

salilam" cool very soothing feeling you get and we call it vibrations... divine vibrations but Adi Shankaracharya has called it as [UNCLEAR] it starts cooling and then you will start feeling a complete relaxation, from your Sahasrara here is a place called "Brahma randra" which also opens out which was the "thalu" in your childhood and you start feeling the cool breeze coming out of your fontanel bone area. You have to feel you don't have to deceive yourself, it's no question of telling me I got it, it's question of you feeling it yourself experiencing it yourself.

So the first thing is that you feel this all-pervading power, which is the mighty power which has made you a human being, which nourishes you looks after you so many things in us, it thinks, it understands and it blesses you, looks after you. So many things are there that unbelievable because we are believing in the realm of unreality but reality is so beautiful, it looks after you whatever you want it gives you [UNCLEAR] it is [UNCLEAR] such and such time will come and whatever you ask you will get it and people says that forests of realized souls all the forests will move from places to places giving realizations, it describes so clearly [UNCLEAR] I show you just now happened to all of you which is your own right to have it, you don't have to do anything as people think that you give up your family, not necessary, give up any money, you can't pay for it, how much did we pay to [UNCLEAR]. The mother earth has the capacity to create and there is a [UNCLEAR] capacity to the seeker [UNCLEAR] whom are we going to pay, you can't pay for your self-realization for your ascent. Even Mohammed Sahib described it as "Quam" means the resurrection time at this time he said your hands will speak, exactly it is what happened, I mean people are believing that all kinds of things to all these prophets and all that leaders and we will see that, these mullas, maulvis and pandits and everyone, but in reality if you see that's what happens that your fingertips get enlightened because these are sympathetic endings and they tell you what's wrong with which Chakra, so you get self-knowledge and know at once what is wrong with me, what is wrong with my Chakras, also you feel the center of others in collective consciousness. So your human awareness becomes collectively conscious a new dimension [UNCLEAR] you might be sitting next to a patient of cancer you would not know but if you are a realized soul sitting here you can know, you can feel the Chakras of another person.

If you see the problems of this world they are mostly caused by human beings... mostly... mostly caused by human beings, and they are because of the problems of your Chakras, your centers. Somehow if you can correct your centers and correct the centers of others all our problems can be solved, other day somebody asked me mother how big there was an earthquake in Latur, Jalagaon, that's the one center I have never visited, in Pune all those people have problems they have the festival of sugar, they have a horrible festival when they have Shri Ganeshas, I have seen horrible things they do [UNCLEAR] women drink can you imagine and they are all in a very funny dress, they start doing disco dance and horrible dances they do before Shri Ganesha. In three public lectures I told them whats that happened to this punya patanam in the shastras this was the punya patanam, once that Rajneesh is settled down there and I don't know who is creating this discos and things before Shri Ganesha. I told you in that Shri Ganesha is not just an mental creation it is not such artificially the [UNCLEAR] great [UNCLEAR] so be careful, you better not do this, in all these three lectures I openly said that if you do like this there will be bhukamp (earthquake) this is the word I used, I told them so nobody would listen to me, nobody would listen and now the bhukamp (earthquake) has come and more will come if you insult Shri Ganesha. Most of these troubles come because of human mistakes, now these human mistakes have gone to the last [UNCLEAR] there on the fourteenth day that on the visarjan of Shri Ganesha and they came back home drank and all of them drank... was... they disappeared in the mother earth. You will be amazed though I not been to Latur not one Sahaja Yogi even his house whatever he was living in nothing was touched and our center at least quite a lot of land was just absolutely perfect, it's a fact, this kind of [UNCLEAR] is the collectively, there are also many many individual things we do that is... that also I would say comes from our ignorance because we follow a [UNCLEAR] false gurus. So many years back I told the names of all these gurus.. what they are.. who is the Mahishsura and who is another asura I told all their names nobody liked it, they are still following one after another. I told them this Mahishasura will give you bad eyes and it is an heart attack, but nobody would listen to me, I gave the name of sixteen such people and four of... four women also but they are very well known all those sixteen people all over the world... very well known. So we are responsible for bringing curses upon over selves by worshipping all these asuras, so we must have a correct [UNCLEAR] about our [UNCLEAR]. Guru Nanak has said "sadguru wohi jo [UNCLEAR]" the one who makes you meets the sahil otherwise others are all nonsensical making money, that sanyasi why do they need money for, taking from the house wives all their ornaments, so what we get at the time the right concept the right idea it's not even considered [UNCLEAR] it's a [UNCLEAR], you can make out who is the genuine who is not, you can make out from vibrations what is real what is fake, immediately you will know that this man is fraud, you don't have to consult anybody else, you yourself know the absolute truth about [UNCLEAR]. There are some people who just get out of the jail [UNCLEAR] wear kashaya vastra

and sit in the cross roads and become the gurus, I can understand this [UNCLEAR] but what about us, once we [UNCLEAR] we are not doing so [UNCLEAR] rest all of them are [UNCLEAR] that a good idea but still... still we have in every village everywhere there are gurus everywhere making money, then we have tantrikas. If you believe in such people you will have to suffer because they are not only negative but they are devils, immediately after realization you start understanding who is the guru who is the real person, who is the person who is a daemon... immediately, you are not [UNCLEAR] by a person who is a dressed up like a guru, who comes in a bhagwa vastra or who tries to show of gives big lectures, immediately you will understand he is not a guru, he is just a lecturer, he cannot give you self-realization, self-realization only can be given by a person who is an enlightened soul. I am not telling you something new is everybody knows that, I must say for example Kanchi Kamakoti this time who drive [UNCLEAR] he was the only Shankaracharya who was a realized soul, none other. I am telling you the fact when you will get your realization I don't need to have to tell you because you will know absolute truth about your [UNCLEAR], how, because you will know their Chakras, when you know the absolute truth then there is no quarrel like one day one fellow came and said Mother what is [UNCLEAR] what about your father what about your father, why aren't you all asking the same question, I said because the Chakra of right heart is catching that's why they are asking, I will ask you the same question. He was amazed that everybody is asking the same question, you put ten children who are realized and put something to cover their eyes and ask them what's wrong with this gentleman they will raise... all of them will raise the same fingers to show what is the problem, it is not subjective... it is not subjective but it is something like you are sitting before you you can see in the same way you can feel, it's absolutely tangible absolutely tangible. If you grow in to it how you people can at the most one month you grow into it.

So the first thing that happens to you is you reach a state which is called as Nirvachara Samadhi, Patanjali has described as [UNCLEAR], I say leave it out you just get Nirvachar, in the Nirvachar Samadhi that state just now [UNCLEAR] what happens that all the thoughts stop... become silent. What happens one thought raises and falls another thought raises and falls, we are living on the crest of this thoughts which come only from the past or from the future, we are not in the present either we live in the past or in the future but when you are in the present there is no thought and whatever comes to you is inspiration.

So the first stage is that you become absolutely Nirvachar, that is you come in the present for that this happening [UNCLEAR] supposing we are all sitting here quietly something falls down we get [UNCLEAR] to attract the attention this happening of Kundalini awakening takes place and like this I would say like my saree is the attention and the Kundalini starts rising pulling the attention upward and that breaks, these are very simple... it's the simplest because it is so vital [UNCLEAR] we don't have to consult [UNCLEAR] for breathing otherwise [UNCLEAR] in the same way is the great simple thing that has to take place and that takes place when you feel it, it's not somebody has to tell you no no you must be feeling, no, you yourself yourself know it and then you understand that you have gone beyond your mind, once you are beyond your mind you start seeing your mind how it looks, you see your ego, you see everything that means you get separated from yourself become the spirit and you start seeing yourself, you see the travel of your own life then you see the whole thing as a drama you become the sakshi.

I know many questions are there in your mind which you are thinking and I have to tell you one thing that I can answer all the questions I am quite an expert now, I have been doing this I know but there are some mental acrobat [UNCLEAR] is to know yourself and to know yourself you have to get your self-realization after that the question change, after that the whole idea of spirituality changes because you really become spiritual. For example you may be a Christian, Hindu, Muslim anything one can coming in any [UNCLEAR] nothing can prohibit you from connecting yourself, but after realization you [UNCLEAR], whatever is wrong you will not do, you will stand by people who are the poor you will stand by the truth you will be extremely compassion like Christ I have nothing to do with [UNCLEAR] such a courage you get, it's a very different area into which you go, you enter into the kingdom of god... the kingdom of good is very different from all these kingdoms that you see, it is very kind, gentle, very helpful understanding also... very intelligent very quick I mean so many things that I cannot tell you in this little lecture of mine. But believe in yourself have faith in yourself that you all have to get realization to night only that much is required.

As you see the kundalini itself is the pure desire, she is the reflection of the Adi Shakti, the primordial mother who is the power of god almighty. In Greece they called the "Athena" "Atha" in Sanskrit you know "Atha" means the primordial from that [UNCLEAR] and this triangular bone was called as sacrum... sacrum bone, so they knew about Kundalini everything, no doubt. But afterwards this orthodox Church came and they just abolished everything and they haven't now any... any understanding about their previous philosophies. But I went there they were amazed and I told that that this is what is the sacred bone and this is the

Kundalini, actually the Athena has the Kundalini in her hand, now many people say that she is a serpent, actually Kundalini moves like this any energy moves like that, that's why they called it a sarpa (snake) but she is not a sarpa she moves like a sarpa and penetrates through your fontanel bone area, gives you no trouble nothing. There are descriptions of this Kundalini horrible once I have read which I have never seen so far, only sometimes you do feel little heat supposing you are a liver patient or you are a patient of some heat may be the heat little bit not much, but this description that I have read is so horrifying that your Kundalini in the stomach gives you blisters I have never seen anybody on the contrary if you have any troubles [UNCLEAR]. So physically you definitely [UNCLEAR], you feel very energetic very dynamic and [UNCLEAR], apart from that so many diseases have been cured in Sahaja Yoga... so many... we have got blood cancer patients, we have got all kinds of [UNCLEAR] disease, muscular disabilities, paralysis, heart... heart troubles, all kinds of diseases have been cured even aids have been cured but the problem with the aids is that the people who get aids are very aggressive or else they have given up complete faith in themselves and they are lost, so it's a difficult area. We are not here to cure people we are here to make you doctors i should say, the doctors should not feel angry with me for that because we will not touch the rich people, rich people never come normally... normally [UNCLEAR] and they can have their rich people with them we are here for the people who are seekers of truth. Christ has said that you can pass an animal through [UNCLEAR] but you cannot give realization to a rich man... he can never enter into the kingdom of God. Whatever it is I would say that some rich people will definitely come no doubt but mostly it is for people who are not materialistic and who are seeking the truth. And I was surprised also in the countries where I went very materialistic, they have got their realization very surprising they couldn't get what they wanted [UNCLEAR]. Third thing is about science, science is [UNCLEAR] and he does the answer many questions, why are we here on this earth, what is the purpose of life, it cannot answer but Sahaja Yoga does answer because you really know all your [UNCLEAR] and you know why are you on this earth and what is the purpose of your life. It is like when you have to enlighten one light it [UNCLEAR] but once you are enlightened it gives light automatically it happens and you know the purpose of your life and idealistic of your own personality. Because we don't know what great thing we are, what glorious thing a human being is specially in India, what we can do, its like if you take a television to a remote place somewhere in a village who have never seen a television and tell them that you will see some [UNCLEAR] in this... they say what this box... how can it give [UNCLEAR]. We do think we are all boxes they are not, when it is put to the mains then you see how fantastic it is. What I am telling you is not just a story to please you but to give the full confidence that you all can get your self-realization tonight.

This power of Kundalini is the power of pure desire, as you know [UNCLEAR] desires or wants are not satiable in general, today you want to buy a saree tomorrow you want to buy a house then a car then a helicopter then a airplane and it goes on and on. Whatever you are striving for whenever you get it you are not satisfied you are going from there to higher and higher and higher, and never satisfied, not satiable in general, because these desires are not pure that is why. But once you get your self-realization the self-satisfaction even a small flower gives the satisfaction, aesthetics of very tender and [UNCLEAR], we have had some musicians, you must have heard about Amjad Ali, was a very ordinary player he came to Sahaja Yoga today he is [UNCLEAR] so many of them they are Muslims, I know of so many Hindus, you must have heard about [UNCLEAR] so many of them who came to Sahaja Yoga have become great musicians, great artists, we have also, some people who suddenly became great poets, somebody who was a chartered accountant became a great poet in Urdu language, Urdu he doesn't know a word, he became such a great poet. One cannot understand what powers we have within ourselves which we have never used, this brain also very few part of it we have used and we have not used the whole of it and what can we do about it, nothing, [UNCLEAR] do this do that it all becomes a joyless pursuit... a joyless pursuit.

So the second thing happens to you is that, as I said first you know the absolute truth on your finger tips and then the second thing that happens to you that your attention becomes enlightened, such a person develops a very innocent [UNCLEAR], it's much better in India but if you go to the west their eyes are always [UNCLEAR] they must see every women, man must see every women, women must see every man, it's a mad place don't know why they do it, its a disease [UNCLEAR] then the eyes becomes straight, not only steady but they have a light in the heart and they are so innocent and the power of innocence is so great that wherever you puts his attention [UNCLEAR], so many things that happen because it gives peace, it gives balance, it raises the Kundalini, it makes you absolutely peaceful because when you come in your present [UNCLEAR] you may be [UNCLEAR] thoughtlessly aware Nirvachar Samadhi [UNCLEAR], peace is not outside is inside. I know some people who have got peace award I know that because of my husband's position i have met many they are one of the hottest people I have seen, if you have to approach them better take a [UNCLEAR], such horrible people have got peace award i don't know from what angle they saw

that, there is no peace with in then how come they give you peace, this peace comes to you because you attain a [UNCLEAR] we should say attain the [UNCLEAR], such a person wherever he goes [UNCLEAR] but this is not the saint where you are claim you are a saint, you are very wrong, you wear normal dresses you be normally you have a normal family everything absolutely normal the change with in you, you don't have to give a bit, nothing, so this peaceful character creates peace. Now we have program sometimes [UNCLEAR] a seminar in Russia, I think we must have had at least six thousand people from all over, they never quarrel they never fight but of course they have... leg pulling is there, humor is there, but such love with such love [UNCLEAR] how these people from different countries, some of them don't even know the language, how they are living here for seven eight days without any quarrel without any fight without any remorse as if this is their own and they have to enjoy it, it's something to be seen really such angelic life they live. Of course as the door of Sahaja Yoga is open to everyone on the periphery you have to be [UNCLEAR] who may not have come to that level, but if you really desire it works very fast, you can jump into that state which we call as Nirvakalp Samadhi, where you have no vilkaps no doubts then you can take realization you can love people you can sit in peace enjoy the whole drama, it's a very different kind of personality with in you which comes up and you are not a [UNCLEAR] apart from that you have to talk, all the time everybody writes to me mother this is a miracle i had... that miracle... so many letters that come so i told somebody that why don't you compile them, he said alright so he told them that if you have any miracles you write within one month she said mother already we have [UNCLEAR] now which one should I select and what should i ask, i said forget it I have no time to read and you don't know which one to write forget it. Such miracles unbelievable because this is parama chaitanya is the power of God's love which looks after us, we believe in God this belief is so superficial [UNCLEAR] here you become the religious... you become righteous... its again I say is the becoming and you are amazed how I am becoming like this and to enjoy your virtues and virtues of others, i tell you a saint how he enjoys another person can seek how one of the brave beautiful couplets that Namadeva has written, Namadeva you know was a great saint was very much trained by Nanaka and he made him write in Punjabi language though he was a Maharashtrian, books... and it is big book like this full of his poems in Punjabi language. Namadeva once went to meet one [UNCLEAR] and the [UNCLEAR] was busy [UNCLEAR] so Nama deva [UNCLEAR] Maratha says "Nirgunacha [UNCLEAR] alo sagunachi" meaning I came to see Nirakara I came to see formless Nirgun means Chaitanya, but here he it is in person Sagun in form I see in you, only a saint can appreciate another saint otherwise you will go on pulling telling lies all kinds of bad stories, I mean that's human nature, if somebody is good just [UNCLEAR] specially our media is an expert on this. But the saint how he appreciates another saint, it's so so sweet to see human beings [UNCLEAR]

And the last but not the least is that you jump in to the ocean of joy, joy is freedom, it's not happiness and unhappiness, if your ego is pampered you are happy, if it is hurt you are unhappy it's not like that. Joy is a state which is singular which is described in our books like many joys are there but at the Sahasrara it is anand and you are just nothing but anand. All your demands are finished, you forgive just you don't remember of [UNCLEAR], in Buddha's place [UNCLEAR] one man came and said all kinds of [UNCLEAR] then they said with whom did you say you know it was Buddha, what have you done, my god i said [UNCLEAR] he never said a word to me on protest, so he went to another village where Lord Buddha was there, he asked him, he said sir do you please forgive me, forgive you for what, whatever i said to you yesterday, where did you say, this and this village... ohh I was [UNCLEAR] its today i am here [UNCLEAR], just automatically you forgive, you don't have to tell yourself that I will forgive... forgive... no way you just forgive you dont just remember.

There are many other things that happens is that relationship improves, we have eighty-five this year, every year we have eighty-five to ninety marriages international, many Indians are married abroad and they are married here. Only one percent they fail [UNCLEAR] alright if you don't like finished, but most of them are extremely successful marriage... extremely successful and they get children who are realized souls, the children are better than the parents, then when the parents sit down for meditation [UNCLEAR] sit down for meditation. So there are many great souls who want to be born, they don't want to be born to people who are not realized souls so we are getting lots of children now who are tremendous who are beautiful, very surprising the way i said it... i am really surprised that to the eastern [UNCLEAR] at Romania [UNCLEAR], they sing Indian Marathi, Sanskrit songs, Hindi songs, they compose and you won't make out that they are singing Hindi songs. I will give westerners [UNCLEAR] one sentence of English for [UNCLEAR] and that's the worst, unless as somebody said that to God that [UNCLEAR] just don't write on my forehead that I have to tell about kavitha who is the poetry to an [UNCLEAR] a person who is [UNCLEAR] don't write that that's ok. But I would say teach any one of our languages to the westerners [UNCLEAR] but the way they sing the way they compose, they go to Maharashtra [UNCLEAR] all those village songs and they sing exactly, you won't be able to make out... what dialect. How is

these east people who have never heard about kundalini who had no saints, we have saints and saints and saints all born in this country, of course we tortured them no doubt but now the time has come for us to become the saints, it is very surprising who are in India specially the south now not... imagine UP, Noida, this Dehradun, Haryana, Delhi is just like quiet and this Maharashtra there were so many saints were born is nothing but... i tell you [UNCLEAR] they all drink and today I told you they worship Shri Ganesha when I work so hard [UNCLEAR] I am amazed I just speak, also they are very ritualistic, they drink in the night morning again washing nicely have a bath and [UNCLEAR] go to the temple site there all this is there, there are gurus and gurus and gurus but drinking is so much in Maharashtra is no where you find in the villages they just come and like [UNCLEAR] they fall on the street.

So I will hope at least in Bangalore, Karnataka, Sahaja Yoga will spread fast and will solve your problems, we have to first solve our problems on a public domain, then you shall not blame it rajakaran for politics, I said is you who are electing, once you are enlightened then you will know whom to elect and you will have courage to elect people who are of a right type. So far I was really amazed because only one person was here [UNCLEAR] we have ten people till last year and today we have so much Sahaja Yogis I am really surprised, something special about Bangalore. I hope you people will take your realization and not that but you will grow in it otherwise it will be like a [UNCLEAR] that so many seeds got sprouted and then thrown out on rocks, we have to respect our self-realization. Now self-realization is the collective happening it is not individual that in the house I will [UNCLEAR] nothing, of course in the house you have to meditate for about ten minutes at most to cleanse yourself, but collectively you must grow, say for example one of my nails I [UNCLEAR] it won't grow, it's a collective happening it's a collective organism, all over the world you find [UNCLEAR] all over the world.

Now as it is time and as I told you you all have some question with a short time and we not have covered all of them, but whatever it is I will say now in a [UNCLEAR] to get your self-realization which should not [UNCLEAR] but you may like to go [UNCLEAR] the main question is how to get self-realization which you don't have to [UNCLEAR], now only limitation is this that those people who do not want self-realization I cannot force, it cannot be forced. You have been given your freedom to choose if you want to go to hell alright, if you want to go to heaven it's your choice, it cannot be forced. Those who do not want should leave now please, all those who are just critical [UNCLEAR] should go, they think they are missing something alright [UNCLEAR] but those who really want self-realization have to humbly feel in their within themselves, pure desire to get your self-realization. If it works out I have to make another humble request that you must come to the "samuhik" to the collective and grow and master, within one month you will be masters, within one month, we don't have [UNCLEAR] we don't have hierarchies we don't have pujaris nothing, you will be surprised we don't even have any organization as such, everything is working out [UNCLEAR] it's a living organism I have said, if something goes wrong with this hand this hand will tell [UNCLEAR], so one should not [UNCLEAR] official things at all but know that all of you are capable of taking realization.

So I would request those who don't want to have should leave now, all you have to sit down, coming in the front... Food habits... Just now you don't worry, see food has nothing to do with all these okay... Thank you very much [UNCLEAR]. Food habits are nothing, you see if you need proteins you have to have proteins, if you need carbohydrates you have carbohydrates. See try to understand, if you try to save say chickens... can I give them realization but nothing compulsory. I will say that Indians eat much more proteins than the westerners but you can eat any type of proteins [UNCLEAR] whatever is needed for your body to give you a balance your food, but of course you should not eat meat of bigger animals because the muscles of the bigger animals [UNCLEAR]. But there is no compulsion you yourself will judge what is good for you and you eat whatever is good, it makes no difference, see if you are born as Jain you won't eat anything like that but you may drink, you know Jains drink a lot i have seen, they drink but they won't eat, it's very surprising. So it has nothing to do with "aahar" (food) but it has something to do as far as the physical body is concerned, supposing you are suffering from liver then you have to eat the food which is not harmful to your liver, which is that? We have three types of liver disease one is right sided another is left sided and one is in the center. Right sided ones are the ones who suffer from pittas and the liver troubles and the left sided ones are the ones who are suffering from you can say [UNCLEAR] and the center ones are [UNCLEAR], but despite all these whatever you eat [UNCLEAR] whatever you get, I am amazed to see people can get their realization, this is all, just to get realization and after that they themselves, because in the light you will know what [UNCLEAR] what's not isn't it. For example I am holding on to a snake and I [UNCLEAR] now you tell me that there is snake in your hand, I will say no its a rope, its darkness I can't see so I say it's a [UNCLEAR] it's a rope but once there is little light I will throw it away, just like that, so all your [UNCLEAR] drops, once there is little light you become a very

different person i never say let's get the [UNCLEAR] don't do that... don't do that... i will never say that because half of you will leave but I [UNCLEAR] realization, once you take realization then I will see, then you yourself will give up and you will be amazed what has happened to me how i [UNCLEAR], because you have the power then, you have the light you have the insight then you see yourself whatever is destructive for you you will give up, you understand its destructive power you just give up, I don't have to say anything you become your own master you become your own guide, i [UNCLEAR] you anything

Can you put off the fans, first you people start doubting that this cool breeze is coming from the fans there is no fan in your head but still if the cool breeze is coming from their head [UNCLEAR].

If I ask you to remove your spectacles, I have also removed mine [UNCLEAR], i never had this glasses but the way that reflects on my head all the time for nine...nine hours [UNCLEAR]

Now please put both your hands towards me like this and those who are sitting on the chair put their feet apart from each other because as I told you these are two powers left and right. Now please put your left hand towards me on your lap [UNCLEAR], left hand towards me... and the right hand on top of your head over your Thalu... over... above, not on top of your head and now bend your head, don't push your attention don't tell any Mantras nothing just live it alone... Kundalini will work it out for you, some people get the cool breeze out of their fontanel bone area [UNCLEAR] but do not... please don't put the hands on top of your head away from it, see for yourself bend your head down. Now please put the right hand towards me now bend your heads that's important bend your heads and see with the left hand... please see with your left hand there is a cool or even a hot breeze coming out of your head... maybe there might be some hot breeze also. Now again with the left hand, put left hand towards me close your eyes and see bending your head there is a cool or a hot breeze coming out of your head, you can move your hand if it is hot that means you have to forgive... you have to forgive everyone, please forgive everyone, now some people say it is difficult to forgive, now 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 torture yourself for nothing. So now at this moment you please forgive... please forgive everyone just say in your heart I forgive everyone in general, don't have to think about those who have tortured you who have troubled you, just see for yourself.

Now you have to say in your heart I am the pure spirit, now please put again your hands like this, now you watch me without thinking let's see if you can do this... without thinking... you have to forgive, that's very important that you should forgive because this Chakra of Agnya gets closed if you don't forgive, all your life you have tortured yourself and now at this moment... very important moment... you are by not forgiving stopping the Kundalini below the Agnya chakra. Now put up your hands like this, push back your head... push back your head and ask the question out of this three questions anyone of them, you can call me mother or even call me Shri Mataji whatever you feel like, one of these questions you have to ask three time, Mother is this the Brahma Chaitanya or Mother is this the power of divine love or Mother is this the rooh... push back your head, bring it down. Now the [UNCLEAR] I can feel the cool coming from you[UNCLEAR]. You can put on your glasses.

All those who have felt cool or hot breeze on their finger tips or in their hands, palms or out of their fontanel bone area... all those... honestly should raise their hands, both the hands, all those who have felt, some of those who have not felt please... now those who have not felt please raise your hands, did you... if you had some guru... alright ask this question, now if you have a kulaswamini you can ask for some question Mother are you our kulaswamini ask that question, you can ask, and to give up your guru you have say Mother now you are our own guru or I am my own guru [UNCLEAR], say I am my own guru [UNCLEAR] gurus will drop off. Now again those who have felt the cool breeze please raise your hands or hot breeze... please all of you... please... may god bless you... may god bless you... so many of them, I know some people didn't feel may be there are some physical problems but I would request all of you to come to the follow up please we don't have elaborate palaces for you for anything but wherever [UNCLEAR] we have organized please do come and master it, it is your own, you have to know about yourself fully, do not waste it, respect your self-realization, unless until you spend it unless until you use it you will know what you have got... what you have, so please I know some people didn't get doesn't matter it will all work out please come to our center, they all can work it out for you, you have to know that these people know a lot about Sahaja Yoga don't get angry with them if a younger person tells you something, they are very gentle they are very kind I know everything will be fine but please understand that tomorrow you will become like them also... All my blessings and love.

Once you are there then you can get my speeches and everything but we don't want people to take tapes with the beginning because [UNCLEAR] that conditions the best thing is just to meditate and develop that, [UNCLEAR] some people gets just there to night but some need little bit fixing of the [UNCLEAR] little time so you shouldn't mind that there is something wrong in it

1994-0117, Arrival and Talk To Sahaja Yogis

View [online](#).

17 January 1994

Talk to Sahaja Yogis

Madras (India)

Talk Language: English | Transcript (English) - Reviewed

Talk to Sahaja Yogis, Madras 17-01-1994

[Transcript Scanned from Divine Cool Breeze]

I'm so very happy that there are so many people that are interested in Sahaja Yoga in Madras. I've been coming here quite often and I felt that if people from Madras once understand Sahaj Yog they will realise that all these years whatever they have been seeking, whatever they have been doing, in the name of God, in the name of religion, now is the time for them to get the results. The people in Madras I know are very religious, but they are religious in a way that's just as Adi Shankaracharya has said it Shabad Jalam. That we are lost in Shabad Jalam.

We say mantras, we read books, there are Shaivaites and also there are people who are Vaishnavities. All these things to us have been important also because we thought by following these methods, we will achieve our moksha, we'll achieve our last goal. This way I must say that Indians are very alert and basically spiritually minded. They also know what is wrong and what is good. They also know what is dharma and what is not Dharma They will do wrong things. They may take to things which are absolutely against their spiritual life, but in their heart of hearts they all know that this is wrong, but they can't help it.

Now we have to understand that we are specially blessed by people who were our forefathers who were great seers, saints and incarnations and who gave so much time for the emancipation of our spiritual life. To them material life was not so important. Specially in the South I feel that people are deeply rooted into Dharma. I read about Shalivahana who met Christ once in Kashmir and Christ told him that 'I come from the Country of Malekshas. (Mal-iccha) [Tape seems to skip here or is corrupted] means desire for filth. Their desire is towards (matter) not towards purity and I have come here because you people are absolutely Nirmal – Pure. Shalivahan told him 'Why do you want to come here. You should go and work for those people who are malekshas'. We are different type of people even today Even in this Ghor kaliyuga at least 70 percent people believe in God, have faith and fear of God.

All this that we have is nothing but a kind of awe. A fear of the unknown. We don't know that God almighty is the ocean of compassion and love. We human beings have to achieve a state to know Him. We don't know God. We don't know ourselves. First, we have to know ourselves. Once we know ourselves, then only we will know God.

[Tape resumes here] I have seen ritualistic behaviour in the South very much. I was surprised how people were doing everything with their heart, but they did not know why they were doing it. They have such Bhakti but such a blind Bhakti that it will lead them nowhere. I used to think that when will I be able to tell them to be beyond this. You have to have Shraddha and Shraddha is enlightened Bhakti. Unless and until you have your enlightenment, the Bhakti has no meaning. Like this mike if it is not connected to the mains it has no meaning. Unless and until you connect it to this all-pervading power of Divine Love which we call as Brahm-Chaitanya Our Bhakti has no meaning because there is no connection like telephoning to someone without the connection. The simple thing is that this connection, this Yoga has to take place.

You might have read lots of books or may know so many things like Vedas. So what? It's like you have a headache and the doctor suggests a medicine He writes the name of the medicine. You are reading the name of the medicine but are not taking the medicine. When are you going to take it? Unless and until you take that you are not going to achieve by any chance whatever is promised to you because it is such a deep ignorance about all these ideas we have learnt and has penetrated into us. Such a lot

of ignorance. That ignorance is really like a ditch of no return. I have seen people who have read books after books. There are people who do one lakh mantras, fasting and reach nowhere. They are the most hot-tempered people or they have no joy in their heart. They leave their families come out of it and think that they have done a great sacrifice. God does not want all this non-sense. Why will God who is your father who is so compassionate and loving personality want you to suffer?

Why should you suffer? By suffering how will you gain moksha is beyond me. If you take it the other way as Kabir has said. 'By starving if you are going to achieve your moksha then already there are many people who are starving in this country so they will all get their mokshas. He says if by shaving your head you are going to get moksha then the sheep which is shaved every year should be there before you are there'. They all have made fun of them. They have all said all kinds of things for you to know that all these outside things are of no help. Of course you do it genuinely, because you want to have your liberation, your enlightenment. As a mother, I tell you, you don't have to do all this. Please don't do it. First of all, if you want to upset your mother you always say I will not have any food. So why do you want to do it. There is no need. So much importance is given to food. You get up at 4 am and go on chanting something and the whole house is up. (8.58)

Somebody might have slept at 1 O'clock, your doing your (.....) and making noise, and everybody is fast asleep, disturbing everybody. Then also the food part, you won't eat, you will eat this/that. Once we had a lady, a friend, supposed to be, who was a vegetarian, So she said I'm coming to your house for 15 days and I will stay with you but I will not eat my food cooked in your utensils, you'll have to get me utensils. So we got the new utensils. She said the cook has to be a Brahmin, so I got one Brahmin. We all stopped eating because with this we were going to hotels and eating. This lady was (...) then she said no, I do not take this water which has come from the tap, I'll take it from the well. So, the well was in a far-fetched place, everyday the driver used to go and get the water. Then she said no, it should be brought by (completely drenched, we call it? Completely drenched) The driver has to be all right, this cook has to be completely drenched with water. We said all right, this lady is staying 15 days, let us manage.

So, we sent the cook, who was completely drenched, who had to take water with a drenched body and within 3 days he got pneumonia and fourth day he died. I said now how many Brahmins is this lady going to kill? But she could never understand, she said I do the same when I am there, maybe there are possibilities first, you have facilities you should do. Like that she was torturing us for 15 days. My children went to one of my friends house, they were staying there, from there they were going to college. This lady would get up at 4 o'clock, I don't know what sort of thing she used to do. She had brought all her deities, everything and she said I have to do pujas of all these things but she had no realisation. Ultimately she died of cancer.

Now I told her that I can treat you, she said no I cannot take water from your hand. Alright she will not take water from my hand, she said no, at the most you can blow into it, but you don't touch it, if you touch it with hand I will not. So, I didn't know how to vibrate it and I could not give her realisation, I could not cure her of cancer, nothing. But she was so busy with all this orthodoxy. So stupidly busy that my husband said I'm going to the station now, if this lady is going to stay. Now only myself and husband left, everybody else, my children were staying with somebody. We don't know how we spent these 15 days with this great lady and ultimately, she died of cancer.

Her children were also, poor things they came to my house they said "could we touch this? Could we touch that? Could we touch the water? I said are you mad? What is it, all the time asking, and should we go into the kitchen? The children were really mad, the way they were tortured, couldn't even study or do anything, all the time busy, should we touch this or not? Should we sit on this or not? With all these restrictions what did she achieve? And there was no joy. No joy in her life, no joy in the life of the children. She never made anyone happy and I was very sorry for her. I mean all this in the name of God, where is she?

So, this kind of ritualism is very much in the south, while in the north, they are absolutely, they don't know anything. They don't know who's Dattatreya. Ganesha they know little bit; I mean here and there. They don't know Kartikeya at all, they don't know who was Kartikeya is, they don't know. (Unclear.....) Quite abandoned! But I was surprised when I started Sahaja Yoga, it spread like fire. It spread like fire, with all this knowledge it would not work out in Madras or in Bangalore and I don't know about (unclear) there's another mad place where they bury their own forefathers in their own houses.

Then when I went, we had another type of people, intellectuals and communist and they wrote against me saying that this lady, I was invited by these tourist people. And in their hotel, I was addressing them, they said there was a carpet, a wall to wall carpet, it was not mine by any chance and that she was sitting in a sofa, that was not mine either. All kinds of things they said about me were so stupid. I said what stupid superficial intellectuals these are. I am going to tell them about something so deep and they are just judging me on these kinds of things. So, they lack superficiality? Completely kills them, they lack complete understanding about spirituality. It was a beautiful carpet, this was very nicely done and she was wearing a watch, after all I'm a married woman. They expect me to dress up like a sanyasi baba. Otherwise for intellectuals, so on one side there are intellectuals of the south who expect every woman who thinks she has something to do with spirituality should not wear any ornaments, I mean I'm a married woman. She should not even wear bangles; she should have no relationship with her husband. All kinds of absurd things they have made out of a lady who has to do something in Sahaja Yoga or you can call it spirituality.

Another side are ritualistic. I know Sahaja Yogis are the ones who are in the center. They have to be in the center and these Sahaja Yogis can see clearly that what is needed to achieve your realisation is pure desire. Not all this nonsense, neither this way or that way. Pure desire, achieve your realisation.

Maharashtra is another gone case now because suddenly they have started doing (unclear) during the reign of Indra Gandhi they were given lots of alcohol for free I think, so now they are only drinking. We had three public meetings in Puna, I have seen the way they drink in front of Ganesha and do all kinds of dirty things and use very abusive language. The women also drink and they dance with disco and all kinds of things. I have seen it; I was so shocked. So, I told them. You're doing this in the presents of Shi Ganesha, for 14 days they do like that. But do you know that this deity is such a powerful deity (unclear) and if you go on like this, it will definitely create problems for you and will combust, means earthquakes. I told them. In three public meetings it is on my tape and fourth time (unclear). Whether you believe it or not, if you do all kinds of nonsensical things like this in these modern times, it will have an effect.

Apart from that the other influences are of false Gurus. Madras is full of them, everybody seems to be some sort of Guru slave. But worse than you is Calcutta. Everybody is a dikhit somebody sitting in the corner there (19.33) (got diksha from a guru) and tantrikas, very much more in Calcutta of course here also you have. When you have these bad Gurus, they create such negativity that you cannot prosper. The Laxmi Tattwa goes out. Because of that the poverty will never go. Unless and until you get rid of all these horrible Gurus. We have them everywhere in India. But here the people are too simple and hero worshippers.

The other day we were in Bangor and there is some birthday of some cinema actor. Thousands of them were sitting on the road, sitting somewhere, I said what's the matter? So today is the birthday of such and such artist, cinema artist and so they are garlanding the figure of that man. Garlanding him, so many were there to see, so I said no where in the world will people do like that. This is idiotic, absolutely idiotic. You can say Americans and equally the same. Because like that lady Elizabeth Taylor, she got married 8th time, 9th time. Imagine we would not even see such an inauspicious face. There were 4-5000 people, when she was going for her honeymoon, 5000 people were there to see her off, and she had married some carpenter or somebody much lower than her and much younger than her. To see her there were at least 4000 people, can you imagine. And then on top of that there were these helicopters hovering who were dropping people with their cameras to take a photograph. This is only possible in America, even this will not be possible in Madras or even in Bangalore, even if you drop off someone who is a cinema actor. This I can't understand.

If somebody acts like a cinema actor, say he acts like Sri Rama, he becomes Sri Rama even, what is happening to the intelligence of people? He may drink, he may smoke, he may have ten wives, doesn't matter, he acted as Sri Rama and Sri Rama is to be worshipped. Even in the picture or cinema star screen. This is going too far with your simplicity.

And it's not only the religious that do it but there were all kinds of people standing. I was once going to and the same fellows car passed through, I was standing on the street, so they took the dust of the street, where the mark of the car of this gentleman's car had been and put it on their heads. I was just...what is this idiocy, and continuous it was. Very serious, very serious. They'll shave their hair, go near a temple, somebody will pour water on a woman, she's poor thing rolling around. Very seriously. I feel

like crying really. How can they torture a woman like this?

All kinds of stupid things we do, and in the temple, in the name of God. I think it's the same as the Muslims are having Jihad, we are having Jihad against ourselves. They are having against others. We are killing ourselves, don't eat food, don't do this, do that all the time after our lives. God has created this world for your comfort and enjoyment. Why did he create this world if you had to go through such hell?

In Sahaj Yoga you know your identity. You understand how glorious you are once you are connected to the mains you know what powers you have. How beautiful you are within and you start respecting yourself. You don't have ego but you have a right idea about yourself. I'm so happy, I see so many people here from Madras who are willing to take to Sahaj Yoga, who are in Sahaj yoga. Of course, it cures people, it has cured many people. Apart from that it also gives you mental peace, complete peace. Emotionally you become a very balanced person, but above all you get the power to give realization to others.

First you get your Nirvihar samadhi and then you get your Nirvikalpa samadhi. You all get it as soon as you are connected to the mains. It's a very remarkable thing. A Sahaja Yogi in Bangalore told me he was doing tissue culture. Only 50% is successful. But I am a Sahaja Yogi. I just stand here and give vibrations; they pass through the bottles and my success is 100%. He is a farmer he does not know even English but he says, 'Mother, there is such knowledge within myself I can feel it'. This is what one has to know that what you are not today, you will be by this evening. You have to become the spirit.

This is very important to understand that we are not ordinary human beings. First of all, you have come to this programme because you are seekers. You are special human beings. Then you get your realization. You get all your powers. You need not be a P.H.D. etc. You need not be a big successful person. Those who think they are very successful will never get realization, because they are lost to normal common sense, like bureaucrats, ministers, are very difficult or impossible. So how do they get it? They get it when they have from inside innately this desire to achieve it. Just to feel that way. It is a such a remarkable thing that everything is tangible. Even the small children can tell you what's wrong with you, which chakra is bad. It's such a great discovery which we don't realize, may be because we have no sense of our spirituality.

When I went to Russia, the oldest University in Leningrad, St. Petersburg University gave me a big award. They made me one of the 10 members of the University - I looked at the award and said 'I'm just a housewife I'm not a Scientist'. One of the recipients of this award was Einstein. They said 'What has Einstein done. He has just managed the material side. He worked on matter, while you have worked on human beings'

Things are going to work out. You should all move out from all this kind of darkness and get into the light. See for yourself. What you are. First of all, to be born in this country means you have really something special. Such a blessing, it is you have no idea. This mother earth, nowhere you will find such a mother earth in the whole world. But you have to have your realisation otherwise you cannot value it. That is why I want you to understand that even if you get your realisation, try to understand that you have achieved something exceptionally in life which you could not have had. Its tangible, you can find out on your finger tips about anyone, or yourself, theirs and your chakras.

Such a big gift is there and I would request that you should utilize this gift by gifting it to others who have not received it. That's the greatest thing you are to do and you will be joining into a very very big global group which is the living organisation of Sahaj Yoga. All over the world you will have friends. All over the World they will know you. There is so much I can say about Sahaja Yoga but in this short time whatever was possible I have tried to bring to your notice what Sahaja Yoga can do for you. Only thing is that you should attend our programmes they have for you. Very important, without that you will never grow. Like if a nail is cut it has to grow with the help of the body. In the same way you have to belong, you have to be a member, you have to be there, otherwise you'll not grow.

As you know we have no membership, we have no higher, we have no priest, nothing, we don't believe because you all have to become your own masters. Now as you are here in Sahaj Yoga you have to understand that all your customs, relations anything is respected. Nobody will say don't do this or don't do that. But you yourself will become your own Guru, because there is light in

your attention.

May God Bless You.

1994-0121, Shri Raja Rajeshwari Puja: The aspect of Adi Shakti at Nabhi chakra

View [online](#).

21 January 1994

Raja Rajeshwari Puja

Hyderabad (India)

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

Shri Raja Rajeshwari Puja (Hindi). Hyderabad (India), 21 January 1994.

[Translation from Hindi to English]

Today we are going to perform the Puja of Shri Raja Rajeshwari. Especially in the south of India, the Devi is recognized in many forms. The reason is that here there were many Devi bhaktas (devotees of the Goddess), like Adi Shankaracharya, and they established the religion of Shakta Dharma. Shakta Dharma means the religion of Shakti (God's power). Two kinds of religions started simultaneously. Ramanujacharya established the Vaishnav religion, and while following two kinds of religions, people got separated. The one who is truly Vaishnav (following the Vaishnav religion), his work is of Mahalakshmi. And Mahalakshmi ji who has many forms, assimilates all those forms within Herself; like Dharma, establishing the Dharma and being in the middle path, going neither to the left nor to the right, but being in the center. Such people are called Vaishnavas.

As time passed, Vaishnava Dharma spread in Gujarat and other (states of India). When one goes through the Vaishnav path, through Kundalini, then at the end you reach Sahasrara, but at Sahasrara, at the Brahmarandra, is the seat of Sadashiva. So by following Vaishnava Dharma, at the end, one reaches Sadashiva, who is also the goal of Shakta Dharma. But one must understand that the power of Kundalini, Kundalini Shakti, passes through the central path. So how can you separate the two (Shakta and Vaishnava Dharma)?

The path of Shakti is the central path. Both the things which were interwoven together were separated, the reason being that in those days the ascent of Kundalini didn't take place. In Maharashtra, in Kolhapur there is a temple of Mahalakshmi, where She is awakened. There people sing, "Uday uday Ambe." Amba is the Shakti. Kundalini is called Amba. So in that temple of Mahalakshmi they sing about awakening the Shakti. They don't know why they sing this (bhajan). So the Vaishnavas make their path (of evolution), make the route, the path, and when that path is ready, then the Kundalini rises through it.

We also do the same in Sahaja Yoga. When you all put your hands towards Me, then slowly all your seven chakras get all right, which means that you become a Vaishnav. From extremes you come to the central path, and your chakras settle down properly. When your chakras are corrected, only then Kundalini is awakened. So that's why initially you become Vaishnav and then you become Shakta. So, both of them are one (Vaishnav and Shakta religion). But in the south (of India) many aspects of the Devi are recognized, and out of these (aspects), Raj Rajeshwari is worshipped a lot. The Lakshmi is on the Vaishnav path, on the path of Vishnu, wife of Vishnu, and that's why this aspect of Lakshmi was explained, which is an aspect of Shakti itself.

Raja Rajeshwari means that Kundalini comes to Nabhi. When Kundalini reaches the Nabhi chakra, it acquires the form of Lakshmi, or gets the reflection of Lakshmi on it. When this Kundalini reaches the Nabhi chakra, then She takes the form of Lakshmi. It takes the form of many kinds of Lakshmi: Gruha Lakshmi, Raja Lakshmi. There are many Lakshmis, but Lakshmi takes these forms when it gets the Shakti of Kundalini. They are enlightened only through the union with Kundalini Shakti. So though Raj Rajeshwari is the power of Kundalini only, it takes this form when Kundalini reaches Nabhi chakra. Then Kundalini itself is recognized as Raj Rajeshwari. Or we can say that the aspect of Adi Shakti at Nabhi chakra is called Raja Rajeshwari. Now the person who has at Nabhi chakra the principle of Raja Rajeshwari established, means that he has Gruha Lakshmi established on the left side and Raj Rajeshwari on the right side. The highest state of Raja Lakshmi is considered to be Raja Rajeshwari.

Now at the last stage of Raj Rajeshwari, how should a Sahaj Yogi be? The blessings of Lakshmi have to be there, at this stage.

After Kundalini awakening, a person receives the blessings of Lakshmi. They have to come definitely. All the Sahaj Yogis receive the blessings of Lakshmi, and sometimes this Lakshmi can increase a lot, unexpectedly. And even if it does not increase, such a man gets the attitude of a king. Until your attitude becomes like that (attitude of a king), you must understand that the Kundalini is still lost at Nabhi. The temperament changes! The biggest miracle which happens after coming to Sahaj Yoga is that a person's temperament changes, his nature changes.

A man who is full of a-Lakshmi, within whom Lakshmi is not visible, - means there are many rich people also, who are miserly. So they cannot be called as Lakshmi-pati. There is no form of Lakshmi visible in them. They live like beggars, all the time crying for money. It's very difficult for them to give some money to others. In such miserly people, Kundalini has not yet awakened. They die of miserliness. They are so miserly, and think so much about money that their liver can also get destroyed. Their face will be just like a beggar. So just to achieve the Lakshmi (material wellbeing) is not the work of Kundalini. To establish the essence of Lakshmi within is the work of Kundalini.

So Raja Rajeshwari is that power of Kundalini which establishes within you. The essence of Lakshmi-pati is Raja Rajeshwari. It doesn't mean that you should get lots of money, but should become generous, as if you are a king. Raja Rajeshwari means that you develop the temperament of a king. Here even the kings are like beggars, and they are miserly, they are liars, they take bribes, and do all such things. But here we are talking about the pure form. The one who worships Raj Rajeshwari, and the one who has achieved it, has so many qualities that they maybe cannot be described in today's lecture. But the biggest thing which happens is that one develops generosity, he becomes generous, knowing that he is nourished by the power of Raj Rajeshwari. "I will never have any shortage of money or anything else. So why not just enjoy! Why not make myself happy by giving to others?"

In olden times, when kings were pleased, then they would give the most precious things to those near them. The man who does not have generosity, his (life's) meaning is incomplete. The most important thing is that no king begs in front of anyone, ever! He might get poor, and maybe even his entire property is lost, but he will not go and beg in front of anyone. He might die, but he will not beg.

So Sahaja Yogis develop a temperament of a king. Even their lifestyle is king's like. He does not go about wearing torn clothes, like these people from Hare Rama. They take the name of Shri Ram and Shri Krishna, and Krishna is Himself Kubera, but as people of His kingdom, they roam about like beggars. By no means they know the essence of Krishna.

But Sahaja Yogis should know that according to your temperament, Paramchaitanya will create your situation. A man who is always crying for money will be in such a situation only - a man who is always calculating the money and who is always busy to make more money. There are even people who want to make money out of Sahaja Yoga. These people are completely gone cases! No one is worse than them. Once King Akbar asked Birbal (his minister), "Who are the most downtrodden people?" So he said, "Those who beg from people in the temple of God". When God is sitting here, why are you begging from people? Similarly, there are such people also in Sahaja Yoga - very few, but there are some - who think that they have to make money somehow in Sahaja Yoga. Someone told me that in Ganapatipule Sahaja Yogis brought some things and were selling them. There was one person who took My permission and sold things, and whatever profit he had, he gave it to Sahaja Yoga. But even this shouldn't be done. But they say that it's convenient for people to get sarees and so on. But such a person who only wants to earn money in Sahaja Yoga, is not worthy of being called Sahaja Yogi. You cannot understand the power of Raja Rajeshwari through him.

With Raja Rajeshwari power, whether a man has money or not, there is no fear in him. There is no feeling of any shortage, that, "I have a scarcity of this". He feels, "I am totally complete. What else should I do? What else do I need? Why should I be scared? Wherever I am, I will have prosperity. I can achieve everything there." And such a man lives his life in a very majestic way. His temperament is like a very magnificent and great human being. He enjoys only giving, not accepting. If someone is rich, then he is rich only for himself, and if someone is poor, then also he is poor only for himself. But for a Sahaja Yogi, whether a person is rich or poor, for him it's (not important), he will be completely ready to help that person.

There are also such people in Sahaja Yoga who do a lot for asahaj people, but if some poor Sahaja Yogi come, they don't even offer him a chair to sit on. So by looking at the exterior grandeur (of people) many people give them a lot of importance. "He is

very great", "he has so many cars", or "he is a very famous actor", or "a famous doctor", "architect", "a very great man". These titles are very outward things, and they are given importance. But if someone thinks that, "The power is flowing through this man, such powerful vibrations are flowing through him. Who is this great saint?" Such a person possess a temperament like a king, we can say.

There are many such people in our country. We have the special example of Shivaji Maharaj. He was a great saint, a realized soul and a very ideal person, but his behavior towards saints was extremely beautiful and polite. Once his guru, Shri Ramdas arrived and he called on Shivaji. Shivaji Maharaj wrote a letter and put it in his bag. In that letter it was written, "Guru, O my Guru, All of my power, my kingdom everything, I am giving to you." After reading that letter, Guru Ramdas laughed and said, "Son, I am an ascetic. What will I do with your kingdom? You are the king, and this is your duty (to rule the kingdom). But yes, if you think, that you should rule this kingdom with bhakti, then you can make its flag, triangular and the same color as my robe. With that flag, people will understand that you are ruling with a saintly attitude. You don't have any attraction or attachment for it. You are the king, but still you do not have the consciousness of this fact."

Those people who are boasting that they are the king and go about madly saying this, that "I am this", actually they are not that. And those who are, they never say so. You will see many such people. Once I was traveling in London. There was a gentlemen sitting far who started talking to Me. (Men) usually don't talk to women, they talk amongst themselves. But he asked a lot about India. "How is this? How is that?" So I asked, "Did you go to India?" He said, "Yes, I was in India for many years." And he did not say anything about himself, who he was. Then he disembarked and left and I also left. Later, one day, I was traveling with My husband and we met him again in the train. So he invited us to his house to discuss about India. So when we reached, we found that he had a very big house. We found out he was the Viceroy in India! But he never said it himself! We didn't even know that he was the Viceroy. In earlier times, people could not even meet the Viceroy. And he talked to us with so much humility, "If you have any problem, let me know". Being a lady, I was thinking, "Why is he giving Me so much importance?" "Are You having any problem? People here are a bit stubborn", all these kind of talks! "They are not like Indians. They are not dharmic." All these kind of talks. But he never said that he was a Viceroy! And he had so much respect for Indians. He was talking about them with so much love. In our country, if someone is a minister's assistant, even that makes him crazy.

There is a story that when some people went to meet the minister, there was a man who was shouting a lot. So they asked, "Why are you so angry?" He said, "Don't you know? I am the P.A. (drunk in Hindi)". If people get even a little bit, their minds get damaged, and this is not a symptom of a king. The first quality of a king is that he is extremely polite. Arrogance comes in a man because he thinks, "I am so wealthy. I can scold everyone, shout at everyone". Or if he is highly educated, has a high position, or is the son of an important father, he gets more arrogant. You can't even talk to him!

I have noticed that even common men - like in My husband's office, they would answer rudely on the phone. So once he asked, "Who is speaking?" and he found it was Me. He was very scared! "In the beginning why did you talk so rudely?" He said, "Don't tell Sir about it. Please forgive me!" I said, "Why would I tell him? But why did you talk like this in the beginning?"

Water always spills out from a vessel which is half full. The person who is complete is extremely polite and simple. You will understand that. Until you are complete, you will have a false ego, false anger, and you acquire a strange type of personality, so that anyone who hears your name runs away! One type are like beggars. When they come, you know they have come to ask for something. "This has happened to me, my father, my mother. I don't have money. I want this". Always like a beggar! And another type are always shouting. So first we have to become Vaishnav, to come to the center. You can gain the power of Raja Rajeshwari only coming to the center. Otherwise it will not work within you! Like there is no point in watering a plastic plant. Similarly, in these people there is a kind of false show.

Recently I was coming from London. There was a lady with Me. She was wearing many diamonds, in her ears, nose, hands, everywhere. So she said, "I believe in simple living and high thinking. Live with simplicity and have high thoughts." So I said, "Good, very good. Have a seat, please". She said, "I don't wear this kind of colored clothes. So, I am very simple." I said, "Very good!" Before arriving to India, she came to Me, "I have a problem. Please help me out. The customs officers respect you a lot, and I am wearing 650,000 Rupees worth of jewelries, so please take me through customs." So I said, "You believe in simple

living. So why don't you tell customs that you believe in simple living? They will release you, just like that!" She came behind Me, and the customs people did namaskar to Me and also to her, and she passed through.

Another thing in a man is greed. Greed is a very dirty and bad thing. Very low people have greed for others' things. As soon as they come from someone's house they start, "Let's also get the thing which was in their house". Bring this thing, then another thing. There is no end to that! And greed continues. What is the antidote to this greed? The antidote is to know what a headache is to own something. For example, here is a nice carpet, and I start having greed for it, "I want to get this carpet". I can even steal it, and if I don't steal it, then all the time the thoughts will be, "Where did this carpet come from? When?" and so on. So Puja is on one side, and if that carpet is brought and it's laid down here, you'll think, "Oh, this carpet will be spoilt. This will happen to it" and so on. It's better if you understand that this is not your carpet. "It belongs to someone else. God save me!" That's all. No more trouble! "If it belongs to someone else, then why should I have the headache, get it insured, do this, go to the bank. Why should I do it? It doesn't belong to Me. Leave it. Do you want to take it? Take it! Do you want more? There is more. Very good!" This way, the madness of greed is completely destroyed. And it's a very big problem for Sahaja Yogis because on one side they are Sahaja Yogis, and on the other side their foot is in the mouth of a crocodile called greed. So how will they come into the boat? Their foot is stuck there. If we have greed for anything then we must realize that Raja Rajeshwari has left us. And those who have a temperament of Raj Rajeshwari start enjoying even small things! They never have a shortage of anything.

Once I went to Palitana. It's a two and a half hour climb journey. There, outside, was a temple made of sangamarmar, what we call as marble. So all those people who were with Me, laid down. When I saw what was above, I said, "Look up. So many elephants carved and they all have their tails made in a different way." They said, "Mummy, we are so tired. How can You see tails of elephants?" I said, "See there. You are not looking at them". They said, "Aren't You tired?" I said, "No, after seeing this art, all My tiredness ran away!"

So we start to enjoy small, small things start to enjoy them and feel the satisfaction. Like, Shri Ram was so satisfied after eating the berries of Shabri. When you start to understand this thing, then you can say that you are nourished by the power of Raj Rajeshwari. If someone gives a small thing with love, even a small thing like a betel nut given with love, even if I don't eat betel nut usually, that one I will surely eat, to make that other person happy. He doesn't know that I don't eat betel nut. It means that for any object in this world, if you put on, for example on the glass, if you put mercury, any ordinary glass which is transparent, if you put mercury, then it becomes a mirror in which you can see your reflection. On any object, if you add love that object becomes so beautiful. Then you want to give it to someone.

Like when you go to the market, you will feel that, "Yes, this is good for him, this is good for her". What is good for yourself, this thought shouldn't even come. If this thought comes, "What do I want? What do I like?", finished! It means that the All-pervading Power has not yet come within you. If the All-pervading Power comes within you, then you will become very wise and will know what is the need of everybody. Like if you go somewhere and you see that there is a very beautiful lamp, you think, "Yes, I stayed in their house and they didn't have this lamp. So I should get it for them."

You start to understand everyone's needs, when your own needs disappear. You remember everyone's problems. Someone is sick, someone needs something, someone doesn't have a tape recorder and he wants to hear My speech, all this you know. And when you give him that thing, he says, "Mother, how did you find out that I need it?" What do you mean? I don't know how. That's why love is called knowledge. Knowledge is only pure love, because when you have pure love for anybody, then you have all the knowledge about him, and it happens. Even if She is Mahamaya, you can know, but you must have pure love.

The pure love gives you all the knowledge - any kind of knowledge, any type. For example, if you look with pure love to something - like in Madras I have seen a lot of poverty and suffering. So the thought arose in my mind that in this heat there are small small children, old people, everyone standing and waiting for the bus for a long time and I am sitting in a nice car moving around. So I started worrying. "What should I do about it?" I said, "Why don't they arrange a private transport? At least some of their misery will be lessened." And this is what is staying in My mind, that somehow this transport should be organized. So when you get Realization, then you are bound by the brotherhood of the entire world. It's such a great work of Shri Raja Rajeshwari, that you can think about everybody! Like the queen of a king will look at the problems of her people and will remove their problems. She

will not sit down counting how many jewelries she has, how many diamonds she has. She will see, "How many people in my kingdom are suffering? What small things even do they need?" Similarly, your temperament also becomes like this. Until you raise to a higher state, how can you be a worshipper of Vishwa Nirmal Dharma? And Vishwa Nirmal Dharma is not something outward, like, "I am Hindu, or Muslim or Christian." It's not like this. This is an internal light, and in this light a human being comes out with a very majestic personality. He doesn't think, "What am I getting? What have I achieved?" He only thinks, "What can I do for others? I have done very less. Oh Mother! I could give Realization to only 100 people. I couldn't do anything more!" When one starts thinking like this, then he must understand that the power of Raja Rajeshwari is overflowing within him. It's shining. It's troubling him that, "What are you doing? You have so much power. Why are you not giving it to others?" This cannot be measured by money or anything else.

Like today I was late. There was a phone call from Russia so I was delayed. So on the way I asked, "Where is everyone sitting?" They said, "In the open." So I said, "Did you put up some shade for them?" They didn't know. They said, "Mother, may not be a roof, but cool breeze is blowing!" I said, "But a roof should be there. I won't like to have a roof only above Me and not above others." So they said, "It's like this, with roof only above You." "This is not correct". Finally when I saw they all had a roof above them, I was very happy. Similarly, in Chinddwara also it was very hot and everyone was sitting in the open. All the time I was worried about what was happening, and everyone was saying, "Mother, we were feeling cold from inside". Although they were sitting in so much heat, they were feeling cold!

This power of Raja Rajeshwari is benevolent for everyone, everywhere. It is much more than benevolence, it gives everyone rest, it gives everyone happiness and joy. And the same power you have within yourself. If you want, you can take it to a very high level. The work which can be accomplished with just one paisa cannot be accomplished with 1000 rupees. But the power of giving should be great. I will say again that Shri Krishna went to Vidura's house and ate with him, and didn't eat the delicacies of Duryodhana. There is a very important message and the message is that, if something is filled with love, you cannot measure its worth.

So firstly, Vaishnavas need to clean their Lakshmi chakra. "First of all I don't have any needs. Others have needs, and that's why I have come to Sahaja Yoga." You should come with such thoughts. You will be surprised that yesterday, so many people came after the program, and I was very happy. But suddenly, My right heart was caught up. I didn't understand why right heart catches so much here. It has never happened before. Then this power gave some indication. Then I asked, "What is the position of Gruha Lakshmis here? How do people treat Gruha Lakshmis in Hyderabad?" So I found out that they treat them very badly. There is no respect for them at all, and they are scolding them all the time. They respect their mother but don't respect their wife at all. And they said, "This is the Muslim influence here".

You don't know, even Muslims how much they talked about respecting the women in Koran, but they don't do it. It's a stupidity! Respect for women is written there (in Koran) but is nowhere else. Then I understood. Where women are worshipped, there reside the Devtas. Where the women of the house are not respected, there the Devtas never rule. Of course, the simple idea is that if you respect you wife completely, then children will also respect you and respect themselves. This is true. But if the woman herself is not worthy of being worshipped, and she does such things which are not worthy of being worshipped, then she must be corrected. But if she is a good woman, and she takes care of the children of the house and takes care of the household with love, this kind of a woman should be respected, not only in the house but also in the society.

But think about that My entire right heart got caught up, and for half an hour I was suffering. All the suffering which you give to your wives, all that suffering came inside Me! Now, it's possible that a woman may not understand Sahaja Yoga very well with her mind, but with her heart she understands. A woman understands things with her heart, and a man understands with his mind. But it's a very big thing to understand with one's heart, and women are always considered as a form of Shakti. In a house where a woman is not respected, nothing will work out properly. The reason is, if woman only is the power - for example, if this does not have power, then what is the use of My talking? This big thing is kept here, but it's of no use if it does not have electricity. If you suppress the woman of the house like this, and she is not respected, the power cannot work within you. This is a very big fault.

I don't know why, it never happened before but yesterday, after the program, the entire right heart was caught up so badly. I used

to think that these things happen more in North India, but I see they are more in South India. North Indians don't do it so much. If Indians have a shortcoming, it's only this one, that they don't give respect for the women's power. The biggest shortcoming! On one side they will worship the Goddess, will recognize Her as innocent Goddess, will recognize Her in all Her forms, but not as Gruha Lakshmi.

That's why today I want to say clearly that if you are Sahaja Yogis, then keep your respect towards your women. I have heard that openly you are scolding them. Then openly you will also be insulted. A man has no right to insult a woman, for no reason. I think that if this thing can get right, then the powers of Raja Rajeshwari will be definitely activated.

You should understand completely that husband and wife are the two wheels of a chariot, one on the left, and the other on the right. Left one cannot come to the right, right cannot come to the left. Both have to keep their place. Both of them are similar but their places are different. It means no place is higher or lower. If one wheel gets lower, the chariot will not move forward. It will keep rotating in one place. Children also learn these things from you. If children cannot respect their mother, what can they do then in this world? How can they respect Me?

That's why I have a request from everybody, that from today don't insult anymore the women in your house. Don't make them look smaller in any way. Their power is very important for you. Similarly, women should also go deeper in Sahaj and should assume their powers, should achieve their powers.

Today, so many people have come for the Puja. They have come from the whole of India. I did not expect that. Now Sahaja Yoga is indeed getting very integrated and things are happening with so much love. Everywhere, wherever I look, it looks like Sahaja Yoga is spreading with great speed. But we must understand one thing, how deep we have gone. It is very important. The number is increasing, but there is no advantage in a big quantity. Until the time the values of Sahaja Yoga come within you, the quality will not be achieved. If you respect Raja Rajeshwari, then Her powers increase within you. Its manifestation should be within you. If not, then it's all right also. You have taken off one robe and put on another one. It's all outward thing. Nothing happened inside. This is an innate power and it should be visible in your behavior, conversation, everything.

Unlimited blessings to you all.

1994-0217, Surabhi TV Report

View [online](#).

17 February 1994

Interview

Ganapatipule (India)

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

Since ancient ages, Man has been in search of 'TRUTH', this search lead humans to live in (penance) in difficult Terrance right from Snowy mountains to deep dense forests. Bharat (India) the sacred Holy land has always been the land of the true seekers.

In their seeking, they understood, Universes are run by infinite energy which is a fraction of the Supreme energy and is the prime source of all creations and existence, this energy they named as 'Adi Shakti'. Adi Shakti is the Primordial infinite power of God Almighty's love which human race experiences in every moment of their lives.

Once drenched in God's love, in completed surrender and in Joy of the spirit, the Soul dedicates itself to One ness with God and this is called Yoga.

Nachiketa and Markendaya went through rigorous penance and gained this Divine knowledge in their childhood. Lord Shri Krishna gave the knowledge on every form of Yoga; this path of spiritual practice continues to inspire humanity.

In the quest for Joy and Peace, this TRUTH is only achieved through pure devotion.

All the great incarnations who came on the earth and all the religions that were formed, all the paths that emerged, all the Saints, Seers, all were mere creations of pure faith which cannot be denied.

They learnt, going beyond rituals, protocols and traditional customs practiced through centuries, all eventually directed towards the essence of Motherly energy which symbolizes humanity.

This is the fundamental essence, described by Gurus in their speeches (words) and is spread across in every religious scripture and Book written by Saints.

Gyaneshwar ji the Great Saint of Maharashtra did an excellent task of conveying the divine knowledge in simple and beautiful Marathi language for common people, these details are beautifully explained in 6th chapter of Gnaneshwari.

Once this divine light of knowledge is kindled in the Heart, Man attains multi-dimensional progress, today it might look impossible to attain this state of balance which encompasses internal and external transformation, however this dream of Guru Rabindranath Tagore has become reality (embraced) in Western land of Bharat.

Shri Mataji: There is a big inner revolution coming up, which is silent, joyous, and is going to change the whole humanity.

This TRUTH (living process), Knowledge was very well described in 'Saundarya Lahari' by Adi Guru Shankaracharya and in a simple manner it has been experienced by common people.

In different parts of the world Doctors are using this knowledge to treat incurable diseases.

Doctor: I have been involved with Sahaj Yoga, the work of Shri Mataji, for about the past 10 years, during that time I have seen a lot of people who have had a whole variety of problems. A lot of them psychosomatic, but that means all, some illness that we would normally regard as purely physical. And I have seen many cures, I don't think that's too strong word and certainly on the

whole, people who practice Sahaj Yoga do report very much increase in their general good health and well-being.

In India, many doctors are leveraging this divine knowledge for good purpose. In Russia this knowledge is considered beyond science.

Shri Mataji: So, everything is so balanced in nature. And the Almighty has created only one world. Only we human beings have divided it and move like criminals with our passports in our hands.

Breaking the boundaries of countries, religions, languages and race, today this knowledge is spreading its fragrance across 56 countries of the world.

1994-0224, Introduction to Sahaja Yoga

View [online](#).

24 February 1994

Introduction To Sahaja Yoga

Public Program

Mumbai (India)

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

1994-02-24 Introduction to Sahaja Yoga in Mumbai

1994-0314, Mahashivaratri Puja: Surrender

View [online](#).

14 March 1994

Surrender

Mahashivaratri Puja

New Delhi (India)

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

Mahashivaratri Puja. Delhi (India), 14 March 1994.

English Transcript

It's a great pleasure that from all over the world people have gathered to worship Shiva. Actually we should say it is Sadashiva that we are going to worship today. As you know the difference between Sadashiva and Shri Shiva. Sadashiva is the God Almighty and He is a witness of the play of the Primordial Mother.

The combination between Sadashiva and the Primordial Mother Adi Shakti is just like a Moon and the moonlight or the Sun and the sunlight. We cannot understand such relationship in human being, among human marriages or among human relationships. So, whatever the Adi Shakti's creating, which is the desire of Sadashiva, is being witnessed by Him. And when He is watching this creation He is witnessing all of it into all details. He witnesses the whole universe and He also witnesses this Mother Earth, all the creation that is done by the Adi Shakti. His power is of witnessing and the power of Adi Shakti is this All-pervading Power of love.

So, the God Almighty, the Father, the Primordial Father we can say, expresses his desire, his Iccha Shakti [shakti of his desire] as the Primordial Mother and She expresses her power as love. So, the relationship between the two is extremely understanding, very deep. And whatever She's creating, if She finds- if He finds there is some problem or there are people, human beings specially who are trying to obstruct her work, or even the Gods who are not the deities are trying to express their egos, He is the one who brings forth their destruction. So He is the one who is responsible for the destructive power.

He is reflected in the hearts of human beings, among all the creations. He pulsates but that pulsation is the energy of the Primordial Mother. And He can destroy anything that goes against the plans of the Adi Shakti. Adi Shakti is love, She forgives and She loves. She loves her creation. She wants the creation to prosper, to go up to the same level for which it was created. She wants human beings to go to that level where they enter into the Kingdom of God, Kingdom of Sadashiva where there is bliss, there is forgiveness, there is joy. All this is only possible if you have seeking, that you have also a innate desire to be there. This desire within us is reflected as the reflection of the Primordial Mother [Kundalini].

Now this desire is there and other mundane desires are also there which stop the progress of your ascent. In Sahaja Yoga, we have never tried to overcome the desires by taking "sanyasa" or running away from the house or for all kinds of things that has been suggested. The first thing that is done is that you get the light of your Spirit. Spirit is the reflection of Sadashiva. In that light, He shows, He is just showing the path. The Spirit is just like a light which is burning and which is showing the path. In that path, you yourself become so wise that you walk in the light of wisdom, that you walk in the light of righteousness, because whatever is destructive is seen through the light of your Spirit. You start giving up all that is destructive. Nobody has to tell you that: "Give up this, give up that." You yourself realize that: "This is wrong and we should give up." This was, I should say, my own understanding of human beings. Because these are the days where people are in complete illusions. They are in a conflict all the time struggling even to exist. Under these circumstances, everything would have failed if you had started with taking a sanyasa and then going to Himalayas and all that.

If you have to do this for the masses, something has to be done radical and luckily I've been able to find out a way by which you can get your sprouting, your Realization.

Now some people who get Realization have to understand certain things because as you know there are many people who have got Realization. I don't know how many, I don't keep count. But what is lacking in them is surrendering. It's embarrassing to say but is a fact. This is the only condition of modern Sahaja Yoga that you have to really surrender. If you start using your brain, if you start using other methods to understand Sahaja Yoga, you cannot. You must surrender and - as Islam is nothing but surrender, Islam means surrender - and if that surrender is not there it is impossible to establish anyone in the Kingdom of God.

Surrender is not that you should give up your family, give up your children, or give up your houses and homes and your properties. Surrendering is here: give up your ego to begin with and then give up your conditionings.

For example, the other day I met one gentleman and he is suffering a lot. So I asked him: "Who is your Guru?", so he gave Me one name of a guru. I said: "He's not done any good to you, will you give him up?" He said: "Tomorrow." I said: "Why not today?" He said: "Today, but I have to throw away all his things. So tomorrow morning I will do it." I said: "All right, do it." "What should I throw away Mother?" I said: "Then all the things with which you worshipped him, throw away, throw away."

Then he went around the whole house, found out whatever was there which was used for worshipping him, everything he gathered together, threw in the sea. And then he told the sea that: "I am sorry. I have suffered a lot because of this man, now you please don't suffer."

So this kind of a very penetrating intelligence if you don't have, you cannot give up. One sticks to that.

I know of so many who find it so difficult to get rid of their conditionings. That's more difficult than ego. Mundane conditionings and condition schemes that you have. We have first conditioning that supposing you are born in India or England or any place. After Sahaja Yoga I've seen most of the people they suddenly start seeing what's wrong with their countrymen, what's wrong with their country, what's wrong with their religion, what's wrong with the books they were reading. Immediately they start seeing it clearly, that this was the mistake, this is wrong. They all make fun of them. I've seen people all over the world.

Nobody says that 'No, no, no, no, because we are English we are the best, we are Russians so we are the best, or we are Indians we are the best'. Immediately they find out what's wrong with them and why these people are not getting Realization.

On the other hand they feel such compassion that 'Mother so many people haven't got their Realization. Why shouldn't we try to give them Realization?' This is the double action of this light. Firstly, you know that there is light and that you have become the light. So, wherever your attention goes you start seeing the reality and then you understand that this has been the conditioning of our country, of our society. And then they abhor all that is wrong, they never identify with it.

But first thing as I said, is surrendering. In surrendering actually, you develop a kind of a state where I would say, you become a sanyasi from within. That means nothing can dominate you, what is a sanyasi is a person who is above everything else. Nothing can stick to him. He just, looks at things and he knows what it is. He may not say, he knows everything and he doesn't do whatever is wrong. He's so detached, that in that detachment only he can see what's wrong with people. He starts seeing his family people, he starts seeing other surroundings, everywhere he starts seeing what's wrong. And he does not identify with them, is very surprising.

I have seen it, I mean, I went to Turkey. In Turkey I met one gentleman who was running a big Swiss hotel and he came himself to Me and said Mother give me Realization. I was surprised because I didn't see this in Switzerland such a anxious personality would ask for Realization. Very surprising that in Turkey he should ask for Realization. And I gave him Realization and immediately he said, "I am not going to go back to Switzerland." Just imagine!

It's, you see, it is so clear-cut that this light definitely gives you tremendous wisdom and balance. Supposing you are walking and you can't see the road, you may fall down. But if there's little light also you can see it. And this is what Sahaja Yoga has done, it's given you very little light. That little light itself has been sufficient for you to give up so many things.

Now the other side of it is the ego part. Ego is very subtle stuff with human beings. I don't know how they gather it, but they do and some of them have such a gullible ego that with the slightest thing it shoots off. And they get very angry for small things or if they find somebody whom they can dominate, they can dominate also that person. Now this ego when you start seeing it, you just start laughing at yourself and think that, "What's wrong with me?"

Ego is not like conditioning which is coming from outside but ego is something that comes from within. It can come from anything. Human beings have ego of all kinds of nonsensical things. One day I met one lady and she was very proud and was not even smiling. I said, "What's the matter with this lady, what is she?" So they told Me, "She knows how to make dolls that's why she's so proud." I said, "Eh, to make dolls, she's so proud!" "Yes, you know, she can make dolls, so she's so proud." I said, "What is there, anybody can make dolls, so what is so great?" "No, but she thinks she is very great because she makes dolls."

So, a man becomes stupid and stupid. That is first sign of a egoistical person. He is so stupid that when you are talking to him, you just get flabbergasted that without paying anything you have got a buffoon before you who is showing all joke- jokes of his buffoonery. This is something very surprising, I mean, you meet any egoistical person and you just watch him: "I did this, I am, I, I, I ..."

Then you start seeing the person, what's the matter, he's not even ashamed to say things that should not be said. Then it goes even to the sinful life they lead. They lead a very sinful life, they're fond of women, they drink and this and that. Then they start boasting about that also: "I drank that day so much! I had five women around me." They start boasting of that also. So, for a egoistical man there is nothing like shame. He'll go on telling about his nonsensical things and everybody will say, "Oh, my God with whom are we talking?"

And then, whatever they do they justify. I asked one fellow, "You had such a bad heart attack why do you drink now, give up drinking." He said, "But even this person Kirloskar" - we have one in Poona who is now, I think, 95 - "he drinks". So, I said, "You are not Kirloskar, and even if he drinks, what's the use? What is he gaining by that?" "No, no, you see, he's very good, because, see, he drinks and he's so successful." "Is he successful without, because of drinking?"

But even ordinary reasoning is not there, ordinary reasoning. And in the general way if you see, even if you see the greatest drunkard countries, I have never seen a statue of a man who died of drinking, never. I've not seen in any country people are praising a man because he had ten women or he died of drinking. So far! I don't know how far human beings can go in their ego.

Now this ego is spreading very much in modern times where they start saying, "I like this, I don't like this". "What, what you don't like?" "I don't like this kind of a sari, I don't like this kind of clothes, I don't like this." But who are you? You are not going to see yourself others are going to see. So, what difference does it make whether you like it or not? But it's very common with young people to talk like that, "I like." And this is a sign of complete destruction.

Because ego is not only, is, makes you stupid, you see all these days the way people dress up and we find they are very stupid because "I like it, so what?" Anything they like it, you know, if they want to walk on their heads "I like it, what's wrong?" All kinds of stupidity can be explained through ego. So those who get Realization somehow or other, thank God, see it: "This is my ego talking". Then they start laughing at themselves, making fun of themselves: "This was my ego".

But also in Sahaja Yoga there are people, I said, "Why don't you go and organize?" "Mother because my ego will come up." I said, "What's this?" "My ego will come up so I don't want to organize." How can your ego come up? If you see your ego, supposing you see, er, something is burning, you see it there. How can you get that burning onto yourself? But this is a very subtle type of, er, avoiding work of Sahaja Yoga to say that "No, I'll get into ego." I said, "All right, you get into ego, I'll see to it. You get it, what happens?"

So, all kinds of things there are which makes a person quite idiotic and stupid. I mean, I don't know how many things I can tell

you today. But also I've seen in marriages this is very common. They'll say that, 'Mother, I married this girl at that time but now I don't think I should have been married.' Bah, bah, what, that time, what had happened to you, why didn't you marry at that time? I have to tell you these things because I've been facing all kinds of problems of this stupid, idiotic ego. One has to see it clearly, how this ego is working in me and how it is keeping me down.

So, when we talk of ascent, we talk of a higher life. We have to become sanyasi like the lotus that comes out of the pond and no water can stay on them. Even the leaves of lotus, no water can stay on them. Just like that we have to become. We don't have to wear Sanyasis dresses, nothing of that. But from inside, a kind of a detached attention is there which immediately locates the problem, within you and without.

And also in Sahaja Yoga, you know how to overcome that. It's a very effective, efficient system. But for that again, to achieve that you have to become Shiva within, means detached. As Shiva is completely detached, you have to be detached. And that detachment will give you the same wisdom as Shiva has. Shiva sees, we should say, Sadashiva sees the work of Adi Shakti, silently. He doesn't get proud, he doesn't develop a kind of a ego 'Let me see now what my Iccha Shakti is doing', nothing, he's just watching. But when it comes to destruction, he sees that this part is going to destroy the work, immediately he destroys, removes that portion. In the same way we have to be, we have to see our life itself is a big field. How do we consider ourselves to be? I have seen people talk, "Oh, so what, I am a Sahaja Yogi!" You can't talk like that if you are a Sahaja Yogi. With folded hands you have to say, "I am a Sahaja Yogi". In your behavior, in your talk, in everything, you have to be a person who is extremely humble. If that is not so that means Sahaja Yoga has given you double ego. As it is you know that Shiva is known for his innocence, for his simplicity, his forgiveness. He forgives. He forgives rakshasas; he'll forgive everyone that is his quality. But anybody who goes against the Primordial Mother, he doesn't spare.

So, this is his, the quality one has to understand, surrendering doesn't mean outside things to be surrendered. What is there? These are all stones, what are you surrendering? Surrendering means cleansing yourself completely, getting completely detached. Detachment is the only way you can rise. Some people get sick, they make such an ado out of it: "I am sick, the whole world should know I am sick, sick, sick, sick, sick." But if you are a Sahaja Yogi, if you just watch, how so, I am sick, all right, let's see. Just like a spot. Just watch. I am sick. So, what's happening now? The temperature is coming nicely, now is going down, just sort of a playful, mirthful attention. Ah, when I came I had temperature, but nobody believes I had temperature. I was so tired in the marriage they said, "You don't look tired." I said, "All right, I'm not tired." In the same way, life also is to be played. It's just a play, and that play has to be seen through the light of wisdom. Nothing is so serious, for Sahaja Yogis nothing is so serious. But he becomes very serious and he makes too much ado about himself.

There are lots of things which we have to learn. When we worship Shiva, we praise him. You are this you are that, you are that. When you worship Me also you praise Me, you are this. I am not aware of all that that you say. But you say all right, if you say so, it's all right. You are this you are that, the thousand names of Shiva, thousand names of the Goddess, thousand names of Vishnu. These are their names you are worshipping, what about you people? How many names you can have? Actually, in the puja when you take the names of these Shaktis they also get awakened within, no doubt. After puja you do feel that way but you don't utilize them. So many people I've seen have come in the puja and they have got that power within themselves, same powers. But by the time they are out, it's finished, it's gone.

So, surrendering has another side: assumption. Assumption that I am a Sahaja Yogi and I can absorb all these powers within myself. So, one side is surrendering. Why to surrender? To absorb. Automatically when you are surrendered you absorb. But once you have absorbed, then you should retain and assume within yourself. Know that you have these powers. There, where Sahaja Yogis fail more. First time it happened, no Sahaja Yogi would touch anybody raise anybody's Kundalini, this thing, that thing. We had at least fifty Sahaja Yogis by then. I said, "Now what to do, I have prepared these channels and nobody is even raising their fingers. How am I going to work it out?" Very difficult!

But once it happened, we had a program in Nasik Road and I was staying in Nasik. It's about, I think, thirty miles from there. So, we reached halfway and our car failed and nobody no other car was coming, nothing, no support, nothing. I didn't know what to do. But these, all the Sahaja Yogis had arrived there, and such a big crowd. They started saying, "When is Mataji coming? When is

Mataji coming?" Such a pressure! So they said, "It's all right, we'll give you Realization, sit down." And they gave Realization. That's the first time the Sahaja Yogis started knowing that they can give Realization, they can do this, they can do that. They all started after that. So assumption should be there, that I have these powers, I am not going to waste them, I am going to use them, I am going to look after others, I am not going to just keep to myself. This assumption has to come.

Once I was traveling by ship and one fellow got caught up in the freeze room and he got pneumonia. So the captain came to Me 'That see this boy has got pneumonia, we have to get some doctor by helicopter.' I said, "Captain, I've given you Realization, you are a doctor." He said "Who, I?" "Yes, you." "If you want, I can go down." "No, no, no, but tell me what to be done." I said "Just go and put your hand on his heart, finished." "I?" he said. "Yes, you!" Went down and put his hand and the fellow got all right. He was amazed. He met Me now in the wedding – and he was amazed at himself. "This I can do to anyone?" "Yes, yes, you can!"

But if you do not assume, and just sit down meditating, meditating, surrendering ... what's the use? So, you have to do, now after achieving Shiva state you have to start doing the work of Adi Shakti. You should get this desire that we should spread Sahaja Yoga, we have to work it out. But be careful sometimes you might be conditioned, you might be egotistical, watch yourself.

With watching you can, I'm sure, you can achieve a lot. We have done, some people who have taken it upon themselves have done it, everywhere, in every country.

So, the first thing of surrendering is important to reach the state of your Spirit, of Shiva and Sadashiva. But the second state is that you have to now think of others. First it is as they say in Sanskrit is "vyashti" [success; individuality], means individual gain, you get the individual gain. And then it becomes "samashhti" [attainment; collectiveness], means the collective. You have to work it out on collective. People who never even got Realization - nothing of the kind - have been doing so much organization and this and that while you have got it within. So, now it is important that you should now extend this light to others.

[Shri Mataji speaks now in Hindi.]

Translation from Hindi:

Forgive Me. I had to speak in English. Many people have come from outside for the puja to Shivaji. This has never happened before. You people know a lot about Shiva, and you also know lots of stories connected with Shiva. But what is the essence, what is the tattwa (basic principle). What is Shivaji's principle. That is what we have got to know. So this deity Shivaji, nothing touches Him. If anyone says something wrong to Him, and then goes and asks for forgiveness, He just forgives. Things like respect and disrespect, happiness and sorrow – nothing affects Him. That is Shivji. Far removed from such things. Free.

It was about Him that Shankaracharya sang Shivoham! Shivoham! (I am Shiva! I am Shiva!). Once during the lifetime of Shankaracharya, the topic of Shiva came up. It was being discussed that it is alright to say I Am Shiva. It is a state. But to attain this state, this becomes possible only with conscious effort and exertion. And after that, there is a second state, like where Adi Shakti is effective and operative. That is the way you have to function. Otherwise, if these two states do not function side by side, then what is the use of achieving the state of Shiva. He is just sitting.

If Shiva could do everything, then why did He create Adi Shakti. And why did He tell Adi Shakti that You accomplish the entire creation. Do this. Do that. He would have done it Himself. But no. He said that one state is Shiv padh (state). After reaching and achieving that state, we become completely "niriccha" (desireless). After that you go into the second stage or state.

Now in Sahaja Yoga some say that Shri Mataji there is one person who is eating money. I could not understand this. After coming into Sahaj, how is he eating money. He is eating money? Some one is showing his ego, another is showing off his intelligence or qualifications. Everyone is indulging into some madness or the other. And all this, after coming into Sahaja Yoga! So something must be still sticking on to them. It happens. Only then this kind of thing can happen to them. But this should be got rid of. All these things.

Because, if you have come into Sahaja Yoga, then first of all you should achieve the Shiva Padh (state). Means a state in which you are in complete desirelessness. For that there should be complete samarpan (dedication). Dedication and surrender in every possible thing.

Only after that you come into the state of Shiva-Shakti. The Shakti (energy) of Shiva is that He is completely without desire. Nothing affects or disturbs Him. Neither does He have aham (ego), nor is there any kind of samskara (conditioning) in Him.

Now, He came for His own wedding, sitting on a bull, with both legs spread on either side of the bull. The bull moved at will, and at his own speed, and somehow He held on and rode him. And when He reached, even Shri Parvati was feeling shy, that what is this aspect in which My Bridegroom has arrived for the wedding. Because He was absolutely centred within Himself. What is there for Him to be conscious of. Not for Him the formal Baraat (Bridegroom's procession), sitting on a horse, accompanied by a band playing music, and bridegroom's party. His attendants were people with missing limbs, some with one eye, some without teeth. All these people were welcome to join, and constituted the Bridegroom's party. He came, accompanied by all of them, and never felt conscious that who was who, what they wore, whether one had one eye or two; whether they were in proper dress, or whether the whole thing looked crazy, or whether it appeared that some stupid people were in that procession. Because He is just not conscious or bothered about these outward things. These things just don't matter to Him. He is just sitting in desireless state. His principle is that whatever you are, in whatever state you are, come in and join. Who ever He met along the way, He welcomed them to join the party.

Now as far as we are concerned if we are going to be part of a marriage party, we have to have a certain kind of dress, we have to look like this, or like that; we have to go mounted on a caparisoned horse; like this, like that. And if there is any shortcoming in the arrangements, then there is a lot of distress.

It was not like this. He just went as He was. Whatever the condition, He just went. This is the mark of Niricchita (state of no desire). He was also Bhole (simple). Simple and innocent in this way, that unimportant and unnecessary things never entered His attention. Any man who is simple, such things do not enter his head.

I have seen many people, when they go visiting anyone's home, they will click their tongue and say, "What a kind of carpet they had spread on the floor". Did you come to meet their carpet, or to meet the people. If they see any lady, they will comment, "What a funny kind of saree she was wearing". If you have come to meet a person, you must come into their essence. Come into their tattwa (core). Try to experience the nature of the person. That is left aside, and the attention is only on what kind of clothes they were wearing, or what things they had in their house, and what did they have, and what did they not. It is like that. The vision is so superficial.

This way of looking at things and judging, is not the style of Shiva. His style is to be completely detached, and go and sit in the Himalayas. He is not bothered about anything, that what will people say about Me, or what is the proper style in which I should live. I should have this, I should have that. Nothing of the kind.

When His first wife died, He just picked up Her body and put it over His shoulder and went. Who will do such a thing? No one. But He did. All His ways are unique and unprecedented. Because He is unique. In any situation He is not particular that it has to be done in this way or that way. Or it has to be like that. But when you look at the essence of it, whatever He thinks is right, He considers that to be right. And whatever He feels is wrong, then that for Him is wrong. His steadfastness does not change.

At one time He gave His Wife to Ravana. Now people will say is this some kind of joke? He handed His Wife over to Ravana. He was well aware that His Wife is verily the Devi Herself. What could Ravana do to Her! She could be given to anyone. She is "sakshat" (verily) the Devi. She will put Ravana in his place.

But this tendency within us is to look at all outward things. As this outward vision reduces, the inner eye will open. Whatever the kind of human being, we should see that we are in a good state, and should keep ourselves in good condition, and whosoever we

come in to contact with, we should speak nicely to them and be good to them. Whatever kind of person we meet, we should try and feel his tattwa (essence), to understand what state he is from within.

Now there are some rustic people who may speak roughly. Some people's language is like this, some are like that; and we get upset and angry with them. We should tell ourselves that this is how he is, and this is his way of speaking. We should not get upset with him.

Sometimes very cultured and educated people will come, and in their artificial behaviour we get carried away by their superficiality. Later we discover that we have lost everything to them. So anything that looks beautiful superficially, is done to deceive us. That is why it is not advisable to get impressed with outward appearances.

