaja Yogi: He cannot see from one eye, Shri Mataji.

Shri Mataji: He can't see.

Another Sahaja Yogi: From one eye, he's blocked.

Shri Mataji: Which eye?

Sahaja Yogi: The right eye.

Another Sahaja Yogi: The right eye.

Shri Mataji: Right eye, he can't see.

Sahaja Yogi: He has drunk a lot.

Shri Mataji: Right eye, he can't see at all.

Sahaja Yogi: Since two weeks, he cannot see with his right eye. It happened suddenly after sleep and he couldn't see out of his eye.

Shri Mataji: Where is he?

Sahaja Yogi: At home.

20:22

Shri Mataji: He has been to some guru or somebody?

Sahaja Yogi: No, but he has drunk a lot.

Another Sahaja Yogi: Drinking Shri Mataji. He was drinking much alcohol.

Shri Mataji: Drinking.

Sahaja Yogi: But I have been to a guru.

Shri Mataji: You have been.

Sahaja Yogi: Yes.

Shri Mataji: Which one?

Sahaja Yogi: I have done rebirthing and I have been to "Sai Baba".

Shri Mataji: He?

Sahaja Yogi: "Sai Baba".

Shri Mataji: This Shirdi Sai Nath?

Another Sahaja Yogi: Fake Sai Baba.

Shri Mataji: It's another fellow?

Sahaja Yogi: Yes.

Shri Mataji: He was one of the devils killed by the Goddess. And he was Mahishasura. The whole song, Mahishasura Mardini, is on that."

But your father must be having diabetes, I'm sure.

Did he have diabetes?

Sahaja Yogi: My girl-friend has diabetes.

Shri Mataji: Who has?

Sahaja Yogi: My girl-friend.

Shri Mataji: She has.

Sahaja Yogi: Yes.

Shri Mataji: He doesn't have. Your father doesn't have.

Sahaja Yogi: It's possible but as far as I know, not.

Shri Mataji: Must have started also. Drinking too much, you see, spoils your liver completely and also can go to the Agnya, Swadishthana.

[The old black and white Ramayana video starts]

Shri Mataji: Now, you all can turn round.

I don't know which sort of a- this thing.

Rama is going to the jungle.

As you are around here. What is this? This you can take it out of here.

You can just [inaudible].

Very, very, very old picture. Very old one. You must have seen this one.

Very old.

You see, you have to be the other way round, I think. See what you have to pray.

[Hindi]

H.H. Shri Mataji Nirmala Devi

1991-1013, 6th Day of Navaratri, Recognize Me

View [online](#).

13 October 1991

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja. Cabella (Italy), 13 October 1991

Today we have gathered here to do the Navaratri puja.

There were nine times when the major incarnations of the Mother of this universe were manifested. They are manifested with a purpose. That purpose is to protect Her bhaktas, Her disciples, Her children. This was a binding love, She could not escape it. Mother's love is binding, She cannot escape it. And She has to manifest it, work it out and give that protection to all her children. This protection in the modern times has taken another form.

In those days the evil was trying to harm, to destroy, the people who were righteous, who were bhaktas, who were doing good things, who wanted to lead a very religious life. So, to save them She incarnated. To protect them She incarnated. But they knew what was good, they knew what was wrong and they wanted to preserve their good life, their precious life. They didn't care for money, they didn't care for power, but just they wanted their life, means they wanted to be alive, to worship the Goddess. And when they were troubled or harmed or destroyed by these evil forces, She had to manifest.

But in modern times it's become very complicated as the modern times are complicated. First of all, in the mind, in the lifestyle, in the society of good human beings, righteous human beings, fear of the wrong has entered. Like, they are afraid, say, of their priests, of their churches, of their temples, of their mosques, which are all false. They are not afraid of God. They don't believe in God. They think that they have created God and they can manage God, so who is God? The way they behave you can see clearly that they do not recognise the existence of God, God Almighty who is a wrathful God. They are not at all worried as to what will happen to them. They don't even believe in the second life, they don't believe in the resurrection. They are very short sighted, evil people doing all kinds of evil things.

So, somehow or other, as soon as you are born, you are born into some sort of a brand: you are this, you are that, you are that, you are that - as soon as you are born.

So the first brand [which] comes onto this modern man is of a religion to which he belongs. He can't avoid it. He has to be jolly well belonging to some religion. You go anywhere, even in the passport - nowadays they have stopped it [but] otherwise - they used to ask, "What is your religion?" And in India if you said you had no religion, they would not give you a passport because you are not yet a qualified evil person or you are not following qualified evil people. So that very simple, gullible, good people, very righteous, believers of God, develop this kind of a fear, which was put into their heads by these false people, that, "If you don't do like this, if you don't pay money to us, then God will bring wrath on you." "If you do not come to the confession then God will be angry with you." "If you do not tolerate our nonsense, God will be angry with you." All these things started going into the brains of the people very easily.

In some religion they believe there is no sin in drinking. In some religion they believe there's no sin in marrying many women. In some religion they believe that you can have caste system. All is anti-God, absolutely anti-God activity, perpetuated into the society by these priests who are supposed to be in charge of the religion.

So the first horrible conditioning we have when we start Sahaj Yoga is this. So to start something afresh, they find it very difficult. So the first protection Mother had to render is from this conditioning.

The second one is that of the country. Either you belong to this country to that country or to that country. And these days every country is competing with each other in all kinds of corruption, mafia; all kinds of things, every country. Suddenly you discover. You have faith in one country, [then] you find, "Oh, no, no! They were supporting certain person secretly." So whether they are democratic or anything, there is a kind of a mafia working everywhere under some name.

So the so-called laws also are only for people who are simple, gullible, pure citizens and not for the people who put those laws on them. They take bribes, they take all kinds of things, but still they are supposed to be in charge of law; doing all this kind of illegal things. Because they have made the law, so they know how to be illegal. So this is the second type of fear that is in the minds of the modern type.

Then the third thing was the war. Wars after wars came in. So, many people developed a kind of a fear about war and, as a reaction, they developed a kind of a stupid ego just, they said, to protect themselves. In protecting themselves they have built up a big ego and they are now becoming very aggressive people.

So this kind of a wider range of fear...it can be directed into any direction, it can be directed towards anyone. Then comes the fear of race - racialism. Now I am told that neo-Nazism is taking its own course and is coming up like a little snake. So this is another area, which is very dangerous now, working out.

Now, in the minds of seekers, and in their seeking they have been to many gurus, they have read all kinds of books, but they were seeking, you know. In seeking you can drink any kind of water, develop all kinds of diseases. What can you do? You are seeking, after all. You're thirsty. It has to be excused. And that's how they develop lots of problems, not only in their body, but also in their brain. And now it's a very delicate thing - if you tell somebody that, "You have been to such and such guru," he doesn't want to hear, because for him, now the guru has become the last word. You cannot say anything against his guru. Now, when he starts suffering, then he may accept, but to take it out, that guru, is also very delicate because, if you want to take out that guru, then he might be hurt. So it's a very delicate operation.

Then the modern society: the less said the better! The norms of modern society are given to us by people who were characterless, like Freud, who had no sense of morality, or by drunkards, though they don't have any statues of drunkards, but most of them - if you see the abandonment of our value system - comes through drinking. And the drinking was there, but not to this extent. I mean, everybody was not a drunkard. These days everybody can be a drunkard. And there's no shame about it. With that drinking, our value system started dropping down, and people have accepted now the normal thing is abandonment. This is another view.

Formerly, the parents used to support the person if he would take to God, if he would take to righteous life or to something higher and if they saw these qualities in their child, they used to be happy. But these days [it's] the other way round - the parents don't like it. As if the parents have lost everything in themselves, so they want to hold onto their children, grandchildren and possess them. And brainless creatures, because their brain has been already been washed off. There's nothing in their brains. To fight the parents also is a big problem. So this kind of a fear is also there that, "My mother should not know, my father should not know, this thing."

You can say from all sides the fear is burning like flames. And we are now here in Kali Yuga. We have started Sahaj Yog.

So the way we have to work out for our protection has to be mutual. Mother, of course, is there to protect you all the time. Her powers are there to protect you. But surprisingly, in the modern times, there's one condition, which has to be fulfilled. Because in those days good were good and evil were evil. There was no mixing up. So once they asked for Goddess, they accepted Her, She came in her real form and She worked it out. But in modern times you must know that all these evil things are also lingering in your head, little bit here and there. People are extremely superficial. They are very much prone to the mass attitude, fashions, things like that. Sort of, their personality is not that developed as that of those bhaktas who knew they were right, who knew they