Nowadays we can see what kind of superficiality is prevalent. Especially in our country all the culture which has come to us from outside, we can see how much the expression and impression is there, of superficiality. If it were not so, our condition would not be what it is.

Gandhiji who, was a simple person; he reached the outside world dressed in a dhoti (single cloth to gird the loins). Now people will say that in London you have to be dressed in a three-piece suit. How did he manage. He managed! Let anyone say what they wished. Now the motive for this can be, that some people do it for sensationalism. But when a person is completely detached, from within, he does not pay attention or give importance to what people think. He is standing on the truth. He is so genuine. And this is the tattwa (essence) of Shivji that we need to achieve.

Only when you reach the state of Shivji, you can start functioning for Adi Shakti. Now you have started Her work, but you have not attained Shiva Tattwa, so who is going to get impressed with you. When you are verily Shiva, then how much beauty will shine through your work!

If anyone says anything, does anything, even abuses you, so what! For the person, whose description and state, in the words of Shri Krishna, is Stith Pragnya (firm and resolute), the State of Shiva, whatever is happening, let it happen. What does it matter what anyone says. But the tattwa (essence) that is inside, that should be clean. The tattwa inside should not be spoiled. And if it is spoiled within others, does not matter. You can correct them. If you call others bad, but do not see yourself as bad; then you can never become alright. The meaning of becoming Sharanagat, (under divine protection), is that all the things within you that are bad, you should start renouncing them, one by one. Renounce. Renounce. In the end, the clean, pure form that remains, is your Atma, and just by beholding it, you will experience joy. And that will make you so completely, completely Samarth (adequate, capable). So Samarth that you will be amazed that how did so much capacity come within me.

Today we should have the puja of Shivaji, and it is going to be performed. All of you should be fully Samarth, and sit in that state to perform the Puja. And the other part of it is Samarpan (dedication), that I have received this great gift that I am a Realised soul. I am one in a million. This has been bestowed on me, a blessing has been bestowed, and how much yogdaan (expressing gratitude) do I give back. How much do I do. We should take stock of this also.

Actually, you all have gone beyond My imagination, because I never thought that so much change and transformation can come in a human being. Never thought that this would be possible. Taking that into consideration, so much has been accomplished in the whole world, that I am amazed. And it is a matter for deep appreciation, that people who were standing on a very wrong path, who were heading towards destruction, they have arisen and they are with Me today. It is such a wonderful happening that the gift bestowed on us by Shiva, which is within us as his Reflection in the form of Atma, is his blessing on us. And you are immersed and drenched in those blessings.

Now you have to make this grow. With dedication you have to expand it, and distribute it to others. This is not for one human being. It is not for one, single, ascent. It is for a Collective ascent. Today the world is standing on the brink of destruction, and we have to rescue it from that. We have to save the complete world, and this is your responsibility. Those who are Sahaja Yogis. Who should be able to see Sahaja Yoga in every part of himself, and his blessings.

My eternal blessings to all.

Translation from Hindi (version 1)

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He was also "bhole" [simple]. Simple and innocent in this way, that unimportant and unnecessary things never entered His attention. Any man who is simple, such things do not enter his head.

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Today we should have the puja of Shivaji, and it is going to be performed. All of you should be fully Samarth, and sit in that state to perform the Puja. And the other part of it is "samarpan" [dedication], that I have received this great gift that I am a Realised soul. I am one in a million. This has been bestowed on me, a blessing has been bestowed, and how much "yogdaan" [expressing gratitude] do I give back. How much do I do. We should take stock of this also.

Actually, you all have gone beyond My imagination, because I never thought that so much change and transformation can come in a human being. Never thought that this would be possible. Taking that into consideration, so much has been accomplished in the whole world, that I am amazed. And it is a matter for deep appreciation, that people who were standing on a very wrong path, who were heading towards destruction, they have arisen and they are with Me today. It is such a wonderful happening that the gift bestowed on us by Shiva, which is within us as His Reflection in the form of Atma, is His blessing on us. And you are immersed and drenched in those blessings.

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My eternal blessings to all.

Translation from Hindi (version 2)

Forgive Me, I had to speak in English here. Many people have come from outside for Shivaji puja, it has never happened before. And about Shivaji – you people know a lot. And all His stories also, you all know. But what is the substance? What is the essence? What is the essence of Shivaji – you should know.

About Shivaji, nothing touches Him. If someone says anything to Him and then apologizes to Him, He'll say, "Alright go, you are forgiven". Nothing touches Him. Praise/insult, happiness/ sorrow – nothing touches Him. He is Shivaji, completely detached from everything – free.

Like Adi Shankaracharya has told, 'Shivoham, Shivoham' [I am Shiva, I am Shiva]. So, first during the time of Adi Shankaracharya 'Shivoham' [I am Shiva] was talked about. It was being said, 'I am Shiva', alright. To reach that state, it happens through individual endeavor. And after that the other state – the way Adi Shakti is working, like that you have to work. Otherwise if these two things don't take place simultaneously, then what is the use of attaining Shiva's state?

They are sitting. If Shiva could do everything, then why did He create Adi Shakti? Why did He tell Adi Shakti, 'You create

everything. You do that, you do this'? He could do everything, but no. He told, 'there is one state – 'Shiva's state'. On reaching the Shiva's state you become completely desire less'. Then whatever you do; now I see that some people say, "Mother there is one person in Sahaja Yoga and he is laundering money". I don't understand, "After coming to Sahaja Yoga, how are they laundering money?" Someone is there who is showing his ego, his position. Some or the other crazy things, even after coming to Sahaja Yoga, they are continue doing. Something must be stuck to them, it's possible. But they should get rid of it.

So, when you have come to Sahaja Yoga first you attain Shiva's state. Meaning in which you are completely desire less. For that surrender, after complete surrendering you can come in Shiva Shakti. Shiva's Shakti is that He is absolutely detached. Nothing influences Him. He neither has ego, nor does He have refinement.

He came for His wedding sitting on a Bull. He is spreading His legs and sitting and the Bull is running and He is just holding one to it somehow and coming. On reaching there, even Parvathi was feeling shy, 'What is this? My Groom is arriving like this?' Because He is joyous. What difference does it make to Him? He doesn't want that He sits on a horse and goes in a 'Baraat' [marriage procession] proceeding Him. In the 'Baraat' [marriage procession of the groom] someone has one eye, someone's teeth have fallen. He is taking such people and going. For Him, he doesn't even realize these things – who is what? Who is wearing what clothes? Whose eye is where? How a person is accompanying dumbly, some stupid person is accompanying, some half-naked person is walking along – these things don't matter to Him. He is desire less, however you are come along. Whoever is coming along can.

Otherwise when we go in a 'baraat' we have to wear such and such clothes, we have to go like this, have to sit on a horse etc. etc. And if there is ever a small short fall, then it causes lot of unpleasantness. He's not like that. He is going in His Baraat accompanied by people however they are. Because this is the sign of desirelessness and He is innocent.

Innocent because unwanted things don't come in His head. A person who is innocent doesn't understand these things. I have seen that many people when they go to someone's place – 'what carpet has been laid?' Have you gone to meet the carpet or the person? Some lady comes – 'what saree was she wearing?' You have come to meet the person, you go to the substance, go to the essence and understand what the person is. That part is ignored. Just what they were wearing? What is in their house? It was like this, like that. This kind of sight – just looking at things superficially is not Shiva's way.

Now just see Him in His own life – He went and sat in the Himalaya. He is not bothered about anything – 'What if someone says something, I have to be like this, I have to have this thing or that thing' – nothing. When His first wife died, He carried Her body on His back and went. Who will do that? No one will do that. All His methods are special, exceptional. Because He is exceptional.

About anything He doesn't have a fixed criteria that it has to be like this only or like that only. But if you look at the essence then what according to Him is right, only that He feels is right. What according to Him is wrong, is wrong. These convictions of His does not change.

He even gave His wife to Ravana. Now people will say, 'What is this drama – giving away His wife to Ravana?' He knows His wife is a Devi, what can Ravana do? To whomever He gives, She is Sakshat Devi. She will set Him right – Ravana.

Our character of seeing everything externally; as the external 'eye' [seeing] decreases, the inner 'eye' [seeing] opens. However, the person is. For ourselves it is alright that we behave properly, that we talk properly. But however, is the other person, understand his essence. How is the inside of the person?

Some rural people are there, while talking they talk roughly. Someone's speech is like, someone is like this. We get angry on them. We should think 'that is his way, alright that is also fine, there is nothing to feel bad about'. When civilized people come and you get carried away by etiquette and realize we have lost everything with them.

So, whatever is made beautiful on the outside is only for cheating. That's why regarding any exterior stuff, getting attached to it, seeing it, is wrong. Now the kind of things happening in the world, especially in our country. The outside culture that is coming in,

so much of external appearance. If it was not there, people would not be like this.

Gandhiji was there – poor man, he wore a dhoti and went to London. Now someone tells him ‘in London you have to wear 3-piece suit and go, how did you come like this?’ He went. Let people say whatever they want to. Only thing you need to pay attention is that if someone is dressing up like that for fun then it’s something else. But once the person is free from inside, then he does not find anything significant other than the reality. He will accept the reality – this is essence of Shivaji you should first achieve. Only when you achieve Shivaji’s essence, only then you can do the work of Adi Shakti. Now you start working out but have not achieved Shivaji’s essence. Then who will be influenced by it?

You yourself are ‘Shiva’ and then the work being done by you, it can be so wonderful. Someone says something, even hurls abuses, did something – so what? The word for this is as told by Shri Krishna – ‘Sthita Pragnya’ [steady in awareness]. Whatever is happening, let it happen. Just because someone says something, so what?

But the essence that is within, has to be clean. The essence inside should not be spoiled. And in others if it is spoiled, it’s not a problem, it can be set right. If you tell bad things about others but not about yourself, then you cannot become alright. The meaning of surrendering is that whatever such things are there within us – forsake them, forsake them, forsake them. In the end the cleanliness and purity within you which is your Spirit, just by seeing it you will be joyous. And that will make you completely capable that you will be astonished, ‘from where did I get this ability?’

Today Shivaji’s puja has to take place and it is taking place and you people are also completely surrendered. The other side of surrendering is that the way we have received it, we are Self-realized. We are one in a million who have been given this blessing. ‘How much can we work towards it? How much can we achieve?’ – you should think like that.

As it is you people are beyond My imagination. I had never thought so much of change can come in people. Never had I thought. As per that, so much of work has happened in the whole world that I am surprised.

And it needs to be understood that people who were in the wrong path, who were going towards their destruction, they have come up and today they are with us. It’s such a big thing that the reflection of Shiva in you which is in the form of Atma, this is a great blessing of it.

All of you are flooded with this blessing, you just have to spread it. Spread it by surrendering and collectively spread it. It is not for one person, nor for one rising but for everyone’s upliftment. The brink at which our world is standing now, we have to save it. We have to save it completely and this is your responsibility – those who are Sahaja Yogis. Who in their life, within them, in their behaviour, in everything, should know how to look for ‘Sahaja’.

Many blessings to all of you.

1994-0319, Birthday Felicitations

View [online](#).

19 March 1994

Birthday Felicitations

Kolkata (India)

Talk Language: English | Transcript (English) – Draft

Birthday Felicitations, Kolkata (India), 19/03/1993

I'm very much thankful to Anandhata Kala sangam President. Today, he told Me, in the play, about us, that shraddha we have, which is so much needed in our life.

And I know it is in Bengal, people are going to really give you something great about art.

Somehow or other, here, where River Ganges makes this great scene, there has been such a big manifestation of artists and art of Indian heritage.

Firstly, the models are extremely devotional, lovable, loving. They are not materialists; they care more for human beings and for the human feelings.

As I've told you always, the greatest novelist that I've ever known was Shakti Nitamudhin [unsure] who was the one who would just catch your heart and make you understand in every subject he has dealt and his art of writing is so beautiful as if he understand human being and their problems and how with love you can solve them.

Sahaja, it is very close absolutely there, with the art, any of it, because it is the expression of the heart. When the imagination of an artist reaches the reality, then that artist becomes sahaj, automatically. We have had many artists like that, poets, who have through their imagination reached the reality, the depth of reality. And that has brought all the releases [unsure] by which they can cure many things which you cannot cure with analyses: social problems, politic problems, any kind of problems of creativity or Indian gurdute [unsure] which look so formidable, have shown their delicate brush, or we can call it, their delicate writings. You can solve these problems and the solutions that have come through various arts, it's something very remarkable.

Of course, drama plays a very big part in our cultural life. It's coming from ancient times I mean, they say that the drama and acting has started in India. When Arjuna was going for a war, his wife asked him to be a [??] means what you do is a – I don't know in English how to say it but a- you can call [?] of an artist which acts, with the text sometimes or some other mechanism. So this is the first sign that there were, in this country, great artists who used to act sometimes like, sometimes like pantomimes or sometimes like a dramatist [?] at the time of Arjuna.

So this acting culture started in our country long time back. The greatest thing about an artist for which I have always praised about their nature, apart from they will catch your heart, that they are bred Indian, cultured Indians, they cannot take to any other culture ritualism- where the women are respected, it doesn't matter, even the little girls are [??].

So it is seldom that it comes here, it's really a great privilege [??] for the upliftment of our art. Otherwise, we are getting a very cheap type of artists in the pictures in our country.

We have taken to something that requires no art, some sort of a- we can call- an acrobatic show that we have on the stage by which we think that we are great [??] who act. All this kind of nonsense has come and is still coming in our main cities, also in our films, and this nonsense has to be outwitted by real art. And I'm very happy that we have this [??] here which will definitely invite this scholarship [??] a real sense of expression of their manifestation of joy, of happiness, unhappiness, and all the things that they have been facing.

It's a kind of emotion, it is a thing, that, I would say, suggests a work is [inaudible] rightly,

Rama, first of all, who was such a mighty person. But he went in the forest to save Sitaji. If you call it an epic or drama whatever it is, his way expresses a person who believes in truth, believes in honesty, believes in the respect of the women, who fights, such a

man – because he knew he would be lost because he's so mighty he can destroy them, but he fights and in that fight, he gets very badly injured.

For example, that injury was there till Shri Rama came and he gives him the moksha to show that all his sufferings were finished once he got the moksha.

In this world, you won't have to work, don't have to get injured, don't have to fight. But in a way, there is a big fight within yourselves. And that fight is that when we try to see ourselves as something very great, very egoistical, and then we start fighting with our ego, what will help you is the feeling of righteousness. This righteousness gets injured many times no doubt.

Now Sahaja Yoga has come to show that you don't have to fight, you have just to ask for your Realization. It is the time that has brought this for you.

I know I should have [inaudible] anybody could have done who [inaudible].

So it has happened and so you have already got the moksha, so many Sahaja Yogis have achieved it and enjoy the drama much more than any thing else. Because they will realize that they have that, they have struggled with themselves for their seeking. And ultimately they got their Realization. And this will definitely give you a greater hope that we can spread Sahaja Yoga all over.

Art is a part and parcel of a human being, it's the potential of a human being. We have to develop art because Sahaja Yoga is nothing but to be enjoyed in the realm of God. And if you do not have art, what will you enjoy? But it has to be pure art. Purity is important and as you will see today, art in India has such purity and respect for [inaudible] even it will heal.

I hope in the country where you get born for the Spirit and that culture can be evolved. It has come here all the way from Kolkata and you can become very good [inaudible] of true artists of true types.

I'm sure you'll enjoy. I'm thankful to both of them for organizing this beautiful drama for all of you to see and enjoy. As the mantra for tonight is that you all enjoy, that's what it is.

May God bless you all

10:10

[Applause]

End

1994-0320, Birthday Felicitations

View [online](#).

20 March 1994

Birthday Felicitations

Kolkata (India)

Talk Language: English | Transcript (English) – Draft

After Birthday Felicitations, Calcutta (India), 20 March 1994.

This was a song composed by Gurudev Rabindranath Tagore, so many years back, when he had a vision of our Ganapatipule seminars, where he describes that people from all the world will come, from different countries will come. Also, the Hindus, the Muslims, Christians, Sikhs and all kinds of communities will get their awakening on the bank of the sea, 'sagar'. 'Sagar' is the sea.

So beautifully every detail he has described. He was a seer and he could see the future where many people, who are seekers, to become 'mahamanav' they come. And it's very surprising how these seers have seen the future. Like, as you know, C. S. Lewis is there and also we have got William Blake, so many others. And I feel today, in Bengal, when I have come here in Calcutta, that his dreams are fulfilled. His Spirit would be so happy to know- [applause].

So, as you know that we get all kinds of people, all races, all religions together in Ganapatipule and where you all enjoy the bliss of God, where you feel that there's an awakening. Also, he says that the great Mother has now risen, and She is awakened and She is going to awaken you. So, clearly, he has seen the whole thing. It's remarkable how these seers can see things and reveal, to our amazement.

I am very happy that we have such nice company of Baba Zaheer and his other brothers, who are qawwals, and his sons also, who are qawwals. So, this is such a great thing to understand that these people have felt the same awakening within them as you have, and that they have really become Sahaja Yogis now and they sing from their heart. Some of these poems, I think they made later on, after going from Bombay. Because I see that they are all new songs. And, they are singing what you would like to say; they are singing what you would like to express. And that's why you feel so joyous and happy that you are saying what we wanted to say all these days.

It's remarkable how in the collectivity the thought- [Hindi]. Tongue works in a very different manner - that we all want to say the same thing. For everyone, that is the truth and you all feel so joyous about it and so happy about it. It is something, a kind of a rapport between one Realized soul and another Realized soul. Only a Realized soul can understand the bliss and the joy of this expression.

Of course, so many things have been said about Me, that's quite embarrassing. I don't know what I do. I really, I don't think I do anything. It's all working out, it's all grace of the, this All-pervading Power which is working out everything so well.

Today is the concluding day for us and to have such a nice program of qawwali here was really remarkable. I am sorry that half of the people have left because they didn't know there was a program. Today we had to make some arrangements, in that it was lost. Doesn't matter. Those who are lucky have listened to them and have enjoyed them thoroughly.

[Applause].

I bless those qawwals from my heart, and I always think there will be more people who will appreciate their music and understand and so many Muslims- as yesterday, Ilal said, "Mother, when will the Muslims know about You?" So, these are the people who can spread the news all over and can tell that now the time has come of 'Qiyama' where you will have to get your Self-realization.

They're very important, I am so concerned about the Muslims now. Because they are in quite darkness, and the way they are killing people because they are Muslims and they are killed in so many places, while they also kill. It's a very violent, nonsensical thing, which was never preached by Mohammed Sahib. He was the one who was for love and love and love. He is the one who had to fight because they were so aggressive on Him.

But otherwise, if you read Koran you'll be surprised how much He has praised the love of God. And that's what is so misleading these days that we don't understand. I am happy at least the Sahaja Yogis understand Koran and understand Mohammed Sahib and are in devotion to Mohammed Sahib as they are to any other Guru. It's very creditable for you people to accept. Because you have seen on your vibrations that Mohammed Sahib was an Incarnation of a Master - so you cannot deny it. And these conditionings have gone into complete negligence now, and most of the Sahaja Yogis have such a respect for Mohammed Sahib and for Koran.

I wish all the luck to these people that they propagate this idea and try to bring peace on this earth by telling people that what Mohammed Sahib has said and what are we doing. In the same way, for all of us - to whatever religion we may belong - we have so many conditionings and wrong ideas. So, we should try to correct them and see for ourselves that all of them came to spread spirituality. As I always said, they were like flowers on a tree - same tree of spirituality they came. And whatever they had to do at that time, "samayachar", they did it. But we have plucked the flowers, and now fighting with the dead flowers.

So, as Sahaja Yogis, when you are awakened in knowledge, and you know what knowledge is, then you have to really understand that we are all on the same path of spirituality. There's no difference at all.

May God bless you all for enjoying this qawwali and for coming all the way to Calcutta.

It has been really a tremendous task, I must say. All My thanks are to these great organizers who have organized such a big thing in this place and we had, yesterday, the whole thing filled up, you see. And the way it was conducted and worked out was so remarkable. All the leaders who came here were amazed at their organizing capacity. And they told Me, "Mother, we have to learn a lot from them. We can, of course, not surpass them. But whatever they have done is such a eye-opener that we have to now dedicate ourselves fully to proper understanding of Sahaja Yoga, its spreading and all the organizing should be our first priority. Unless and until people take interest in that, we cannot achieve what these people have achieved."

The collectivity of the Bengali people and Marwaris and all types of people who are here from every part of our country, is so remarkable. There's no quarrelling, no discussion, no argument, it's done so beautifully. Unbelievable how they have worked it out! So, we have to remember that we are one part and parcel of one being. And once we really realize that, we'll enjoy each other's company very much. All Sahaja Yogis enjoy each other's company. And also, all of you from the whole world, who have come here, have seen how marvellously they have organized everything.

I am thankful to you for coming here to celebrate My birthday, and I don't know what to say now because every birthday you discover such nice things and such nice people. This birthday was really remarkable for its all organization and the way it was worked out so smoothly. I wish we all learn from this. We are all thankful to the organization of Calcutta, for organizing this so well. Give them a hand.

[Applause].

[Cut in the video]

I know it's so overwhelming that we cannot even stop clapping. Also, we have to again and again thank these qawwals,

[Applause].

And now the way they feel confident about life, as you people all feel confident. In the kingdom of God, there's nothing to worry [cut] last, but to enjoy the present. And that's what they are doing and you were doing too. I enjoyed, I enjoyed the rapport that existed between you. Thank you very much.

May God bless you.

1994-0320, Birthday Felicitations Talk - duplicate of 1827 - to be merged

View [online](#).

20 March 1994

Birthday Felicitations

Kolkata (India)

Talk Language: English | Transcript (English) – Draft

Birthday Felicitations Talk

So much has been said about me that I really start wondering what is all going on. Actually, I am not at all aware how things are working out. How Sahaja Yoga is spreading all over the world? How you people have come to Sahaja Yoga? It is a very special time. It is the blossom time and I was happy that in the beginning, the 'Shuddha Vasanta' was played, suggesting this is the blossom time. And in this blossom time, it is all organised that this should happen. I am just a medium I think and not aware as to how things are working out? Only thing, my heart was filled with such feeling of gratitude to you that you have taken to Sahaja Yoga. It's very difficult because it's a very subtle knowledge (Sookshma) and in this gross world where it has become worse during modern times (Kaliyuga) I never hoped that I will create even twelve Sahaja Yogis. I know this is the time but I didn't know that it will be such a time that people all over the world will take to truth and truth will prevail. So much falsehood all around in every walk of life, in every dimension of our personality. We accept all kinds of illusions. In this condition of illusory expectations that there should be so many people who want to know the truth is the most remarkable thing. To me it's a surprise. In Calcutta, first time when I came I must tell you, in a big hall, only one person was sitting. Only one! And also he knew me. So he came. Just to oblige me. And the road was all crowded. When I inquired, "What's going on?" I was informed that there is one tantrik who is beating himself with a big hunter and people were thronging to that place. I was so disappointed. I said in this place of the Goddess, why people were taking, specially Kali's worshipers, how could they take to this 'Pret vidyas', 'mashan vidya'? And all kinds of tantrik nonsense. The very intelligent people, very artistic, extremely loving, what has happened to them? I couldn't understand.

Then second time I came. Everybody who came, said, I am already 'dikshit', means 'dikshit' means they had already been blessed by some sort of a guru. Most of these were tantrikas, most of the ideas were so wrong. I could not open my mouth at that time and tell them that it was all wrong. I said all of them put together will throw me out permanently. I don't know how the change started moving one after another. I used to think, who will look after Bengal. It was very important. Bengal is the place from where the greatest patriots, greatest writers, greatest artists have come out. It's a proud place for all of us. The whole country is proud of Bengal. And what has happened is, that it's full of 'Kali vidya', about which Nanaka had written so clearly against it one full chapter is there in 'Grantha Sahib'. And when I saw this being so much, amass spread out, I felt, somebody must come up. Somebody who should really shoulder the responsibility of Bengal.

And then, I found, I must say Jalan, who is from Rajasthan, but he is out and out a Bengali, in every way. And he told me, Mother, they will all change, you come again and again. And really it is something very surprising how Bengal, how Calcutta has changed. Two years they waited for me, I know. But the amount of change and transformation that has taken place in Bengal is remarkable. Wherever there is this black art, there will be poverty. Like Kerala has black art, here it is black art. As soon as this black art goes away, because not only that they do something to you physically, mentally, but to your Kundalini also they harm and also they harm you very much, financially. They take money and really people have become very poor. But then somehow this love for the Mother, these Bengalis have. Here a little girl is also a 'Ma'. Once a minister came to see me, who was a communist. He said, "Mother I am sorry. I got delayed because I had to go to the Kali temple to worship." I said you are a communist, why do you worship at the Kali temple. He said, "How can I forget my mother, (Kya ma ko bhool jayenge), because I am a communist? I will better give up communism. My mother is everything." I was surprised at him. Though he was a communist he believed in Mother. So the motherhood is very much worshiped in Bengal and that is the basis of their very loving nature and they are extremely tolerant people. Moreover when I was born, my mother said a Bengali girl has been born in our

family. I looked very much like a Bengali. And any where, even now, I go, if there is an Indian they ask me, are you from Bengal. But I can look like anyone. But somehow or the other it works out. You don't know, how a mother feels proud of her children. It's not easy to express. It's a very deep feeling of your own growth, your own achievements that your children have come up so much. I mean all those people, who today spoke I never heard them, some of them before. But I can tell you about Rajesh, who never used to step on, to the stage. One day we were in a big mess and this whole program had started, and the minister had come, and this had come and nobody was there to compere. So I pushed him and said, you better start now, immediately. And now look at him, how he has mastered it. So many poets, so many orators, so many musicians and all areas of human endeavor, businessmen, and every area, bureaucrats, I am surprised that how they have accepted Sahaja Yoga so well, surrendered completely, and have shown such results, such results as if somebody has sparked them. Recently one of my nieces had come. Her husband was suffering from arthritis, and he got well. So when they went back, they told their son about it. So he started worshipping me. They told me, our son is no good in studies, what to do with him and all that? And you will be surprised, that within one year he has topped the list of U.R boys in matriculation. The one who was not a good student.

So this power of Kundalini is within you. It is there. Only we must utilize it. As I told you in Shiv Puja, what covers it is your ego or your conditioning. Allow it to grow and it will really show you how great and glorious you are. It is not me who is doing it. It is your Kundalini which is working it out. One thing, she knows me. That's all. And the way this transformation has taken place, also shows your 'poorva janma's punyas' and your intelligence, the way you have accepted, it is too subtle and even Kabira got lost and he said 'Kaise samjhaun sab jag andha'. All of them got fed up and they said, better take a samadhi because these people are not going to take to this 'sukshma' knowledge. But today, what do you find it spreading. This is the blossom time. And to me, it's the pleasure of the mother, the joy of the mother, of seeing this world changing. So many people think about it, that they want to have this kind of world.

Buddha said the same, Mahavira said the same, Christ said the same, Krishna said the same, Rama said the same, Lao-tse, you find everyone, the Zen, everybody said the same thing that we have to achieve that world, that we have to enter into the Kingdom of God. And how it has happened to yourself, I am really surprised myself, very much surprised and also so much gratified that you people have taken to it, so seriously and you are working it out in every country. If I could do it alone, why should I convert you to Sahaja Yoga. It has to have channels. And channels as pure as yourself. Otherwise it cannot work out. That's how it's spreading. You have all the powers. Please try to assume those powers. This I have been saying. Like a beggar is made a king, suppose. Then he sits on the throne and is still begging. Then what's the use of making him the king. It's like this. Now you have entered into the kingdom of God. Have faith in that. And that you are all capable of transforming this world. You are the people who are really chosen. So responsibility is great, and for that you don't have to do in Sahaja Yoga, you don't have to do anything. You don't have to pay, you don't have to stand on your head, you don't have to fast, you don't have to give up your family. Nothing. Only thing you must have is pure desire. 'Pure Desire', which is the power of Kundalini and keeps your connection intact, be collective and always think of others who haven't got it. Have mercy on them. Don't get angry with them. You must have patience. Have mercy on them and with that mercy you will be surprised you can get so many people to Sahaja Yoga. I mean this hall is already not sufficient. I don't know, next birthday what's going to happen.

Another surprising thing is that in the West, the people have become so innocent. Phillip, who is a German. We used to hear the name of German and used to run away. He is the gentlest person you could think of. Extremely gentle. I am surprised, all this gentleness in Germans, if it is awakened then what will happen. You will establish the Kingdom of God on this earth. There are people who are really surprisingly have become so sweet, so mild, so beautiful, so dynamic, so affectionate, at the same time such compassion, such understanding. They are all of such a high quality, angel-like people that I look them and I wonder how this has happened. This was all there, it was all there, only they got it. So, I have to congratulate you, instead of you saying this to me because whatever I am, I have been for ages now. Whatever you are, if you are that, what is so great. Nothing great. I have not achieved anything. You have achieved it and that's why I congratulate you all, and I am very much thankful to you, Sir (General Joshi, Chief of the Army Staff), for coming over to this function because you are placed in such a position where people can see that a man of this calibre also can understand, then this is something very great. As Rai Sahib has also said that he wants to do something in holistic medicine and in Delhi we are thinking of starting a research center where I hope, we will be able to prove many diseases which we have cured no doubt we have cured; blood cancer, madness, Aids, heart - that is the biggest One fellow had a bypass about ten years back. Then the doctors said, your bypass had gone old, you have to change it.

So they were making him ready for the thing. He went and prayed and said, "Mother please I don't want to have an operation." When the next he went to the hospital, they found that his old 'aorta' which was clogged, had opened out and he had become a normal person. I didn't know myself that he was cured. But when I went to his house, I found that he was doing gardening. I said, "what are you doing? You are not so well." He said "Mother, I am now normal. I am playing tennis." I said, Oh! My God. Sahaja Yoga is such a surprise. Our third doctor is getting a M.D. I came to know very recently. I didn't know that she has got it. She is not a Sahaja Yogini. Even Dr. Sethi is not a Sahaja Yogi. Otherwise they will say, you are giving false reports. You see these days, everything is false so they think that we are also false. But it is happening everywhere. People are getting cured, their mental health is better, their family life is better, their jobs are better, their business is better, relationships are very good. But one thing is always there. We must keep 'Shuddha ichchha'. Means we must meditate. Very important. Really I have no words, as I said what you are telling about me reminds me, once, Ravindra Nath Tagore, our great Gurudev, wrote a poem. The poem was so good that everybody sent comments about it. So he read it and said, "I never knew all this I wrote. People are sending me all these reports, and I don't know. But this is it. It's not that what I do is not so important, it is how you receive it and how you reciprocate, that is important. And that has happened in this Kali Yuga. I have to thank you again and again and I thank you very much for all this. Moreover, I must say that I have never known that Bengalis are so systematic and so organised, I never knew. If this organizing capacity has come through Sahaja Yoga, then my hats off to Sahaja Yoga. Whatever I knew about Bengalis was that they were never organised, they were this and they were that, but I was surprised that such arrangements they have made, and what nice beautiful cards and things. Impossible You cannot believe it that such things can happen in this Calcutta. And has happened, that means that you are in for a very prosperous and beautiful life in Bengal.

May God Bless You!

1994-0321, Interview

View [online](#).

21 March 1994

Interview

Kolkata (India)

Talk Language: English | Transcript (English) – Draft

Question: The first question i want to ask you is what is your concept of meditation?

Shri Mataji: Meditation you cannot do, you have to be in meditation, it's a state of meditation. Like some people say that you can sit like this pink like this and with that you will go into meditative state, you cannot, because always your mind is jumping on the crests of your thoughts, they come from the future and the past, and you cannot think of the present, you cannot come to the present, and when you are in meditation then you are in present you don't think, it's called as "Nirvachara Samadhi"

Question: This concept which you have evolved, what is the kind of response that you have received to this?

Shri Mataji: You see the world is full of, these day, full of strife and all kinds of problems, and this is the time predicted already that people will start seeking the truth and there are seekers all over the world who are trying to seek their peace with in themselves. Now the problem is that there are many other institutions, organizations and individuals who have claimed that they can give you peace and you can get this type of [UNCLEAR], see that's the big problem. But actually within us is a power which if it is awakened it connects you to the all-pervading power of divine love, which we call as "Brahma Chaitanya". You can call it by other names also, like in the Quran it is called as "Ruh", it is called as the "Cool breeze of the holy ghosh" in the bible, also it is called as "Ritam Bhara Pragnya" by Patanjali.

So this subtle power which does all the living work, which is the vital power, and once you are connected to it through this awakening then these thoughts become elongated and the space between them is the present, then you become thoughtlessly aware, this is the first step, then you don't think just watch, if you want to think you can think, mostly it is inspiration then, but normally if you see anything nice something good, anything, you just become thoughtless, that is to be in meditation.

Then the second state is called as "Nirvakalpa Samadhi" means doubtless awareness, is a hard state when you can give realization to others, you can cure people, you can do all these things. So unless and until you have knowledge of yourself, you cannot be in meditation. But this knowledge is not mental... not mental... that you can read in the book but it's a state, like we are human beings so we are in a state to know so many things like we understand beauty, we understand color, we understand that this is dirty this is clean, animals don't understand. So in our awareness on our central nervous system we feel the presence of this all-pervading power as cool breeze, so it is on the central nervous system in your evolutionary process you have to achieve this state of mind.

Question: You said just now that there is lot of strife in this world, restlessness, i would add that there is also poverty. Do you think there is any solution to these problems?

Shri Mataji: Of course there is very much solution to all of these because when this power is awakened which we call as Kundalini she passes through six centers, these are the energy centers, these centers are on our spinal cord and also inside the brain, these are six [UNCLEAR] process, the seventh one is below the triangular bone. So because these are fundamental vital power centers and when they are awakened and also enlightened and also enriched then our problems get solved. All our problems come mostly from [UNCLEAR]. Poverty for example comes to us because we are as a whole as a country we do not understand how to live collective, one point, but you become collective after this, then you become compassionate, but this first has to happen in the middle class, middle path. Very rich people don't come to Sahaja Yoga and very poor also cannot come, but like the river it flows and then expands to the sides to cover. Now in our country the main problem is agriculture that can be

helped very much with Sahaja Yoga because once you get these vibrations of the divine, this is such a vital power that you give it to your plants to your crops your domestic animals to anyone, like i produced a sunflower which was about two feet, one person couldn't lift it, i had so many of them. We gave it in the newspaper did everything nobody took note of it. So one has to also take to it, now agriculture can be even times more than what it is. We have shown all these results, we have three four doctors of agriculture, one is from Austria, he was an adviser to the UN for agriculture but nobody listens to him also. So you see this power which creates all that is limit, which protects, looks after, grows and nourishes close to us, so we can handle it, channelize it use it where ever we want.

Question: How do you view religion? What is your opinion of religion?

Shri Mataji: Religion is something which is very innate, it's not outside. Innate religion is where a person becomes himself a righteousness, don't have to tell don't do like this don't do that. Because whether you are a Christian, Hindu, Muslim or anything you can commit any sin, isn't it, it's all outside just for fighting which has no meaning inside. So to have that innate religion awakened also this power helps, because there is a center here which it enlightens, with that a person understand the essence of religion, understands that all religions are flowers on the same tree that they have plucked it out and now they are fighting with the dead flowers [UNCLEAR]. So you go beyond all these barriers of religion and you become really a righteous person. So in Sahaja Yoga you call it, you achieve a religion which we call as "Vishwa Nirmal Dharm" which is innate, absolutely innate.

Thank you very much. Thank you

1994-0321, Birthday Puja: Power of Attention

View [online](#).

21 March 1994

Power Of Attention

Birthday Puja

Kolkata (India)

Talk Language: English | Transcript (English) – VERIFIED

Every year we have birthdays of various people, and every year we make a vow that, "This year I will not do this or I will not do that." This is a very good way of seeing how far we have come in life. Many people who really have achieved a very great height in their spiritual life did not need a birthday. But every day they felt it's a birthday to start, to go ahead, to understand, to learn. Every day is a New Year for them.

In our own life we see that our surroundings change very slowly. Sometimes it is shocking; sometimes you are surprised how the surroundings are not changing. But, in a subtle way, there is a tremendous change that is happening within us and without. The whole atmosphere today is governed by human beings. I don't know how far Paramchaitanya works it out, but it is for us to open ourselves to new dimensions in our lives.

For example, if we find we still have, through our introspection, we locate that we have these old, subtle, nonsensical things still hanging around us, we don't have to vow for it. You have to just witness it, and the destructive path it is taking you to. Immediately you will give up. You don't have to worry as to put a vow upon yourself, because now you are "samartha" [capable], meaning now you are absolutely empowered. Whatever you think is wrong, your attention itself on it will slowly, gradually remove the doubts about having those problems, those connections, conditions and ego that are lingering still. Definitely you will drop them. With your attention it will run away.

Then you will realise that every day your attention is getting purified, getting powerful, getting compassionate. Normally, whatever reaction you have in your attention just disappears, and you start witnessing the whole thing, and your power of attention, through that witnessing force, acts and it works. It works not only on you, but on everything that surrounds you.

Firstly, through your meditation, in that state of meditation, you expand within yourself. You stay in the present. The other day, somebody asked me, "Where was Your last birthday?" I just forgot where it was. Otherwise, my memory is very good, like an elephant. But this I forgot. Perhaps, every time, every day, you live in the present and you grow, so you forget when and where this growth has taken place.

My own growth has been like this that every time I go to a place, I find very nice new people coming in and some of the horrible ones from the old lot disappearing. It's something like, when the tree grows, the leaves go on falling and new leaves start coming. But in Sahaja Yoga, it's something different I find, that on the tree of Sahaja Yoga very few, very, very few leaves fall off, and you sometimes face a lush garden of beautiful people.

To me, it's like a miraculous firework. It starts like a small line and then opens up into several beautiful patterns. It is impossible to envisage or to visualise what will happen to us, to Sahaja Yoga and to all of you.

I have never learned to imagine things, but the vision that you see is really remarkable, it's very remarkable, that I see all Sahaja Yogis drenched in Divine Love and expressing themselves in a very beautiful and very deep manner. This, when comes in, that really makes your attention absolutely enwrapped in such Divine Bliss that you forget that moment.

One of those moments are when you celebrate my birthday. I even forget how many years I have lived on this Earth. Sometimes I say I am seventy-three, sometimes I say I am seventy - I just don't know. Because, as I told you, it does not leave any mark of

time, of date, of years, in that blissful state.

As if sometimes you can think that you went to see something very beautiful, like Taj Mahal, without knowing what it is, and suddenly you find such a beautiful building unexpectedly.

You just get blindfolded, as they say. In Hindi say "avakka" [speechless]. You don't know how to express, you become speechless. And invariably you'll find, that time you'll forget the time. You will forget how you came there. All the story behind all that finishes off as soon as you see the reality of the vision.

This reality of the vision is something beyond even my thinking and imagination. I cannot, even now sometimes, believe that there are so many Sahaja Yogis who have got this subtle knowledge. I never knew that there are so many seekers, to begin with. I never knew that there are such subtle people on this Earth. All over the world, wherever I went, whether I went to Nepal or to Brazil, suddenly I find facing so many beautiful seekers.

If you ask me, "When did You go to Brazil?", I won't be able to tell you the dates. I have very bad memory for dates for the same reason, I think, because every time I see a vision. And the time also just stops for that moment. It doesn't express itself, nothing is recorded, except for the experience.

And this experience is in an abstract form. You cannot describe it. It is beyond words and beyond any description. At that time you really become thoughtless, and that is the time we have to really enjoy.

The greatest curse of modern times is the watch, all the time that we keep. And all the time we are just seeing the time, what time it is now, and after two seconds again also you want to see what is the time. We have crossed the limits of time - "kalatit". Try to understand why we have crossed, because time moves according to us. You can experience it.

The other day I was coming from Delhi, and in my household everybody seems to be very particular about time. So they were after my life, "Come along, come along. Getting late, getting late. Now, you just can't get into the plane," this, that. All right. And when I reached there, they said that, "The plane is still waiting. It's not... it's not necessary for you to hurry up. It will take at least fifteen, twenty minutes for you to go."

So, also this name of 'airport' makes people really jumpy, I should say. They have to go to the aeroplane means as if some war is there or I don't know what it is. So far, luckily, I have never missed a plane, never missed a train in my lifetime. Though I travel, I think, quite a lot. I have every time found, invariably, that the plane itself is waiting for me, it won't leave.

Like, I'll give you a very interesting example today, if you are relaxed. We were in Prague, and we were supposed to go to Poland via... again same thing happens to me with experience I had... via Vienna. And we had a very great Sahaja Yogi with us who told me that the plane will be leaving at eleven o'clock. And from the airport he rings me up, "No, the plane is leaving at 9:30."

If I want, I can be ready in five minutes or I can take two hours, depends on. So I was ready, I just jumped into the car. We reached the airport, but we were late by fifteen minutes, and the ground lady started shouting at me at the top of her voice, "You people, you are VIPs, you are this, you are that." All kinds of things she said to me. And this Sahaja Yogi could not bear it and he felt that it was his mistake (that) he told me a wrong time, "That's why this lady is shouting at my Mother." He couldn't bear it. He was very unhappy.

[Aside to somebody: "You can turn it round. Turn it."]

So, we went into the aeroplane with this lady shouting behind, and we saw that the pilot and engineers, they were busy with some correction of the machinery. They said, "It is little bit out of order, it will be ready." So we sat down. Now this Sahaja Yogi could not bear it, and his tears started rolling down his eyes. Then another Sahaja Yogini, she said, "Brother, it's all right. Don't cry." They were sitting behind me, I just turned round. I said, "It's all right. Don't worry." He said, "No Mother, because of me she could

say all these things, you know, I can't bear it." And he couldn't stop crying. Within one minute, the sky, which was absolutely open, was covered with big clouds like huge, big elephants walking into the whole area - very big. All the Sahaja Yogis who were standing also on the other side, on top of the airport, saw it happening. The whole thing became absolutely jet-black. "Oh, my God," I said, "see, the tears of this gentleman has such powers." And then the airport people told us that this plane is out of order, so we have to get down. So, we got down, we came back.

Then he went to this ground hostess and told her, "Now, whom should we shout at? Now the plane is not going, should we shout at you? How dare you shout at my Mother and all those things?" But all the people there at the airport, who were still in... under the same regime style, got such a fright.

The manager himself walked to me. He said, "For your plane there's still five hours and if you want out we can give you permission, all of you can go out." And he took me by a special way. I couldn't understand this reaction though. So I went out and we did some shopping or something, and when we came back, we were surprised. All the airport was rather stunned by us. And when I walked, that was the only plane that was leaving.

All the traffic had stopped except for this plane. And when we walked down to board the plane, the gentleman who was there said, "Mother, can you help me?" I said, "How?" "I have got a terrible back pain." I said, "How can I do it?" Then one lady walked in to say, "Mother, please, I have pain in my shoulder. Can you put Your hand on that?" I just put my hand on her shoulder and she said, "I am feeling all right." She started lifting her arm. Then I went. I thought I'd better now take to the aeroplane.

When I was walking, the same gentleman came to me, he said, "Why not put hand on my back?" I said, "I have to board the plane." He said, "I'll walk with You. You just put Your hand on my back. I'm sure I'll be all right." And we walked together about two minutes or so, he said, "I'm all right."

The whole atmosphere changed. It was such a tremendous effect on these people who have been under a regime and have been really military-like, and the whole treatment was so funny. The whole thing changed in such a short time, and I was amazed how the tears of this Sahaja Yogi has worked this wonder.

Now, imagine a moment when tears started rolling his eyes, that moment just manifested a big drama. And, ultimately, what you find is that the people at the airport became extremely humble and respectful.

So, when we start thinking of time and time and time, we have to understand that time is our slave; we are not slaves of the time. There are thousand and one stories I can tell you how, by delaying in a place, by getting late in a place, by not caring for the time, I have seen such beautiful manifestations, such beautiful dramas - the art of the Divine Power - that I was amazed how people worry so much about the time. If time is really necessary, if we are all watching our time every year, as our birthday, and if you think that time is very important, it is in a way. In these modern times, we really need the time for meditation, for collective meetings and for Sahaja Yoga.

I know when there was the war of independence in this country, where my parents fought with all their 'tana' [body], 'mana' [mind], 'dhana' [wealth]. That time I remember how they never cared for anything. They went all out, because it was very important to get this country freed from the clutches of the Empire. And this was so important. They had to meet somebody at such a point. That man, supposing, is escaping from the jail, or there's some sort of a thing on, they could not afford to miss the time. They could not afford to just neglect that important time, important meeting, important discussion, because everything had become an emergency. For them, nobody told them, nobody gave them lectures, but for them, from inside. They were all legendary people, I should say, the way they fought for their freedom.

This is, today, the same situation. It is an emergency, a very subtle emergency that nothing is more important than spreading Sahaja Yoga. If some people will miss it, will not know about it, we will be responsible for that. At the time of Christ, Buddha, Mahavira or anyone of them, there were no aeroplanes to travel. There were not these loudspeakers, also other communications and televisions and all those things. All these things have come now. That has been manifested now. It is the work of

Paramachaitanya.

Through scientists, through other knowledge, all this manifestation has taken place. Also, these people didn't have to face people, so many, nor did they... were supposed to give realisation to people in such a big number. So, all these inventions, all that you see today as modern ventures which we have got, they are all for Sahaja Yoga. Without Sahaja Yoga, you cannot imagine what would happen to this world.

The first and foremost thing is we have no peace within our hearts. We talk of peace. I know of people who have got awards in peace, have no peace within their heart, no peace at all. Unless and until we human beings have peace, there cannot be peace in the whole world. It is we who create wars. It is we who do all kinds of violence. It is we, we ruin the possibility of people getting into the Kingdom of God. So, peace can be only achieved by establishing peace in the hearts of the people.

And that is only possible, that you achieve the state of thoughtless awareness. You remain in the present. And there, where you'll be amazed, you will be standing like a rock, because you will have reality in your hand. You can work out the way you like. Actually, I don't work out anything whatsoever, really. You may say, "You do this and You do that," I don't. It's the Paramachaitanya, which works it.

In the same way, it will work for you also. But you must have faith in yourself and absolute faith in Sahaja Yoga. Absolute. That's the only way we can achieve this, that many, many, many people, most of the people of the world - I wouldn't say all of them, rather difficult to say that but may be possible - should enter into the Kingdom of God with us. That's the most important thing, more than all these worldly things, and more than all these nonsensical things. So the attention should be how many people we are going to bring to Sahaja Yoga, how many we are going to save, what are we going to do about it. When you have to think about it every morning, how can you remember the time and date?

When you are in emergency now, and you know that this emergency has to be fulfilled, then how can you just pay attention to all worldly things, all worldly achievements? That will take its own course. You don't have to worry. That works out automatically. Only thing where you really need your own diversion, or your own focusing, is Sahaja Yoga, in and out.

If we really want peace on this Earth, if we want really progress for ourselves, if we want all kinds of physical, mental and emotional problems being solved, all for our good, why not we come to Sahaj Yoga, where we don't have to do anything except for raising our Kundalini, except for meditating for it for very little time and to achieve that state of joy?

Today my feelings are really full of joy, full of joy, because now I can see how things are happening, how one person can produce thousands and thousands of Sahaja Yogis.

I saw one miracle, I told once that one seed has all the thousand trees it is going to produce and when I saw a new technique of tissue culture, I was amazed that on one little seed there were so many little, little primules who had come out.

In the same way, you are all capable, and you all can do it, but what is needed is faith in yourself and also complete sincerity about Sahaja Yoga. If that happens today, you have really celebrated my birthday. If you think that my birthday is important, that for me very important is that everybody gets their spiritual birthday.

May God bless you.

[Applause]

1994-0327, The Primordial Mother is with you

View [online](#).

27 March 1994

The Primordial Mother Is With You

Public Program

Octagon Theatre, Perth (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program, Perth (Australia). 27 March 1994.

I bow to all the seekers of truth.

At the very outset I have to say that truth is what it is. You cannot change it, you cannot describe it and you cannot conceptualize it. It is, it has been and it will be. Now whatever I'm going to tell you today, you need not accept it blindfolded. We have had enough of trouble with blind faiths, but you must keep your mind open, like a scientist and if it proves to be alright, if it proves what I am saying, as honest people you must accept it, because it is for the benevolence of your being, for the benevolence of your city, of your country, of the whole world.

Now, I would like to tell you what is the truth. The truth is, that you're not this body, this mind, this ego, these conditionings, you're not that. But you are the pure spirit. This is the first truth about you. And the second truth is, that there is a all-pervading power of Divine Love. I hope you are all hearing me alright. Are you alright? There's a all- pervading power of Divine love. Is called by various names in the scriptures. For example in the Bible it's called as the Cool Breeze of the Holy Ghost, also all-pervading power of Divine Love. Is called as 'ruh' in Koran, in Sanskrit it is called as 'Brahma Chaitanya' or 'Ritambhara PrAgnya', by Patanjali Yoga Shashtra. Names can be anything. Means the same thing. That there is a subtle power, very dynamic power of Divine Love which does all living work. For example see these beautiful flowers here. It's a miracle, these flowers have come out of a small plant and the plant has come out of a little seed and every flower is different, every type of a flower is different.

Then who runs our heart? We never ask this question. It's a living process. Who runs our heart? The doctors will say it's an autonomous nervous system. But what is this autonomous nervous system? Who is the auto behind it? Everything that is living we take it for granted. Even the scientists don't enter that area, because they know they can't find anything there. So how this living process is done, is a very miraculous thing which we accept without knowing about it, but is this all-pervading power, which is very subtle and does this. In every living action it is there. Also it acts on the matter, in a way, like vibrations we know isometric, symmetric, all these vibrations are there.

Now to say that God doesn't exist is very easy. To say that. But it's not proper, it's not scientific, because you have not found out if there is God or not God. Without seeing that without finding it, if we just say that there is no God, then I think is not proper. There is a way to find it out. Very simple way is as Stephen has already told you, we have this kind of a mechanism within us built in, during our evolutionary process. In the evolutionary process we have become human beings. But we do not know the absolute truth. We don't know. That's why the problem. Some say communism is good, some say capitalism is good, some say Christianity is good, some say Islamic is good. All kinds of things people talk. That means everybody has a yarn in the head, which they start putting before us. It's just a mental projection. It is nothing to do with the Absolute. If it was absolute [EVERY WOULD HAVE...del.] everybody would have agreed to it or accepted it. Now, I am sitting before you. Is a fact. You know it for truth, so nobody's going to say that I am not sitting here. In the same way if you know the absolute truth, then there cannot be any quarrel, fights, any arguments, no wars.

This is the state we have to reach now where we all know the absolute truth. And this is the absolute truth which I have told you already - what you are. As a result of this happening, when you get connected through the awakening of this Kundalini, this power is called Kundalini because 'kundali' means a coil. It's a Primordial Mother, expressing Herself as a reflection. We have a concept of a Father, alright. We have a concept of a Son, alright. But we have no Mother. That's the Holy Ghost. Has to be. But in

all other religions except for Islam and you can say the Jews. Jews also have the concept of the Primordial Mother. They have Motherhood but they, I don't know why they evaded the problem of talking about the Mother, the Primordial Mother. So this is the reflection of the Primordial Mother in your triangular bone which is called as sacrum. That means the Greeks knew that it was a sacred bone why would they call it sacrum of all the things? And I found out it was so.

Now, the whole religion also the concept of religion becoming mental, it has gone astray.

Religion is within. You may be a Christian, Hindu, Muslim anything, you can commit any sin. If religion had anything in it, everyone who follows a particular religion would have been sinless. But they are not. So that means that religion has to be awakened within us. It has to be an innate religion. Whatever religion it is it should be innate, which is not innate. And that's why whatever religion we may follow, we do not fall into line with what is said in the religion. Now, Sahaja Yoga, he must have told you 'saha' means 'with' and 'ja' is 'born with you' - this right to become one with this all-pervading power. We have no idea at all how glorious we are, what properties we have, what powers we have, what is in us, we have no idea at all I would say, what we are capable of. Because we are still not one with that all-pervading power.

Once this is awakened it passes through all these six centers, nourishing them. Now the centers, the energy centres are our fundamentals. The problems of the world if you see most of them come from human beings. Those who have no peace within how can they have peace without? In the same way there are so many things which are said, which are not there. We know about priests in every religion are, about immoral, about. Some are less some are more. How can you be? You are a priest, you are teaching something nice and inside you are immoral. It is in every religion. It's nothing new. That means they are just preaching, it's just like a radio, something coming out but nothing inside. And that's why many people feel that religion is useless, God is useless. That's what they felt in communistic countries.

When we don't know ourselves how can we talk about anything? Like we say this is my house, this is my car, this is my wife, this is my husband. Everything 'my' but where is this 'I' to which all this belongs? So we have to go within, and how can we go within, is the point. To go within is impossible. If I say that: 'Please take your attention inside,' you cannot take it. So this happening takes place that this Kundalini rises. By that happening your attention is pulled inside and when She rises, She pierces through this fontanel bone area, and you are in contact with this all pervading power. First thing happens that you start feeling cool breeze coming on your fingertips. You start feeling cool breeze coming out of your own head.

You are amazed at it but the experience is very peaceful. You feel extremely relaxed, and the eyes start sparkling. As a result of this happening the first thing happens to you that you become peaceful. Absolutely. How? See actually we are thinking, all the time our thoughts rise fall, rise fall. In between these thoughts there's a little space. When we are thinking we are thinking about the future or about the past, not about the present, we cannot think. So when this Kundalini rises then these thoughts get elongated, and this space increases, and that's the place where you become thoughtlessly aware. You are aware but you are thoughtless. That's the place, where you are in the present, and you are peaceful. And that's the state where you grow spiritually. You cannot do meditation, you have to be in meditation.

Of course, you can't pay for all this, is something, I don't know how many times I've told people, you can't pay for your living process. How much did we pay for our evolution? How much, do we pay to Mother Earth for sprouting the seeds? So you can't pay for it and it has been so. I don't know why people were so enamoured by people who were taking money. I went to America, they said: 'You don't take money so we don't believe you.' I was surprised. What sort of a logic is this? 'How much should you pay me?' I said. The whole concept is that, everything is money, God is money, even your ascent is money, everything you must pay. And such funny ideas they had that, we are what we are giving him metal or something, we are giving him nothing but a Rolls Royce. But he gives us the spirit. What spirit is he giving you? He is mesmerizing you. That's what he's doing. You are not free. You are mesmerized and under mesmerism you don't understand what he's doing to you. And now thank God, ninety-nine percent of them are getting exposed. But now new are coming up like mushrooms but still, if you understand that you can't pay for your evolutionary process, you have understood me very well.

Now what happens when you get your realization as I told you, the first thing happens that you become thoughtlessly aware. Is a state. In Sanskrit called as nirvichara samadhi. The second state is doubtless awareness. When this connection is in the

beginning little loose, so, you have to work it out a little bit. Once you have worked it out and the connection becomes really, permanent, then what you find is a complete flow of that power within you. A new state another a new dimension in your awareness comes in. That on your fingertips you can feel your centers, means self knowledge. You know where what's the problem is. And on the same way, on the same fingers you can feel the centres of others. So you are collectively conscious. You know about others. You don't know what sort of dress they are wearing, what sort of complexion they have, what race they come from, but what you know is what's wrong with their centre, which centre is in jeopardy. Now, if you know how to correct those centers, your problem is solved and the problem of others also you can solve.

In that enlightenment, what do you see? You see yourself away from yourself in the sense that you start seeing, yourself as sometimes as a stupid fellow. Sometimes could be you might think, see that you are doing such wrong things to yourself. You are destroying yourself. In Sahaja Yoga we never say: 'Don't do.' We never say because half of the people will run away. So we say that alright let's have the awakening. Once you have the awakening then in that light you see. I'll give an example. Supposing I'm very obstinate, and think no end of myself, and is carrying the snake in my hand. It's darkness and somebody tells me that this is a snake and it will bite you. I say: 'No. [WHAT'S THE...del.] What's wrong? Let me have, but it's a rope.' They said: 'No, it's a snake, please throw it away.' No. Nobody will listen. But if little light comes [IN THAT...del.] in that room or in that hall or wherever it is immediately you throw away that snake. So you become your own guide, and you understand yourself and you just give up all these things. Without doing anything you just give it up.

In England we had great experiences of very terrible drug addicts. Overnight they gave up. Overnight. It's very surprising. All these problems, in the world today are because of ignorance. Once you have the light you just give up all these things, without any difficulty, because you find they're destructive. One doesn't have to tell you don't do it don't do it. It just happens. You are empowered. That you can control yourself and you know how to be with yourself. But in the same way you can have an effect on others. Supposing two persons are quarreling and a third person who's a realized soul goes there, suddenly the peace descends on them and suddenly they give up fighting. So the power that is all-pervading you should understand, is such a dynamic power, is the ocean of compassion, is the ocean of knowledge, but above all it is the ocean of forgiveness. So, when we feel very guilty, after realization you get rid of all these troubles. People have all kinds of problems incurred upon themselves. But in this light you see it so clearly and it manages. It just disappears.

Now what is our problem now of this world is? A scientist came to argue with me. I said: 'Answer only one question. Why are you on this earth?' He didn't know what to say. Madly he is finding out one thing, then another thing and another thing. But I said: 'Why are you here? Just to find these things or is there something more?' Couldn't understand. I said: 'If I tell you, you'll be happy to know, you have to enter into the Kingdom of God, to enjoy His bliss, to enjoy His love, to enjoy His bounties. This is why you are on this Earth.' This is what it is, it answers this question this way.

The second thing that happens to you. That you know Absolute Truth. Now supposing, somebody comes from India from jail. And wears a cloth of saffron color and starts saying some sort of Sanskrit words. He'll become a big guru anywhere. Because he shows off like that you see, carries a drum of that kind. He'll become a big guru. How will you know whether he's a thief or not? What you have to do is to just put your hands if you are realised souls. Immediately you will feel, the burning of this fellow. Immediately you'll know what sort of chakras he is. How cunning he is. Immediately. And after some times you don't even have to put your hands towards him. Immediately you'll know what sort of person he is, what are his centers in danger, what is happening to him. Thus you can cure also physical ailments of yourself and of others.

You are so relaxed. Now see, I'm seventy-one years of age. I've been coming to Perth, I don't know how many years I've been coming here. And I'm travelling like this, I'm quite all right. Because, you don't worry. You are so relaxed. I mean people say: 'Mother, you are traveling so much.' I say: 'I never travel, I'm just sitting in the aeroplane, that's all I know.' If I start thinking: 'I'm traveling, I'm this.' I never travel. I'm just sitting nicely, I'm sitting here in the same, in the drawing room, I'm sitting there. What is there like travelling? What's so special.

Like that you see you become so relaxed, in your peace, that you don't feel, your age, you become so dynamic, and you become so compassionate. You become extremely compassionate. You become a very different person, very beautiful person. I've seen

who are married in Sahaja Yoga, people, are such good husband and wife. Hardly any divorce. One per cent maybe. And they have beautiful children, who are born realised. In your Perth also you have some of them. You should meet them, you'll be happy to meet them. And so many problems which are so superficial also pass out. Children become so dynamic. I know one of my relations had some problems so he came to see Me. And he got cured. When he went back he told his son that I got cured because of this. So he said: 'Alright, now I'm going to do Sahaja Yoga.' That boy, they had complained he's not good for studies and he stood first in the whole of Uttar Pradesh State, such a huge place, millions and millions appear for that matriculation of theirs. He stood first. In our whole family nobody has come first. We have first class, first many. But not in the whole of UP, something so remarkable. And the parents are surprised this boy never used to study much. Now he's taken life so well, he's so matured, he's so sensible. This shows that all your capacities get enlightenment.

I've known, of very great artists coming out of Sahaja Yoga. In your Sydney also you have one girl who's gained a very big name out. Then there are musicians, small children who are becoming great musicians. There are artists, there are musicians, there are poets, orators, authors. Suddenly, all their capacities start expressing themselves. There's a fellow who is a chartered accountant, he said I've never know any language very well. I'm a mathematician. He writes such beautiful poems. That is surprising. How does he write? Now the last song that they sung was written in the sixteenth century by a tailor, who got his realization and is the song says: 'Oh Mother, give my yoga' - means this union with the Divine. They are singing in the villages, everywhere in India, but nobody knows what it means. They don't know what it means. Because of Western education we have given up all that is our, old knowledge, everything. And we never bothered, to know what we have in our country. This Western life has increased so much, it has grown so big. Like a tree that becomes very big. But it should seek its own roots, and it must get its nourishment. If this is the knowledge of the roots, why should we deny it. Is very important. As we learn science, from the West, the West must learn, the knowledge of the roots. And if it can be proved then why not?

Now there are three doctors who have got MD degrees for Sahaja Yoga. One has done on epilepsy, another has done on physical fitness, third one has done on cancer or something. So now they have got MDs. And there's the fourth one who's doing some other research. Asthma. And they are very successful. You don't have to pay anything. No medicine, nothing. Just it works through your own powers. About which you have no knowledge. You don't know what this power is like. What it can give you. So your attention itself becomes enlightened. You pay attention to anyone after you have achieved the state of thoughtless awareness, doubtless awareness, then you will know what's wrong with that person. Even of the dead, you will know what's wrong with that person. Physically you will find out what's wrong. Mentally you will find out and spiritually you can find out. And all these three dimensions in us can found out by ourselves and can be improved. In the same way we can improve others through our attention.

So dynamic, are our powers within ourselves. And that's what I'm saying we have to know our glory. For example this instrument, if it is not connected to the mains it has no identity, it has no meaning. In the same way if we are not connected to this, all-pervading power we have no meaning to our life. So people are trying to find identification by coloring [COLORING...del.] their hair, doing all kinds of things they do for identification. Thank God it's over now, all those. Most of the fads are over. Otherwise they used to always say one mantra: 'What's wrong? What's wrong?' When you are wasting your energy, time: 'What's wrong?' Thank God recession has put them down a little bit and they are not doing all these horrible things they used to do.

So now the attention is more introspective. I think so. Of the young people especially I was shocked the way some of the young people in England were doing this, what do you call that I've forgotten, with the red hair business and wasting fifty pounds for that kind of a hairdress which was quite funny you know and, they started becoming blind. So I said: 'Why do you want to put this horrible color, you are becoming blind?' So they said: 'What's wrong? Nothing wrong.' Even if you say they are going to die: 'So what's wrong? In any way we have to die.' I mean the whole brain had taken a recession into itself. It would not understand anything sensible. But now somehow or other, people are maturing and trying to understand that identity is within ourselves. Like now take a say a good television set and take it to some remote village in India, where they have never seen electricity. And you tell them that from this you can see films and things they'll say: 'Oh, now you are telling us stories. It's just a box.' That's how we think we are just a box.

Unless and until we are connected, we cannot know how great we are. And that's how we start condemning ourselves, suffering

from depression, this, that frustration. These are all artificial. And they just drop out once you know what you are, what is your capacity, what you can do, what are your powers. So that, you get awakened and you can awaken others also. This is another power you get that you can awaken other people. You don't have to ask Me to do that. Anybody who is enlightened can do it. Like one candle which is enlightened can enlighten hundred candles. In the same way you can also do it. And once you start doing it the joy is tremendous.

Here in Perth we have many people who are Sahaja Yogis and they are doing this work here. When I come only once a year here. But I find that gradually they are maturing very well. And they have all the knowledge. All the knowledge about yourself, about your antaratma is called, the inside. You should know everything about yourselves and about others. Not the outside. But the inside of it. What is it? Why? Why do I behave like this? Why do I accept this? Why I don't accept like that? You see your ego, you see all your conditionings, you see everything clearly and you understand what is good for you and you have power to give up what you want to give up. You are not powerless. You are not under any habit. All the habits drop out.

The best part of it, best part of it I would say that you know absolute truth. Also you can help others because in collective consciousness you are there. Your attention is enlightened. But the best is that you jump into the ocean of joy. Joy is singular. It is not like happiness and unhappiness. Supposing somebody pampers our ego we are very happy you see. Somebody punctures it we are very unhappy. But with joy you become a witness. You see the whole thing as a witness. And you are in a state where just you enjoy everything. Everything is so enjoyable, only thing little bit, your vision is marred. Once you get that, that joy, then nothing can make you miserable. If you see a problem of course you face it. You face it bravely. And you are not bothered. And you are surprised that how you are helped by so many blessings. If you have to believe in yourself the blessings come to you.

But you have to have faith in yourself. Because also there's a tendency: 'Oh Mother, I'm a sinner. I'm this that.' You see there's nothing like that. It's all nonsense, people talk about sin, sin, sin, sin. After all you're human beings. You are not gods. If you have done mistakes, so what? What does it matter? After all, this great power is there, which is the ocean of forgiveness. Ocean of forgiveness. You don't have to really torture yourself, and go on saying as this is wrong with me that is wrong with me. Just have faith in yourself I'm telling you and I'm sure this will work out tonight.

Of course I must say, that I respect your freedom. It cannot be forced on you. It cannot be. I respect your freedom. And as a result it is you who has to say yes. I cannot force on you. So those who don't want to have their realization have to go away. It helps you physically, mentally, emotionally. I assure you it does. Also spiritually it helps you a lot. It works. It's your own power. No doubt. And there's no complication with it, at all. No complication of any kind. But if you don't want to have it, how can I force it on you? It cannot be forced. It's a living process, of your choice, the last breakthrough of your evolution. That's what I request you, that you should just decide on this point yourself.

All religions have talked about it. Christ has said: 'Know thyself.' In the Bible it is: 'I'll appear before you like flames, like silent flames.' You do see those chakras like that. Every...Buddha has said it, everyone has said the same thing. Even in the Koran it is written that: 'At the time of resurrection, kiyama, your hands will speak and they'll give witness against you.' I mean He has said it, much more clearly than anybody else. So all the religions have said that you have to know yourself. No doubt about it. But no [RELIGION HAS ...del.] outside religion has tried that. Nobody has tried to tell people you have to know yourself. They all have become either power oriented or money oriented, not spirit oriented. That's the problem is. So I would request people who don't want to have realization to go away, because it won't work out. If you are not there it won't. It doesn't work for people who are adamant, who are arrogant, also for people who are idiots you see, it doesn't work out. I'm sorry to say. If you have some problem, physical, mental, emotional, even spiritual then maybe, it might be delayed but everybody gets it. So far I've seen anybody who has come to Sahaja Yoga has got it. And got it very well.

So, I would request you ... I know you all have some questions also. To be asked. But I would say that, it is better that you write them and send it over to Me. Because just now the whole atmosphere is built in and I think people should get their realization first. Then you'll have no questions. Because questions you see now, I've been working for about twenty-three years, I know all these mental acrobats, I know. I can answer every question very well. Make you laugh also. But, the main thing is realization and if you have this mental diversion then perhaps maybe, you might miss the point. So the best thing is that you get your realization

which is your right and then, we'll talk about it.

Now what one has to do is to take out the shoes that's all. It's not a too much of a thing doing this. Because this Mother Earth takes away our problems. So now we are on our way, to know how fantastic we are and to enter into the Kingdom of God. So we have to be very kind to ourselves. See actually, I think, we must really have respect for ourselves. Very important.

There are three conditions. The first one is, that, you have to forgive yourself. Just forgive yourself. Means you should not feel guilty, at all. Perhaps you don't know if you feel guilty what happens is on the left side this centre catches and that gives you spondylitis. It might also give you angina and maybe lethargic organs. It's a terrible thing to have this centre caught up. So what's the need to feel guilty? I mean in anyway you are punishing yourself for nothing at all. So please don't feel guilty. I mean people feel guilty for all kinds of nonsensical things. Like somebody spilled, say coffee. Finished. All his life he'll remember: 'Oh my God, I spilled the coffee on the carpet.' It's nothing important. So please don't feel guilty. That's one point. That's very important because if this centre is caught up the Kundalini won't rise.

Now the second condition is, that you have to forgive everyone. Now some say it's very difficult to forgive anyone. Logically whether you forgive or don't forgive you don't do anything. What do you do? Nothing. But actually you play into wrong hands. The persons who have harmed you or troubled you or made you unhappy, are happy. While you are torturing yourself. Logically. So why torture yourself for nothing at all? Don't even think about them. To just say in general: 'Mother, I forgive everyone.' Just say it. And it will be done. You'll feel much lighter, I tell you. Must forgive. There's a way to understand that, at this moment you have to be free from all this nonsense. Why? Because this center is, like this - agnya. The optic chiasma goes like this. [SHRI MATAJI DEMONSTRATES] Like that it is. If you don't forgive it won't open. Now, it has to open like this, if the Kundalini has to pass through it. Now if you don't forgive, this will remain like this. All your life you have tortured yourself and at this moment you'll miss the point. So why not forgive? Just forgive. Forgive everyone.

And third. The most important. Is the condition that you all should have confidence that you all can get your realization. Whether you belong to Australia, India or Timbuktu. You all can get your realization tonight. This is very important. Have confidence in yourself. Moreover, you have to know that this is not an individual happening. It's not that you are getting your realization and another isn't. It's 'en masse'. That's the new thing is an 'en masse' realization. Say in Russia sixteen thousand people get realization. How it has worked out? We should say God alone knows. But it has worked out.

Now, once it happens, to you, you cannot sit at home and say: 'Oh yes Mother, I'm meditating.' No, no. You have to come to the collective. You don't have to pay anything. No, no, no. It's not that this is introduction letter and then your purses are polished off. It's not like that. It is, it is just you have to attend. You have to go for meditation with others, collectively. It's a collective happening. Supposing a nail is taken out of your finger. It will never grow. In the same way it's a collective happening. And Sahaja Yoga is working in sixty nations. And the thousands and thousands of people who are self realized. They are all your part and parcel. If one person gets into trouble in any place, all of them will jump at it and try to see that that person is saved. So you have so many brothers and sisters. Real brothers and sisters I should say. They are not only blood relations but they are spirit relations. So, I have to request, that please don't finish it here.

Stephen told me he has a funny experience of the Australians but it's common with everyone I must say. That some people get it a very high experience so they forget it. They just enjoy it for while, til after one year they come down when You are here and they are not bothered. But those who get little bit they just come and say now what's in it. I'm getting burning here. I'm doing this. Why? But those who get it in a big way should, become easily doubtlessly aware people and they have so many powers. And they should do a lot. Why? They should help others who are feeling little bit less. So it is something, human nature I think, the way it acts. But it's not Divine nature. Divine nature is when you become Divine, then you want to give. You have the light. You want to give. Till this candle was not enlightened it was alright, it was trying to get enlightened. Once it was enlightened it is giving light. When you have the light you have to give it to others. And that's what is the most enjoyable thing. For that you don't have to pay, again. But you have to give some time to yourself, some respect to yourself, and some meaning to your life. You'll be amazed how it will give you such a joy that you can do all these things. May God Bless You.

Now, I've told you again three conditions. And I hope you have understood my three conditions are very simple if you look at it because all these things are there because of a myth. It's a myth. That to feel guilty is a myth. Not to forgive others is a myth. And not to have confidence is another myth. So we should get out of this and we should have full confidence that we'll get our realization. You all can get it I promise you. All of you. I hope you have taken out your shoes.

As Stephen has already told you there are two powers, left and right, we have to put both our feet like this on the Mother Earth. Alright. Now, please take out your shoes that's all. Now you have to put both the hands towards Me like that. Keep your eyes open. For the time being. You should be comfortable. Very comfortable. There should be no discomfort in your body. Now please put your left hand towards me - on your lap you can put it or sideways wherever you feel comfortable and the right hand on your heart. Keep your eyes open because just now I'll tell you what is to be done. This we have just to do that you should know how we are clearing your centers. Now we are working only on the left side with your right hand and the left hand is towards Me which indicates that you have a desire because this is the power of desire, that you have a desire that you get your realization. So please put your right hand on your heart now. In the heart resides the spirit.

Now you take your right hand upper portion of your abdomen on the left hand side and press it. If you are the spirit you become your own master and this is the centre of your mastery which is created by great masters, and prophets. Now please take your right hand in the lower portion of your abdomen on the left hand side. This is the centre of pure knowledge. Means the knowledge about the laws which are Divine. Surprisingly the center is so low as that.

Now raise your right hand in the upper portion of your abdomen again. Then onto your heart. Now raise your right hand in the corner of your shoulder and your neck and put your head to your right. This is the center I've told you when you feel guilty gets into jeopardy. Now please take your right hand on top of your forehead across, and put down your head. This is the center where we have to forgive everyone which we'll do later on. I'm just telling you now. Now please take your right hand on the back side of your head and push back your head. Just for your satisfaction, here you have to ask for forgiveness from the Divine Power. Now the last center. Is very important. Stretch your hand fully and put the center of your hand on top of the fontanel bone area which was the soft bone on our head. So now put down your head a little bit. As far as possible if you can put it would be nice. Now press it hard by pushing back your fingers and move your scalp. Move your scalp more, clockwise. Seven times. Please move your clockwise hand to move the scalp - seven times. Put down your head please. That's all you have to do. That's all. More than sufficient.

Now, you can call Me Shri Mataji or Mother, whatever suits you. Take out your spectacles will be better because, it might help your eyesight also. Now close your eyes. Please close your eyes. Put left hand towards Me, right hand on the heart and put both the feet apart from each other. Be comfortable. Now, here you have to ask Me a very fundamental question about yourself. Ask a question: 'Mother am I the spirit?' Ask the question in your heart. 'Mother am I the spirit?' Ask three times. Now, as I told you if you are the spirit you become your own master. Now please take your right hand, on the upper portion of your abdomen on the left-hand side and press it and here you ask another question three times: 'Mother, am I my own master?'

I've told you that I respect your freedom and you have to ask for pure knowledge. I cannot force it on you. So please take your right hand in the lower portion of your abdomen on the left hand side. Here now press it hard and ask another question: Again six times because, this center has got six petals. Ask six times for, pure knowledge: 'Mother please give me pure knowledge.' Ask six times.

As soon as you ask for pure knowledge the kundalini starts rising. So, we have to open our upper centers with full confidence. Have full confidence in yourself. Now please raise your right hand the upper portion of your abdomen, on the left-hand side. Here, with full confidence you have to say ten times: 'Mother, I am my own master.' Please say this ten times. 'Mother, I am my own master.' With full confidence.

I have already told you that you are the pure spirit. You are not this body, mind, emotions, egos, conditionings. But you are the pure spirit. So now please put your right hand on your heart and with full confidence you have to say, twelve times in your heart:

'Mother I am the pure spirit.' Please say it, with full confidence.

I have already told you that this all-pervading power is the ocean of knowledge, ocean of blessings but above all it is the ocean of forgiveness. So please forgive yourself and raise your hand in the corner of your neck and your shoulder and, on the left-hand side and turn your head to your right. Here you have to say with full confidence: 'Mother I am not guilty, Mother I am not guilty.' Please say it, sixteen times. I have already told you, if you forgive or don't forgive you don't do anything. But if you don't forgive then, you play into wrong hands and at this moment it's very important that you forgive because this center of agnya is very constricted and has to be opened out. So please help yourself. Now, raise your right hand on top of your forehead across and please put down your head as far as possible. Here, it's not how many times, but from your heart you have to say: 'Mother I forgive everyone.' Not how many times but from your heart: 'Mother I forgive everyone.' In general. You don't remember each and every person. You don't have to think about any one of them. Just say in general from your heart. This is very important.

Now, only for your satisfaction, without feeling guilty, without counting your mistakes, please put your right hand on the back side of your head and push back your head. Here, again you have to say from your heart, not how many times: 'Oh Divine Power, if I have done any mistakes please forgive me.' Just say that for your satisfaction. Don't feel guilty about it. From your heart please say: 'Oh Divine Power, if I have done any mistake knowingly or unknowingly please forgive me.' Please push back your head.

Now the last center. Please stretch your hand fully, your palm specially and put the center of your palm on top of the fontanel bone area, which was a soft bone in your childhood. Now, push back your fingers - very important, that will give a nice pressure, now put down your head. Here again I cannot, cross over your freedom. You have to ask for your self-realization. I cannot force it on you. So please try to move your hand clockwise, seven times so that the scalp moves, nicely, with the pressure and here you have to say, seven times: 'Mother, please give me my self-realization.'

[SHRI MATAJI BREATHES INTO THE MICROPHONE] Now please take down your hands. Open your eyes slowly and put both the hands towards Me like that. Now, put the right hand towards Me and 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. Don't put it on top - above, above it. Some people get it close and some people get it very far. So just try to see if there's a hot or a cold breeze coming out of your head. This is the heat coming out of you. If you have not forgiven the heat will be there so please try to forgive now. Now please put left hand towards Me. Now bend your head again and see for yourself. You have to see yourself, nobody's going to certify. Please see if there's a hot or a cool breeze coming out of your head. Again I would request you to forgive everyone so that heat goes away. Ultimately it will become cool, very cool. Now lastly, with the right hand.

Now raise your both the hands towards the sky. Push back your head and ask one question, one of these questions three times. You can ask: 'Mother, is this the cool breeze of the Holy Ghost?' 'Mother is this the all-pervading power of Divine Love?' Otherwise: 'Mother is this the ruhx, is this the paramachaitanya?' Ask any one of these questions three times - any one. Now put down your hands, please. Now put your hands like this towards Me. You can wear your glasses also. Put your hands like this. And don't think, just don't think. Watch Me, don't think. You can do it.

All those who have felt the cool breeze in their hands please raise both your hands. Just raise it like that, otherwise I can't see. It's very good. Imagine. Perth. I bow to you all. Really. Bow to you. You've received your connection. No doubt. I'm getting cool breeze from you. And now only thing is you have to grow.

Some people haven't got it so we'll have to look at them, what's the problem is. May be some problem there. But most of you have got it. Those who have got it or not got it, please you must come and attend our follow-up places. They have got some sort of a program after this where they will explain to you everything. And you will achieve your ultimate goal, is to know everything about it. Everything. I promise you, you will get it. But give some time to yourself. [TAPE ENDS]

1994-0328, Talk to Sahaja Yogis: About Christians habits

View [online](#).

28 March 1994

Talk to Sahaja Yogis

Perth (Australia)

Talk Language: English | Transcript (English) – Draft

Informal Talk Perth (Australia), 28 March 1994.

Yesterday I was really enamored there are so many people you see and all very deep and sensible people. First time I see such a group, all of them, and none of them was making any fun or funny remarks, nothing. Except for all those who came on the stage most of them had agnya. I was quite surprised because when I asked them they said we are Christians and I said how can you have agnya, I said to have agnya for Christians?

But maybe after thinking I feel that when we do against the teachings of Christ and claim to be Christians then Christ himself gets angry with us, thats very important to understand for him character was the biggest "Shila"(*).

"Shila" as they call it in Buddhas philosophy it was called as "Shila" and also we have Mahavira on the same level who talked about it, so at this level what is the level of tapasia, the level where you have to go through penance, this area important thing is "Shila" is your character how you build it, your moral sense how you develop it. This is very important to understand that Christ stood for moral sense much more than all the prophets. They talked about dharma, they said you must have, you shouldn't do this, you shouldn't do that, all those things, but Christ made it subtler, and he said you must have innately built in "Shila" is character, and when you find that is missing or something going wrong with you on that point then I think this agnya catches though they are Christians. I mean in India Hindus are not Christians, they'll catch on nabhis, they catch on other things but they never catch on agnya, I see this is very surprising they follow Christ in a way better, and you follow Moses in a way because Moses didn't talk so much about "Shila" as Character but don't do this, don't do that. His style was created out of the frantiness he had, he saw the people were so decadent absolutely ruined, so he had to take a very strong measure and he is the one who has given this Shariat.

Now this Shariat surprisingly is followed by Muslims and not by Christians, or who we can say the Jews for whom it was given, it is the Muslims who are following the Shariat. So it shows that Muslims also took over many things from others, and the worst is that they have taken this from Paul which is responsible for todays fanaticism everywhere. I met a Muslim from Bosnia and I asked him why are you mad? Why are you trying to kill yourself like this, forget about the land, your life is more important. He said "no it is written in Koran" I don't think is written but he said so, today I have not seen that, that if you die in the name of God then you get your resurrection, same the Hindus follow the same, same the Jews follow and the same the Christians follow. I don't know if St Paul has done this question that if you die in the name of your religion and buried, not burnt, buried, then after your body comes out 500 years or 1000 years and that gets resurrection what comes out of the grave, after 500 years what comes out of the grave is nothing but what you can say some bones maybe some skull if everything is not eaten up by the worms. So how can you give resurrection to these bones. But in the "?????" Indian philosophy you can call it given up a much better explanation. That all those souls which are searching God in the hills and dales will be born again with others because a last judgement will come and people will get their resurrection. They will find God.

The soul is alright because the soul never dies, but the body can be buried just because out of the body, the, I don't know what will come out which will get resurrection. But this kind of a nonsensical idea started by I think Paul must have been taken over by Muslims and might be the Jews have also said something of this kind because they had no idea of what happens when a person dies and you bury him. This is the reason so many people think that they must die in the name of God so that they get resurrection, never, how can they get it, nothing will be left out of their body. What they have to have is the soul and that is what Christ has very clearly said, that the soul must be saved. Mohammed Sahib has said it much more clearly. I should say because

he came later and they explain more and more. Like after Mohammed Sahib came Guru Nanaka, he talked actually about Kundalini, he gave the name of the Kundalini, he said there are three channels, everything.

So they started saying more elaborating, explaining because people had improved a lot in their understanding. And now today what we find people are much more easy so you can talk to them about this subtle subject in a very clear cut manner. Its very very clear cut, you don't have to sort of go into explanations and things, you just see clearly and everything is tangible and whatever we say in Sahaja Yoga is tangible. This is a very big thing. And yesterday the experience I felt that we always try to follow the religion in the opposite way, for example now yesterdays stage showed that they are not following Christ at all they have caught agnyas. Now the Hindus are told that in everybody resides the spirit then how can you have a caste system? This is something, it is so surprising like the Jains were told that clothes you should not pay so much attention to, but in India cloth merchants are also and their women are very particular about their dress, their matching and all that. So I cant understand all that. Same about Buddhists, Buddhists were told to be non violent and to have character, now if you go to Japan you will be shocked, they don't have character and they are absolutely joyless people by nature. Even Chinese are, I wouldn't call them anywhere near Buddhists, so this shows that people instead of following the religion they just move in the opposite direction, so in the same way Sahaja Yoga should not.

In Sahaja Yoga you have to be Sahaja, everything should be done in a Sahaja manner, not to force something, not to be hasty, not to be you can say expecting something, whatever happens happens for good because you are in the kingdom of God. This faith must be completely embedded in your heart that now you are in the Kingdom of God. Of course you can't do anything wrong, you cannot do anything bad, that goes without saying because now that Gods religion has been enlightened within you, but at the same time you have to be very compassionate and relaxed and give up all this greedy atmosphere that we have created in the West. The culture, the Sahaja culture is very beautiful, and I see now how you people have taken to it so easily, because it is very akin very close to our nature, and Sahaja Yogis are so happy so joyous that shows that there is something about this Sahaja Culture. You don't have to be so externally alert but internally alert it is better, gradually I am sure we will work out for the better. So I wish luck for this place to be built, I don't know, we miscalculated or something like this, but it is alright in Sahaja Way it will all come out I am sure, we will be able to do something. So thank you very much for organizing this and I am very happy to see yesterdays response. But you look after them in a Sahaja manner means you don't tell them 'don't do this, don't do, you are a bhoot, you are this, nothing of the kind, we were all bhoots before we entered into the Kingdom of God. But you should not shock them by any chance but sooth them, Sahaja means sooth, and speak to them very sweetly, smilingly and they should know you that you are very happy people and they can also become very happy.

Thank you very much for everything, whats that? (Yogi handing Shri Mataji a present) Oh he's going to.....? Its my birthday or what? (Problem with a candle or something) I am sorry it has burnt out or something, Oh whats that, Oh my God, Its so sweet, alright you can keep it with me and should I see it now? (yogi says something inaudible), I'll go and see them nicely because your artists are to be respected, (muffled next bit) I had a very big birthday already, and in one year how many birthdays you can have?

(*)Shila= (śīla) good conduct

1994-0328, Arrival

View [online](#).

28 March 1994

Arrival

Melbourne Airport, Melbourne (Australia)

Talk Language: English | Transcript (English) - NOT needed

Arriving at the Melbourne airport, 28 March 1994.

1994-0330, Know your inner self fully

View [online](#).

30 March 1994

Know Your Inner Self Fully

Public Program

Camberwell Civic Centre, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

At the very outset, I have to tell you that truth is what it is. You cannot change it; you cannot transform it; you cannot conceptualize it. It is what it is; it was what it was and it will be what it will be.

Whatever, I want to tell you today, I have to request you, to keep your mind open, like scientist. You need not believe into what I say. We have had enough of problems with blind faith. But keep your minds open in case this proves; then you have to believe, believe in it. If you are honest people, you have to believe in it. Because it is for the benevolence of your individual self, for the benevolence of your city, your country and world at large.

Most of the problems of this world come from human beings; humbly we must admit. There something wrong somewhere that we create problems. And these problems come to human beings when there is a problem with these centres here as explained to you.

Now these centres do exist. These are energy centres within you. And when they are, (Mother speaks aside, Thank you, (Lawrence?) thank you, its cold, I don't like, I like, just ordinary (glass of water)) these centres, when they go into jeopardy, we have this problem of human beings behaving in funny manners.

When this power, which is within us, which is in three and a half coils; that's why it is called as kundalini; "kundalini" means a coil. It's a mathematical thing. It rises like a primule in a seed and rises upward against the gravity, and pierces through your fontanel bone area, which was the soft bone in your childhood. (Mother speaks aside, Thank you very much, (referring to glass of water) thank you)

Now the truth is that you are not this body, you are not this mind, you are not this ego, you are not these conditionings. What we say, "This is my house, this is my car, this is my wife, this is my husband, my children" but who is this 'my' which owns it? So that 'my' which owns it is the 'I' the "self"; is the 'pure spirit' within you.

The second truth is, that there is all-pervading power of Divine Love, of love, which does all the living work. Now you see beautiful flowers all over since I've come to Australia. I've been seeing all kinds of flowers, beautiful flowers. Who does this miracle? They're different, of a different shape, different colour. "Who" does that? Who runs our heart, we never ask this question to ourselves. We take all living work for granted. We never bother to find out who does that.

The third question that should come to us really, which cannot be answered by anyone: "Why are we on this Earth? What is our purpose of coming to this Earth, to be born as human beings, to be evolved as human beings, what is the purpose?"

Is it just to insure our self and die? Is that? What is the purpose of life? What is our identity? And when we start asking these questions, we find that nobody has been able to answer this question.

Science cannot answer this question. Science has its own limitations. So this all-pervading power, which does all the living work, we have never felt it. We have read it in Scriptures that there is all-pervading power of God's love, there's the 'Ruh', is there. They

call it Paramchaitanya or also they say it is the Cool Breeze of the Holy Ghost.

But where is that? Nobody has felt it, nobody has known about it.

Another problem is this that our civilizations grew too big in the West, even in Australia, everywhere. Like a big tree but what about the roots? If you do not find the roots, the result is as you have now recession; this problem, that problem. So where are the roots? If the knowledge of Science comes from West, this knowledge comes to you, say from India, or from East, what's the harm. Because it is important that we should know our roots. And these are the roots, this is the knowledge of the roots that is within us.

When there is problem outwardly, we should know there must be some problem inside us and we don't know anything about ourselves; nothing. What we know; about outside. But we don't know what's wrong with us; where do we go wrong?

So it is very important to understand that if there is a way of going through the last breakthrough of our evolution, if there's a way that we can find out our identity, if there's a way we can know our inner self fully, why not do it? For which you don't have to pay. You can't pay; it's an evolutionary process. It's a living process! For example, how much do we pay for these flowers to Mother Earth? Who's done the job? It's built-in in a seed, to germinate and built-in in the Mother Land that it will germinate. We don't pay for that. It's already built-in there. In the same way if it is built-in within you, you can't pay for it. One thing, if you realize that you can't pay for your evolutionary process, for anything that is Divinity, for anything that is pure; half of the problems will be solved of this guru shopping that you have been doing all these days. Because if you are not going to pay for it, and these people are asking for money, that means something wrong with them! You cannot market it!

Thus, we reach a point where we realize that something spontaneous living process has to take place. And that has become very, very easy in modern times.

Because it is described already, prophesized in the Bible, it is the Last Judgment and otherwise in the Koran it is "Qiyamah", means the Resurrection. Even in Indian scriptures they have described about these special times when people who will get so much disillusioned in the illusion, they will be born and they will be disillusioned that they take to reality, and this thing will happen. It's already predicted and this is the time, such a fortunate time when we are all born. And it has to work out. It is your own power. It's your own Mother, it's your individual Mother, and She knows everything about you. It's all tape-recorded. And She is anxious to give you this Second Birth. She is anxious. And She does it very beautifully. I've read some books which says that Kundalini Awakening is very dangerous and all that. I can't understand! It has never happened before like that. I've been working like this for the last, I think, I don't know how many years now; at least twenty-five years and I've never seen anybody being harmed. On the contrary, everybody's helped; physically, mentally, emotionally.

Now there are three doctors who have got M.D. in Delhi University for Sahaja Yoga, in various subjects. Now there's a fourth doctor who is trying on blood cancer and all that.

For medical science, if you ask them who does all these things they will say "autonomous nervous system". But who is this "auto", who is this "auto" that does this work? They can't answer; they're honest; they can't answer.

So this autonomous nervous system, which is parasympathetic and sympathetic, the parasympathetic nervous system will take over and we can control our parasympathetic through this.

Of course, I don't know how far the doctors here are sensitive to a subject like that but in Russia I was surprised. There are two hundred doctors who are practicing Sahaja Yoga in Russia.

Russian people are not so materialistic because they have never known materialism much. About 30% of them are funny type. They'll ask for Marlboro cigarettes but 70% are so sensitive to Sahaja Yoga. I was amazed the way they took to me and threw away all absurd gurus from them. Not one person could prosper. And no religion is allowed to be practiced there where they

have now started taking to Sahaja Yoga.

It's very amazing how these people who don't know even English, who don't know about God; they were not supposed to know about any religion, they're so clean, like a clean slate and they have taken to Sahaja in such a big manner; I'm surprised. In thousands and thousands of people, so sensitive, so open-minded and scientifically so equipped.

There were 300 scientists, I think maybe more, who invited me. Started telling them about I...I thought, better start from science. So they said, "Mother, no, don't tell us science; we know everything about science. No we don't, You tell us the science of God."

Such eager, intelligent, educated people.

Now, this democracy of ours 'so-called', today also in the newspaper. I read the same thing: "so-called democracy". Because it looks sometimes like a demonocracy you see, like you go to America; you can't even wear your wedding ring. They might take away your wedding ring also and kill you for that. That's supposed to be democracy!

You have to be extremely careful. I was surprised in Perth. We were going in the night for about thirty-five kilometres. No gangsterism on the way, I was surprised. How this country is still saved.

But it happens that this kind of democracy without being in connection with that all-pervading power can take you to anything.

Same with religions. You take any religion, whether you are Hindu, Christian, Muslim, anything. One can commit any sin. What's the use of denouncing others; everybody does the same I thing; no difference. All are only convinced they are something excellent but they are not, in no way!

And so many things like this, when we start seeing, we get disillusioned and we start thinking, "Where is the truth, where is the reality, what are we doing?"

At this time, I see; I call them 'the seekers of truth'. These are special category of people, as described by so many poets. And when it works out, they are the ones who jump into themselves. Jump into this beautiful era, of what we call the New Age. It's a happening. It's not just branding yourself New Age; somebody calls themselves by some other name, it's not that. It's another Christian, Hindu, Muslim branding. But something that has to happen and that happening is awakening of the kundalini.

William Blake has said that men of God will be born in those days, men of God. And they will become divine and they will have powers to make others divine, exactly that is Sahaja Yoga.

Moreover it's such an internal happening that, all outside things are not needed. For example, some people go to Himalayas, stand on their heads. Or they starve themselves, fast, do all kinds of things. And they find nothing. They can't understand how it happens. They go on telling me; Mother we did this, we did that and we never found anything within ourselves.

So first you are to be connected to that all pervading power, this is the power that's extremely dynamic no doubt, but it's the power of compassion. So you also become very dynamic. I know poor people becoming very rich suddenly.

I have seen people who are sick becoming all right.

We have a very nice place in Perth, where a boy who was already married, had children, two children. He was in an accident and whole his brain as if came out; a terrible condition.

And doctors gave it up that he will die. Not that he was saved, but he is absolutely normal now. I was in tears to see him so beautifully cured.

So this all-pervading power, which is the Ocean of Bliss, Ocean of Knowledge, Ocean of Compassion, is the Ocean of Forgiveness. This power starts flowing through you. You become a vehicle of that power. And once you learn how to make others the same way, how to raise their kundalini, you can create thousands of people who are self-realized.

Surprisingly, in Australia many children are born who are realized souls, very surprising. Maybe because in other European countries children are killed by the parents. So maybe they are taking to you people who are kind to children and your government is also very kind to them.

And these children are not understood by parents sometimes because they're very different. And they are very moral. So all the problems that we have created out of our ideas of sort of modernism or any kind of thing. And that we see that our children are going to dogs is all stopped through this awakening.

It's like this, that if I tell some children don't take to drugs, they'll never listen to me. If, supposing I'm carrying a snake in my hand and there's darkness all over, I can't see anything and somebody says, "you have a snake in your hand", I'll never give up if I'm very obstinate, I will never give up. I'll say, "No, it's just a rope." But when there's little light I will myself give it up. In the same way it happens; it works this way that you yourself become powerful. Throw away all that is destructive, all that is to be given up.

I don't have to say "Don't do this; the Ten Commandments we don't talk about in Sahaja Yoga, but only in you, the religion is born. The innate religion, which keeps you religious, righteous, compassionate and dynamic. You don't have to change your dress, you don't have to change your lifestyle, you don't have to give up your wives and children, but you get it just where you are. It's so simple, made so simple. I would say, if you are hungry, you can have it. Like, if I've done the cooking, and if you are hungry and you will say otherwise "mother just lets have the food." But if you are not, then you will go on discussing, arguing, this, that. These are all mental feats. I mean if you want to ask me a question, you can ask me any number and I am quite an expert now 25 years I have been facing all of you and I can answer you, but its all a mental feat. It doesn't give you realization. You are here for your realization, by which you are helped so much that physically, mentally, emotionally, and spiritually you become all right.

Firstly, you become peaceful, absolutely peaceful. The peace within you, you achieve. How? You live with your thoughts. The thoughts rise, fall, rise, fall and in between these thoughts, there's a little space. Mostly, you are thinking about the future or the past. You cannot be in the present. In the present, there is no thought. You are with reality. So when the kundalini rises, these thoughts elongate and the space in between, of the present is established. When that space is established, you become peaceful, absolutely peaceful within yourself.

I have met many people, elite people, I should say, very elite, who have got Peace Prizes. They're so hot-tempered people, I tell you, that you have to touch them with a barge pole. I mean you cannot go near them. It is horribly hot-tempered people, and they have got peace awards I don't know how. No peace within. At the slightest thing, they just shoot off. No patience, nothing. And then I realize that it's so outside; the whole thing is. They don't understand if you don't have peace within, how can have a Peace Award? Well you can. That is our life.

Now this peace is established within you and you become, it's a new dimension of existence, where you become "thoughtlessly aware". You are absolutely aware, but no thoughts. Just in peace. But you are aware; you are not fainted down or you are not in some sort of a trance. You are absolutely aware and very much more aware because, you are in Reality.

Then the second dimension you achieve is that you start feeling on your fingertips this cool breeze of the Holy Ghost. Sometimes you feel it hot, also. On these fingertips are your sympathetic centres. And these Sympathetic Centres are from left and right. They join together to make the Parasympathetic.

So we have the left side and the right side within us, and these left and right side, indicates on our right and left side.

On the left side we get our emotional and the right side our mental. I mean English Language, "mental" means something

different, but I mean whatever we do with our brain. And also you receive your physical problems on the right hand side.

These problems are indicative on your fingertips. Said it by Hazrat Mohammed that at the time of Qiyamah your hands will speak and will give witness against you; means they will tell you what's wrong with you.

But not only that; they also tell you what's wrong with others. Now somehow if you know how to correct these centres, you're all right, and correct the centres of others you can also make them all right. It's so simple, it's all within you, all the mechanism is within you. It's all there. Only thing you have to understand the importance of it. Without that you can never be happy.

This power, which is there, is the power of pure desire. All other desires are not pure. Today we want to have say; some flowers. Tomorrow we want to have a house; the day after tomorrow we want to have helicopter. I don't know; we go on and on. So every desire, which is fulfilled, is never satisfied! Once we get it, it's finished. Then again of course, it's a law of economics also, that in general, wants are not satiable. It's a fact.

But this desire, whether you know it or not, is within you. Whether you are aware of it or not, is the desire to be one with this all-pervading power. And all the powers that you have within you start manifesting. You have no idea at all what powers you have. I always say about a television taken to a very remote village in India where they have never seen electricity. And if you tell them that in this box you can see some films, they'll say, "What, this is just a box! What are you telling us stories?"

We also feel we are just a box, nothing more than a box. But do you know what powers you have within yourself? What you can do for this world? What can you do for yourself, to your family, to your children? How you can really be a great force of reforms and transformation without troubling anybody?

Because, after this you know the absolute truth. You know them on your fingertips. If a man from India comes from the jail, he'll directly come either to Australia or he will go to America, wear a dress of a what you call this saddhu baba dress in saffron colour, and go and sit in any place and become a big guru. Earn a lot of money. How will you know if this fellow has been to jail, or is he a real person or not?

So on your fingertips you can find out the absolute truth. A new dimension in you, that on your fingertips you know not only your centres, but the centres of others. Everybody feels the same way, knows the same way. Then where is the quarrel, where is the argument, where is the war?

Now we have in India sometimes, people coming from sixty nations because Sahaja Yoga is now practised in sixty nations. I've never seen them quarrelling, fighting, of course they pull each other's leg and have a little humor about it, but never have I seen fighting, never! No question, no question of argument.

Because, you do not know the absolute truth, so somebody says that Christianity is good, somebody says this Islam is good, somebody says that is good or democracy is good, or communism is good. How? How do you know that? Because you have got yarn in your heads, and that's how you're formed your own ideas and you're all fighting with each other. It's all mental, which is all limited.

But, with this, you know the Absolute and is tangible. You can diagnose people. One fellow went to Huston and he said "Mother, I was half dead with diagnosis only. But I said, "You don't have to do anything in Sahaja Yoga like that. You can diagnose about yourself, you can diagnose about others. There's no need to go through all that.

This is what it is that you have to have your own powers manifesting. And you must have the full knowledge about it. It should not be half way. Your attention becomes extremely innocent and powerful. The attention, when it is diverted everywhere; you see you get confused and people get schizophrenia, this, that; all that.

But here the attention is very innocent and such a person, even if he radiates or even if he looks at or glances at somebody; he

can give peace; he can give redemption; he can do so many things, he can do, because his attention has become enlightened.

Sitting down here you can know about anybody you want to know. You can know about the people who are dead, or the people who are very far away. You can find out sitting down. This is what we can call as "collective consciousness". A new dimension of consciousness comes to you about which Jung has written, collective consciousness. So you develop this collective consciousness within yourself. For that you don't need any education, you don't need anything. Even villagers can do it. Even small little children can do it, because they know this power. As all of us have the power to see something, as you all can see me sitting down here, in the same way you can know about others; know about yourself; without doing any acrobats. So simple as that, all these powers are your.

But above all, you jump in the Sea Of Joy. The whole problem is taken over by this all-pervading power of God. We say we leave it to God, all right, leave it to God. But you are not connected. When we pray also we are not connected. You know a telephone, which is not connected, you go on moving it, it will get spoiled but you are not connected. After realization, even to, just a problem comes to you and it gets solved, because you get out of your problem and you can see it clearly and the Divine helps you.

There have been so many blissful miracles of Sahaja Yogis that now we have given up. We wanted to print them, but in one month they became so much high and we didn't know what to do.

So, all over we have to not believe in God, but you have to feel the bliss of God; how He looks after you. It's not just a talk or a sermon, but it's a happening and the happening has to take place; otherwise our attention, which is outside, will not be taken inside.

It's a question of understanding our own value, respecting ourselves. And it works. As you all are here I know you are all seekers. Otherwise you would not be here. And it is your right to get this realization. Sahaja means "born": 'sah' is with you; 'jah' is "born". "With you" is "born". This right to get to this yoga, means the union with the Divine. And is your right and you should assert and all those who will ask for it have to have it. It is their right. The whole thing has built in our evolutionary process. And now, the last bit has to happen and it will work out.

I have to tell you one thing more; that it is not an individual happening. It's a collective happening. It works better when there are many people. Also when you have to know about it, learn about it, take advantage of it, you have to come to the collective.

It's not like other organizations where they have an introductory lecture and after that they start marketing it. You cannot market it. For definite, you cannot market it. It is divine love. And love you can never market. In the same way this is Divine Love; how can you market it?

So, if you have respect for yourself, if you really love yourself, and you care for yourself, you are not self-centered because after all, you are a human being; epitome of evolution. So, only thing you have to give some time and come to the collective and progress in Sahaja Yoga. It's not difficult at all. Nothing is to be done as I told you; it's not to stand on your head or anything. Just wherever you are, you'll get it. It's so simple. Because the time has come. And you are not obliged to me buying for anything. It's just happening, happening all over and happens to everyone. So I would request you to pay attention to it. And once you get your realization, you should really come to the collective because it would be like what Christ has described as sprouted, seeds which were thrown somewhere and were lost, so you have to grow, and that growth is important. Once it happens, if you have any concern for your country, for yourself and for the world, you should try to keep to it and understand. It's as simple as that.

So the last thing as I told you, jump in the ocean of joy. That is, when your ego is pampered you feel happy and when the ego is punctured, you feel unhappy. It is joy, has no duality. It's just a witness state in which you witness everything like a drama. And you lose your age very much. You feel very dynamic; at the same time very compassionate.

As you know I'm seventy-one years of age and I'm traveling practically every third day. And it's all right. People said "Mother, don't

you feel you are traveling too much?" I said, "I'm not traveling, I'm just sitting everywhere. Where am I traveling?"

In the same way, it happens to you. And the ageing and all that never comes into your mind. You just live; live in the present. And you just enjoy life; enjoy the company of all other realized souls. All over the world you have relations. Wherever you go they'll be all there to help you, to look after you. Something happens to one person, all over the world they will try to help, the doctors will run to that place, people will pray, and I mean they will see to it that the person is saved.

It's such a big family, such a beautiful family into which I would request you to join.

May God bless you!

Now, I cannot force self realization, cannot be done, because I respect your freedom. You are given freedom at a human level because you have to ascent with your own, with your own desire, I cannot force on you anything. As you have to accept it that you want to have it. I would request people who don't want to have it, they should leave the hall and leave others, but those who want to have it are very welcome, and they can have it. Even the knowledge they can have it without any difficulties.

So all those who want to go away should leave the hall, please, I will be very thankful, because it cannot work on people who do not want it. On the contrary it doesn't help others also to have such people among you who don't want to have it. It will take hardly ten minutes and I would request you not to disturb others when we are in the process of it. Actually it happens spontaneously without anything but as there are little problems on the centers, you have to nourish your centers yourself as I'll tell you, its very simple and will show you how we do it.

1994-0331, Picnic

View [online](#).

31 March 1994

Conversation

Maroondah Dam, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Picnic , Maroondah Dam, Melbourne (Australia) 31-3-1994

That time I used to be so happy that you people all have joined together, the collectivity is good and that you are helping the leader, who is very capable, I must say, you are so lucky to have such a leader who is so capable, educated, wise and I can't understand how people do not enjoy his leadership.

If you have any problems, tell Me - no harm. You see, from Australia I get such thick letters always [UNCLEAR - WHEN THEY WRITE?] but the main thing they never write. Like, I never wanted them to go to America because America is a Hell, you see. I didn't want them, they'll lose their vibrations - I mean, it's not a place to go to and without asking Me they all went. Otherwise for a small thing like putting a WC somewhere, they'll write to Me but for going to America no body wrote, I never knew, I was surprised to see thirty five people coming on top of these few four, five sahaja yogis there. And the way they talked to these people also shocked [ASIDE - Paani Dena (Give Water)] They are actually very, very good sahaja yogis; They are few, very few but one better than the other - wonderful people they are! And gradually they are spreading sahaja yoga in a very good way. So, they told Me that some of the sahaja yogis who went from America, they said, "You are not supposed, you see, have a common room for television. You can have your own television and you can sit in your room.

We even cook separately but it's supposed to be an ashram," and the Americans were surprised. They said, "Mother, how can that be?" I said, "Maybe, I can't say, I've not heard of it." I asked Steven. Steven said, "I've never heard of such a thing that they have a separate room of their own and they cook food there and they have their television, they don't even talk to each other for days together." I said, "This is something Australian style. I don't know how they have got it this in their head." So you have to be collective - it's very important. There's nothing to sacrifice. Actually, those who try to have separate houses are writing to Me, "Mother, please tell the ashrams to take us back because we are suffering."

Their wives are pregnant and they can't drive, they can't do anything and these are Indians who are good for nothing. They don't know anything to work it out. They don't know how to cook, they don't know how to even have a gardener how - nothing - so they said that, "Mother, we want to go back to the ashram because these are useless people here and they are making us do every work and now we are pregnant we can't do it so, can't You arrange that we go back?" The ashramites said, "There is no room for them." Poor girls are suffering so, no use having separate houses. The second point was brought out that they all are studying here. They come for sahaja yoga. Some gentleman is studying for ten years and his wife is earning - that's not proper. Studying, he didn't come here to study and because of studies he has no time for sahaja yoga or anything. He's taking advantage of something so great, so that one should not do.

Of course you can study also but first thing is sahaja yog. You have come all the way, you have to first of all, spread sahaja yog otherwise you'll be failing God, you'll be failing Me and every way it shows a very mediocre effort for anything and whatever success you might get also will be very limited and will not give you real pleasure while if you're doing sahaja yoga, you can achieve a lot even in your studies. I know of a child, whose father was sick, who came to see Me and I cured him. When he went back he told his son about his cure so the son started meditating and when he was meditating, the son gradually - he was supposed to be a bad student - and when he started meditating, you won't believe, he stood first in the whole of U.P. that is, a, I don't know, how many million people live in that Province; In the whole, in Matriculation. It has not happened in My family with anybody - I was surprised how this boy could be so highly placed. We had first class and all that but never the one who can top the whole list of millions of students. And this boy just, he had never met Me, just meditated - who was supposed to be a bad

student - has done so well. So, your faith in meditation should not be lost, firstly and also correcting yourself every time you find something wrong - please be humble about it - try to find out. Rather worried about these children you see going down there - stream.

Is it a very big stream or an ordinary? - Very small. - Is it very deep? - It's not very deep, Mother - Shri Mataji - Shallow, it's alright. But somebody should be with them. A little child going that side. - Can somebody go? - There's somebody with them. - Mother, unka parivaar hai. (Their family is with them) - Go from that side, I think.

Their mummy is there. - Unka parivaar hai, [THEIR FAMILY IS THERE] Shri Mataji. - Is it their family or our? - Unka parivaar hai [THEIR FAMILY IS THERE] [HINDI - Sab unka nahin kuch apna bhi hai Mere khayal se] Not all theirs, some of ours is also there, I think. There's a lady with them, haan. I think, if you all manage your own children, there won't be problem. Every time I see a child going; Look at that girl. - Unka parivaar hai? [Is it their family?] - Ji Shri Mataji, sab unhi ka hai.

Yeh moti waali ja rahin peeche [Yes Shri Mataji, all their family. That fat lady going behind] Annh The elder brother has to look after the little baby - that's good, that's very good. So, to come to a very happy note we have to say that with all this happening, I'm sure, you all sahaja yogis will move very fast and develop your sensitivity. This time also another problem came up because Baba mama made a very big program for you to come down to India. Until the last minute nothing had happened and I didn't know what to do also. It was a very, very interesting program. Have you been through the whole program any one of you, annh? [UNCLEAR] you've been through? How did you enjoy? It's such a nice thing and we got it on a concession also - whole thing - and people saw tigers and they also saw that river.

It was very nice. You also came to Chhindwara? Good. So with, see, you should understand that if you have to come, you should decide beforehand - last minute is a big problem. And we know exactly how many are coming - I'm just giving you a practical difficulty - but we have to inform the Railways, we have to inform the buses, we have to cook, I mean, everything has to be done - the food and every way. If we don't know how many people are coming, it's very difficult. And you don't have to do anything, you just have to pay money but the rest of the people who have to receive you, the rest of the people who have to organize everything, it's very difficult. Still I don't know how, this time, we managed everything. I was quite apprehensive because we couldn't understand how many were coming, how they'll be arriving; Some came directly from Bombay to Chhindwara, some came up to only to Poona - they stayed only in Poona. So all these haphazard things despite uh.. all kinds of miscalculations, it all worked out.

But still, it not so good as it should have been because it's better to have a peaceful, proper, thorough working out of these outside things so at least, then you are much more peaceful within yourself and to enjoy the whole thing. But all the time if everybody is trying to put you up there and put you up there, it's very difficult. When you don't have to do anything - is the point - you see, you have to just arrive so, it's better that you decide beforehand. But this time I don't know, what has happened about the mess of the whole thing - is the money part and all that. It's very difficult. We've been trying to calculate it and - some people brought the money recently in Calcutta about half the amount they paid. I mean, this sort of, so, you see, actually what I feel is that at least you should know what you're going to do, what you want to do. How can it be last minute you decide? That I can't understand the person. You know, I don't have a secretariat or I don't even have a secretary.

Under these circumstances, you are all people who are the secretaries, you are the ones who are organizing. It's not that you are just coming there like guests and the rest are just looking after you. This time I would like you all come and help the Indians when they are organizing, when they are doing anything - you must help them. That would be much better than to just come like great guests there and at the last minute to arrive, "Now, here we are - now do what you like." [UNCLEAR - IT'S TYPICAL?] And you are getting shocks after shocks. This time specially, I don't know, what had gone wrong, maybe the American trip might have clicked otherwise, the best are the Australians, as far as, coming is concerned. They are very systematic but this time it was so difficult to organize because they came at random, absolutely at random. So, I have to make a request on that point, that a month ahead means a beginning of November, if you could deposit the money and let us know that you are coming, it's alright but otherwise we'll have to say no, which you should understand, that's very difficult to manage things there. Specially in London, they are very fed up with the people who are sending money, like this, in a haphazard way.

So, they, Dr. Spiro wrote a very strong letter for all the leaders that, "What are you doing, why can't you organize it properly and all," but I told him "It's too strong, better not write like this, they'll be alright." "The next time Mother we will not do all this banking business." I said, "I don't know any accounting, how can I do it. You have to do the banking." He said, "But this is not the way, they should come, we don't know how to manage." So, you see, that part also one should see that one has to be more practical, you see. If you are Divine, you cannot live in some cloudy atmosphere. You must understand what you have to do. Now, we have covered most of the things but I'm also worried about the children here. We had a very nice school which was finished without telling Me arbitrarily.

I wish that school was here but your leader has kindly accepted that he will see that the school is established for children because you are going for work and the children are left at home sometimes or in schools where they can get spoilt and they may not have the same culture that you have in sahaja yoga. So, if such a school - all of you should support and help and you can all build it up also; Some labour is to be given and you can work it out. So, if it works out well, I'm sure, your children will have a proper place to go. Another thing is about our school in India. We're trying to do our level best to make the school absolutely streamlined but we have one problem. There are some children, very few, they are very dull; Most of the children are very intelligent, very good and the standard in India is much higher. Now these dull children are left behind and we really don't know how to cope with them, what to do because we don't want them to suffer also. Now, if you send them back, there will be a problem. But in India the system is like this - say, in the fourth class the children fail, then they are sent according to their aptitude to, some sort of a, farmer school or something. If they fail in a higher class, then again they are taken out - like that. Till the matriculation they go on diverting all such children - so they have some place in life.

But I don't know how to do because our school is only academic and I don't know how to put these children into various other schools where they can learn some sort of a craft or maybe, something else. So, is a very, very big problem and I don't know how to solve it with the children who are dull. But I think, the parents are responsible for that and please see to it that your children are studying alright. You can see their books and see how much they have achieved in their education or not. Because individually you cannot pay attention to a person who is very low in understanding. This is the job of the parents here. Whatever you say, we are willing to do. We can put them in some other schools in India or we can work out something else for them but if they are dull, we don't know what to force them on them, how to work it out and that, wish the blame should not come on our schools but more on the upbringing of the child, perhaps, maybe or maybe, some sort of circumstances which has made him like that. We have to be sympathetic about these children but we should find out something which is very, very congenial to them and which they can work it out better. This is another concern I have about our children there.

Maximum number of children come from Australia. This time we had to increase the fees - it's not much. It's thousand rupees is hardly fifty dollars. Fifty dollars is nothing here. I mean, for a shoe you pay much more than that. So, one should not object because if you want us to improve the teaching, you want us to improve all kinds of things like we are going to have music, we're going to teach them horse-riding, uh.. house building so many other things they are being taught and we are getting six specialist teachers now from this year - they are going to work it out very much with them, children then you must understand, if you want to educate them very well, then you need more money. To think that India is cheap, is also wrong idea, absolutely wrong idea because this time I was surprised how the prices have gone up. About the same as your country. They are about the same. Apart from that, you see, the education in English schools - like My grandson is going to one English school there.

He's paying seven thousand rupees, seven thousand rupees as a day scholar; So the school doesn't pay for his food or anything. He's paying seven thousand as a day scholar and seventy-five thousand for admission. So compared to that, it's much cheaper for you just but if you send somebody to a very ordinary school in India, it might be cheaper. But for a special school or a school where English or a Cambridge University is interested, it's very, very expensive. So, Cambridge University has accepted that they will allow our children to appear for Cambridge education also. If they want, they can study further. So all these things I have to communicate to all of you. They are working very hard to see that the whole thing is streamlined and they are provided with everything, very artistic things around them. Only problem which is between the parents and the teachers, is this that lot of home-work is given to the children to go home and study. One of the reasons is that, if you allow three months the children

complete abandoned life, as you have in the West, they will go into problems - they cannot come back to normal then.

So, there should be some uh.. some way that you put them for studying something so their mind is in the studies because once they come here - you see, the children are like that that they're not so career oriented, so they don't want to study. They say, the first thing I met the children, they said, "Mother, we don't want to study, " so I said, "Then why are you here?" With Me they are very frank. "We don't want to study, Mother, " so but then, "What are you going to do here?" "We are going to play." [LAUGHTER] "Can you imagine, so very frank!" But that's what I say that the tendency of the Western children, is not career oriented while our children, if you tell them that, "We are going to stop your school," - finished, I mean, they'll be so disturbed so they'll have to work very hard. The, on the contrary, the, here the tendency is to be playful and to be enjoying everything. So that has to change also; You have to tell them the value of their life. Mostly they are realized souls and very intelligent but they are sometimes too intelligent and they want to outwit even the teachers.

So, I've brought everything to your notice now that you can see for yourself how you'll work it out with the children, how you'll explain and also try to spend some time with them teaching them because they must come up to the same level - it's very difficult, it's a very, very big problem for us and if you can find a solution, please let Me know. Now, we are having a, again a program, this time, of Ganapatipule and all these people who want to marry, should really, give the forms and things much before time so that your leaders can read it and find out. Some of the marriages, very few, have utterly failed. I would there blame the leaders also that they should have studied the person what sort of person that is, what is the temperament, how it will work out. Say, the temperament is not alright or their professions are diagonally against each other, then it will not work out and this is where, I sometimes tell the leaders that they should scan completely the nature and the whole attitude of the candidates who want to get married and they should do at least for two years of sahaja yoga. If you have a very dominating woman who wants to marry, it's better is not to have her or a dominating husband, better not have him. It's not important how many numbers we have for the marriage. What is important, how many marriages are successful quality-wise. So, from that angle you should give a complete idea about the girl and a complete idea about the boy. It's done in one month's time, it's such a vast work, I should say but despite that so many marriages are successful, luckily because of vibrations, but sometimes, you see, in a hurry and scurry, you can't just feel any vibrations and it's too difficult.

So, it's the duty of the leader, no doubt, but also if you know something about the person, you should come and tell the leader that this is the situation is and that just now such a, the person is feeling like doing it but may not be able to carry on because temperamentally such a person is not fit at all. So that advice will be nice. Specially also, just before getting married, if anybody thinks that has heard something from the boy or from the girl, which shows less confidence, you should come and tell on your own that, "Mother, there's such and such problem, You just verify," because this is eternal relationship for which there should not be any problem, I think and people should know that it is very important. So, if you know or if you find something, you must let us know about that couple that, "Mother, this was or whatever the problem is or they are talking, like this, among themselves." That will solve the problem because when the marriages fail, it has a very, very I [UNCLEAR], very, very deep damage done to children, done to them, done to the name of sahaja yoga. So, I wish all the luck for the marriages but still I would say, that whatever is done should be done with clear-cut understanding. Definitely we are working out well because out of all these marriages one in a while fails, so there's nothing wrong. May God bless you! [HINDI - Ghar pe hi khana khayeinge] Will eat food at home only. - Ji Shri Mataji.

[HINDI- Thoda sa kuch dena chahte hain] Would like to give something. - [HINDI- Yeh kya hai] What is it? Every time [UNCLEAR] - [UNCLEAR] - Annh? - [UNCLEAR] - You've already given Me. - [UNCLEAR] Ohh, very good! - [UNCLEAR] - Beautiful! - [UNCLEAR] - LIKE THAT? - Absolutely, You may have seen but - The other way round, I think - [UNCLEAR] Ahhh! So many [UNCLEAR - CUPS?] So thoughtful of you!

You see, I wanted to buy for that - should not have wasted so much money. I hope this is made in Australia [LAUGHTER] - A lot of it [UNCLEAR] Australia - Is it? - Yes - Then it's nice. Thank you very much. Thank you very much. So sweet of you but I don't think there's any need to do all that. Oh, I'm sorry, I should have helped her. It's good. You bring it along. Thank you very much.

From your this thing? - Yes. You don't get as sweet as [UNCLEAR] in Melbourne. - Had You been here a little later, they would

have been sweeter still - It's quite good. - Thank You. - It has a special taste - very - [HINDI - Khatta hai] It's sour - [UNCLEAR] - Annh? Little sour. Thank you so. - Well - [UNCLEAR] - Where? - I [UNCLEAR] in the Pooja - [UNCLEAR] Shri Ganesha's little hand after the pooja - Then there are eyes - The last of few moments after they sing aarti, then this just came.

Shri Ganesha is always protecting you. - This is His form - This is His form. His tusk is here, His head is [UNCLEAR] Beautiful! - Shri Mother, we need to [UNCLEAR] - It's nice. - [UNCLEAR] So, how many are for marriages this time [LAUGHTER] If we could get the list, ahead of time, would be better - isn't it? At least we start our this thing in the end of, say, end of November So, in October if you can get this and also money should start in October so that by the time - last time till the 15th of November there was no money so, - it created a problem for us quite a lot - We can make [UNCLEAR] in the beginning of November Mother - Ah, better is beginning of the November but the marriage list also should follow because then we can sit down and do it. Last minute when you are running from one place to another, you have to do it - that's not the way to do. - We go now. - Ji, Shri Mataji - Now enjoy your picnic. - [Hindi - Kaise ho?

]How are you? - [UNCLEAR] Wow! Which one is this? - Annh! - [Hindi - Bole jaise hi Aap aaye woh phoolne laga season mein] They're saying as soon as You came, it started flowering. Thank you. - Annh? - [INAUDIBLE] - Can't hear. - [Hindi - Batein karna chahti hain Aapse.]She wants to talk to You.

[UNCLEAR N INAUDIBLE] - Tonight, I'll see them. Busy. Ah! - [UNCLEAR - AVI?] Swaroop? - She's very good Shri Mataji - She's here? - She's here. - Isabel you're going? She's, Elizabeth hai nahin? You're going to.. - To?

Sydney - Sydney? - Sydney. Yes Shri Mataji. May God bless you. [MARATHI] [MARATHI CONVERSATION]] [MARATHI CONVERSATION] [MARATHI CONVERSATION] [MARATHI CONVERSATION] You come. I would love to see people who are really in problem and have some [UNCLEAR]. Nice, is it? Different taste - isn't it? - [UNCLEAR] - Jai Shri Mataji You didn't do this, it's just This one? But even the ears You are a sahaja yogi, that's why - remarkable!

This, this thing is [UNCLEAR] quite a lot Unnh? [UNCLEAR] They will never believe if you tell them. It's a fact there, it's reality; Difficult for people to understand this but it's a fact. Done it very well with such a feeling. Only in this photograph it has come? Only? [HINDI - Dekho yeh sar ke upar aur yeh kaan mein] See this above the head and in the ears. - Sahaja yoga is so remarkable! - Yes. - Surprised.

May God bless you! Must ask for miraculous photographs all of you - that's very important. I don't know, if it is convincing to other people but at least [UNCLEAR] What's the matter? - What happened to you? Annh? Kya keh rahe? - Cancer hai. - Cancer. Of what? Cancer of?

bone? Backbone? Backbone has got the cancer? Where? On the back side? They removed it? -[UNCLEAR] - Annh? -[UNCLEAR] - [UNCLEAR] - there breast cancer to begin. Hmm. You have to give a three candle treatment - let's see how it works out.

She might feel better. Did you feel the cool breeze in the hand? What were you doing before you were a house-wife? What work you were doing? Hunh? - [UNCLEAR] - Accountant? - [UNCLEAR] in a shop Very right problem is there. Doesn't matter. You try three candle to begin with and then we'll see. The doctors are saying it's gone in the backbone?

The whole of it? [UNCLEAR] - Just see on her head. Take a bandhan and see on her head. Take a bandhan - You should take a bandhan first and then see - Felt. - On her head? - On her head. - Hot? One hand towards Me. Hot? - Quite hot?

Very hot. - Center heart Hold your breath, hold your breath. Leave it. Please hold your breath again. Now, leave it. Once again hold your breath Leave it. - What? - Very sorry [UNCLEAR] but as soon as [UNCLEAR] situation and I can get it and she will be better. - [HINDI - Kya cheez?] Which thing?

[HINDI - Homeopathic ki davai milti hai, usse theek hoti hain.]She gets better with homeopathic medicine. - That's not [UNCLEAR] - To get it there at the system but... - It's very much deep in her. - Yeah. - Better try three candle plus homeopathic you

want to. - Yeah. Starts with the center heart, that's why. Alright, May God bless you! [HINDI - Saara sir garam kar diya] Whole head has become hot. - Yeah - [UNCLEAR] - What?

[UNCLEAR] - she's had an accident and she's in hospital [UNCLEAR] - What are you telling? - She's a sahaja yogi and she fell from a horse and she has [UNCLEAR] - Fell from the horse? - Yeah - from the horse - and she has a weak [UNCLEAR] - She's also sahaja yogini? - No and she was [UNCLEAR] realization - Annh? - We gave her vibrations, all the yogis - [UNCLEAR] we could felt the Kundalini, Mother - See, how she's dressed - Yes - so, she's not very respectable woman - [UNCLEAR] gave her realization, we the sahaja yogis - Left Nabhi she has - Yes, left Nabhi, left Swadishthan also - Fell down? - Yes, she fell down on the left side that's why it is come - but Kundalini is - Annh? - Kundalini is up. She [UNCLEAR] Kundalini trying to - She's in coma? - Yes. Let's see.

I don't know What's the need of a such a big woman to sit on a horse? [LAUGHTER] She did not understand, mad - she's a grown up woman with children, everything - and she didn't even know how to ride a horse - Annh? - First time - She didn't even know how to ride the horse - She did not know at this age she started - No - At this age she started - First time Stupidity personified at this age! Her husband should have told her - extrovert! Alright. May God bless you! There's no wisdom in this kind of thing. I know of a lady - some Lord's wife - and she was 83 years of age. We had dinner with her previous night. Second day we read in the newspaper, she's fallen from the horse and dead.

83 years - what was the need for this 83 year old woman to jump on the horse. They don't mature - cheapish, childish people. I mean, there should be some dignity of age, of some understanding. - Not understandable, Mother. - Can't help it, forget it. There's no wisdom - but this is an English lady I'm telling you about. American ladies, the worst; There's nothing in their heads, I think. They don't understand value of their life. Alright, May God bless you! They do it After sahaja yoga, one can see the wisdom of all this nonsense.

May God bless you! Hello! She's going [LAUGHTER] So, you all have to sing a song for Me - all the little children. Alright? - Mother, this is about [UNCLEAR] photos - Alright, thank you. - You're [UNCLEAR] London. You were there? - India last year for your birthday, Shri Mataji. - Ahh! [UNCLEAR] Are you feeling better?

Bolo Shri Adishakti Shri Mataji Shri Nirmala Devi ki Jai! Ki Jai! Ki Jai! Thank You Mother.

1994-0402, Talk, Money in Sahaja Yoga, Eve Of Easter Puja

View [online](#).

2 April 1994

Talk to Sahaja Yogis

Bundilla Scout Camp, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

I'm very happy to see all of you here and that now we have so many Sahaja Yogis in Australia.

I think Australia has got the second position in Sahaja Yoga. Of course the first position if you exclude [interruption in recording] in the sense that if you exclude Russia and the Eastern bloc, then I would say maximum number of Sahaja Yogis we have now in Austria and the second is in Australia.

Today I was late because a phone had (Shri Mataji corrects herself) phone call had come from Austria and they were trying to talk to Me and I was just wondering how it's such a coincidence.

Now, we have started in a very bumpy way, I should say to begin with Australian Sahaja Yoga - we had funny leaders and lots of problems were there. But somehow or other, now we are settling down and we have a very nice group here and that people understand the value of Sahaja Yoga.

One thing about Australia is that it's a very far off place, a very exclusive place and it was surprising to Me that how Sahaja Yoga prospered here so fast and so easily.

Perhaps maybe one of the reasons that you are little far away, sometimes I don't know something that I should know, and I know something I need not know.

So the Australians always write very, very long letters (Shri Mataji laughs), so long that I cannot really read the whole of it. As you know, your Mother has (Shri Mataji corrects Herself) is very, very busy, so-called and since morning I start reading, it doesn't finish till the lunch time.

So one thing I have to tell you, that whatever you have to say, you should say in short. (Laughter, Shri Mataji laughs)

Even then you make it long or short, I can understand it, what's the problem is, even with vibrations I can.

Moreover, most of them are concerning themselves, all the time concerning themselves like "I'm sick, my daughter is like this, my father is like this, brother is like this". (Shri Mataji laughs) All regarding themselves. Very exclusive again.

Now, I would like to know more about what you think of doing Sahaja Yoga, how you would like to go, how you would like to proceed, what is the best way of doing it.

In that case also sometimes I find people mostly write about what schemes they are have to make money, how they want to involve Sahaja Yogis into that money-making propositions, this that.

So I'm surprised that Sahaja Yoga is very different thing and one has to realize that we don't have to make money out of Sahaja Yogis or their collectivity or anything. Of course, you need money very well, but it should be done on a collective basis and not on an individual basis.

So we are trying to plan out something for you. Maybe work (Shri Mataji corrects herself) may work out later on, that you might

be able to sell some things here and make some money or if you need some. But actually in Sahaja Yoga, I've found, we don't need much money. If all of you, who are so many - they said there are thousand Sahaja Yogis in Australia. Thousand is a very big number.

With a thousand Sahaja Yogis, I was discussing that why do you have problem of money. You should not have any problem of money. So maximum how much do you spend? They said, "Maximum we spend twenty-five thousand for the tour and all organizing" and all together - they said - we spend about sixty thousand." It's very simple.

I said, "Everybody, if they pay six dollars per year, you can work it out." Sixty dollars, I'm sorry, per year. So not much, it's about five dollars per month. And I said, 'Is it too much, five dollars?'

I mean, I've seen here the flowers cost you so much. So on this point, they said some are very generous, but some do not pay a single pai. This is going too far.

You see, also it's a Lakshmi Principle, must understand. If you try to save such a little amount as that, how can you expect Shri Lakshmi Principle to work out in you.

You see, you must know what a unique thing is Sahaja Yoga, how it has redeemed you, how you have transformed you and you have landed into such a beautiful area of God's kingdom.

Now this money is not for something that we use, say, for absurd things, but is for propagation. I come here nowadays, now I've decided to come every second year, so even this is too much for you to arrange My tour, then I will give up, if you think it is too much.

Some of the people are like that, very miserly; and there's a reputation I don't know why about Australians they're a very miserly people. They're not. On the whole they are not. On the whole, some of them are extremely generous and some of them are very miserly; who somehow or other confront other people and a very bad reputation is established.

So all of you have to be little generous, otherwise you, others who are generous suffer the consequence. As a Mother, I have to tell you that you have to be generous.

You know, in the beginning I was paying all the money for everything, because My husband also realized that he should really contribute to this noble work so that he is blessed. And this is where I think Australians are failing compared to all others though they are very many in number. Now count your blessings. First count your blessings and try to understand that what you are doing is no good for Sahaja Yoga in Australia. Those who don't pay at all are really people who have not understood Sahaja Yoga.

In Sahaja Yoga of course I don't need any money, I don't want any money. And also somebody told Me that the money was misplaced in Australia before, that's why people are afraid. That's no reason. You know that now we are handling the money ourselves. There's nothing like that and we've done a lot of work since I have taken over.

So one has to understand that this is a very low-level behavior towards Sahaja Yoga; because Sahaja Yoga has given you so much, so much, and you just count what Sahaja Yoga has given you, then it looks very low-level that you can't even contribute six pounds or five pounds, or five dollars, I'm sorry five dollars, that too Australia.

For your recession, who is responsible?

How will you progress?

This is a very delicate subject. I didn't want to talk about it, but if Australians are known to be like that, I think it's better to have a

proper image. Actually the main, heavy things that are paid like building ashrams, building schools and all that do not come from your money at all, not a single pai, from your money nothing comes out.

It comes out of International Funds, out of people who are extremely generous and also partly from Me and if some money is left over with the tour.

So this one I had to talk to you today. Saturday is all right, not on Easter Day I wouldn't talk all these things, but today is the day when you should know that Christ was suffering, and this is the time we have to understand that you are not in the suffering any more, you have come out. But the way you treat Sahaja Yoga is just a side issue, like buying a magazine sort of a thing.

It's not good. You are not paying due respect to Sahaja Yoga. It's of course your dedication is important, meditation is much more important, but little money you must keep for Sahaja Yoga. There is no need for you to pay like the way you pay for these gurus and all that, nothing of the kind. But a little money you should learn to take it out with respect, with dedication because after all we have to pay in some places.

I should not talk about these things, and I have told Steven to circulate a letter of requesting them, telling them what's the problem is. It is a, I mean in India, they are anxious to pay for Sahaja Yoga, and in every country I've seen they are anxious to pay. So this kind of an atmosphere and this kind of a beautiful gathering that we have, we should also think what we can do for Sahaja Yoga.

The second thing you have to do that as you have got your Realization, others also should get it. So you have to form groups, go round the cities, go round to the smaller places and try to spread it. Some people do it.

Definitely, some people do it, but there are thousand Sahaja Yogis, if they do it every year they can increase and multiply like anything.

If you can really always think that we have to do something for Sahaja Yoga, you can go out on Saturdays, Sundays, form your music groups or anything and try to establish Sahaja Yoga outside.

You are duty-bound to do it. Like when this light was not there, it was all right, but when it has got the light, it has to give the light, that is the duty of the light, it's the nature of the light. That's what you have to do, is to spread Sahaja Yoga as much as possible.

The third thing I feel, that I should point it out, that when it came to going to America nobody wrote to Me. Nobody told Me that people are going to America. It's very wrong, because in America Sahaja Yoga is not at all established. There are very few Sahaja Yogis.

Secondly, you just went there for a holiday or some sort of a thing I don't know what. I have already told you that America is hell. Why do you want to go to America?

There are other places you could have gone. You could have worked there, but you put pressure on those people who were there. Not only that, but you caught all kinds of funny things from that horrible land of America.

Americans as you know are very, very immature. They don't understand Sahaja Yoga. All kinds of gurus are there. There are witchcraft, legally accepted things like that.

Of all the places why should you go to America, I can't understand. And people just went there to America, was a very wrong thing to do - without even telling Me, without even informing Me, they went there, otherwise I would have stopped it.

The another difficulty came up for Me very much, that because you had not decided to go for a India tour, this is the last time we'll have such a tour which was so expensive.

But it was all thought that all Sahaja Yogis will enjoy in the same amount that you have been paying.

We started this idea, everybody knew about it, but at the last moment when I went to England, to find out there was no money at all.

So I had to borrow money and do the business. This is very, very troublesome and you don't want your Mother to be troubled for nothing at all. And then suddenly so many came.

You see, how you understand that supposing you have to take this place, you cannot just last moment come and say, 'Oh no, we want to take this place.'

You have to organize all your travel by train, by buses, by this, by that.

How much Indians work. They organize everything throughout. This time they really got absolutely upset because some people just came to Delhi, some people came through the Hariyana tour, some went to another part. But the worst is some of them just came after Poona. They said, 'We'll do half.'

You better not come. If you have no money, you need not come. 'Mother, give us half,' then one-fourth, then one-fifth. I mean, there's no bargain about it. The money that you give is for the full tour because we have to organize it on that premises. For example, you go anywhere now. There's a, they'll say, 'Now, there is a train available if you have five hundred passengers.' So we take the whole train. All right, now you only, say, three hundred people pay, then all the two hundred who is going to pay?

It is something you are away from the rest of the world, sitting down here, enjoying Sahaja Yoga. You don't understand that all these things have caused lot of problems and a deficit, big deficit.

I don't know what has happened, I'm now going back to Cabella to sit down and find out about the accounts, which I am very bad at it. And the more you only care for such things, the worse it will be.

I have to tell you that it's - there's no planning needed as such, but anywhere in modern times, if you have to go, you have to do it beforehand.

It's not just you reach there and say: "All right, Mother, we are here now". Do what you like.

All these things have really upset the Sahaja Yogis in New Delhi and in Bombay. And they have sent Me word that 'Mother, please tell all the Sahaja Yogis all over the world, specially, specially Australians that they should take a decision before at least a month.'

So if you could decide in October it would be better. And send over the money because if you borrow the money from the bank, you know you have to pay interest also.

So, I know children sometimes don't behave properly, but you don't want Me to have trouble of this kind and a Mother has to tell the children what are her problems are.

On the whole, there are some Sahaja Yogis in Australia who are tremendous. They are doing so well. They send such beautiful cards to Me. They write such beautiful poems that really I don't know how to thank them. But first of all you have a duty to spread Sahaja Yoga.

Secondly, it is for you to enjoy Sahaja Yoga, but also to see that by your behavior you don't trouble other Sahaja Yogis all over the

world.

Sahaja Yoga has so much progressed here. It's a very, very surprising thing. We had a very bumpy start, I told you.

I used to think that Sahaja Yoga in Australia will be disappearing into Indian Sea or something, but we have now people who understand what is Sahaja Yoga and also you have very, very good leaders practically everywhere.

Also they understand Sahaja Yoga very well and they think it's a very important thing and try to think how important is Sahaja Yoga. With all those things, you see, a very, very simple understanding should be there that we belong to one family.

When I come here I feel a joy of a Mother who has come to meet all Her children, Her family and, if we are in a family, we bear a responsibility. I don't want to put any pressure on you, on money, which is not reasonable.

But you should be also reasonable about it and try to think in a serious manner that whatever Mother is doing, whatever She's trying, we should not put a burden on Her.

So for one thing I must congratulate you that all the collectivity has come back to normal. Even in Melbourne I was surprised how the collectivity has come back and is helping everyone.

Leaders, all of Australia I talked to them one by one and they only say that "They are all right, for Pujas, they are very good. They are good for other collective things we do. But as far as working for Sahaja Yoga, you'll get handful of [Interruption in recording]".

When it comes to working for Sahaja Yoga, very few will be available. Most of them think it's a sort of a by-the-way job.

"I'm busy with this. I'm busy with that." But that is not the way.

You are really showing your sense of gratitude. If you want to show the sense of your gratitude, then you must run to ask, 'What do you want me to do? What should I do?'

Now, in Poona when I went, I was so surprised, the Yuva Shakti, the young Sahaja Yogis, they came to receive Me, six of them, all in a turban and in a very classical dresses with a big bugle and all kinds of things to receive Me.

All the way on the road, they had built about twenty-five to thirty big gates for Me on the way, and also had advertised all over, all over Poona. And I was amazed we had a hundred thousand people for the program.

Can you believe it?

And then second time, when I went to Bombay, I was surprised really. We have a park called Shivaji Park and there always had been big meetings of Mahatma Gandhi, Jawaharlal Nehru, this, that. And I was amazed that they all said, 'There has been never such a big number of at least 125,000 people.'

All done by the people, everybody working out, anybody who knew this one, he brought this, he brought that and, by doing that, you see the expenses were much less and they never put a pressure on Me for money. Never. I have never seen these people. They are not so rich as you are. You are very rich people. But they have never put any pressure on Me. To them Sahaja Yoga is their life, Sahaja Yoga is their aim and Sahaja Yoga is totality.

So with all this, I have to tell you that your ... I've told the leaders to make a list of people who do not pay money, also to make a list of people who do not help in the work; not the ones who help, but those who do not help, so I'll put a bandhan on them and let them feel that it is important what we have to do.

Last but not the least the problem of certain marriages which crop up very much here, I am surprised.

Men, you are to be married, you are given full chance to decide whom do you want to marry. And after marriage it goes off.

Mostly it is the mistake of the women here, I'm very surprised, because always it's the woman who dominates, see she wants this, she wants that, like that. Now, you have to know that women are very important for society. Your problem is not so much of political problems or economic problems, as such. It is always common like that in every Western country. But the main problem you are facing is your society.

You know what's happening in your society, what a terrible society it is, how the children are harmed, how the women are tortured, how so many things are happening in our society and all kinds of filthy things are happening which cannot be called as anywhere near advancement. All these things we see around us and we see our children suffer with that.

So what - who is responsible for the society? Women. Women are responsible for the society. They have to do it. I'm also a woman and I understand that to Me society is so important. I should not Myself do something that is wrong. I should not allow My children to do something wrong.

Now, if children are not meditating, they are not footsoaking - I was told that nobody can corrected anybody else's child. If somebody says something to somebody's child, they'll be angry. Even Indian ladies, I was surprised, don't like anybody correcting their child.

It's not in India. Never.

If one woman does that, she'll be discarded from the society.

Anybody can correct you and parents thank that person. Say, when we were young, supposing on the road we are laughing, say that could be a joke, we are walking. And somebody informed My mother, she would shout at us, 'What business you had to make jokes on the street and laugh like that? It's very cheapish.' But she would never shout at the person who reported. That was not done.

So this is another thing I want to tell you very frankly, that no parents should feel bad if somebody corrects the child.

Should thank that person because your children need too much of correction, you have no idea.

When we started the school, just after two month they gave up, said 'These are not children. These are coming from some jungles and they bite us, and they hit us, and they take out all our belongings and throw them.'

They were so horrible hooligans. For two months they tried and they gave up. They said, "Close this school. We can't have. We'll have Indian children."

I told them - I gave them one ebony rod, so big as that, black. Said, 'You show them this. Say that this Mother has given. Anybody who tries to misbehave, we'll touch that person with this'. And they were all right.

(Laughter, Shri Mataji laughs).

They started behaving all right. Otherwise this school would not have been there. You don't know how terrible they were. They were used, they used to threaten that 'We'll jump down the cliff' or they used to climb over the trees or on top of the roof also, like monkeys. Just like monkeys, without any discipline, without anything. So your children need much more correction than anybody else. Not only Australia, I mean any one of the foreigners, they need.

So it's better that you allow others to correct your children. And I'm surprised at Indian ladies objecting to it.

They are also learning bad things from here I think. This is never in India.

Nobody does that and that's why Indian children are much better.

You will not - you have, you must have noticed Indian children in a group there, how they behave, how quiet they are, how sweetly they are listening to everything. Very nice.

The reason is they are disciplined not only by parents, but by the whole society. And the idea is that everybody loves your children. They are the children of the whole society. We live collectively. We are not individualistic. And if they find anything wrong with the child, they should correct.

Of course if you find somebody who is doing it just to show their anger or temper, then you can report to the leader, but normally it should be treated...

After all, you are all parents and you know what is good for children. I was amazed that children are not allowed at all to be corrected by anybody else because, you see, a child, you must know, is a big responsibility and only the mother cannot control, only the father cannot control. The whole society has to control and discipline the child.

So the idea of good mannerism - this is not good manners. These are not good manners. You see, we should know, these are not good manners. One should feel very shy about it. I remember once my grand-daughter we had taken her to Brighton and she wanted to go on a ride on a - they have what small, small trains. So they went round and came back. Still she wanted to do it again and I said, "No, no, you can't do it. We have to go now." Then she looked at her mother and started crying. Mother said, 'Whether you cry or anything, you are not to go again. That's what it is.' She must have cried for about, say, five minutes and then she felt so ashamed she put both the hands on her face. So she was very young, so must be about four years. I said, "Why are you hiding your face?" 'Because I misbehaved.'

These are not good manners. From very childhood, you must tell your children what are bad manners and what is their position.

They are Sahaja Yogis. Put them up. Tell them what is their dignity, how they are, they - how special they are, how much God's work they are going to do, they are in the kingdom of God, they can't behave like this. Anybody who tells you should not mind because it's all for their good.

It doesn't, in no way harm your child, but this shows your, what you call, mamat where you say that you are attached, "It's my child. That's his child. That's his child."

Nothing like that. In Sahaja Yoga every child belongs to everyone and that is what we have to show in our life.

Even our things in the West I have seen, people if they think belongs to somebody else, they'll just spoil it. If it is theirs, then they'll keep it very carefully, not to be touched.

That's not Sahaj culture. Sahaj culture, I'll tell you what, like supposing if there's a spoon from somebody's family has come in the house, everybody will be telling us, 'Is it there or not? Have you returned it (or) not?' Even a spoon, they'll eat us off. I tell you this not only with Me but any Indian family.

Not that all Indian culture is all right, but quite a lot is needed to compensate for this kind of a culture where everybody is free, do what you like, live as you like.

So also you have to train them up, how they should live, how they should keep their things. For example, in Cabella we had children and we had parents and they were putting them in their own rooms.

I said, "No, there's no need you to - there's so many rooms. We make one room for the children. And let them feel that this is their room, they have to look after it." I was so surprised. The same children who were spoiling their parents' rooms all the time started with their little, little hands carrying their blankets, little blankets and everything and putting it up nicely, keeping it clean and "Mother is going to come", so they put up some flowers. I said "So sweet". I said, "The same children about whom parents were saying, 'Mother, they're hopeless. Every day we have to spend so much time on their thing, they put this thing here and put there'."

So to make them responsible. And so sweetly they did it. They are all below five years, from two years to five years, imagine.

So sweetly they did it and for Me also they made a seat and wouldn't allow the adults to do anything.

So I was surprised, the same children how they have changed. Only by getting a dignified place for themselves and an understanding that they have to do something.

So too much of protectiveness is not needed, and abandonment is also not.

You have to be in the centre, tell your children how to behave and what is the good manners are. They should know, "These are bad manners. We just can't do it. We just can't do it. Bad manners." And this, if you tell, they will understand, because we must face our children. We have to tell them. Whatever is wrong we have to tell them.

I'm sorry today I took too much time and I hope your leader will forgive Me for this (Shri Mataji laughs, laughter)... because... (Shri Mataji laughs, laughter)... I'm just trying to use this time for something really very much needed.

I never get a chance to talk to Sahaja Yogis in this way. When it's a Puja time, it's so auspicious that You don't want to say anything that will make people little unhappy.

So I have a feeling of a Mother who loves Her children very much and who wants Her children to enjoy life fully in the Kingdom of God.

So I hope you don't mind whatever I have said and whatever I have done is all for our good.

May God bless you.

SHRI MATAJI CONTINUES AFTER THE TALK HERE:

There's some more time can you give Me – the leaders? (Laughter).

This is the first time I saw everything so organized according to time and this is the first time I've let you down (Laughter).

It's a - you know because of your customs, you know what is the situation is, you can't bring too many things but whatever I could I've got it for the leaders and all that, so I'll just now read the names and then you can collect it from Vinay. This is for all the leaders here (Shri Mataji reads the names: "Mr Steven and then John, then Michael, Ben, Hugh - what's the name? Albert. - Albert, then John Henshaw, and who? Robin, Robin Reed").

Then also for ladies, according to the leadership, leaders' wives is (Shri Mataji reads names "Marylin? Marylin, and we have Sue,

Jo, Savita – Brisbane, who is from Brisbane, Albert's wife – and Jennie, and Gulsha (?) what's kind of a name?"

So this is, these are the names of the people who are leaders, Savita because she really worked very hard for Me.

So that's how we have presents for them, very small presents, I hope you all can take it from Vinay. I have already touched them, blessed them, so it's alright (laughter), we can save some time (applause).

Also they wanted Me to bring some sarees... (Yogi says in Hindi, "Sold it").

Sold it! (Yogi: Yes) I hoped you liked them. (Laughter and applause)

1994-0403, Easter Puja: The responsibility on you is much more than on Christ

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3 April 1994

The Responsibility On You Is Much More Than On Christ

Easter Puja

Bundilla Scout Camp, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Easter Puja. Sydney (Australia), 3 April 1994.

I'm happy to know so many of you have come here - and I feel this is a very important Puja, not only for Australia but for the whole world, because it has the greatest message which we have actualised now in Sahaja Yoga.

We have to understand the message of Christ. There are many people in this world who try to show off that they are very great rationalists and that they have a right to pass any remark they like about Christ. I was reading the newspapers today, I was surprised where they are all saying one by one that, "I reject this part of Christ that He was born with Immaculate Conception. I reject that He was resurrected. I reject this and I reject that." Who are you? Because you can write, because you have a flair, how can you say such things? Just without finding out. You are a scholar, maybe you are very well read, maybe that you think you are capable of saying whatever you like about any subject, but the subject of spirituality cannot be dealt by people who are not even Self-Realised.

Because it's a very divine life, it's a very different life. It's an area where your mind cannot enter. It is beyond the mind. And so the poets or artists, all of them who have worked on Christ's life and have tried to say things about him, mostly were Realised souls and, if they were not, they could not do any justice to His life.

It's very surprising that I should be celebrating His resurrection in Australia. You know this is the country of Mooladhara and Mooladhara itself then expresses itself or manifests in the Agnya. So such a great connection you have that first of all it's the country where Mooladhara is established, was established I should say, and later on that it was manifested in the life of Christ on the Agnya centre.

I must say that you have really created some very great people signifying this beautiful manifestation because, as you have Dr. Bogdan who is an Australian, in the sense that he lived here and then he went back to Russia which is the right Agnya, where he worked.

In the same way, as Sahaja Yoga has prospered here to begin with, among all the European countries, or we can say among all the countries which were not Indian, maximum growth took place in Australia. And the maximum growth now first took place in the Eastern bloc, in Russia.

Now the other part of the Agnya is China and it is you people only, out of you only some people have to look after that. And as it is, you are all looking after Taiwan, Hong Kong, Thailand. All these are Chinese races. Apart from that, they worship Buddha. It's very interesting.

Buddha, as you know, is on the left side of your medha, as they call it, this is the medha plate, is the lower plate of the brain. So the Christ is in the centre and we have got Buddha on the left side - or you also are looking after the countries which are influenced by Buddha. It's all working out like a plan. Perhaps you are not aware of it, that we are all people belonging to one Virata and that our needs or our work, all of them have great significance and connection.

About Australia, there's a myth in India that there was a big saint and he was very good, but somehow he made some mistakes

or maybe lots of mistakes. So God cursed him and said, "You better go away from India". It was connecting India and Africa. So the land was brought down to this point. He gave him the land, God, and He said "Now you resurrect this land and make something out of it."

And this star is called as this Trishanku, which is your Southern Cross. This Southern Cross is called as Trishanku, as is mentioned in our Puranas as this saint who became like that and God made him into a star which is hanging. Trishanku is hanging on top of this land and is working out the building up of this country. He was told that, "You go there and make a heaven for the human beings". This has so many mythological and historical backgrounds.

And there are some very good points also, I have seen about Australia, which are very surprising because they believe in the multi-racial society and they preserve it. They try to help the people through justice if some people are troubled and tortured. It's a very bold attitude towards progress that we should have multicultural society. And this comes, again I would say, after resurrection of political thought.

America is multicultural society, full of it, and as a result of that, as a result of that, they have progressed very much financially. But they didn't learn anything from the multicultural society. For example, Spanish went there. Spanish, as you know, are bullfighters. They went and destroyed all the cultures of the ancient times. And the new people who have gone they don't have any rapport with them. Like Indians have a separate identity, then we have other cultures like Islamic and all that, so they don't keep any connection with them. The original aboriginals are also kept out as something very low-level.

But here, I find people have a curiosity and also knowledge about the other cultures which are around them. That shows the sense of collectivity is within your genes, we can say, that it is working out in such a way that this country believes still in the multicultural society. All these are manifestation of Shri Ganesha's quality. See, if you have, say, a group of even ten people with husband and wife, and they don't have the purity of Shri Ganesha, they cannot exist because there will be always a very great conflict between husband and wife, also not only the conflict part, but people will become extremely superficial.

Like in America, a woman would marry a man because he wears such and such dress, or a woman is appreciated because she has a particular type of hairstyle. If the hairstyle changes the man can ask for a divorce. So superficial they are. The fight is with the husband that, "You didn't buy a particular coat which I liked", so there's a divorce. It's so superficial.

So the relationship between husband and wife is established by Shri Ganesh and He gives you the pure idea about how to enjoy your married life. Why people like Freud become so important, they start replacing Christ and people become enamoured by that.

Because human beings, if they know that in potential state they are all divine, they all have to become divine and not to go down to the level of animals, even worse than that. If they realise it that their main object of life is resurrection, that they have to rise above all these so-called temptations of life. If they know this potential, then they have to believe in it also, so that they do not have these absurd ideas about life.

As a human being, Christ came. He came as a human being, but he was not a human being. He was divine. Absolutely, He was nothing but Omkara. That's why He could walk on the water. There was nothing materialistic in Him, you can say, no matter in Him. If there was any matter, He could not have walked on the water. But if people start discarding all these facts, about His birth, about His walking on the water and all that, then what is left of Christ, I can't understand.

Now this message of His resurrection is very important, but what you find that, as you get three days holidays, people are just doing what one should not do. They have gone to some places, maybe with their wives, may not be with their wives, with anybody, into some sort of a rubbish and they enjoy things which cannot be enjoyed by anybody who is a Realised soul.

So we have to know ourselves that now we have got our Realisation. You got it. Not that it is in a potential state, but it is in a kinetic state. So, for us, Christ should be a model, what kind of life we should live.

In those days of Christ, there were no aeroplanes, there were no cars, nothing. But He went from places to places and talked to them about spiritual life. The people were not yet evolved. They were not mature enough. So He could not give them realisation, but He talked about dharmic life. He went to the extreme of the ten commandments, that He said not only that you should not do adultery, but you should not even have adulterous eyes. Pure eyes.

Now, how is it possible? When you see Christians and Christian nations, they suffer from this disease of not having at all clean eyes. There's a kind of a lust and greed in the eye and they are not ashamed of it.

Thank God, Sahaja Yogis all over the world have changed so much, transformed so much. They have become so beautiful that this problem we don't have. And if somebody has it, we want that person to get out of Sahaja Yoga till they cure themselves and come to normal. The main problem of the Christian nation is that they have become too much mental. Even sex they do mentally, in the sense they flirt. The eyes are so much all the time looking at something and reacting to it. They cannot witness anything.

Anything they'll see they start thinking about it, react to it. Then the reaction, because they are not evolved, can take them to any level of bestiality. Worse than beasts. For example, an innocent person sees something, he goes into thoughtless awareness and he just enjoys the beauty of that, but a person who is full of lust and greed can never enjoy anything. On the contrary, he would like to possess that thing or would go beyond the limits of his authority and enjoy somebody else's wife, somebody else's husband.

It's a very subtle thing which we should understand when we make friendship with others, what do we enjoy in the friendship, what do we see in that friendship, as realised soul, how your friendship should be. The friendship should be pure — nirvaj. That is, you are friendly with somebody because just you enjoy the pure friendship, where there's no sense of possession or also the sense of destruction. Such a friendship is a Sahaj friendship.

I have seen people all over the world, when they come to Ganapatipule, the way they laugh, the way they enjoy, and I feel so happy there's this new world of such innocent people has been created on this Earth in My lifetime.

You should also realise that you belong now to a very higher type of people, very higher type. There's no justification for any Sahaja Yogi to indulge into such dirty stuff because he is beyond it. He has developed a new sense of beauty and cleanliness. He cannot bear anything which makes him look like a person who goes towards all kinds of filthy things.

This is a speciality which you have got it, which was potentially within you and despite the atmosphere in which you lived and you saw, you just got out of it and became like beautiful lotuses in the pond of filth. And these lotuses themselves can give such beautiful fragrance to others that they can make the whole pond fragrant and beautiful.

So the responsibility on you is much more than, I would say, on Christ because Christ was divine. I was asking them to get Devi Mahatmyam if possible, in that He's described as the son of Lord Krishna and Radhaji and that He has been given a special power and He is called as the Support of the Universe.

Just imagine. Mooladhar. He is the Support of the Universe. And the birth is described in a beautiful way, that first He was created like an egg. This purity, this auspiciousness was made into an egg. That's why during Easter you people give eggs to friends.

Now this egg was nicely also kept for ages and then it was broken into two. The first one became Shri Ganesha and the second one, which evolved fully like an egg when it is evolved and is fully mature, the second one was Christ. You may say that how is it one egg has two forms? I must say these are divine happenings. They are very different from what we see in the mundane world.

Now, this egg, the second part of it, became a child and He was crying for his father. All His life Christ talked for His father and when He knew He was - will be crucified, He prayed to His father saying that "Oh, Father, save Me from this cup of crucifixion".

He prayed. And if you see His two fingers, these two fingers are always out, expression of His blessing. This is the one which stands, as you know very well, for Shri Krishna, and this one for Vishnu. So always He showed these two fingers.

There are so many things by which we can, as Sahaja Yogis, find out how Christ has been ruling throughout. He is not dead. His body might have been perished in Kashmir, as they say, but He was the Spirit and the Spirit that was in him was a living, eternally living, great personality.

We may say that He might have had little bit of, we can say the human aspect to camouflage Himself, after all Spirit just cannot come in, and that might have been dead, that part, that camouflage that he was using. In Divinity, as Ganesha is pure, He is absolutely beyond any kind of contamination.

Other incarnations who came on this Earth, they had to do many things, like Shri Krishna had to go in the war of Mahabharata, Rama had to go in the jungle to deal with people, same with Christ, we can say, that He did go to all these places, but He never behaved like a human being. Others did. Shri Rama cried a lot, wept a lot for His wife. Then Shri Krishna married so many times because they were His powers so He married them.

So, though they were incarnations, they had to very much do the things which human beings do. Christ was never married. He never wept, as far as we know, except when He was praying to His Father. He just asked that, "If You could remove this cup from my mouth I'll be very happy". So it's shown in His character that He came on this Earth as a divine Personality, lived as a divine Personality and died as a divine Personality. I think that way it is much easier to be because you are a divine Person, you come, give some sermons, lectures, this, that and just go away.

He didn't take the responsibility of giving Realisation to people, which is the greatest headache, I think, to give realisations to people. Because, if you give them the resurrection, if they get their realisation — Christ accepted His resurrection as a natural thing because He knew all about it and that He didn't have to change, He didn't have to transform Himself. He was the same as He was because He did not need any resurrection. He just tried to show in His life that we, human beings can have our Realisation and we can be resurrected.

His message is not the cross but the resurrection and this resurrection, if you understand, then one can understand also one more thing, that we are now resurrected from ordinary human beings to the divine level.

It was easier for Christ because He didn't have to face any problems, while you are coming out of that human life to a such a higher life. Suddenly, it is too much, I agree. It is too much to accept. But, because you go beyond your mind, it's not difficult because your mind stops thinking. Otherwise, normally people would have been thinking, "Now, I am resurrected. All right. So what should I do? What should I drop out? What things should go away? What is the goal?".

All these ideas of human beings would have followed you slowly. But no. You just felt, "We are there. Now what to do? We are there." You became conscious of your qualities, of your virtues, of your greatness, and those who were conscious became very confident that we have these values already existing within us, we have these powers which are manifesting and these powers are flowing through us.

Nobody doubted it. Some did, but very few. As you grew up, immediately you knew that the Divine is acting through you. Is there. Everything is tangible. You know everything about your inner being. Gradually, you start spreading out yourself, spreading out your personality. And then you don't have the weaknesses as human beings have.

We had some funny people, no doubt, I know, that people start thinking about how to make money out of Sahaja Yoga, and that's still a human nonsense going on - or how to show your powers, how to show how your powers can assert, how to sort of use your ego to put down people.

All these are human style of lives and it existed for some time, but now I find you all are washed as if through this Kundalini has

just washed you completely.

You all have become very beautiful people, extremely beautiful, and even people, they see you at the airport and they think that "These are some unique people". Even in this area when we came, they were telling Me that the gentleman who is a caretaker was saying he has never seen such a group! "They don't fight, they don't argue, they don't make money, the children are so sweet. It's remarkable, such a society in these modern times, never existed anywhere and how is it, it is existing here?".

They were quite surprised as, also you should be, that you have achieved this without any much effort or any penance or going to Himalayas. You got it here because it was all there. It was all there and you found it. Our marriages are, ninety percent are successful. We have problems from the parents sometimes, from the society, but it's too little to be mentioned. And it makes one sense to Me, that we can really change this world. No doubt about it.

If you remember that the message of Christ is resurrection, that has already happened. Now after resurrection what? Your attention should be there. If it is still on your job, on your money, on your car, or your house, this, that, then you are still a human being. You have not yet lost that attachment. Or on your children and your spouses and all. That is all being still absolutely human. But a person who is divine has all the relations but doesn't get attached and involved into.

I've given many-a-time a very good example of the trees. See in the tree the sap rises, goes to various parts of the tree, either it is evaporated or it goes back to Mother Earth. It never gets attached to anything. As long [as] you are attached to your children, attached to this, attached to that, then try to understand that divinity has not fully manifested. That detachment is not neglect. Never. On the contrary, it is the most pure detachment which really nourishes every area of your life. Wherever you go it nourishes. So you have to test yourself. Nobody else has to do it. "How far I have been kind to others, how far I have been helpful to others, how far I have been collective?

I have seen glimpses of this many-a-times and it has given Me great joy. Like once we had a program of Sahaja Yogis and the gentleman had invited Me alone for dinner. So the program was there and I just thought that how can all these people eat in his house, you see? So I waited till they disappeared, all the Sahaja Yogis disappeared.

This gentleman came to say: "Mother, why did you ask them to go? I had cooked for all of them". See this made Me so happy. He had a small house. I don't know how he cooked for all of them. And so much food he had cooked already, and he was waiting all of them to have some food, and I just thought that it is too much for him to feed so many people.

In the same way, we have to have this feeling that we are all collective and we have to help each other. It is, say in the body, if I have any problem in any finger, any hand, anywhere, the whole body runs for it, the whole body suffers for it, whole body knows about it. In the same way in Sahaja Yoga there should be a common feeling all over the world. If something happens here, one person is affected, the whole world should know. Not only that know, but they should make efforts. If one person is suffering the whole world will suffer for that, and this is what is the culmination of our collectivity. Those who try to keep out of it, you see, in the collectivity cannot grow also.

About many things I have to say, but specially I would say that when we see somebody in difficulties, say financial difficulties, at that time we should try to suggest or try to help that person as just a part and parcel of the whole. Then that person will realise that, "I have so many people here. I am not alone".

Somebody might get more, somebody might get less, makes no difference. But the activity of the collective should be such that you should feel that oneness, that innate feeling for another person, innate.

You not have to think about it, but is innately you should feel attached to that person and you should feel that you have to do something about it. "After all, why should he not have the same joy as I have?". So the first thing that you will do, of such people is normally, is to help him in his chakras, help him in his endeavours.

It is very easy now to do Sahaja Yoga. In the olden times it was very difficult. If you had tried Sahaja Yoga, say, in the early time of Christ you all might have been crucified. Could be. What did Christ do after all? Why was he crucified? But nowadays that's not so. Then you, like others saints and people in India, "Thousands of years," they said, "we have been meditating. We started our meditation when we were nothing, and now years after years our different births after births, we have worked hard to get to this situation, that now we have got realization".

You don't have that problem. There's no problem at all, except for one, that you have to have full assessment of yourself, that you are the pure Spirit and that you are in the Kingdom of God. Just like Christ, it did not matter to Him. He had to oppose something that was wrong, he did it. When He had to support something was destroyed and saved, He did it.

He had nothing to do with Mary Magdalene, but when people started stoning her, He went and stood before her and He said, "Those who have not committed any sin, can throw stone at her." See this courage, this confidence was in Him because He was a divine Personality, because of divinity, but you have become divine. In a way, you know better about life than He knew, because He never touched all these points that you have touched, from what problems you have come out.

So, you should have much more understanding for people who are not in Sahaja Yoga or who want to come to Sahaj Yoga.

Like, as soon as they come to any program, you should not start saying "You are a bhoot, you are that". You were a bhoot before you came here (laughter). Quite a big bhoot, if you ask Me I can tell you (laughter, She laughs).

But when you realise what is your importance - now you have become qualified. You know everything about it. When you know that this has happened, then try just to follow few rules about Sahaja Yoga. It's very easy for you to follow because you are divine. No problem. No problem. You can follow it very well, but don't yield to human pressures that still linger in you or may be in the society.

You keep to your own style, to your own behaviour and you'll be amazed that the rest of the world will worship you — not hang you, but worship you. In your lifetime it's going to happen, but try to understand that you are [may that mean "have"?] been resurrected for a purpose, and that purpose is to transform this world into a beautiful place for which all of you should with full attention, with full understanding about yourself, about your responsibilities, should jump into it.

Australia has a special responsibility, as I told you some are so over-responsible and some are not at all. I can't understand why it is so, why is it happening like that. I see people who are so attentive and some whose attention is still not all right, moving like this, moving like that. So you should try to follow people who have reached a certain height. Try to follow their life, their lifestyle, and then you will be amazed that you can do it very easily because you are mature.

It's like, I have said that we are like an egg and it has to be hatched once you are mature, but some chicks come out and just start walking nicely, with little, little legs you see them very nicely walking towards the mother (laughter).

And the others are still there covered with all kinds of filth on them and not able to walk; and then these ones who can walk just bring them, you see, they poke them with their beaks and say, "Come along, come along, come along", and they bring it to the mother (laughter). It's very interesting. You must watch them.

This Easter has a great meaning that we are now newly-born chicks and we have to now follow a new path. It's a very simple path, but still we are conditioned so we are afraid maybe, or we have an ego, whatever it is. So drop out all these things. Just humble down and just start walking on this path of Sahaj and one day Australia should be able to cover the whole world, I can't see why not, after all you are the Mooladhara and the Mooladhara must play its own role as the wisest people. Wisdom is the power that you get from Shri Ganesha. So you have to be wise, absolutely wise and know that you have been seekers. You didn't get it because I asked you or we paid you or anything, but you were seekers struggling to know the truth and that's how you got it, and once you have got it, you should establish it fully in your life and also in the lives of others.

Let others also feel, "See, this gentleman is very unique, or this lady is very unique, she's very different, she's not selfish, she's not cunning, she doesn't manipulate, but somehow by her character, by her nature she is trying to create light for us and enlighten our path, enlighten the path of others.

May God bless you all.

Of course, today we must have Shri Ganesha's Puja for doubly reasons: because of Australia, and because of Christ.

It's very important that our Ganesha must be beautifully fixed, and that His light should really emit in our day-to-day lifestyle and also it shows on our face, in our eyes because you know the eyes are governed by Christ himself; and where the light comes in, you see, when you get your realisation, the tingling (may this mean "twinkling") in the eye comes because of His awakening within us.

So, we have to today really pray that we should have that magnificent character of Christ which was expressing Ganesha's or manifesting Ganesha's qualities.

[ASIDE: Attharvasheesh karna chahiye. To per dhulva do (MEANS Let's do Ganesha Attharvasheesha. So get the feet washed)]

Now children have to come up here: I think, say 5 to 10, the children can come up.

[Shri Ganesha's mantra is recited]

Yogi: Say the Ganesha Atharva Sheersha.

[Ganesha Atharva Sheersha is recited. Then "Ganesha Sthuti". "Jai Ganesha Deva"]

Yogis: Our Father, Who art in heaven, Hallowed be Thy Name; Thy kingdom come, Thy will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the Kingdom, the power and the glory, for ever and ever.

Amen.

[Ladies go on stage to perform Devi Puja. Bhajans: "Namo Namo Maria", "Polorum Regina".]

Yogi: Sanskrit songs page 8. "Mahalakshmi Stotram"...

Yogi: Marathi page 36. "Tujhya Pujani".

Hindi page 63. "Jago Savera Aya Hai".

Hindi page 67. "Vishwa Vandita"

Yogi: Bolo Shri Adi Shakti Mataji Shri Nirmala Devi ki!

Yogis: Jai! Ki Jai! Ki Jai!

Yogi. All the intrastate leaders and any foreign leaders please come to the stage. Any foreign representatives.

Shri Mataji: It's alright.

[Aarti, then Mahamantras are recited.]

Yogi: Bolo Shri Bhagavati Mataji Shri Nirmala Devi ki! Jai! Ki Jai! Ki Jai!

Yogi: Should take the prayer for Mother's good health.

Yogis: Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

Jai Shri Mataji!

Shri Mataji: May God bless you all. May God bless you all. May God bless you all.

1994-0405, Picnic, Talk to Sahaja Yogis

View [online](#).

5 April 1994

Talk to Sahaja Yogis

Lane Cove National Park, Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

What a beautiful place to come to, isn't it?

I have been here before also. You have such nice places on the outskirts. On the outskirts you have really very nice places in Sydney and this picnicking has helped you to make your collectivity better. That's how they started having picnics and in the picnics they developed the collectivity, which is very beautiful to be one with the nature, see the bounty of the nature and the variety that they have. Is a innate feeling inside always that you should be one with the nature, that you should enjoy the nature.

I mean, it's maybe because they say we have evolved from animals so we like nature, you see [Shri Mataji laughs].

But it's so much round, so much your temperament, everything when you see the nature and start seeing it, how it obeys the laws which govern it. Now see, if you see every leaf, any leaf, is not comparable with another leaf, if you put it under microscope they'll be all differently made.

So the variety's so much in the nature, but still how they abide together. And the greatest thing they have is that always the desire to get the sunlight. And every leaf, every branch tries to give chance to another leaf and another branch, that they all get the sunlight.

If you have to see collectivity, really you see in a jungle or in a place like this. How they live together and with such happiness, with such unity. They are all under the complete control of the Divine laws, no doubt, and they are so much enjoying.

It's only the human beings who have got this freedom, the will, "free will" as they call it. If you want to go to heaven, you can go to heaven. If you want, you can go to hell. And that is what we are facing now in modern times, that if we do not take course to sensible things we may be all wiped out of the surface of the Earth.

I've been telling since long that it affects our genes. Supposing a father is an alcoholic, the son also gets it in his genes. So many things, most of the vulnerability that you have or what you can call the susceptibility is coming from these genes.

Now the susceptibility to do something wrong, always to take to something bad, whatever is destructive, comes from the genes; and it was said that the Asians have two genes which protects them, bars them for doing something wrong.

Might be a culture research, I don't know. And the Aborigines and the people who have lived in the nature have only one gene that protects. But for white skin, there's no gene to protect. Can you imagine? They are left to winds. Whichever way the wind blows, they start blowing.

So, it's such a big problem with the white skin. Also they think they are the higher race, but they are not according to the biological process, you can say.

You can see the Germans, what they did. I mean, killing children in the gas... How could they do it? I mean, I just – unimaginable. The way they have killed people in all the African countries also, specially in America, the Spanish. Unimaginable. The way they have treated other people everywhere. Cruelty comes to them first. Very easily they can become cruel. They take to bad things very easily.

There are some Sahaja Yogis who came to Sahaja Yoga, stayed in Sahaja Yoga for so much and again they have taken to their bad life. So now it is very much to be understood that you have to be very careful and cautious. The bhoots will first catch you. That's why so much schizophrenia everywhere. If you – schizophrenia is so much true in America. So much. All kinds of horrible diseases they have. But I can't understand how they got it. So one has to be very careful that after coming to Sahaja Yoga you must stick on to your sublime Self, to your glorious Self, otherwise it is dangerous.

When one thing about Sahaja Yoga I was amazed that how it cleanses the genes.

Actually, gene in a Persian language is called like a "bhoot," you know Jin, but this whole theory is now showing that white-skinned people are more vulnerable to all kinds of things. And I think they are the ones who have suffered a lot because there must have been a big fight within, that 'What is this nonsense we are doing? Why should we do it?' And that's why so many of them started seeking, so many of them.

The seeking is so much suggested in Indian culture, everything, but nobody did that the way you people were seeking, it's creditable; because you realized, perhaps, that this is a terrible life you are into. 'Why are we here, so unprotected?'. And that's why so much of – we have so many Sahaja Yogis all over the world who have taken to Sahaja Yoga, and are steadying themselves and are progressing beautifully. That means the genes which were not protecting have become protective now, one thing, and those genes which make you vulnerable to things also become clean and you cannot get to those things.

They said the people who get AIDS are the ones who have genes like that, they are vulnerable to AIDS. So, this new dimension that the science has exposed before us tells us two things, that by living like a white country, people saw the hell itself and that's why they have taken now, with such a big jump, to Sahaja Yoga.

And your duty is to see that you get more out of all that hell. Around you, if you see – I mean, when you read the newspaper you are shocked. It's not the accident by which people die, but all kinds of diseases, murders, this, that going on. God knows, such violence. Specially in America, you'll be surprised that I can't even wear my wedding ring there. My husband doesn't allow Me to wear My wedding ring, even mangal sutra. And what goes wrong with them, I don't know, that they take to violence without any difficulties.

We had one gentleman who came from America. He had already murdered his brother and murdered his mother also – mother and brother, both. I said, "How could you do that?" And so many you will find in England who have killed their children. And the children, when you see them, nothing but – you develop a kind of a special sweet feeling, isn't it – very sweet.

It's a - in Sanskrit called as "Vatsalya." In our all Indian languages we use that word, Vatsalya, when the feeling that you get when you see a little child. They have described Shri Krishna as a little child. They have described Shri Rama as a little child. Also Christ as a little child has been described in the Indian churches. Beautiful, very beautifully He has been described.

One song, one poem was there, written very beautifully that Christ as a child, who can turn the whole universe with His own finger, was putting His own finger in the mouth as a child. Such beautiful poetry is written about children, how they behave, but not so much in the English language, Spanish language. They go more for these love affairs and things like that. But what about children? They never describe children, how beautiful they are.

I think I have read hardly about ten or twelve poems. One of them I remember is "The Toys." There's such Poet says that he got very angry with his child and he beat him, and the child was crying, and then the child went off to sleep with a little doll, maybe, or something. And when he saw him sleeping like that, he says to God that, "Maybe I might do lots of mistakes and You might punish me, but when I'm dying, then You must forgive me as I have forgiven my son". That is a very beautiful song was written by him.

But still, the description of a child, how when he runs - when he runs, when he jumps, when he walks, it's a beautiful song about Shri Rama.

Thumko atta hai vaha – Thumak Chalat Ram Chandra, atta hai kya? [Mother says in Hindi "Do you know the song Thumak Chalat Ram Chandra?"]

Yes. Now these words are such that we cannot explain in English, but - when they walk, you know, with – started walking, so their body, you know, moves in a way that's called "thumakna" in Hindi language. So described by Tulsidasa, that Shri Rama is walking in that way: Thumak Chalat Ram Chandra. And His anklets are singing and then He is looking round and every pebble on which He is walking is reflecting Him, like the souls in which He is reflected.

Even Shri Krishna's childhood is described very well, His mischiefs, everything.

All these things have been described and this is called as one of the moods.

As we have, you see, nine moods described, one of the moods is vatsalya, vatsalya ras.

Or "rasa" means the - kya kahengey usko [Mother speaks in Hindi and It Means what we will call that?] rasa means the essence of a poetry where that gives you a feeling, is rasa. This is not there in the Western idea, you see, because they just think of romance only, nothing else. So [Shri Mataji laughs] they don't have rasa in their mind.

We have nine rasas, out of which this vatsalya ras is the best. We have bhakti ras when you have bhakti for someone. Also we have shringar, but shringar is only between husband and wife and also just before marriage, once marriage is settled or you know you are going to marry some and some. That's a shringar rasa.

Like that, we have also vibhatsa, means grotesque. You see something very ugly, describe the death or something you describe the vultures eating, eating the corpses. All this is also described as Vibhatsa.

So we have nine ragas [Mother corrects] - nine rasas, and these rasas are – you must have seen in some dances they must have shown. One is also of anger, and when a person gets anger, you see, how his anger is expressed and – in words. But then later on this thing, this anger is also depicted and all these rasas are depicted in the form of dancing – dancing also which is a very... very fast, we can say, fast movement.

And these fast movements are also shown very – these all nine rasas can be shown in one dance, see how one changes from one to another and then to another.

So it is a very deep understanding of human beings. But as far as the children are concerned, I think Indians love them the most.

They love them, but, on the, though because of their love, they discipline. If you love your children, you must discipline them.

Today I just wanted to tell you that the children are to be brought up in a proper way. That means you shouldn't spoil them, firstly.

Now, we have problems of children who came to see Me and they are telling that these children cannot fit into the pattern of our Sahaja Yoga school in Dharamsala.

So one child is a very adamant child, extremely adamant and you tell him something he goes on more doing the same thing. And if you say, 'I'll punish you.' 'All right, don't give me food. Don't do this.' He is so adamant and he's developed this kind of a funny situation.

Now definitely such a child, we should say, is possessed. He's not a normal child, he's a possessed child and one has to deal with that child in that manner.

Another child could be who is a back-number in the class, can be.

Now the back-number child is a child which, which is also possessed, maybe in some depressive mood he must have felt something, he lost his brother or something. So he's become depressive. He is depressed and when he is depressed then what he is doing that he is always sulking and he cannot pay attention to his work, and he is not so good.

Thirdly, there are children who are not disciplined at all. Maybe the father is not disciplined, the mother is not disciplined. But they are not at all disciplined and you cannot discipline them. It's very troublesome and they make such problems. They go on answering.

The fourth category of children that they have reported are really very violent type, extremely violent. They want to bash this, break that and every sort of thing.

It is impossible to understand why they do it, but My own theory is this: that if the children are told all the time that this is very important, carpet is important, 'Don't spoil this,' all material nonsense we talk to them, then these children sort of develop a kind of an antagonistic, you can say, or a kind of a opposition to that kind of a suppression, and then they want to destroy everything that they see as a possession.

So how should we manage these things is a big problem.

The last and the least is the most horrifying thing is that they start taking to sex life very early, very early. They'll enter into the teacher's bed or into some friend's beds and that's horrible.

And for this, I don't know whom to blame, but maybe that, again we can say genes; but the newspapers, the media, all those things are teaching children all these things.

Horrible films we have. I mean, they are, they come into hell, born into hell.

So they learn these things sometimes, I don't know how, and it's very difficult to get these things out of their mind. There's no innocence at all. At a very, very young age they do it. Some people say that because children are sometimes molested or something, so they develop this in their childhood and they go on developing it more and more and more. But still, I just don't know what is child molestation is supposed to be. Why such stupid feelings come into people's mind? They also ruin their own children!

So if you see the whole thing is, there's one point is missing, and that is, we don't love our children as we should. We should punish them in case we find they are not all right. It is our duty to teach them discipline, not only for their good, for the good of the whole society.

There's a story in India that there was one thief and then he murdered people, he did this and he did that. So he was to be hanged. They asked him, 'Have you any desire before being hanged?' He said, 'Only one. Please call my mother.' So they called the mother and he went and bit her hard on her hand.

Say, 'Why are you doing this?' He said, 'Because when I did the first crime, you didn't say anything to me. You tried to hide it and you didn't do anything to me. That's why now I am being hanged. So it was your duty to correct me at that time, whichever way it was possible, but you did not do it.'

So, the love of a person should not be such that it should spoil people.

Say now, if I'm your Mother, I love you very much, you know that very well and you also love Me, but if I have to correct you, I must have courage to correct you and tell you what I want you to do. You need not get into temper or anger.

I seldom, I think, very seldom, I really get angry with people. But you have to tell them.

So you start now as you are Sahaja Yogis, your children are born realized and Sahaja Yogis the other way round people - that 'You are all Sahaja Yogis,' you tell your children, 'you can't behave like that.' Put the dignity into their mind. Tell them that this is the way you have to behave, otherwise you are not Sahaja Yogis.

Give them the credentials, I would say, of Sahaja Yoga, that you are Sahaja Yogi, you are born realized, you cannot behave like that.

But I have seen some people try to fight with others for their own children, which is absolutely wrong and immature behaviour.

If somebody says something to your child, it's all right, and you should try to accept it very well. See that at least somebody has told you about your child and you must correct.

Is a real loving father or mother who are concerned about it, not only to protect him and protect all the vices he is developing.

Now as it is, in the Western life there's such an attack on innocence, I can see this, such a lot, because why should they kill their children?

Well, I've never heard of such a thing in India, that anybody's killing their children.

I had a washerwoman. She was staying in our house, in our - we had quarters for them. And she had eleven children. And I had gone away to Lucknow, I was building a house, and in the meanwhile, you see, these people they cook - what do you call that? - starch in the house. And in a big pot they cook it.

And this, by mistake you see, that she had so many children - this child crawled up to it and died in that. I mean, he got into it and he died. This lady had ten children left. She was like a madwoman - she was crying, weeping, not eating. When I went back she had not had her food for twenty days. She had not even taken water or anything, so much she was crying.

I told her, "There are ten children you have got. Now one child God has taken away, so why are you crying for that child?" But she couldn't get over it. She - it took her months to get over it, that she has lost one child out of the eleven.

But when I hear of people who kill their two children who are there and - now the children are killing the parents. Can you imagine?

There was recently a case in England, two boys, I think eight and ten, got hold of one little child in the supermarket and killed him and put him under the railway track. Imagine!

This sweet age of eight and twelve, what nice things children can do. What nice things they can do to you. Instead of (that) they went and killed one child! Why? We should introspect, we should find out.

I wouldn't blame anybody here, but I would say that we should understand why children do like that.

Firstly, they must get affection. They must know somebody loves them very much and dearly and, secondly, the respect.

They should know that they are very much respected and they have to be respectable.

Thirdly, they should know also that they belong to a very prestigious family of Sahaja Yogis. They can't do all this.

Their attention also is to be such that they understand what they are doing.

In the West children don't have that attention, I tell you. Normally, what attention we have in the East, we don't find it, that children, even if they are realized souls, they have the same attention. It has to be brought in.

I remember My Mother always used to say, "Where is your attention?", all the time [Shri Mataji laughs]. She said, "Where is Your attention?"

I was quite a philosopher, you know, so I used to go into meditation [Shri Mataji laughs, laughter]. So she used to say, "Where is Your attention?" I said, "Inside". "It's all right" [laughter, Shri Mataji laughs] But I never minded. Nobody minded it, when she said, "Where is Your attention?" Attention is very important thing, where it goes, what it says.

So when, say children are describing something, tell you something, they're very sweet. You should ask them questions. You must see that you ask them questions and they answer you, very sweet sweet things they answer.

But in that, you should see where is their attention, what they are describing and what they are saying to you. Because they are realized children, and the realized children always talk in a third person also.

Like you tell them, 'Now, you better go home.' So they'll say, 'This boy will not go. I tell you, he doesn't want to go home. This boy will not go,' meaning this boy is different from the one which is speaking, you know.

So they speak like that. And the way they speak and the way things they say, it's beautiful things they say. And one lady tried to write down certain things the children had to say about politics, about politicians, and then she wrote a book; and the book was sold within one week's time. It was so sweet.

I mean, innately, all of us have the same type of sweetness for our children, except for some, I don't know, what sort of people are they who have a different reaction. But for Sahaja Yogis, you see, in collectivity, you must try to bring your child in a manner that he doesn't feel that he belongs to you only. There should be no competition.

You should also praise other children, you should, and never try to praise your child. It's not good manners, I tell you. It's not good manners to praise your child, 'My child is like this. My, my.' Nothing. But you praise others' children first and the child will see that also, and he'll also praise other parents, not his own. If he learns that, then the collectivity improves, that you start seeing good things in everything.

And now, as I was telling you, it's a very dangerous situation when you [know], I read about the genes and the no protective genes; because I remember once, one student who had gone to Cambridge. He came back and he said, 'What surprises me, he – they take to drugs like a venture. They take to anything bad like a venture, while for us, we are frightened, you know, we think this is wrong. All throughout, we know it is wrong and we are doing wrong, knowingly.'

So he said, 'I don't', he told Me, 'I don't know how they get over this protectiveness.'

They just go headlong into it, anything, you know, a love affair with any unknown girl, they'll sleep with anyone. How can they do it? They don't even think whether it is right or wrong. That's what is true, that to introspect and see for yourself whether it is good or bad, is very important.

Now also we have some national problems. Different nationality has different problems. But in Sahaja Yoga I think we are washed of all these things.

I've known some people who were drug addicts. The first seven who came to Me, out of them four were drug addicts and they told Me they couldn't see Me. They were just seeing lights coming out of Me, that's all.

Some sort of a miraculous photographs they had become, I think, and they couldn't see Me in one person.

And one came and just was there like a coma, she was sitting like this.

So difficult. And one of them was a professor of physics from Australia. I don't know where he has disappeared. This fellow, he was a professor of physics from Cambridge and so much in the drug that I asked him, I said, "What's your name?" So he went on, 'Ah, ah.' I said, "I asked you what's your name." 'Ah, you asked me my name?' I said, "I did ask you your name." [Laughter] 'My name, You said what is my name?' I said, "Yes, I did say what is your name." [Laughter] Went on for five minutes. He could not come to terms with his name even.

I said, "What sort of this drug addiction is there?" It was too much. But then he got all right.

He improved a lot - and he was just dying with liver, but he got all right. I took him home, treated him. He was all right.

So, you see, with such dull brains, you... because this drug definitely harms, really definitely harms the brain cells because the way I have seen, after coming to Sahaja Yoga, they got Realization, very intelligent people.

Some were PhDs. I call them PHD-MADs, you see (laughter). And all of them, these PhDs and MADs (laughter), were so much harmed, so much harmed.

I asked them, "You are such intelligent, educated people, why did you take to drugs - for experience of what?" 'Experience of spirituality.' I said, "Who told you?" Some guru told them or somebody told them, but I said, "In India nobody would think that these drugs can give you spirituality." He said, 'No. Such and such guru came from there and he told us that you take to drugs and you will be spiritual.'

I mean, people like Rajneesh who thrive - means all these gurus knew that if you tell them something that are the weaknesses of human beings they'll take to it, easily. Not in India. If Freud had come to India - I tell you, I don't know. He would have been cut into pieces perhaps. Nobody would have tolerated a nonsense like that, the way he was talking about the mother's love.

So all such people have been accepted blindly, all over. See you, not only in America, but also in this thing, U.K., there was one boy who came to Me who was the disciple of this fourteen year old gentleman, Guru Maharaji, and he was actually on potato diets. So I said, "Why are you on potato diet?" 'Because my guruji has said that if you give me a Rolls Royce, then only I'll come to England.' He already had, I think, fifty-three or something. 'So we have to give him a Rolls Royce, so we are on a potato diet. We are saving money.'

I said [Shri Mataji laughs], "Why are you doing that - saving money for potatoes? Out of potatoes, how much are you saving?" He said, 'We are saving quite a lot and we are sure by the end of this year we'll have lots of money to buy a Rolls Royce.' Ba - ba.

But I said, "Why are you doing it? You see, why do you want to give him money? Why do you want to give him a Rolls Royce?"

He said, 'Because, you see, this Rolls Royce is just metal, but he is going to give us the Spirit.' "Which spirit?" [Laughter, Shri Mataji laughs]

And really – this fellow was, ultimately he died, you see. This one died because I don't know what harm they do to people.

But Rajneesh was using all kinds of dirty tricks and people took to it and that is why I want to tell you that you should all be very careful.

Also among Sahaja Yogis we had some problem in Melbourne. Somebody came from Portugal and he learned certain things from Nepal and he did some tricks there.

So, among us also, maybe somebody who thinks that he should show that he is a great Sahaja Yogi, take to some so-called spiritual life and try to create problems.

So we should not have groups. We should have no groups. Nothing should be a secret. Everybody should know what everybody is doing. That is how collectively we'll be all right.

Because supposing somebody comes and tells you, 'All right, I'll make you something special, and for that this is to be done.'

It has happened before with your leaders also, that they used to tell them in their ears that, 'Mother has told me to do this. Mother has told me to do this.' Never listen to such people. You've got leaders whom you can ask what is good and what is bad. If not, you can even write to Me, but don't listen to such people who are telling you things just to destroy – destroy Sahaja Yoga, destroy the only hope for the whole world.

You have to be very, very careful about it. And if you are careful, I am sure, you have now the insight, you have now the powers, you have now the authority. Everything is there, no doubt, but vulnerability is the problem I sometimes feel.

For that you have to be very, very careful because now, as you see in Sydney, it started in a very bad way, and now we are so many sensible people sitting here who are My children of whom I'm very proud, very proud.

But, at the same time, please try to understand that you are surrounded by vultures actually, and the whole atmosphere is full of such things because I see your newspapers, I see your media and I am really shocked. Is much worse than you could see in India, though in India also these things have come now.

The Western life is coming there and many people are taking to it, no doubt, but only in big cities and very few people who're supposed to be very rich or elite, they try to do all this. This will all go away, I'm sure, one day.

Then another point is, apart from your family, your children, where normally people are glued into, you are Sahaja Yogis. You are not only for your family, for your country, but for the whole world. Then attention should be on all such things.

For example, I read about what is happening in Johannesburg or in Natal and how the people are massacred there and what they are doing there. I was very disturbed, couldn't sleep – very disturbed – and I decided this year I must go to South Africa.
[Applause]

Also Yugoslav is another problem where these stupid Muslims are killing themselves. All their funny ideas are working out in such a disastrous way that they must die now in the name of God, so after the Qiyamah comes in, the Resurrection time comes in, they'll come out of their graves and they'll get Resurrection.

Such stupid ideas are also for Christians, for Muslims and also for Jews [Shri Mataji laughs]. Now, imagine those who died five hundred years back, what will come out of their graves? [Laughter, Shri Mataji laughs]

But the sensible idea is from Nal-Damayanti-akhyani that all the souls will be born again and there will be population problem. But they'll be born again, souls will take forms and they will seek their Realization and many will get Realization, which is a very sensible thing to say that the souls, not the body, from the graves.

And that's why they were occupying such a lot of land all over, that in Spain, what they do is to put the dead bodies in rocks like this.

They cut a piece and push it there, one after another. They go on pushing all these coffins inside a rock like that, all over.

I was wondering what is this made like this, like a drawers, you know [laughter]. In these drawers they put it and they push it in.

They are all there and they are all going to come out when there will be Resurrection time and all of them are going to get their Realization. That's why these people, Muslims in sari jagaha [Mother speaks in Hindi means "everywhere"], or you can call it the Yugoslav, Yugoslavia, they are killing themselves, stupidly. Also they have no wisdom to see that this is wrong. How can it be that our dead bodies will come out?

[Mother speak aside: "There's a ship coming and the children are – so very sweet, ah, really. They are for private owners, or... Very sweet. It just crawls or... in the water?"].

So now our attention should be global.

If Sahaja Yogis put their attentions, you see, global, you don't know your powers, how important it is.

Just put your attention now, say, to South Africa, what the Natal, where they are having all these problems of suppression. It will help, very much help, you don't know. Things will subside, because through you this all-pervading power, Paramchaitanya, will focus itself there. You are the one who can focus. You should have your global attention there and you should see for yourself where is serious problem.

I'm doing on My Own whatever is possible. For that you must read newspapers, but not all the nonsense of the newspaper, but see where is the problem is, what is happening.

Because you are in Sydney, but you are responsible for the whole world. Wherever you are, you are responsible for the whole world.

Now there's a very good thing that has happened in Russia. I don't know if you have that paper with you? Russian paper?

Yogi: No.

Shri Mataji: No.

Yogi 2: Yes, Shri Mataji.

Shri Mataji: You have that?

Yogi 3: Yes, we've got this. Yes, Shri Mataji.

Yogi 4: Jai Shri Mataji.

Shri Mataji: And see, the Russian University of St. Petersburg which is the oldest in Asia, perhaps oldest in the whole world, has

got now only ten people as member of their Academy and one of them is Me, I'm surprised.

So - [applause]. So when they applied – you see, they applied for My membership, they wrote – I can't read it, it's too much for Me [Shri Mataji laughs, laughter]. They wrote, you see, this application and why, I mean, saying that I should be appointed as one of the members.

Einstein is one of the members, can you imagine. I was surprised that they had put Me with Einstein [laughter]. And I was quite ashamed, though it was done.

So they said, 'What? What is Einstein? What has he done? He is just working with the matter, but You have worked with human beings, You see.'

So, can you read it out?

Yogi: Yes, Shri Mataji.

Shri Mataji: Just see their attention. I mean, this is the vice-president of that Academy who applied for Me.

I think you talk on this, and will be better.

Sahaja Yogi: Shri Mataji, shall I read the whole of it? That's the whole...

Shri Mataji: Yes, yes. Read how they had applied. Yes. They'll be happy to know about their Mother also.

[A yogi reads the letter:]

'This is addressed to the Presidium of Peter's Academy of Arts and Sciences. It's the official presentation of Shri Mataji Nirmala Devi for election as an Honored Member of the Academy.

Mrs. Nirmala Shrivastava, Doctor of Philosophy and Medicine, a Distinguished Authority on the fields of Religion, Philosophy and Science, by Her noble activity does very much to promote happiness and friendship of Indian and Russian peoples and all the nations of the world.

She was always regarding our land as a center of the world's spirituality and morality, center of rapprochement, people of West and Orient, the centre of the revival of sublime ideals which have been put forth by Russians and many other nations of Russia.

Being the founder of the elevating teaching of Sahaja Yoga, Mrs. Nirmala Devi Shrivastava absolutely reliably connects physical and psychic health of a man with the mode of his life and morality.

Shri Mataji Nirmala Devi was born in 1923 on the 23rd of March [Shri Mataji says laughing: "That's wrong"] in Chhindwara, central part of India in a noble Christian family.

Having revealed Her extraordinary abilities already in childhood, later She got the high medical education and took an active part in the struggle for the National Independence of India. In 1947 She married Mr. Shrivastava and now they have two daughters.

Sir C.P. Shrivastava for sixteen years occupied the post of General Secretary of the International Naval Organization of the United Nations, having been unanimously elected for this post three times in succession, now he is the honored General Secretary of this agency.

During the elections to the Prime Minister of India, Sir Shrivastava held office of General Secretary. He was rewarded by

thirty-four awards of different countries.

The Queen of England marked his retirement, granting him honorary title of Knight-Commander of the Order of Saint Michael and Saint George.

Mrs. Shri Mataji Nirmala Devi and Mr. C.P. Shrivastava, considering the Russian people to be spiritual and pure, see in our Motherland the center of spiritual revival of the world.

Being absolutely sincere from the bottom of my heart, I recommend to the Presidium of Peter's Academy of Arts and Sciences to elect Shri Mataji Nirmala Devi to be an Honored Member of our Academy.'

"And this was spoken by the Vice-President of Peter's Academy of Arts and Sciences, Mr. Voronov."

Shri Mataji: Very nice man.

Sahaja Yogi. Jai Shri Mataji! [Applause]

Shri Mataji: He even came to My Puja. Can you imagine? He did the Puja and gave Me some very nice present also; and I told him that I have never graduated in science or philosophy or anything, so he said, 'That's why You are so great.'

I said, "Why?" 'Because none of the discoverers have ever been to colleges [Shri Mataji laughs, laughter], or university.' Very nice person, very nice and he is willing to come to India any time you want.

Then I met another personality who is called as Ayatollah, means person in charge of Religion. His name was Rohani Ayatollah and Rohani Ayatollah is a gentleman – Ruhani. "Ruha" means this all-pervading power or spiritual.

So he was in charge of Religion when the – there was this rule of the King and afterwards he had to run away from there and he came to Paris and settled down there.

Now, his younger brother is also an Irani, is voted for becoming the new President of Iran.

So this old one, the one who is a very strict and, you can say, a very fundamentalist type, he arrested those six families which supported him and took a affidavit from them saying that 'No, they are not going to support him.'

But, if you all put your attention to it, he might be, he might be elected. And if he is elected that's the saving of the Muslims there because they are Shia people and this Rohani gentleman is so wonderful. He touched My Feet and he danced when he got his Realization.

I mean, some things are happening which are so much of a joy. Even in My country I find – India – that there's a big recognition of Sahaja Yoga and which is so obvious that people are recognizing the purity of Sahaj Yoga.

Let us see how far we can go.

But in Brazil also they have – the President of the Senate called Me, got his Realization, he was very happy. He called his secretary, everybody, asked them to get their Realization. And then they sent – you see, they said that Brasilia is that they have selected, is the one is depicted by some philosophers as the center of spirituality.

And when they came, he called all other people also and their Vice-President was there. The President was already impeached. So this Vice-President, I never liked him. I said, "Funny person he is." And then he was arrested.

So, so many things – like Italy also – lots of things are happening. Maybe all this might just change the atmosphere.

You know about Marcus who was in Vienna, who troubled us so much, did so much against us in the newspaper and all that?

This Marcus fellow, I don't know what has gone wrong with him or he's come round. Now, he's saying that you can live in this Ashram for two years without paying any rent. I'll also give you money that you can purchase a land. Afterwards, you can leave the house. And he says, 'The maya was too much for me and I got lost. I hope I'll be back again in Ganapatipule.' [Laughter] Can you imagine. [Applause]

So all such things are happening and it's tremendous because you can't expect a person like Marcus coming around like that, you see. So Sahaja Yoga is showing its own success and you all can add to it.

You have seen among, among yourselves only, there are so many beautiful people who come out of lot of troubles. All troubles can be overcome. There's no problem about it.

Only thing, one has to be sincere and attached to Sahaja Yoga. You may be a family man, you might be a father, mother, anything, but first and foremost thing, you are a Sahaja Yogi.

I tell you about Myself also. You know I have a family. I have My husband and all that, and whenever, you see, it was needed, I always said, "Sahaja Yoga first." Even money-wise, I would say that, if you have to spend any money, then spend on Sahaj Yoga. So the first thing was Sahaja Yoga. All these are secondary, all your art, all your business, all your music or whatever line of life you take, is a secondary.

The first and foremost thing is Sahaja Yoga. And you get in that everything. But you should do it very sincerely, respectfully. If you think you are not in it, then you better understand that if you are not in it, you cannot be there. You have to be fully into it, you see. So either you are in the sea or you are outside. It's like that.

And this will give you the greatest pleasure, the greatest fulfillment of life.

I can see that's happening now and I'm very happy and, as I said, I'm very proud of you.

It should happen everywhere, and with all My love I bless you that you all should really become great Sahaja Yogis, very, very great Sahaja Yogis and you'll be all known all over the world.

May God bless you.

So thank you very much.

1994-0406, Interview

View [online](#).

6 April 1994

Interview

Burwood Ashram, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

1994-0406 Interview Burwood Ashram Sydney Australia

Interviewer: Shri Mataji, can we start at the very beginning, 'what is the need to achieve self-realization?'

Shri Mataji: If you see the problems of this world today, you can easily find out that most of them are because of some sort of a problem which is existing among human beings. Some are aware of it, and some are not. You take the physical, you take the mental, spiritual, social, political, religious. So, that shows one thing that we have not yet known the Absolute Truth. We have Unclear (know, no) yet that light in which we can see the Absolute Truth. And if there is a method by which you can advance in your evolutionary process, and have a break through into reality then these problems can be solved. And that's why self-realization is eminent for us and is already planned by the Divine.

Interviewer: So, what kind of system, what kind of subtle system do we have that enables us to achieve the self-realization?

Shri Mataji: There is a system within us which we can call as the mechanism which achieve this happening through a connecting chord or the premule of our seed which we call as Kundalini. So, the Truth is that we are not this body, this mind, this social life that we lead or the ego that we have or the conditionings but we are the pure Spirit. And another truth is that there is a all-pervading power of Divine love which does all the living works. Who runs our heart? They might say: its autonomous nervous system. But who is this auto? All these questions are there. And we need something more in our awareness to understand what is all this. Why are we on this Earth. And this subtle system is already there existing with in us and this power of Kundalini which is three and half coils in our sacrum bone 'imagine it was called sacrum by Greeks means they knew it was a sacred bone' which passes through six centers which are energy centers within our spinal chord and brain and connects us to this all-pervading power to the subtle energy that does all the living work.

Interviewer: Then what is the difference between the Sahaja Yoga and all these other yogas that are in the market place?

Shri Mataji: See, Sahaja: Saha means with you, ja is born. That means spontaneous. Spontaneous Yoga. That means it's a living process. But all other yogas are included in it. like if you have a car and when you ignite it, all the machinery starts working. In the same way, the machinery within starts working as soon as the Kundalini is awakened. Alright? Now, this machinery when it starts working, it is called as Raja Yoga. But normally people of Raja Yoga what they do, that they try, they try to use the machinery as if it is outside. Like your car has not started, you start moving the wheels. No use. It's like that. They do bandhas that means they try to muscular closing of the chakras they try. Because when the Kundalini raises these chakras close. No doubt. Because they allow the Kundalini to move up and then close. So that it doesn't fall down. But these people do it artificially. What's the use? There is no Kundalini also they do Khechari. Some people who are having a self-realization organization in America, now it's finished I think, they used to cut this thread under the tongue and take the tongue backwards saying that this is Khechari. Actually, what happens, when the Kundalini raises then this tongue automatically is pulled inside. Because it is closed you see, this center is closed. So, automatically it is pulled inside. But these people do it artificially and I have seen some people who had their tongues hanging like wagging just like a dog's tongue. They can't speak, they can't eat. But they did it all in seeking. And two were doctors from India. They never came back to India. So, this is what it is that, to do something artificially, is can never achieve the yoga. It has to be spontaneous. Then Hath yoga is where people do asanas and things. There are eight angas means eight facets of this Hath yoga of Patanjali. Out of which one is Yama-Niyama. Out of which Unclear () are these asanas. We too use asanas sometimes if there is any physical problem. But first we allow the Kundalini to raise so we know

where is the problem. And if it requires any physical exercise then we tell them 'alright, you need to do physical exercise'. It's just science. It's not just everybody to do all kinds of asanas and what happens if unclear () the people are thin down with the terrible exercises. They thin down and they think that they are very healthy but such people get liver trouble, they get heart trouble, asthma all kinds of things. So, indiscriminate use of these things is wrong. After realization then you should do it because you know what is your problem. Otherwise without knowing your problem, you are just trying these things is not very good. But actually, Patanjali himself has written what happens after realization that you develop thoughtless awareness, doubtless awareness. Even yoga has written about it. So, it shows that they have written about it, they may not have talked about Kundalini and all that. But they have written that these are the stages one has to pass through. This is the most part of Patanjali's book. Most of it. A little bit is there about Yama-Niyama. What you should do, what you should not eat, what you should eat.

Interviewer: Nother question along the same line Shri Mataji, why are they so many problems between religions?

Shri Mataji: Same thing. They have not yet got their self-realizations. They haven't got their reality. They don't know what reality is. They are like blind people. Blind people always thinks that they are the best you see. They can't see and others are all fools. So, when they start preaching something blind to the blind where will they go? So, they have to have their realization which everybody has said. Christ has said it, Buddha has said it, Maha Veera has said it, Krishna has said it, Rama has said it. Every body has said that you have to have self-realization. But nobody does this. Most of the religions are power oriented. They are fighting for a power or a land. Or for some mosque or something. Or if not that they are money oriented. And it could be both or. So, these are not religions because they are not spirit oriented. I always say that this way of flower born on the tree of life and then everybody plucks the flowers and carry those flowers with them which were dead and start proclaiming them saying that these are our flowers, these are my flowers and all. And now they are with dead flowers. So, that decaying and people are finding it out. That's why now people are become now very negligent about their religion and they don't bother.

Interviewer: How does self-realization help to establish peace within oneself?

Shri Mataji: Of course, it does. You see all these things are in thoughts. All the religions are nothing but mere thoughts now. These are only mental processes. It has nothing to do with reality. So, the thought starts and falls off and another thought starts and falls off. They either come from the past or from the future. Or you can say from the conditionings and from the ego. So, you are never in the present. That means you are never in the reality. But when this happens is Kundalini raises then these thoughts are elongated. In between these thoughts there is reality – the present. Where you don't think. And you establish that state which we call as thoughtless awareness. By this happening and you are at peace with yourself. I have known people who have got peace of wars this thing, they were very hot-tempered people. Very very hot tempered. So, how can they spread peace when they are not peace within their selves? So, from that angel, one has to say that you have to have self-realization for your own self to be peaceful and to emit peace through you.

Interviewer: What advantages physically do we get from self-realization?

Shri Mataji: Physical being is very much helped. I have seen people getting cured during just awakening and many have been cured. There are four doctors now, we should say who have got their M.D. in Sahaja Yoga for they were cure of diseases which were in curable. Then we have also a method by which you can feel yourself. What are your problems physical are. And problems of others. Because you develop a personality which we call as a collective conscious personality. And in that you can feel what's wrong with another person, what's wrong with you, this is a self-knowledge about your health everything. And if you can connect these centers which are energy of unclear () you are cured. You can cure others also. So, it does help. It's your own power that helps you. You don't have to also go to these horrible places where they have to discover what's wrong with you. You just discover it on your fingertips. And if you know how to cure it, you can cure yourself and you can cure others also. We have to know this knowledge you have to have what is to be done, how to be alright with Sahaja Yoga. You see, you don't have to be all of them military like same size people, God has created every leaf different from another leaf and that brings variety and personality and one should respect the body. One should not go on trying to become like some cinema actor or actress but you have to be yourself whatever you are. And mostly the body is built up according to the need of a person. Now for example, to protect my centers, I have to be little fat. Otherwise, if I thin down, I don't know what will happen to my centers. So, I have to be

fat. I accept it that if I have fat, is alright.

Interviewer: Then it would seem that through self-knowledge, we are also reaching new dimensions. What are these new dimensions?

Shri Mataji: Yes, that's what we do. With self-knowledge, you really know yourself first of all what's problem with you. Then you know others. Then you know the reality. And the reality is very simple to understand that you have to enter into the Kingdom of God and enjoy yourself. What more do you want. And you don't have to pay for it because it's a living process. Very simple thing. When you are in a filthy pond, facing all kinds of worms and things, to you that pond becomes the reality. But the lotuses that come out with their fragrance, for them, their new life is reality. That's the heaven for them. And they are not bothered as to what surrounds them. But here is more. You are bothered, and you try to elevate others also. And then you realize how great is your own being. How glorified it is. And you start respecting yourself and utilizing it for the benefit of others.

Interviewer: Self-realization would appear to be a very powerful thing. Does one develop new powers?

Shri Mataji: Of course, it gives lots of powers. Firstly, it gives you the power of collective consciousness. By which you know the problems of others. Within yourself you are peaceful, and you are very kind and compassionate and at the same time you are very dynamic. Supposing you have some talent which is not yet expressed well suddenly he starts expressing. I have seen people who are like chartered accountants becoming great poets. Musicians suddenly become world famous. Because whatever power they had, their talent had now been enlightened. We use a very little of it but with this you are so confident of yourself and so compassionate at the same time. That it works and it has worked with so many people even artists and also dancers everybody has seen the beauty of their own potential. That's what happens to many people.

Interviewer: And to ask the age-old question to Unclear () conscious pilot, what is Truth? How do we achieve it?

Shri Mataji: That's what I told you through out, the Truth is that you are the Spirit. And the another is there is an all-pervading power. And through Kundalini awakening you have to have connection with this all-pervading power, so your Spirit starts shining in your being, in your life.

Interviewer: And another fundamental question Shri Mataji what is pure Divine Love?

Shri Mataji: No no but at mental level what will you understand? See, your mental level is limited, you have to go beyond it. Then you know the Truth is that you are the Spirit. And because the manifestation of the Spirit starts. Pure Divine Love is the energy, is a subtle energy which does all the creation, all the sustenance and all the redemption. So, in this redemption process now we have become human beings. Now the same power which is reflected in us as Kundalini works out the last bit where we become connected to this all-pervading power. So, this pure love as I am talking about is a very subtle energy is the ocean of real knowledge. Is the ocean of compassion, blessings. And above all, it is dynamism. So, this energy understands things, co-ordinates, co-operates above all it loves. But its love is not like human love where you get entangled with your child or with your wife or with something. Actually this, this beautiful energy is very delicately handling human beings. And it raises like a sap in the tree. Which gives energy to all the parts of the tree and then it evaporates or else it goes back. Its not attached to anything. But when you are attached to someone, then what happens, that loved eyes as a result you get stagnated like the sap. Supposing it's attached to one flower, the tree will die and ultimately also the flower will die. So, it's a process of complete detached movement of this energy of Divine Love.

Interviewer: So, human love really is very selfish.

Shri Mataji: Yes. Because you see, not I would say selfish always but it's always limited. Because this mental capacity also apart from mental capacity, there is emotional capacity which are all limited in human beings. But this one is not limited.

Interviewer: And on a much more mundane level you have an enormous organization that operates right throughout the world.

How is it done without money?

Shri Mataji: Its organization which is spontaneously built and it's a living organism like our bodies you see. And it exists through co-operation, co-ordination, understanding very innate feelings of oneness. This is the reason why we don't have to spend much money. Of course, we don't spend any money for self-realization which is a living process. Also, we don't spend really much money otherwise also which you would require to organize something or to do something. Because such a spontaneous happening. But we need some time some money say for may be organizing a program in a city I think, we find it so easy with so many people with little money we can do a lot. And also, there are blessings and we get so many times things so cheaper, so much better with little payment. Firstly, Shri Mataji as you called me, I would say in the beginning I just was so concerned how to spread Sahaja Yoga that I would travel myself on my own account. And even I have booked halls on my account. But now everybody said that it is not proper that you should pay for our salvation also. So, they collect some money but the amount is so little that every body's purse is not much dust. And those can afford to pay only pay very little amount of money.

Interviewer: And I have heard that many Sahaja Yogis say that if you help with your own money, if you help finance God's work, it also helps you financially.

Shri Mataji: That's what they think. They have experienced like that. That's why they believe that those who have generously help for Sahaja Yoga have been looked after in every way. That is their experience.

Interviewer: Yes, it seems to be yes. It's a natural Unclear ()

Shri Mataji: Yeah. This is the Kindness of the Divine you see. Also, those who tried to harm us I am told that harmed which I don't want to do any harm to them but something happens to them like a Divine punishment may be. Not of a severe type but it does something to them, that makes them understand that they have done wrong to us. We only forgive. We don't do anything to them.

Interviewer: And one final question Shri Mataji, do you see a begin Unclear () in Sahaja Yoga?

Shri Mataji: Yes, that's what I have seen now. Suddenly, last year it started to galloping very fast and, in every country, it has gone up Unclear ().

Interviewer: So, by the end of the century we should have many thousands of Sahaja Yogis.

Shri Mataji: Yes. We will. No doubt about it. Practically most of them who are to be emancipated we find many.

Interviewer: That is an interesting thing you say, is there is a certain number of Sahaja Yogis potential?

Shri Mataji: Still, they are. Quite a lot. But I think some will be judged as no good. May be. Because I have seen such people myself.

Interviewer: Thank you very much.

Shri Mataji: May God bless you.

1994-0406, An Ancient Knowledge

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6 April 1994

An Ancient Knowledge

Public Program

Sydney Town Hall, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

I bow to all the Seekers of Truth

I am very thankful to Mr Henry Tsang, for addressing you and introducing me to you, that's very kind of him. It is the one the very rare occasions, where I have seen people in authority have understood my work and have tried to help me.

Whatever he said is really very remarkable, that all these greater people like Lao-Tse, who started Taoism, Buddha, who was teaching Buddhism, all of them talked about the oneness of Human Being with the nature. And if you cannot combine nature with yourself, then you cannot be called as an evolved soul.

In that thing I was telling him about Yangtze river where he comes from same state Yangtze. That Yangtze river I travelled through with my husband and it's the one Lao-Tse has used for describing a human ascent. It's a river which goes in different angles and makes lots of currents and it's very dangerous to ply through that, but they are having an... now a tourist arrangement to go through that and my husband as he was in marine time, they invited us to see them.

So in that the message was that, you see, you are passing through a very beautiful land. You see across the banks, beautiful trees and very beautiful mountains, which you see in the paintings of Chinese. They are really like that, but you should not get lost. You have to go further, you can watch these.. all these beautiful scenes, sit down there, enjoy yourself, but still you have to go with the stream.

Then you go further and further, it's described it very well in his Tao. Tao means, 'that it is' and it started showing such beautiful scenes sometimes that I really felt that I should get out of the boat and sit down there. But he was meaning that in your meditation when you are moving, you should not get tempted by this outward fascination of nature also, but you enjoy, be one with it, you just see it, enjoy it and then he says that the river flows closer to the sea, that is the ultimate aim of the river, then she becomes absolutely silent and she spreads out and then gradually she moves towards the sea. It's such a beautiful description and I have seen it myself and I can understand the poet how he wanted to communicate, that how the nature should teach us, how to be meditative within ourselves.

Buddha always talked about the Central Path and also he always said that our character is the mainstay. If you don't have good character, then it is very difficult to ascend. These were the days when really this was the position. In India there were horrible, cruel kings and then they were killing people just for land or something. This was so much in India that Buddha, if he had not come it would have not stopped and gradually when the awakening came within them,, that this is something wrong they are doing. They should not kill human beings for just getting some land.

What is the use of this thing? Ultimately one king, saw the blood flowing through one river and he got such a repentance about what he had done, that he went to Buddha and told him that, "Sir please save me and I am very guilty about what I have been doing and I don't think I can live any longer with this guilt." So Buddha pacified him and he became a Buddhist.

Now in Sahaja Yoga we have a way by which we become one with reality, one with this AllPervading Power. So the first point, if is the truth, is this, that you are not this body, this mind, or this ego or your conditionings, but what you are, you are a pure Spirit, which is said by Christ, said by all these great prophets. Everybody has said that and then second truth is that there is an AllPervading Power of Divine Love.

You see the flowers of Sydney is so beautiful, one better than the other. See how they have grown. We never think that there is something miracle about them. It is a miracle, the way they have grown out of the Mother Earth with such a beauty. After all we cannot do that. Mother Earth has done it and we take all those living works for granted. We don't even think who runs our heart. We don't even think who digests our food. What is that energy which does all these things, which controls our heights and everything else that is living?

So there is a power of All-Pervading Love and that is the one, which really has created us and that is the one which is going to give us our Realisation. This energy that is within us is what we call as the Kundalini. He must have told you about it, is the reflection of this all pervading power which is settled in our sacrum bone. Sacrum as you know is called 'Sacred' by the people who were Greeks. They were not Indians and they called this 'Sacred Bone'. I asked the curator, "Why you call it as sacrum?" He said "We were told, it's a sacred bone and there is energy of the Mother inside it." I was amazed that these Greeks knew about it. And it's so surprising, that for ancient times we knew about in India, about this energy that is within us .. but somehow or other it was tradition, not to not to talk about it or give Self-Realisation to people en masse.

One teacher will have only one student. One guru will have one disciple, that's all and he would just select one out of thousands and give Realisation to one and tell him the secret of Kundalini. It was going on for ages together till the 12th Century there was a big poet. We had a very great poet who at the age of 31 years wrote tremendous secrets about spiritual life. I mean it's unbelievable at this young age, because he died after that and then he is one who wrote in his book, after taking permission from his guru, that this Kundalini is one she does all the job. But people who were in charge of Hindu religion at the time, were just like priest every where. They said this chapter is no good this is 'Nishidh'. We are not to deal with this. It is to be avoided. So no body paid attention to that fact, but in the 16th century we had lots of poets in our country, who have sang the praise of this Kundalini. Also in Bible, there is that, "I will appear before you like tongues of flames." And these chakras look like that. Inside, they are very mild tongues of flames.

So all these things though little bit described in the Bible, described in the Koran, everywhere, but there was no proper, intelligible knowledge about Kundalini I would say, though in India they had. There was a kind of a ...you can call religious experiments, which were called as NathPanthis. These people are the same, who had only one disciple, one guru sort of thing, but later on it just spread out and we had lots of people in the 16th century who started talking about Kundalini and saying about it. So that's how we have this knowledge in that county since long. But after the British came, it all became nonsense and nobody bothered for 300 hundred years and all this knowledge has gone into kind of a cupboard from where it came out.

Now, I knew about it myself, but I wanted to find out a method by which we could give Realisation en masse, not to one person. If you give to one person, everybody will get after him or crucify him, or kill him, or give poison, or get out. Now the time also has also come, this is the time that we say in the Bible is the judgement, the last judgement but in Koran it's very clearly written. See how all the truths are the same everywhere. The Koran it is written that at this time, which they call Qiyamah, the resurrection time, "Your hands will speak and they will witness against you." So actually when you get your Realisation, you start feeling the energy in your hand and you can verify, you can verify what centres are catching and it's tangible.

As you know, that in Delhi there are three doctors who have already got MD for curing incurable diseases, through Sahaja Yoga. Now for diagnosis you don't have to go in to that horrible, gruelling experience of diagnosis. Just you feel it on your fingertips. You can know what is wrong with you and it's absolutely curable. I tell you frankly, that definitely people have been cured of blood cancers. They have been cured about 9-10 years back. They are still living and they are quite hale and hearty. We have seen that people who are suffering from all kind of incurable diseases are cured, but they have to enter into a new state of awareness that is what we call is the Sahaja Yoga state, where you become one with this Divine Power. Then this power starts flowing through you.

Most of the world's problems, if you see come from human beings not from nature, more from human beings and the nature reacts to it. Now when you get these problems, you start running about here and there and trying to find out solutions. The solution is within. Within our centres, when these centres are in jeopardy, you get all these physical, mental, emotional problems for your self and for the whole society for the whole world.

So now what should we do? Is to correct these centres by the awakening of this Kundalini which passes through six centres. These centres get enlightened and that enlightenment cures them, nourishes them and integrates them. Then you are completely one with this All-Pervading Power and the correction becomes permanent. At that time they say that it starts flowing through you, you can feel it on your fingertips and by that you develop all your potential powers which are so many, so many that in this small lecture I may not be able to tell you the whole, but some of them I will be able to tell you, that the first thing happens to you that you achieve a state of peace. You are thinking of tomorrow, or of yesterday past and future, but present we not there. Present is not known to us and reality is in the present. So when you are thinking of the past and future, you are jumping on the cusp of those thoughts. In between these thoughts, there is space which we call as Vilamb in Sanskrit is the pause and that is the time when you are in present, which is very short and that's why you can never be in the present.

So, when the Kundalini rises, your attention is driven inside and these thoughts expand, in the sense that they elongate and there is the space in between is quite big. Thus you establish yourself into a new state and a new dimension of your awareness, which we call as Thoughtless Awareness. That is the meditation. You cannot do meditation you have to be in meditation is a state then there is no thought but you are fully aware. Whatever you see is recorded like a picture in your mind and such tremendous changes take place in human beings they are surprised like very ordinary person, who was playing once a instrument before me was very boring to begin with and suddenly I don't know what happened to him. His Kundalini was awakened and he was playing such beautiful music and today he is a world famous man.

There are very powerful Sahaja Yogis in the world now and I am so very happy that this has happened to people, that they have felt their own energy and they have felt their own peace. The second state which you achieve, what we call, this is the Thoughtless Awareness and the second one is called as the Doubtless Awareness. Patanjali in his yoga as said called them as Nirvichar Samadhi and Nirvikalap Samadhi. Now these two states if you have achieved, then all your powers you know what you have. You know all your inner being. You know your chakras and you know all three autonomous nerves system like para-sympathetic, sympathetic systems everything you know, and you know how to control them, how to improve them, how to work them. So you become your own master. There are very powerful Sahaja Yogis in the world now and I am so very happy that this has happened to people, that they have felt their own energy and they have felt their own peace.

The second state that you achieve, what we call, this is the thoughtless awareness and the second one is called the doubtless awareness. Patanjali in his yoga as said called them as Nirvichar Samadhi and Nirvikalap Samadhi. Now these two states if you have achieved, then all your powers you know what you have. You know all your inner being. You know your chakras and you know all the three... What should I say? The Autonomous Nervous System: like para-sympathetic, sympathetic systems everything you know, and you know how to control them, how to improve them, how to work them out. So you become your own master.

Firstly, when you are awakened firstly what you get is all your talents. For example: I see Australians are great artists. I have seen people who have come to Sahaja Yoga become such deep artist and such beautiful artist, aesthetically so rich. It is because whatever you know is very little and the whole dynamism of your creativity just explodes and you start producing things which are very soothing, which are very beautiful, which makes every one so happy. It's not some sort of nonsensical thing you do some queer thing just to please the people and show off that you are a

great designer and this and that. No! You do it natural, honest reproduction of what you feel and that feeling is absolutely divine and thus you produce really classical, beautiful things, which is very surprising how these modern children have taken to it. Normally the Modern Art, as you know is mostly understood by the artist himself. Nobody else can understand it, because they just go mad and do all kinds of things.

In this also you may do Modern Art means in the sense that you break all the lines and everything, but, what you find that whatever you do is extremely soothing and natural, one with the nature and anybody who sees that will say, "Who has made this sort of an expression of the true feeling from within; nothing artificial, nothing vulgar, nothing nonsensical."

In the same way musicians and other things in every art... I was, I have been really amazed how Sahaja Yoga has helped. I have seen this Sydney Sahaja Yogis singing to you this Marathi and Sanskrit songs and Hindi songs, which not even Indians can sing. They cannot sing so well, I mean if you hear them from outside, nobody will know they are people from Australia. They are Australians, as if some Indians are singing, it's very difficult. Indian singing is extremely difficult, people practice for years together to achieve this. Not only that they know it, but also so many of them know it by heart and I don't know how they have picked it up, this I just don't understand. Then they come and sing in India. Even so many artists have said, "Now we are ashamed the way these people are doing. At such young age, how they have picked it so well. They sing in such beautiful unison." All these things happen to you.

Secondly it happens, that so-called religions that you have, you follow. Somebody will say, "I am a Buddhist." Somebody will say, "I am Christian, I am Hindu, Muslim," anything. They can commit any sins, it's outward. It's just a label. Like one girl met me and she was saying, "I am born again." I said, "You are not. You just label yourself as 'Born Again', you are not. Unless and until you get your Realisation, you cannot be born again and once you are born again, you get the quality of a personality, who is born again has so many powers, so compassionate, so peaceful. You are not." I said, "You are in a delusion," She asked me, "Are you born again?" I said, "I am, of course I am and you can be also if you want to, but if you want to carry on with artificial levels, what can you do? What good have they done to anyone?" So the artificiality drops out and your real personality starts expressing itself. As far as the religion is concerned, you become absolutely righteous.

The other day, I was reading about the genes and I was amazed to hear that the Asians have two genes to protect them, but the western people have none. Now the two genes are that within us, one is, I would say, comes from the mother, may be with the father, or the society, or whatever it is, but one we call in Sahaja Yoga, 'sin against the Mother' and 'sin against the Father,' out of which the left side, when we are there, we are sinning against the Mother, means we become immoral. We don't know what is morality. We start playing with things, which we should not. Then we get into trouble, we get diseases, this, that, all sorts of problems, because there is no protection. So we are very vulnerable. All kinds of indulgences and all kinds of habits, that we form, which are selfdestructive, is sin against the Mother.

The another gene is the one that protects you against the sin against the father and sin against the father is to be dishonest, to be corrupt, not to believe that God is your Father. Why should we do all this thing? So this kind of a sin, also we start doing. Both these genes that are protective are created after Sahaja Yoga within you and you just don't do wrong things. I have seen people from West, how they were. They give up all kinds of nonsense. We never have the problems of somebody's wife running away with somebody and somebody's daughter running away with somebody. Some rape and all that, it's out of question. We have thousands and thousands of Sahaja Yogis and they come together many a times. I have never seen them quarrelling, fighting have any violence or anything.

So this, the sin against the Father and sin against the Mother, just is sort of established, that they just don't do. it. They dress up properly. They live properly. They don't take to drugs. They don't take

all these things. Now you know the progeny, how it is facing the effects of this modern life. Like you see, the children are left to dogs, they become so horrible. I have seen in Miami with my own eyes, children who were only 12 years of age, were carrying revolvers and were selling drugs, because the law is such, that they do not punish 12 years old children in the jail, so people are taking advantage of these children and they are behaving like this. There are children who are killing their parents. There are parents who are killing their children. This kind of a violence is the sin against the Father.

So both ways you see, if there is sort of an attack. What will happen to such a society? Is important one has to take to spiritual life and the spiritual life of not outside, that you just go to church, sing some hymn numbers, this and that and come home. This is not that, it has to be innate, within yourself. You have to be honest. You have to be integrated with yourself and then this innate religion will tell you, that you belong to the religion, which is a universal religion, which encompasses all the religions, which respects all the great incarnations, all the prophets, every one. Every religion is a flower on the tree of life of spirituality, but you have taken away that flower and you are fighting with the dead flower. "This is mine." "This mine." You have no claims and is the dead flower which is now petrified and that's how you see in every religion what problems are coming. How people are suffering. How they are fighting. All kinds of things happen. So people become... they say, "We don't believe in God." They become atheist. When they become atheist also, they are doing the wrong thing and those who believe in God, in such a way, are also wrong. It's a blind faith.

With Sahaja Yoga, I must tell you one thing, you shouldn't have blind faith. If you feel the experience of Realisation, then of course as honest people, you must accept, respect it and go-ahead with it and grow. But if you don't feel the experience, you shouldn't tell lies. You should come again and again. See that you get your Realisation.

There are so many things, as I told you, I could tell you, but only the attention part I have told you, that attention gets enlightened and wherever you put your attention it works. It helps. So in a way you start living collectively. You start feeling that you are part and parcel of one whole being. The microcosm becomes the macrocosm, a drop becomes the ocean and that's how the whole world can become one, one day and all these problems and things will go away, because through Sahaja Yoga you know absolute truth. Everybody knows the same truth, no quarrel, as you are watching me, I am sitting down here. All of you feel the same about everything. So there are no discussions, no arguments, no fightings nothing and you really become a peaceful personality. You emit peace, as I told you.

So the highest thing is that you enter into to the Kingdom of the God. Somebody told me today, "Mother, they... people don't know what is Kingdom of God." So I said, "They have to enter in to see." Unless and until I enter into this hall, how will I know what this hall is like." So once they enter into it, they write to me, that Mother we are now in the Kingdom of God, because you start drowned into you feel you are drowned into the ocean of joy and joy is not double like happiness and unhappiness.

Supposing you have your ego is pampered. You feel very happy, that I am such and such. I have got this and if any is punctured you feel unhappy, but joy is singular, it's in that state, from where you witness your life.

In a one lecture, program, I don't think I will able tell you all about it. I must have given at least four thousand lectures in only English language. So I have to tell one thing, that today whatever is happening in Sahaja Yoga is the culmination of your evolution, culmination of all spiritual work, that people have done, all the saints, prophets and incarnations and is the last judgement for you, so that you enter into the Kingdom of God.

Sahaja means 'born with you'. 'Saha' is 'with'. 'Ja' is 'born'. Born with you is the right to become united, which means yoga, with this All-Pervading Power. It is your birth right, because you are

born at this time and this should happen, but after that please remember that you might feel very great about it and you may just enjoy it individually, but it's not an individual growth. You have to come to our centres. You don't have to pay for it.

Some people think that this is an introduction lecture so there's no payment. You cannot pay for living thing. How can you pay? How can pay for the seed which is planted in the Mother Earth?

How can you pay to the Mother Earth or to the seed? It's all built in. In the same way, it's built into you. Of course for formally I use to come Australia with my own money and all that, but now we have so many Sahaja Yogis, that they want pay for my travel, may be for this hall they might have paid, but you don't have to pay for your Self-Realisation and all the knowledge of your being, inner being, your powers and everything, for that you don't have to pay. All these little expenses, which is very little, partly I should say, are taken over by so many Sahaja Yogis that you have.

In Sydney itself, you have lots of Sahaja Yogis they told me there are 22 centres in Sydney. So you all can take full advantage of it, but you must respect yourself, you must respect your SelfRealisation. After all, you must be something special to get it. So please don't neglect it. There is no

mesmerism to keep you attached to Sahaja Yoga. There is no other temptations, but one that you have to be one with this All-Pervading Power and this Kundalini is the pure desire, the power of pure desire. You are aware of if it, or you may not be aware of it, that you have only one pure desire is to be one with all this All-Pervading Power, because all other desires if you see, once they are fulfilled they are of no importance to you.

So it is said that, in general wants are not satiable. You never feel satisfied, but after this complete satisfaction comes in to you and you start enjoying everything, enjoying other people, enjoying your own relations, enjoying the whole world. This is such a blissful time, that you are born. Take full advantage of it and pay full attention to yourself and understand that just by labelling yourself as something, you do not become that. Do not fight for something that is artificial, but achieve something that is real.

Thank you very much. I hope after one year again I will come back here and meet you. By that time all of you will grow up like big trees of spirituality, giving such vibrations and realisation that power you will have, that you can give Realisation, you can cure people, you can help people. Some people, who have never been orators, have become great orators of Sahaja Yoga and all over the world you have brothers and sisters who are sincerely yours.

May God Bless you. Thank you very much (Clapping from audience) Can you ask them to put off the light so that I can see the people.

There is one thing more that I cannot force Self-Realization on you. All of you can get it. Must just have confidence. All can get it, but if you don't want to have it, I cannot force on you. I respect your freedom and I have to request people, if they don't want to have it, they should leave the hall. That's much better and otherwise I am sure it will work out for all of you.

Shri Mataji speaks to the Yogis: Can you ask them to reduce the light a little bit? Put the light, that side. It's too much. Also reduce this one, it's too much light on me? Can't see anyone.

Till I give Realisation please reduce this is too much. I never used to wear these glasses, but for these kind of things.

Shri Mataji to Yogis: No, no, no these big things. I want to see them.

Yogi: We need to douse these overheads. Thank you.

Shri Mataji: Ah, that proves one thing, that if you are blinded by something like that, you can not see anything else, you see, so one has to...

So again, I would request those who want to go should leave, will be good idea. It takes 10-15 minutes, not more than that, but its... You go beyond your mind. You just go on thinking about it, this, that, then it won't work out

So nice! Left Nabhi is there.

So, before we start I have to tell you there are three conditions, which are very simple conditions.

The first one is, that you have to be fully confident, that you all will get your Self-Realisation. So it follows the second condition, that you should in no way feel guilty about anything. It's a fashion also, to feel guilty all the time, saying "Sorry, sorry, sorry, sorry." Even on the phone we use to say, "I beg your pardon," but people say, "Sorry, sorry, sorry." It's a fashion. To feel guilty is really a fashion. If you have done anything wrong just face it that moment and just leave it. But you carry on with it and that works on left Vishuddhi here, which is a very...very, very important thing, because if your left Vishuddhi is caught up, then you can get spondylitis, which is a very horrible disease, or another one which is called, angina, or you may get very lethargic organs. So this is such an important centre, which you are spoiling, just with your imaginary... imaginary style of thinking, that you are guilty, that you have done this wrong. You should not have done that wrong and you feel guilty.

Of course everybody has right to feel guilty. I cannot challenge that. They can feel. Everybody has right, even to cut their throat. But as a mother, I am saying, "Better not." Why to do something which is injurious to us, good for nothing? And at this moment, when you are about to get your Realisation, you miss the point.

This is the greatest thing that you are going to you have. All your powers are going to express themselves. All your glory you are going to know. At this time what is the use of feel guilty and condemning yourself? So just what you have to say in your heart is that, "Mother I am not guilty at all." That's all. You don't have to do anything, but in your heart ,please say, just now in your heart that, "Mother I am not guilty at all." Second point! So now two conditions I have told you.

The third condition is very simple. The third condition is that you have to forgive everyone.

According to some people it's very difficult. They cannot forgive, but logically try to understand. If you forgive or don't forgive, what do you do? Nothing. Both ways you do nothing. You just think, "I cannot forgive, I cannot forgive." But if you don't forgive, then you play in to wrong hands. If you don't forgive, then you play in to wrong hands definitely, because the person who has harmed you, or troubled you, will always try to deviate the matter. He wouldn't bother to see that I have trouble that person or anything, but you are the one, who will be troubling yourself and all the time torturing yourself. All the time saying that. "I cannot forgive this man. I cannot forgive man." That person might have even forgotten you all. So there is no logic in it, but more over, when you do not forgive then, the centre, Agnya, which is on the optic chiasma, is like this, constructed like this, absolutely like this and to open this you have to forgive, otherwise how will the kundalini pass. It has to open, only by forgiving every one. You don't have to think about whom you have to forgive, what they have given, how to forgive, how to do it, just say that, "I forgive everyone in general." Don't have to think about them. At this moment, if you say that, you'll feel much lighter.

So these are the three conditions we have and I think it's not difficult to do it if you see the logic behind it...

Now as I told it takes about 10-15 minutes that's all.... All those who want to do it can do it. Those who don't want it. I cannot force, so they should leave. There are very simple things, for which people object. Now I don't know if it's too much to do, but if you can take out your shoes, it helps a lot. This Mother Earth helps us. She is a living body and she sucks in our problems. She sucks in our heat. So I will be thankful, if you could take out your shoes and keep them away. Even this could be a too much condition for the Western people sometimes in England.

It's not so cold also, you can keep your socks on. Now! You are quite comfortable and sit comfortably. You don't have to stand on your heads. You don't have to go to Himalayas, nothing. No starvation, no fasting, nothing, it's something inside. It has nothing to do with your outside behaviour and surprisingly it's all there, intact. If of course if you are suffering from some disease, may be you have been to some guru, who has harmed you, or something, then maybe it may not work out, but that's one percent. But even those, who do not get Realisation, can get it later on and there are Sahaja Yogis who can give you Realisation. There is no problem on that. You are here

means, you have already entered in to the Kingdom of the God, that you desire to have your SelfRealisation is the biggest thing.

Now, what we have to do, is to put both the hands like this towards me, comfortably, again very comfortably, you can if you have the hand rest, you can put it on the hand rest, or like this both hands towards me. Now, these are two powers, (Shri Mataji to Sahaja Yogi – alright now, will you go ahead a little bit there and show them, because everybody should see. I think it's better now.) Can you see him all of you? Alright, (So ha ...now better.)

Now you put both the hands like this, as these two powers are different, we have put both the feet apart from each other. Now please put your right hand on your heart. And we will now show you, what we will have to do.

In the heart resides the Spirit, that's the reflection of God Almighty. If you become the Spirit you become your own Master. So you take down your right hand on the lower portion of the abdomen, on the left hand side. We are just working on the left hand side and here is the centre of your Mastery, which is created by great masters and prophets, which you have to awaken.

Now please take your right hand, on the lower portion of your abdomen, on the left side again. Surprisingly, this is the centre of Pure Divine Knowledge. You'll later on know how it works. It's very interesting.

Now raise your hand again, in the upper portion of your abdomen. Please. And then, raise your right hand on your heart again. Now put right your hand in the corner of your neck and your shoulder and turn head to the your right. This is the centre, I have told you, when you are guilty it is caught and how it is dangerous.

Now, take your right hand on top of your forehead, across and put down your head. This is the centre for forgiving others. Now please take your right hand on the back side of your head. Push back your head. These are all the centres. Now this centre is very important, without feeling guilty, without counting your mistakes, for your satisfaction, you will have to ask for forgiveness from this All-Pervading Power.

Then, please stretch your palm fully, stretch your palm. It's the last centre, which is on the fontanel bone area. So put the centre of your palm on top of the fontanel bone area, which may be hot, which may be cool. Now push back your fingers. This is important. Please push back your fingers, so there is good pressure on your scalp. Please bend your head as far as possible and now move your right hand fully, moving the scalp with the pressure seven times. Please bend your head that's important. That's all we have to do. Now again please close your eyes and you will have to open them till I tell you. But before that, see that your both the legs or feet are apart from each other. Left hand is on your lap or comfortably put toward me like this. And now put your right hand on your heart. You can take out your spectacles. it will help you, moreover, till I tell you, please don't open your eyes. Now close your eyes, slowly, not with pressure, but slowly, delicately. Now, don't worry about where your thoughts are, what you have to do, concentrate, nothing. Kundalini will do all the job. You just leave it alone.

Now here is the centre of your Spirit, so here you have to ask a fundamental question about yourself to me. You can call me Mother or you can call me Shri Mataji. So please ask a question, "Mother, am I the Spirit?" Please ask the question in your heart "Mother, am I the Spirit?" Three times! I have told you, that if you become the Spirit, you become your Master, because in the light of your Spirit, you know what is to be done. Your Spirit guides you.

So now please take your right hand on the left-hand side of your abdomen in the upper part and press it. Here you ask me another question about yourself, three times in your heart, "Mother, am I my own Master?" "Mother, am I my own Master?"

I have already told you, that I respect your freedom and this Pure Knowledge cannot be given to you, with force, so you have to ask for it. So please take your right hand in the lower portion of your abdomen on the left hand side and ask six times, because this centre has got six petals. "Mother, please give me Pure Divine Knowledge." You have to ask for it. I cannot force on you. Please ask

six times.

As soon as you ask for Pure Knowledge, the Kundalini starts rising like a plumule in a seed and is going upward now, so we have to help the higher chakras with our self confidence. So now please put your right hand in the upper portion of your abdomen on the left hand side and here you have to say with full confidence, because this is the centre of your Mastery. "Mother, I am my own Master." Please say it ten times, "Mother, I am my own Master."

Now, please raise your right hand on the heart. I have already told you, that you are the Pure Spirit. You are not this body, this mind, these conditionings, this ego, these emotions, but you are the Pure Spirit. So now here you ask twelve times. You have to say with full confidence, twelve times "Mother, I am the Pure Spirit" "Mother, I am the Pure Spirit."

I have already told you, that if you feel guilty and you don't forgive yourself, you develop a problem for your left Vishuddhi, which is very dangerous for your health, as well as for your Self-Realisation. So at this moment, you have to forgive yourself fully. So now raise your right hand in the left corner of your neck and shoulder and put your head to your right. Here you have to say sixteen times, with full confidence in yourself. "Mother, I am not guilty at all." Please say it sixteen times. Have faith in yourself, just say I tell you are not guilty, you are human beings and human beings can commit mistakes. You are not gods, so please say it with full confidence sixteen times. Most intricate part is that, you have to forgive every one without thinking about them, in general. If you don't forgive, then this chakra will be completely constricted and the Kundalini won't rise. All your life you have tortured yourself, by not forgiving others and now at this moment, if you don't forgive this centre won't open at all, so you will miss again your Self-Realisation. You have to ask forgiveness from this All-Pervading Power, just for your satisfaction. Don't count your mistakes please. Don't feel guilty in any way.

Now put your right hand on the back side of your head and push back your head as far as possible and here you have to say, "Oh Divine Power, if I have done anything knowingly or unknowingly, something that is wrong, please forgive me." This also you have to say from your heart, not how many times counting or anything, but from your heart you have to say.

Some people find it difficult to forgive themselves and some people find it difficult to forgive others. Now stretch your palm fully, put the centre of your palm on top of your fontanel bone area and push back your fingers. Now, please bend your head. Again at this centre, I cannot force Self-Realisation on you. You have ask for it. So, please move you hands seven times. Please put down your head. Please put down your head. Please move your scalp with your hand, with pressure, because you have pushed back your fingers, seven times, slowly, clock wise, saying, "Mother please give me Self-Realisation." You have to say it, unless or until you ask for it, I cannot force it on you, so please say it.

(Shri Mataji blows into the microphone)

Now please take down your hands. Please open your eyes, slowly. Put both the hands towards me, like this.

Now put your right hand towards me like this and with the left hand, you bend your head and see for yourself, if there is cool or a hot breeze coming out of your head. Could be hot if you have not forgiven. Don't put the hand on top of your head. So away from it and move your hand. Sometimes it can be very close, or it can be far away. So please bend your head and see for yourself if there is a cool, or a hot breeze like sensation coming from the fontanel bone area and don't doubt. May be you might think it's air conditioning and all that, but there is no air conditioning in your head. So, see it if for yourself, nicely.

Now, please put your left hand towards me and put the right hand... now you see if there is cool breeze or a hot breeze like sensation, coming out of your head. Now, turn your hand on all the sides. You can also see if some people get it very far. Some people get it like a jet out. Some it is closer to the head. It depends on the personality of a person. Alright. Now have another one, right one, right

hand last lastly. Please put your left hand, now bend your head and see for yourself, there is a cool or a hot breeze coming out of your head. It's little further also you can see clearly, if there is. Now please put both the hands towards the sky and push back your head and here you have to ask a question. Any one of these questions, you can ask three times. The first question is, you can say is, "Is this the All-Pervading Power of Divine Love?" "Mother is this is the All-Pervading Power of Divine Love?" Second question could be, "Is this the cool breeze of the Holy Ghost?" Third question could be, "Mother is this the Brahma Chaitanya?" Ask any one of these questions three times. Now bring down the hands and put both hands towards me and watch me without thinking. All those who have felt cool or hot breeze on their fingertips, or on their palms, or out of their fontanel bone area, which was a soft bone in childhood, please raise both your hands. Every one of you!

May God bless you Sydney people. I am so happy. May God bless you. Now keep it up. You have to come to the collective and keep it up, and know the knowledge, all of it.

Can I see this side? All of you got it? Oh my God! It's remarkable. This side also? (laughs) It's really remarkable.

May God bless you. It's tremendous. Some didn't get, very, very few. One here, one there, so they can also come later on, on the stage and Sahaja yogis will give them Realisation. No problem, but we will have one song just before I leave. I hope you will keep sitting till then and you can also clap, so your hands become more active. Some song that will give you nice clapping rhythm, which one?

(Hindi & Marathi conversation with Sahaja Yogis)

You put your hand like this. It will increase with the song. You'll feel the Cool Breeze increase with the songs. You put your hand like this it will increase with the song it will definitely increase with the songs.

(After the Song)

Now just feel your vibrations just feel with this clapping, how they have improved or not. Alright?

It's much better, the flow. Also you can see on your head, you're much better. As the lady had seen, the one describe by Lord Mayor you can see on other's head also, if it is there or not. With the neighbours you can see. It's there. Not on top, here little. It's open now.

1994-0407, Farewell Talk to Sahaja Yogis: Listen to Me and also try to follow what I say

View [online](#).

7 April 1994

Talk to Sahaja Yogis

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

So, thank you very much for the greetings on this day. It was a Easter Monday when I got married that day, and also My baptism took place on Easter Monday. But you know our Easter Monday always changes according to the Monday it comes.

So it was quite a big venture for Me to marry. Actually, I did not need it at all. But as you know in India, they won't spare any girl from marriage, and they have been after My life since I was about eighteen years of age. So somehow I managed. But I was in the medical college Lahore, and suddenly the disturbances broke out there, of a very serious nature. And I came back, and there was no possibility of My going back. Then the whole thing – planned, I think Divine planned it for My marriage, because I had to accept them. And as My husband was there, there were many proposals also, which they chose this one, and I was married. In a way arranged, because I had never talked to him about it, he had not talked to Me, but he had seen Me once before.

So, for Me it was all right because everybody's so much worried in My family about My marriage all the time. But all throughout I feel that I looked after My husband's relations, family, though he had none. He had only one sister whose grandson is Vinay. And all the rest of the family, all those relations of his, I really looked after them. And he was counting, he said, "You have looked after thirty-five nephews," only nephews and how many nieces and how many ... Because it was nature, you see, of compassion, which all they were this time, worried about all these people.

My mother's family was always well off. They didn't need any help anywhere. These people were big landlords, once upon a time, all My husband's relationship, and suddenly this was removed, all landlordship was removed from them, suddenly. And they became absolutely lost, their children became lost, you see, because they were used to such luxuries, this, that, and they had silver, gold, everything. And as soon as they lost their lands, they lost, only fifty acres were allowed for every family. So they had to sell out all their silvers and everything, and they had to be really adjusted now to a much poorer strata. The whole situation came as a very big shock to all of us, and it was My husband only who was well placed in life because he had never bothered about his lands and things. So he was well placed, he was in the government.

So I took the responsibility of all these people and tried to help them in their education, in their finding jobs and things like that. It's all worked, and they are all very well off now. So very happy to see them. They all came for the wedding of My granddaughter, and also of My daughters, and showed their gratitude. Out of them very few have come to Sahaja Yoga. Actually, the relations are always like that. They are so close that I tell them there's a black point, you know, where everything dissolves into zero. So they are so close that they cannot see what is Sahaja Yoga. They have tremendous regard for Me. They have tremendous respect for Me. They'll do anything, specially My husband has spent lot of money in the beginning of Sahaja Yoga, quite a lot. And doesn't ask for it; or never mentioned it also. And we have spent so much of his money because we had a joint account; he never questioned Me, nothing of the kind. Very sweet of him. [Suddenly it comes up, I don't know why. I've been talking too much.]

So the situation is better now. They have faith in Sahaja Yoga. They try to meditate also. But they are not seekers, in a way, because they are so close to Me. As you people have an advantage, great advantage you have – that firstly you are seekers from ages, and you understand how important it is to get your Self-realization, because you feel lost without it. You think that if you don't get your Self-realization, you should commit suicide, and there are many letters I have got saying that "We were mad. We were seeking, going to this person, going to that person." Such big, big letters I got from them how they were cheated, how they were tortured, and how they were ... spent money and how they were completely lynched by these gurus. Some of them had to sell their houses, and children were removed from schools, and everybody became extremely poor. So this was in London much

worse. Later on I found that every country has this problem, they became drug addicts and all that.

Despite all that now we have so many people who are Sahaja yogis all over the world, not only in Australia. But Australia has quite a lot of Sahaja yogis, I must say. And quantity is very, very large and good, and people are nice, but we have had, as I told you, a very bumpy start. Because of that, certain conditionings are built up in people. But now we have to see that our quality has to improve. Quality has to improve, and the test of quality, I think, is that they are very anxious to do whatever is possible for Sahaja Yoga. Whenever it's possible, whatever is possible, they are anxious to do it. And also, they run a very good family, children, household. This is the sign that you have really developed in Sahaja Yoga. But if that is not so, then you will never enjoy the progress Sahaja Yoga is making.

I have seen people, one person can give realization to one thousand. But there's one person who has been in Sahaja Yoga, say, about twenty years, has not given realization to even one person. So we have two types, two extremes, I should – two extremes, from one to another. Now some people believe that they are very old Sahaja yogis. This is another mistake we commit. They believe, "We are the senior." There's nothing like seniority, juniority in Sahaja Yoga. I find sometimes very new people are such great Sahaja yogis. Very new. They just go down, absolutely, into the essence of themselves and of Sahaja Yoga. Maybe their previous lives must have been so great, possibly, or maybe this life they have achieved something great maybe from the parents or from somebody. But some of them are really very, very deep.

One of the things I have seen in, mostly in Sahaja Yoga, that they are more concerned about themselves, about their families, about their children, at the most. But look at Me, I'm not ... I never bother about My health. If anybody asks Me, "How are You?" I said, "I am first class." I never bother about Myself for anything, for My comfort, or for anything, food, anything. I have no sense at all to divert My attention inward. But if somebody else, say, is in trouble or has something, I just, just feel I must help that person. I must do something about him, I'm very concerned. Sometimes also, My family people said that "Even if You have one thousand concerns that You have for others, You'll be better off." But that's why nothing, nothing can harm Me because I am always worried about your progress, about your problems, about your quarrels and fights, and this and that. It's such a tremendous concern it is, such a full-throated, you can say – absolutely all My attention just goes focused on these problems.

As soon as I see person, I know what the problem the person has, why is he not progressing, what is the problem he has with others. Everything I know in no time. But even if I know, I need not bother; but I really get very much bothered about them, as if – they are, as it is you know, part and parcel of My body – but the amount I worry about them, sometimes. People have always remarked about Me sometimes that "Mother, You need not worry so much about them. Why are You worried? Let them go to hell. Let them." If you have once called Me "Mother," then I really forgive. I've forgiven all the people who have troubled Me and have insulted Me, and given trouble in Sahaja Yoga. I've forgiven all of them. I have no time to worry about not forgiving.

I should be an example for you, for you to understand that the more attention we pay to others, not finding their faults or criticizing them, but doing things for others; small, small nice things if you start doing for others, immediately, you will be surprised, your attention will sharpen. It will have a very great effect. Sahaja Yoga will spread through you and you will, yourself, will be very different person. You won't criticize other Sahaja yogis, you won't criticize this, that. I mean fundamental things, if there's something wrong, you have to tell Me. That's different. But that seldom people tell Me. So first we must extend our attention outside, towards others, not towards ourselves. Then the same about our children, our house, our this, that. Just extend your attention outside.

Now see, I am a housewife. The last twenty-four years I have been traveling. And in a way you can say I am neglecting My family. But if you ask My family people, they'll say – today they telephoned to Me to thank Me that I have completely built up this family. I don't know when did I give time to them, but they feel that way, very much. And everybody thanked Me, every one of them said, "This family has been built up only by You, without You nothing could have been possible." Because of My attention outside is so easy to work out anything that is needed to be done. Whatever needed to be done is done.

I'll give an example. You may call it a miracle. My grandson wanted to go to a university, good university in America. But they said, "You have to appear for SAT, and after that only we'll admit," and he would lose one year for that. I didn't want him to go to

America before doing SAT, because I thought that, see for six, seven days he goes there, he won't be able to do much. And we left it at that. All right, he was preparing for SAT. I had told one Sahaja yogi there, Paul, that "You see if you can help us." But nobody would talk to him in the university, when he went there, they wouldn't even say if they have received the form of My grandson.

The other day they rang up to say that he's got admission already. How? God knows. The information has come that he's got admission. Nobody in America can be admitted without SAT exams. Without any condition he got admission, and they told Me.

I said, "Maybe Paul must have done something."

So I telephoned to Paul. He said, "Mother I did not go to that university. I didn't ask anybody, they wouldn't talk to me. They said you better not ring here, get lost." And somehow, they don't know how, they admitted him. And he was a last minute person who sent the form to this.

But only thing, one thing had happened, he told Me that "If I don't get admission in a good university, I will not go to America. It's too much waste of money." Very wise boy.

I said, "All right." That's the only time I gave bandhan. And see now, he's got his admission. His elder sister also got admission in John Hopkins Institute without any condition. Though when she went there, she found the atmosphere was no good for her, she ran away. But on the whole, that unconditional, they are saying, Gregoire told Me, "Mother, not possible. How can she get it?"

I said, "There's a letter." Without putting any pressure, without doing anything, it happens. It's a miracle. I must say it's a miracle. But something works, and that is this all-pervading power.

With one idea if you go about, it will not help you. If you want ... Someone said, "Mother, we wanted to get this house, we couldn't get it." Because you had only one idea, to get the house. But if you had the whole idea that if we get the house, then we'll do these things, we can work it out better, this, that, then you get it. So, you should project yourself towards other things which are more important than yourself. Then suddenly you will start growing. It's like some trees grow higher, some do not. Why? Because they aspire the sun's light and they want to be more nearer to sun. But that's not possible, you cannot be nearer the sun by just growing few feet. But they aspire. So they are taller than others. In the same group, you'll find, some trees grow taller, some don't.

So, one aspect is that you have to meditate, no doubt. So, one thing is to develop quality you have to meditate. That I said. But you must know what is your problem. You are right-sided or left-sided. It's very important to know whether you are right-sided or left-sided. Now some people have problems which are left-sided. All right, they start doing water treatment. There was doctor in Delhi, Dr. Nigam, you must be knowing him. He had, I had cured his paralysis. I was surprised that his left hand was still not working out properly.

So I asked him, "What sort of a meditation you do?"

He said, "With the light and with the water."

I said, "What? You are doing both?"

"Yes."

I said, "What, what's wrong with you is right side [Shri Mataji corrects] – left side. So you should just do candle treatment. Just drop it." I said it to him. Just when I said it to him, his hand started opening out. I said it only; becomes like a mantra I think. Started opening, he has opened his hand.

So about treatment also you must understand what treatment you must take. Now some people are left-sided. They should take left side treatment only. There should be no confusion.

So I said, "Who told you this?"

He said, "Everybody said the same thing."

I said, "What did they say?"

"That you can take this."

In Sahaja Yoga there are certain rules and regulations of the Divine. So now if you are suffering from the left, you just take treatment for left. No water treatment, at all. Now you are suffering from the right, then don't take the candle treatment at all, at all. These are two sides which are to be corrected, then you are in the center.

When you feel you are in center, you can use both the things. But that is normally very few, I've seen. Normally you find very few people who have this central point. If they have, they should do this treatment. But there is no need to do treatment once you are in the center. But you have to meditate. So you can sit before the photograph. But to take out all your conditionings and things, or may be the day's problem, you can sit before the photograph with a candle as well as water. But the ones who are not, should not. And one should not feel also bad if the leaders tell them, "You are left-sided or right-sided." The problem is that in Sahaja Yoga there are leaders. It's a myth. It's a myth. It's not something so seriously to be taken. But these leaders are there because I cannot communicate with all of you. So, they are there. When it came to talk about the leaders, nobody told Me anything. Very surprising. Never they told Me the leaders are doing like this. I had to discover it every time I came here. You should have written to Me earlier that our leader is like this or it's happening here. There's no harm in writing that. But they did not, none of them. Till I came here, I discovered the kind of people they were. Actually, they dis ... I discovered them only in Europe. I did not know that they were doing all these things.

Then they were developing also some funds and raising some sort of a money, nobody told Me. Even when they came to India they collected money. But nobody told Me that they were collecting money for this or that. I mean, at least you should have told Me. Somebody should have told Me. That's how they became sort of absolutely fascists. They thought, "We are the lords, we can do whatever we like." But for other nonsensical things they'll write such letters, but never about something which is very, very good, essential and needed. And anybody who writes Me like that, I'm very much thankful to that person. Not just to criticize but to give exact trouble, or exact problem that is facing. I'll be very happy if you people write to Me truthfully, not what is troubling you, but what is troubling everyone. So I can solve the problem much better, isn't it?

Now the another thing we had to tell about, that what should be the relationships of husband and wife. Now I've already had many occasions to talk to them. Now you are married by Me. It was not such an arranged ma ... arranged marriage, you were given time to find out till the end. And even if you did not like the person, you could have told Me and we would have finished the marriage. But even when it is registered, you've stayed with the lady for so many years, or with the man for so many years, you have had children and after that suddenly you come up that "Mother we cannot cope." But this is going too far with yourself and with the whole society of Sahaja Yoga. If you don't like somebody, if there's a problem you should find out in the beginning. I'll be the last person to force you to marry anyone. Even if you are married, and just after say three, four months you let Me know, the marriage can be broken. And I have told Yogi now not to register them for about three months and see for yourself.

Now you must understand that marriage is not an institution well-practiced in the West. Till they are married, they are happy. As soon as they are married there's something goes wrong in their heads. Maybe the reason is there's a legal bondage in the marriage. If you are married to somebody, you see, your money will be shared or anything, that kind of a fear is there. For the same reason I have asked so many times that you don't get married to somebody till you are normal. But many people who are sick, have diseases, have problems, have some sort of funny ideas, just they marry, as the Americans say, for the heck of it. And

then it's such a troublesome thing for Me. Firstly I get concerned, secondly it's a very bad example for other Sahaja yogis, and brings a bad name for all of us.

It's not difficult to enjoy your marriage because mostly we really examine and find out properly what's the matter with what, and who is capable of carrying on with whom. We, we try our level best, but there are sometimes four hundred, five hundred applications of various types. Sometimes you do miss, do miss certain points. But you people can understand that, sometimes, and you should try to help Me by understanding that what is it after all? What is so important?

There was a Sahaja yogi, very good Sahaja yogi from England. He had a wife who was really beautiful wife, very well educated, this, that, very smart. He came to Me, he said, "Mother I want absolutely to divorce this woman."

I said, "Why? She is so good looking."

He said, "No I don't want. I want to divorce."

He was after Me. Then I talked to her. She said, "I also want to divorce."

"All right, divorce. Divorce is allowed in Sahaja Yoga." So they divorced each other.

Then, we were showing him different photographs and things that "Now tell Me, which one would you like to marry?" So he chose a girl who is not well educated, who is not by any means good looking. She is very dark with very thick lips and all that. But I love her very much. I like her very much. She is very lovable person, extremely sweet. So, he chose her. I was surprised.

I said, "What?"

"Yes Mother. See her vibrations."

Still I said, "You see her first."

So when we went to Ganapatipule, "Yes," he said. "This is the one I want to marry." I was surprised, you see, with all that how could he say that "I want to marry this girl"?

I said, "Be sure."

"Yes, yes, I'm very sure, I want to marry."

What he told Me that "She's tranquility personified. I feel so tranquil." She is full of vibrations, like bag of vibrations. I know that. But I didn't know how this fellow has felt it. He has just fallen in love with her, I tell you. And he says, "She is the most beautiful person I have met." He doesn't see anything else that is outside. Later on My own sister said, "What have You done? What a match!"

So I looked at that girl, and then I started seeing these points that she's not good looking, she's not this, but what he said – she's tranquility. She is just tranquility. He went to her village all the way, and he met all his family and everybody was surprised, such a handsome looking Englishman of all the things. And she said [Shri Mataji corrects] he said, "Mother, she has neutralized all my nonsensical points. She's so beautiful." And he's really in love with her.

So that is a sign of a very deep Sahaja yogi that they don't go after superficial things. She cooks South Indian food, he loves it. Whatever she does he loves. He cares for her very much. And she is neither left-sided, nor right-sided, she is in the center. So both of them match each other because spiritually they are on the same level, very deep, and that is what we have to be. If we are not spiritually matched, then the problem comes in. We have to have proper matching of vibrations.

Of course, we see to it when we marry, I mean can you imagine, ninety-nine percent marriages have been successful. And some of the marriages were mischievously done I know, there were some mischiefs. But still they have worked out. Still they are happy people. But some people are bent upon making their marriage a problem. Some of them, extremely egoistical, think no end of themselves, and start making everybody miserable. What makes them so much full of ego, I don't know. And they just spoil their marriages. They become unhappy themselves, and they make others also unhappy. Now My husband has never been a Sahaja yogi, never. Even now, I wouldn't say he is a Sahaja yogi. Even now. I don't know. But I knew how to handle him and how to work it out. And I've managed very well, and he also knows. Always he says, "You are very moral person; You are a very noble person." All those things he says to Me. And all, you see, his saying is like this that "You are, but You cannot make others."

I said, "I can, why not?"

First he could not believe that I could transform people. And now he knows I have transformed. He said, "They have become angels." And so that you are now angels.

I am not very happy with the crèche you have here, not at all. It's a mess. And I don't know but it's a – the children coming out of this school are racist. Very racial ideas they have, that's the report Yogi gave Me. Not about Rome. It is so. So I would say we should teach, change the teachers, is the best way. And the children are very aggressive when they come, very harsh. I would say, put some Indian teachers there instead of some Western teachers. Maybe they are racist or maybe something wrong there. This is the report I have got about your children, Australian children create more problems, and it's very difficult, and they are racist. But there are hardly any Indian children there, you see. But if there's one even, they aggress. There are, I think, only three children who I think are Indians only, or one may be a Negro, I don't know. But all these children just jump on them when they go from here. Takes time to change their ideas.

If you are racist you cannot be in Sahaja Yoga, you understand that. We don't believe in race and religion and all these things which are separating human beings from one to another. That is our ideal, that we cannot have this kind of a nonsense in our society. And be careful. Watch your children, how they react to black people. Specially for Australian children it is being pointed out. So I think there's something wrong with some people here. They should just try to find out if we are by any chance trying to teach them that white skin is better than the black.

As I told you in the lecture, I hope you have listened to what I said about the genes. That it is now found out that two protective genes that Asians have the white skin don't have at all. One of them is the right side, another the left side. So a white skin will take to a violence much more easily than an Asian. Asian actually means now Indians and Chinese. Culturally they are the same. Now that means, after coming to Sahaja Yoga, your genes have been transformed, and you have protective genes within you. And one of them is, as I told you, is the right-sided, hate people and kill people, be violent, this racialism, which is now coming back again because they will take to it easily because there's no protection against it. Now you can see in My own family, we had eleven children. Some were fair, very fair; some were dark. We never knew what is racialism is because the skin is so, I mean, is skin deep as they say.

So, you see, the ...you are now confronted, you must understand that, with these two horrible genes, by which, one that will take you to violence, take you to temper, will take you to this kind of racialism and hatred and fundamentalism and the another one is indulgences, laziness or serious things like sex and this and that, and all these habits you develop of drugs. So you have to be very careful now. By just announcing that, Germans announced that "We are a white race," you see, "we are higher than anyone." How are they higher? Just imagine. They killed little, little children, small little children into a gas chamber and saw them being burnt. Can you imagine anybody who is a evolved soul, or who is a higher race, will do such a nasty thing like that? But this is ... they have sort of self-proportioned values and virtues, which they don't have. They were so horrible that they took the fat from the dead bodies in Poland, Warsaw, and they had bath with it. Like a soap, they used. So grotesque. Whole thing is so horrifying. And they think they are very, very great races. Even Max Muller wrote like that, you see. He said it's the Germans who came to India and wrote Vedas. Their forefathers cannot write Vedas.

So now try to understand that what we are facing basically. What I feel, in the arrogance of this white skin, these people crossed over their limitations, their maryadas – the forefathers. Like the way the Spanish went to America. You can't find one aboriginal person there, not one. I wanted to see in Chile, in Argentina, in Brazil, not even one. Where are they lost? They all went to the hills and some of them are preserved in Bolivia and all that. And the revenge has started. From Bolivia all these horrible drugs are coming. And the whole of America is just crushed with that. There's no wisdom, just to think you have fair skin. All right, go ahead. Where are you going? You see these. What about the Americans? Where are they going? Now they are concerned, little bit. But sixty-five percent people may get schizophrenia in that country. Now how can you be satisfied with yourself when you see all these things happening, because you have just a white skin?

So first thing you must try to understand that even if there's a trace of racialism in you, better throw it away. On the contrary, I think this country has really, real justice for racists. Justice-wise you must say Australians know to be really a multicultural society, and they understand the value of it: what you have gained through multicultural societies. There's so many things to be learned, that they are very clean, outside, not in personal life. They'll keep the house very clean, the carpets very clean, everything very clean, but as far as themselves are concerned, they are not so clean. Of course, now with Sahaja Yoga you are changed, I am not saying.

But I know of English people, they would not take bath for months, months, they used to smell like hell. And when My husband was there we used to shake hands, and the hands would smell for days together. We used to put scent, attar, this, that, but still. Using paper, paper, it's all right because it is very cold, but it's not that cold. We have lived in England for so many years. We always use water and running water. In the same tub, three, four people take bath, to save pounds. The only mantra they know is "save pounds". Same here, people are extremely money-oriented when they have so much money compared to others. So, for Sahaja yogis, is important that you should be frugal and you should not be miserly. You need not. But you should be clean inside. That's very important, not outside so much because see all these diseases are coming, these things are coming, one has to be very careful.

Secondly, you are so protective of yourself, I mean you are always thinking about yourself. Extremely protective. So you do not develop any immunity to anything. If you have to travel like Me, you would get sick within one month's time. Firstly you can't eat anything, you get hepatitis. If you smell something you get hay fever. You do that, I mean all these things are coming because of over-protectiveness. You must make your children to play in sand; you must make them go about. No – so protective of your children! So when they grow they cannot stand anything which is absolutely not completely, we can say, covered. But Indians don't get it. We are full of parasites, full of mosquitoes, full of this. Australian children, when they got bitten by mosquitoes, they got malaria. But the whole city was there, nobody got malaria. Not one person. Now they were surprised, how is it these boys and girls have got malaria? So in childhood, we should not make our children sort of all the time extremely delicate. You look all right. I mean, might have good muscles to look at. But you are very, very vulnerable to any disease. You can see from your children. I'm not saying about Australians. All the people from the West, whether they are Americans or they are Europeans or they are this. But I've seen Russia, people are very, very good. They don't catch much. They don't suffer from all this.

So this over-protectiveness, and also there are books and books. Today they'll write a book about children, "You must give them feed at the right time." Then they will write next time, "No, no you should not do that way. You should allow them to eat whatever they like." Then thirdly they'll say that "You should not give this to your children, that you should not give, that should not happen." With all this knowledge, people are not aware that they are making their children like the dolls in the hands of these writers. Whatever they say, whatever they do, there's no sense in it. We know what is needed for the children in Sahaja Yoga. Actually these are people just selling their books, you know, whatever knowledge they have, they have a flair to write, they write it and you accept it and you get into problems. And this is a very, very common thing. They protect the children too much which they need not. But whenever it is necessary one should.

My main thing is that before the children how we should behave. There are differences in husband and wife, not that there are none. But they should not be exposed. Children should not be exposed to your differences, to your fights, to your angers and fits.

They get it; they are so, I am again saying, they are so protected. So much protection is given to them. These protected children take these things very quickly. If mother says to the father something, father says to the mother, they'll repeat it later on. You will be surprised, same thing. When the father does something, they'll say same thing. So you are spoiling their whole attitude towards life. Must understand, children are much faster than you are in picking up things because they have to learn, they are growing up.

So your relationship between you and your wife should be of respect, should be of love and understanding and caring. But there should not be something of ... some sort of a scene that is not good for them. I mean, that doesn't mean that you behave in a funny manner before the children. That is for the bedroom, all right? Thank God, you have bedrooms separate. We don't even have that. In India, very few people have bedrooms closed. In the day time, if they close bedrooms, people think, "Are they mad or sick?" So this is the attitude that one has to take that before others, before other people, before the children and everything, we have to behave. Now if you want to find faults with each other, you can find it in the bedroom. That's not a very good game I think, why should you find? It's always better to close the chapter at the end of the day and sleep well. All this I am telling you that you should not miss the point of joy and happiness. This is how you will really enjoy your children, your husband, your wife, everything. In this, as I have always said that the wife has to be very wise. She's the one who has to be very wise. But not to such an extent that she allows her husband to do what he likes. She has to keep a control, in a way, that he doesn't disturb the society of Sahaja Yoga.

About other things, like we have about, they said, I didn't know that you are paying some money for the school and all those people who are not even having children in the school are paying. I didn't know this. School has money, no doubt. There's no problem on that because they are not spending much. But now you change the pattern. I'll talk to your leader, and see. And also you can have a proper house on rent, separately and get all the children there to study, and nobody should act arbitrarily. And it should be done properly. I'll talk to your leader and tell him. And the children should be seen, even by the leaders, to see that they don't become racist or they do not become violent. And I think Indian teachers would be a better idea, because you see they, they are mild people and it would be better. And I have also discovered you have two girls who can work, Indian girls. It's better that they should look after the children.

And lastly I have to say, I really enjoyed My stay in Sydney. Really. I don't know why this was called as Sydney, what was the reason – and also in the West they don't have meaning for every name. But it's a very beautiful place where so many Sahaja yogis are there. And I really feel very happy in your company. I love you and you all love Me. Whatever I want is your happiness and joy. And please remember that we are here to enjoy, all of us. So don't do anything that makes you unhappy, like having big, big plans, this, that. Not necessary. There's no need, and if you want to have you please let Me know. I'll tell you exactly whether you should do it or not. Because I don't want you to land up as bankrupts, or this and that, like madcap people everywhere. So this is, you have to be careful, you just inform Me. You let Me know. You can write to Me that you have such plans and all that, I'll tell you.

Now this idea of this artist business is, now that doesn't go into My head, I must say. They have told Me that they want to get all the artists together of the world and this and that. It's a very one-sided attitude to form, you see. Just a few artists are there, then they invite them, and they invite here and a conference start. That sort of a thing should not be. If there are artists, all right, there are artists abroad, everywhere they are. And wherever you can meet them, you can meet them. But you cannot separate a body like that, artists are separately, musicians separately, then you'll have politicians, then economists, you see.

So that's not Sahaj standard. That's not Sahaj Yoga, that's the way people live, you see, they have separately some sort of a thing, or if not, they can have a organization of, say broomstick women, something like that. So we are Sahaja yogis, and we are Sahaja yogis and Sahaja yogis. If you are artists, is by the way. If you are musicians, is by the way. We are Sahaja yogis and Sahaja yogis. This is one has to remember. Like this the groups will start. And this clubbing system has been there in the human nature, has been there through out. We have been clubbing with anything. You know, if there's somebody like the French, they put their spoon the other way round, you see, spoon and fork like that.

So I said, "Why?"

"Because we're French."

I couldn't understand this explanation, "these are French". And then the English put it this way. Now if you just put it the other way round, I mean, you are a gone case, then you are no good. So we have to know that this kind of clubbing was in the human nature because it comes from the animal instinct. You see animals also club together. You are from Brisbane? All right, we sit together. You are from here, we sit together. It's a animal instinct. Because of some sort of a fear maybe, that they club together. This clubbing, clubbing has come to human race also. For everything you have a club, you know that.

For you it is not necessary because you have come out of that state of animal instinct to higher instincts. Yes, you are an artist. All right, you are an artist. So another is an artist, all right. But don't club together as artists, as musicians, as this, as that. As long as you have to say sing together, you can practice, again finished. It's very important point. Try to understand. Clubbing is not at all a human quality. Clubbing is a quality of animals. So when we are all Sahaja yogis, why should we club together? What is the need to club? And this clubbing has brought so much problem to us. This politicians, then this religions, and all this nothing but clubbing – that separates. So anytime you find there's a clubbing system working anywhere, just run away from there. You belong to a very big community. Now say in My hand, these fingers start clubbing, what will I do with them? I'll have to make a club out of it. But still going on. I mean when they come to Ganapatipule there had clubs going on there also. I've been informed about them. Australian club, and north Australian then south Australians, then east, west and southeast, southwest, so all that has to be given up. One has to understand that we are all Sahaja yogis, all over the world, wherever we may live, whatever we may eat, whatever we may wear. We are inside all Sahaja yogis, and all connected to all-pervading power. If you become great artistes because you have got Sahaja Yoga, all right, enjoy that. If you became great musicians, all right, enjoy that. If you become an orator, enjoy that. But you don't club yourself with another person on those grounds. That is something not at all Sahaj. In Sahaj you are one with every one, and with all of them.

See now, My life if it is anything, you should understand that I am extremely a sahaj person, extremely sahaj. So wherever I go, I can't understand. I go to Russia, all these Russians, they had never known about Me, they have never heard about Me, they came to listen to Me. Anywhere I go. I mean later on the follow up may not be that good, but wherever I go there are in thousands of people. After all what is so great about Me? See this is it. What you have to learn – I am so sahaj and also when I tell you about, you don't feel bad. Because you know, you know I am telling you out of compassion and love, and that is important. You understand that because first thing is compassion and love. And when there is compassion and love, you cannot think of clubbing at all, never. You can never club with anyone. You will love each and every person, and be kind and enjoy your compassion, the virtue of your compassion, virtue of your love.

And that is, that shows on your faces, you shine compared to those born again, who were never born again. They were looking so hazard and horrible, very harsh faces, with such a young girl, she had all the wrinkles you could count on her face, going round and round and round.

So I told her, "You are not born again, I am sorry."

She said, "Are You?"

I said, "I am. Look at your face in the mirror. You will know, you are not born again."

So the greatest advantage of Sahaja Yoga is that you can enjoy everything. That is the greatest advantage, whether it is art, architecture, music, or a lecture, or studies, education, family life, everything you should be able to enjoy fully. Then you are a real Sahaja yogi and that you have achieved that state. Sometimes there are problems, here and there, something happens, doesn't matter. Have faith, and you will be surprised at the miracles that you get. One after another, so many miracles, but listen to Me and also try to follow what I say.

First of all, no temper. Temper if you have, you must know that it's a serious thing in the West because there's no controlling power over temper, and schizophrenia is the only ultimate result of temper. So temper should not be justified. All ego, temper should be brought down. One should not try in any way to get angry with others because of jealousy, because of complexes, because of anything. If it is so, please introspect, "Why do I get into tempers?" Shri Krishna has placed temper as the worst disease of all, He said from there it rises everything. But I don't agree with Him because, you see, it must be, He was, for Him it's a leela, the whole world is a leela, but not for everyone. Temper can come from Mooladhara, can come from Swadishdana, can come from anywhere. So one cannot say that the source of temper is going to be the source of all the problems, can be from anything. One can really get destroyed by anything, but temper is one thing that is the worst of all.

So, if you find anybody who is hot tempered, if you find yourself to be hot tempered, then please see to it that you overcome it. I used to tell before, I don't know now, there must be My tapes that if you are very angry, then stand before the mirror and say all kinds of things. Or else you take a pillow and hit it hard when you are in temper. Close the door, hit the pillow and then go out. You may have to spend for another pillow, doesn't matter. So you develop a very, I should say, a pleasing personality. That's very important. You must have a very pleasing personality. But that is not acceptable in certain countries because it's said that you should not show your, any pleasing personality, because others will think you are weak. The strength is your joy. Strength is your virtue, strength is your pleasing personality. That is your strength. And this artificially, some people say that if you become very pleasing and this and that, then others will think you are weak. If they think, let them think like that. That is their stupidity. So you should be happy, joyous, pleasing.

I must say in Sahaja Yoga some people have come up so well that I really feel very proud of them, very proud. And also, I never expected this to work out so well in My lifetime, I never expected because I started it very late, deliberately. So it is very heartening to see so many Sahaja yogis coming up, and listening to Me so nicely without taking any objection to what I say, and then imbibing it in their lives so that they can enjoy themselves very well.

This time I had to meet people separately and in one room and all, but next time I think I'll discuss certain problems openly. If you people are doing something stupid which, let us, all of us know. So that there'll be some fear of people who are doing wrong things. For example, I don't know is he here, Peter Patten, is he here? He's not here? Peter Patten from Adelaide. He has been very funny, and he has to get out of Sahaja Yoga I think, for some time.

Then there's one Mark, is he here? Where is he? Just call him. So you see, he doesn't realize what's wrong with him. And he is trying to force himself on to others. Is not a very good idea. You all take a bandhan, I think you see, it's all right. Where is he? So we will have a open talk about it, so you will realize what's wrong with the person. Extremely right-sided is, the whole thing is burning. Where is he? What's the matter with you? Why do you want to meet Me?

[Mark: I was just going to get some directions from You, Shri Mataji.]

What direction?

[Mark: Just about what I should be doing, as far as more involvement in]

I mean, just think of it, if I have to talk to each person like that, what will be My situation?

[Mark: Yes Shri Mataji.]

So why should you force your way like that? You could have written a letter to Me, I would have known whatever you wanted. You see, now try to understand what's your problem is. Your problem is right side. All right? Sit down and remove it. That's your problem. You can find it out very easily, what your problem is, and which you can solve. You can also talk to the leaders but you have to be humble about it. You should not be aggressive. "I must meet Mataji, I must meet Mataji." You see, supposing you all want to meet Me individually, what will happen? And you will be amazed only in Sydney I meet people like this. Only I have been

meeting and meeting and meeting.

For that, now I would say that you should tell your leaders first. Let them scan you out, let them write what are their problems are. Then if I want to see, I'll see. I should have that much freedom. You can't force things on Me, can you? I have not taken a contract with you or anything. So all of you who want to see Me, should not talk to Vinay, because he's now fed up. He's so tired, he doesn't know. Everybody is pressurizing him. So now please tell your leader. Leader has to give Me your problems. Then I'll see, if I want to see or if I don't want to see. We have to stop this. There's nothing special, nothing great that you cannot tell the leader. The leader can solve your problem. Because I have to go from countries to counties, you know that. Even in Australia, I travel from cities to city, which I do not do in anywhere. Even in India, only two places I go to or only the capital. But I feel concerned about you. You have gone through bumpy areas.

But try to understand that there's no contract with Me. If you have come to Sahaja Yoga, doesn't mean that you have right to do what you like. No. I must cure, I must touch person, I must see. This is too much. What have you done for Sahaja Yoga. Ask this question, "What have I done for Sahaja Yoga? How many people I have given realization?" I've been just fighting with others, having family problems, this, that or "Have I done anything which is constructive to help Mother?" As you know, My age is now seventy-one, I don't know how far My husband will allow Me to travel now, also. Whatever it is.

You have to take over. You have to take the responsibility. You have all the powers, you have all the knowledge. You are quite all right now for Sahaja Yoga spreading. So go ahead. You are wise enough to understand that now we should spare our Mother. So nobody should be aggressive like that. All right? If I have to see somebody, I will see. But first of all you must tell your leaders and give them the full reason why you want to see Me, and if I think it proper, I'll see. This much freedom you should give Me that if I want, I'll see you. There is some sort of a protocol is there for people that they should understand that you cannot just ask to see Me just like that.

As you love Me, you can feel for Me also and understand that what is important is you should go deep down into yourself and I am there. I am there, absolutely. I am everywhere. You need not see My face or see Me. I am there. Just know this fact that I am there with you all the time whether you write to Me, whether you inform Me or not. There are people who have developed such, such tremendous faith that Mother is everywhere, that just by praying they have saved the lives of people. Just from praying. There are many like that. And really, it is worth seeing these people, how simple they are. I won't even see them normally, anywhere. But they are there. And they told Me how they have achieved so many things so easily. It is very remarkable.

There was one fellow whose mother was sick in Rohtak and he was in, I think, Bombay and he received a message that she is sick and she will die very soon. So he rushed to the place and they told him that within three days she will be finished. His mother is not a realized soul nor she's a Sahaja yogini, she has never even seen Me. He said, "Mother I couldn't help it. I just went on my knees and I just prayed, 'oh Mother, please can You save my mother?'" Within three days the lady got all right. They said it's a galloping cancer. He flew her to Bombay and took her to the Tata hospital to find out if there is any cancer. They said, "There's no trace of cancer." He said, "This is the last time I have asked You for anything." I just, I just – it has happened with many.

So it is your faith. Faith is not blind in Sahaja Yoga, you know for definite what is Sahaja Yoga is. You have seen miraculous photographs. You have seen all the miracles happening. So now your faith should be completely, entirely in it. And it will work out. I promise you if your faith is deep enough to reach Me, you don't have to see My face, even not to have My photograph, nothing. Wherever you are, you'll find Me. That's why I always say, "Develop your faith, develop your faith."

May God bless you!

May God bless you!

So thank you again and again for all these flowers and for all the nice time I had here. Specially the food was marvelous. I must say I can't do justice to all this but I enjoyed it.

1994-0408, Innately are we righteous?

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Innately Are We Righteous?

Public Program

Canberra (Australia)

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I think you can go down, there lots of seats still vacant.

I bow to all the seekers of truth. At the very outset I have to tell you that truth is what it is. You cannot transform it, change it and unfortunately at this human awareness you cannot know it. Now whatever I am going to tell you today, you need not believe blind folded, you have already suffered a lot because of blind faith. But if it is proved, then as honest people you have to accept it. Because it is for the benevolence of your being, for the benevolence of your society, your city, your country and the world at large.

So one has to understand that we have not known so far the absolute truth. If we had known the absolute truth, there would not have been any problems whatsoever. Because everybody would see the same truth. There cannot be so many types, dogmas, so many discussions, arguments whys and whats. If everybody sees the same point then who will fight? For example I am sitting before you, you all see it clearly and you know it. You are not going to fight that I am here or not. For that we need the last breakthrough of our evolution. As human beings, still, we have freedom to think whatever we like but we haven't got capacity to know the absolute truth. If that is so and if there is a way out, why not we try for it? They have been already told about this, this instrument that is within you.

I never see such a big one today [unclear]. In Australia everything is big I tell you. Very nice. I mean it can cover a very big hall as we had yesterday a day before we had three thousand three hundred people and this would have been better there.

All right, as it is this is the subtle instrument that is within us, is created through our evolutionary process. As we learn, say, science and other things from western countries from Australia, from all Japanese countries and all that. We can see the civilization has grown so big and we do not know our roots. That's why, what is happening is, people are waiting for a shock. Already they are very much upset. What has gone wrong with us that we should know our roots. Now if these roots are coming from East or from India why should we abhor it, why should we condemn it? Because it's very important that we have to seek our roots and this is the knowledge of the roots.

The human problems actually cover all the global problems, most of it. And to solve them we have to see to this inner subtle instrument within us. When these centers are in jeopardy, then we get physical, mental, emotional, spiritual, social, political, all problems. Because, problems are caused by human beings and human beings are in trouble because of these centers. So if by chance, you know how to correct your centers and then to correct others centers also, you solve the problem.

Now this power that is being told as Kundalini, is called Kundalini because 'Kundal' means coils, it is coiled three and a half times. It has some mathematical calculations. Now this Kundalini when She is awakened She passes through these centers and She enlightens them. She nourishes them and She integrates. Ultimately She pierces through your fontanel bone area. In Sanskrit we call it Brahmarandra, pierces through and becomes one with this all pervading power. So you achieve two results.

So the truth about you is that you are not this body, mind, your ego, your conditionings. Because you say this is my ego, it is my conditioning, this is my house, this is my wife, my husband. So this 'my', who is the 'my' there? So you become the 'I', the 'self', that is the Spirit which you are! And the second truth is that there is all pervading power which does all the living work. Look at

these beautiful flowers; it's a miracle, if you see. There are different flowers from different seeds of certain heights, certain shapes, certain colour. And you take it for granted. You don't even think about them how they have come out like that. Who runs our heart? The doctors will say autonomous nervous system. But who is the 'auto'? So we never question anything about living process, because we can't answer.

This living process is done by a very subtle energy, which you can call by any name, is the divine power of love. You can call it as 'Ruah' as in Quran, you can call it as 'Brahma Chaitanya' as in Sanskrit and as 'Ritambhara PrAgnya' by Patanjali. You can give it any name to it, is different but, it is a power which we have never felt before which is a subtle power which does all living work. So, as if, if you have not reached that source of energy, the whole development outside is collapsing. Also, supposing this instrument is not connected to the mains, then, it has no identity, it has no meaning. Why was it created? And everywhere these days I find the seekers are trying to find out their identity. So what is your identity, is that you are the Spirit, you are the Spirit and this Spirit is the ultimate that you have to become.

Once you become the Spirit, in the light of the Spirit you see the Truth. First of all on your fingertips you start feeling this cool breeze, 'Cool breeze of the Holy Ghost', you can call it or this 'all pervading power of divine love'. And when you start feeling that power, is... your body acts like a computer. You ask any question. There are many people who don't believe, there is no God. I think it is very unscientific to say there is no God, because you have not found out. Without finding out how can you say there is no God? They have all kinds of funny stories even about Christ. They say He was not the son of God. How do you say? You are not at that point where you can decide, what is true, what is not. Just mental projections, they go on condemning all the great incarnations, and all the great prophets, and seers and sages because they are all blind. Kabira says that, "O God, how am I to explain to all these people who are blind in this world". "Kaise samajhaavu, sab jagah andha."

So, Sahaja means, 'Saha' means born, 'saha' means 'with', 'ja' 'born'. Born with you is the right to become a yogi, to have this union, yoga, with the divine. And it is very simple now. In the modern times it's very simple. In the olden days there were people who were trying to give realization, self-realization. But they would have one or two disciples only. And will... they would not reveal the secrets about the Kundalini, so clearly. In the twelfth century [ie. 1200s] one great poet called Gyaneshwara, he asked permission from his master, his own brother was his master, that "allow me to talk about it and I will not do anything but I'll just talk about it in my book, Gyaneshwari". In the sixth chapter He wrote very clearly about it. In Sanskrit we had, fourteen thousand years back a great Markandeya who had written about it. Sixth century [ie. 600s] also Adi Shankaracharya wrote about it. But it was all in Sanskrit, was not available to common people. After this, after the twelfth century [1200s] many [when he] wrote it, the people who were in charge of religion said that this is a 'nisiddha', means is something not to be read by anyone. It's not, because they didn't know what to do about it. They had no idea, they had no knowledge. They had no knowledge about the divine and they were in charge religion, maybe making money.

So the second... Lot of people, saints came up in India. In the sixteenth century who have talked about it, all over the country, about this Kundalini. In the Bible also it is written that I will appear before you like 'tongues of flames', and these look like tongues of flames, very silent, beautiful. In these colours I've shown here, they look like. And some people have described them, those who have been moving around the circle. But, to enter into it ... to be... Supposing I see the light, I am not the light. This is the point many people have missed, that you have to be not to see something. And once you become then you have so many powers within you that you start manifesting them. The other day there were some these 'born again' people were just... like mad, were there shouting, shouting. I said you "are not born again, what are you doing?" They just call themselves 'born again', is not the way. As we call ourselves Hindus, Muslims, Christians, this, we are not! We are really not because anybody can commit any mistake can commit any sin. You may belong to any religion.

So there's something missing within you and your religion. It is not innately manifesting within you. And that's the point we have to be honest about it. That our religion and ourselves' are not one with ourselves. As we can see some things, are we righteous? Innately are we righteous? We are not. And there are temptations and temptations, so what's wrong? They do all kinds of things and as far as the religion is concerned, still what you find that the religion is not one with us. And so many bad things are happening, you see these Muslims being killed here, these Israelis are being killed and this, I mean it is really I can't understand how can you do it in the name of God. Now this Bosnia problem is there and people are dying and eating each other's body, that

sort of thing, I mean, can you imagine in modern times such things are happening all over the world and it disturbs you completely.

That's why is it they don't want to see the point? There's something missing. With all that we have to understand that if we have to solve the problem of religion, one thing we must know that all these religions were born on the same tree of spirituality. Only we have plucked the flowers. and now we are fighting with the dead flowers. Then where is the religion? Religion is this part that is shown as the green colour. You see the ten petals, the Ten commandments, ten petals and this is to be awakened. That's only possible if this Kundalini rises. She is your own power. She's your own individual mother. She has recorded everything within Herself, what you have been doing, what was your past and what are your problems and what are your conditionings. All your ventures She knows. It's like a tape recorder.

But She's your mother and She is anxious to give you your second birth, very anxious, because these are some special times. I call them blossom time. In the Bible they say it is a 'last judgment' and in the Koran it is called 'Khayyama', is the resurrection time. Whatever you may call it. This is a special time when you are born and you are all seekers, you are born to seek the truth. Be honest about it that we have not yet achieved what we wanted. Out of whatever religion we follow, whatever way we worship God. Some people have some sort of satisfaction that, no, no Mother, we are very happy we have got this know ... No that's not so. With this happening, the first thing happens to you that you develop a new dimension in your, your awareness. Just now you are not even conscious of your centers. Then you know your centers on your fingertips, you can feel them also inside.

Like somebody will come and tell me "Mother, my Agnya is caught, please clear it out." Meaning what? I am very egoistic. My ego is troubling me. Nobody would say that normally. Nobody will even think he has ego. But with this, you get separated from yourself and you see yourself and your problems. So the first thing happens to you, that you have self-knowledge. And the second thing that happens to you, that you have the knowledge of others. That is the collective consciousness in which sitting down here you can find out whose chakras are catching where. What's happening where? What's wrong with somebody? But you don't talk the language as we talk about, oh this one is a corrupt man or he is just like that or he has this problem. No, we talk on chakras. This is what the Disciples of Christ were talking, the language of chakras. You say that this person has this problem, this person has this problem. And you start not criticizing, telling him anything.

But if you know how to correct your chakras, you can correct yours and you can correct others. This is the power you get which I call it is a collective consciousness. Because who is the other? Is what we say, the microcosm becomes the macrocosm. The one drop becomes the ocean. The consciousness of the ocean comes within. This is what is just getting at your threshold. You can get it. It's very easy because it's your own power and it manifests. So that you discover how glorious you are. How powerful you are. When this power starts flowing through you it corrects your chakras no doubt. But also in the light of your spirit your attention becomes very innocent. Christ had said "thou shall not have adulteress eyes". I would like to see any Christian nation where they don't have people of this kind. So your attention becomes innocent and wherever you put your attention on, then what happens, it acts, it works. It works very well.

So you become a global personality, universal personality. You can spread your attention. But you become so compassionate, so compassionate that you never think of harming anyone. But anything that is harming, you just put your attention and correct it in your own life and the lives of others. It is unbelievable for people to think that they can be that dynamic and they can show those results, but they can. Is all these powers are within you. Please understand that I have nothing to do with it. It's a living process. Like in the Mother Earth if you put one seed it sprouts by itself. Because the seed has the capacity to sprout and the Mother also has the capacity to sprout. It's a built-in capacity. And when the built-in capacity is there, it just acts as a living process.

So far, at a human level we have all limited memories, limited energies, limited, we can call, intelligence and projection of mind. And they are mostly artificial. So you jump into reality and you understand what is realities. Yet you have not known the reality. So confused. What is reality? And the reality is that you are the Spirit. And that this all pervading power is flowing through you as realized souls. As you know the absolute truth, you can find out about anyone who comes and says, all right this is religion, this is God, or say this is correct in every area, in every part of your activities. Who is the correct man? How will you know? Who is the one who is telling you the lies and who the one who is just deceiving you? As it is, I am ashamed to say, say that from my country

so many have come to loot you, take advantage of your ignorance.

But even there was one realized soul he would have pointed out that these are all thieves, don't go near them. So this all pervading power is the ocean of knowledge. I've seen people who were very ordinary artists have become great artists, even Australia; musicians have become great musicians, talented. But those who were government servants, as most of you might be, who had nothing to do with art, maybe, suddenly become artists, poets. I was myself surprised because I have always... as you know my husband has been a hard-boiled bureaucrat and I've seen it, people transforming themselves into such beautiful personalities and doing good work now, working out everything so well.

So what happens, that supposing you are standing in the water in the sea and you are getting drowned because of the waves, but somehow you come on a boat, then you can see the waves and enjoy them. But in case you know how to swim, if you know how to swim you can save others. This is exactly what happens to you. It is also true that most of the diseases get cured, or if you are getting into any diseases, immediately know that you are getting into this trouble. Immediately, is not difficult, because on the centers you can feel it. What center is going out of gear and immediately you know, if you know how to correct it you are cured. You don't have to pay any medicine .. for medicine or anything. Specially for diagnosis, I mean, normally a patient is killed before he is diagnosed, isn't it? But in this the diagnosis is so easy, on your finger tips you can say what's wrong with you, what's wrong with others.

And you become a very dynamic personality. You must be knowing, I am 71 years of age. A practically I am travelling every day. Tomorrow I am going to New Zealand early in the morning, having a program in the evening. This morning I came, I have a program. It is working out all right; I mean nothing wrong with Me. But I never think I am travelling, I think I am there as I'm sitting here on a chair, I am sitting inside aeroplane.

So the first thing that happens to you really is a new state of your mind which we call as thoughtless awareness. That happens, say, if you are thinking, you are thinking about the future or the past. If I tell you stand in your present, you cannot. Present, you cannot, you cannot. You are either thinking of the future or of the past. And the thought comes like that, rises, falls, again comes up, falls, like that. Now we are jumping on the cusps of these thoughts. But with the Kundalini awakening, these thoughts elongate and in between them is what we call is the pause, the vilamba where there is no thought. And you are absolutely aware, no thought, you are absolutely aware. You are without any thought, in your peace. That is how you achieve your peace.

It's no use having peace foundations which I've seen. Many people who have peace foundations, peace awards, they are so hot-tempered that if you have to talk to them better have a barge pole in between. They get awards for peace and peace and peace. Such a lot of money they have collected for peace, but where is the peace, there is no peace within. So first you achieve your peace and you watch. As I said when you get onto a boat you watch. And when you see the problem you solve it better and if you are in it, you cannot.

So also one must know that this all pervading power is the source of all the blessings. So many blessings are showered on you. People are writing to Me every day, at least hundred letters saying „this has happened Mother“. „You know ... this is My blessings“. „This was a miracle, that was a miracle“. Now miracle has lost, it's power in Sahaja Yoga. „This happened to me, this happened to my health, this happened to my writings, this happened to my....“ I was going in the plane and what, how I was saved and how in the accident I was saved“, so many of them. They can't explain. So that we talk of God who blesses us. We never felt that way so directly as we feel it now. So much so that... I wasI told somebody that "you better compile them". Within month's time he said "Mother they haven't come up to my head, now you tell me what to compile". I said "forget it". Because, the ocean of blessings, believe Me, is ocean of blessings. It's the ocean of compassion and love. It forgives. Above all it is the ocean of forgiveness, and it forgives. So, such a great power which is itself so powerful. They say that it starts flowing through. And it is everything is tangible.

Now if I say that diseases are cured. We have four doctors now in Delhi University who have got their MD [Doctor of Medicine] in Sahaja Yoga. It does cure also cancer. It cures so many diseases that I cannot in this short lecture tell you. But one should come as a seeker of truth. Not just to get yourself cured. Because you will be cured today, again you will have another disease. Best is

to get yourself-realization fully and establish yourself. Sometimes these connections are loose so you have to establish.

And most evident is that you cannot pay. You cannot pay for living work. How much do you pay to Mother Earth? So you cannot pay. Everybody thinks that God has a bank or something and He, He earns money out of us. That's your headache, money is your headache not His. So you don't have to pay anything. It's not like an introductory lecture here and then you go back and start paying somewhere else, not that. You cannot pay for self-realization. Ah! You can pay for this hall, maybe. But you can't pay for this self-realization. And once you realize that what is your worth and value, you really give up nonsensical things. Like you belong to this group, you belong to that group and you follow this type of methodology or that. But what have you got? Now face it up. What power have you got? Tomorrow you can get cancer, you can get anything. One can become mad. I mean they are saying in America within ten years 65 per cent will be schizophrenic. Can you imagine? Already I think they are very immature people. And if they become schizophrenic, what will happen to this one, [world] and they are so important. So there's something going wrong, we have to understand and we have to correct it.

The greatest thing that happen to you that you enter into the kingdom of God. No more in the kingdom of any country, but in the kingdom of God where you are drowned in joy, you are swimming in joy. What is joy? Joy is not like happiness or unhappiness. If your ego is pampered you feel happy and if your ego is punctured you feel unhappy. But joy is singular. You just enjoy, anything, anything nice, beautiful without desiring to have it.

Now this power that is within you is the primordial Mother who is being reflected in you as Kundalini. Surprisingly in many religions they have not talked of the primordial Mother, like they have the father, the son and the Holy Ghost. They have never said a word about the Mother, the feminine part of it, I don't know. Especially with Bible, I think Mr Paul must have done it. Cause I don't know why he is in the Bible. He never saw even Christ. All such things have happened. Woman is the shakti, she's the power and if you treat her like that then she becomes something else. She is no more a woman. Is a saying in Sanskrit, "Yatranaryastu puynte, tatra ramante devanta". „Where the women are respectable or respected, respectable- they have lost the sense of respectability, of chastity- there resides Gods."

So all these things also, these ideas of condemning men or women or this and that and making divisions and divisions against divisions, it is never there. It's the synthesis, internal synthesis of the whole human beings, is the whole world is going to take place. As you know Sahaja Yoga is now working in sixty nations. Of course India, it is all right, because we in India we have this tradition. They know what is self-realization. But in Russia where they never knew who is God. You won't believe that I can't hold a program on such a small scale there, minimum of minimum, sixteen to eighteen thousand people, a very learned, very learned people. See, there are scientists, there are doctors. And the scientist I started on science, they said "Mother, we know science everything, now we don't want to know anymore science. You tell us why are we on this earth and you tell us about divine laws. We don't want to hear any more about science, had enough of it".

Can you imagine they have bestowed a very great honour on Me. St. Petersburg University, I don't know if he has told you or not. But surprisingly, it's one of the oldest universities and there are having only ten members so far been and Einstein is one of them, you see. I said how, I felt very, [unclear] I felt very shy with the whole thing. They said why Einstein? Einstein only worked on matter, you are working on human beings. I said I am not working; it is their own desire is working, their own power is... So they are so sensitive, I can't understand. Seventy percent of Russians are extremely sensitive to spirituality, all eastern bloc. We have been busy with our materialism, with our choices this where are we landed? And when they had the coup I was there, and I asked them aren't you worried. Aren't you worried about this coup? They said, 'Why? Why should we worry? We are in the kingdom of God, why should we worry?' Simple answer. Such lovely people they are! They had never known Me, they... They were seeing me, I mean, and no other guru could stay there. You will be surprised, throughout, [they threw out] all of them.

So this sensitivity comes I don't know from where. How they have understood that reality is the thing you have to achieve now. That we have to become the Spirit, the Soul, and not anything else. I was amazed the way these people have reacted! I don't want to put a sort of a competition for you or a challenge for you. But definitely there's something. Despite their very bad government and everything, how they have maintained themselves, so introspective.

I wish people all over the world understand that there are problems. Your children have problems. Other day I was reading that you cannot avoid small children, teenage children who are not taking drugs. Why do they take drugs? They are seeking something. They can't find it out, out of frustration. But with Sahaja Yoga people have given up drugs overnight. I assure you, there are some sitting here like that. Overnight they gave up drugs and whatever damage it had caused them on their brains, they have been recovered.

All these indulgences that have suffered, because of the genes, I think genes, must rid off... The other day I read about the genes that there are two protective genes within us. Surprisingly they said that Asians have them all the time. So they take time to take to something like that. One gene protects you from being violent, angry, hot tempered, cruel, corrupt, all kinds of things. We can call it the father, the sin against the father. And the another gene protects you from indulging into destructive things, sex, too much of it, I mean this all kinds of rapes... and so many..., horrible things that we have never heard of such things that are going on in these countries, where are... they are supposed to be developed. And also indulging into drugs and alcohol and all that. This protective gene is being absolutely awakened again I have seen after realization. Whether you are an Asian or not, makes no difference. But also look these Germans. They say that they are the highest race, you know they feel. They are the ones who killed small little children in the gas chamber and they saw them suffering, how could they do it? And they are supposed to be a very, what you call them, higher races. Max Muller says that they came to India and wrote vedas. How can they write vedas, these people? They are not afraid of God, the way they have behaved... But now Sahaja Yogis, Sahaja Yogis Germans, you should say, the gentlest people [unclear], gentlest. They won't hurt you, I mean, they are so beautiful.

So this Kundalini is the one, She cleanses all that, makes you peaceful, joyous and collective. Now I hope you all get your realization tonight. Have faith in yourself, that's the main thing, you must have faith that you will all get realization. I know there are people who have some questions also. These questions now I can answer, for the last twenty four years I have been doing this kind of work all over the world. So I can answer, because it's just a mental acrobat, I have become quite an expert. But this is of no use. By that thing you are not going to get to your realization. What you have to ask really is your self-realization. This powers the power of pure desire. All other desires, as you know, in economics, that in general that they are not satiable. You may be aware, may not be aware, but this desire is within you, is to become the Spirit, to become one with all this pervading power and that acts, works and helps you. Everything is tangible. You will be amazed how it works! How it helps you!

Second thing I have to tell you that it is not an individual thing. It is not that, you can say oh! First day you may feel very happy and very relaxed, on the top of the world. That's not important. You have to come to the collective. You must understand the whole knowledge about your internal being and you have to be with the collective to grow. Like if I take out one, say nail out of my fingers, it will never grow. So it's the whole being, is a living organism. Only thing, you have to pay sometime time, as time ... for it. They will tell you how to be in meditation, not to do meditation, how to be in meditation. So first you get the state of thoughtless awareness, we call it as Nirvihar Samadhi. And then the state, you get is called as Nirvikalp Samadhi where you get all the powers of raising others Kundalini, giving them realization, curing ... everything. Those who have never come to the stage become orators. See these musicians singing Indian songs. Can you imagine these, I mean, English speaking people, so hard for an Indian music, I tell you, especially for Indian words. But when they sing, ask Indians they will tell you they sing like Indians... It was so difficult to teach even one word to the Englishman in India, one word, and now see this. What has happened to them? How suddenly they have picked up all the rhythm, all the things. Which is very difficult.

So... all these powers which are within you, you have to manifest and enjoy your virtues, enjoy your virtues. You don't become proud, but you enjoy them. You enjoy your generosity, enjoy your compassion, never feel that you are taking too much trouble, you are doing this and that, nothing. You think of others all the time and you live in peace and create peace all around. We have these people from sixty nations; they come to India once a year. I've never seen them quarreling, fighting, doing anything against each other, never. How do they live from all different countries, from Chinese to Africans, from Africans to English and from English to Americans and Australians, so many of them? In Sydney we have twenty two centers. I must say Australia is one of our very great country which has really very enthusiastically has taken to Sahaja Yoga. And I am sure also you all will. We have a great story in our Puranas about Australia which sometimes I'll tell you. So May God Bless you! And you be confident that you will have your realization just now. You don't have to do much, just it will take ten minutes more. But, of course I respect your

freedom. If you don't want to have your realization, you should leave the hall. I cannot force on you. It is something that cannot be forced. I respect your freedom out and out. So, if you want to go, you can go.

All of you want realization, it's very good. Now one thing that should not upset you, because I've seen people getting upset if I tell them that you have to take out your shoes. I hope you won't be upset with that. You need not take out your socks but your shoes. I do, sometimes. Don't have to say any mantras nothing. And you don't have to concentrate also. Please don't try to concentrate. Just keep yourself open. Don't force yourself into anything. As I have said, telling you that Thassos become so easy now, you don't have to go to Himalayas and stand on your head or anything. You have to be very comfortable and also you should be very much pleasantly placed toward yourself. Because as I said, you are human beings, you are at the epitome of evolution. And you are ... have a right to have this, because you are born at this time with a special purpose. So in no way you should condemn yourself. This is the first condition. Have full confidence.

The another thing is you shouldn't feel guilty at this time; please don't feel guilty for anything. It has become a fashion now to feel guilty for anything. I mean, even, if supposing you spill some coffee you go on feeling guilty all your life. And what's this going on? You must value yourself. This life is not meant for feeling bad for small, small things. It is very great, it's very precious. So please don't have any guilt. But if you have, you catch on this center here. And this is such a dangerous thing because it gives you what we call as Angina. It may give you spondylitis. It may give you very lethargic organs. So very dangerous is to feel guilt, so why feel guilty unnecessarily. I tell you if you were guilty, you would have been in jail. Now you are sitting here, so don't feel guilty about anything whatsoever. I assure you, you are not guilty.

So, you have to really forgive yourself. Now, the most simple condition is this that you have to forgive everyone. People might say it's very difficult to forgive. But, whether you forgive or not, I'm telling the logic. Now think about it, whether you forgive or not what do you do? I don't do anything. But when don't forgive, then you play into wrong hands. Those who have troubled you, tortured you, are not feeling bad. But you are the one who is torturing yourself. But at this time, the problem is that this centre of Agnya which is like this, absolutely constructed like this, like a cross. It is on the optic chiasma. And if you don't forgive, it won't open at all. But if you forgive it will definitely open and the Kundalini will pass. So, at this juncture you have as it is troubled yourself so much. At this juncture please, please forgive everyone in general. Don't even think about them because it is a headache. It's a real headache even to think of these people. So you just forgive in general. Of course we'll tell you how to do it. It's very simple. Now to begin with you keep your eyes open. I'll show you how you have to yourself enrich your own centers, very simple.

So please put your left hand towards Me like this comfortably. You have to be comfortable. That's very important. Please both the feet apart from each other because these are two powers, left and right. Put your left hand towards me on your lap. Just like this. And now we have to use our left side with our right hand. Now please put your right hand on your heart. This is the center where the Spirit resides. If you become the Spirit, you become your own master in the light of the Spirit. So please take your right hand the upper portion of your abdomen on the liver. All of you should do it, please do. This is the center of your mastery which is created by great prophets and seers and sages. Surprisingly the center of pure knowledge is lower here on the left hand side in the lower portion of your abdomen on the left hand side. Whatever you have done, forget it, forget it. Now raise your right hand in the upper portion of your abdomen, yeah, now on your heart, now in the corner of your neck and shoulders, as I have read-only you when this center catches what is the problem. Turn your head to your right, please. It's very catching today. Please don't feel guilty for anything. You must ... There.

Please take your right hand onto of your forehead across and bend your head slowly. We have to be humble about it, you see. So here you have to forgive everyone in general. Now take back your right hand on the backside of your head and push back your head as far as possible. Here, without counting your mistakes, without feeling guilty, just for your satisfaction, you will have to ask forgiveness from this all pervading power.

Now please stretch your hand or palm fully. Now we go to the last center, so please 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. Now push back your fingers nicely so that there's a good pressure on your scalp. Now put down your head and you have to move the scalp seven times clockwise

very slowly. That's all we have to do actually. But remember you have to push back your fingers. Now you can take out your spectacles because you have to close your eyes. It might help also your eyesight. Please, before closing I must tell you again that please put both the legs apart from each other and the left hand towards Me on your lap comfortably in any way that you like.

And then now place your right hand on your heart. Here I've told you resides the Spirit. You have to ask Me a very fundamental question about yourself in your heart. So please, ask in your heart, three times. You can call me Mother or Shri Mataji whatever you like. "Mother, am I the Spirit?" Ask this question three times in your ... heart, "Mother, am I the Spirit?"

Now I've told you if you become the Spirit, you become your own master. So now take down your right hand to the upper portion of your abdomen on the left hand side. Here, you have task another fundamental question. "Mother, am I my master?" Ask this question three times.

I have already told you that I respect your freedom. And I cannot force divine pure knowledge on you. So now please take your right hand in the lower portion of your abdomen on the left hand side. Here, you have to ask six times because this center has got six petals. "Mother, please give me pure knowledge", or you can say "Mother, please give me divine pure knowledge". Whatever is divine is pure. Six times. As soon as you start asking for pure divine knowledge, the Kundalini starts rising like a primule.

Now we have to open our higher centers by our self-confidence for the Kundalini to pass through. Now, take your right hand, you are working only on the left hand side, in the upper portion of your abdomen on the left hand side. Press it hard. Now, here with full confidence, please say ten times "Mother, I am my own master". The Kundalini wants you to show your self-confidence. Please say it ten times.

At the very outset, I've told you that the truth is that you are not this body, this mind, this ego these feelings, these emotions, these conditionings, but you are the Pure Spirit. So, now raise your right hand on top of your heart. And here you have to say again with full self-confidence, "Mother, I am the Pure Spirit". Please say it. Please say twelve times. "Mother, I am the Pure Spirit".

I have already told you that this all-pervading power is the ocean of knowledge, ocean of compassion, ocean of blessings, but above all it is the ocean of forgiveness. And whatever mistakes you might have committed, are easily dissolved by this ocean of forgiveness. So forgive yourself. And put your right hand in the corner of your neck and shoulder and turn your head to your right. Here, with full confidence again, you have to say sixteen times, "Mother, I am not guilty at all", "Mother, I am not guilty at all", please say this, is very important because this center is catching very much tonight here.

Now I have told you 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 torture yourself. Especially at this moment, you should forgive all of them without thinking about them, in general, so that your center opens out. Otherwise at this important moment, you may miss your self-realization. It's very important to forgive all of them from your heart. Not how many times, is not the point, how you are. So now please put your right hand on your forehead across and bend your head as much as you can. And here, you have to say, not how many times, but from your heart, "Mother, I forgive everyone in general", from your heart, please say from your heart.

And now please put 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 say, not how many times, but from your heart. "O Divine Power, if I have done any mistake, knowingly or unknowingly, please forgive me". Just say it from your heart. "O Divine Power, if I have done anything wrong, knowingly or unknowingly, please forgive me".

Now please stretch your palms. Put the center of your palm on top of your fontanel bone area which is a soft bone in your childhood. Here again, I cannot force self-realization on you. You have to ask for it. So now push back your fingers, that's important. And please put down your head. Now move your scalp with this pressure seven times saying, seven times, "Mother, please give me my self-realization", because I cannot force it on you. Please push back your fingers. Bend your heads; please push back your fingers. Keep your eyes shut till I tell you. Please keep them shut.

Please take down your hands and try to open your eyes slowly. Push both the hands towards me. Now, put the left hand towards me like this, bend your head and then see with the right hand if there is a cool or a warm breeze-like energy is coming out of your fontanel bone area. Now don't doubt, because air conditioning is not in your head. So just see for yourself. Some people think it is air conditioning. Some people get it hot. Some people get it far. Some closer but don't put your hand on top of your head, away from it. See for yourself, and if it is hot, that means you have not yet forgiven. So please forgive also. Now please put your right hand, now bend your head nicely and see for yourself with the left hand if there's a cool or a hot breeze-like energy is coming out of your fontanel bone area. You have to move your hand up and down, sideways also, all right. Now do it with the left hand again, little further. Some people get it further. Bend your heads that is important, bend your heads.

Now, please put both your hands towards the sky. Push back your head and ask anyone of these three questions, three times, any one of them. You can say, "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 Ruh or Paramchaitanya". Ask any one of these questions, three times. Now, just ... come down. Now please put your hands like this and watch Me without thinking. Just watch Me without thinking. All those who have felt hot or cold breeze on their fingertips, on their palms or out of their fontanel bone area, please raise both your hands.

My God! Look at that. I mean most of you. May God bless you! It's tremendous. Some didn't get it, very few. But most of you have got it. In any case all of you should get it. And those who haven't got should please later on come to the stage and they will do it. But in the meanwhile we'll try something else for realization and may be that might help a little bit. [hindi/marathi]. See this might help. This will be only five minutes experiment. Let's see. Konsa gaana gaye? Which song will be sung? [hindi/marathi]. [hindi/marathi].

This is a song they are going to sing, was written... Namadeva, by Namadeva in the sixteenth century who went then to Punjab and Guru Nanak Sahab, you see, knew who he was and He asked him to write poems in Punjabi language. And he has done such big compilation, I know that. This guru was ... He was just a tailor. And he went to see ... meet another realized soul who was a potter. And when he went and saw the potter kneading the clay with his feet, he just stood there, watching. The potter's name was Gora Kumar. Looked at him and what does he say, in Marathi says that but meaning that I came to see here the formless, but it is in the form. I see it in the form. I mean only a saint can say it to another saint. That's what happened that he went up to Punjab where Guru Nanak Sahab called him, looked after him and asked him and they made beautiful, I mean such beautiful songs there are and they are in Granth Sahab They are all in Granth Sahab. [unclear].

This is the folk song which was written which says, "O mother, give me my realization. 'Jogwa' means Yoga, means give me that. All that they sang, all the time they have been singing, even now, they don't know what it is. And they are saying 'O Ambe' means the Kundalini please rise, rise. And with you can also clap. It will help a lot, I am sure. This will definitely consolidate your self-realization. It is a village song. It's a... rustic.

Now you feel, just try to feel now, let's see, you might feel more, just see. All right. Now again, let us see how many of you have really felt on your finger tips or from your fontanel bone area or on your palms. Raise your both the hands. Oh! So, who didn't feel before, I've felt it, so many of you. Thank you very much. May God look after and also have wisdom to respect to your freedom. Respect your new status. The real freedom is now. So you respect your self-realization and become a fully self-realized personality. That will help everywhere. May God bless you all! Thank you very much, it was wonderful.

You all have paper to know where the centers are and I hope... What's it? ... and where you are going to have a follow-on program. [unclear]. Please, please come. [unclear]. What's it? They haven't got paper already?

Sahaja Yogi - [Unclear], Shri Mataji.

Shri Mataji - You all have. Where are you having follow on? Yes, yes, but when are having the follow and where. You don't know.

Sahaja Yogi -As you go on out there are leaflets there which will tell you... all you need to know about follow-up programs I [unclear] got here finally. There's a series of seven programs beginning on Monday 11th of April then for six consecutive Thursdays commencing Thursday 14th of April at seven thirty to nine thirty [unclear]place room, German House [unclear] Center on [unclear] Avenue, Brighton. And is a little bracket here, and we will provide light refreshment to follow.

Again remind you that all Sahaja Yoga programs are completely free. There, if you have any questions you want to ask about that there's a... two phone numbers here that will tell you where to ring it really tells you everything you want to know, and you can pick up one of these up as you go up the door. Now they've got a big supply there.

One other thing, if is anybody here who soon as Shri Mataji's left because anybody here who has not felt anything tonight I would like to try that's probably very good reasons, as we explained to you earlier. You have these centers, you can also have blocked centers and maybe, quite easily to... maybe quite easy to clear and then

[unclear]

Before you leave here tonight if are any of you didn't feel anything we'll do our best to make sure you do.

Shri Mataji-Thank you.

Sahaja Yogi- I'm... we having first series of seven follow up programs at Gorman House.

1994-0410, Shri Mahamaya Puja: We Are All In Her Body

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10 April 1994

We Are All In Her Body

Mahamaya Puja

Epsom Ashram, Auckland (New Zealand)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahamaya Puja, Auckland (New Zealand), 10 April 1994.

Today is the first day, New Year's Day, according to the Shalivahana Calendar, who were My forefathers. And in the whole of Maharashtra, it is regarded as the New Year Day and the best day to start anything. So today I've decided to have Mahamaya Puja.

I have never talked about Mahamaya, as it is not to be talked or told – it's a secret, as they say. It's the basic of Sahaja Yoga, I should say, because it's described, when the Goddess comes in the Sahasrara, the Shakti, She is Mahamaya – "Sahasrare Mahamaya," already described. She has to be the Mahamaya, means She should camouflage Herself fully. Nobody should be able to know Her as the Goddess, to begin with; and even if they get Realization, they should not reach to the end of it. There are many reasons for that. The first thing [is] the job. The job of Mahamaya was to give Realization. Now, if I had come on a tiger with a sword in My hand, nobody would have stood near Me. You all would have run away from Me. In any other form, if the Goddess had come, She could not have done what She was supposed to do. Moreover, only if She had come as the Mother of Christ, or Shri Sitaji, or you can say Fatimabi – they all ended their lives. They had to go away from this world so early, I mean. They couldn't do any work whatsoever. Now this work, difficult work of giving Realization to others, is very intricate. It has to work out in such a manner that nobody feels that it is done by some great personality or with a great awe or fear. So the Mahamaya Incarnation has to come, that people can come closer.

Also, it has one advantage, very great advantage is that when a simple person, who's just a housewife, starts giving Realization, people are flabbergasted. Also they think, "If She can do it, why not we do it? After all, She's just an ordinary housewife. So, it's all right. If She can do something, we can also do it." So they have self-confidence, you see. And, being a Mother, She does Her loving part, Her compassion, but the greatest is the patience. You see, none of them had so much patience, all these Incarnations who came. You see how they disappeared from this Mother Earth quickly, I'd say, by some excuse or other. But I had to stay, I don't know how long, but it has to be done up to a point, this work of giving Realization.

The third thing was that you have to be identified into My Body, into My cells of My Body, but this is a more difficult task because supposing one of you becomes stupid, becomes foolish, quarrelsome. Anything you do, any small thing, it hurts Me. It has to, but I don't think about Myself. I always think about you. So it's an indication to Me that something has gone wrong somewhere: somebody is doing something wrong to somebody, some Sahaja Yogis are being tortured, some are sick. Anything like that, I work it out very intensely and intimately. Recently, today only, they told Me somebody has got meningitis in Australia. Immediately, I gave bandhan. I'm sure such a person should be cured if she has any faith in Me and she's in My being. Or somebody is ill somewhere, they tell Me and such a person is saved. They call it a miracle. It is not a miracle. It's not a miracle. It's again the Mahamaya's blessings are like this. You can't see how you are inside Me. You can't see your reflection within Me. You can't see. This is Mahamaya. This is the secret part of it, that you don't know; and then when I feel the pain and if I try, look at it, because I have power to cures, so you get cured. You don't know how it happens.

[Shri Mataji asks for water]

Collectively, whatever you feel, I get it in My Body. For example, collectively, if you have a left Vishuddhi, I get it. If you have, say, right Vishuddhi, I get it. Any Chakra that you catch collectively, I get that problem and I have to solve it because it troubles Me, so I solve it. It's a compulsion that I have to solve it. Now in doing so, you see, you might think, "Mother, we are troubling you." You are not, it's My doing. I have taken you into Myself. You haven't. So you don't have to worry as to, as if you are troubling Me. It's My own doing, it's My own work, it's My own responsibility. And if I've done it, it's done it because I am supposed to do it. That's the job I have to do. So there's nothing to feel bad about.

But now, what is the purpose? As I told you, is that I could come close to you and I need not, sort of, fill you with fear or awe, or

even a feeling that I am not a human being. I behave exactly like human being, I react exactly like human beings and all these powers are hidden within Myself. Unless and until you are a Realized soul, you won't understand. Whatever you may do, you won't understand. Or maybe in the previous life you had your Realization, or maybe also you have done such tremendous punyas that you can recognize. There are people like that who have done it. But to make it more, sort of, congenial to you is to become absolutely a human being. So I married, I have children, I have grandchildren and I do shopping, as you see. People are surprised how I take Coca-Cola. I'm not supposed to take Coca-Cola! Or I eat popcorn. They're surprised. [Laughter] But I have to be just like you. But inside I am not. Outside I am.

You see, My attention is such that it penetrates into everything, and I remember each and every thing very well. My memory's very good, even at this age. So, you see, this attention itself is very penetrating, and when it penetrates it carries with it all the powers that are required, and acts. It's a tremendous machinery, I should say, which is very subtle and works wonders. So you start telling Me that there is a miracle that has happened, miracle that has happened. Nothing is a miracle because if you're all in My Body and if My Body is divine, then what is a miracle? It's all the communication, as this hand can communicate with this hand, I communicate with you. But one thing is definite, that you should not get lost with this rupa of Mahamaya. It's a very dangerous thing because once you get lost, "Oh, Mother! After all" – you see, like that – then it doesn't act, it doesn't work out. It's not a casual thing, but I want to live very casually Myself to show that I'm casual, but I am not. While you should not pay your attention casually, that won't work out because you are in My Body. Say, every cell in My Body is aware, and every cell has a reflector. I don't know about [if] you know about it, but there is a reflector in us, which works on remote control. So it works on remote control on your attention also. If your attention is not all right, it corrects. It puts you ... that's the best way we could evolve human beings. There was no other way out, you see. Because the attention of the people is, on the whole, in the whole world, is not yet on the Spirit. But suddenly, they get a glimpse that there must be something beyond. So many religions have come, so many have talked about it. So, they may say about it, they may talk about it, but still the consciousness that we have to be the Spirit is among very few people and they are the ones called as the seekers of truth, while the rest of the people are not. They are busy with this or that. "Oh, I'm very happy. I'm very happy with myself and you enjoy your holiday. I'll enjoy my holiday." Like that they talk.

So under these circumstances, one had to come in a camouflage, enter into like – you see, they are like enemies, I would say, enemies of God's Love. So you have to enter into them like a spy, you see, camouflaging yourself, you see, and make them dance here, here and there. Let them get lost a little bit here and there. Let them see for themselves because with Mahamaya, you see, She allows you. Now, there are some Sahaja Yogis who left Sahaja Yoga, went off. I said, "All right, if they have gone, very good. Good riddance of bad rubbish, doesn't matter." And then they again come back. "Mother, this happened to us, that happened to us, somebody got this, somebody got that, we met with an accident, then somebody got the sickness, somebody is very unhappy, we broke our marriage." All kinds of things. And when they say like this, I mean, they do like this, I just smile. So it's a bad coin. All right, doesn't matter. Again they come back to Sahaja Yoga, but they are left behind than others.

They come up, but slowly, because they have suffered, so they have come. In a way, there's a good example for others that we don't want to suffer any more. The sufferings do not come from Mahamaya, by any chance. On the contrary, once you have called Me the Mother, you see, there is a protective attention on you. When you misbehave, you cross all the limits and things, then it acts on you. This action has taken place in many cases. Some of them have come back, some are still hanging around and are doing wrong things, because they have done terribly wrong things and they know they'll be found out. Now the worst thing that happens in Sahaja Yoga that people try to make money out of Me because they know I don't understand money, I don't understand banking and I'm very bad at it; but I'm not. I know everything. I know everything about everyone. They tell me lies, I know that they're telling Me lies, but it is allowed. Do what you like in Sahaja Yoga. You yourself will have to pay for it. It's something so great with this Mahamaya rupa, that, directly, I don't have to say anything. You don't even know that it's done. When it happens, they come rushing to Me, "Mother, it has happened." Now, I have not done anything directly, neither indirectly, but once you go out of the protection of your Mother, there are all negative forces all around you, which also you don't see because you are partly blind. You couldn't see your Mother and you couldn't see these negative forces also. Then you fall a prey to their talk, things, whatever it is, or maybe into some paradoxical culture, as you have here. You may fall a prey to that. There's somebody I know in Sahaja Yoga who has gone now and he's now drinking a lot and he's doing all kinds of things. So such a person gets lost because of his doings. I am not doing anything to him. If you are with Me, if you are in Sahaja Yoga, you are protected, you are looked after. But you have to stick on, you have to have faith and even if there's any problem, it gets solved. But those who have gone out of it, who go beyond My reach, then they suffer. So, even indirectly, I would say, I'm not in any way harming them because I've decided not to harm anyone. That I have decided on. Especially those who call Me "Mother", I don't

want to harm them. But they get harmed, no doubt, they get harmed very badly. So, if it has happened, just take it up, "All right, doesn't matter. Mother forgives everyone. It has happened, has happened. This is a lesson for me. It was something because of it happened and now I'm back." And then you become sometimes a better Sahaja Yogi than many of them.

This kind of happening is very common in every country. But you see, this whole culture, I feel, is so paradoxical, [the] whole culture is so paradoxical, and what is paid for is something that is ugly, what is paid for is something that is sinful, whatever that is filthy, dirty is paid for and accepted. It's very paradoxical because it goes against growth of Spirituality. One side, you are spiritual, you want to be spiritual. Another side you have this paradoxical culture, which takes you down to hell. It's like a story once Babamama told Me, very interesting story it is. He said that some people did lots of punyas, so they were taken to heaven, but they saw everybody was meditating, nicely enjoying. He said, "What is this? We did this also with Sahaja Yoga. What's the use of doing it here again? We should have something else, so let's have a look at the hell." So they went down to see the hell and outside they were having all these paradoxical culture of nude women and nude men dancing, shouting, screaming. Dirty, filthy things going on there. So they said, "This seems to be different, you know." So the people who were doing all these acts, they asked, "Why are you here?" They said, "We've come here only for seeing the hell." "Oh, all right. There are peepholes. You see through them." So they had big, big holes, out of which they started seeing. So in one hole they saw people being put into some sort of a filth, a pus and this and that. Another into feces, this, that. Another into a sort of a mire out of which they could not come out, shouting. Then there's another one where they were boiled in the boiling oil and some were beaten up. There were snakes and scorpions and this and that. They said, "What is this all?" "That is hell you wanted to see. That is hell. You want to go, you can go there." So they said, "What are you doing here?" "This is publicity department. For hell." [Laughter]

They ran back to heaven and asked forgiveness that "We don't want, we don't want this hell, we had enough of it." So, like that, you see, the whole world is a camouflage. If you see, this is an anti-Mahamaya.

So they say that this maya is created by God. No. Maya that God has created is this world, this whole universe and all that. But this illusive life is created by human beings. Absolutely, through their projections of their brains and mental capacities, they have projected because money is everything. If money is everything, by hook or crook, if you have to get the money, then do what you like. Every day you read in the newspaper, I mean horrible stories about how people want to make money, how they want to sell their daughters, how they want to sell their wives. Anything is all right as long as you have money. If you can make money, nothing matters. So this is one of the illusions that human beings have created is what you call is "money maya" and in that comes also the wealth, possessions, materialism. Everything is created by human beings, and this creation of materialism then boils you down to a personality which is involved in all sinful acts. Everything is all right because if money is all right, materialism is all right. For example, the way people went down to America – Spanish – and killed so many aborigines there. Then also, English went and all kinds of people went there in America. The way they have tortured is something, is you cannot think how human beings can behave like this towards ordinary people, who are just simple people living in the jungles. How can you do such a thing to them, such horrible, you can call it a genocide? It's really a terrible thing they did it. We know more about these Germans, the way they behaved recently, but even in those days they used to do all kinds of things. And the nature, which is a Maya of God, which how it takes respite.

There were people in America, Central America, near River Mississippi in Missouri. They're called as rednecks long time. He must be remembering this. And because they were called rednecks by the blacks, they used to kill so many blacks, they used to hang their children on the tree, they used to throw their bodies in the river, sometimes get them drowned; did all kinds of things to the black people under the name that they were white people and they're superior and something like that, behaving worse than animals. Now you know, there floods came in, terrible floods came in and those floods drowned these rednecks beyond their necks and so many were dead. One would say that "How could it happen?" It is.

Another example I'll give you is the, you see, the way Americans were treating all these Bolivians and the Colombians, that they would buy everything from them very cheaply, and like wheat and everything, very cheap. Just the minimum profits they had, and they would sell it at a double price and make money. All this was really criminal to do from any point of view, but they were doing it. I went to – I don't know what year it was, 1978 or so – into Colombia and there was one man came in the party. I was with My husband. He said, "I've heard You are a great, saintly person from India. Can You give us some blessings that we really hit these Americans nicely and see them off?"

Because the way they are exposing us to our poverty and things, they're horrible." I said, "Why do you want to hit them?" "No, they require it, otherwise they'll not be all right." I was just in the party, I didn't want to discuss it. "All right." And, you know, this cocaine came up there. And if you go and see now that place – I've been to Bogota, with My husband – it was like a shanty town, absolutely like a shanty town, made of tin and this and that. Now, big, big buildings are there, and you have escalators and

everything. They used to bring petroleum with the donkey's cart. Can you imagine? In such a short time it has become such a big country and not only that, but now the whole America is afraid of them, even Australia.

The drugs are taken by Americans themselves. In Washington there is such a lot of storage of drugs that they don't know what to do. And even the senators are taking to drugs. Can you imagine? I wouldn't be surprised one day Mr. Clinton lands up with some drugs. The way it is such a fashion, it is such a fantastic thing for them. You go to any party of elite people, which I have to some time, they only talk about drugs, you see. "You want? Which drug do you like?" I said, "I don't like any drug." "No. If you want, you can get it cheaply in this, you know, if you go there and get it there." They discuss it in the elite parties. Also about gurus, you see, "Which guru you want? There is a sale on of a such-and-such guru. On a bargain you can go." Like that. You know, it's all so stupid, I tell you. I said, "These people are so immature, worse than children." They are not grown up, only in age. They have done good maybe in mechanism and all those things, but that has nothing to do with your personality growth, and that's why I find them just like dwarves the way they have attitude towards things. And everyone practically must have taken drugs, everybody except for Asians [who] may not have, because now I have learnt that there are two genes which protect the Asians, but the white skin has not those genes which are to protect.

The other day in the lecture I told them that there are two genes which are protective, found only among Asians, means Chinese and Indians. All the rest of the people don't have those genes, which should protect them. So they are so vulnerable to all these nonsensical things that are going on, and they take to it so easily. I used to wonder how these educated, good people, I mean people of My husband's ranking also were stupid like that. Every time they would bring a new wife. One day they brought, one of them, brought a wife who was hardly about twenty years of age. This fellow is at least seventy. I didn't know. My husband pinched Me. He said, "That's his wife. All right? Don't call her a grand-daughter." I used to drop bricks after bricks there. Such absurd people coming, and a seventy-year-old man coming with a lady who's twenty years. I mean, you can never think that she could be his wife. At the most a sister-in-law, at the most, but I thought she was the grand-daughter so he pinched Me and told Me that "Don't."

This is it, you see. It's such a paradoxical world that if you come from Sahaj to this, you see "What's going on? What are they doing? What's the matter with them?" Now, taking out clothes - is it something great to take out clothes, you see? In Switzerland, which is such a cold country - I was wearing My sweater, My coat, covering My head, wearing warm socks, everything because they said, "Let's go out for, just for a drive." So, we got down. There's one lake called Lausanne, Lausanne, there's a very big lake. So, as usual, Gregoire ran up to see how is the situation there. He came back with a double speed. He said, "No, no, Mother, You can't go there." I said, "Why?" "No. You can't. I am sorry. You can't. Let's go." They were all topless women sitting there.

You know, this - in Australia they had, and even New Zealand, they had cricket match. They're supposed to be very good cricketers. And when we opened the TV, the women were sitting topless. We closed it. We couldn't see that, but I was told now they're losing in cricket. They will, definitely, compared to Indian spinners, who are young innocent boys, you see - very young, twenty, twenty-one. They have to be because there's no innocence, there's no chastity, there's no respect. The women are sitting topless. How can they win? They're insulting the Goddess there only. How can they win? They cannot win, and a game like cricket is something sensible. Even, I don't know, in any game if they can win, because if this - distract the attention completely. But why do they go like that? Are all women trying to become prostitutes? What is the sense in it? I can't understand. And this is something they don't understand. If you tell them that, "You see, I was told that Mrs. Thatcher openly said that in this culture women must expose their body." Still such a paradox, I can't understand. They show here Mother Mary as the sublime personality, and they show here women as the - women who are nude. They want to become Mother Mary or what do they want to become? And people like this, horrible people like this Michael Jackson - he is that - are so prominent making money. I mean, just see the paradox. Can you say that this is an advanced country when the ideas are so, so low? How can it be?

After coming to Sahaja Yoga, you can see for yourself, but it makes your, these protective genes established in you. This is the thing in Sahaj Yoga. And suddenly, you people have given up all that nonsense, you don't want all that now. Actually, if you see it properly from any logical point of view, you see, without the Maya of this nonsense - if you see it, you can logically understand that it is wrong. You see, why do you feel jealous of another man or woman? You feel jealous. That means you want just life, isn't it? People have murdered, women have murdered men or women because they were jealous. If it was natural and normal and joy giving, you should not have felt bad about it.

All these things should logically be understood that, why we don't like this happening. Or this happens to your own daughter, you may not like. Nowadays there are people who like it, also, to the daughters. But - now going to that limit of things, like there's one person, say, he has something to do with the daughter and the whole society's against it, today. But maybe tomorrow, with this Maya, this horrible devil-maya, which is anti-maya, will work out and maybe that nobody will mind it. It may be. If you people

do not hold it right into your hands, the culture side of Sahaj, I don't know what's going to happen. If you read newspaper every day, you feel really dizzy, you don't understand in what Maya these people are lost. So it's an anti-maya. Because Mahamaya has come, so anti-maya has come.

Fifty years back or sixty years back, it was not that bad, I can tell you. Once in a while people used to do something nonsensical, but now it is rampant. But it now has become a fashion. It's worse than that, is that accepted as a fashion, and if you're not in it, you're out. You have to be in the madhouse.

You should see this clearly because now you have come into the Maya of God. "Maya" also means love, the God's love, and, in that, your eyes should open out and see what horrible things this they are doing. What is this disco?

You know, in India they brought the disco and, of course, some boys, who were Muslims actually, were rich and they carried young girls, because in disco the law was that you must bring your partner – young girls who were adults, maybe not be adults also, and started giving them alcohol, drinking and they got lost. The parents wouldn't accept them. They had to go to brothels or they were sold out or I don't know what happened to them. But that is the reaction in that country. It may be one day they'll be accepted. One day we'll have the same thing, because it has such a overpowering effect, and that's why the Maya of God is such. This, all these beautiful things are there, so you can get lost with it, you can see it, you can picture it, you can paint it. But no, they are not – they're not interested. They'll make this also ugly. They'll make every picture ugly. They'll make every face ugly. So this is the anti-maya that is there and, for that, you need a Mahamaya to correct it and to solve the problem.

The complete working of the Divine depends on you people, wherever you are. How many you are is not the point – wherever you are, how intense you are, how you want to work it out, how you want to put your attention to. It's very important how you are going to do it, because you people should understand the responsibility. This world is getting drowned, and I feel that at least eighty percent [of] people will be finished. Ten would be hanging in between in limbo I think. Really, and ten percent will be Sahaja Yogis, the way it is moving in the West. Maybe in India may not be, I can't say. India is very fast-moving Sahaja Yoga. Also Russia and all these Eastern Bloc people are just jumping into it. I don't know how they have discovered Me so easily. They say My Face is evident. I don't know what makes them think.

The another Maya is of power. And the power of money if they can avoid, then they try to have power over territory, of the land, this, that. That also made them mad quite a lot in the past, but now they're all fighting for some nonsensical land, which will never belong to them. It stays here permanently, eternally, but the fights are going on. Then, in the name of religion, they're fighting for this area, that area or they're fighting for, say, just for changing their religion or getting more people in that religion. I don't know what their idea of religion is. Is religion meant for that? Just think of it. Nobody thinks like that. What is it meant for? So here, again, the Mahamaya has to work and the Mahamaya works this way, that She integrates all the religions. She shows that all religions are the same, have the same spirituality. It's on the same tree of spirituality, they have grown.

Instead of making people spiritual, they have made them money-oriented or they have made them power-oriented. I mean it's the other way round. It's like the tree growing underneath or something absurd that you cannot explain and that is the thing is that illusive. That illusiveness is called maya. And this illusiveness appeals to many people, appeals – that's the point I'm worried about. Something is illusive, then they go on running after that like a mirage and ultimately they are destroyed. So what you see, a picture just now, is that at least so many, ten percent [of] people will be saved, at the most. But this is a very sad affair because it has taken so much effort to make human beings, to make them all right, to make them sensible and now what you find is that they are going to be all finished! It's too much to bear, too much to believe in, but it is going to happen, if you people do not take it up seriously and work it out.

For you, also, there should not be any illusions, because many of you are more busy with other things. To you other things are more important than Sahaja Yoga. But whatever you are doing, you can bring in Sahaja Yoga into that. Into anything you can bring in Sahaja Yoga. I said, in politics, in agriculture, in social life, in your jobs, everywhere you can bring Sahaja Yoga. By your own behavior, by your own intelligence, you can bring in Sahaja Yoga into every field, which you have to think about, "Where can we take Sahaj Yoga? Where can we work it out?" And this is what is to get into the Maya of God, that you get rid of all the illusions which are false, which do not allow you to see the right thing, and then seriously to get into the productive side of Sahaja Yoga. Can you imagine how productive is Sahaja Yoga, how the miracles work out, how there is this divine Power is anxious to help you, despite all this Mahamaya and all that.

I'll give you the example of My grandson now because this time we had a big maya on him. He was...I told him that, "You should not go to Cambridge, you know." I said, "They don't give admissions normally and, moreover, it's more sort of theoretical things, it's not actually good for you. You will be bored too, there. So don't go." He wouldn't listen to Me. Then he agreed, "All right, if I get admission in these, these big universities in America I'll go." But he didn't try. Nothing of the kind. Last minute we sent him a

application and he sent that application. Last minute. They said, "You cannot come. This is that. You have to prepare for this exam, SAT exam, that exam", and then he got a fright. You see, which he learnt. "My God, I thought so easy to go to America. It is not." Even if you certify money it is not easy. Then he started thinking that "What was I thinking about Cambridge, Cambridge so much? This is the same, equally the same difficult thing." Until then he wanted to go for SAT, there to sit for an exam, but actually the appearing of the examination was only after six days and I thought, "How can he go? Six days he cannot prepare even." So they said, "You cannot come for SAT here." Now he was settled down in India. He didn't know what to do. Still he was saying, "I'll try for this Cambridge again and this." I said, "Now, forget it." He wouldn't listen to Me. Then he was very disappointed. He telephoned to Me to say that "I think that if I have to go to America, I'll go in a good university, otherwise, no use going to a cheap university - I can get better education in India." So I said, "All right." Then I gave a bandhan because he wanted to go abroad and learn something. It's all right. Can you imagine, it has worked like a real miracle. The university wrote to him that he is admitted unconditionally. Nobody did anything. Nobody wrote anything, nothing. They have said it. None of them can understand what has happened, how did they get unconditional admission? So, you see, it's a miracle. But before that this Maya was to be played, otherwise he would never have seen the importance of it.

So, in your lives also, such a maya plays. When you do not want to do the right thing. All right, do it. You do this. All right, do that, do that. Ultimately, you learn a lesson. I don't say no, if you say, "Mother, I want to do it." "All right, go ahead." "I want to do that." "Oh, go ahead, whatever you want to do." If I find you congenial, I may tell you that "Better not do, it's not going to help you." But then they, when they get a complete disillusionment, then they take to the right decision, come to the right things. Because, you see, let them try with their own freedom, but then they realize that, "What Mother said was right. I should have done that. All right." So this is it. The Maya is like this, that it allows you to do what you like. You use your freedom, you go places to places, do what you want to do, whatever you think it proper, you do it. All right, this is a part of the maya. But Mahamaya is that which brings you back, brings you back to normal, brings you back to reality, to understand. It is at that point when you understand Mahamaya.

Like I would say Russians did. How they understood that I'm doing greater work than Einstein? "See, what is Einstein? He is just working with the matter. You are working with human beings, do You realize, Mother?" To them I am higher than all of them, greater than all of them, which is a fact also, I must say. It's fact in a way that the way work is done, but doesn't mean that it's something to be ego about it, because if I am made like that, I am doing it. What is so special? I've been like this, so I'm like that. What is so special? One gets the pride and the ego only when you think you are doing something more beyond you. You see, it's all there. I've already got it. Now, see this tent is meant to give shade. Now if it is giving shade, should it have ego? Sun is meant to give you light. If it is giving light, it's giving light because God has given him the light to be given, so he's giving light to you. Should he have ego? But you will, you see, assume that you have got something special about you, then you have to do that, whatever special you have. Now, the flowers are so beautiful, they're so special, so charming. I mean, I couldn't take out My attention from them, they're so beautiful. All right, but if they are so, they are so. What is there? They're not going to have ego about it, that "We are so good, we are so beautiful." No, none of them. So this ego comes when there is again the Mahamaya part of it, that you are in the maya of your own understanding.

Now you are Sahaja Yogis. You should be very proud. You should be- I don't know. Look at these horrible people who are not at all connected with God, they have nothing to do[with God]. Yesterday that lady, she gives Me a lecture that "Why don't you praise the Lord?" you see. She's giving Me a lecture. [Shri Mataji laughs] So it is just a sort of a assumption that "I am something great" that makes you ego, but that is also a maya, because you have to learn. Ultimately, your ego breaks and you understand that what a Humpty-Dumpty it was.

Once you discover that, "I don't want to have an ego any more." I mean there are some Sahaja Yogis who refuse to do any work of Sahaja Yoga. I said, "Why?" "Mother, we are too intelligent and our intelligence cheats us and we'll develop ego." I said, "Now this is an escape. It won't, Sahaja Yoga can never give you ego, but will give you joy. If it is giving you ego, it's not Sahaj. It should just give you joy." Giving somebody to Realization or somebody you're curing, somebody being kind, anything, it just gives you satisfaction and you enjoy. It's a fact. I mean, you have come all the way here, you are playing such good music, all this. Now you learnt Indian style, I don't know how. Anybody should be very full of ego. But no, in the Maya of your Mother, you just enjoy. Maya should give you enjoyment. That's the best thing that this Maya can give, and you can enjoy it so much.

I think it is a very beautiful atmosphere created by this Mahamaya. So you can enjoy each other, you can enjoy My company, you can enjoy nature. Such a rapport, such a beautiful understanding between everything else is there. Nobody is bothered as to who is higher, who is lower, what is the position, how much money he has got or what he has got, nothing, just you're all enjoying. If somebody has a talent, he enjoys because he has a talent and the others also enjoy because he has talent. No jealousies, no

rivalries, nothing. Somebody sings better, all right, they'll tell Me, "Mother, You know, he sings very well." There's one fellow in Paris and he is, I think he's a black, from the black side, because he has very curly hair, a very nice boy. So, suddenly, somebody came from Italy. "Mother, do You know he dances very well?" "How do you know?" "I've seen him dancing." "So when did you see me dancing?" I asked. "You know, You came to that program. I saw that." In a group he saw him. He just got hold of him, "You'd better dance before Mother." It was so much, you see, so joy-giving, this kind of thing. He saw him in some sort of a program where they were at least two thousand people dancing, he picked him out. Now, he's from Paris, and he's from Italy, and how his eyes picked him up and he brought him. "Mother. You'd better dance before Mother, must! You are very good." And he was. But you see I might have missed it or whatever it is. And even if I'd seen it I may not have asked him. But this fellow went down there, and he's got hold of him and he out put him here.

I mean, these things are so joy-giving, you see. It is otherwise, in the normal course, what one would do, come before Me and start dancing, whether know or not and try to show off. Normally. But the one who knows never brought like that, "Now, come along" and in such an impersonal way he saw him and brought him. It makes no difference whether they're from Russia, or from America, or from India.

So all these differences which are skin deep are finished. And I find everybody appreciates everybody's talent, everybody, how he speaks and suddenly, you'll find someone say, "Oh, he's such a gem." "When did you meet him?" "No, I've heard about him." You see, all this appreciation and all this beautiful feeling for others, you see, is only possible through Sahaj. No jealousies, no rivalries, nothing. These come because of ignorance, which creates the maya about yourself, also: "I am this. I am that." And then the "I" comes down like that. So all conditionings also can create a maya. Many conditionings are there that "I am from such a family, I am from such a thing." That all has to be stopped.

So today's special day is this of New Year's where they said, "Now, today's the most auspicious day to start something new," and this Mahamaya's dissolving has to be started. Gradually, you should try to understand. Many people ask Me, "Mother, how did You do it?" Forget it. It's Mahamaya, forget it. How did I do it? Just forget it. That part you need not go into, just enjoy. Just enjoy that you are in that Maya and you are enjoying it. It's the best way to enjoy this Mahamaya.

And today for the first time we have this Puja of Mahamaya. Because of Gudi Padwa, I thought something unique must be done which encompasses everything of Sahaja Yoga, everything of Sahaja Yoga. It's not one incarnation, it's not one nadi, it's not one Goddess, but all of it is there. It's sometimes I say like a film is audio, visual, everything is there – drama, music, also acting. Everything is there in a film now. I mean that far, everything integrated.

In the same way, I think Mahamaya has everything, every part that you tell Me, everything that you enjoy, everything that you discover, everything is in that vision of Mahamaya, which has been created for you.

May God bless you.

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11 April 1994

Find Out The Essence Of Every Religion

Public Program

Auckland Town Hall, Auckland (New Zealand)

Talk Language: English | Transcript (English) – Draft

Public Program. Auckland Town Hall (New Zealand). 11 April 1994.

I bow to all the seekers of truth.

At the very outset, I have to tell you that truth is what it is. You cannot describe it, you cannot conceptualise it, you cannot purchase it. It has been, it is and it will be. Now whatever I am going to tell you today please do not believe me blindfolded. We have had lots of problems with blind faith. But accept it as scientists with an open mind and heart like a hypothesis and if it is proved then you must accept if you are honest because it is for the benevolence of your being, for the benevolence of your society, of your cities, of your countries and of the whole world.

So the truth is that you are not this body, this mind, these conditionings, these egos but you are the pure spirit. Another truth is that there is a subtle, very powerful, very dynamic all-pervading power of divine love that does all the living work. Your country is full of beautiful flowers. We see them but we take them for granted. They are definitely a miracle. How does it work? We never even think. Who runs our heart? We don't even ask the question, we are not bothered about anything that is [a] living process. If you ask the doctors [they say] it is the autonomous nervous system. But who is this "auto"? We never question why are we on this Earth. This question cannot be answered by science, it has its own limitations. So we are here to find out the answer to these questions tonight.

As it is you have been told about the subtle system that is within us. That also please don't take it for granted. You have to see for yourself, find out for yourself, and then only accept it, because the time has come to prove all the eternal truths. This is a special time, I call it 'the blossom time' but in the scriptures it is described as the last judgement, in Quran as Kiama, in Sanskrit [it] is described as the evolutionary... as they call it the evolutionary end or epitomy, ending into evolutionary process that you become a spirit. In Sanskrit, they call it nirvana. That's what it is. What has to become of you now is that you have to become the spirit. Every scripture has described it, but we don't see that we do not follow the scriptures. We brand ourselves as something like Hindu, Christians, Muslim, this, that... It's just branding. This religion is not within, is not innately. Anybody who may belong to any religion can commit any sin, can be violent, can be extremely unreasonable and could be absolutely anti-religion.

So, we see a paradox in our life, the whole culture seems to be paradoxical. And it is really shocking that we don't see what is happening around us. Terrible things are happening, the human being is becoming worse than an animal. What is happening to him we don't understand but there is an attack of the negative forces on the human mind. And the way they behave nowadays if you read a newspaper you can't sleep for the whole night because you can't understand these human beings, how they are behaving towards each other, towards their own children, towards their wives, husbands, even? Very - very close relationships. What's the problem with them, why don't they feel the love? Why don't they have that capacity to feel another person within themselves? All this was supposed to happen perhaps so that people start seeking the truth beyond the mundane things, to seek the reality, what is the reality. But when we try other things and we fail, we try to come to a religion and sometimes we go to false gurus also. Now, the religions, instead of becoming spirit-oriented, they have become power-oriented or money-oriented. God doesn't understand money, how can He understand money – it is your headache, he doesn't understand money, he doesn't understand banks, he doesn't understand anything. So how can you pay for anything that is divine love? But people think that by paying you can even purchase God. And that's how people have been misled by many organisations, they call themselves in charge of religion or some guru [...] or something.

This power which is in the triangular bone is within you and the Greeks called this bone as the sacrum. Sacrum in their language means sacred. So they knew about it that this bone is sacred and there is something sacred about this bone that works out something sacred. Of course, this knowledge was known to India, Indian people long time back. But it was kept a secret for so many days and one master used to give realisation [to] only one person. At the time of Shri Rama, his father-in-law was a well-known person for giving realisation but he gave realisation so far known to one person [.....]. It was kept a secret and that's how this tradition went on from one to another in different different places. In the twelfth century [ie. 1200s] only a great poet called Gyaneshwara, he asked his teacher that he should be allowed in his book Gyaneshwari mention of Kundalini and description about her. He did it in the twelfth century these things, but in the sixth century [ie 600s] also we had people who had described about it in Sanskrit language. He wanted to do it in Marathi language, this is a local language and he did it. But the people who were in charge of religion said this is a wrong thing, you should not read, it is not good, all kinds of things, so they just banned that knowledge. This was the sacred knowledge, most precious knowledge which was banned to people. But in the twelfth century, this happened and it had a very good effect because sixteenth century in India we had lots of poets, great prophets like Guru Nanaka and all that, they talked about it, they said there is this Kundalini which has to rise. But they wrote it in books which were poetry. In the poetic language, people just look all we can say not the correct meaning of it and they interpreted it according to their own understanding. Moreover, they just started reading the book. By reading the book you cannot go anywhere. All the books, even scriptures in English or in Indian languages or in any language are just like prescriptions, prescriptions to what to get. If there is a prescription that you take such a medicine, you go and read "take such a medicine, take such a medicine" your headache will not be cured. For that, you have to take the medicine.

In the same way, it happened everywhere, people started reading books, books and this bookish knowledge left them nowhere because they got lost in the web of words. And that's how all the problems started. Now if you ask a Muslim gentleman, he will tell you one story, if you ask a Christian, he will tell you another story, if you ask the Jews they will tell you another story, they all think they are the chosen ones. But are they? They have to ask themselves. So we should not blame the religions for that, but we lost the essence of the religion and the essence of every religion is surprisingly is the same – that you are to be born again. Now, somebody can call them born-again. By calling yourselves "born-again" you cannot. The other day in Sydney there were some people standing shouting screaming like see hawks. They said: "We are born-again, born-again". I said: "You are not, I am sorry. See your faces, you look so haggard and so violent. How can you born again talking of Christ, talking of Christ. Is this the way? You can see you have no connection with Christ, you can see clearly. At least don't (maline?) his name. By your faces, you can see how horrible you look". So they started thinking. I said: "Go and see the mirror". You'll be amazed they had so many wrinkles here and wrinkles here and wrinkles here. I said: "I am a 71 year old woman while you are at least like my grandchildren and the way you look – I can't believe it you have anything to do with Christ. Why do you want to (maline?) His name? How do you think God is with you because you've branded yourselves as born again?" There are many like that, there is no end to it. But they don't want to understand that just by prophesying something or claiming something you don't become, you have to be. Suppose I say: "I am the governor of this place". Do I become? I don't. I have to be.

So that is what we have to understand we have to be born again means a Self-realised personality. We don't know anything I tell you the deeper sense of what is written in those scriptures, we don't know that in every line there is another meaning which is very deep because it is poetry. So the essence of every religion is that you have to be Self-realised, means you have to have self-knowledge and you have to be the spirit. It is written clearly. It is written clearly everywhere. It's not that I am telling you this. You read Quran, it is written like that, you read Jews' books, Old Testament-it's there, Bible, Gita, Ramayana – everything that you want to read in the essence comes to one point. But this is the trouble is. We think that by reading these books we'll achieve something. Nothing. You will just achieve an ego like you know everything, you'll start telling big big stories, giving big sermons, but in the character, if you see, in your own being you will find there's no divinity. Divinity should show in your face, in your body in your behaviour, in everything because it's a power. Divinity is a power. It is not claiming something: "I am this and that" but it's a power. And that power is within you. This is your own power which has to manifest. It is within you in every way whether you are Chinese, Japanese, Indian or New Zealander, anybody, it is power is within you as shown there. And if this power could be awakened, if it passes through these six centres and you become one with this all-pervading power, then only you can understand that your spirit now has been enlightened and it is acting in your attention.

So far our attention is divided. Firstly, we don't know the absolute truth. Somebody says: "This is good", somebody says: "That is good",

somebody says: "That is good", they are fighting all the time. Fighting for what? Fighting for falsehood. And where do they end up? I mean also I must say that books might have been corrupted by some people. People don't like to say that but I think so, like Mr Paul who is in the Bible. I was surprised, I asked my father: "Who is this Mr Paul?". So he told me he is a squatter. And I could see clearly, he is a bureaucrat who wanted to have the platform, nicely came up giving big ideas, "I met Christ, and this happened and that happened" and whatever he writes is nonsense. Khalil Gibran has written a big chapter on him that this man how is he in Bible. And in that, you see this gentleman has spoil the whole faith of Christianity who otherwise would have been somewhere, something much better. Firstly, he hated women, so he never wanted to talk about the Primordial Mother, never. There is a father, there's a son and a holy ghost, finished. He hated women and he created such a problem for the whole Christian nations.

Now, what I find that it's impossible to make men and women join together really in love, just certain romantic ideas that work up and then finished. Not only that. He has harmed in a much worse way. For example, he said that if you are buried in the ground, then at the time of Resurrection your body will come out and it will get a resurrection. Now tell me how absurd is this thing? How can you accept such an absurd thing? Christ never said so. There are so many things that we have taken to the other end of stupidity because we also want to use it for our own purpose. But Christ could never have said such a nonsensical thing that your body can be brought out from your graves and will be given the resurrection. On the contrary, in Indian scriptures, there is a sensible thing written that your souls will take birth at this time, your souls. And there will be population growth. For this Judgement, your souls will be brought out.

So today you are here because your souls have taken birth for the Last Judgement which sounds much more logical, sensible and has worked. And it is so much carried so far that I met one Muslim from Bosnia who came in a very bad shape. I asked him: "Why are you fighting for this land? See, you should fight for your spiritual ascent instead of this nonsensical land that you are fighting, killing each other?" The answer came that "No, in Quran it is written." I don't think, I have read the Quran I have not seen it, but maybe, I don't know, I must have missed the point. Because again it is the poetry. That when you die your body will come out of graves and at the time of Resurrection you will get your Realization or Qiyamah they call it, the Resurrection. Then you will die, then you should put your body in the graves, so it is intact. Is it intact? If you die in the name of God. That's why we are dying in the name of God and we'll get resurrection". I said: "Very nice. Use your brains. Those people who are dying there are eaten by their friends. Their friends are cooking them and eating them. How are they going to get their resurrection? I mean it cannot be so illogical. So this kind of idea is working in many things and we blame the (unclear). The Christians will say that Muslims are bad, Muslims will say that Hindus are bad and Hindus will say that Jews are bad, everybody's bad. But if we introspect, we should know what did we get. Did we get our Self-realisation? Did we get our second birth by going to these places, reading these books? Nothing. It was just an indication of how you should behave till you get your resurrection.

Now, resurrection is not something that is coming from the outside but within you it is there, your right to get it. Sahaj, "saha" means "with", "ja" means born. With you is born the right or the birthright to get this union, the yoga with this divine power. Now, with the word "yoga" also people get frightened because it is coming from India. Why should you be frightened? After all, from where did Christ come? Did He come from New Zealand? One lady was talking about Christ as if He were a New Zealander. I said, "He was not, He was a Jew". So, from wherever knowledge comes, we should accept. From wherever our help comes we should accept. We should not condemn somebody because we have some ideas about them. For example, science is coming from say America, or you people, from anywhere. One has to accept. If this is for your good why not accept it and see for yourself if it works out if it helps you.

I don't know how far told you about this, but when the Kundalini rises, She enlightens these centres, these energy centres and pierces through your fontanel bone area and then ultimately you feel the cool breeze of the holy ghost on your hands, the all-pervading power on your fingertips. It is described in the Quran clearly that your hands will feel the cool breeze and that your hands, your fingers will give witness against you, clearly. I must say that Mohammad has done a great job. I mean whatever he has done, was undone by his followers. In every religion, I would not say only him but thanks to the ignorance of people that such a great thing and he has written one big chapter on the Resurrection. Despite all this, despite all these indications we still adhere to something because we were born into this, we were given this from childhood, conditioning in our heads. What we have to say

are there saints nowadays in India, are there saints in other places, you find anybody saintly, really, in this real sense of the word. We don't. And if the time has come for you to get your resurrection, to get your realisation, why not take it? Because by that, you'll be surprised, these centres, which are your energy centres, which are responsible for your physical, mental, emotional being within yourself, which are responsible for all kinds of collective activities like political, economic, everything. Because most of the problems come from human beings. And these problems which come from human being come from your centres when they are in jeopardy. So these centres have to be corrected. And if they could be corrected, if you could understand what's wrong with your centres and if you know how to correct it you become your own master. Not only that you become your own master but also you become so knowledgeable that you can help others. As a result of that, what happens that you start feeling the centres. These are all sympathetic centres, thanks God, Medical science has reached that point. All these centres you start feeling and these centres when you start feeling you know what is wrong with your centres on your fingertips. You know what is wrong with others because first, you get self-knowledge and then you become collectively conscious. This is a new dimension into which you are coming. But the great thing that happens to you, to begin with, is that your attention can stay in the present. For example, I say: "you pay attention in the present now". You cannot, either you are thinking of the future or of the past, the mind is jumping on the cusp of either the future or the past. You are jumping on. In between those thoughts there is a present. When the kundalini rises like that, when She passes through that, what happens is that these thoughts elongate and the space between them, the pause between them which is called as vilamba is established and you become thoughtlessly aware, you are thoughtless but aware. That is the present in which you really spiritually grow. You establish that new state which we call as nirvihar samadhi and you become absolutely silent, peaceful. That's how peace within is established. Now with my husband, I met many people who have peace awards and peace organisations, but they are so hot-tempered! What a paradox! So, first of all, we must establish our peace within. When that happens then we start watching ourselves. As if you are standing in the water which is turbulent and you are frightened of getting drowned. But if somebody puts you in a boat you can watch. And then from the boat, if you know how to swim you can go down and save others also. It is just like that what happens to a person when he gets his self-realisation, first he starts watching all the problems. When he starts watching all the problems he knows how to solve them also because his attention is enlightened. Wherever he pays attention, the problem is solved. It is very miraculous for us, human beings. Absolutely, the divine power is so miraculously acting once you are connected with it, it is unbelievable how it acts. This all-pervading power is the ocean of knowledge, an ocean of knowledge. And the ocean of blessings. Blessings are so many that whenever this Sahaja Yogi meet some problems, they write to me: "Mother, how it was all solved in no time, how I met the right man, how it worked out, how my health improved". You see, there was one girl who had they said meningitis. I said: "Just pray, she'll be alright" and the next day the news came she is alright. It is working out I must say, it is working out. But these blessings come to you only if you are one with the divine power of God's love, otherwise, it will not. Sometimes you feel that God is blissful, He gave me this, He gave me that. But these blessings come to you from something very unknown and you feel so amazed at how these things worked out. So it is an ocean of blessings, believe me, it is. Then the third thing is that it is the ocean of compassion. Such a person becomes extremely compassionate, extremely compassionate. And it is the ocean of dynamism. Such a person also becomes absolutely dynamic. I have known of so many artists who came to Sahaja Yoga, especially from India. Today they are world famous. All over the world, they are known to be great artists and they always say about me that it is Mataji's blessings. I said: "Don't say that." This is your own power because if the power passes through these centres it gives you creativity because all your powers of creativity have been so little so far which are just enhanced to manifest. Not only that, so many other things happen, it is surprising. I have seen people who were supposed to be very dry, never knew a language very well, have suddenly become poets. But this is just I would say the temptation of the mother for you. The main thing that happens to you is much more. And the main thing that happens to you is just that apart from your health being cured, of course, that I should have mentioned because we have four doctors now in Delhi who have got their MD in Sahaja Yoga. They have cured asthma, epilepsy, don't know, other things. But blood cancer has been cured, so many diseases have been cured with this happening without going to the doctor, without spending all the money for the hospital, nothing. Just your own power, I mean, it's nothing to do with me, just within you, it all works out. Only thing is it's like a seed being planted into Mother Earth and it sprouts by itself, spontaneously, sahaj. In the same way, it happens. You also get this power, your own power to rise and that makes you something special. It is all your own and you don't have to pay for it. I mean how much do you pay to the Mother Earth or to the seed? Both of them don't understand money, so what's the use of paying them? Something like that. It is all your power, within yourself and you get it in no time. But somehow or other I think, maybe, I don't know what to say ... In the West, they are more impressed by people who are really false because so many gurus went around and minted money. They had thousands and thousands and thousands of disciples. I was amazed at how they take to falsehood so easily. Immediately... telling: "this man

lynched us, we have no money, Mother, our house is sold, our children are.." But why did you do it? "Because he said, you see, that will happen, what will happen". You should go and see the disciples how they are. Find out from them have they got something or not. I mean you should just go like a bulldozer going to your man and getting yourself killed, it is something stupid. But this stupidity has been done everywhere but more in America, Why Russians I must say are tremendous people, you'd be surprised. They have a very bad government, this, that, you can condemn it. But they are wonderful people, at least 70 per cent of them are really very introspective, very good people. Wherever I go I get at least sixteen thousand people, minimum sixteen thousand. And they have thrown away all the falsehood, nobody can stay there, even their government. And the recognition they have for... I was surprised how do they have recognition of something that it really the truth. We should not play about with falsehood, it's stupidity, nonsense. And if you are have done that, not only have you given them money but also you spoilt your Kundalini. It's very common. All kinds of people, even in the West now, so many gurus have come up, all money making propositions. First, they'll have an introductory lecture and then nice you go there and then you better pay "(unclear, something like "out of "). If you have to pay for it know it is not so. Of course, people had to pay for the hall I must say, hall they have to pay, they must have got some money collected among themselves and they must have paid for the hall but for your self-realisation how can you pay? This is what is to be understood that you can't pay for the truth. Once you understand this you will cancel out all nonsensical things that are going on. It is too precious, it is too precious you cannot pay for it. Now we come to the fact that all these centres are cures, integrated and nourished, enlightened, our attention becomes enlightened and wherever we pay attention, the attention acts. You know the absolute truth also on your fingertips. Now if somebody some cheat or somebody who is released from the jail, I tell you, all of them have a place in the Indian society. So they were these dresses and come down to New Zealand or to Australia or to America. Also to France. Especially in Germany. And now they are going to Japan. I mean they take a ticket to go there. Because they have no place in India, so they come here, sit on your crossroad and get all the money from you. So now one has to understand that with knowledge with this absolute, absoluteness, this absolute, paransatya they say, absolute, means everybody sees the same, there is no quarrel, argument, fighting, nothing, You just feel the same thing. If you all feel the same thing from one person, then you will know what is wrong with this person, you can make out what sort of person he is, what sort of problems he has, what he is doing. It's very easy. Apart from this, you can make out what are his physical, mental, emotional problems. Because you become collectively conscious, this is the second dimension you develop – you become collectively conscious. Become, not somebody tell you, become. Even children can tell you on their fingertips. Such powers you have!

In the second stage, I mean most people reach the second stage very fast, but sometimes they don't, that is what we call nirvikalpa samadhi where there is no doubt. You can do it. Like one enlightened light can enlighten another light. So once you start getting Sahaja Yoga as a complete modelling of your life, what happens – a beautiful society is created all over the world. Now Sahaja Yoga is working in 62 nations. Sixty-two nations. And these people come to India, live there, I've never seen them fighting, quarrelling, abusing, never, never, never. Now, this has been going on for the last 25 years. But such love, such tender feelings, such pure love that exists. We don't have like somebody's wife runs away with somebody's husband, runs away, nothing of the kind. it's very pure love. This is a paradoxical culture we have. This was not there about 50 years back. This is today's culture is what? The children are killing today only I read in the paper that I Philadelphia or somewhere two children killed the father. Why? Because they were kind, they gave them presents so they went and killed them. the rate, the horrible child what do you call it, abuse... I really do not understand what they do. All these horrible things are happening in this culture, is this any culture? And this is what they call as freedom. This is nothing but licentiousness. This is no freedom, this is so destructive. We are having all kinds of diseases, troubles, this, that. So somebody has to stand back from this rat race and see for themselves where are we going? A big shock for us really if you see the future of these countries. I can't understand what will happen. It is spreading everywhere, it is coming even to India, you will be surprised. This culture is coming to India also. All over the world. So one has to understand that it has to be stopped, we have gone too far with it. For that, we have to have a culture which is divine and divine culture is such when you do not do any such things, no question. For such a beautiful divine life one should really run, but this doesn't happen. I don't know what's the matter with the people. In the West especially, here or on Australia, Australia is getting better now but still, I would say compared to Russia and other Eastern bloc countries, you are nowhere, really. It's very surprising. You are nowhere compared to them. And they are of course maybe not so rich or (unclear) but what are these riches? What have they brought us? What is going to bring us the divine power, the divine laws, the divine wealth? All the Sahaja Yogis have become rich also, you'd be surprised. Everything in business and everywhere they've made no doubt because it helps agriculture, it helps your mind, everything it helps. People have, say in England, every person in Sahaja Yoga is employed, nobody

is without a job. Even in Australia the same thing. And it happens to everyone because you have become a very normal, sensible, intelligent, dignified person and whose brain is enlightened. Naturally, you can do very well, better than others. You drop out of your habits, for after Realisation, overnight drugs and all that. I have seen people giving up drugs overnight. How it happens is very simple. That supposing you have a snake in your hand and there is darkness, you can't see anything. Then suddenly some light comes here. You tell this fellow before: "You stop, this is a snake". He won't, so adamant till it bites him. But as soon he sees some light he drops it. In the same way, you drop out all these destructive things. And you get such a power to do it, you see so many people decide to do it. The other day I read about this fellow, this Nirwana(?) fellow committed suicide. If he had taken to Sahaja Yoga, he would have been so much useful. But they don't. Somehow or other it doesn't go into their head we have to be very-very sensible and understand what will do us good instead of doing something that is absolutely destructive. And the best part of it is that you jump into the ocean of joy because this power is the ocean of joy. We think that there is joy in this, pleasure in this, pleasure... All these pleasures are very temporary. But joy is something which is not happiness or unhappiness. Joy is something which is singular. And you start enjoying that joy and this joy gives you a kind of a personality which is always joyous, gives joy to others, doesn't trouble anybody, doesn't hate anybody, doesn't ask or sees a thing with greed. There is no lust, there's no greed and such a person becomes so pure, so beautiful. We have to have that kind of a society everywhere. I hope so that you people would like to have such a society even in New Zealand. You don't have to give up any religion (?), you don't have to give up your families, your children, go to the Himalayas, stand on your heads, nothing of the kind. Here, very comfortably you can get your self-realisation. But I have to tell you that this is a collective happening and you cannot just say: "I am alright, alright" but later on you will come and tell me: "Mother, something went wrong with me." So you have to come to the collective. And in the collective, you have to learn each and everything free of cost. You become your masters. Once you are masters, no problem. And this then power can help you to go and help others. Everybody becomes enlightened and goes because he cannot keep the light within himself, he has to give it. Not in an aggressive way, not in a very way they go on preaching, nothing. You can just raise the Kundalini of the people and make them enlightened and change their lives. All the stress and strain and all these things just disappear. It is really wonderful to understand how much there is within us, how glorious we are and then we understand that we have an identity, that we are working for divine love, that we are using divine love and we are empowered with it. Then we understand what are we, that's how we understand also that all religions are flowers on the same tree of spirituality. They have plucked it and they are fighting with the dead flowers. We see the integration of everything that is beautiful with nature and everything is so surprising that we have everything within us and we don't know. And when we become aware, you are amazed. But amazingly, you don't become ego, egotistical, no. You become extremely humble and beautiful. I hope it will work out in New Zealand also. I've come all the way not only from India but from Italy and all these places and I think it will work out for good for all of you and it will definitely happen to you. Now the only thing I have to tell you is that those who don't want to have realisation, I cannot force on you because I respect your freedom. If you want, you will have, if you don't want I cannot force it, I am sorry. This freedom is given to you by God Almighty which is to be respected. If you want your self-realisation, it takes hardly 10-15 minutes. But if you don't want it you please leave the hall. That is the best to be fair to other people, those who do not want it. I'll give about one minute for that. It is not meant for people who are extremely aggressive, critical type. Though if you just want it from the humble heart, you'll get it. Because it is your right you see, you just have to be a humble person that you want to have it, that's all. You don't have to surrender anything, you don't have to give anything, nothing of the kind. As you are, whatever your personality is you can get this realisation and you can feel it. So what happens first is that feel first, some people feel it on top of their head a cool breeze is coming out of their fontanelle bone area. Then they start wondering if there is airconditioning maybe, but that is air conditioning in your head. So some people feel it hot, some people feel it cool. Trust yourself, you must have faith in yourself, it's very important. Then also they feel it on their fingertips, some feel it on their hands. How to use this power that you have to learn. But also you will feel extremely peaceful and you may achieve thoughtless awareness state tonight. So let us try it and if it works out it would be a great thing for you and for me also.

Also, I know that you have questions as usual, but you see for the last twenty-four years I've been facing all kinds of people and I know how to answer questions, I know, I am quite an expert. But it's a mental acrobat, we have to go beyond the mind, so that's the use of now discussing something. Still, if you have some questions you can send them over and we will try to answer them.

1994-0413, Talk to Sahaja Yogis

View [online](#).

13 April 1994

Talk to Sahaja Yogis

Wamuran Ashram, Brisbane (Australia)

Talk Language: English | Transcript (English) – VERIFIED

[Full talk: from video...]

Shri Mataji; Sit here, in front... so that everybody... Please be seated. It's already become... The sun has gone behind the...no, just come this way a little bit. Also there could be... no no, you are alright... see all of them could be... You could remove the table if you like. Yah, you could come this way.

So, we have a very nice place for us to come to and to be in the nature, uh... as they say, 'Far from the madding crowd'. It's very good for meditation and for enjoying your being within. As I have already told you in New Zealand, that the whole thing is ruined because of money-orientation. Money has become so important. It has gone to the other end – so much so that it has created a very paradoxical culture. Certain things I've been reading and I have been really shocked. The other day I read that two children killed their parents – machine gunned them, in Pennsylvania – because the parents were very kind to them and they developed a feeling that, 'They are nice to us because they want to kill us.' And so they went and killed. I mean, imagine the psychology: how this psychology is built with children, why they become so perverted? When we have hopes from children now, not from the old people so much who are already not coming to Sahaja Yoga

[Part 1 of audio track starts from here] ...and who do not see the point. But the children, if they develop this kind of a funny psychology, it's such a paradoxical thing to live in. All sorts of things you hear about rape, this, that, you are shocked, I mean the way the whole society is moving. And it's accepted by everyone. They have to accept there's no way out, as if that's the pattern of life. They said that they did some resistance, they put some resistance, but it didn't work out and the laws were such that these children were left out saying that they were innocent or something. And also the three ladies who were with their husbands also were left out because they gave explanation as to how their husbands were treating them just like Dr. Jekyll and Mr. Hyde style. And all that, you see, shows that there is too much violence apart from money. Then money begets violence, I think, because if you want money, you don't get it, you'll feel frustrated. The whole thing is logically boiled down to the point that, 'Why shouldn't I have it?' and they go into violence. They think it is some sort of a injustice to them.

Everywhere you find this kind of thing. Another is the power-orientation like now in South Africa. Of course, these white people have already tried their level best to begin with to teach them how to divide. That's very common. And also the people - native people are stupid, like in our country also, that they started fighting. Muslims, you know, it's very easy to excite them. So now they have two lands separated, or you can call it as Pakistan and another now as Bangladesh. Also we have a land called Ceylon, Burma - they were all connected with one country. All these countries have become very poor and there's no democracy: very corrupt. I mean, compared to India, they are nowhere. What was the advantage of separating them? Nothing. But it was the British idea that they should divide. Somehow they divided people to rule and when they divided, the division went very deep into it and when they left also this division existed.

It's very difficult now to understand the – even India is very precariously – [Mother speaks aside in Hindi, then 'Where has he gone? Ask him for a handkerchief.'] is so precariously placed that now we have people from Bangladesh who have come to our country. They're settled down nicely. They have become voters and also they are like a fifth [UNCLEAR colony/ column]. As yesterday or day before I read that there was another explosion in India. So is going on like that. I mean, it's a violence is there and one has to pay for it.

The worst is South Africa, where My attention is now, is bad, very badly affected, very badly affected. All the people are killing

each other and the, also the whites are in danger and they're running away. I mean, they overdid it. They should have gone from there long time back, but first they divide and then they depart at a time when both or three or four communities are at dagger's end. That's the time they leave. We had such a bad – Pakistan was created when I was in Pakistan and I saw in My presence a person being stabbed. It's very, very mad, mad ideas people have that they can kill now the, anybody whom they call as enemy and how the enemy comes in is the problem, how they become enemies, on what grounds they become enemies one can't understand.

So is not only religion, but also race. Races – this race is better, that race is better. All these funny ideas they had. Sahaja Yogis have to understand that whatever races you were, now you have come up higher. Now you are in the Kingdom of God and here you are Sahaja Yogis. You are no more any special race. We are Sahaja Yogis. We have really ascended higher and higher and I've seen when... [Shri Mataji speaks aside 'That's too good, that one - simple one.'] Alright, so when they go to that height, that level of achievement, they have to know, the Sahaja Yogis have to know, that we are here to cure this world.

We have come here at a time when it's really in a mess. Now if you are with your ego and this, you cannot see this. You will not be concerned, you know. You'll have some special ideas about everything. You'll not have a natural concern for what is happening in the world. Where are we going? Human beings, as a whole, you cannot think. If you have ego, then you think, 'Oh, this is nothing' and you can get over it. Nothing can touch you. Whatever is happening, whatever is so dangerous and also, whatever is your responsibility. You will never, never have the feeling, the concern, because you're covered with ego and you have certain ideas.

So, what I felt was that the Sahaja Yogis have to get rid of their egos, very important, otherwise they cannot grow. See, the sensitivity has to move towards everything, not only towards nature, towards beautiful things that are in the world, but also the ugly things that are happening, one has to be sensitive to. See now, what's happening? What's going to happen to our children? Are they going to take to drugs? Are they going to take to alcohol? Are they going to take to bad ways of life? Also are they going to be rude, unkind and ego, again? Are they having ego in them? Because this progeny is the one which is going to say, so attention should be that our nonsensical ideas should go away.

Now this racialism has brought so much sin on this world, can see it when you go to Argentina or you go to Chile or to these places. You can't find one aboriginal there, not one. Only if you go to Colombia and you go to Bolivia. They are there and they're such nice people, such innocent, simple people. To think that millions were killed by these stupid white people. I mean, I can't understand and these sins are now working on them, especially Americans, the way they are consuming their drugs, from where? Bolivia.

All this ego that we've advanced so much, you know, what is the advancement? Taking to drugs? This is your advancement? Taking to diseases which are absolutely incurable: very low level. This is so many funny diseases that are in America that I really don't know how to combat it and it's coming through their ego. 'What's wrong? What's wrong?' They'll go on saying like that. 'What's wrong?'

This ego business has to be somehow or other tackled. If you cannot tackle your ego, you cannot grow in Sahaja Yoga. It's very important that you have to grow in Sahaja Yoga, but for that, this Mr. Ego must be controlled. Well, let's see how the ego comes in. Is the reaction. It's from your conditionings only you react. Now you are told from childhood supposing, 'You are great and you are white and you are this.' You see, that goes into your head. It doesn't come to you that what these whites have done. Then can be that like in India, you see, we have caste system, which is absurd. We cannot have caste because said that in everybody resides the spirit. It has been shown by so many that Shri Rama took fruits from a lady who was an aboriginal, who was..., who had tasted all of them with her teeth. And He enjoyed them.

Shri Krishna's life was written by - I mean Vyasa was an illegitimate child of a fisherwoman. So how could they believe in caste system? It's disappearing in a way, but it has entered into now politics. Other things are, you see, which are more shocking to Me is this: that women in the West or men in the West think they should be attractive to hundred men or hundred women. What's the need? I mean, just think of it; you're walking on the street, maybe people are attracted towards you for something, may be some

bhoots, you see, mutual attraction maybe, most of it. But even if you are attractive, what does it matter? What's the use? Wasting so much time, so much money, so much everything and people feeling that we are very attractive. But what's the use? I still don't understand. You go on the street, you are very attractive. Alright, so there are ten people looking at you, so what? So what? You're like a show. You are like a showroom that's going about, but, at least, showroom is better because there are things to sell. What have you got? Nothing. This concept itself shows such stupid thing... mind that they think they are advanced. I think that they are absolutely retarded.

So much money is wasted, spent in the shops, this, that and what do you get? Women have no time for children and their husbands have no time for their wives, all the time wasting their energy in stupid pursuit. I still don't understand- if you look at the nature you feel so satisfied. The best thing is to look at the flowers or the children. They're so sweet. Why should you raise your eyes higher than three feet, I don't understand. What you enjoy is the beauty and the beauty with innocence are the children. If you see the children, you see the beauty. You see in them the innocence shining. Instead of that, you are looking at everyone. How many are looking at you? I mean, there's no ticket even for that. You don't get any money out of it. What is the use? This is beyond Me. Really, I can't understand.

But, the other day I was reading in the newspaper that it's difficult to define the best man. He should be attractive to all the women. He should be this and that. I said, 'Is that the quality of a best man?' And what will they make in life, you see? Are they like Mahatma Gandhi? Are they like Christ? Or are they like Buddha? Nothing. What are they going to contribute to the society? What are they going to contribute to anything whatsoever except for stupidly moving like a very handsome or a very beautiful woman. So what? And something is going to happen to all of them. I tell you, this Michael Jackson now is fallen into trap and, you know, our Dr. Wells has treated him. I don't know what Dr. Wells must have told him about. Then this Elizabeth...this, this - all of them. They are worth nothing. They have done no contribution to the society. They have done no contribution to their family, to their children, to no one.

What have they done? Given bad ideas to others, given wrong ideas to others. They have misguided the people. The media is like that. The newspapers, worst. But worse than that is television. And worse than that are these so-called celebrities, you see, stupid things as they are. They're so stupid, these cinema actors and actresses. There's nothing to know about their life. It's alright like a radio; they are good at acting, that's all. What have they got? But they bring the fashion. They bring everything and we start following them. They are your ideas. What are they going to be? In America, say for example you can say George Washington - we have so many people like that. But what have they done? This is what we have to find out the criteria and what are we going to contribute ourselves. The best way now is to see that you reduce all these false ideas about race, religion, beauty, this, that and bring it to reality. Whosoever meets you or you talk to them and who is related to you in any way, wherever you are, you have to show them that there's nothing in this kind of an ugliness that is within us. Is real ugliness.

See, Abraham Lincoln was such a great man, who created this theory of freedom and of democracy, but he was a lanky-panky man and not so good looking, his wife hated him because he was not a good looking man or something. But what he has done for the whole world. Even Gandhiji we would call him a very ugly looking man. All kinds of people would call him only ugly. There's no beauty inside them. Then they call themselves beautiful and those who have beauty inside are called as ugly. It's the inner beauty. This inner beauty gives you the shine, the everything, on your face also, and also your work; what you have achieved, what you have done.

So we come to Sahaja Yoga to see what we have done for Sahaja Yoga, how much we have been able to help Sahaja Yoga. Only, just we think about ourselves and some of them married life is not all right, this thing, that thing. I mean this is something one has to understand. You are a person who Divine has chosen to do something extremely noble, extremely important. While what are we doing? We are again getting into this mad world which is so paradoxical, which is so stupid. So, you should see where are we.

I'm not saying you all should become Sadhubabas and go and sit in the Himalayas, not that. But you should be sensible, logical and see for yourself what you've got. You've got so many powers as Sahaja Yogis. And you should never yield to all these horrible things that have existed and are still existing and they're worse.

So you can pull the whole society. You can really save this society. It's a big responsibility. You are intelligent people. You understand things, but sometimes I feel you do not assume your powers because of your ego. Don't assume. First thing is to be humble. If you'll humble down then you will start seeing yourself clearly, what's wrong with you. Once you start seeing yourself then you will know, this is not Sahaj, this is not Sahaj. Everything will change once you get to it. So, first thing is to humble down. But people will say, 'How to humble down?' I mean, it's even easier than brushing your teeth, I tell you, but I don't know how to tell them how to humble down. First of all, there should be no anger or temper. I never get angry, never. I have to make up Myself before and tell them I have to be angry, of which I have to be angry. I have to say this, say this. I try Myself and tell Myself so many words that I have to say, this, that. Forget all of them, most of them. Just can't do it, I mean I don't know how to shout and scream and call names and abuse. I've never abused anyone in My lifetime.

So this is what one has to understand. Like somebody said, 'But, call the spade. Spade is to be called a spade.' But why are you calling? That person who is should know. Why are you calling him spade? Are you alright?

So it comes by our attention outside, not inside. We don't see ourselves. If we start seeing ourselves, we'll humble down and humility is a very beautiful quality, is a very beautiful expression of one's will. Of course, in modern times people might think, oh, they are weak, this, that. Let them say what they like. You enjoy your virtues. You enjoy being that. It's not humility means you start crying, weeping - nothing like that, but it's the greatest way of enjoying life is through humility. In this you can achieve just by introspection, that, 'What am I proud of? What have I got? Why should I be proud? Why should I be rude? What is the need?' Just go on asking questions to yourself and it will be very easy for you to find out the answer.

So I've come to this beautiful place here now and I just watch how the nature has grown so beautifully. Place is given to every leaf, every tree has got its own spaced out area where it stays and it receives the blessings of the whole nature, the rain and everything. It's so beautiful and there's such a big rapport with the nature and the Divine. Plus we can also have it, only thing, you have to know that we are the instrument of God. When we are the instrument, we should not have our angularities. We should not have these wrong ideas. Might be your parents might have got. Might be somebody must have given the society, but no use saying, the society has given me the thing. No. You belong to the new society of Sahaja Yoga, which is worldwide. It's so beautiful, so loving, so kind, and you should feel relaxed, absolutely relaxed because you belong to this great community which is all over the world.

Only thing one has to think, how much I can do for Sahaja Yoga? What can I do? What have I done so far? Have I worked it out or not? In the same way as people think about making money, making this, making that, you have to think about making punyas - good deeds. That's very good because that is the one that is really blissful and it works out.

I must say the Paramchaitanya is really working very well. It is really making everything so smooth and nice and helping. I mean, I'm really surprised at the way it communicates. Like the other day some girl was sick in the hospital and they said she had meningitis. Today she's out. It all works out. It works out because Paramchaitanya is now active. It is Krita Yuga or, I should say, the Satya Yuga is coming. But you are the people who have to nourish it, to give assurances that, 'Yes, we are working out.' Otherwise, if even there's a big potential for everything and there's no channelizing, it will not work.

So you must meditate. Meditation is very important. Every one of you should meditate - five minutes in the morning, ten minutes, fifteen minutes a day. And then what you can do, after doing all that meditation and everything, try to keep your attention in the centre. When you see something like this, you should be able to go in thoughtless awareness. There should be no thoughts. What should we think without thinking. So joy-giving it is to be in thoughtless awareness. So try to establish that thoughtless awareness within yourself and I'm sure you'll become very dynamic, very compassionate and you can all achieve such a great manifestation of Sahaja Yoga.

I'm expecting in this way that Sahaja Yoga will spread. They were saying there should be a house. Alright. This should be done. That should be done. It's not important. What is important is you are the house of Sahaja Yoga. You are the ones who can do it.

You don't have to have a house, as such, but what you have to have is the establishment within yourself of the idea that you are responsible. You are responsible for Sahaja Yoga. It's not only to be... have a membership or we could have a big group of people. It's not that. And I'm sure with this, we all can work it out.

I wish I could stay for longer and little bit, we can - if you have any questions, you should ask Me, it's better.

No questions?

Sahaja Yogi: Shri Mataji, could you say something about the Right Heart?

Right –

Sahaja Yogi: Heart. Right Heart.

Right Heart is the outcome of the liver, mostly, but also it can come from your wife, the way you treat your wife, the way you behave towards her or if your wife is very dominating woman and she's caught up with some things, you can catch also. So Right Heart could be coming from that and, as you know, Shri Rama resides there. How much He loved His wife – went all the way to Sri Lanka to bring Her back and how He treated Her, then how He had to give Her up because of the collectivity - means the country for the public - and He gave her up. All the time She went away, He used to sleep on the ground and He lived like an ascetic. When She came back also She gave Him up. So the drama is beautiful, to show how husband and wife, though they love each other, still they only care for the collective and that's the sacrifice for the collective, but in that both are in coordination with each other. That's the sign of Shri Rama's love for His wife, as a husband, as a benevolent king, as a son, as a father. She has shown a path of a ideal man, how he should behave in life.

So in the same way, husband has to think about his wife. But also I have seen the, in the West it is more the women who are extremely dominating and they have funny ideas about things, I don't know how they get it. To them, if I tell them that let the men eat first and then women can eat, that's the greatest insult. See what is there if the men eat first? On the contrary, if you tell Indian women you eat first – 'Ah, what?' They love to make their husbands eat first. They love to cook for him. They love to do things. They don't think it is being dominated by a husband, but it's, it's such a privilege to them, such a privilege.

For example now, say, I went once to Rahuri and one lady came and said, 'Mother, on Your way, You are coming through our village and we would like You to have breakfast.' I said, 'What? We are so many people. How will you give us breakfast?' She said, 'No, no, no, no, we are very, very much for it and we'll get you the breakfast. Don't worry.' I told her in many ways that don't try all this, but she wouldn't listen, so to My amazement, when I reached there, they had taken out from every house all the chairs they had, all the benches they had. Every one of them joined together and they got up at two o'clock in the morning, cooking for us. See, and they had cooked so many things. They [were] so happy - not a trace of tiredness or anything, very happily serving to us. They had got those banana leaves and everything and really all flattering Me. So full – Myself, I couldn't eat their breakfast. It was so much done with love.

So that's kind of a woman's real personality, where she wants to show her love, she wants to express it and her style is such that it works out and with that, the deities are happy. Deities are never happy with a woman who tries to insult the husband for nothing at all or nags him or gets after him. Husband is also another sort of, she's in charge of the husband and she's in charge of the children. Such women also make good families, otherwise they cannot and then the society.

So the Western idea of equal rights - what is equal? I've told you many a time, like a chariot has two wheels, right and left. The right, if it is become small, then it goes round and round. If the left becomes small, then again it goes round and round. But if they're similar, they are not equal. They're different. If the left side brought to the right and right side brought to the left, it won't work out.

So the women should not feel bad. On the contrary, I think to be a woman is much better because you have to please only one

boss, but men have to please so many. I mean, such comfort it is to be in your own house, you see, and not to worry about so many things that men have to worry and actually they get upset when they go out. Naturally. They have to face all kinds of funny people. So the job of the wife is to soothe them down because she's sitting at home, but she's also very ambitious. Now, I was told that in Spain the ladies are learning to be matadors. They'll be facing the bulls you see.

With such foolish ideas, we lose our own personality because we are meant for something. It's like the tree, it's supposed to give shade, but it says, 'No, I'll have equal rights as the roots and I'll go down and I will not come up.' Roots has its own job and the tree has its own job. Woman has her own personality. Man has his own personality. Enjoy it. There's no domination, nothing. Of course, men also dominate very much and think no end of themselves. That is also there, no doubt, but that should not be done. As a result of that, then women come up, you see, just like vampires and they put them right. The three ladies killed their husbands and they said that our husband was dominating us so much and they killed it, and the justice was in their favour.

So this is a sign of imbalance. So if a wife is dominating and stupid, then a man can get Right Heart very much. Right Heart he gets and this Right Heart, I don't know, I have really shouted at such women, done everything, very much. I made up a big stories, everything, to frighten them, but nothing works out. Some of them are really, really dominating. I don't know what to say about that. That's how you catch on your Right Heart. They have to take the name of Shri Rama, put right hand towards the photograph. What else also you can put? Ice on your liver. Also ice here will help. [check video to see where Shri Mataji is pointing to]

[Shri Mataji speaks to a Sahaja Yogini]

Shri Mataji: How are you Kerry? Are you alright? How are you feeling? Much better. Well put your hands towards Me, what's the matter with your hands? That's it. You think too much. I told men not to allow him to think. You stop thinking now. Are you alright? I am asking her. Are you better now?

Sahaja Yogini: Yes, I am.

Shri Mataji: If you start thinking, 'I am sick, I am sick', you will get sick. What is there? If you start thinking, 'I am alright, I am alright,' you will be alright. Now better now see. That shaking is gone from your hand. Put the hands like that. Well it's a, it's big problem to convince you that you are alright. Actually, also I've seen in the West they talk too much about health all the time. That's not a very good thing to talk all the time. They're all frightened. This water, this thing, that thing, that thing and over-protective. Then they come to India they get something: hepatitis, this, that. We don't get. Why? We are not so protected, we are immune to everything. You must develop some immunity. When you come to India, you get sick. Why should you get sick there? But here, it is for Sahaja Yogis to know that you are already immune. You have got your vibrations. How can anything trouble you or torture you? Put right hand like this.

See, again you start thinking. Stop thinking. Do your right side meditation. Now no more left side. Left is alright. Better now?

They go on thinking and wrong [with this?]. There's a nice story Jerome has written that one fellow went to the doctor and he said, 'I've got every disease but the Housewives' knee.' So he said, 'How is it you don't have Housewives' knee?' He said, 'I'm not a housewife.' So doctor said that 'All right. I'll examine you' then he gave him a letter...no, he gave him a medicine. He said, 'Now, in this is the medicine, but you go away from here at least ten miles, go in a jungle and then you take this medicine there.' So this fellow drove down and he opened it and opened it and opened it, paper after paper and the last paper came out and it was written that 'You are a stupid fool. Now don't read 'Materia Medica.' So this is the situation. And this is how you read about, 'Oh, I must be having this disease, I must be having that disease,' so you have it. If you start thinking like that, then it works. [Shri Mataji laughs]

So just, again, it is the attention towards yourself, 'I have this disease. I have that pain. I have that. I'm going to die,' this thing. As it is, the Australians, if you ask them, they'll say, 'I'm going to die.' I said, 'Why are you going to die.' 'I'm going to die' means 'I'm going today.' [Laughter] Nobody's going to die, nothing is going to happen. If you understand that, then you won't suffer so much as you do. Put your left hand like this, left hand. Ya. Don't see any doctors. No use. Absolutely absurd for Sahaja Yogis to go to

doctors and hospitals and doctors and hospitals. That means you have no faith in yourself and poor faith in Sahaja Yoga.

Yogini: Shri Mataji, Shri Mataji. May I ask a question?

Shri Mataji: Come here.

Yogini: I was wondering if you could please tell us a bit about meditation, about how to improve our meditation and, if meditation is connected to our heart if... if I feel that my heart is closed...

Shri Mataji: Of course.

Yogini: ... that is a problem for my meditation?

Shri Mataji: Of course. See, firstly, you are a liver patient. You are very right-sided. Take treatment [from] your liver and just open your heart. Open, I mean I don't know. Just see now, this is how you can open your heart and you put Me in your heart, one thing is good. If you can, look at the photograph, say, 'Come in my heart Mother.' I'm such a big person that you'll have to open your heart – otherwise you can't get Me in.

All right, so first, open your heart, 'Mother, please come in my heart.' All right, you say like that. It's better. It's very simple way and I'm at your disposal.

You see, it happens because of the past, because people have been unkind to you, maybe that you have not forgiven them. It can happen with anything and that makes you feel so closed, isn't it? Because of the experiences you have had of other people and you cannot forgive them. If you can't forgive them, then you become like that; your heart is closed, you can never be happy, you are very critical of others. All these things come with a closed heart. You cannot feel happy yourself. You don't make others happy. Now how do you open your heart is just to feel for everyone, think about others. See now, when I travel I always buy presents for people here and there and everywhere. I went to Poland and there was one shop I used to always buy things from there for all the Sahaja Yogis and... So third time I went, the lady said, 'You are a very, very noble person, I must say.' So I said, 'Why?' 'You don't buy anything for yourself. You buy only for others all the time, never for yourself.' I never think about Myself, but you people think for Me, I don't think for Myself. Wherever it is, whatever it is, is all right. To Me it doesn't matter - where I live, how I live, what I eat, what I - I don't care. There's no time to think well, while thinking of others, you have no time to think about yourself, isn't it?

That's how it works out. So think about others, immediately. Now, a very small thing like that is you see, I'll tell you, once I'd gone to a shop to buy some things for ladies and I was buying some saris. [Shri Mataji speaks in Hindi.] Alright. There I was buying saris and I bought these saris and put the saris on the... I bought these saris and I was quite happy about it – nice saris are there and I have to distribute, to whom should I do this and do that. I was just thinking. And I just forgot that I have to buy a sari for Myself because there's a Puja. Just forgot about it completely – wow. And later on it came into My head, 'My God, now there's no sari for the Puja, now what to do?' I was quite worried about it and because I always... it never comes to Me that, 'I have, I need this' or 'I need that. I need food.' Unless until you say, 'Will you have food?' I will not say bring food. That doesn't come into My head. And you'll be amazed that when I reached the place, you see – it was a Diwali celebrated in Switzerland – I opened the thing and there was a sari which I had bought before sometimes, and absolutely new with everything; so surprised. I said, 'How did I have this? How do I have it?' Just couldn't imagine, I mean I would not have put that sari there - it was kept somewhere - I was quite amazed; how did I have the sari? They were so upset, 'No sari Mother, what to do?' Here it is.

So when you think about others, you see, this Divine Power thinks about you. But when you are thinking about yourself, you are extremely miserable, horrible person. Nobody likes you. Nobody wants to talk to you and have anything to do with you because you are so much concerned about yourself, and but when you think about others – small, small things, very small things. Another thing happened that once I went with My daughter to a shop and I had liked some sa...I'd liked one sari very much, I thought it's good for the evening, we have Puja program, but I'm rather miserly about Myself, so I said, 'No, better not, it's rather expensive,

why to buy it,' so I came home and it was all right. Then after some time, you see, I think it was some occasion, so My daughter brought the same sari and she gave it to Me. And I was very much touched. You see, because I didn't buy it because I was feeling – I'm a miserly person that way, so she bought it for Me and she gave it to Me and she said, 'You see what is this sari?' So, 'Oh, my God,' I said. How – I mean, it's very subtle understanding of expression of love. I can afford the sari, she can also afford, but the way she went at the same day; when I came home, she went and bought the sari, kept it because she thought that it will be sold out. Because she's liked the sari, so she got.

That's how you can suggest. Like once we had a big dinner in our house and my another daughter had given Me a sari as a present. They give sometimes. So that day I wore that sari and she was in tears. She said, 'You have so many beautiful saris, of all the things, you wore this sari.' 'Because,' I said, 'you are coming for dinner, so I thought it's better to wear this one.' 'But how do you remember, Mummy, that I gave you this sari?' See, just a subtle – now see, this is just matter. Sari is a matter. You see, it's just a matter, but through that matter how you can express love.

I always give the simile of a glass being applied with mercury - it becomes a mirror. In the same way, if you can apply your feelings to any matter it becomes like a mirror. Anything. Especially in My case, as you know, everything I wear has vibrations, everything I do has vibrations. The other day, Brian Bell tells Me - I was walking down the escalator in the airport - that, 'Mother, all these railings are going to be vibrated now'. I said, 'It's true. It's true.'

So with that feeling of love for another person – it's pure love, that is what we should have: pure love. Without any lust or greed, without anything [Part 2 of audio track starts from here] ... just because you want to do it, then it takes up vibrations. I think it touches your heart. Small, small things like that touch your heart. There's a way of understanding. Now, you're not doing it just to take anything out of that person or to cheat that person... But you are just doing it for love, to express your love, pure love. In the same way, in our married life, if you have pure love, then you can enjoy husband and wife's relationship, but if it is impure, then your eyes are moving here, there looking this, that. What's the use? You must have purity, specially love when it is pure, it's so joy-giving. So now, you can open your heart.

May God bless you.

Everywhere, you see, I've seen people like – now, see there's a tree is there already or some sort of a plant is there which is not being watered. Now, some people will immediately go and water it, but more than that is the nourishment of others. It's your love which is important which, if you don't do, then you are a miserable creature, absolutely good for nothing. You have not used your own capacity to love others, nor have others loved you. It's like this and you are a miserable creature all over, so what's the use of being like that? As Sahaja Yogis, you have to be extremely lovable and filled with pure love, filled.

May God bless you.

[Shri Mataji speaks in conversation with a Sahaja Yogi]

Shri Mataji: Mark, I wanted to talk to you. How are you? Alright?

Sahaja Yogi: Yeah! Very well, thank you Mother.

Shri Mataji: Quite happy?

Sahaja Yogi: Fine.

Shri Mataji: They want you to come and work here for some time. I told him he is very dynamic, so... you finished Daglio I think, quite a lot? [unclear answer] Yeah done, but we're going to buy more land now – they have to put up a big hangar for our meditation. Something is there planning. Let's see, what works out. It's a wonderful place. This is another wonderful place. Isn't it? Beautiful place it is.

Sahaja Yogi: Shri Mataji, I'd like to ask on behalf of the collective in general. After we have a public program in Sahaja Yoga and new people come, is there anything more we can do to help them establish in Sahaja Yoga, to look after them?

Shri Mataji: Yeah, yeah you see, first of all, you should not quarrel among yourselves. You should not try to correct each other. Now, supposing somebody's telling also wrong, what's the use, in Sahaja Yoga. Don't say 'Don't. No.' Nothing. Slowly you can wink at the most, at the person and say that this is a mistake and then you can correct, but not in their presence. Then you have to show our innate unity that we have, innate understanding. You should not try to show that, 'This is wrong. You should not have said that, you should not have said...' Then among ourselves, we should show respect to each other, real respect. See, some are well off in Sahaja Yoga and some are not, but those who are really well off understand this. But those who are not, they do this. Like this they try to, 'No, no, no, no. What you doing? Sit there. Do that.' The language itself should be very sweet and convincing. And among yourself they should see the pure love that's flowing. Your character will influence them, nothing else. With me you see, wherever I go, thousands will come: they do. I don't know how, but when they come to these programs, they run away.

If there is any person dominating or anything, you better tell your leader and throw them out. They should not be there. There are some crazy also, a lot of crazy people. In New Zealand I think there are four, five people who are schizophrenic. Poor Hugh is having a bad time. He was saying, 'Mother, what to do with them? What should...' I said to him, 'What can you do to them?' You see, I have to really work it out and they will be definitely there, to say they are Sahaja Yogis.

So you can tell another people, 'No, they are not Sahaja Yogis, they are just people who are there', so that they understand that these are not Sahaja Yogis. Because they are so mad and crackpots. You should say the door of Sahaja Yoga is open to everyone and everyone comes in, so there are some schizophrenic also, some madpot...caps, also some crack-headed, all kinds of people coming. They call themselves Sahaja Yogis, but they are not. From their faces, you see, they can make out, 'Oh, this is a Sahaja Yogi.' Then some very rustic type of people can come and who use very funny language, talk in a funny way and all. First of all, when you are having a follow-up meeting, then only people who are sensible or good Sahaja Yogis should look after them.

So, the leaders should see that all these nonsensical people are not there. Everybody should not be allowed to be there. That's much better because if you allow everyone to be there, then you'll have bad time. So is best is not to have all kinds of people there, but people who are definitely solidly Sahaja Yogis, who are certified to be good.

So, this is very important; how you behave, how you are, what sort of an organization you are. If you are a living organization, they will be very much impressed. Then, everybody should not talk. Let someone who knows how to talk, can talk. The rest of them can help them with the vibrations and all that.

Mostly I've seen people who are very forward type. They just over-smart, you see. They'll go and talk to this person, that person, do this, do that. It's not proper. One should wait and see whom leader says you have to see and all that. It's better that you show your patience, your dignity, your poise, then while talking to them also. Now, with the same kind of people, those who have no balance, will say, 'Oh, you are a bhoot.' I mean, a person who's coming there, you just tell him [UNCLEAR], he'll just go away.

So, how you deal with them is also, to be really practise [at home?] and see that you talk to them properly. They should feel, after seeing you, that this person is a humble, good-natured, compassionate person. Otherwise, as soon as they'll see your face, they will, 'Oh, he is like any other Australian.'

So how you treat them is important. I said also offer them some tea or something. There's no harm in offering something which is non-controversial. If you start giving them Indian food, they'll say, 'Oh, what they give us Indian food.' Don't give them any particular style. You see they come with their conditionings, some of them come with curiosity and some of them come just to harm us. So you have to be very careful - if they have a guru, if they have gone to another person- you just not tell them at that moment. But later on you can say that 'I've been to the same guru. I know what it is.' Better not. You see, gradually, but that is very important to understand, how to gradually bring them to Sahaja Yoga.

I must say that in India it's working very fast, very fast. I don't know how to cope with it. And also in Russia, but Russian individually are very good. Even Indians are very good, but also, I think, the organizers are very good, very good organizers we have. If you're pure, I mean Yogis, they'll make you out in no time. They're quite intelligent, they'll make you out. No problem on that. And the way you show them all the things, it's joined together, you see. That's one thing one has to learn – how to join together, which is rather difficult in the West because they're very individualistic. Everybody wants to say something of their own to show off. That's not good. So, I'm sure it will work out. Why not? After all, they all come to see Me, so why not they should come to see you all. Because it's a miracle, that so many are transformed and Realized souls.

So can I take your leave now? Beautiful wind. I feel like running amok into things! So beautiful. May God bless you.

[Shri Mataji speaks in Hindi to 1 yogi and then to yogini from earlier]

Shri Mataji: Are you better now, Kerry? Much better? Now will you please forget that you have any disease. Alright? You are torturing yourself for nothing at all. You are such a healthy person. When such a horrible disease is cured, this is nothing. This is just your own. Do some Ganesha's thing, alright? Sit on the grass and sing Ganesha's mantra. Also have My photograph, you can sing Ganesha's mantra

1994-0417, We have to know the Absolute Truth

View [online](#).

17 April 1994

We Have To Know The Absolute Truth

Public Program

Brisbane (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program. Brisbane (Australia), 17 April 1994.

I bow to all the seekers of truth.

At the very outset, I have to tell you that truth is what it is: you cannot change it, you cannot conceptualize it, you cannot know it unfortunately at this human awareness. A little bit more of our evolutionary process has to take place.

You have been already told about the centres that we have within ourselves and how we get our self realisation. Regarding this I have to say that you should not believe me, whatever I have to say, blindfolded. We have had enough of problems with blindfolded faiths. But you must keep your mind open like a scientist, because whatever I say is proved, then you have to accept as honest people, because it is for the benevolence of your being, benevolence of your family, benevolence of your city, of your country and the whole world.

Today the problems you are facing, all kind of problems are due to the jeopardy of these centres. When these centres go into trouble, we have problems at human level. And the problems of the world are mostly because of human beings.

If, by some means, we know about this, we become aware of it. Knowing is not, just in a lecture, but to be aware of it. And if you know how to correct it, then you are all right physically, mentally, emotionally, spiritually you are all right.

So the truth is that you are not this body, this mind, these emotions, intellect or your ego, your conditionings, but you are the pure spirit. This is the first truth about you.

Secondly we see here beautiful flowers all over and we take them for granted, we never even think that it is a miracle, the way these flowers are produced of different varieties by the Mother Earth; is very surprising, we never think about it..

Another thing is that we never ask the question who runs our heart and, if you ask doctors, they will say is the autonomous nervous system that does it. But who is this auto, we never ask this question. It is very surprising that we never ask questions about living processes, how it works out, how the living process works out.

And that is the essence of human life, life at large anywhere.

This happening has been described to you of this power within you; is very easy, sahaja. Saha means "born", ja means "with"; I mean saha means "with", ja means "born", sahaj means "born with you" the right to be one with this all pervading power which does all the living work.

So there is a subtle power which is extremely dynamic, which is described in every scripture, is described as the cool breeze of the Holy Ghost. It is described also the all pervading power of divine love, it is described as Rhu, it is described as Paramchaitanya. Patanjali had described it as Ritambhara PrAgya.

All the scripture have described this power which is subtle, which we have never felt before.

So the second important truth is that there is a all pervading power of divine love, which we have not felt to far, to which we have to be united and this is what is Sahaja Yoga: is born with you is the right to be one with this "yoga", the union with this divine power. Which does all widely work. It is the ocean of knowledge. Actually we know very little, as you know that our brain is limited. Is the ocean of compassion, ocean of blessings. But above all is the ocean of forgiveness.

So we torture ourselves sometimes feeling guilty, also sometimes by feeling the anger and not forgiving people. We torture ourselves. But as this is the ocean of forgiveness, we have to know whatever we might do can be forgiven, by this ocean can be dissolved.

I have to tell you that this is your own power, this is your own, innate, within you. It is there your own power and it is in this triangular bone which is called as sacrum. And surprisingly Greeks knew it was a sacred bone, they called it sacrum.

So this sacred bone contains in every human being this wonderful power, which is a reflection of a primordial power, that we call as the Primordial Mother.

As we turn to our science, what we find it cannot answer many questions. For example, science cannot say why we are here on this Earth, what is the purpose of our life and we are seeking our identity. The other day they told me that people tried to commit suicide to have in newspaper. All kinds of things are done for identity. They were all kinds of dresses, they were all kinds of funny [...], going about for identity. What is our identity is that we are the spirit and that is within us, every human being has that power. And once we achieve that state of spirit you understand things which you could never understand otherwise.

The first and foremost you understand that you become part and parcel of the divine power, that you have blessed by it, that starts running through you, you can feel it and you are empowered to do things which you could never do.

For example when it starts flowing in your fingertips, you can feel the different centres within you for self-knowledge and also the centres of others. So you develop a new dimension that we call as collective consciousness. That your awareness is very mundane and superficial, suddenly becomes collective and you start feeling on your fingertips the centres of others, thus you know what wrong these others is. Then you do not talk about the dress or the face, but you say that this kundalini, this gentleman has these centres which are out of gear and they are to be put right. And once you understand that, how to correct them then you can also correct others' centres.

It is such a blessing for us that a human being who does not think much of himself, that is why he tries to find identity.

I always give an example, supposing you take a television set in a very remote corner of India where they have never see something like that; and tell them that this box can show you some films from abroad, they will say "This box?"

in the same way, we also think about ourselves, ourselves we think we are just ordinary boxes. We are not. We are very glorious, very powerful and we are the ones who can change all that is dangerous, destructive.

But for that, you have to develop correct vision and a proper understanding of what you are.

So when you become the spirit, the first thing that happens to you as I told you, that you become collectively conscious.

The second thing that happens to you that your thoughts, which are all the time coming from the past and the future. if I tell you go to your present, you cannot. You cannot enter into your present. So these thoughts which are coming from the past and the future are all the time disturbing you and you are jumping on the cusp of these thoughts. But when this Kundalini rises, she elongates those thoughts. in between is the area which we call as the pause, vilamba, where your attention goes and you become silent. No thoughts, but you are fully aware.

So achieve a state that we call as thoughtless awareness, about which Jung has talked. Thoughtless awareness, where you are without any thought, in the present, that is reality. Present is the reality, not the future, not the past.

So you stand in that area, which is peace for us. So in that area which is peace within ourselves, when you arrive, you become absolutely peaceful. All this stress, strain of life finishes all and you become absolutely peaceful and this peace comes to you so beautifully, you drop so many years of your age. You become dynamic, you become compassionate, you work very hard, you travel, but it does not show, it does not work on you, it is just outside that you witness, see it as a witness. Like a drama, as you see, the witnessing of a drama of this world, nature, all kinds of things that you see is a drama.

Thus you become extremely peaceful. I know of people who have got rewards of peace, foundation of peace, all kinds of things, but they are horribly hot tempered, horribly. If you talk to them, you have to approach them with a [...] pole. Otherwise is very dangerous, extremely hot tempered people, you cannot talk to them. I do not know how they have become people who are supposed to have become symbol of peace, but those who do not have any peace within, cannot emit peace outside.

So this area, which I call as a area of peace, exists within you. Once it is established, you will be amazed how many things can happen to you. Firstly what happens to you, you can sleep very well, you are always fresh and also your memory improves. That is the greatest thing that happens that your memory improves. Then your relationship with others also improves, your relationship with others also improves because you are so peaceful. Another person who comes to you sees your peace and enjoys it.

Now it is very important to understand that we have that peace within ourselves and this state of nirvichar samadhi as they call that was very difficult once upon a time to achieve, people had to go to Hymalayas, stand on their heads, take up a guru and one person could get realisation. A guru will give only to one, I mean a real guru, because we have lots of false people all around these days marketing everything.

It cannot be marketed, one must understand. It is spiritual awakening which is spontaneous, it is a living process and you cannot pay for it. How much you pay the Mother Earth to create these flowers? So we cannot pay for it. Of course you can pay for the hall, that is different, but you cannot pay for your self realisation and for achievement in your spirituality. People have forgotten that they are spirit., they do not believe that they are spirit, they just think that they are this body and that this body has to vanish

one day. That is not true. This body is guarded, is looked after, is nourished, witnessed by your spirit.

So once you get this realisation, you get your attention enlightened. Now Christ has said "Thou shall not have adulterous eyes", i mean is a very subtle thing to say. In the Christian nations, how many people you can find who have such eyes? Very seldom. And really with this happening people develop those subtle innocent eyes which are very powerful: even aglance of such an eye can bring such peace [...]. Also it can cure people, it can help them. So what Christ has said, can be today brought in that our eyes can become innocent. Such a troublesome thing eyes which are rolling all the time here and there, it really kills your attention, kills your attention.

By the time you are 50 years you are a gaga-person and if not at 60 you will be; because attention is going all the time from here to there to there to there, of no a way, it is just a mad race.

Now all our paradoxical culture that we see around, which is really tremendous, because I do not know how we can tolerate all this - everyday you read on the newspaper the husband kills the wife, wife kills the husband, children kill the parents, the parents kill the children... I mean, what is going on? It does not even happen among animals. Why should we become so violent? Why should we be so unnatural, devilish? Some of the things are really devilish. And persons who are good, who are righteous are shocked, by the things that are happening around; they cannot understand how these things are taking place and all the time they suffer from a sense of insecurity. All these things happen because of these chakras being out of gear. We will be amazed that they have gone so far, that - I do not know if you allow these things go on, there will be a complete, complete distruction.

It is said that, it is said that in 10 years 65% Americans will become schizofrenic, can you imagine?

This all comes from where? They said it comes from modern life, modern times, but who has brought the modern times? We have brought the modern times. It is our creation. We can say the media has done it... we can blame anyone we like, but the effect is that and a very dangerous effect of violence, of hatred, all kinds of horrible things are happening in this world.

Now what we have to see in this paradoxical culture is what is missing, is we do not have the idea of truth, they do not know - we have to know the absolute truth. If we all know the same truth, there will be no quarrel, no fighting, no arguement, no violence, nothing. But we do not know the absolute truth. Somebody says this is right, another says this is right, another says what is wrong? What is wrong if I kil my mother? What is wrong? How can he say what is wrong?

All sorts of absurd things really are justified by this brain, human brain at any level. So one has to think about it, why it happens.

Now when we look at anything, I am sitting before you if you can see I am sitting before you, there is no question, there is no arguement, there is no discussion about it. In the same way, if you can know the absolute truth, all of you the same thing there will not any problem either.

Now how will you know is on your fingertips, you see English language is very good for that, to say on your fingertips. There are five, six and seven sympathetic centres, five, six and seven sympathetic system. Right hand is for our physical and for our mental; I mean mental is a very [distant] word in English language. I should say for our intellect and whatever work we do through thinking and brain. And the left side is for emotions.

So we have wo sympathetic nervous systems in our body, which are shown here clearly and they are related to our right side and to our left side. This action through this sympathetic nervous system takes place only during emergency and we live with emergency, all the time in modern time we live with emergency, thus we develop all kind of diseases.

If we could some or other pacify our nerves and if we really could be in the centre, where we are neither in the future or in the past, we can really enjoy every moment of our life.

So the second thing that happens to you is that you know the absolute truth on your fingertips, means you know what centres you are catching. Somebody comes and tells me "Mother, my Agnya is catching", is this one on the optic chiasma. now if you want to know what that means, that means "Mother I am suffering from ego" But nobody would say that. Unless and until you can see your ego, you will never say "I am suffering from ego", a man who has ego... I mean, Hitler would say that? "I am suffering from ego" He would not.

So you have to see yourself very clearly and once you start seeing yourself very clearly you understand what is wrong with you and that state comes to you very easily and has an absolute truth. You make one person sit before ten children who are realised souls and tie their eyes and ask what is wrong with this person, they all will raise the same fingers, same fingers, that means they are all telling the same thing, the same truth, the absolute truth.

Sitting down here you can find out anyone you want to know, you want to find about anybody who is dead, you can know on your fingertips what is wrong with him. You know about yourself and you know about them. And if you know how to correct it, you have corrected yourself and you have corrected them. It looks fantastic, it appears something out of the blue and for people is something they cannot understand, but you are that, you are that. As I told you that we always think we are just a box, it is not so.

You have all these qualities within you, but too much of ego, too much of conditioning and also too much of mundane superficial life that really makes it very much low and you just see the superficial things. That is not so.

God almighty has created us to be very happy, very joyous people, to enter into His kingdom, not to make us miserable, not to make us unhappy, and to divide us into different levels of mental projection, no. It is actually in reality, we are all part and parcel of one divine love.

But that is only possible when you become the spirit, otherwise it is just a sermon or a lecture, by that you are not even connected to the all pervading power and you cannot find out what is wrong with you, what is wrong with others and what is wrong with the whole world. For that knowledge to be innate within you, whatever knowledge we have is only bookish knowledge and we really get involved into the web of words, words words words words. They go on reading books after books and you do not know what to do with them, they cannot see between the lines what is written; and they do not want to know, because they are quite satisfied with what they are reading, according to them is the best [...]. But are you peaceful? Are you all right? Are you above illnesses? Are you full of compassion? Are you relaxed? No. There is something missing, why should not we have that? And that is because we have to seek and we seek the truth.

But once we seek the truth, we find it, it is necessary first to find the truth and then to talk about it.

Before that it is just a mental projection and has no meaning, just a mental feed going on. I have seen people sitting down, round the table, thousands of them had such kinds of experiences and discussing this and that and finding nothing. So something has to happen within us and the happening is the awakening of this Kundalini, this force. She has to ascend to these six centers and pierce through fontanel bone area and to be connected to this subtle force; as this instrument [the microphone] has to be connected to the mains otherwise it has no meaning, in the same way we have no meaning unless and until we are connected to that force.

And this is what we have to do, it is something so simple. It has to be, because it is so vital. Supposing for our breathing we had to go to libraries to read about breathing, what would have happened to us? Today is so vital that we should have this happening within us and that we should know ourselves, by which we should know the whole world.

By knowledge I do not mean the knowledge through books, but I am meaning the knowledge on our central nervous system. For that, in Sanskrit there are two words. One is Buddha, boddh, from where the buddha has come; bodh is to know everything on your central nervous system. And the second word is vydh from which Veda has come, and the first words of Veda is that "by reading this book, if you do not get your self realization, it is useless to read Vedas". All essence of Vedas is put there.

So what we have to do is now, just to know that we have this power, it is within us and is all going to work out. A part from that, what happens you enter into a mere miraculous world of blessings, such blessings that you cannot explain. People write to me, "Mother this happened, that happened such a miracle how I got rid of this problem or that problem". So I told somebody, "Why don't you try to record them?"

In within one month, he said they have come up to my head now, I do not know which one, do you want to please, Mother, read it and tell me what to do. I said, "Baba, I have no time, travelling travelling, I have no time, will you please give up the idea of writing those miracles?"

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You will be amazed we are fighting drugs at this level, that level. Nothing to be done, you just get you realization. In England will be surprised, so many of them, just after realization, over the night they forgot about drugs, forgot completely, give it up. Alcoholism, this that, all these things they dropped without even thinking about that. I did not tell them, I never tell "don't, don't", I never tell them Ten Commandments, because if you tell in these modern times nobody will seat here.

But once they see for themselves what is wrong, they just stop it. In the seeing is the being, you become. I give an example of the snake in the hand, when is darkness, you cannot see it; the person [...] will say "Oh, it is not a snake, is just a rope I am holding on to". Till the snake bites, it will go on like that.

But if there is a little light, then you see the snake and you just drop it out by yourself, nobody has to tell you. You become your own guide, your own master and drop it. You do not need anybody to tell you, you just drop it yourself.

thus your life is on the proper lines and you move on the proper lines. We have to be sensitive about it, this is the main point I find, because of this paradoxical culture again I say people are very insensitive. We think people are very advanced, but they do not know. All this advancement, all this pomp and show of cultures has no roots, is a [rotting]. We have the knowledge of

science, this that, but we have not got the knowledge of the roots and this is the knowledge of the roots that we have to have if we have to save ourselves.

As you know very well that Sahaja Yoga is working in 62 nations, especially in Russia and Eastern blocs. Of course in India it is because they know about it, but Russia and Eastern bloc people I was surprised, because they are not so materialistic. They are not so much worried about material things, they are, 70% of them are very spiritual, it is very surprising. They are very introspective and they threw away all the false gurus who prospered everywhere in the west; they gave them away, they threw them out. No one of them could be successful. I was surprised how they were sensitive to Sahaja Yoga, which I know is the real thing.

And all this falsehood has taken people away. Like this time I went to America, they were complaining about one Mr. Pradip, something [...] that he had taken so much money from them, the children had gone out of the houses, we now do not know what to do. First, when I went there, they were telling me about TM, this and that, all these gurus, Rajanish this that; but I said, "why did you go to him?" I cannot understand. "Because, you see, he was claiming this..."

I said "Whatever one may claim, first of all you must see the disciples, how they are, how they are behaving, what sort of a life they live. Are they righteous people? Or they are the gangsters, and you think the guru is great because they have become gangsters?"

So many people have lost their houses, have lost their children, I mean horrible things have happened with false gurus and I am sorry to say this has come from my country, India.

Not all, but so many of them are still going on everywhere. And the other day I met some of the "born again", horrible looking people, shouting, screaming, I do not know, and all wrinkled. So I said (young people) "So are you born again?", they said yes, I said I do not think, you are not. See your faces look like hoax, how can you be born again? Your faces show that you are not born again, is just a label you have got as you have got a label that I am a Christian, I am a Hindu, I am a Muslim. This is the worst, because you have taken a certificate saying as you are born again, but if you are born again then you have powers. You behave like hooligans here, how can you call yourself born again with such hoax like faces that you have? There not peace, there is nothing, nothing of Christ in you, you are not connected to Christ, you are not connected to God, you have to be connected to Him, otherwise you will not know what you are doing.

Everybody thinks if they go to church – I was also born in a Christian family and I was surprised how they believe that they are Christians. You have to be connected and He has said it, he has said it many a times that you are to be born again. So you get this kind of "born again" all around the places doing nothing and just making lots of money – I do not know what they are doing. It has to be genuine.

If it is genuine, it should show results, it should show results in the disciples, how they are, how they behave. Are they humble people? Are the righteous people? Are they people with character? Do they respect their chastity, which Christ has very clearly said? But that is not so. We have seen all smugglers in India are disciples of all these gurus, How can you be smugglers if you belong to some spiritual movement. Spirit makes you clean, washes all your sins, it washes off all your – I should say – the evil ideas that you have and you become a beautiful person, because you are beautiful. It is like the sun covered with the clouds: once the clouds are removed then you are shining like a sun. And this should happen tonight and I hope it will happen to all of you.

Today is my last day in Australia, I am going away. Every year I come here. We have very good, strong sahaja yogis, even in Brisbane we have, very good people. They are not showing, they are not wearing funny dresses, nothing of the kind, they are just like normal people. And they are intelligent, they can talk to you about Sahaja Yoga, they tell you about it, without any ego, without any aggression. If you want you can have it, so your freedom is respected. If you want to go to hell, all right; if you want to go to heaven, all right.

It is your want, it is your desire, because this power is the power of pure desire. If you have the pure desire to ascend, then only it will work; all other desires are not pure. You want to have, say for example you want to have a house, you will have a house; you want to have a car, then an airplane, I do not know what else. But nothing satisfies, because all these desires are not pure. Whether you are aware or not, you are having the desire to be one with this all-pervading power which is the pure desire and I am sure it will work out tonight with the people, as I see you here so anxious to get your self-realization. I know you all are very anxious as well as there are some who have questions and they would like to ask questions.

Now, what I would like to tell you that I have been doing this for the last 25 years. You know my age is now 71, might be 26 years, I should say. And what I find that I know all kind of answers to all kind of stupid questions. I have mastered it now. But what just a mental things, why wasting energy on that, you see? You should better get realization first, and after ask me questions, I do not

mind. First thing is to get to the light, to know yourself, this is the thing for which you are here. You are not here for some sort of a party or something, but to get to know yourself, which is so important from every angle.

I would like to tell you, there are four doctors in Delhi who have got their MD with Sahaja Yoga. Different diseases they took one each and they have shown that Sahaja Yoga cures people. It does, it has cured so many people, it has helped many people who have been going astray, who have been doing wrong things in their life, it has brought them to right path. And if you want to save your life, you have to think about it seriously what have you been doing so far, see if it has not helped you, has not answered anything.

So, those who want Sahaja Yoga, those who want to become self-realized are requested to stay in the hall, but those who do not want I cannot force. So if you do not want, it will not work and it is just a waste of time and energy. So I would request you to leave the hall so that others do not get disturbed by you. If you want to have your self-realization then you are welcome, very much welcome to stay here.

It will hardly take ten minutes and you are all capable of getting it. But of course you cannot give realization to a mad man or to an idiot, you know? There are many mad people nowadays going around. But of course for anybody who is a normal person, you can get it.

There are three conditions. The first condition is that you do not have to feel guilty about anything, at this moment. It is a fashion to feel guilty, is really a fashion. What so feeling guilty, people feel guilty because they spill their coffee or something like that. Just torturing yourself for nothing at all. So you have to respect. I would say, you have to be pleasantly placed towards yourself. As in Sanskrit we call prasanna chit.

Know that you are a human being, you are at epitome of evolution and why should we all the time, because we have freedom to do whatever we like to ourselves, go and feeling guilty for this and feeling guilty for that? It is a myth.

Second myth we carry is, if I say that you have to forgive everyone they say it is very difficult. Now logically, just think about it, whether you forgive or do not forgive, you do not do anything. What do you do? Nothing! But if you do not forgive, then mentally you play into wrong hands, you torture yourself.

In the first case, when you feel guilty this center goes out of order, this one here on the left and you develop diseases like angina, spondylitis, lethargic [...]. With the second one, when you do not forgive, this center on the optic chiasm, in the brain is like this [Shri Mataji crosses her fingers], absolutely like this, absolutely constricted, but when you forgive it opens out. Because it is another myth with which you are torturing yourself; as it is you are tortured yourself, for others who have troubled you are very happy people, but you are troubling yourself by not forgiving. And by not forgiving you will not allow this center to open and Kundalini will not pass through, so you will miss such a great chance of becoming the Self.

So just do not think it is difficult, it is the easiest thing at the moment to say that I forgive everyone, now do not think about them, because even to think about them it is headache. So best, in general, to say I forgive everyone, you will feel much lighter, I tell you.

Now the third one is even easier, because I assure you I verily say that you all should have self-confidence, full self confidence that you will get your realization tonight, today now. Please have that self-confidence, it is very important. Now do not think that I have committed that sin, that thing, all these ideas have come to you from human beings, not from divine, why believe them?

I have committed this sin, that sin and those and I am such a great sinner and go and confess the sins. All nonsense. You are a human being, respected by the divine and you have to enter the Kingdom of God; so please understand, do not try to condemn yourself, but be full confident.

These three conditions are there which are very (I think), are simple, logical and very much needed for your realization and if you value yourself then please do that. You have no business to de-value yourself. Let the divine decide, let the Kundalini decide, why are you bothered? If this is the last judgment, let the Kundalini decide.

I think this is the blossom time, where I have seen thousands and thousands blossoming and then becoming the fruit, I have seen. So that is how what I have to assure you to all get your self-realization, only have your self-confidence.

Last of all we have to know that it is not an individual thing. Now you will feel very much better after realization, I know, you will feel very happy, on top of the world, but this connection has to be fixed, for that I would request you that you should come to our collective. Now it is not like lecture, introductory lecture, free and then you charge money... it is not like that: you will not be charged any money. For all this knowledge you will not be charged. Please come to the collective and then grow into it and then master the whole art within one month time, maximum. You can become your own master, you can master the art of Sahaja Yoga by which you can give realization to others and achieve that last state which we call as Nirvikalpa Samadhi, where there is no doubts about your Self; and you know all these powers and you know how to raise them and you know how to give

realizations to others, like when one enlightened light (when enlightened) can enlighten other lights. In the same way you can go on giving realization to others and enjoy this great gift you have got. It is all there, just to get it, but you have to come to the collective in a humble way, because we do not have big palaces for meditation, no we have simple places; and then you will be surprised how to be in meditation, not to do meditation. But we have to be in meditation, where you are silent, you are in the present.

In this small lecture, whatever possible I have tried to tell you, but is full of knowledge, I think there must be four thousand tapes of my lectures in English language, a part from other languages. So you all can make avail of it and enjoy it. It is all available to you. Look at these children, you know to an Englishman to teach one word of Hindi was headache, they could not tell them, they could not pronounce them properly. But look at them, they are singing Sanskrit songs, Marathi songs, Hindi songs, with all the tunes and everything and everything, rhythm, you will not believe that if the Indians hear they would be surprised, in India happened and they were so shocked.

So many artists said, "Mother we must touch their feet", I said why? "In such a short time they have learned". It is the power of Spirit. You become so dynamic, so creative, so wonderful, there are so many things that happen.

I would say it is a temptation of the mother, like in England no sahaja yogi is unemployed, [there are millions that are unemployed], not one. Everybody has gained because your attention becomes all right, you become so dynamic. You see with this attention which is so enlightened you can decide, you know everything and you can manage things. So every way you are helped, every way.

So now, again, I was saying that sometimes it is, people do not like when I tell them that they have to take out their shoes, it is not too much to take out the shoes please, because this Mother Earth helps us a lot, if you do not mind.

I have to make a request that for about ten minutes, until we have this procedure. I am going to tell you how to make your chakras activated [...]. During that time, please, nobody should leave the hall disturbing others. If you want to leave, you should leave now.

Before that it is just a mental projection and has no meaning, just a mental feed going on. I have seen people sitting down, round the table, thousands of them had such kinds of experiences and discussing this and that and finding nothing. So something has to happen within us and the happening is the awakening of this Kundalini, this force. She has to ascend to these six centers and pierce through fontanel bone area and to be connected to this subtle force; as this instrument [the microphone] has to be connected to the mains otherwise it has no meaning, in the same way we have no meaning unless and until we are connected to that force.

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thus your life is on the proper lines and you move on the proper lines. We have to be sensitive about it, this is the main point I find, because of this paradoxical culture again I say people are very insensitive. We think people are very advanced, but they do not know. All this advancement, all this pomp and show of cultures has no roots, is a [rotting]. We have the knowledge of science, this that, but we have not got the knowledge of the roots and this is the knowledge of the roots that we have to have if we have to save ourselves.

As you know very well that Sahaja Yoga is working in 62 nations, especially in Russia and Eastern blocs. Of course in India it is because they know about it, but Russia and Eastern bloc people I was surprised, because they are not so materialistic. They are not so much worried about material things, they are, 70% of them are very spiritual, it is very surprising. They are very introspective and they threw away all the false gurus who prospered everywhere in the west; they gave them away, they threw them out. No one of them could be successful. I was surprised how they were sensitive to Sahaja Yoga, which I know is the real thing.

And all this falsehood has taken people away. Like this time I went to America, they were complaining about one Mr. Pradip, something [...] that he had taken so much money from them, the children had gone out of the houses, we now do not know what to do. First, when I went there, they were telling me about TM, this and that, all these gurus, Rajanish this that; but I said, "why did you go to him?" I cannot understand. "Because, you see, he was claiming this..."

I said "Whatever one may claim, first of all you must see the disciples, how they are, how they are behaving, what sort of a life they live. Are they righteous people? Or they are the gangsters, and you think the guru is great because they have become gangsters?"

So many people have lost their houses, have lost their children, I mean horrible things have happened with false gurus and I am sorry to say this has come from my country, India.

Not all, but so many of them are still going on everywhere. And the other day I met some of the "born again", horrible looking people, shouting, screaming, I do not know, and all wrinkled. So I said (young people) "So are you born again?", they said yes, I said I do not think, you are not. See your faces look like hoax, how can you be born again? Your faces show that you are not born again, is just a label you have got as you have got a label that I am a Christian, I am a Hindu, I am a Muslim. This is the worst, because you have taken a certificate saying as you are born again, but if you are born again then you have powers. You behave like hooligans here, how can you call yourself born again with such hoax like faces that you have? There not peace, there is nothing, nothing of Christ in you, you are not connected to Christ, you are not connected to God, you have to be connected to Him, otherwise you will not know what you are doing.

Everybody thinks if they go to church – I was also born in a Christian family and I was surprised how they believe that they are Christians. You have to be connected and He has said it, he has said it many a times that you are to be born again. So you get this kind of "born again" all around the places doing nothing and just making lots of money – I do not know what they are doing. It has to be genuine.

If it is genuine, it should show results, it should show results in the disciples, how they are, how they behave. Are they humble people? Are the righteous people? Are they people with character? Do they respect their chastity, which Christ has very clearly said? But that is not so. We have seen all smugglers in India are disciples of all these gurus, How can you be smugglers if you belong to some spiritual movement. Spirit makes you clean, washes all your sins, it washes off all your – I should say – the evil ideas that you have and you become a beautiful person, because you are beautiful. It is like the sun covered with the clouds: once the clouds are removed then you are shining like a sun. And this should happen tonight and I hope it will happen to all of you.

Today is my last day in Australia, I am going away. Every year I come here. We have very good, strong sahaja yogis, even in Brisbane we have, very good people. They are not showing, they are not wearing funny dresses, nothing of the kind, they are just like normal people. And they are intelligent, they can talk to you about Sahaja Yoga, they tell you about it, without any ego, without any aggression. If you want you can have it, so your freedom is respected. If you want to go to hell, all right; if you want to go to heaven, all right.

It is your want, it is your desire, because this power is the power of pure desire. If you have the pure desire to ascend, then only it will work; all other desires are not pure. You want to have, say for example you want to have a house, you will have a house; you want to have a car, then an airplane, I do not know what else. But nothing satisfies, because all these desires are not pure. Whether you are aware or not, you are having the desire to be one with this all-pervading power which is the pure desire and I am sure it will work out tonight with the people, as I see you here so anxious to get your self-realization. I know you all are very anxious as well as there are some who have questions and they would like to ask questions.

Now, what I would like to tell you that I have been doing this for the last 25 years. You know my age is now 71, might be 26 years, I should say. And what I find that I know all kind of answers to all kind of stupid questions. I have mastered it now. But what just a mental things, why wasting energy on that, you see? You should better get realization first, and after ask me questions, I do not mind. First thing is to get to the light, to know yourself, this is the thing for which you are here. You are not here for some sort of a party or something, but to get to know yourself, which is so important from every angle.

I would like to tell you, there are four doctors in Delhi who have got their MD with Sahaja Yoga. Different diseases they took one each and they have shown that Sahaja Yoga cures people. It does, it has cured so many people, it has helped many people who have been going astray, who have been doing wrong things in their life, it has brought them to right path. And if you want to save your life, you have to think about it seriously what have you been doing so far, see if it has not helped you, has not answered anything.

So, those who want Sahaja Yoga, those who want to become self-realized are requested to stay in the hall, but those who do not want I cannot force. So if you do not want, it will not work and it is just a waste of time and energy. So I would request you to leave the hall so that others do not get disturbed by you. If you want to have your self-realization then you are welcome, very much welcome to stay here.

It will hardly take ten minutes and you are all capable of getting it. But of course you cannot give realization to a mad man or to an idiot, you know? There are many mad people nowadays going around. But of course for anybody who is a normal person, you can get it.

There are three conditions. The first condition is that you do not to have feel guilty about anything, at this moment. It is a fashion to feel guilty, is really a fashion. What so feeling guilty, people feel guilty because they spill their coffee or something like that. Just torturing yourself for nothing at all. So you have to respect. I would say, you have to be pleasantly placed towards yourself. As in Sanskrit we call prasanna chit.

Know that you are a human being, you are at epitome of evolution and why should we all the time, because we have freedom to do whatever we like to ourselves, go and feeling guilty for this and feeling guilty for that? It is a myth.

Second myth we carry is, if I say that you have to forgive everyone they say it is very difficult. Now logically, just think about it, whether you forgive or do not forgive, you do not do anything. What do you do? Nothing! But if you do not forgive, then mentally you play into wrong hands, you torture yourself.

In the first case, when you feel guilty this center goes out of order, this one here on the left and you develop diseases like angina, spondylitis, lethargic [...]. With the second one, when you do not forgive, this center on the optic chiasm, in the brain is like this [Shri Mataji crosses her fingers], absolutely like this, absolutely constricted, but when you forgive it opens out. Because it is another myth with which you are torturing yourself; as it is you are tortured yourself, for others who have troubled you are very happy people, but you are troubling yourself by not forgiving. And by not forgiving you will not allow this center to open and Kundalini will not pass through, so you will miss such a great chance of becoming the Self.

So just do not think it is difficult, it is the easiest thing at the moment to say that I forgive everyone, now do not think about them, because even to think about them it is headache. So best, in general, to say I forgive everyone, you will feel much lighter, I tell you.

Now the third one is even easier, because I assure you I verily say that you all should have self-confidence, full self confidence that you will get your realization tonight, today now. Please have that self-confidence, it is very important. Now do not think that I have committed that sin, that thing, all these ideas have come to you from human beings, not from divine, why believe them?

I have committed this sin, that sin and those and I am such a great sinner and go and confess the sins. All nonsense. You are a human being, respected by the divine and you have to enter the Kingdom of God; so please understand, do not try to condemn yourself, but be full confident.

These three conditions are there which are very (I think), are simple, logical and very much needed for your realization and if you value yourself then please do that. You have no business to de-value yourself. Let the divine decide, let the Kundalini decide, why

are you bothered? If this is the last judgment, let the Kundalini decide.

I think this is the blossom time, where I have seen thousands and thousands blossoming and then becoming the fruit, I have seen. So that is how what I have to assure you to all get your self-realization, only have your self-confidence.

Last of all we have to know that it is not an individual thing. Now you will feel very much better after realization, I know, you will feel very happy, on top of the world, but this connection has to be fixed, for that I would request you that you should come to our collective. Now it is not like lecture, introductory lecture, free and then you charge money... it is not like that: you will not be charged any money. For all this knowledge you will not be charged. Please come to the collective and then grow into it and then master the whole art within one month time, maximum. You can become your own master, you can master the art of Sahaja Yoga by which you can give realization to others and achieve that last state which we call as Nirvikalpa Samadhi, where there is no doubts about your Self; and you know all these powers and you know how to raise them and you know how to give realizations to others, like when one enlightened light (when enlightened) can enlighten other lights. In the same way you can go on giving realization to others and enjoy this great gift you have got. It is all there, just to get it, but you have to come to the collective in a humble way, because we do not have big palaces for meditation, no we have simple places; and then you will be surprised how to be in meditation, not to do meditation. But we have to be in meditation, where you are silent, you are in the present.

In this small lecture, whatever possible I have tried to tell you, but is full of knowledge, I think there must be four thousand tapes of my lectures in English language, a part from other languages. So you all can make avail of it and enjoy it. It is all available to you. Look at these children, you know to an Englishman to teach one word of Hindi was headache, they could not tell them, they could not pronounce them properly. But look at them, they are singing Sanskrit songs, Marathi songs, Hindi songs, with all the tunes and everything and everything, rhythm, you will not believe that if the Indians hear they would be surprised, in India happened and they were so shocked.

So many artists said, "Mother we must touch their feet", I said why? "In such a short time they have learned". It is the power of Spirit. You become so dynamic, so creative, so wonderful, there are so many things that happen.

I would say it is a temptation of the mother, like in England no sahaja yogi is unemployed, [there are millions that are unemployed], not one. Everybody has gained because your attention becomes all right, you become so dynamic. You see with this attention which is so enlightened you can decide, you know everything and you can manage things. So every way you are helped, every way.

So now, again, I was saying that sometimes it is, people do not like when I tell them that they have to take out their shoes, it is not too much to take out the shoes please, because this Mother Earth helps us a lot, if you do not mind.

I have to make a request that for about ten minutes, until we have this procedure. I am going to tell you how to make your chakras activated [...]. During that time, please, nobody should leave the hall disturbing others. If you want to leave, you should leave now.

1994-0418, Arrival

View [online](#).

18 April 1994

Arrival

Haneda airport, Tokyo (Japan)

Talk Language: English | Transcript (English) – Draft

(Yogi: they came to help. ?)

Shri Mataji:

So very happy, that you are all here, extremely happy. Thank you.

Shri Mataji receives flowers:

Thank you.

I brought flowers for you, from Australia

They offered it to me, but now they are alright

The thought we are smuggling something.

Yogini: Thank you

Shri Mtataji:

(inaudible)

So far away

It is a good thing I fly.

Yogi: Yeah, It will take one and a half hour to drive there (inaudible)

Shri Mataji:

All right.

Yogi:

Cause it is like.

(inaudible)

I think it is like...

So let's meet in...

here ends the video

1994-0418, If you are a seeker of truth, then you must find out the truth

View [online](#).

18 April 1994

If You Are A Seeker Of Truth, Then You Must Find Out The Truth

Public Program

Kanda Pensee hall, Tokyo (Japan)

Talk Language: English | Transcript (English) – Draft

1994-0418 Public Program, Tokyo Japan

Shri Mataji: What?

Yogi: I was telling Sahaja Yoga, how simple and how you have to be your own master.

Shri Mataji: You told them about Chakras?

Yogi: Yes, I stopped in Nabhi.

Shri Mataji: That's alright.

[UNCLEAR]

Shri Mataji: Take it in front. Would be better. [UNCLEAR].

I bow to all the seekers of truth. At the very outset, I have to tell you, that truth is what it is. You cannot change it. You cannot conceptualize it. It is, it has been and it will be. On these lines, I should say, lot of work was done by Veditama who, who started a movement called Zen. And He has tried in His own way, to establish the essence of all the religions. But He was too subtle, and people couldn't understand Him. I've been here before 3 times also with my husband. And I find that the people here, are very spiritual but, they have no idea as to what is spirituality. As, Bruno has explained to you, we have this system, subtle system, within ourselves. But whatever I'm going to tell you today, you need not believe it blindfolded. Little loudly I think. But, you should accept it as a hypothesize, and you should keep your mind open as scientist. And if it works out, then you have to believe as honest people. Because it is for your benevolence, it is for the benevolence of your country, your family and the whole world.

Whatever problems we have in this world, most of them come from human beings. They come because, there are problems in the centers, of human beings. But is all built-in, within you. It's all there. This power, which is in the Sacrum bone, is in every human being. It is called as a Sacrum, means, saceret bone. That means the Greeks knew it's a saceret bone. Now this, awakening, that has to take place is spontaneous, because it's a living process of evolution. As you can, put a seed in the Mother Earth, it sprouts. Because it is built-in in Mother Earth, as well as in the seed, to sprout. So the power is your own. And you have the built-in mechanism to work it out. Of course, you cannot pay for it. How much do we pay to Mother Earth, for giving us all these beautiful flowers? She doesn't understand money.

So one has to understand, that, everyone one of you are, is capable of becoming the Spirit. English language is funny. It calls, Spirit to what we say Atma. It also calls a dead body, a spirit. It also call the alcohol, a spirit. So it's 3 meanings one word has now. I am meaning, the Spirit which is in the heart. Is the reflection, of God almighty. I don't know what you call the Spirit, Atma, in your language.

Yogi: We call it [UNCLEAR Sere].

Shri Mataji: [UNCLEAR Sere]?

Yogi: But it does have other meanings too.

Shri Mataji: Ah good.

Yogi: It's not a one to one, it's not a one to one, meaning.

Shri Mataji: Alright. Now, this, is this truth about you, is that, you are not this body this mind. These emotions, and this intellect, ego, or, your conditionings. It's too much. But you are the pure Spirit. This is the first truth. The second truth is, that there is a all-pervading power, of Divine Love, which does all the living work. We see all these beautiful flowers here, beautifully done. And we take them for granted. We don't think, that this is a miracle. Different flowers, different colors, different heights. Who runs our heart? If you ask a doctor, he'll say, it's the autonomous nervous system. But who is this auto?

So, we have to become the Spirit, is only possible, when you are in connection with this all-pervading power. So when this power, Kundalini, passes through these 6 centers within us, She, Nourishes them, and integrates them. Lao Tze called it as Tao. Lao Tze from...

Yogi: Shri Mataji? Sorry.

Shri Mataji: They all talked of the same thing. So one has to know at human level, we do not know the absolute truth. Somebody this is nice; another says that is nice. And that's why, there are arguments, quarrels and wars. As you see me sitting here, you don't say I'm not sitting here. there is no argument about it.

So, the spirit is the source of truth. Absolute truth. When the Kundalini, connects you to this all-pervading power, then you can feel it on your fingertips, your centers. Also, you can feel the centers of others. Because a new dimension comes in your awareness, which we call as: "collective consciousness". So you have the self-knowledge, and also the knowledge about others. Then who is the other? Now if you know how to correct these centers within yourself and within others, you can get rid of all kinds of problems. In Delhi, there are 4 doctors who have got MD in Sahaja Yoga. One of them has gone to Philadelphia and our doctor has met him. And actually got his realization from him.

So this is your own power. And Sahaja means: born with you, is this power. And yoga means the union. This is your right, as a human being, as your birth right. Unfortunately, we have many seekers everywhere, but they have been misguided by people who had their shopping going on. And horrible things happen about it and especially in Japan, I don't know why, there were impressed by another horrible fellow called rajnish. And he was, one of the incarnations from hell I think, the way he had horrible things he did. He published something against me, then I answered him back on the newspaper. [UNCLEAR]. And I, I answered it. It was all published in the newspaper that he is a hoax. And within 8 days, he died, with aids. Can you imagine?

How can a person, who has anything to do with Divine, can do all these things? You must understand. In which religion they have preached like this, that you have to just become a sex point? Most of his disciples are Christians.

Lady: He didn't die of aids.

Shri Mataji: Yes, he did.

Lady: No.

Shri Mataji: I was there in Pune. You see, this is the trouble. What has she got? Ask her a question: How much money you paid him? Just to get inside you have to pay 500\$.

Lady: [UNCLEAR Exactly].

Shri Mataji: And what did she get? Nothing. Look at her face. How she looks like. You see, this is the problem is. You are, if you are a seeker of truth, then you must find out the truth. I'm just telling you. Because still some Japanese are befouled there. It is, what he's trying to do, encourage your weaknesses. To have mass sex, to have mass sex. And we have a film about him.

Yogi: Excuse me.

Shri Mataji: We have a film, to show that. But that way I would say Russians are the cleverest. Very sensitive. They didn't allow him to establish even 1 person in Russia. We have to think. It should be logical. What did we get. Paying such a lot of money to these false gurus. They were against me, because I said you can't make money out of it. But, people are stupid I must say, that they think they can pay for it. Did Buddha take any money? Did Viditama take any money? Did Christ take any money? How can you not understand, that higher things cannot be bought? Because, you are intelligent people, use logic.

I must tell you that, my experience in Russia, showed that, when there is materialism, people don't see the depth, of spirituality. You know in Japan what is saintliness is. You know it. I know that. A saint cannot teach you dirty things, can he? It is, to understand, that, it's purity, is auspiciousness.

What this Kundalini does, who is your own Mother, individual Mother, that She cleanses you, Shri brings, purity. She, manifest, all your potential energies and powers. You are no aware of them, how many you have. That's only possible when there is light. Or, there is enlightenment in the real sense. You have to have the experience and, you have to be, is the becoming. It's not just like a sermon or something to delude you, or misguide you, to make some money. So, you have to have pure desire, and it will work out. Because, this Kundalini, is the power of pure desire. All other desires are not pure because, you never feel satisfied.

So now you must know what you have to get. Firstly, all your creative powers are manifest. There are so many great musicians who came to Sahaja Yoga and have become great. And there are, so many painters and artist in Australia, everywhere. They have achieved so much. You become so subtle, that the art, the esthetics, everything improves. You don't have to go Himalayas and stand on his, your heads. You'll get it here. you don't have to sacrifice anything, you don't have to give up your family, nothing. It all works. Because it is within. It's all your own glory which manifest. Then you get the power, to give realization to others.

It is extremely simple. Your attention becomes very powerful. You give up all your habits. In England, we had people, who were drug addicts and overnight they gave up drugs. I'm not telling you lies. Because you become so powerful, so dynamic, and in the light of the Spirit, you see what is destructive. So, when you see it clearly, what's wrong, you don't want to have it.

I'll give you a very simple example: supposing it's dark and I'm holding on to a snake and I'm very adamant person. If you tell me it's a snake, I'll say no it's a rope. And I will go on holding it, till it bites me. But supposing there is little light, immediately you throw it away. You don't have to tell them anything about it. It just works. And the attention is so strong, so innocent, that wherever you pay attention, it works.

The first state, where you arrive, is thoughtless awareness. Say now, we are thinking about the future or the past all the time. And one thought rises and falls, another thought rises and falls. And we are jumping, on the cusp of these thoughts. But I, if I say you stand in the present, you cannot. We cannot stand, in the present. But when the Kundalini rises, the thoughts get elongated. And you become thoughtless. And you are in the present.

Present is the reality. The past is finished, and future doesn't exist. So you stand, in the present, and you establish your own peace. All your stress strain goes away, you are absolutely realxed. And you are thoughtless awareness. What Zen did, was to establish this thoughtless awareness within you, by tea ceremony, by those gardens. I know many people who have got awards, who have foundation of peace. They have no peace within. They are so hot tempered, that you can't talk to them. So how can,

how can they give peace to anyone? That's how you become relaxed and peaceful.

The second state, is, doubtless awareness. Then you have no doubts about yourself. You can give realizations to others. You can cure others. And, then you realize that you are part and parcel of the whole. As it is, Sahaja Yoga is working, in 60 nations. And they are all your brothers, and sisters, all over the world. So you become, collectively conscious. But above all, you jump into the ocean of joy.

Joy is, not like happiness and unhappiness. If you are, your ego is pampered you feel happy, if it is punctured you feel unhappy. But you rise above your ego. You start speaking in a, third person, like a saint. This is a special time. I call it the blossom time. Also in Quran is called Kiama. In the Bible: last judgement. In Sanskrit, we call it resurrection time.

So this is time, we are going to evolve. It's a very small little journey, but you achieve yourself. We have follow up of this program. This is, this not just like others that have introductory program and then they start making money out of you. Nobody is going to ask any money from you. But you have to respect your realization. And, you have to give little time for that. and in 1 month's time, maximum, you'll master.

You had great Saints in this country I must say. And you will realize then, what work they have done. Until and until, until and unless, you have got self-realization, you can't understand. And the religions have deviated, because, nobody was Spirit oriented. They were either money oriented, or, they were power oriented. So the religion is within ourselves. You may be a Hindu, Christian, Shinto, Buddhist, Taoist, anything you may be, you can commit any sin. But, once you are a Yogi, connected with this Divine power, you are above sin. You become a saint. And angle. All these qualities are within you. They have to just manifest.

I have to tell you one thing, that I respect your freedom. If you don't want to have it, I cannot force it. It hardly takes 10 minutes. But. It doesn't harm anyone. Only thing if I have done any work, is that it can work out, on mass scale. And if it works out, anywhere else, why not in Japan? In Tokyo. So I would request you, that, if you don't want, if you, don't feel you want your self-realization, please leave the hall. Thank you very much. None of them!

[UNCLEAR]. Look at me on the [UNCLEAR]. Now, there are 3, conditions before, I start it. They are very simple. First of all, you should not feel guilty at all about anything. You see, if you have done mistakes, face it. Why feel guilty? By feeling guilty, this center, on the left-hand side, gets very badly caught up. Now supposing you smoke, you spoil this, as well as you feel guilty. So doubly spoilt! But now, don't feel guilty, your smoking will go away. Don't you worry! Alright. That means you must be pleasantly placed towards yourself because, you are a human being.

The second condition, is even simpler. That you have to forgive, everyone. Even without thinking about them. See logically, whether, you forgive or you don't forgive, what do you do? Nothing? But, when you don't forgive, then, you play into wrong hands. And you torture yourself for nothing at all. Apart from that, when you don't forgive, this center on the optic chiasm, is like this. Absolutely constricted. And if you don't forgive, it won't open. But if you forgive it opens. So the Kundalini can pass through. All your life you have tortured yourself, by not forgiving. It is a myth. What are you doing? And at this moment, we are, going to get our self-realization. You must, allow, this Agnya chakra to open out.

So the third condition is, that, you have to be absolutely, sure about yourself with self confidence, that you are going to get your self-realization tonight. Don't condemn yourself. I mean, some people might have told you, you are a sinner or this and that. Don't listen to them. Because this all-pervading power, is the ocean of forgiveness. That whatever, little mistakes you must have committed, can be completely dissolved by the power of this ocean of forgiveness. So please understand, that, you are born at a time, when you have to have, your self-realization. Have complete faith in yourself and it will work out. It's very simple. Now these are the 3 conditions. Moreover as I told you, the whole thing takes not more than 10 minutes, but, while doing that, you should not, disturb others by getting up or going out.

So what you first feel, is the cold breeze or hot breeze on your hand or finger tips. First time, you feel this energy, this subtle energy. And then you feel, from your fontanel bone area, which was a small, bone, cartilage was there it's a, you can say a soft

bone, you get a cool breeze or a hot breeze coming out of your head. Just after that. after that happening. So it is very simple, and that is the all-pervading power. For the first time you will feel it. And after that you must have faith in yourself. When you get it, you shouldn't doubt that this might be air-condition or something. There is no air-conditioner in your head, is it? Alright.

So is very simple and first will show you, how you will nourish your own centers. Now, if I ask you take out your shoes, will you be happy with me or, annoyed?! I think Japanese know a lot about all this! Because this Mother Earth help us. She sucks in our problems. Alright.

There are two powers. Left and right. The left is for your desires, emotions. And the right is for your thinking and physical actions. These are the two sympathetic nervous systems which are manifested out of these two channels. Now, please put your feet apart from each other because these are two powers. You have to comfortable, first thing. You should not very straighten or slouching just normal sitting.

Now put your left hand towards me on your lap. Just on your lap. Now, this is, at this time. Not, on your lap I'm saying. Lap. This is symbolic, we need them very much. This is symbolic, that, you want, you desire to have your self-realization. Right hand is for the action. So, we are going. It's alright let it be, let it be. Come here, Veditama, come here. sit down. Come. Sit down. Be a nice boy. Come along. Be seated. Nice boy. Alright.

Put your, now use your right hand for, nourishment of your centers. So, first we put our right hand on our heart. Here resides, the Spirit. If you become the Spirit, in the light of the Spirit you become your own guid, your own master. Now, please take your right hand, in the upper portion of your abdomen, which is the center, of your mastery, in the left hand, on the left hand side. We are working only on the left side, with the right hand. So we take our right hand in the lower portion of our abdomen on the left hand side. This is the center, of pure knowledge. It's surprising it's so low, the pure, Divine Knowledge.

Now, raise your hand again, in the upper portion of your abdomen on the left-hand side. Now, raise hand again, on your heart. Now I have already told you, you have to put your hand here, on the left side, in the corner of neck and your shoulder and push your head to your right. I have told you that, when this center is out of gear, you get Angina, you get spondylitis and also, lethargic organs. Now, please raise right your, your hand, right hand, on top of your, forehead across and please put down your head as far as possible. Now, here, you have to forgive everyone without thinking about them, in general. Now, the last center, before that, there is a center behind. On the back side of your head. Please put your right hand, on the back side of your head. Now push back your head as far as possible. And here, you have to ask forgiveness, from the Divine power, for your own satisfaction, without, counting your mistakes, without feeling guilty. Alright, now please, stretch your palm fully. Put the center of your palm, on the fontanelle bone area, which was a soft bone in your childhood. Now please, press back your fingers. Because, you have to have a good pressure on your scalp. Now, please put down your head as far as possible. Now, please move, please, move your sculpt slowly clockwise. 7 times. Please put down your heads. Not move the hand, but the sculpt. I think push back your fingers, then only you'll achieve it better. Put down your heads. Put down your heads. That's all we'll have to do. Now we'll have to close your eyes.

[UNCLEAR Please], now. Open your eyes and see that, you have put back your, both the legs away from each other, left hand, very comfortably placed towards me, and we have to repeat once, the same exercise. Now, close your eyes. Don't open them till I tell you. You can take out spectacles. It's better for your eyesight.

Now, please put your right hand on your heart. Little loudly doctor I think that. Here, you have to, ask a fundamental question about yourself. You can call me Mother, or you can call me Shri Mataji. Now, please ask, in your heart: 3 times. "Mother, Am I the Spirit?" 3 times please ask: "Mother, am I the Spirit?"

Now, as I told you, if you are the Spirit, you become your own master. So please, take down your right hand, in the upper portion of your abdomen, on the left-hand side. Press it, and ask another fundamental question about yourself, 3 times: "Mother, am I my own master?" Ask this question 3 times. 3 times ask: "Mother am I my own master?"

I have already told you, that I respect your freedom. I cannot force, Divine, pure knowledge on you. You have to ask for it. So now please take your hand, the lower portion of your abdomen, on the left hand side. Here you have to ask 6 times, because this center, has got 6 petals. Here you ask: "Mother please give me, pure, Divine knowledge". Ask 6 times. Please ask 6 times: "Mother, give me, pure, Divine knowledge". As soon as you ask for Divine knowledge, the Kundalini starts rising. Like the premule in the seed.

So now, raise your right hand, in the upper portion of your abdomen, and, you have to open all these upper centers by your self-confidence. So here you have to say with full, self-confidence, 10 times: "Mother, I am my own master." You have to say 10 times: "Mother, I am my own master."

Now, raise your hand, on your heart. I have already told you, that, you are not this body, this mind, these emotions, this ego, intellect or your conditionings. But you are the pure Spirit. So here you have to say with full, self-confidence again: "Mother, I am the pure Spirit." Say it 12 times. Please say it 12 times: "Mother, I am the pure Spirit."

I have told you, that there is all pervading power, of Divine love. It is the ocean of knowledge and bliss. But above all, it is the ocean of forgiveness. So, it can dissolve, any mistakes that you have committed and forgive you. So at this moment you forgive yourself fully. And take your right hand, in the corner of your neck and shoulder, on the left-hand side and turn your head to your right. Here you have to say, again with self-confidence 16 times: "Mother, I am not guilty at all." Say it 16 times.

Now, I have already, requested you to forgive everyone, without thinking about them. Logically I have told you. Whether you forgive, or don't forgive, you don't do anything. If you, just say, by putting your right hand on your forehead across, and putting down your head. You just say from your heart, not how many times: "Mother, I forgive everyone in general." Please forgive, because I think that's the center very weak. Please forgive.

Now please take your hand back, on the back side of your head. Push back your head. Again you have to say it from your heart, not how many times. Push back your head properly, and say it with full confidence, without feeling guilty, without counting your mistakes, just for your satisfaction: "Oh Divine power, if I have done any mistake, knowingly or unknowingly, please forgive me." You have to say from your heart: "Oh Divine power, if I have done any mistakes, knowingly or unknowingly, please forgive me."

Alright. now the last center. Please stretch your palm fully. And put the center of your palm, on top of your head. Loudly doctor. Now, please put down your head as far as possible. And push back your fingers. So there is a good pressure on your scalp. Here again, I cannot force self-realization on you, as I respect your freedom. So, please move your hand, 7 times clockwise, saying 7 times: "Mother, please give me self-realization." Move your hand slowly, 7 times. Please move it slowly. Push back your fingers. Push back. Now move it.

Now take down your hands. Please open your eyes. Now please put both the hands toward me like that. Now, please put the left hand towards me, and right hand, properly, and bend your head as far as possible. And see for yourself, if there is a cool, or a hot breeze like sensation coming from your fontanel bone area. Don't doubt. Some people get it far away, some people get it closer, but please don't put your hand, on top of your head. Now please put left hand towards me like this. And now bend your head, as far as possible. And now see with right hand if there is a cool, or a hot breeze like sensation is coming from your head? If it is hot, then you have not forgiven. Please forgive everyone. It will cool down. It will cool you down. Again, do it with the right hand. Bend your head well. And with the left hand, you see if there is a cool or a hot breeze coming out of your head.

Now. Please raise both your hands like this. Now as a question, [UNCLEAR few] times. Anyone of these question: "Mother, is this the cool breeze of the Holy Ghost?" Secondly, you can ask 3 times. Otherwise you can ask: "Mother is this the all-pervading power of Divine love?" Then you can ask, otherwise: "Mother is this the Prama Chaitanya?" May God bless you.

You bring down your hands please. All those, who have felt, who have felt, the cool or the hot breeze on their fingertips or on their palms or out of their, fontanel bone area, please raise both your hands. Imagine! May God bless you! Whole of Tokyo is! So

many. May God bless you. Take it down.

This is Bodha. So you become Buddhas. Means, Bodh is to know on your central nervous system. This is your second birth. And now, please, look after your self-realization. And, come to the collective. Supposing a nail is cut, it doesn't grow. So you have to come, and whole knowledge you can know, maximum in one month's time. We don't have, take money so we have a very simple place, for you to come. Forget your position, forget everything, and just come as a humble seeker. I will come again next year, I'm sure, and by that time you will grow like big trees. May God bless you all. If you have any questions, you can write them and they will send it over to me. Now enjoy this peace, don't discuss, don't argue. May God bless you.

Ha? Alright.

Yogi: [UNCLEAR] can you come about the follow ups? We will have the follow ups every Wednesday. It's a small place. I wish, everybody comes and we can meditate and learn more about Sahaja Yoga. About, you have a paper with the map and the. And if you have any questions you can phone me or [UNCLEAR] it's in the pamphlet, the telephone number. And we don't charge anything. Is as Shri Mataji said. Jai Shri Mataji. And also you can write down your questions and I will send it to Shri Mataji.

Shri Mataji: [UNCLEAR] Japanese. I know few Japanese word. And I thank you. [Shri Mataji speaks in Japanese]

1994-0420, Sahaja Yoga: Actualization of Reality

View [online](#).

20 April 1994

Sahaja Yoga: Actualization Of Reality

Public Program

Shih Chien Hall, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

[Full speech - 45:00 – 2:09:11]

Tell them, when I am lecturing don't take photographs, will be better, see when I am lecturing they should not take photograph, otherwise

I bow to all the seekers of truth. At the very outset, you have to know that truth is what it is; you cannot change it; you cannot conceptualize it; and unfortunately at human level with human awareness you cannot know it. Now, whatever I am going to tell you today here you should not follow it blind folded. We have had lots of problems with blind faith but if it is proved so treat it like a hypothesis and if it is proved then you have to accept it as honest people. Because it is for your benevolence, benevolence of your family, benevolence of your country and benevolence of the whole world. Most of the problem if you face come from human beings in this world. We create the problems and these problems unfortunately come from the subtle centre from these chakras. If these centres are in jeopardy then you have physical problems, emotion problems, spiritual problems and collectively then you have political, economic and other problems. So we have to know what is the truth, the truth is that you are not this body, mind, your emotions, your intelligence but you are the pure spirit. You see these beautiful flowers and you don't know this is a miracle. We take all living work for granted. In the same way, if we ask a doctor who runs our heart? He will say it's the autonomous nervous system but who is this auto? So there are many things which cannot be answered through science because science has its own limitations; it cannot answer the question why are we on this earth? It cannot answer the question what is the purpose of our evolution? Why have we become human beings? For this, one has to know that our human awareness is also limited. So some thing more has to happen to us in our evolutionary process. Moreover, we do not know what is the absolute truth. Somebody says this is good, some body say that is good and there are so many discussions, arguments and wars. If we are all human beings the same, our brain are the same why should we have different ideas? And why should we fight? Why should we kill each other? This is not understood because we do not know the absolute truth, it's all relative. We live in a relative world. So when this subtle system works out and this power rises up and becomes one with this all pervading power which this is the power which does all the living work. When we get connected with this all pervading subtle power around us, then we know the absolute truth on our central nervous system. This is known in Sanskrit as a 'Bodh' from where the Buddha got as a Bodh to know on your central nervous system. It is not just our mental idea; it is actualization of reality. As you all can see me sitting here, there is no doubt in your mind that I am sitting here. In the same way, you know the truth on your central nervous system. Whatever we have achieved in our evolutionary process, we have felt it on our central nervous system. For an example, if a dog or horse has to go through a very dirty lake it can go easily but human beings cannot because they have a subtler awareness.

So the second truth is that there is a all pervading power of divine love; in every religion it is described; in Koran even it is described and is called as 'Rooh'. In Koran it is written that at this time which is called the kiyama means resurrection time; your hands will speak. Even in the Bible we have Last Judgement; of course in the Indian scriptures it is described as 'Uthan ' means resurrection time. This is the resurrection time, when people will have spiritual awareness.

Now the spirit resides in your heart and the ruling; we called the God Almighty can call it, resides here on your fontanel bone area. So when this Kundalini goes through this sixth centre; it nourishes it and also it integrates. Then you start feeling a cool breeze like sensation of this all-pervading power. It's described in Indian scriptures as 'cool cool, salilam salilam'. It is described in the Bible as cool breeze of the Holy Ghost. The time now has come for you to know all the realities. So first you know about your centres means you get the self knowledge. When you feel on your finger tips the different centres, you know what's wrong within

you and what is to be corrected. You will be happy to know that in India we have three doctors who have got their MD in Sahaja Yoga. So it is tangible. If you have 10 children and cover their eyes and ask them what's wrong with this gentleman, they are realized soul then they will tell you only one or two fingers like burning, they will show you. Supposing they show you this finger (Right Heart) that means the person is suffering from lung trouble. You don't have to go through the cruelties of diagnoses. You don't have to take medicines which react, which give you other troubles. Now they are even condemning antibiotics completely; (antibiotics they are).

So what we reach the point that whatever treatment is there available now is still related but this is absolute. If the diagnosis is done is absolute and treatment that is given is also absolute; may be it may not act on about 10% people because of various reasons but it acts at least on 90% people. So we have to understand that it is done without any money; you can't pay for it. It's a living process. How much did we pay for our evolution? How much do we pay to the Mother Earth for these beautiful flowers? This is your own power and in the bones sacrum that means the Greeks knew it is a sacred bone.

(Sometimes you translate so short and sometimes so big, alright)

So now to understand that what are we, we have no way out. The another great thing happens with Sahaja yoga that you achieve your present (present). We are all the time thinking about the future or the past and a thought rises and falls another thought rises and falls and we are jumping on the cuss of the thought. We cannot be in the present. The past is finished and future doesn't exist so we are not one with reality (so we are not one with reality) because that is the present; present is the reality. So when the kundalini rises, she elongates these thoughts and in between the thought there is space, the pause which is the present. Now that is the time you have no thoughts you are in the area of your own peace. That is how you are in meditation you cannot do meditation but you are in meditation. This we call as thoughtless awareness. (You..) 1:08:20 has described about it (you..). So when you become thoughtlessly aware; you become the witness of the whole play. You see the whole thing, whole world as a play. Now supposing you have problems it is like you are in the water and afraid of the waves. (You have problems and you have afraid of the waves) waves is the water as if in the water you are standing, you are afraid of the waves. But somehow if you can come in the boat; you can see the waves and if you can swim, you can jump and save others also. (If you can swim you can do it). In the same way, you see your problems, you witness your problems, you are not in it and you can solve it and also you can solve the problems of others. Its sound fantastic (it sound fantastic) but you are fantastic, you have so many powers only thing you are not aware of them. Like a candle which have not yet enlightened but when its enlightened it gives light. I give an example of a television if you take it to a remote village in India where they have never seen and if you tell them that in this box you can see films they will say it is just a box. In the same way, we too think that we are just the box but once you have put to the mains, you are fantastic, it's all built in within you. If this instrument is not connected with the mains, it has no meaning. That's why people have no identity, they don't know what to do with themselves because they think they have no identity. In England and America they cut their hairs, they do this they do that, just because they think they have no identity. Your identity is that you are the pure spirit and then this witness state grows within you and you become a personality with an attention which is absolutely pure. Christ has said thou shall not have adulterous eyes. I have been to all the Christians nations, I haven't see anybody with that pure attention but this pure attention when it is glanced at somebody that person also becomes peaceful and can be cured. You develop another great dimension of your attention; where you can the feel centers of others on your fingertips. so you become collectively conscious, collectively conscious, that means you can feel others on your fingertips. Now if you know how to correct your chakras and to correct the chakras of the others you solve the problem. So all these stress, strain and all that which you suffer goes away. You become an extremely dynamic personality at the same time you become extremely compassionate. Thus, a new race is created of people who are very wise, who are peaceful and who are very efficient (very wise, efficient and compassionate) and you know everything; all the subtle knowledge which was not known to you. Then you can understand Tao of Lao Tse, you can understand Buddha, Zen, Vidhitama, Christ and all other incarnations. You get connected to them and that is how you achieve this power. Above all you jump into the ocean of joy, you enjoy yourself, you never bored, you enjoy others without any lust or greed, you give up all that is destructive (all that is destructive you give up). It is like this if say I have a snake in my hand and there is darkness and I am very egoist and adamant person, (if you) if you tell me there is a snake in your hand and I say know this is not a snake, this is the rope till the snake bites me I will not give up but as soon as there is little light I will throw it away. In the same way you will be amazed that people in London gave up drugs overnight, drug addicts gave up overnight because you also become very powerful, nothing can destroy you and you cannot

destroy yourself. It happens also as I told you, you jump in the ocean of joy. Joy is not like as happiness or unhappiness. It is absolute. When your ego is pampered you feel (joy) happiness, when it is punctured you feel unhappy. But in selfhood, you are all the time in joy. Now you know I am a very old woman of 71 years, first when I came to Taiwan it was like a shanty dark absolutely but today what you see is such a prosperous country but what you need is spiritual prosperity otherwise you cannot enjoy anything. I am sure tonight all of you will get your self-realization. I know also you have got questions, you must know I being travelling like this for the last 24 years and I have answered all kinds of questions, I am quite an expert; very clever but is just the mental acrobat; you have to go beyond your mind into thoughtless awareness and into the second state you call doubtless awareness where you get all the powers by which you can give realizations to people, you can do marvelous things after that and you are amazed how fantastic you are. Only thing is that you have to be very confident, all of you, that you will get your realization tonight. Its very easy - Sahaja, saha means 'with', ja means 'born' so born with you is the right to get this yoga, union with the divine; Yoga is not standing on your heads and all that, that is just a we bit. It is not mental, we don't have to give up anything, don't have to go to Himalayas and stand on your heads, it's within you, is your own, this kundalini is your own mother, individual mother. She knows everything about you and she is your mother who is anxious to give you, your second birth – the self-realization. Now you might find people saying I am twice born, it's not, it's just a label like Christian, Hindu, Muslim - it just a label. Because you may be Hindu, Christian, Muslim anything you can commit any, any sin and these organizations that they have formed in the name of religion are just money oriented, can't you see that, they are like a (social) social institutions, social clubs or they are power oriented, (they are power oriented) none of them are spirit oriented so you shouldn't blame the religions but the people who have done this. In Sahaja yoga, you will know that all these religions were born, all the tree of spirituality, one tree. But the people took out the flowers, they took out the living flowers and now they are fighting with the dead flowers. I am sure today you all will get your self-realization but there is one thing I respect your freedom. If you don't want to have it, I cannot force on you. I would request you that in that case you should leave the hall. It will create no problem, it will not harm you and you will get your realization. It's like the sprouting of the seed but then you have to attend our collective in the sense our programs which are follow on. You don't have to pay for that also for the whole knowledge, nothing is.. Moreover, it cannot be forced on you. Off course it is not meant for idiots and for arrogant people (also for arrogant people) you have to be humble about it, you don't have to give anything but you have to receive something. There is no obligation of anyone, it is your own power which will manifest itself. So I would request again those who want to go can go because it will take about 10 minutes, but when we are doing the process I don't want anybody to be getting up and walking off. There are 3 conditions which are very simple. First one is that you should not feel guilty at all, if you have done some mistakes just face it but why to feel guilty, it is a myth. Now if you are feeling guilty you don't know what you are doing to yourself. If you feel guilty then this centre on this side goes into problem then you get a diseases called Angina, Spondylitis (Spondylitis); lethargic organs (lethargic organs) and cervical cancer. So why to feel guilty and get these diseases here; if you have done any mistakes, you should know one thing that this all-pervading power is the ocean of forgiveness. Truth it is truth but truth is a love; it is love; it is divine love and it wants you to become spiritual as they say to enter into the kingdom of God. So please don't feel guilty at all at this moment. Then another condition is that you have to forgive everyone; now some of you may say it is difficult but whether you forgive or don't forgive what do you do? You do nothing. It is a myth but if you don't forgive then you play into wrong hands and torture yourself. Now if you feel guilty this centre (Left Vishuddhi) won't open and if you don't forgive then the centre on the optic chiasma is like this absolutely constricted, if you forgive it opens. So all your life you have tortured yourself, (so) so what's the use of remembering people who have hurt you? You better forgive all of them even without thinking about them. You just have to say I forgive because if you don't forgive you will miss the chance again of your self-realization as you have already tortured yourself. Now the third condition is that you all have to know that you all can get your self-realization tonight, whatever may be your conditioning but this condition is such that if you doubt yourself you will not get your realization. So I think these conditions are acceptable to you. Now there is something small I have to tell you that we have to take out our shoes because this Mother Earth helps us a lot. You don't have to close your eyes just now. We will show you how you are going to nourish your centres, yourself. There are two powers in the left and the right, you tell them about it. Left is the power of our desire, while the kundalini is the power of pure desire, all other desires are impure because whatever we desire we are never satisfied with it. So this pure desire that is within us, of which we may not be aware; is the pure desire to be one with this all-pervading divine power. (So you have sit it) sit comfortably, not bending too much or slouching but comfortably in your seats and you people need not write just now because this is only to be done tonight. Alright, now please put your left hand towards me like this, most important thing is to get self-realization; so please put the left hand towards me like this and the right hand on your heart. In the heart resides the spirit so now you should know when if you become the spirit you become your own guide, the light of the spirit, so you become your own master. So now take

your right hand in the upper portion of your abdomen on the left hand side and press it. Please take it down all of you. This the centre of your master created by great prophets and masters. We are working only on left hand side. Surprising you put your right hand in lower portion of your abdomen on the left hand side and it is the centre of pure divine knowledge. So now raise your right hand again on the upper portion of your abdomen on the left hand side, then on your heart, then in the corner of your neck and shoulder the centre about which I have told you, turn your head towards right. Now please take your right hand on top of your forehead across and please put down your head. This is the centre where you have to forgive everyone in general without thinking about them. Now please take your right hand on your backside of your head and push back your head, now this is the centre where you have to ask forgiveness from the divine power without feeling guilty, without counting your mistakes. Now the last centre you stretch your palm like this and please put the centre of your palm on top of your fontanel bone area which was a soft bone in your childhood. Now push back your fingers nicely so there is nice pressure on your scalp. Now please take down your head, put down your head, put down, very important.

Now move the scalp seven times slowly, seven times slowly, clockwise. Please put down your head, put down, put down otherwise you could not.. Now press it hard, push back your fingers and move it very, very slowly clockwise. Now, put down put down, put down. Now that's all we have to do. Now please your feet apart from each other because these are two powers and left hand towards me and (be) I would say pleasantly placed yourself, pleasantly placed not angrily but pleasantly placed yourself. Alright, now put the left hand like this and the right hand on the heart, you can take out your glasses it will help you a lot take out your glasses and you have to close your eyes now and please don't open the eyes till I tell you, don't say any mantras anything, no prayer nothing just leave your attention free, do not concentrate it anywhere, the kundalini will look after it. In the heart resides the spirit, so you have to ask a very fundamental question about yourself three times in your heart, please ask three times if you want you can call me Mother or you can call me Shri Mataji. Now the question is Mother, Am I the spirit? Please ask this question three times in your heart, Mother, Am I the spirit? I have told you if you are the spirit you become your master so please take your right hand in the lower portion of your abdomen on the left hand side and press it hard. Now here ask a question, fundamental question about yourself three times again, ask a question Mother, Am I my own master? Alright, I already told you that I respect your freedom and I cannot force pure divine knowledge on you, you have to ask for it. So now please put your right hand in the lower portion of your abdomen on the left hand side and here ask six times Mother, please give me pure divine knowledge, six times, because this centre has got six petals; as soon as you ask for pure knowledge the kundalini rises. So now raise your right hand in the upper portion of your abdomen on the left hand side, we have to open all these centres with our full self-faith or you can call it the confidence. Here you have to say ten times with your full confidence, full confidence. Mother, I am my own master. Please say it with full confidence. I have already told you at the very outset that the truth is you are the pure spirit so please raise your right hand on top of your heart and again say it will full confidence 12 times Mother, I am the pure spirit. This divine power is the ocean of knowledge and bliss but above all it is the ocean of forgiveness and it can resolve all your mistakes. So forgive yourself and raise your right hand in the corner of your neck and shoulder and here you have to say, please turn your head to your right, here you have to say with self-confidence 16 times Mother, I am not guilty at all. Alright, I have already told you 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 torture yourself. At this moment, please forgive all them without thinking about in general. So now please put your hand on your forehead across and please put down your head, please put down your head, please raise your hand to your forehead and please put down your head. Here we don't have to say it how many times but from your heart, Mother, I forgive everyone in general, say it from your heart. You have to ask forgiveness from the divine power without feeling guilty, without counting your mistakes, just for your own satisfaction. Now please take your right hand on backside of your head and push back your head as far as possible, here you have to say, Oh divine power if I have done any mistakes knowingly or unknowingly please forgive me. Say it from your heart not how many times. Alright, now please stretch your palm fully and put the centre of your palm on top of your fontanel bone area which was the soft bone in your childhood. Now push back your fingers please so that there is a good pressure on your scalp, now please (please) bend your head, again I have to tell you that I cannot force self-realization on you so you have to ask seven times, 'Mother please give me self-realization' when you are moving your hand seven times clockwise slowly. Please put down your head please. Please take down your hands open your eyes, now put your hands towards me, higher. Now put the right hand towards me and put down the head and see with left hand if there is a cool or a hot breeze like sensation is coming out of your fontanel bone area. Bend your heads, bend your heads otherwise. Now please put your left hand towards me and now bend your head and see for yourself there is a cool or hot breeze like sensation is coming out of your fontanel bone area. Now once again, please try with the right hand now put down your head, please put down your

head, some people get it far away, some people get it close; tell them; and if you are getting hot means you have not forgiven, so please forgive. Alright, now please put both the hands towards the sky like this and push back your head, here ask one of the three questions 3 times in your heart, Mother, Is this the cool breeze of the Holy Ghost?, Mother, Is this the formless divine love? or Mother, Is this the Paramchaitanya? Ask any one of these questions 3 times. Now please put down your hands, put your hands towards me like this and watch me without thinking. All those who have felt cool or hot breeze on their hands, on their fingertips or out of their fontanel bone area please raise both your hands. (Again you tell them they didn't hear you). May God bless you. You all have felt it most of you, some have not felt doesn't matter. (Again again ask them to raise their hands all those who have felt cool or hot breeze on their hands, on fingertips or on the fontanel bone again, both the hands) most of them. Some of you have not felt doesn't matter. Now only thing is that you all have to come to the collective. Now it has just sprouted, any nail which is cut cannot grow (nail which is cut cannot grow, cut from the body. nail nail, tell him any nail that is cut cannot grow from the body if it is cut, isn't it?) So as you have become now part and parcel of the whole, you should grow collectively. You can also feel the cool breeze in (the) your neighbour's head also if they have got it. Here not here, here. So you all have to come to the collective meeting and grow and those who haven't got also will grow. May be you have not forgiven, otherwise you won't grow, I will be here every year, I hope to see you grow like great trees of spirituality. May God bless you. And the mantra is enjoy yourself.

You have to announce now, we are going to announce where they will have the follow ups so please be seated for one minute more.

Thank you very much. Thank You.

1994-0421, Talk to Sahaja Yogis and Departure for Hong Kong

View [online](#).

21 April 1994

Talk to Sahaja Yogis

Grand Hotel Taipei, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis in Taipei (Taiwan) 21 April 1994.

[... various voices - inaudible ...]

Shri Mataji: My God, it is very nice in this country, very nice. You can open the door, yes. But that door should be closed because otherwise it is ...

Yogi: Yeah.

Yogi: Yeah, this side.

[A Chinese voice - some whispering - inaudible]

Shri Mataji: Now the two ladies, the saris for the ladies. This you should give to the artist because she really learned it better. And this for another lady. This sari ...

Yogi: Both are not here, all gone. How did she die?

Shri Mataji: Now she's here.

Yogi: The baby also.

Shri Mataji (gives presents): May God bless you! May God bless you! She is so emotionally touched, eh? I hope you like it with more artistic work, all that. The hands and [inaudible]. This is the, this is the end of it. Very good, when she Because it is such a hot country I bought something, like this, is also very cool, very cool. Ah, see that.

Shri Mataji: So, yesterday was a very, I must say, a very heartening program for Me, more than successful.

Shri Mataji to the translator: "Can you translate?"

Shri Mataji: Because the people who were there were quite serious type, I felt they were listening to Me with great concentration. And it was first very hot, very, very hot - because the heat was coming out, I think. But later on it subsided - and it became very cool when they got their Realization. I could feel their coolness even sitting down there. That shows, you see, that these people have problems because of their fast life they have here, the speedy life they have. And they have a kind of a - what you can say - a stress and strain. And they have taken to this modern life, modern culture, which is not suitable for Chinese or Indians. It's not suitable for anyone whatsoever.

So, in the Sahaj culture, you see, we take it in a very balanced way. I find, on the whole, Chinese are the same culture as Indians have about. So, you see, it is easier for Chinese to take to Sahaj culture. And the attitude - Sahaj attitude - of witnessing everything, keeping in the center. I feel yesterday, that people have very bad livers or diabetes here. Because they think too much, very money-orientated. So, first of all, when they come you should try to give them Realization, move their left up and right down,

like that - from the backside. That will really help them, but also the liver treatment of ice. Also you can put ice on the left-hand side of the head, and on the backside for the eyes. For your eyes also if you put the ice on the back.

This glasses you may not need at all, may not need at all. Because you eat fish too much, in India also Bengalis are the same, they eat too much fish. So, they were very short and they were wearing glasses - that's they are. Same style: great artists, very good at delicate work, music very delicate, everything - the same way as the Chinese. And so many of you look like Bengalis: high cheek bones, small eyes, exactly the same. If the Bengalis come here you won't be able to recognize them. (Shri Mataji laughing)

Now, you see, they have improved also - the Sahaja Yogis. Their eye-sight has improved. So, what you have to do is to take out the heat from the body. You can take out from the liver, you can take out from the pancreas, from the brain and from the back-side [optic chiasma ?]. So, you can take out from everywhere - putting the right hand towards the photograph. If you can get an ice; do you get here ice? - Ice - hot water bottle - they have an ice-bottle also.

Yogi: They can also buy ready-made ice in plastic.

Shri Mataji: That's good.

So that, you see, once your health improves, your eyes improve, everything, then others will also see it. You see, it's a proof of Sahaja Yoga. Also there is pollution problem. - Pollution. So, with pollution it is affecting lungs. But with this treatment of cooling down your system, even the lungs will improve because there is a right-heart will be affected.

As I told you, we have three medicines in Ayurveda which cools you down. So, when you are coming there we'll get you those, how many people need it she will tell us. These three medicines should be taken for a month, of August. I mean, it should be a very - you can call it a liver-diet month, liver-treatment month - August.

I don't know if he'll send them to you from India, if you have any problems with customs or anything.

Yogi: No, no, Shri Mataji. No.

Shri Mataji: Medicines - so, we can send it in your place, somehow ... We'll ask somebody to send it because I won't be there, but we can. So, in the month of August you plan up - all of you - treat your liver, that's the best.

Even, I mean, I must say, despite the heat and all those things your livers are better than the Western people. (Shri Mataji laughing) Western people have really horrible livers, no doubt. (Shri Mataji laughing) So, once you feel better with your livers, you can do much better with others also, because they all had yesterday liver very hot. So hot it was, I was perspiring all over. But for liver-people they should never use the candle. No sunlight. They can sit in the moon-light, but not sun-light; and should look after their Agnya by forgiving.

[Hindi aside]

Now our whole thing is, how you people are - they will see. For them I am something beyond. So, that's always so. So, one should not also frighten them, like he was telling Me he just said that, in Sahaja Yoga nobody is a sinner - they are half run-away. (Shri Mataji laughing) They wanted to be sinners, you see. (Shri Mataji laughing + laughter) But best is to make them sit before, you can take the tape and play it, translate it - slowly, slowly. So that they settle down with a tape. Then ask them to meditate. And then ask them if they are getting Cool Breeze or not. Just ask them. And then raise their Kundalini. Don't touch them. Raise their Kundalini. But don't tell them that you have to do this or that. Just it will clear out.

Now, supposing that their Left Vishuddhi is catching, than you just ask him, "Do you feel guilty all the time?" You should not. But for Christians, if you tell them, "You are not sinners," then they are finished. Because now the Church always says so. Now, they say a lot of things. (Shri Mataji laughing)

Aside: Now you'll be able to translate it.

Shri Mataji: And it's a very important work now. You see, only by this you can transform people. I felt yesterday they were all sitting there with big stress and strain on their heads. I felt that. So, don't say anything, that would disturb them, but sooth them - it's the best, soothing down. Now, they see us like this, they are being convinced that they are sinners now. So, they just can't get it into their heads that, "We are not sinners." You see, "how can that be, how Mother is saying we are not sinners?" You will notice I seldom use this word 'sin'. Because it has happened like that, that they think they are sinners, there is no redemption - so, what's the use of becoming good? "In any way, we are a sinners." (Shri Mataji laughing)

And also you should not laugh at their stupidity; sometimes they can be very stupid. So, the way they asked him questions was, "How to do meditation?" I said, "You don't have to do it; you have to be in it." So, the Mantra is for that is, "Mother, You are thoughtless awareness." That will remove their thoughts and they will be peaceful. And they will meditate better. Because so far, you know, with these religions all over ... and their conflicting effects. They are so conditioned and also confused. They were telling Me about Shinto-religion, where they worshipped their, their - what? - ancestors.

Yesterday, a boy came and he told Me very interesting thing, that he is possessed by bhoots, by spirits. And there are two other boys, or other people - one girl and one boy - who are possessed. And they, the bhoots, they moved things from here to there, there to there. And they are talking to them in their ears. These are the devils which Christ took out, you see, sort of thing. But this fellow's thing was very interesting because he said, "We wanted to commit suicide. And we could not," he said, "I could not get cool because I did not forgive those bhoots, those devils. And they talk to us, and they tell us, 'We are Gods.'" I'm sure these are the ancestors, which are following them.

Otherwise, why should they go once, once [inaudible] And why should these children be caught up? So, that shows that these ancestors are catching. They are interested in these children. They were very young, twenty years of age, imagine. And they were just shaking before Me like this. Then we took out the bhoots - and I asked him [to put to My hand that side,] right hand, left hand towards Me. With a candle - they run away. He said, "They are gone now, they are no more there." So, I asked him to cover himself up with something else; and then go, so they won't recognize him. They are stupid fools, you know, these spirits also. I mean, these spirits (Shri Mataji laughing) - such stupid fools. I've done this with many and I have seen that it works. And the Kumkum on the head. That also the bhoots run away. So I have told him, that you take the Kumkum vibrated and put it on the gates of this cemeteries. The bhoots won't come out. (Shri Mataji laughing) That would be a nice idea.

And I don't know the Bhuddists because Buddha always had a light. He always had Kumkum. And Sahaja Yogis went to this - caves we have near Bombay, [called] Elephanta. And there is a very big statue of Shiva. And when they entered in they said, "We were surprised, that there was light here." As you know we have had lots of miraculous photographs. Of course, one was there when in Ganapatipule this Madonna was standing before Me like a light. Also there is, My face is not there, there's only the sun. That is the sign was given to Jews and Kalaki - described like that. Kalaki has no face. And Jews also, they knew the one who is going to redeem them.

But you see, those people who are dull, who have no purpose in life, who do not seek, such stupid people - even can doubt everything. (Shri Mataji laughing) They cannot believe that some miracle can take place. But now I want to show you one photograph that was recently taken in Brisbane, where appeared a rainbow. And I was there, and somebody took the photograph, and very surprisingly, there is the photo - there is the painting upwards to Me.

[Hindi] Kalki. [Hindi]

Is amazingly in some painting - I don't know, may be of Michelangelo, or anything - of the mother and the child is in the sky. Very clearly. Now, this Paramchaitanya is doing all kinds of things - I don't know what to say. (Shri Mataji laughing) Unbelievable this one. Leave it to them. But the non-believer cannot grasp it. You see, it's a kind of a growth and entirety of a person, which can

achieve it. Who is a seeker. It has to be that growth, otherwise it cannot ...

Shri Mataji aside: Show them also! Show around. Show everyone.

Shri Mataji: You also see?

It is sometimes conditioning, it's sometimes ego - but it is going too far because there are so many, so many miraculous photographs. There is one in which Ganesha is standing behind Me, with His big, big eyes. One is on My body - it is absolutely Ganesha. Only you can see the Sari down. So, these are living Deities, they are not just imaginary.

And also the Shinto-Religion they have those Gods, they are all the same. But I don't know what they have made of them ... [I don't know, something.]

Now, for the Buddhist you should ask them to ask one question - it was future Buddha, is described as 'Matreya'. So 'Matreya' is three Mothers together: Ma-Treya. So you just ask the question, "Mother, are You Matreya?" That's all. It answers, it's - your body starts acting like a computer. Just answers all the questions, even if you are not a Realized soul.

The sensitivity, I don't know, is much more among Russians because they are not so materialistic, perhaps. They are so sensitive! Doctors, lawyers, professionals - above all, the scientists. 250 scientists are there in Moscow, and 300 doctors, what do you say to that? And they don't want to hear anything about medical science, "Tell us about parasympathetic all the time. Tell us about the Divine."

Aside: You can do it [inaudible].

Shri Mataji: When - once Gregoire was in Austria, I think, there the doctors told him, he had pain in the thing, that they have to remove the whole thing from here to here. (Shri Mataji laughing) That's it. He said, "Mother, what should I do?" I was in America, luckily. He said, "Now they are going to take out my whole gums and everything from here. Then I am going to loose the whole of it." About what sort of doctor it was given. He showed it to many, but all of them said the same. So he said, "What to do, I have no leave also." So he said, "Gregoire, now you have to tell some lies. Of course, it is not a lie also, that you should say that my friend has telephoned to me, that there is an expert doctor in America, and I want to have leave to go to America, let me try that." They had to say yes. So he took leave and came to America to the expert doctor. And God cured in fifteen, twenty minutes. Otherwise they were going to remove him his gums. Imagine, Gregoire without gums.

Recently, I was in Brisbane again and somebody told Me that one Sahaja Yogini has been admitted in the hospital and the doctor was saying that she'll die within one hours time because she has meningitis. I know [Aradhna ?]. I said, "All right, she's not going to die at all." After one hour she was perfectly all right. She went out of it.

But you must have a quality of faith. Seeing everything, even if you do not have the quality of faith it doesn't work in you. That's only, I think as William Blake has said that, "These are a special category of people. A special category of people, men of God. They will become Divine and they'll make others Divine." Hundred years back He said it, hundred years back. Because it's a special category of people.

With all these things also you must know that people are very conditioned. So gradually, once they'll grow in Sahaja Yoga this quality of faith will become all right, because everything is tangible. So telling all these things can be just a fairy-tale - and they may not accept you; but if you raise their Kundalini, if you give them Realization and if they become one with this All-pervading power then, you see, the quality of faith improves. And that quality of people only can be saved. Others - Divine does not have any interest. So we should also not worry about such people.

(note: a telephone is ringing.)

Shri Mataji: It's a phone calling on the line here.

Yogi: Hello? Yes hello? Yes. ... Yes, I am on the phone ... I know ...mhh ...excuse me. ... mhh ... Kuanin? Kuanin? ... ha? ... You come back? You come back? ... [late ?] ... yes. ... Ah, Shri Mataji? Yes, yes.

Shri Mataji: Now you have any questions? Because Sahaja Yoga is complete freedom, you have to ask Me questions if there's anything in your mind. I'm surprised that Canada has taken so much interest.

Yogi: Yes, Shri Mataji.

Shri Mataji: One - one has sent this Ganesha.

Yogi: Yes! They just asked the people at Easter Puja, if they want to give something, and than they put it together - they are very quick type.

Translator: Shri Mataji, Mister Yang has a question.

Shri Mataji: Yeah?

Translator: Mr. Yang has a question.

Shri Mataji: Yes, yes, please!

Mr. Yang: [Says something in Chinese language - all laugh.]

Translator: He said he has been searching for a long time but he couldn't feel the Cool Breeze.

Yogi: He cannot feel the vibrations. He cannot feel ...

Shri Mataji: He is not feeling?

Yogi: Only a little.

Shri Mataji: [You can be in India.]

Yogi: But also he didn't ... Do you meditate at home? Do you meditate? Do you meditate at home?

Shri Mataji: Yes, meditation is it - otherwise you [do not improve.]

Yogi: Do it at home in the morning, everyday two times.

(To Shri Mataji:) He said, at home he does meditate.

Shri Mataji: Eh?

Yogi: At home he meditates, he says, but he doesn't come to the meetings.

Shri Mataji: Oh, that happened! As I told you, if a nail is cut out of the body it doesn't grow. You must come to the collectivity, it's very important. Did you go to some Guru or somebody?

Yogi: He was in TM.

Shri Mataji: That's it. You can see. For TM is more necessary, because to get out of TM is not easy. Horrible, TM is the worst, I think. That's why I said why he is catching in the left. Left Swadishthana is -

Translator: He asked, what shall he do? (Laughter) What should he do? What to do?

Shri Mataji: With a TM?

Yogi: He wants, what he can do now? Treatment or meditation, what does he do.

Shri Mataji: He has a left Swadishthana, so he has to use the candle, no doubt. And the TM is to be really sort of beaten up with shoes, I think something. It's horrible.

Yogi: And he is keeping still in contact. Last year he was going to America to meditate with TMs still.

Shri Mataji: They are very ... they grip you like that. You see the people who have been to TM have lost their houses. Their children are removed from schools, they are just on the streets. And they were jumping, you see - on the mattresses and they broke their bottoms. And they demanded, you see, they demanded money for that and these people got the money. Their bottoms were broken. There was one fellow who was running their flying academy, Peter [Pears.]

Shri Mataji to the audience: Sit down all, sit down.

Shri Mataji: Why do they want to go around at about three feet-level? (Shri Mataji laughing) All right, that failed. So now, new marketing has started: Ayurveda.

[Poor catches] talking about that. And also there is one [Prabir Chopra ?] who is going down mesmerising people. Horrible. Very troublesome.

Yogi: Shri Mataji, there's also this [GuruMaya] with Sitar-courses.

Shri Mataji: She came here?

Yogi: Yes, Shri Mataji. All of the TM people who came to Sahaja Yoga went then to this Guru-Maya afterwards.

Shri Mataji: Aach! And now they will be caught, very badly, they will suffer a lot. Because, you see, she is the devil absolutely - she sells vibrated shawls. Her father - she is an illegitimate child of [Muktanand], she and her brother. And her father had diamonds one-six-hundred crores. Crore is hundred thousand, hundred hundred thousand - of pounds.

Aside: It is going very hot soon.

Shri Mataji: You can feel the Cool Breeze? You just come closer. Like a fan. There is a failure ...more on the right, less on the left ... left is catching, really, left is a problem. Put your left like this, and right on the Mother Earth ... [sounds like: Put it close [inaudible] Very sole.]

Yogi: Shri Mataji, they also have a thing, they go to sauna everyday.

Shri Mataji: He?

Yogi: They are going to the sauna every day. Sauna - hot, hot, hot steam.

Another Yogi: Sometimes, not every day.

Shri Mataji: Sauna, Sauna is [inaudible] (Laughter) Sauna bath is all right. For him heat is good. Sunlight is good. But now TM has to go away. Are you feeling the cool?

Yogi: Yes, Shri Mataji.

Shri Mataji: Are you feeling fan-like thing? All right.

Yogi: [inaudible]

Shri Mataji: Worst! They are going round from one to another, to another, to another - I mean marketing is sometime. We have a Rajiv Kumar in the government, he is a very high official, and he said that the secretary of one of the departments put all these into TM, and they are all suffering.

Translator: He asked, from now on, what he should do?

Yogi: He asked from now on, what he should do.

Shri Mataji: I am just telling him that he should take the left-side treatment and beat TM with shoes.

Yogi: Shoe-beating, shoe-beating. And don't go to the [inaudible].

Shri Mataji: And if he has any books or anything - you should throw them away. Ah, better now. Better?

Is this the sari you have to give Me?

Yogi: This is the Puja sari for Thee because of ...

Shri Mataji: Puja. That you have to give Me in Guru Puja.

Yogi: Guru Puja.

[several Yogis are talking, and also Shri Mataji: inaudible]

Yogi: We wanted to ask this.

Shri Mataji: [inaudible] It's all right, get it laid, get it. She can, all right. Give it to Me at Guru-Puja. It's a very nice sari, they could all see it.[note: gap]

Yogini: Mother, I feel the Cool Breeze, but I always feel a tension inside and.

Shri Mataji: She feels the Cool Breeze?

Yogi: Mother, she feels tension, she feels the tension inside.

Shri Mataji: Tension. See, Ekadasha, you have a problem.

Yogini: Inside of the Nabhi.

Shri Mataji: You see, it is your liver again.

Yogini: Liver?

Shri Mataji: Very bad. It is on Ekadasha, is showing here, it's serious. So, left to the right you have to put it like that, to take out the tension. You don't feel Cool Breeze in the head, do you? See? But still it's the liver.

Yogini: Mother, may I have a name?

Shri Mataji: What is your name?

Yogini: My name is Elisabeth.

Shri Mataji: Elisabeth. One name of the Goddess is Priyamvadha. Priyamvadha, but you can call her Priya. Priya. Priya is the [girl ?], but Priyamvadha means the Goddess. Her Quality is to speak something that pleases you, which is learnable. Priyamvadha. And the short form is Priya.

Yogini: Shri Mataji, I also would like to get a name.

Shri Mataji: Yes, say it!

Yogi: Gerlinde, she also said - it is Gerlinde Ringhofer, she also liked to have a name.

Shri Mataji: She is ...?

Yogi: Her name is Gerlinde Ringhofer, and she wants also a name.

Shri Mataji: Gerlinde?

Yogi: Gerlinde.

Shri Mataji: Gerlinde?

Yogi: Gerlinde - "ger" means a spear ...

Shri Mataji: Ahh! (Shri Mataji laughing) Lakshmi, Lakshmi is all right. Is easier.

All right.

So, now we have to go also. It's time.

Young Yogini: Mother, may I have a name?

Shri Mataji: Yes, you say.

Yogi: He wants a name.

Young Yogini: May I have a name?

Yogi: He wants a name.

Shri Mataji: Name?

Yogi: Both of them want a name, I think ... (Laughter) Both of them want a name, Shri Mataji. The girl wants a name, and she wants also a name.

Shri Mataji: See, I - these days I don't give names, but I will now - this time - but it ... Now, a better name. The name of 'Kamala', means the Lakshmi again, Kamala.

Yogi: For the girl?

Shri Mataji: Minakshi. (Laughter) Yours is Minakshi then.

Yogini: But [my friend] is also called like this, Kamala Minakshi [inaudible]. (Laughter)

Yogini: Minakshi!

Translator: Mother, she felt a Cool Breeze on top of her head, but she has a problem in the Nabhi.

Shri Mataji: You went to some Guru, or somebody?

Yogini: Before I met You. Rajneesh.

Yogis: Ah, Rajneesh. Rajneesh.

Yogini: Ah! But I gave up, [inaudible].

Shri Mataji: Put your right hand on here, and put your left hand towards Me, and you have to say: "Mother, You are my master". Or: "I am my own master." It's better. "I am my own Master", again.

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Again. Don't cry.

Yogini (weeping): I am my own master.

Shri Mataji: A master cannot cry. All right, say: "I am my own master."

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Correct - again.

Yogini: I am my own master.

Shri Mataji: Again.

Yogini: I am my own master.

Shri Mataji: Better now?

Yogini: Yeah!

Shri Mataji: You know, there is nothing to feel bad - because you are a seeker. As a seeker you always get lost, but if you come back it's all right. Once you have come back you are there - all right? Better now? You get it - Cool Breeze, in the left hand? All right, this is your mantra.

Translator: Your mantra: 'I am my own master.'

Shri Mataji: He was here, Rajneesh? No?

Yogi: I don't think so, Shri Mataji, no.

Shri Mataji: But still there must be some organization.

Yogi: There is an organisation, they are selling books.[various voices inaudible]

Shri Mataji: That organizations get this?

Yogi: I don't know, Shri Mataji if it is existing. But maybe a specialist is selling too. Rajneesh still in Taiwan? Is there an organization? Rajneesh has still an organization in Taiwan?

Yogis: Yes! Yes!

Shri Mataji: Still there?

Yogi: Yeah!

Shri Mataji: Because lots of Japanese are now working. [inaudible].

Translator: His book is published in Taiwan.

Yogini: They were publishing.

Shri Mataji: They were published here?

Translator: Right, with translation.

Yogini: And a tape; and they give you the tape - music tape.

Shri Mataji: What did she say?

Yogini: Music tape. They also show music. Music.

Translator: Rajneesh-Tape, Music, and books. They are publishing in Taipei.

Yogi: In Chinese?

Yogis: In Chinese, in Chinese.

Shri Mataji: Why shouldn't we publish our books here also? Is it cheaper to publish here?

Yogi: Ah, it is cheaper. It is not expensive.

Shri Mataji: Ah? Not cheaper?

Yogi: No, it is cheaper!

Yogis: Cheap! No, very cheap!

Shri Mataji: Then we should publish our books here. You have publishers who do that?

Yogi: Yes, Shri Mataji.

Shri Mataji: In time. In what language?

Translator: It's in Chinese language.

Shri Mataji: Somebody must have done it. [Who did translate?] Some of the smaller books.

Horrible! In the program in Japan I felt his vibrations were there. So I started talking on him, that he died of AIDS. So, one bhoot got up. She was looking like a bhoot to Me, dressed up like a bhoot, "No, he did not!" - I said, "He did." She went out.

Translator: Mr. [Ku ?] has a question also.

Shri Mataji: Ah?

Translator: He has a question.

Shri Mataji: What?

Translator: Why he has a heart catch?

Shri Mataji: Yeah? Very right-sided.

Yogis: You are right-sided.

Shri Mataji: Yes, you see the heart catches from the right side. Put your right hand on your heart, then come forward. May God bless you! You just have to say, "Mother, come in my heart." Twelve times, "Please come in my heart."

Yogi (six times): Mother, please come into my heart.

Shri Mataji: Again. Again please say it.

Yogi: Mother, please come into my heart.

Shri Mataji: Again.

Yogi: Mother, please come into my heart.

Shri Mataji: Again.

Yogi: Mother, please come into my heart.

Shri Mataji: Again.

Yogi: Mother, please come into my heart.

Shri Mataji: Again.

Yogi: Mother, please come into my heart.

Shri Mataji: Again.

Yogi: Mother, please come into my heart.

Shri Mataji: That's it. You are all right now? [Yogi sneezes. Shri Mataji laughing.]

Whenever you say, I am available. You say, "come into my head!", I will be there. You say, "Come in my stomach!" I will be there. Anywhere you say - I am there.

Translator: Now he says, when he is meditating, the vibration is easy and Cool Breeze is easy - but during the day...

Shri Mataji: Yeah, yeah.

Translator: ... it is very difficult.

Shri Mataji: Then you should just close your eyes and think of Me. That's the only thing I can say.

Translator: He says, "It is very easy to catch."

Shri Mataji: Eh?

Translator: Very easy to catch, sometimes.

Shri Mataji: Then before going out you should take a Bandhan. And also meditate, and before sleeping also take a Bandhan. Put your attention to Sahasrara before sleeping, it's better. Gradually, you see, it purifies you completely. You have to have patience, that's all.

Yogi: He tries to cure people.

Shri Mataji: Ah?

Yogi: He is trying to cure people. He is trying to cure other people.

Shri Mataji: Aya ... he should take Bandhan and he can do it, but don't touch them. Best is to give them photographs. That's all. Them also a Bandhan. Yourself, and to them also. Yes, and - you can give photographs, it's the best. And tell them to meditate. Don't touch them, because they are quite complicated to begin with.

(Shri Mataji gets a present.)

Shri Mataji: What's it? Oh, you have done it! (Laughter and applause)

O My God, it's done so beautifully.

Yogi: Looks nice. (Laughter)

Shri Mataji: I am not so beautiful like this. (Laughter) Very sweet. Thank you very much! You should write your name here. They are artists, I must say. Such a little girl.

Better now! Are you better? Is he better now! Are you better now?

Yogi: Much better.

Shri Mataji: Are you better now? Better. Now sit with a - never sit with a locked gate, with an Asanas. With a Sahaja Asana, like him. Sahaja Asana. Sahaja Asana, like this: Sahaja Asana.

[Many are talking, also Shri Mataji: inaudible]

Shri Mataji: Not to lock up.

Now it's better, now.

Translator: Mr Yang says his left hand is cool.

Shri Mataji: Right hand on the Mother Earth.

Translator: Right hand put on the Mother Earth.

Shri Mataji: If it is a right-hand-problem, then put the right hand towards the photograph and left hand upwards. It's very simple - Sahaja Yoga.

No, no, no, no. Left hand towards the photograph, in your case. Photograph. Towards Me, now. And the right hand on the Mother Earth. Because left side goes in the Mother Earth; and right side goes into the ether.

Yogini [silently]: Mother, Mother, Mother - You mentioned this birthmark can be cured by Sahaja Yoga treatment. (Laughter)

Yogi: She is a very little, very little kind of a nevus, very little for the colour change of the skin, and she is worried about the daughter about that.

Shri Mataji: What is less?

Yogi: Come, come on.

Yogis: Birthmark. Oh God! Birthmark.

Yogis: ... [inaudible] She is worried about the birthmark ... [inaudible].

Shri Mataji: Let's see that go away. You tried something for that? Nevus.

Yogi: Because I told her, she shouldn't worry about it, because she is a beautiful girl. She shouldn't worry about that.

Shri Mataji: Ha ha! She does. But Haldi is very good for her. You get in India something like Turmeric.

Yogi: We have here Haldi, Shri Mataji. We have ...

Shri Mataji: That cools Me also. [They doubt], they get in England, [they doubt]. These are all [itching] things, but let's try.

Yogi: Like in the marriage ceremony you put it, you make it wet and put it in?

Shri Mataji: It's - get a tube. Some are going to send Me these medicines, on the Diwali. I asked somebody to send it from Puna.

Yogi: Shri Mataji, can you repeat the names please first?

Shri Mataji: All right, write it down! The first one is Chandanas. This you have to take one spoon after breakfast. One table-spoon, or maybe small spoon. To begin with, let's start with one, yes? Then one table-spoon. Then you have to take another one which is called as Oudumber, Oudumber. O-u-d-u-m-b-e-r, Oudumber-water. That you should take after lunch and after dinner.

The best start, it is the easiest to send a Sabchasi, s-a-b-ch-ai, Sabchasi. They are very cheap. Now, you soak sabchasis in the water - before sleeping. And early in the morning, just after brushing your teeth. This is also one tea-spoon full, you have to soak. Brushing the teeth you take that water. So much of water we do. Drink the water and also eat the sabchasis. Which get swollen up. This is for liver.

Also some people have vomiting sensation and all that, in that case. Or migraines. This, you can take it in winter: is ginger, which is mixed with lemon and salt. You could eat ginger, raw ginger.

Yogi: As a powder, or fresh ginger?

Shri Mataji: No, no, no, not powder. Ginger. Raw ginger.

Yogi: Raw.

Shri Mataji: With food or something.

Yogi: Yes, they cook a lot with ginger, the Chinese.

Shri Mataji: Yeah. But also powder of ginger - you can take early in the morning before anyone else, with sugar. For example you press a spoon. I will show you: a little bit should be taken first of all the powder. And should be covered with vibrated sugar.

Yogi: Shri Mataji, can we offer some Kumkum to vibrate it?

Shri Mataji: Ah?

Yogi: We want to offer some Kumkum that You can vibrate it with [SOUNDS LIKE: Your feet ?]. Some Kumkum, please.

Shri Mataji: Yeah! Not only Kumkum, otherwise I also have to vibrate water. You have that water; you have your Kumkum, all right. Now we should have salt, sugar.

Yogi: Salt and sugar please.

Shri Mataji: Actually, your wife is very right-sided, she has a liver then [very terrible]. Better tell her that at least, bring your liver all right. What is this?

Yogini: This is Kumkum, Shri Mataji.

Yogi: It's Kumkum.

Shri Mataji: So much? (Shri Mataji laughing) All right.

Austria will have the Sahasrara-Puja, do you know that? (Shri Mataji laughing)

[Hamid, you know, Hamid wants.]

Hamid's idea. He wants to have My birthday, imagine, 21st March! What will be the temperature? (Shri Mataji laughing)

Aside: How many things like that?

Yogini: To drink?

Shri Mataji: It's all right. It is all vibrated.

Yogini: Mother, Mother can I ask some vibration-water for the [inaudible].

Yogis: Yes. Okay, we have it.

Yogi: She wants to have vibrated water.

Shri Mataji: Eh?

Yogi: She wants to have vibrated water. We have that.

Shri Mataji: Yeah.

Yogini: To clean the house.

Yogi: Yes.

Shri Mataji: That's very good also for liver. What you can do: put the vibrated water; add up more of your own, shake it nicely. If you don't touch these things with your hand it's the best. Use spoons always.

And I have to change My sari and I think, I hope to see you again, very soon.

Yogis: Jai Shri Mataji!

Shri Mataji: Try to come to India, if possible it's good. Was there any concession given to you last time?

Yogi: Yes, Shri Mataji, there was a concession.

Shri Mataji: What concession?

Yogi: We were coming for the whole tour, and about, I think, four people got it for the half price.

Shri Mataji: For the whole tour?

(note: telephone rings)

Yogi: For the whole tour; and this tour already ten people came to Ganapatipule, and we took the half price - to people who need help. [??]

Shri Mataji: Half price ... And for the whole tour also? Just for the Eastern people they are doing like that.[inaudible]

Shri Mataji: I am going to make free for the leaders now. (Laughter)

Translator: Shri Mataji, the jewellery store, they bring some samples to show, Mother.

Shri Mataji: Ah, he is here?

Translator: Yeah.

Shri Mataji: All right, so I'll see him, better - it is so anxious.

Translator: Yes.

Shri Mataji: All right, very good idea. Thank you very much; thank you very much!

Ask him to keep it in My purse. Give it to Me, give Me that. You get there, [keep it closed.]

May God bless you!

Hello. Good bye.

1994-0422, Collective mistakes originate here within yourself

View [online](#).

22 April 1994

Collective Mistakes Originate Here Within Yourself

Public Program

Hong Kong (China)

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 change it, we cannot conceptualize it. Unfortunately, we cannot also know it with this human awareness. Now whatever, I'm going to tell you, you need not believe in blindfolded. We have already suffered a lot by believing things blindfolded. We must keep, our mind open like scientist, and whatever I am telling you should be treated like a hypothesis. But if it is accepted, blindfolded it is of no use. But if it is proved, then, you have to accept it as honest people. Because it is for the benevolence of your being. It is for the benevolence of your family, your country, and above all, it is, for the benevolence of the whole world.

Most of the problems, of this world come from human beings. And, human beings have their problems when these centers are out of gear. All your physical, mental, emotional, spiritual, political, economic...every sort of problem comes from the same. Some come from collective mistakes, but they all originate here within yourself. Now, this subtle center exist, within every human being, whether you're Chinese, Japanese, Indian, anything. And this power of Kundalini, resides, in the, triangular bone which we call as 'Sacrum.' That means that, the Greeks knew that this was a sacred bone since long.

The real Truth is that, you are not this body, this mind, these emotions, intelligence, ego or conditionings. But you are the pure Spirit. We see these beautiful flowers, it's a miracle! We never even think how, they come up in different colors, hides, fragrance. We never bother to know about the living process. Who runs our heart? We ask the doctor he will say: 'It is autonomous nervous system.' But who is this 'auto'? So we don't, want to know anything about, the miracle of living process. It is done, by, a very subtle, powerful, dynamic, energy. It's a power of Divine Love. In different religions it is called by different names. But unfortunately, religions, were never Spirit oriented. In the beginning may have been, but later on they drifted and became money oriented or power oriented. It was absolutely wrong to become money oriented in the Name of God. God doesn't understand money. How much do we pay, to this Mother Earth, to get these flowers? She doesn't understand money, She doesn't understand banking. So the first and foremost thing we have to know: for the living process you cannot pay. We have not payed anything for our evolutionary process. So, for the evolution you are not, to pay anything, it is absurd! But so many ignorant ideas, came up, through blind faith. As a result of this happening, when the Kundalini rises, She passes through six centers and pierces, through the last one here: fontanel bone area. Thus She connects you to this All-Pervading Power and your Spirit starts, enlightening your attention. This happening takes place, and for the first time you can feel this All-Pervading Power on your fingertips as cool breeze. Once you are connected, you become, so powerful, with your enlightenment, that, you are surprised at yourself. Now if this [microphone] instrument is not connected to the mains it has no meaning. In the same way if you are not connected to the mains, then you have no identity. People paint their heads and wear funny dresses, they think they are expressing their identity. Identity is within yourself.

With this happening, first thing that happens to you, that you become very peaceful. The modern disease of stress and strain goes away. Especially in this Hong Kong I find has problems: working so hard and, sometimes it ends up into big problems. So what happens that we are all the time thinking about the future or the past. We cannot be in the present which is the reality. So one thought rises, falls off, another thought rises, falls off, and we are jumping on the cusps of these thoughts. But when the Kundalini rises then these thoughts elongate, and your attention stops, at the present which is the pause between the two thoughts. That is what you are: the source of peace. That's how you become peaceful. You cannot do meditation, but this is how you are in meditation, absolutely at peace with yourself. Then the whole world, will look, as if it is a drama, and you are the

witness of that drama. I've seen many people, who have got awards for peace, they have foundations for peace, big organizations for peace. But they have no peace within. They are extremely hot-tempered people, and if you have to go near them, you have to take a [UNCLEAR]. Such people, how can they create peace? Thus, this peace within yourself makes you, thoughtlessly aware. You are thoughtless, but you are aware, and you are in the present. And as I said: in the present is the reality.

When you have problems, you are, as in, in the waves of very high waters. But somehow, if you can get onto a boat, you can see those waves and enjoy them. So you can see the problems yourself and then you can easily solve them. Your attention itself, becomes enlightened. Gradually, you see things, clearly. But this attention is enlightened, so your attention becomes pure. There is no lust and greed in your attention, as Christ has said: "Thou shall not have adulterous eyes." It happens, that your eyes become extremely innocent and there is a tingling of light in your eyes. And such a person, if he glances, at anyone or even pays attention to anyone, he can help him in many ways. Your memory improves, and you become extremely dynamic. At the same time, you become extremely compassionate.

It is surprising, we develop so many of our qualities and talents which we were never aware of. I've known of so many people in Sahaja Yoga they came, and after coming to Sahaja Yoga they have become now world-famous musicians and artist. They have achieved great heights but, they have no ego. They are extremely, extremely humble, and suddenly they have become very righteous people.

You may be a Hindu, Muslim, Christian...any community, any religion, but you can commit any sin. And this sin you can commit, despite the fact you may say 'I am this fanatic, that fanatic,' that means religion has done nothing good to you! But after Self-Realization, you really become a righteous person. A Christian becomes a real Christian, a Buddhist a real Buddhist, Hindu a real Hindu. All these powers are within you, of which you are not aware. Only, the trouble is that you have, to have a pure desire to get your Self-Realization. All other desires are not pure, because, one desire is fulfilled you ask for another. It is not satiable, in general as said by economics. So this is the pure desire you have, of which you may be aware, or may not be aware. And unless and until this is fulfilled, you are not going to be satisfied with yourself.

Another thing that happens to you which is very remarkable, that you know the absolute truth on your fingertips. I've seen people get befooled by somebody who says 'I am such and such, I am such and such.' There are many false people who have befooled you and have made money out of you, also they have mesmerized you, also they have spoiled your Kundalini, so how will you know, that the person is false or true? You can feel it on your fingertips. You can know it on your fingertips, what sort of a person that one is. Many people who don't believe in God. I think it is very unscientific. First one should find out, and then decide. But through Sahaja Yoga you can find out. Everything is tangible it's not just a lecture or a sermon it is tangible. For example, in Delhi there are three doctors who got their MD in Sahaja Yoga for curing many diseases. And it is your own power which does the job. It's only you who gains it, so there is no, obligation of anyone.

Above all, you jump into the Ocean of Joy. That means, it's not like happiness and unhappiness. If your ego is pampered, you feel happy. If it is punctured, you feel unhappy. But I'm talking about joy, which is absolute, and you jump into the Ocean of Joy.

In this short lecture, I'm sorry, I won't be able to tell you everything about Sahaja Yoga. And one has to be, little patient with one's self, because this is the ultimate that you have to achieve, otherwise your personality has no meaning, it has no purpose.

The highest thing that happens is that you achieve a new dimension which we call as Collective Consciousness. That is: on your fingertips, you can feel another person. You can find out what's wrong with another person. Not only that you know about yourself, the self-knowledge, what's wrong with you, but you know about others. If you know how to correct your centers and that of others, you solve the problem. But Sahaja Yoga is not meant for frivolous people or for idiots. I'm sorry, one has to understand that this is so important for the world to change, and if you want to have your Self-Realization, you must know how important you are to be born at this time when, I call it, a Blossom Time. This is The Last Judgement; your Kundalini will judge. This is The Resurrection Time, Khyama, which Mohammad Saheb has described in the Qur'an, that: 'At the time of Khyama, your hands will speak.'

I know you have some questions, but I have to tell you one thing, that, I have now been doing this work for the last twenty-five years. And I know all kind of questions that people ask. And I'm too clever I can answer all of them, but it's a mental [UNCLEAR]. What you should get: your Self-Realization and Self-Knowledge, but still if you have questions after that, you may write to me.

It will hardly take about ten to fifteen minutes, to get your Self-Realization, it's all built in within you. But, there are three conditions that you have to follow. The first condition is that you are not to feel guilty, because, if you feel guilty, it's a myth. If you make mistakes alright face it, but don't feel guilty because you spoil this side [Left Vishuddhi] of the, chakra on the left hand side, by which you get angina, also, you might get cervical cancer, spondylitis, and lethargic problems. The second condition is, even simpler: that you have to forgive everyone. Many people say 'it is difficult to forgive,' but logically, weather you forgive or don't forgive, what do you do? You don't do anything! But if you, forgive then you don't play into wrong hands. Moreover, the center here which we call as Agnya Chakra, the optic chasma, is a very constricted chakra like this [left and right-side crossing]. If you don't forgive it won't open, and the Kundalini won't pass through. So, as it is you have tortured yourself by not forgiving, and at this great moment, again, you'll miss the point of Self-Realization. You don't have to think about whom you have to forgive, but in general you have to say, in your heart, 'I forgive everyone.' Third condition is that you have to be absolutely confident that you can get your Self-Realization tonight. You must have faith in yourself. Some people think that they are not good and they have done wrong and now...forget it just now. Please do not condemn yourself, but be pleasantly placed towards yourself. But if you are frivolous, it won't work out, I have told you already. So, I respect your freedom, and those who do not want to have Self-Realization should leave the hall to be civil to others. Would be a better idea that those people who do not want to have their Self-Realization should leave the hall.

Lastly, this is not an individual happening, but it is a collective happening. The microcosms become the macrocosm. You become part and parcel of the whole. So, this is a collective happening. After getting your Realization, you must take it seriously, and you have to grow so that you reach that state which we call as Doubtless Awareness. You don't have any doubts after that, and you get your powers to give Realization to others. You can cure others, you can help others, and you can work as an instrument of the Divine. This is what is the purpose of your life.

So, I would request again: the people who don't want to have Self-Realization to leave the hall. You have to come to our follow-up programs where they will tell you each and everything about the Subtle System, the Knowledge about the Divine. And you don't have to pay for it, but you have to give some time to yourself, that's all.

1994-0424, Talk to Sahaja Yogis: We should support each other

View [online](#).

24 April 1994

We Should Support Each Other

Talk to Sahaja Yogis

The Peninsula Hong Kong, Hong Kong (China)

Talk Language: English | Transcript (English) – VERIFIED

All right. Put your hands towards Me.

First of all, I must say I am very happy to see so many Sahaja Yogis in Hong Kong.

Hong Kong is a very materialistic place, as you know, and people are too busy, but the problems come out of that busyness. All this busy life creates lots of problems.

So I am sure there will be more coming from the last program, definitely, lots of them, and your hands will be full. So I just wanted to tell you what should we really do to achieve the maximum results.

First of all, we have to establish that we are Sahaja Yogis, we are very sober people and we have among ourselves tremendous respect and love. So one should never support an outsider who is not yet a Sahaja Yogi or who will be a Sahaja Yogi but support each other, all the time.

Do not argue among yourselves. Maybe one person may be wrong, I am not saying. But [it] is important that we should support each other, and above all, we must support the leader.

Whatever the leader says, we must listen to him. It's very important, in Sahaja Yoga we are a collective organisation, that too a living organisation.

If somebody is not collective, he is thrown out of Sahaja Yoga. We are not very happy with such people. So you must try to put all effort to see that you are all collectively one and say the same thing.

This is very important to know.

Also there are people who may not be so good among you who can judge the vibrations, possibly. If so, you should ask your leader.

But among yourselves you should never argue, because we know that Sahaja Yoga gives you absolute truth. So others should not doubt by your behaviour that these people don't know anything. All right?

Then second thing of Sahaja Yoga is that it is the power of love, it's of compassion, of divine love. Must understand what is divine love is. That is the love that is the, like the sap, as I always say, that runs in the tree. It gives nourishment to the roots, then to all parts of the tree, and then it evaporates or it goes down.

Supposing it gets stuck into one flower, what will happen that the tree will die, and ultimately the flower will also die.

So our love is not limited love. Like, we love our children, all right, [we] love other children also. Everybody is absolutely in full pure love with each other.

Now, one must understand the pure love, that it is not attached to anyone, but at the same time, it is pure love. If you don't have pure love in your heart because the culture is different, people start moving their attention and spoiling their attention.

So, so many people asked Me: "Mother, what to do?" I said: "Keep your eyes only up to three feet, so you will see beautiful things, like you will see flowers, you will see children, and nothing horrible". So, whatever makes your attention disturbed, try to avoid. Best is to concentrate on your meditation.

For meditation in the morning you can just put your right hand towards the photograph and the left hand up there.

Then put your left hand towards the photograph... - like this.

Then left hand towards the photograph and right hand on the Mother Earth.

[It] is better to sit on the ground, in the morning.

Then, if thoughtless awareness is established by looking at the photograph, close your eyes.

Now, some people say: "Mother, my heart is not open". All right. So you can say, looking at the Mother: "Mother, please, come in my heart." Somebody's Sahasrara is not open. Then you have to say: "Mother, please come in my head". With both the hands.

Whatever portion you think in the body is not doing well, I am always available, so you can ask.

Your meditation should be good, first and foremost. If you are good Sahaja Yogis, then only others will believe you. But if you are not good Sahaja Yogis, nobody will believe you.

For so many people I have seen I am something beyond them. But Sahaja Yogis are the ones which really make them feel that "these are extraordinary people".

Then, after that, dealing with them as I said, has to be absolutely with pure attention.

To begin with, the men should deal only with men and the women should deal only with women and no complications should come out.

Because that is the biggest blemish Sahaja Yoga can have, that they are just like ordinary people. So, you have to be careful about yourself.

Before sleeping, if you have time, you must do footsoaking. If one day you do not do it, don't torture yourself for that, but it's better that you do footsoaking. And in footsoaking first of all you must know what sort of a personality you have. Mostly you are right-sided, mostly.

So put [your] right hand towards the photograph, both the feet in the water with little salt and left hand like that.

But some are left-sided, some are definitely very much. They should not touch water. Two types of treatments are there.

Especially left-sided people should not soak, should not use ice.

This is all right-sided treatment.

After doing your right-sided or left-sided treatment, I would say you put both your hands towards the photograph and see for

yourself how it is working out, without water, without candle.

But I would again say that right-sided people should not use candle as far as possible. This electricity is all right, you can use it.

They should not sit in the sun, they should put ice on their liver; also they can put ice here [left temple] when it is very hot, it's very good to put ice here. Also for diabetes you can put the ice here [Shri Mataji puts her hand on Nabhi].

In Sahaja Yoga the treatment is very simple: for right-sided people very simple, and for left-sided.

Right-sided people get problems like liver, diabetes, blood cancer, kidney coagulation, that means they can't pass urine, constipation, also asthma, heart attack – massive, and also paralysis, on the right side; so many.

Now, the left-sided people get pain all over left side; also can get all kinds of psychosomatic diseases which are not curable, like cancer, myelitis, Parkinson's, all kinds.

But if you do your meditation every day, once in a while you may miss it, it doesn't matter, you will immediately feel that you are completely cured and you keep good health.

That's the only way you can grow. And try to bring the point where you are thoughtlessly aware.

The best way to be thoughtless is to say the mantra of Nirvichara. That's very important. And secondly, to go on for forgiving: "I forgive everyone, I forgive everyone" so the thoughts will stop. That is the time when you are in the present. That is the time really you will grow in spirituality.

We have people in India and abroad who have become such powerful Sahaja Yogis that just by prayer they can achieve lot of things.

We are not here to destroy anyone or to torture anyone: we are here to help everyone, to make them joyous.

So one should not talk loudly, sharply, never. And show your compassion.

Now supposing somebody has some problem: we should not suddenly say: "You are a bhut", no.

"What's your problem? Oh, you are left-sided". "What's your problem? You are right-sided". "All right, it can be cured. I was like this".

If you say, they won't feel hurt. "I was like you. You will be cured. Don't worry".

So we have to understand that we have to be extremely careful as to what kind of words we are using, and what kind of things we are doing in their presence.

Some people are extremely fast, they will walk fast and they will be handling things with such a funny gestures that people will be frightened. You should not be such. What you have to do is to see that whatever actions you take, you talk to them or do, do it in a gentle way; that's very important to be gentle and kind to them.

Also you'll get people who will have bhuts, who will have gurus on their heads, like the other day that lady was arguing with Me.

Try to convince [them] and tell if the - you know now who are real and who are unreal. If you don't know, ask your leader. You better tell them that, "This is not going to help you, it has not helped you, so you have to give up." And I'm sure they'll agree.

I'm very sure they'll agree. Because the way other day that Sindhi lady, she was arguing with me. And she said that, "We get Vibhutis [ndt. Sacred ash] in all centers." I said: "This is all bhuta vidya, preta vidya and smashana vidya. What do you get out of the vibhuti that comes in, what is so great?" All these things are just to mislead you.

So tell them firmly, but with full attention, that you are trying to help them. If you want to help them then you cannot afford to be rude to them, in no way.

It is sometimes difficult to handle some people who start arguing, so best is not to argue.

Tell them: "By argument we cannot convince you. It is not in the mind, it is beyond the mind."

Up to a point it's all right, after that you should give up: "All right, I'm sorry."

Then your relationships in your family should be good. You can't have Sahaja Yoga if there is no understanding between you, your wife, your children.

We have to show that family is very important in Sahaja Yoga, extremely important, and children are even more important. You see how much we have done for the children now, we have got schools, this, that, is a very big responsibility.

So we must understand what is the responsibility. We should not spoil the children. We should appreciate whatever good they are doing, whatever nice things they are doing.

But if they do anything wrong, you must tell them, "You are Sahaja Yogis and you can't do like this." That you have to tell them, whatever it is, you have to tell them.

If the children are very thin, then understand they have got liver. So liver should be treated.

And next time when you come to India we are going to get you all the medicines of liver.

If they are very fat, then they are left-sided.

Try to bring them to the centre with the three candle treatment.

But first of all, test it what is the situation. Sometimes they develop a puffy fat, [that] is all right, but they become all right. So that is how you should look after their health.

Then also look after their behaviour.

Tell them how to behave. As I have seen in the West the children are not properly brought up because the parents neglect them, I won't blame the children.

Parents neglect them. You should be loving, kind - at the same time you must tell them what is discipline is. It is very important.

Then keep a-watch on them: How they are, what they are doing. Of course, we have a school, but it has limited seats there. Whatever it is, they are going to adjust as many as possible.

Even then supposing you have any problem, don't go arbitrarily into it. You may ask your leader or you may write to Me and inform Me.

Among you somebody might become very ego-oriented, may start his own organisation, "I will do this."

Let him say: "You get out" and he will suffer.

You do not have to worry. "All right, you get out." Anybody who is arbitrary will not work out. Supposing one finger starts acting more than the rest – that means there is cancer, this is malignancy. So we can't have malignancy.

All of you should work together with understanding, before others as well as among yourselves. It is very important to understand.

Now, Sahaja Yoga has worked out in so many countries. In such a big way in some, in such a small way in some.

But wherever it is, Sahaja Yogis have to be something special. Even the children have to be something special. You have any other problem which you do not want to discuss, with, say, with your leader, then you can write to Me directly, no harm.

Either, if I answer well and good, if I do not answer also well and good, it will work out. But attention should not be all the time about yourself: me, my family, my children, my house, my job, no.

As soon as your attention is on other people, it works out faster, it helps you very much.

But on yourself: "I am sick. I have this problem, that problem", nothing.

You are now at a stage when you can absolutely solve all the problems, but first and foremost thing: if your attention is on yourself, it won't work out.

Attention should be on others. And if it has to be on yourself, attention, then just find out: "What's wrong with me?"

But some people in that also go too far. "Mother, my Agnya is catching. Mother, my this is catching..." [it] is nothing, [it] is nonsense. Maybe you are catching from other people, possible.

There are some nice books, now already in Sahaja Yoga translated in Chinese, luckily, and also My tapes could be translated also.

But you have to keep My voice, as I told you, because that is mantra, isn't it?

And you can have subtitles, would be better if you could do it. But it's a very good idea that you can have subtitles, really. Specially for Russians if they could do in Russia.

Now, [if] you have any questions, now you can ask Me.

So it should be always like, if you are Chinese, then you should not only deal with Chinese. They should all come to the collective.

Supposing you are Indians, you should not only deal with the Indians, but they should come to the collective.

Because unless and until they come to the collective [they] will not know what the problem is. It's not that you can organise separately a group, another group separately. It has to be one group. Of course, you could have two ashrams or three ashrams, makes no difference.

Any other question?

Sahaja Yogi: Is the camphor treatment good for left side?

Shri Mataji: What?

Sahaja Yogi: Camphor ...

Sahaja Yogi 2: Camphor treatment.

Sahaja Yogi 2: The camphor treatment. He is asking if the camphor treatment is good for left side.

Shri Mataji: What?

Sahaja Yogi 2: The camphor.

Shri Mataji: No no no no. No need. Camphor, only once in a while. Don't do camphor. But you have done all mixed up things, you see, just do left-sided treatment, then you will be all right. Just mixed up.

And you cannot earn money in the name of God or Divine work, that's one thing. You cannot organise like that. No, never. Because once you start getting it, left-sided bhuts will come into you.

Sahaja Yogi: I've never done that.

Shri Mataji: That is the part of Sahaja Yoga. We cannot.

Also if you have any guru's photographs and all that, it's better to put them in the sea.

Because this keeping any photograph, any book about them creates problems. So religiously search it out and put them in the sea.

[Video interrupts briefly]

No no no no no no. No no no no. Don't do all that. They will work on the photograph. If you want to help somebody, you see, some other people who have come, whom you want to raise, don't touch them. Take a bandhan yourself and give them a bandhan. Put them before the photograph and you just raise the Kundalini. But be careful. Because you are still, you see, not that sort of thing that you cannot catch, you might catch.

So among yourselves also you should not do that. Don't touch. If somebody says, "I have this problem", all right, put him on the photograph, take a bandhan yourself, ask him to take a bandhan, you also give a bandhan and then raise the Kundalini. Be careful.

Even if there is somebody who has come now who is a sick man. So you can give them a photograph, [it] is all right, if they are willing to do it. But somebody in his family is willing to take Sahaja Yoga, who is a healthy person, he should bring. Otherwise don't get after sick. You will have many sick, in thousands, to begin with. Don't worry about sick.

Or if they are sick tell them to take the photograph and work it out, if they are left-sided or right-sided. Then the faith grows, they improve. But you don't touch the sick. No, no, not at all. We are not here to cure the sick, but we are here to give realisation.

May God bless you.

Sahaja Yogi: Shri Mataji, for technique, if you have a problem on one side, you have imbalance and if the left side is weak or caught up, do you raise the Kundalini on this side and give a bandhan to the other side? Correct?

Shri Mataji: Yes. Supposing you are right-sided, then you have to put down the right side, remember that way, it's much better. So then you raise your left side and put the right side down, if you have right-side problem.

Now, if you have a left-side problem, so you have to put down the left side. It's easier to remember this way. So there is no confusion.

But tying up of Kundalini should be done after you have moved out left to right or right to left, whichever way. Then raise your Kundalini and tie up and take a bandhan, it's the best way.

I would request you, all of you, to take a photograph of yours and make an album, write it down below that: what is your name, date of birth and of Self-realisation. Send it over to Me. Because I go on seeing them sometimes, you see. So I'll know you better and also I'll have My attention on you. Of the children as well as of bigger people.

So I'll talk to you and talk to him because you have little individual problems, both of you.

What about you? Are you reconciled? I'm going to get, you see, this one, Werner, to task. He came here to do Sahaja Yoga and not to disturb a family. He's been very wrong. I'm going to be very angry with him. He is an old Sahaja Yogi, he should have behaved himself.

It's not - never to disturb a family. You have such sweet beautiful children. I will never support you in nonsense, I must tell you. And your husband is a very good man. If you behave all right he'll come round to Sahaja Yoga, I'm sure.

You cannot be a Sahaja Yogi if you have no dharma, "shield" as Buddha has called it. It's what we call as your character.

Your morality is the most important in Sahaja Yoga. If you are not moral, it has no meaning at all. What we need is morality today.

This is happening everywhere, nonsense.

We have to imbibe it in ourselves and we have to generate it for others also.

Whole world is full of immoral people. A very, very few who are standing for morality.

That is the greatest ornament we have.

All right? Don't go astray. This will never help you.

It was very wrong of you and also for your children. Now go back and behave yourself properly, otherwise you cannot be in Sahaja Yoga.

Ha, if there was something wrong, then it's all right. We have divorce in Sahaja Yoga. We allow people to divorce. But there should be substantial reason for that.

"Or to sub thik hai" [Is everything all right?] What are we to do? That will do? All right.

Sahaja Yogi: Thank You, Mother.

Shri Mataji: May God Bless you all.

I am sorry you had to come so late in the night [Shri Mataji laughs].

Sahaja Yogi: Mother, we have a small gift for You.

Shri Mataji: Why, you've done so much!

Oh. Where is the children's this thing, presents? My God, a small present, is it?

Sahaja Yogi: It's very small.

[Shri Mataji laughs, yogis laugh]

Shri Mataji: All right, what is this? This is supposed to be small, is it? From what angle?

Sahaja Yogi: It's just a big box!

Shri Mataji: Oh, I see. [Laughing] Ah. So now. What is that? Let's see. My goodness.

[A small red statue] This is the one for what?

Sahaja Yogis: Confucius.

Sahaja Yogis: Confucius. Guru.

Shri Mataji: Confucius! He too has... you see?

[Sahaja Yogis laugh]

Sahaja Yogi: A stick.

Shri Mataji: Fine, such an expensive one.

Great. It's very well done. Is it written here Confucius?

Sahaja Yogi: Yes.

Shri Mataji: All right. Thank you very much. But you'll have to bring it to India when you come. [Sahaja Yogi: "Yes, Shri Mataji".]

But such an expensive thing, you should not have bought it.

Sahaja Yogi: Very good price, Mother.

Shri Mataji: Really? [Laughter] What is this?

Sahaja Yogi: [Offering a statue] This is Lao-Zi.

Sahaja Yogi: Lao-Zi.

Sahaja Yogini: Lao-Tse.

Sahaja Yogi: Lao-Tse.

Shri Mataji: This is Lao-Tse? Nice! [She watches the statue attentively] All right. He's great I must say, Lao-Tse. Beautiful. He's sitting on the clouds. Beautiful. [Sahaja Yogini: "Wow".] Good.

This is His vahana. This is the one, is...

Sahaja Yogi: Vehicle.

Shri Mataji: Vahana, you know, this vahana is ...

Sahaja Yogi: Vehicle, isn't it? Vehicle?

Shri Mataji: Conveyance.

Sahaja Yogi: Conveyance, yes.

Sahaja Yogini: Conveyance, yes.

Shri Mataji: Beautifully done. Thank you very much, thank you. Is written here?

Sahaja Yogi: This is Lao-Tse.

Shri Mataji: Thank you very much.

This shows the little boy is controlling. (Unclear)

This is what?

[Inaudible comments – Sahaja Yogis and Yoginis show an embroidered cloth. Sahaja Yogini: "This is a cloth, and yes, a...". Sahaja Yogi: "A Goddess". Sahaja Yogini: "A Goddess...".]

Shri Mataji: Who is that?

Sahaja Yogi: Is a Goddess.

Sahaja Yogi: Goddess. Goddess. She is from China.

Shri Mataji: Goddess.

Sahaja Yogis and Yoginis: From China. Yes. A Goddess.

Shri Mataji: Saraswati.

[Indistinct comments]

Shri Mataji: Ah, it looks like Saraswati. Very Indian silk. [Laughter]

Sahaja Yogi: Yes, we had this picture when Buddhism first came...

Sahaja Yogi: We had this kind of picture when Buddhism first came to China.

Shri Mataji: Oh, I see. Buddhism didn't talk of women. Beautiful, very beautiful. Thank you very much, thank you. Beautiful. Very well done.

These two books he gave Me, where are they? All right. You can keep them – please keep it somewhere.

Now what is that?

Sahaja Yogini: From Vietnam.

Sahaja Yogini: Yes, it's from Vietnam.

Sahaja Yogi: From Vietnam.

Shri Mataji: From Vietnam?

Sahaja Yogi: Vietnam.

Sahaja Yogini: Yes, from Malaysia collective.

Shri Mataji: You are from Vietnam?

Sahaja Yogini: Yes.

Shri Mataji: Really?

Sahaja Yogini: Yes.

Shri Mataji: One place I've not been to is Vietnam. But [to] Korea I've been - South Korea I've been. [Sahaja Yogini (not clearly audible): "Lacquer and sewing"] Oh, they make these in Vietnam?

Sahaja Yogini: Yes.

Sahaja Yogi: It's a beautiful thing through sewing. (Unclear)

Shri Mataji: It's beautiful. Is a painting?

Sahaja Yogis: It's a lacquer. Lacquer work.

Shri Mataji: Lacquer work. Thank you very much. So beautiful. Such a big lacquer work I've never seen. Must be very expensive.

Sahaja Yogini: We got it quite at a good price.

Shri Mataji: Very beautiful. Thank you very much. You want to take? Too close. [Sahaja Yogini wants to take a picture of the work. Sahaja Yogi: "That's we can take later."] I'll hold it. [Shri Mataji takes the frame and holds it for the Yogis to take the picture]. Very beautiful. Oh, thank you. All this has to come when you come to Ganapatipule.

Sahaja Yogi: Actually, I would have loved one Chinese to come this time. I'll have to get lot more to carry all these things [laughing].

Shri Mataji: See, what I was saying, for all the people from the East, there's a concession they offer and it's much cheaper.

I think what you can carry is quite a lot but I don't know, they told Me... I don't know how much – quite a bit [not clearly audible].

So I think they can come, Chinese.

At least Ganapatipule.

I've no idea, I'll ask them. Last time who went on the tour from here? Complete tour - was a complete.

Sahaja Yogi: Well, I was on the 11th of December.

[Indistinct conversation follows]

Shri Mataji: This is for children. [Shri Mataji takes a bag and starts taking out books Herself and hands them to children] Now. So we'll have boys first, come along.

May God bless you.

Now you have to write poems in this, all right? You move forward. Is there any other boy?

Come along. You must write poems.

Thank you. Come along. You are a boy also! [Laughter] Kuber, come along. [Shri Mataji points at a small boy. The small boy goes to Shri Mataji and takes the book and hands an envelope to Her. Laughter] He has done a painting for Me. [Laughter]

Now for the girls.

[Shri Mataji opens the envelope given by the small boy] He's done a beautiful painting today, you see? Did you do this one?

Child: Yes.

Shri Mataji: Thank you. Good. Thank you.

[Conversation aside with a yogi] Where is that tea set we had bought? Did you get it? [Sahaja Yogi: "Yes. Tea seats were at the back, yes, two. There were two tea sets, Mother. I took the small one. The small one".] Let it be now, you took only one so will be a problem. All right.

Who will get? I was thinking of dolls.

All right, for the girls. [Shri Mataji gives a small to book to a girl] Now. You write poems. [Laughter] All right. Come along.

You want - which one you want? All right? Who else? All the girls.

[A girl hands an envelope to Shri Mataji]

Ah. Yes, good. Very wise. Thank you.

Just... [To another girl] Which one? All right.

[Aside to a girl] Did you get one?

Girl: No, it's ok.

Shri Mataji: Is it all right?

Girl: It's all right.

Shri Mataji: Very sweet.

Girl: They need it...

Boy: They need it more than you.

Shri Mataji: Ah? [Aside to the Sahaja Yogi] We could give her that tea set, and all that, so we have. Can you find that?

Girl: Thank you, Mataji.

Shri Mataji: May God bless you.

[Somebody takes a box to Shri Mataji and She hands it to the girl]

All right, come along, you are lucky. Quite heavy. May God bless you.

Girl: Thank you very much.

Shri Mataji: Thank you, thank you.

Girl: Thank you.

Shri Mataji: You got it, Rishi?

Sahaja Yogi: Such cool vibrations. [Unclear]

[Indistinct conversation]

Shri Mataji: All right, Soma is better now?

Sahaja Yogi: Yes, it has improved...

Shri Mataji: Better, yes.

Sahaja Yogi: ... since she came to Sahaja Yoga.

Girl: Thank you very much, Shri Mataji.

Shri Mataji: Next time I would like to see your poems. All right? Kuber, you too. [Laughter]

And also nice drawings. Where is the drawing gone of Kuber? This I want to take with Me. It's refreshing.

All right. May God bless you. May God bless you.

Look after yourself. And know that you are Sahaja Yogis, is a very big position, you are saints. Special people. You are the foundation.

Anyway I may go to mainland China and talk to the... Let's see if Prime Minister listens to Me. May be.

May God bless you.

Sahaja Yogis: Thank you, Mother.

Shri Mataji: It's all right.

Sahaja Yogi: Thank You Mother, for coming to Hong Kong...

Shri Mataji: Wah-wah.

Sahaja Yogi: ...and blessing us all.

Shri Mataji: You just wait and - you just wait. [Sahaja Yogi: "OK".] Then I will go and talk to him. May God bless you.

And I think people are very simple, very simple people in North Korea. You are South-Korean?

Sahaja Yogini: Yes.

Shri Mataji: Ah, I went to South Korea, I'm sorry, not North, South Korea.

But you see, still they have no idea of a spiritual life. No idea. So, you go there quite often?

Sahaja Yogini: Yes, tomorrow I'll go there.

Shri Mataji: She goes to... She goes...

Sahaja Yogini 2: She is my sister who came here today.

Shri Mataji: So start talking about Sahaja Yoga. All right?

Sahaja Yogini: Yes. It's the first time...

Shri Mataji: No, no, you can do it. So have programme, or something. And get more people here from South Korea. And send them over. You can do very well. Too much American influence.

[Sahaja Yogini: "Right".] That's the problem. And also then I saw one programme they had invited us to, supposed to be a very special one.

And we were sitting on the top from the galleries, you see, for VIPs and downstairs, and I've never seen such a show.

Very dirty show they showed. Very dirty.

I've never seen. And CP was wearing his glasses and he just closed his eyes, and I had to, said it, "Close your eyes, you can't bear it". And both of us vomited.

Leave show. I've never seen such a dirt anywhere.

You know, I mean, can't imagine how they have taken these things from these stupid Americans.

You can work it out, all right?

May God bless you.

Sahaja Yoginis: Thank You, Mother.

Shri Mataji: We have to think of our countries, we have to save them. Don't you think so? It's very important, to save your own country. Just I give you all the powers.

May God bless you.

First grow in Sahaja Yoga, first grow in Sahaja Yoga, these people can also come sometimes. We can send some other people.

We could have programmes. All right?

May God bless you.

Sahaja Yogini: Are You going to come to Korea again?

Sahaja Yogini: Are You going to come to Korea again, another time?

Sahaja Yogi: She is asking if You are you going to come to Korea.

Shri Mataji: [Laughing] Anyone at this time - I'm so busy now, I don't know. Keeping Me too busy. That's all right, I think it will work out.

These people can go and work it out. All right?

Sahaja Yogini: Thank you.

Shri Mataji: May God bless you.

Sahaja Yogini: Thank you.

Shri Mataji: So, are you feeling better now, with him? You have Ekadasha, you know?

Sahaja Yogini: Yes, I know.

Shri Mataji: Ekadasha means beginning of cancer, do you know? Don't struggle anymore. You know, no mother can live without children.

See, all this is a temporary sort of infatuation, finished, is this. Mother is a mother.

How she stands, you know, for her children. All right? That's more important. [End of tape]

1994-0425, Welcome Talk, Qiyamah has come

View [online](#).

25 April 1994

Talk to Sahaja Yogis

Carla's House in Malaysia, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

There's lot of space. Ask, these girls others. Please, come forward. There's lot of space. You all can come here.

I am very happy to see so many of you are here and that Sahaja Yoga is growing so fast, it's something very, very satisfying. Welcome.

Also in Hong Kong and Taipei. I was so very happy to meet people of different communities, following different religions, coming to Sahaja Yoga and unite together in a big way. It was really so satisfying. What we need now is unity and also peace. If our children have to grow properly, first thing you should have, is peace.

But there is so much of violence, so much of distraction for children. And if you see the world around, you'd be shocked how things are happening. Especially with this American democracy, I don't know what they are doing. The children are killing the parents, the parents are killing the children, all kinds of things. Not only violence but immoral, extremely immoral.

Now we have to understand that we must have self-respect and we are Sahaja Yogis. That's why we have our own culture in Sahaja Yoga, culture of purity and innocence and love. And I am so very happy that you are here now in Sahaja Yoga. I've been coming here so many times, so many years. But I'm very happy to see all of you here.

First of all, it's important, we should see what we have to achieve. Very important. You should have the full Self-knowledge. And after that, we can look after people, we can give them Realization. We are all very capable, all over the world, I have seen. In some places, somehow, it works slowly, and in some places it works very fast. Like in Russia, imagine, just like fire!

Posturing there, in one place in Togliatti, we have 21,000 Sahaja Yogis, in one place. And here I've been coming since long, to Kuala Lumpur, I don't know how many years. And what we see is, slowly people are [coming]. I can't say why, but it's very difficult to understand why not, do Sahaja Yoga.

Also, they come but they would not meditate, they would not come to collective. It's very sad [unsure], as if something is missing. For Russians, it's so easy, I mean, they just got surrendered to it, absolutely. They're so great. I mean, [Shri Mataji is laughing] there's a joke. They had called us for a Diwali Puja. So many Americans also came, all those Sahaja Yogis were there. So she - the joke is like this that, one of the Russians asked, you see, from Togliatti, to an American, "How many Sahaja Yogis you are in America?" So he said, "We are 56". "Oh my God, there are 56,000. We are 21, only 21,000 in Togliatti". Can you imagine? [Shri Mataji is laughing]

But once you settle down in Sahaja Yoga properly, then others will see you, and you will be very much impressed by you. Because you'll have that peace, you'll have that joy. Also you will have, we can say, that personality, that people will be surprised, "Look at them, how are they? How can they be like this?" And this is what we have to work out.

It's not difficult, I can tell you, but collectivity is very important. If you are not collective, it doesn't work out. We have to understand that collectivity is a very important part of Sahaja Yoga. I'm sure it will come up and you will come up also very well.

I wanted you all to come to Ganapatipule. Also, they have reduced the price and all that for Ganapatipule very much. Because if you do the whole Tour, then it's difficult, because quite a lot has to be paid, you see. But otherwise, only if you are coming to Ganapatipule, it's much cheaper. Everybody can afford it, it's not so much.

Because if you are coming all the way, then we have to pay for the buses, for the trains, you know, various places. This time specially, they went to jungles and they had to go on taxis because buses were not available. So it turns out to be very expensive, that part. But Ganapatipule is all right, about, I think it is ten days you have to take leave. Whatever suits you, please try to come, because then the collectivity is much more.

Some people went to Calcutta. Did anybody go to Calcutta for My birthday? No. And they were telling Me that, "We just got lost. We didn't know where we were. Such an enjoyment, such happiness! We didn't know where we were. We were just lost in the joy of meeting everyone from all over the world". They have made very good arrangements also, very good people [unclear]. And they did very well. I must say, even the Germans were surprised the way they organized everything, every bit of it.

Meeting the collective only, you grow, I have seen it. In your own collective, then renew [unsure] some or other, try to meet the global collective also. So, you know all your brothers and sisters all over the world. It's nice to have all the connections with all of them. So, you feel very confident about Sahaja Yoga. And they are so happy, all of them. It is some sort of a tremendous joy of meeting somebody who is your own. It's like this.

We had one Muslim, Djamel, and they wanted to go to Hajj [Muslim pilgrimage to the holy city of Mecca]. So, he told his parents, "Why do you want to go for Hajj to Mecca? Mecca is now in London. So, you go there and you meet Mother". So, the parents came there and met Me. And they said, "You are Mecca". I said, "All right, whatever you say. I agree". But the Muslims are difficult, that way. Djamel and all that, all of them, all those Muslims are in Paris or somewhere else. So, they have joined Sahaja Yoga and they are very powerful Sahaja Yogis. They have Hamid, Akbar, all of them.

But the best part of it, this time, I met somebody very important. His name was Rohani Ayatollah. And he is one of the Ayatollahs, five Ayatollahs, one of them was killed, you see, he died, four are left. So, he came to see Me in the ashram [in Paris]. Very rich man but very humble. Then he invited Me for- then he came to our program, got his Realization, very humble.

He put his both the hands like this, [Shri Mataji raises her hands, with 2 fingers forming the 'V' of victory] started dancing, an old man.

Then he called Me to his house for dinner. He said, "Now you tell me where I have to go, what I have to do, I'll talk to anyone. They are calling me in Algeria". I said, "If they are calling you in Algeria, you'd better go". And he was little worried because Algeria is a very turbulent country. He went there, solved the problem, came back. Now he wants to go alone because his own brother, his own younger brother, has been elected now in Iran instead of this fellow. And he said that, "Still not he's taken over but he's there". So, through him, we can work it out very well. It's a very powerful man, very sensible. And he says, "Mother, this is the only way you can unite Muslims, either, they will be all finished. Everywhere they are killed and this happening, that happening".

Somebody has to tell them that the time of resurrection has come. And they said that, "There is a written thing about the Qiyamah". It's the resurrection time. They call it the 12th Al-mahdi, Al-mahdi. So, you see, actually, in the previous Persian language are [unclear] the primordial. And 'am, amah' means Mother. So, the primordial Mother will come. It's according to the Zoroastrian, who was there before. But I don't know how far the Muslims will listen to it. Because they are - either will be destroyed or will be finished, the way they are doing thing.

So, I'm sure it will work out in some proper manner, so that they are saved after all, they are also human beings. So, we have to pray also that they get wisdom to understand.

Also lots of Chinese, we have you got them in Taiwan. Lots. Hong Kong, where there is quite a lot. But Taipei were such good Chinese. All were Chinese also, in Taipei, all. And there, we had lots of Japanese this time. It's very surprising how Japanese are taking to Sahaja Yoga. Very serious. And the questions they asked were so nice. "How do we meditate? When do we meditate?" All such questions, very positive. So, Japanese are taking now to Sahaja Yoga. They were at least five hundred persons there. It was very satisfying.

So, now we have to have various people also here, and also Chinese that are here. I'm sure this will work out very well if we just understand that we have to be all right first. And then, we have to make others all right.

Tomorrow after the program, I'll tell them that I can meet you here. So, you can come tomorrow after the program. And if you have any personal problems, you can write it down and keep it here, so that I'll deal with it tomorrow.

What is it, that? Now. I've been talking, talking so much now. Little bit that throat also. [Shri Mataji takes something against her coughing]

So, if you have any questions or any problems, please write it down and send it over. Tomorrow, I'll answer. Tomorrow after the program. All right?

May God bless you.

I'm sure tomorrow it will work out. And we'll get more people, I'm sure. The advertisements are also in Chinese or not?

Sahaja Yogi: Only in English.

Shri Mataji: For everyone, only English? But Chinese understand?

Sahaja Yogi: Yes.

Shri Mataji: They understand English.

Sahaja Yogi: Most of them.

Shri Mataji: All right.

May God bless you.

[End of recording]

1994-0426, Self Realization - Knowing the Spirit

View [online](#).

26 April 1994

Self Realization – Knowing The Spirit

Public Program

PJ Civic Hall, Petaling Jaya (Malaysia)

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 change it, we cannot conceptualize it, we cannot describe it, and unfortunately, at this human awareness, we cannot know it. Something more has to happen to us and at that stage, what we call as self-realization, knowing the Spirit, that we can really know the truth.

Whatever I'm going to tell you today you have to know it that your blind faith is not going to help you. We've had enough of problems because of blind faith. So you have to just keep your mind open like scientists and see for yourself. Treat this as a hypothesis, and if you find that it is true, what I'm saying has been proved, then as honest people you must accept it. Because it is for your benevolence, it is for the benevolence of your family, of your country and the world at large.

Most of the human problems that come to us are because of these centers. When these centers are in trouble we get the human problems and all the world problems mostly come from human beings. So what do we find that if a human being is all right within we can make the whole world all right.

At the outset I have to tell you what is the truth. The truth is that you are not this body, this mind, these emotions, but you are the Pure Spirit. You're not this ego, intelligence but you are the pure Spirit. This is the first truth about you. And the second one is that you see all these flowers so beautifully placed before you, they are a miracle in a way, because we can't explain how they are different, grow at a different temperature, how they're different in their heights and colors and fragrance. How these are happening, we never think. All these living things, for example, who runs your heart? So doctors will say that autonomous nervous system, but who is this 'auto', they can't answer. So the science cannot answer this question. Science is limited, it cannot answer, it cannot say why are we on this earth, why have we come on this earth?

So the second truth is there is a subtle living power which is the Divine Love which does all the living work. All the religions have talked about it, all the religions have said that you must get your self-realization, your second birth, in different, different ways. And all the religions have said that there is this subtle power of Divine Love which is formless. But as it is, religions were not so much Spirit-oriented; they were either money-oriented or power-oriented and fighting among themselves. In the name of God they're fighting because if they are the Spirit they won't fight. Because then they will realize they're part and parcel of the whole, they're all one, all these religions were born on the same Tree of Spirituality, but we have plucked the flowers and we're fighting with the dead flowers. All the people who created these great religions never treated them separately. We have done a mistake by not understanding the unity we're having. We'll be happy to see all the people sitting here are coming from different races, from different religions, from different countries. Sahaja Yoga now is working in sixty countries.

Mostly what's wrong with human beings is that, that he does not know where to find satisfaction. Sometimes he thinks that in money he'll find satisfaction, sometimes he thinks in power, sometimes in some sort of a love or sometimes in the family or some sort of very limited, superficial things. But it's not, because you know that according to economic laws wants are not satiable in general; means, today you want a house, so you'll buy a house. Then you won't be satisfied. If that was a pure desire you should have been satisfied. Then you want to buy a car, still you're not satisfied. Then you want to buy furniture, then the carpet, then the aeroplane, I don't know what, but whatever you may buy you're not satisfied with what you buy. That means this is not the pure desire.

Now what is the pure desire within us, if you're wanting to know, I will tell you. Whether you're aware of it or not, there's only one

pure desire we have, is to be one with this all-pervading Divine Power. Like this instrument if it is not connected to the mains it has no meaning. In the same way, we have no identity, we have no personality, we don't know why are we on this earth because we're not connected to the mains.

Sahaja, Saha means with, with and Ja is born. Is born with you the right to be united, yoga, with this Divine Power. This is Sahaja Yoga. You don't have to leave your family, you don't have to go to Himalayas standing on your heads, you don't have to fast and do all kinds of monkey tricks. It is within you, it is within you. Like Guru Nanaka said, . But who does that? What he said, we just go on reading, reading, reading but do we do that? We have to know ourselves, we have to have self-knowledge.

In the ancient times, fourteen thousand years back in India, Markandeya wrote about it, that we have a Kundalini within us and she's to be awakened. But that was in Sanskrit language, so many people did not know. Then in the sixth century [ie 600s] Adi Shankaracharya very clearly wrote about it but that was also in Sanskrit language. In the twelfth century [ie 1200s] only Gyaneshwara himself wrote it very clearly in Marathi language in his book Gyaneshwari but the people in charge of religion said, "Don't read this sixth chapter," where he described the Kundalini. But in the twelfth and sixteenth century, we had great, great saints in our country who wrote about. Like Kabira said, he says here on the fontanelle bone the sound of anahatha you can hear, ida, pingala, means three nadis he described. But nobody understands him, nobody understands, nobody understood Adi Shankaracharya, nobody understood Kabira. He says, All these things were said so clearly, in all the languages whether you take Tamil, you take Sanskrit or you take Marathi or Punjabi or any other language, Bangla. All languages it was described in our country, what we are doing is our heritage, is the heritage of the Indians.

Also, Buddha has talked about it, also this Mother Mercy that they worship, Chinese, they too have, to describe about it, like Tao. Like Tao has talked, Tao means Kundalini, can you imagine, Tao means Kundalini. Zen system has talked about Kundalini. So there's no place where I find, even two hundred years back we had William Blake in England, he has talked about it. But we don't want to know, we just avoid it, but what a thing to avoid. This all our property, it is all within us. All these powers are within us and we're missing it out.

By the raising of the Kundalini, what happens? First of all she nourishes all these centers and these centers look after your physical, mental, emotional and spiritual being. So first thing that happens to you is all your powers of creativity, powers of religion. We talk of religion, Christian, Hindu, Muslim, Sikh and all that religion, but anybody can commit any mistake, any sin. They may say we're this, they may be fanatics but everybody is capable of committing sins of killing each other or doing something wrong, nobody is awakened, because the religion is not awakened within them. Once the religion is awakened within the personality you become a saint and a saint can never do wrong.

That is the chance you have now, the time has come, this is a special time, we call it the blossom time. And the Christian religion describe as the Last Judgment. In every religion, Islam has talked about Qiyamah. So clearly Mohamad Sahib has said that 'your hands will speak.' This is exactly what happens. In Sahaja Yoga that on your hands you can feel this all-pervading power, you can feel the cool breeze coming out from your Brahmarandhra, from your Taloo, what you call the fontanelle bone area. You can feel it yourself, and this is your own power, again I must tell you that there's no obligation.

It's like one enlightened light can enlighten another light. When you're enlightened, you can enlighten other people. Also one must understand that you cannot pay for living work. Nobody can pay to Mother Earth anything for giving us these beautiful flowers, she doesn't understand money. So you cannot pay for it, you can pay for the hall but not for your self-realization. It has to be absolutely away from this money nonsense. God doesn't understand money, it's human headache. So those people who go on asking for money, there're many we had, false people who came from my country and from other countries, making money, minting money, teaching dirty things, there's nothing to be taught. You have to have the experience, experience of your spirit and experience of this Divine Power. Once you have this experience then you'll be surprised to know that how all your problems get solved. First you become in a state which we call as the peaceful state because the thoughts on which we jump are coming from the future or the past but nothing from the present. When the Kundalini rises, She elongates these thoughts and we are placed in the state of present which is reality and no thought. It's called as Nirvichara Samadhi in Sanskrit language.

The second state where we reach is called as doubtless awareness. This is the first one is the thoughtless awareness, the second one is doubtless awareness. This comes to you in no time but you have to be honest and you have to have faith in yourself. It works so fast, you'll be amazed how many blessings people have got out of Sahaja Yoga. Everyday they're telling Me, "Mother we've got this, this happened, that happened," endless. Because this all-pervading power is the ocean of bliss, is ocean of bliss. We talk of bliss, now the time has come for us to experience the bliss. We just believe in God but we are not sure. Here you can experience the Divine, you can feel the Divine and you will know that it is that. Gradually you'll be amazed at yourself that your attention will become absolutely pure.

Christ has said, "Thou shalt not have adulterous eyes." How many people are like that in the West where the Christian religion is followed. You won't find many. This happens to you, just happens to you. Get rid of all your bad habits. I will never say, "Don't do this," and "Don't do that," because half of you will go away. But it will just happen. You'll be amazed that I've seen so many people give up their drug addiction overnight. Of course, physically you'll improve. There have been many cases of blood cancer and all that have been improved and there are three doctors, I'm sorry, four doctors in Delhi who have got their MD in Sahaja Yoga. They were MBBS doctors, they got their MD. So now scientifically it's been proved.

As I said it is your own power. You have to just know how to keep it up and how to use it for your own purpose, for the purpose of the whole world. That's all if you know it works out. Above all you jump into the ocean of joy, . All this is said, I mean, I'm not saying anything new. Only thing is now it is the experience, the proof, that's all I have. You drop into the ocean of joy. Joy is not double-faced like happiness and unhappiness. When your ego is pampered you feel happy, when it is punctured you feel unhappy. It's not like that. Joy is the state in which you become a witness, sakshi, you start seeing everything as a sakshi. You see the whole thing as a drama and you enjoy it. Such dynamism comes to you, at the same time great compassion.

You see, My age, they must have told you I am seventy-one years of age, I'll be seventy-two now. And I'm traveling practically every third day. How do I manage? Because I never think I travel, I never think I travel. I'm just enjoying every part of it and that's what you become. You become great artistes. You must have heard of Amjad Ali, you must have heard of other great, many people who came to Sahaja Yoga became great artistes. Musicians, not only musicians, artists, painters, all kinds of things, architects, people have achieved so many things in Sahaja Yoga. But they're humble people, they don't talk, they don't boast. This is what it is. It's a very simple thing that should happen to you, it takes no time, no money, no problems.

I'm sure it is going to happen here, only thing I've to tell you that you have to have full faith in yourself, just faith in yourself, that's all, nothing more is needed and it will work out in no time, I can tell you this. This will give you such peace that you'll never have stress and strain and all these modern diseases that people are suffering from. Every disease and all that can be easily controlled through Sahaja Yoga. We have patients who had very horrible diseases who are absolutely cured without going to any doctor or anything. The best part of it that you all can feel the same thing on your finger tips. Supposing if you have ten children who're realized souls and they, put before them, close their eyes, put before them somebody, and they will tell, "Oh, he has the same problem." If they say, "This finger is burning," means he has a heart problem. You ask him, "Have you got a heart problem?" "Yes, how do you know?" The children know.

Everybody starts seeing the same thing, this is the point, knowing the same thing. Because you know the absolute truth. If you know the absolute truth there is no relativity left, what is there to quarrel about then. Here you have this theory, that theory, that another ism and this ism and this ism, no, you all know the same absolute truth.

Like that in sixty nations we have now, specially in Russia, Sahaja Yoga has brought the best. They have thrown away all false gurus and everything but America which is a very materialistic country is a poor show, now they're coming, after hit by Rajneesh and this and that, they're coming to Sahaja Yoga. Doesn't matter, whatever it is, we have to say that we want the truth, and those who don't want the truth I've nothing to do. I'm not here to give you these diamonds, so-called, and this vibhuti and all that. That's all nonsense and now thank God one fellow has been exposed completely. And it has been in the newspaper that this man was giving vibhuti from the smeshana. All these tricks are pretavidya, smeshanavidya, you know very well, all of them you know this and this should not be done at any cost. I was told that Malaysia is full of it. It's very surprising. You're all intelligent people, how

could you accept this nonsense of bhootavidya and pretavidya. What you have to ask, the one who talks about God and God-realization and self-realization is the only one who is the real guru. Otherwise those who are making money and showing you tricks are not. Try to understand. It's something artificial you're running after and then you suffer so much.

I'm here to tell you that you have to be honest about yourself, that's all. And it will all work out. I know you all have questions, doesn't matter, whatever questions you have you can write to Me and we'll answer you. Only thing about Sahaja Yoga is that it is not an individual growth. You cannot grow in your house, you have to come to the collective, you have to be in the collective. Like if my one nail is cut out, it won't grow. Whatever is the place, whatever is the area where you have to go, you have to go there, all of you and you have to grow. It would be something like sprouting the seed but the seed has to grow and it should not be that a sprouted seed is wasted. You must have respect of yourself, of self-realization, of yourself, and you must grow into it. Then you will understand whatever religion you're following, then you will understand the greatness of all these prophets, gurus, satgurus and the incarnations. Without that you cannot understand the unity that exists within them. Like, to understand histology you have to use microscope. In the same way to understand all these great people who have created beautiful religions for us we have to use Sahaja Yoga.

I'm very happy that so many of you have come here but I hope you will not just come listen to Me like, you see, guru-shopping, listening to Mother, then next time there, and then there. This kind of people cannot achieve anything. But I know people have achieved a lot in Sahaja Yoga. I'm very happy to see people from all over, from Madras, also from Kerala, also from Punjab. I've been all over there and I was amazed everywhere such a response, such an understanding was there. Of course it's growing much more in Delhi and in UP, also Haryana has taken over very much. I don't know, I never expected that it would grow like that because I was busy outside, working out but I started only three years back really in the real sense of the word and the north has taken over. The south is still little ritualistic, I would say, it is not compared to the north, they have taken it. They'll sing the songs of God, Goddess, Devi, they're Devi bhaktas or they're this and that. But to take to Sahaja Yoga you have to understand that no ritual is needed, no ritual, just you get it within yourself, it's within you. And that's what you have to get it.

I hope this will work out tonight. If somebody doesn't want it, I respect your freedom, you should go away. It cannot be forced on you, I cannot force on you. So those who do not want should go away. It will take hardly ten minutes for you, but those who do not want to have realization, it cannot be forced, I'm sorry to say. So it is important that those who do not want should go away, go away from the hall. Will be very civil of them to do so. It will not harm you, it will not trouble you by any chance, these are all wrong ideas which have been spread by people who don't know how to awaken the Kundalini and who don't want people to have their self-realization. So don't believe them.

There are three conditions which are very simple. First of all you should not feel in any way guilty. You should not feel, "I've done this wrong, I've done that wrong." At this moment you should not feel you're guilty. When you go on feeling guilty what happens that this center on the left goes out of order. And when it goes out of order you get a disease called angina or you may get spondylitis, you might get cervical cancer, you might also get very lethargic organs. So why to have guilt? It is a myth. If you have done any mistake just face it, but why do you carry on with a myth like this to ruin your health and at this juncture when the Kundalini is rising if this chakra is caught up it won't be able to pierce through. So please don't torture yourself with the idea that you are guilty. You're not guilty in the eyes of God, you're human beings. Only human beings can make mistakes, you're not gods, so please be pleasantly placed towards yourself firstly.

Second condition is this that you have to forgive everyone. Some people say it is very difficult to forgive. But just see logically whether you forgive or don't forgive, what do you do? Nothing. But if you don't forgive then you play into wrong hands and torture yourself while the person who has made you unhappy is a happy person, and you're torturing yourself. So what's the use of feeling guilty, or what's the use of not forgiving? Best is to forgive all of them, don't even think about them, it's a headache. Just in general you have to forgive. I'll tell you how to do that.

Now this center here on the optic chiasma in the brain is like this, very constricted. It's called as Agnya chakra and if you do not forgive then it won't open, but if you forgive, it opens. That means at this important time you should really forgive so that it opens and you get your realization.

Third condition is request from Me and believe Me that you must have faith in yourself, complete faith that you'll get your realization tonight. You shouldn't say, "How can I get," you will get it. You have to get it, just have faith in yourself that you'll get your self-realization. It's very important. This faith is extremely important and it will work out, I'm sure it will work out.

There's something very simple is, I hope you people don't mind if I request you to take out your shoes because you know this Mother Earth helps us a lot. If you tell to English people they'll walk out. They don't want to take out their shoes.

Now as I told you, you're going to get your self-realization here on your seat but you have to sit comfortably, should not be uncomfortable, not very much bending behind or in front but comfortably and have faith in yourself. Now please put both the feet away from each other.

Those who have to go should really go now and when we're doing this they should not move about, please.

Now, there is a left and a right side, Ida and Pingala, two nadis are there. These are two powers within us, one is a power of desire and another is the power of action. That's why we keep both the legs apart from each other like this. You have to put your left hand towards Me like this. That is to suggest symbolically that you desire to have your self-realization, on your lap. Just keep it on your left lap. Now with this you desire to have self-realization and with the right hand you act, in the sense you nourish your own centers. You need not remember it, it's only today, tonight we're doing it.

So please put your right hand on your heart. In the heart resides the Spirit. If you become the Spirit, in the light of the Spirit you become your own guide, your own master. So you put your right hand in the lower portion of your abdomen on the left hand side. You're working only on the left hand side. Everyone has to do it. This is the center of mastery which is created by great prophets and great masters which we have to awaken. Now, please take your right hand in the lower portion of your abdomen on the left hand side again. Put your left hand and right hand in the lower portion. This is the center surprisingly, is the center of Divine knowledge, so low as that. Now raise your right hand in the upper portion of your abdomen. As I told you this is the center of mastery. Raise your right hand now on top of your heart. This is the center of where resides the Spirit. Now please raise your right hand in the corner of your neck and your shoulder. And turn your head to your right. This is the center, as I told you already, goes into jeopardy when you feel guilty. Now please take your hand, right hand on top of your forehead across and please bend your head back. This is the center where you've to 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. This is the center where, without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all-pervading Divine Power. Now, the last center is very important. Stretch your palm fully and put the center of your palm on top of the fontanelle bone area, and bend it, bend your head. Now, bend your head. This is the place where the Kundalini has to pierce through. Now you've to move your scalp slowly, scalp, not hand so much, scalp, seven times, slowly. That's all you have to do. One thing, you didn't bend your heads, some of you, you should bend your heads. Now this is what we have to do. You can take out your glasses because you have to close your eyes. But before that you can put both the feet away from each other, both the feet away from each other and put your left hand on your lap, that's all.

Now, please close your eyes and don't open them till I tell you, please close your eyes. Put your right hand now please on your heart. Here you've to ask a very fundamental question about yourself three times. You can call Me Mother or Shri Mataji. "Mother, am I the Spirit?" In your heart, ask this question three times. "Mother, am I the Spirit?" Now, please know that if you become the Spirit, you become your own guide, your own master. So now please take down your right hand, upper portion of your abdomen, on the left hand side, and here you ask another fundamental question, press it hard. "Mother, am I my own master?" Ask this question three times again. Please don't feel guilty, don't feel guilty. As I told you I respect your freedom, I cannot force pure divine knowledge on you, you have to ask for it. So take your right hand in the lower portion of your abdomen on the left hand side, press it, and here you ask six times, because this center has got six petals. "Mother, please give me pure divine knowledge." Ask six times "Mother, please give me pure pure divine knowledge." As long as you ask for divine knowledge the Kundalini starts rising. So now we have to nourish our higher centers with our full self-knowledge. Please, now take your right

hand in the upper portion of your abdomen on the left hand side and press it hard. And here you have to say ten times with full self-confidence, "Mother, I am my own master." At the very outset I've told you that you are not this mind, this ego, this body, emotions, but you are the pure Spirit. So now raise your right hand on your heart and ask twelve times, "Mother, am I the pure Spirit?" This all-pervading power is the ocean of knowledge, ocean of compassion and bliss but above all, it is the ocean of forgiveness and it forgives whatever mistakes you might have committed. So please forgive yourself and put your right hand in the corner of your neck and shoulder and put your head to your right. Here you have to say sixteen times with full confidence, "Mother, I am not guilty at all." Sixteen times you have to say with full confidence, "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, specially at this time it is very important to forgive, so that this Agnya chakra will open. So now please take your right hand on top of your forehead and bend your head. Here you have to say, not how many times but from your heart, "Mother, I forgive everyone in general." Don't think about them, say it from your heart. Please bend your head. Now please take your right hand on the back side of your head. Without feeling guilty, without counting your mistakes, for your satisfaction, you have to say again from your heart, not how many times, "O Divine Power, if I have done anything wrong, knowingly or unknowingly, please forgive me." Say it from your heart, "O divine Power, if I have done anything wrong, knowingly or unknowingly, please forgive me." Push back your head as far as possible. Now, please take down your hand and now stretch your palm. Put the center of your palm on the soft bone, taloo, which was in your childhood the fontanelle bone area. Put the center of your palm. Now important is to push back your fingers so that you get a good pressure on your scalp. Here again, bend your head again, bend your head properly, that's very important. Here again, I cannot cross over your freedom. You have to ask for self-realization. So move your scalp slowly clockwise seven times, saying seven times, "Mother, please give me self-realization." Saying seven times, "Mother, please give me self-realization."

Now please take down your hands, open your eyes. Now put this left hand towards Me and right hand like this. Now with the right hand towards Me please put down your head and see with the left hand if there's a cool or a hot breeze coming out of your head, right hand towards Me, please try to understand, right hand towards Me, right, right hand. And bend your head, now see, bend your head and see if there's a cool or a hot breeze-like sensation coming from your head. Now don't doubt, there's no conditioner in your head, so just see. The hand should not be on top of the head, it should be away from it. Some people get very further, some nearer the head. Try to move your hand and see for yourself if you're getting any cold or a hot breeze-like sensation. Now, put the left hand towards Me like this, left hand. Now put the head again down and see for yourself. If there is hot, means you have not forgiven. So you please forgive, you'll get it cool. Bend your head properly and see for yourself if there's a cool or a hot breeze-like sensation coming from your head. Now, again once again, please put your right hand towards Me. Bend your head and see for yourself if there's a cool or a hot breeze-like sensation coming from your fontanelle bone area. Put both the hands like this towards Me. Keep your eyes open just like this, above, little higher, and now, don't think, you can do it, watch Me without thinking. Watch Me without thinking.

Raise both your hands, all of them. May God bless you.

You all have reached saintliness. This is what it is but you have to keep it up. Some people did not feel, doesn't matter. You have to come to the collective and you all can feel it, it is your right. You were doubting yourself, I think, most probably that's why it has not worked out. But there's nothing to doubt, nothing to doubt. You are born at a time which I call as blossom time. It's a special time of resurrection when these things were to happen and it's happening to you.

I hope you'll continue with it, work it out collectively and try to make a very collective, beautiful organism of human beings. This is the new race that has come up and it has to be, we all have to be united, we all have to be one and I'm sure they will all see the point. You'll be surprised there are so many Muslim leaders now who are coming to Sahaja Yoga. There's one called Ayatollah Rohani from Iran. His brother now elected as the premier there, he's coming to Sahaja Yoga. Our commander in chief has come, India, has come to Sahaja Yoga. So they have to come because there is no peace, then how are they to exist without peace, without joy. What everybody has said, even Mohamad Sahib has said that you have to be a wali, you have to be a realized soul. All of you have to be that. That's the last break-through of our evolution, it should happen to all of us.

Thank you very much.

May God bless you all.

1994-0426, Talk to Sahaja Yogis

View [online](#).

26 April 1994

Talk to Sahaja Yogis

Carla's House in Malaysia, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

So today we had so many people there and I'm sure there'll be many who would be coming, maybe many, many more. That's a very good beginning, I think but as I told you before that you have to be yourself so dedicated that they understand it.

The first question somebody asked Me, what about going to temple. It's all right going to masjid or temple, it's all right. But problem is, you see these are all money-oriented or power-oriented places. In the temple what these pandits are sitting there and taking money and doing all these things, what do you get there? And the statues are also, those are there are not swayambhu, means they've not come out of the Mother Earth. So made by somebody just to make some money. So best is to make your heart a temple and when it works out then you'll be amazed you'll rise. But going to these temples is just, I don't understand, it's very ritualistic. It has no atmosphere for meditation, nothing.

So the first thing to do is to meditate; if you do not meditate, you are not with Me. If you're meditating you're with Me. Meditation means morning for at least for five to ten minutes; you stand before the photograph, you put both the hands towards the photograph and then see what chakras are catching. There you can say, "Mother come in my heart, come in my head," whatever is the problem. And also then you have to take a bandhan. Before going out you must take a bandhan. In the night try to find out what sort of a personality you are. Are you right-sided or left-sided, or you are in the middle. If you're right-sided, say, for example, then you have to take the right side treatment which you know very well all of you, how to take it. Especially here it's so hot it is very easy to take because you have to put ice on your liver, right hand towards the photograph and ice here. That will cool you down. And then you have to go for a liver diet and take sugar which is vibrated. Also I hope we'll be able to send you some medicines after Ganapatipule, from India. Thus you try to cure your liver, that's very important.

And when you have to put down something, say you have a right side, then you have to put down the right. If you remember like that then you'll remember that you raise the left and put down the right, seven times. Now supposing you have to put down the left then you raise the right and put down the left. Then before sleeping if you do meditation according to whatever is needed then you must also understand that give a bandhan to yourself; put your attention to your Sahasrara and sleep. That's the best way you will be doing for the...

So when you start going you'll be surprised there are so many letters have come, "I have this problem, I have that problem." All these can be corrected very easily. If you take to Sahaja Yoga and meditation gradually they all improve and benefit. But if you're not sincere, if you're not coming to collective and if you're not doing meditation you will carry on with your problems, then how can I help you? So you have to be in the collective and you have to be meditating; that's the only way we can have connections with the Divine. And gradually you'll be surprised so many problems of the people have been solved completely.

I didn't even meet them, I didn't even talk to them but they write to Me that, "This problem was solved, Mother you did this for me, you did this for me, thank you very much." If you ask them, "What did you do?" They just have been meditating morning and evening, that's all. Takes ten minutes in the night before sleeping, about five minutes in the morning time. And always whenever you are in trouble try to become thoughtless. That time the mantra is Nirvichara, "Mother you are Nirvichara." You'll become absolutely Nirvichara, your Agnya will be solved.

So that is important to be in Nirvichara, means thoughtless awareness as many times as you can. Whenever you see something nice, witness something or there is some sort of a problem, then you just get into Nirvichara. Gradually you'll find yourself so beautifully equipped with vibrations, knowing everything how to do it, how to correct it, how to work it out. And it is so simple, so

very simple.

I was very happy because so many people came today. Again and again I've to tell you that you have to tell them in such a way, "We were also like you." They will say, "I have this problem," first they'll have money problem, mainly. Money problem is eternal everywhere, to begin with, because money is so important. Whether you are rich or poor they all have money problems. I would say that if you don't pay attention to your money problem it will be solved. But if you have some serious problem you should let Me know and if you don't tell Me also you can tell the photograph. So whatever such problems you have which are useless. You see money is something whatever is necessary you'll always get it, never a problem with that, it is always solved. But if you're all the time thinking, "I have no money," problem, even if have, say hundred dollars you'll have money problem, you'll have five thousand dollars, still money problem and even ten thousand dollars still money problem. So that problem you should completely neglect and don't think of it at all.

So the second problem is of health. You know that with Sahaja Yoga health can be improved. So you should find out what is your problem as far as the health is concerned and then it will work out; it's a modern world, problem we never used to use for this kind of thing, health problem. Problem was only used in geometry when we were young, you see but now when we have gone old everybody has a problem. "This is the problem, that is the problem." So all this can work out, please meditate. I'm only responsible when you meditate, otherwise I'm not and you have to be collective. If you're not collective I'm not responsible because you're not in connection.

So don't go to wrong things. There are some people who have gurus, have gurus, this thing, somebody who has, say Satya Sai Baba, they can't give up, not easy. Please know that he is a gangster, he's a horrible fellow. I wouldn't say this for Shirdi Sainath or anybody else but the one who is a gangster has been found out now, people have noticed, I've a tape that how he used to mesmerize people but there were four cameras, they could mesmerize, so the cameras have got everything. So you don't run after all such things; what you have to know is to be in Sahaja Yoga.

Also don't allow anybody to touch your forehead because your Agnya will be ruined. Like in a temple they put something on your forehead, don't take it. Don't allow anybody to touch your forehead at any cost, specially Indians, be very careful. And you are now people who have become Brahma. This is all Paramachaitanya, you have become one with that, you're saints. So you must know how to talk, how to behave. The whole thing should change. It will transform you, no doubt, but take it easy, have confidence, don't get angry with yourself and you'll be amazed how things will work out.

Questions, any you have? You have any questions?

(Question inaudible.)

I didn't follow, just a minute. Of course, meditation is the greatest; medication can be stopped. If it is some mild sort of thing, it's all right, but not severe type. What is it? For heart you don't take any meditation please, medication, no no no no. What work you do? Advertisements. It was a massive heart attack? Or angina? That means you have a liver problem, means you're right-sided. So you treat your right side, heart will be all right. The right side will feel very much better once you've done right side all right, see the whole heat will go away. You had it after Sahaja Yoga or before?

Any other question?

(Question inaudible.)

Better not. They're so stupid, one stupid idea. One fellow who came from this Bosnia Muslim... , he came, he met Me. So I asked him, "Why are you doing all this nonsense, why are you killing yourself for this land, people are eating your body, why are you doing like this? So what he old Me is true for Christians and Jews, they all follow the same. Is that he says according to him in Koran, but it's not in Koran, I know that, that if you die then you must bury your body because when this resurrection time will come, this is today that is there, that time your body will come out and you'll get resurrected. But you must die in the name of

God, "So that's why it is going to help us, because we are dying in the name of God in jihad, so our body will come out." Imagine after five hundred years which body is going to come out. So they believe in it still. So I said, "What will come out after five hundred years, supposing." He said, "Whatever comes out will get resurrection." But that way, you see, Indian philosophy is much more sensible because it is coming from sages. It says that the souls will be born, souls will be born and there will be a population growth and with a population growth there will be this last judgment which is very sensible, that souls cannot get destroyed. It's the body that gets destroyed. But I don't know from where did they get this idea of burying the body, dying in the name of God, burying the body and the body coming out after five hundred years.

Luckily we have now somebody, a very important man as I told you. He says he will go and talk to them, let him manage. I don't know why they're so fanatic, they can't see the point. Of course we have many Muslims now in Paris, we have many in Iran also, in America, also we have Austria we have Muslims. But they are not telling anybody that, "We're Sahaja Yogis." They said, "Our throats will be cut if we say that we're Sahaja Yogis." So with such fanatic people why should we meet and why should talk to them about it? Some of them will come to Sahaja Yoga but they'll be quite in danger all the time, poor things, you know. They'll have to leave this country just like that, it's very bad, situation is very bad. Gradually after seeing you they might... I think there were one or two Muslims today in the group, is there anyone here? No, very difficult.

(Question inaudible.)

All nonsense. Radha Swami we call them "badha swami" because they give heart attacks to everyone. Anybody who is going to Radha Swami must get a heart attack, very severe type. You know they have big, big, this fellow doesn't talk. He has big, big boxes, sewa, you see, you have to go on putting money there and he sits on a, with a seven steps up there, he doesn't talk, only people go and put money, that's all. Radha Swami is a place they've created for liaison, you see, like if you have to have a bribe then you go to Radha Swami. There another fellow will also go on give you the bribe, liaison office, Radha Swami.

And these Bahais, they talk that Bahai was an incarnation and all that. They're only money-oriented, extremely money-oriented, always worried about money, making money, this, that. All of them. I have yet to come across anybody who is really doing good work like Sahaja Yoga. There some who I think will come round maybe Sufis might come round. But they too have funny ideas. You see, if they are realized souls then only it will work out. There're so very few realized souls even for Sufis to guide them. So those Sufis who are without a guru sort of, they have a guru who is not a realized soul, so they are going astray.

Nobody knows much but in Sahaja Yoga the amount of knowledge which you have about yourself is tremendous, is complete and intangible. Only people who are sensitive can feel it. Russia, you see, in St. Petersburg is the oldest university, they gave Me a very big award that I'm one of the ten members of that university, royal member of that university. One of them is Einstein. I asked them, "Why are you giving Me this, I'm not Einstein." They said, "What is Einstein? He just worked with matter, you are working with human beings, who is he?" To them, you see, this is sensitivity to understand the importance of worth and that award was given to Me and the application for that was so beautiful that they said that there has never been such a philosopher, such a great scientist, such as this thing, praising to the highest. Because Sahaja Yoga is tangible, whatever we say can be proved. I must learn to smile also, not to be serious all the time, all right. Nothing to be serious, it's all a play, maya.

(Question inaudible.)

Horrible. Ours is akriya. You don't have to do anything. Now, you see, supposing your car has to be started. As soon as you start the car all the machinery starts working, built-in like that. Theirs is the other way round, you first move the wheels, then you move the steering wheel, don't start the car. They cut the tongues of people. Earlier there was a self-realization organization and so many doctors from Bombay had their tongues cut, wagging like dogs, they couldn't talk even. Because they said, "We have to move this center, for that we have to do an exercise which push back this tongue here." This is supposed to be Kriya Yoga.

You should know from the disciples what have they got. Have they got any powers? Can they raise the Kundalini? Do they know about Sahaja Yoga? Anything, even not Sahaja Yoga, Kundalini. They talk of Kundalini Yoga is nothing, another money making. They don't know a word about Kundalini. Some of them did record My lectures and all that, they talk but they can't raise the

Kundalini, that's the point. They may say the same thing what we're saying that we are looking after the chakras, we're doing this, but they can't raise the Kundalini. The proof is this that you can raise the Kundalini.

(Question inaudible.)

This is a very multi-racial society, you must understand, very multi-racial. People even from India, from different, different places, everybody from different... Now there are Buddhists, they would like to know what Buddha has to say. They're Christians, they would like to know what Christ has to say. Like that it goes on. So to bring them round, you see, you must know how to deal with each type of a person. Supposing there's a Buddhist. So they have to ask a question on the photograph, "Mother, are you Maitreya?? Is the future Buddha. "Ma," "Treya," three mothers together. Then it works out. Because problem is that they are born in that, conditioned like that and, you see, racialism is there, all these things are there.

And the whole thing looks so contrasting and some people believe in many gods, some people believe in one god. And Buddhists don't believe in God, so how to make these three things combine is this. Firstly Buddha did not believe in God because he said, "First of all let us have self-realization." If you start talking about God people will become all of them, "I'm God." I also didn't talk about God for four years, that's one thing. Second thing is that some say there's one God. Of course there's one God but He has many aspects. He's not like Rock of Gibraltar, only standing there, but He has many aspects and these aspects are described, so that's how we have many gods.

So we should try to explain to them. They haven't seen one God, two gods, nothing they've seen. But somebody's told them from childhood there's one God, so finished, there's one God. And so many misunderstandings about Muslims also. They said that Mohamad Sahib said that, "I'm the seal." Seal means the stamp, seal doesn't mean that he's sealed, now nobody can come after that. So this is how they also try to avoid but who is the loser? They're the losers because they cannot get their self-realization. So many Muslims have died, they will also die. What will happen, what will they gain? They're not going to gain anything with that kind of fanaticism. And then if He was the seal why did He say that, "I'll send the twelfth Mahdi and there will be resurrection," why did He say so? If He was the last why did He talk of the future?

Same about Christ. If He was the last why did He say, "I'll send you the Holy Ghost." Thus you can ask them questions but these fanatics, very difficult people, don't argue with anyone, it's not mental, you have to have the experience. If you go on arguing they'll make you mad. It's no use because they're not seekers of truth, if they're seekers of truth then one question if you ask, "Have you found out the truth?" "No," then all right, "I have found it. Would you like to listen to me?" If they want to listen to you, well and good, otherwise forget it. You cannot, you see, argue with it because you'll say something, they'll say something. In Gita this is said, somebody will say, "I'm Brahma, I'm this," what can you say? They start talking like that, what can you say to such stupid people? They're stupid, that's all.

You see, that's the unfortunate thing about this judgment is that, that yourself you will choose right or wrong. But we are quite a lot, I think here and there will be quite a lot and if you can ever come to Ganapatipule you can see there's quite a lot. You'll enjoy the collectivities, they're from all countries and later on also Russia. We went to Russia, we, it was such a lot of crowd there, I should say. Only one village has got twenty-one thousand Sahaja Yogis so we had our puja, very dedicated, very dedicated. We had our puja in jungle, we couldn't find any hall for all of us. So we have so many of us, we don't have to worry about stupid people. I have everyday experience of that, I don't know what to do, I can't even control My laughter, so difficult.

So now, best of luck, I hope to come next year again, yes?

(Question inaudible.)

I didn't follow. All bhoot energy, it's bhoot energy. First of all you should know. See, supposing you're a doctor, it's all right because you know the thing and you can operate but you are not a doctor, don't know anything about it and if you're doing like that, that means you're doing just at random. But Sahaja Yoga is not like that. Sahaja Yoga, you know exactly where is the problem is, you know what is to be done, how to correct it. It's not just holding somebody's hands. You see, if you do like that,

what happens, these are the bhoots, they make you cure on one side and they make you something else. They try to show that we are there because they want to possess you, not a very good thing to do and it's very troublesome later on in life also.

(Question inaudible.)

What I'm saying, you cured your finger, which finger you cured? Which one was cured, the finger, but what does that denote? What was the problem? What is it due to? You don't know? It's a left nabhi, all right? It's a left nabhi problem. By holding it you have absorbed left nabhi, she's cured. There's a bhoot in her left nabhi, you got it into you because you don't know what you are doing, you don't know how to protect yourself, you don't know what is to be done, whether you should touch her or not or how you should cure her. You don't know anything. You have to know it, you have to be an expert, you should know everything whatever you are doing, it's not like blind person holding somebody's hand and gets cured. Maybe you're getting the trouble into yourself, all right?

So whenever you try to do something you must know what you're doing, you must protect yourself, you must know what you're doing, what you're supposed to do. You just don't do like a blind person. Maybe you might develop this arthritis tomorrow, how can you say. You might have absorbed it. It's a bhoot, left hand. So what I'm saying, unless and until you know everything why should you try to cure anyone? You're not a doctor. Even doctors can't cure as we can cure because we know what exactly we're doing, we know what's the problem is, exactly; what is to be done exactly and how to protect yourself. It's not just at random or somebody says, "Say this mantra," you go on saying, you don't know what mantra it is, is meant for you or not; it's all a big science, just don't do it, like that, don't listen to people.

You're Sahaja Yogis, you've to protect yourselves. You've not come here to cure people but to give realization, to be very frank, all right? Because curing is what? I've met so many, what you call them, wrestlers, they come and tell Me that, "Mother give us realization." So what's the use of getting the whole world, health, anything, wealth. Still you want realization. So one should not do anything haphazardly. Like somebody was telling Me that this Satya Sai Baba's photograph, there is some vibhuti is falling. I said this is bhootavidya. How? Because the other day I was in Taiwan, Taipeh. One boy came after the program, very much shaken up and he said, "Mother I'm shaking," this thing. "What happened." So he said, "Three of us have caught up with the bhoots, spirits and they tell us that we are actually gods." "Where did you catch them?" They said, "We had gone for a ceremony to the cemetery, there we caught it. And since then we are so upset because they're telling all kinds of things and three of us try to commit suicide." I said, "What else do they do?" "They said, 'Now you sit down here, we'll show you,' they'll take the glass from here to here and put it like that, we don't see them and they try to impress us. But we can't sleep, we have such bad headaches, this, that, and we don't know what to do." But those are Shinto people, so they worship their ancestors. So their ancestors must have caught them because that boy was hardly twenty years of age, twenty years and the two others are even younger to him studying in the college. Poor things and they were caught up with these bhoots.

So one should know each and everything, what is it, what is left side is, what is right side is, how the left side works. Left side is very dangerous, it gives you all psychosomatic troubles. So please first of all learn everything with humility because you don't know yet what is it. You have to be humble. Learn everything properly, understand it and then you will know that it's absolutely correct and tangible; then you won't doubt it. So all these tricks one should not fall to because you're special people, you're seekers of truth, you don't want to be guided by something nonsensical.

(Question inaudible.)

No, no, you take a bandhan, that's all, they'll run away from you, they always run away. We had three great Sahaja Yogis, they used to on in the night after program on their motorbikes in a village. There were some bhoots who were sitting on the trees there, so they entered into some lady and started telling that, "Tell these three persons not to go from there, why are they disturbing us, we are not disturbing you," all kinds of these things. So they started going from there. So they said, "All right now they should not come to this side, we're going to go to another side, they should not go from this side." So it's a marvellous thing that happens with these bhoots also.

(Question inaudible.)

You see, they have no connection with the ancestors, this is just a story but if you go in the cemetery be careful, take yourself into bandhans. Ancestors you must respect, no doubt but the way they worship, it is I don't know from where this idea has come into their heads, is to worship their ancestors because the ancestors might have become bhoots. Like this boy, you know he told me the story. They want to keep them satisfied so that they do not become bhoots, that's the point is, is the reason they do it. Because supposing they're not satisfied they might become bhoots and come on this earth. So that's why they go on doing pleasing them.

In India also we have a custom that after the death of a person we always have a music playing while going to the cemetery also because no bhoot should come, they don't like good music, so... And after tenth day we give a big dinner to everyone; so the fellow feels satisfied there that we have been generous. You see, Indians are very proud that they are generous, so we try to show that, "All right, we'll do this." Even when you burn the body and all that, three four days, I think, later, they will go to the cemetery and put some rice there and they think that the crows are the messengers of Yama, is the god of death. So they will ask him, "Now please what are you worried about, please tell us," to the crow. "You want your daughter to be married, all right we'll marry her." Or something, and at certain point that crow will come and eat it, so that is the point they think they have said, "Yes." So they have to take it, you see, thing that keep them pleased otherwise they might come to us as bhoots, that's the point is. What they do is, there is some sense but to go to such an extent if you are afraid of them then they'll catch hold of you.

(Question inaudible.)

They have to come to Sahaj, there's no way out. You see, everybody has this problem. I think Christians also will go to the cemetery, women will go to the cemetery, Christians also, Jews also, Chinese. But only the Indians I think know more about bhoots, their women don't go, children don't go. They come back they have to have a bath and they will not even cook food in the house, somebody else will cook and send it. So the bhoots will not get into the food also. Like a lady came to London and she went to a church, very beautiful it is, so she said, "You also come with me." I said, "All right," I went with them. So she was walking like this, I said, "What are you doing?" She said, "What, there are graves everywhere, how can you walk over the graves?" So Indians are that way very sensible. They'll never have cemeteries, first of all, only for the saints, only saints are buried and non-saints are all burnt. And they're burnt in a very far off place, it is never near. People even if they see some cemetery they close their eyes. Indians, I think must have known this because they're ancient people who must have been possessed many times, I think. So they know how to be cautious with these horrible people.

(Question inaudible.)

This putting the bindi, all married women have to put it, now the modern women don't put it but we are all supposed to put. No, no, that you should not allow. You wash it off and put a proper kum-kum, all right? It also looks after your Agnya, it's good. If you have vibrated good kum-kum then those people who don't sleep I tell them that put it on and they can sleep, in the night. Good for the protection of the Agnya. Formerly everybody used to put in India but now they have become very modern so they don't put anything.

(Question inaudible.)

In Sahaja Yoga we do, we don't accept widowhood in Sahaja Yoga, nobody's a widow in Sahaja Yoga, neither men nor women. This is all just to suppress women, they started widowhood. Shri Rama married the wife of Ravana to Vibishana; she was a widow. So this was not a custom, this was started later on just to suppress women.

(Question inaudible.)

Raja Yoga, that's right-sided, that's why you're so thin. So now do bhakti yoga; just sing songs of Mother and finished, you don't

need anymore.

(Question inaudible.)

Of course, why not? Ashram is a very good way. In Sydney city we have twenty-two ashrams, in one city, twenty-two ashrams. Even house they'll take, about ten people will live there, call it an ashram. So that there is some regularity of meditation, some discipline. In Sahaja Yoga you have to have discipline of meditation, very important. It's good and..., but I think Indians are not good for ashram, they... We made a big ashram in Delhi, nobody was willing to stay there. So we paid somebody, "Baba, you stay," they ran away! Because they want to have their own house, dominate the wife, special cooking... They can't get out of it, even in Sahaja Yoga. But ashram is the greatest blessing, they can live in ashram.

(Question inaudible.)

Why don't you bring them to Sahaj? It's very surprising, mostly I've seen Chinese, the men will be more in Sahaja Yoga but in India we find ladies are more in Sahaj. They're much more sensible than Indian men, I think so. Here also see, more Indian ladies are there. But Chinese ladies are not so good for Sahaj; they always stop their husbands. Chinese, English; English are big problems. Now it's working out slowly.

(Question inaudible.)

But not so much like the north, I was surprised. These people, all the time, "Shiva, Shiva, Shiva, Shiva, Hari, Hari," and when comes Shiva there they don't recognize, you see. That's surprising about south Indians really but in north, they don't have all this but really they have taken to Sahaja Yoga just like fire, so fast you won't believe, in thousands and thousands and thousands. In no program less than sixteen, seventeen thousand, in no program. It's surprising, because here they're conditioned, south Indians so conditioned, morning till evening they're going on like this, isn't it? It's too much, it's too much of conditioning. Then they'll cut the hair of women, drop water on them, they'll go round the temple and you can't even see that, all stupid things. You just go and stand outside the temple, see what things are happening. You see people are so faithful, they're doing faithfully everything very seriously and the pujaris are horrible people there, horrible.

They used to have, this, that, in the south. Also that was a ritual. Even a prostitute had to go to a temple, can you imagine such a place. You don't know, a prostitute had to first initiate herself in the temple. Then a procession was taken, then she becomes a prostitute. Even now system is still on, how can it be, how can you combine something which is unchaste with God. And the worst is your this new thing that and I heard about it that they wear black dresses and go up that, in Kerala, what's the god? How can that be? Absurd, how can that be? How can Shiva and they put together, produce a child. Are they mad? Homosexuals they are, isn't it? Such an insult of God and they all go mad, I tell you we had two persons from there, they were all mad and they're cured now, thank God. Thank God they're cured. He was a bank owner, he lost all his money, everything, now he's come to normal. There's another fellow like that. They were holding big posts, they lost all the posts, they were going to that place.

(Question inaudible.)

That's why you got the heart. After the heart? How can you do such a thing? How can you say such a thing? About God; He's God Almighty you must understand. It will come as curse on people and that is one of the curses, I think. In Malayalam, Malayalee people they have this curse all right.

(Question inaudible.)

I didn't hear. More Madrasis than Malayalees but Malayalees bury their dead in the house so the bhoots are just there inside. I went down to Travancore and I was in that place where near the sea they have a sea resort. So this tourist department invited Me. For the foreigners. And I said I must also go to the villages. I said, "What is this? So many bhoots here, what sort of a village is this?" Then they said that they bury their bhoots there in the house only. Can you imagine? You're from where? You don't know

that? No, no, every house, every house. I don't know about that part, I've never been to Bali but could be, anything possible with Indians. You can't say what they will do.

Like in Maharashtra we have that Pandharpur, you see where Shri Krishna is there and they all eat tambaku, you know tambaku is tobacco and go to Krishna's temple singing, "Vithala, Vithala," and all the time eating that tambaku which is against, absolutely anti-Shri Krishna. And they wear these torn clothes, crying like that, this Hare Rama style. So what can you do? And another group is, who go to where Gyaneshwara was born. They take a big pot of tulsi with all the clay, everything, on the head and walk for one month, it's madness. Why will Gyaneshwara ask you to do such a nonsense? Such a sensible man like that.

(Question inaudible.)

Please put your hand up and I can hear. You know these are all bhootish things, they'll hang themselves by the tree and also they will walk on the wall of fire. All these tricks, you see because there's not one book for Hindus. They can do what they like, they can worship a bhoot, they can anything. And those who have one book are fanatics, which one to choose? Those who have one book like Bible, Christians are the worst, worst fanatics. They are intellectually fanatical. Then another is Muslims, one need not say anything about them. Anybody who has one book, Sikhs, another is Jews, they all are fanatics. If you've one book, finished. If you have many books everybody is a Brahma. Too much freedom but ritualism is too much in the south, too much. And the women are the ones who are observing all that ritualism, too much. I've seen very well-educated, even men, they just become stupid, absolutely stupid when it comes to ritualism, absolutely stupid. You ask them, "What do you do?" "Why? Why are you asking me such a question? We're doing but why?" They don't know why they're doing it. You should be logical. So now you have come out of all that ignorance and now you have come to light it takes to absorb truth. Truth is underlined in every religion, absolutely. No religion has taught anything nonsensical but human beings have made all this on top of that so you just don't worry, just keep to yourself and to collectivity.

Very nice meeting you all. May God bless you.

I've to make one request now that all of you should take out small photographs, write it down your date of birth, your name, date of realization and please send it over in an album to Me. For Ganapatipule you can bring it if you like because I would like to go through that, I always do it in the morning time, sit down and I'll have attention on you people.

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Talk Language: English | Transcript (English) - Reviewed

Time: 53:00:00 till 2:16:00

I bow to all the seekers of Truth. At the very outset I have to say that truth is what it is. (You have to say, I have to say, the truth is what it is. Bring her closer, it will be better). You cannot change it, you cannot conceptualize it. Also unfortunately at this human awareness you cannot know it. Otherwise if we had known the truth, there would have been no problems. All the worlds' problem come to us through human beings and all human problems come to us from these centers going into problems. So whatever I am going to tell you today you are not to believe it blindfolded. We have had enough trouble with blind faiths but keep your minds open like a scientist. Read my talk as a hypothesis but if it is proved then as honest people you have to accept it because it is for your own benevolence. It is for the benevolence of your society, your country and for the benevolence of the whole world at large. The truth is that you are not this body, this mind, these emotions, this intellect. You are not this ego, you are not this, these conditionings. But you are the pure spirit. You see here beautiful flowers and we take them for granted. This is a miracle but we don't think about them. Who runs our heart, the doctors will say it is autonomous nervous system. But who is this auto? (Who is this auto, auto, like automobile. We never think about it. We cannot explain the living process. So we have to now understand that we have no knowledge about ourselves. That is the reason why Buddha and Mahavira both didn't want to talk about God. They just wanted to talk about the self, the spirit and about this all-pervading power of this Divine love, which does all the living work. Thus we have to know there is a all-pervading power. It's not only Buddha, many others like Guru Nanaka, many others who talked of a formless energy. It is like this that if you talk about the flowers, about the deities, people start worshipping the flowers but if you have to get to the essence of the flowers which is the nectar, which is the honey they thought it's better to talk about the honey. (It is to, they thought it is better to talk about the honey which is the essence of the flowers). But even talking about honey became a talk. Somehow talking about the form or the formless just became a talk. So to get to the honey you have to be a bee. Then they did all talk about self-realization. (They did talk about self-realization). All of them talked about your second birth, (All of them talked about their second birth) and that is what we are here for. This is not just going to be a talk or a sermon, by a spontaneous happening within you, you will become the Spirit. This is what is very important. As you have known that there is a power within us, which can give you your self-realization. It has to happen. It's not going to be just a talk. As soon as you become the spirit, you start getting your self-knowledge. On your fingertips you can feel your own centers, this is what it is to be Buddha. (This is what it is to be Buddha) to know on your central nervous system. Not just mental but it is actualization of this happening. So this is your own power and when it is awakened so many of your powers start manifesting. When this kundalini passes through six centers, she nourishes all of them and also enlightens them. So that you get your physical, mental, emotional and spiritual problems completely solved. We have in Delhi 4 doctors who have got their M.D in Sahaja yoga. There are many people who suffered from mental problems, have been cured. Apart from that you become the source of peace. We become the peace within and peace without and you become the witness of the whole play. You may be a Christian, Hindu, Muslim, Buddhist but you can commit any sin, there is nothing to protect you. There is nothing wrong with religions but they have been diverted into money orientation and power orientation.

They should have been spirit oriented but they are not. Moreover as a result of Self Realization you know the absolute truth that is everybody knows the same thing. I am sitting before you, you all can see, I am sitting before you there is no quarrel about it but unless and until you are Spirit you have different ideas of your own. They are not absolute ideas, there are that's why so many complications.

So many discussions, arguments and wars but if you know the absolute truth then there is no difference of opinion. Say if you

have ten children and close their eyes and ask them what's wrong with this gentleman. They will always one finger say this one and if you ask the gentlemen have you got a heart trouble he will say how do you know? (he will say how do you know) you tell that this children told us. So, on your fingertips you know the absolute truth. About everyone also you know on your fingertips. So you have a new dimension to your personality which we call as collective consciousness so you have self knowledge and you have the knowledge about everybody else. Another thing is that your attention becomes absolutely pure. There is no lust and greed in your eyes. Christ has said thou shall not have adulterous eyes (Christ has said thou shall not have adulterous eyes. Christ, Jesus Christ has said that thou shall not have adulterous eyes, with the lust and greed in your eyes. Christ has said that thou shall not have adulterous eyes, adulterous means full of greed and lust) and you become like that (you become like that). It is the becoming which is important. Not just talking about it. With this attention you become extremely powerful, very dynamic. At the same time you are extremely compassionate. This happens because you have all these powers within yourself. Also other potential powers that are within you of creativity also start manifesting. There are many artists today who are world famous are Sahaja yogis. And you become absolutely righteous and moral. You automatically give up all destructive habits (You automatically give up all destructive habits). I know many of drug addicts who have become perfectly alright, overnight. By saying this don't do these people don't like it. But you become really a righteous person. It happens like this that if you have a snake in your hand and there is darkness and you tell the gentlemen that you got a snake in your hand and he is adamant (adamant and he is oxalate) He will not give up the snake (he will not give up the snake) till the snake bites him but if there is little light it will throw away, he will throw away. In the same way when you are enlightened you will just throw away everything that is destructive for you. In this small lecture I cannot tell you everything about it but to happen your self-realization you don't need have any lecture about it. It is a living process and you can't pay for it. There is no obligation like this Mother Earth how much do we pay her for these flowers. She does not understand money also the divine power does not understand money.

You have seed and the divine power as the germinating power (you have the seed) so you can't pay for it . There are many false people who are talking big and taking money from you. You can't pay for self-realization also for divine knowledge you can pay for the hall alright. Thus you will realize that it is your birthright to have your self-realization. Specially these modern times are marked for a-mass realization. I call them as blossom time all kinds of turmoil all kinds of problems so human beings start seeking the truth and seeking the peace is described even in Koran as kiyama (described in Koran as kiyama) and clearly said that your hands will speak and will give witness against you. Some call it as a resurrection time, in the Buddhism they describe it as a matrayas advent, in the bible it is described as the last judgement. So you are special people born in those days to get your self-realization and then you will realize that all religions were born on the same tree of spirituality. All the incarnations and all the prophets and all the realized souls said the same thing. Of course it changed with the times little bit. Thus we will be absolutely united like microcosm becomes the macrocosm (microcosm) or you can say like a drop becomes the ocean we all become one in united in one body of the divine. Sahaja yoga is working in 60 nations and I haven't seen anybody fighting, quarrelling or doing any violence to each other because you all jump in the ocean of joy. Joy is not like happiness and unhappiness. When your ego is pampered you feel happiness but when your ego is punctured you feel unhappiness. One minute you are laughing and other minute you are crying. But joy is singular (joy is singular) and that is to be experienced. I have to just say that those who want to have self-realization can only have it, you cannot force it on anyone. It has to work spontaneously so if you are wanting with pure desire to have your self-realization it will work out. All other desires are impure because you never feel satisfied with them. The economic law is that in general wants are not satiable (economic law is that in general, wants are not satiable). You want to have today, a house then a car then a furniture goes on like that. Whether you are aware or not aware the pure desire to become one with this divine power and it has to manifest otherwise you will not have satisfaction. So many things can be said about self-realization but is not meant for frivolous people (for frivolous people) or idiots you can say or stupid people, is meant for people who are seekers of truth and for those who are honest to themselves. I am sure you are having lots of questions in your mind and you can ask me through your letters whatever may be the questions. Now I have been doing this work from last 25 years and (I have) I know answers to all questions. I can answer all your questions but it's still a mental acrobat (still a mental acrobat, mental exercise). You have to go beyond the mind. So again I would say those who do not want to have self-realization should leave the hall. It will hardly take ten minutes. You don't have to pay for it now or never. All the knowledge of inner being you will have without paying anything but you have to give sometime to it and come to the collective because it is a collective happening. Supposing one nail is cut it doesn't grow so you have to be (connection) in connection with the living organism (of the living organism) so that you can grow in spirituality.

So the first thing is thoughtless awareness. The Second is doubtless awareness. With that you can give realizations to others. You can cure others and you never get into tensions. There are so many blessings in Sahaja yoga that it is impossible to describe in this short lecture. The gentlemen who was playing harmonium here feel what I asked him to record these blessings because they were writing to me every day. He is a computer expert and he told me within one-months' time all the blessings later have come to this much. So please tell me which one to record I said I have no time. So we gave up the prospects (we gave up). When I came here they told me there is an old man who got paralysis and he could only move one finger like that and he was not a Sahaja yogi. Still out of compassion the Sahaj yogis treated him and I was amazed to see him at the airport he was walking down.

There are three conditions which I will tell you before we start the process of self-realization. The first one is that you should not feel guilty for anything now at this moment. Whatever mistakes you have committed you should face them at that moment and you should not torture yourself. And so please don't feel guilty. After all you are human beings, you are not Gods so if you have done mistakes it's all right. So it is important to forgive yourself completely. Because this all-pervading power is the ocean of forgiveness. The second thing is that you should forgive everyone yourself. Some people say it is difficult to forget but logically whether you forgive or don't forgive what do you do? You don't do anything. On the contrary when you don't forgive then you play into wrong hands and torture yourself. If you feel guilty then you catch on the center on the left-hand side here. Physically you suffer (physically you suffer) you get a disease called angina, spondylitis (spondylitis is the bone which moves like this, spondylitis). You follow spondylitis, all of you? and also lethargic organs, (lethargic organs, lazy organs. Can you say that) lethargic organs and cervical cancer (cervical cancer, you read in English). And at this moment if you feel guilty the Kundalini won't rise. And you will miss such a great opportunity to be self-realized. And if you don't forgive then the center in the optic chiasma is like this absolutely constricted. And it won't open and the kundalini cannot go through it. So please forgive, forgive everyone in general. Don't even think about them because it's a headache. So the third condition is that you have to be absolutely fully confident that you will get your self-realization tonight. You should have faith in yourself. Absolutely because you are a seekers of truth. These are the only three conditions. And maybe request you if you don't mind that you have to take out your shoes. It helps a lot. One, left one is for your desire. And the right one is for your action. So now we show you how you will be nourishing your own centers. First of all please put your both feet away from each other because these are two powers. You all should be seated. You can come here front if you want to come in the front, there is space here sit down. Those who are sitting on the ground are all right. Alright. Everybody will get it whether you are far or close. Now we have to put the left hand on your lap, on your lap, very comfortable please be seated, comfortably straight. Now please put the left hand on your left lap, comfortably. This is suggestive symbolically that you want to have your self-realization. Please don't take photographs during meditation, alright, thank you. Use now your right hand for nourishing your centers on the left-hand side. So now please put your right hand on your heart. In the heart resides the spirit. (Loudly, in the heart resides the spirit. Say it loudly). Now if you are the spirit in the light of the spirit, you become your own guide, your own master. So take down your right hand in the upper portion of your abdomen on the left-hand side. This is the center for your mastery which is built by great prophets and great masters. (Great prophets and great masters) Now take down your hand in the low portion of your abdomen on the left-hand side. This is the center surprisingly is for the pure divine knowledge. Now raise your right hand again in the upper portion of your abdomen on the left side. Now on your heart. Now in the corner of your neck and shoulder and please turn your head to your right, to your right, turn it to your right. This is the center I have told you when you feel guilty goes into trouble. Alright. Now raise your right hand on top of your forehead across, this is the center where you have to forgive. Everyone in general. Now please put down your head as far as possible. Now please take your right hand on the backside of your head. And push back your head as far as possible. This is the center where without feeling guilty, without counting your mistakes. Just for your satisfaction you have to ask forgiveness from the divine power. Now the last center stretch your palm fully and put the center of your palm on the top of the fontanel bone area (alright go ahead) which was a soft bone in your childhood. Now bend your head as far as possible now important is to push back your fingers as far as possible so that there is a good pressure on your scalp. Now please move your scalp seven times clockwise slowly. Please bend your head. That's all we have to do. (In Hindi: Sardarji aap logo ko kuch karne ki zaroorat nahi hai..aise hi aap log paar ho jayenge Aap pe Ashirwad hai aur Hindustaniyo par bhi vishesh kar ke..in logo par bhi hai..par pardes mein pareshani hoti hai ... Sardarji, you people don't have to do anything. Like that you people will get your self-realization. You have the blessings and with India specially. These people also have but in foreign it is difficult

Now please put both your feet apart from each other and left hand towards me. Please take down your spectacles, glasses (take down the glasses). Now you have to close your eyes, till I tell you please don't open your eyes. Please put right hand on the heart and close your eyes, here you have to ask me a very fundamental question about yourself. You can call me Mother or Shri Mataji. You can ask a question three times in your heart. Please ask Mother, Am I the spirit. Ask this question 3 times. I have told you that if you become the spirit, you become your own master. Now take down your right hand in the upper portion of your abdomen on the left-hand side and now here you ask another fundamental question about yourself. 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 the pure divine knowledge on you. You have to ask for it. So now please take your right hand in the low portion of your abdomen on the left-hand side. Here you ask six times because this center has got 6 petals. Mother, please give me pure divine knowledge. As soon as you ask for pure divine knowledge, the kundalini starts rising. So now raise your right hand in the upper portion of your abdomen and press it hard. Here you have to say 10 times with full self-confidence. Mother, I am my own master. I have already told you at the very outset that you are not this body, this mind. You are not these emotions and intellect, ego and conditionings but you are the pure spirit. So raise your right hand on top of your heart and with full confidence please say 12 times Mother, I am the pure spirit. All pervading power of love divine love is the ocean of knowledge. It is the ocean of compassion and love. Above all it is the ocean of forgiveness so whatever mistakes you have committed will be easily dissolved by this great power of forgiveness. Say 16 times with full confidence in yourself. Please say Mother, I am not guilty at all, 16 times. I have already told you whether you forgive you don't forgive you don't do anything but if you don't forgive then you play into wrong hands and at this moment specially please forgive so that this center opens for the kundalini to pass.

Otherwise you have tortured yourself all your life and now you are going to miss the great opportunity of self-realization. So now raise your right hand on the top of your forehead and put down your head properly. Here you have to say again with full confidence, not how many times, but from your heart. Mother, I forgive everyone in general. Don't think about them. Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the divine power. So please take your right hand on the backside of your head and push back your head. Here you have to say again from your heart, not how many times. Oh divine power, please forgive me if I have done any mistake knowingly or unknowingly. Now the last sentence which is very important. Please put, press your, I should say stretch your palm, please stretch your palm. And put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Please stretch back your fingers and put down your head. Here again I cannot force self-realization on you, you have to ask for it. So please push back your fingers nicely and have a good pressure on your scalp. Now move your scalp with the pressure seven times slowly, clockwise. Saying seven times, Mother please give me my self-realization. Now please take down your hands. Put both the hands towards me, like this. Please open your eyes. Now put the right hand towards me like this and bend your head and see with the left hand, if there is a cool or a hot breeze coming out of your head. Don't put your hand on top of your head, away from it. Some people get it close and some further on. Now please put the left hand towards me and with the right hand please bend your head, bend your head. If there is a cool or a hot breeze like sensation coming out of your fontanel bone area. Lastly now the right hand and put down your head and see for yourself again properly. Alright. Don't doubt. Alright. Now please put both your hands towards the sky, push back your head and ask any one of these three questions. You can ask Mother, Is this the cool breeze of the Holy Ghost. 3 times or Mother, Is this the all-pervading power of the divine love or is it the Rooh, Paramchaitanya. Ask three times. Now please bring down your hands. Now see for yourself. Watch me without thinking. Watch me without thinking. Put your hands like this. All those who have felt cool or hot breeze like sensation on the fingertips or in the palm or out of the fontanel bone area. Please raise both your hands. Those who have felt it good. The whole of Bangkok has got realization, I think. May God bless you. You all have now become saints. I bow to you. Please look after your self-realization (please look after your self-realization). You have to give little time. Please come to the collective. And I am sure you can all grow very fast in spirituality. There you learn how to be in meditation. You cannot do meditation you have to be in the meditation, where you are thoughtlessly aware. You are thoughtless but aware. That is in the present, you are in present which is the reality, so you grow in reality. Maximum in one month's time you will become masters.

Thank you very much. May God bless you all.

1994-0427, Evening Program

View [online](#).

27 April 1994

Evening Program

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

[the commencement of Shri Mataji]

Shri Mataji: Alright

After the performance:

Shri Mataji: Wao !

Very Nice! May God Bless you !

Very rejuvenating! You have the same style called Manipur Dancing in India. I don't think that these ladies have ever been here but they should invent a beautiful dance ...Very beautiful ...I will ask them ...It's very nice ...the same thing but they have a different dress ...They show Krishna, playing with the ball and everything. The theme is there.[unclear09:17] If we can arrange a program they can come...

Sahaja yogi: Yes mother

Sahajyogini: [unclear]

Shri Mataji: Oh I see..., No but see, there is a similar type of dancing with different dresses... with the complete stories and the theme and all that ...We were there in Bombay....It's beautiful ...I have been recently abroad on that side ...I don't think they have ever come here ...Its called here Manipur Dance is of[unclear 09:53].

Mother talking to some Sahaja Yogi -[voice unclear 10:25]

[10:07 unclear]very happy very nice ...

It is very very serious dancing because ...

Sahaj yogi: It is very difficult Shri Mataji!

Shri Mataji: They talk to me ...10:38 There names ...Naina Diwedi is the name of the lady ...And Rajesh can arrange this...

Sahaj yogi: You can contact Rajesh

Shri Mataji:haan...Rajesh ...you can contact ...They are brothers?[unclear11:03]

Sahaj yogi: I would like to sing something ...

Other Sahaj Yogi: Saraswati Shri Saraswati ...

[Performances starts...]

1994-0427, Talk to Sahaja Yogis after Public Program

View [online](#).

27 April 1994

Talk to Sahaja Yogis

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: Come forward I think [Shri Mataji tells yogis to sit closer]. She did a good translation. After all, you know, last time it was much worse. Gradually she will get used to it now. She did well. I mean so many got realization is the point. So many, everybody raised their hands, practically [everyone]. I did not see anybody not raising [their hand]. Maybe one or two might not have. Did you see some people who did not get realization?

Yogi: No Shri Mataji.

Shri Mataji: No? It was... Hello [to a yogi] So, so many were there today. Great. Really. It's very surprising how it has worked out. I never expected so many, really. But there must be at least seven [to] eight hundred people. Everywhere it is like this now. So next year there will be even double than that, isn't it?

I didn't know you [to a yogi] are here now. I thought you are in Switzerland.

I mean you know how to handle them. You know how to behave with the new ones who will be coming here. You have to be very careful, in no way to hurt them. Tell them in a way that they understand, you see. Because in the beginning if you just say something harsh, it may be too much, and they might think that you are trying to show off or something. So never call anybody a bhoot or anything like that. Gradually... It is working out well everywhere. I am sure it will work out well here also. Only thing, meditation they should do at home. It's very important. Because that's how they go deep. If they don't meditate, just coming to the collective doesn't work out. And also, the other way round. Even if you are just meditating at home and not coming to the collective, that also [doesn't work out]. So, they have to be deeper people. Once they become deeper and deeper, things will work out better. I am sure that through your example they will work it out. Gradually when they seeing what happens to them and all that... And it's such a powerful thing. I was amazed with some people – how they have achieved such faith and such depth. One of them was... His aunt came to see Me. She is not a Sahaja Yogi, and she didn't say anything to Me. She just prayed and she said, "Mother please, my husband is sick so please if you can help him." And I never knew that he was such a serious patient of cancer. So, she went home, and he was walking about. She was surprised. And he didn't do Sahaja Yoga. Again, he got a very bad attack, and he was about to die. So, in India the custom is that before the person is dying, they put him on the ground. So, before that they called somebody, a Sahaja Yogi, and said, "Now pray to Mother that his soul will be relieved." So, he just sat down, the Sahaja Yogi. And he said, "I don't know why Mother I didn't say that. I just prayed that 'please save my uncle'." And within three days he was absolutely normal and going about.

[to a Yogi] Did you take that... [in Hindi] That miracle photo of Mine, did you get it?

Yogi: No, I did not get it.

Shri Mataji: The one that you were showing to them? You got it?

Yogi: [inaudible]

Shri Mataji: We left it there? [in Hindi] I had given it for showing to them.

Yogi: [in Hindi] It was not returned to me.

Shri Mataji: [in Hindi] Didn't return it?

Yogi: [in Hindi] No

Shri Mataji: [in Hindi] Ok.

Yogi: [in Hindi] I will telephone and ask them.

Shri Mataji: [in Hindi] Just see if it is in the purse.

So, this was such a miracle I mean. And that fellow is perfectly all right now. He is doing well. So, some people reach such a depth of their bhakti, such a knowledge, that even praying it works out. Of course, there is some maya sometimes it doesn't work. But whenever I have seen, if people fail, if they ask for anything, it works out. So, it is for you to really develop that kind of a...

[After checking the purse] Not here. It's been lost.

I gave it to them to see and I've left [it] there with them. [to yogi] Tell them to send another one.

With these Sardarjis [sikhs], they get their realization very fast, no problem. I told them today [that they] don't have to do all this... Because somehow or the other they are very dharmic people, I think. [We] went down to Chandigarh for the first time and normally my husband wouldn't allow Me to go there because it was in a chaos – Chandigarh. This is the first time he allowed Me and at least 60 % were Sardarjis and all of them got realization. Without doing anything, just putting hands like this [towards Shri Mataji]. They said we are already feeling it. Something about them... But some of the Indians are also stupid. There were some Indians who were getting up and walking out. [not clear, in Hindi] So we have extremes of everything in India, I think. So, they just walked out, some of the Indians. I was surprised that they had come to the program, sit for a while, and just walked out. Specially in England, they are the worst. There is no sense at all. They have all become, I think, sahibs.

This gentleman went away because... this one who was sitting in front. He is a monk or what?

Yogi: Yes, Shri Mataji. He is a monk.

Shri Mataji: When it comes to Vishuddhi, he started shaking like this. So [he] got a fright. That's the trouble with all these monks and priests. You see, once they come to Me then they start shaking. We had one in Milan, also some priest. He came to Me and as soon as he came forward, the whole body started shaking like this. 'Baap re,' I said. Just like our candle shakes, you see. Whole body. Must be possessed people, I think. Must be possessed or something wrong with them. To Me a priest is a horrible thing, I think. They are doing unnatural things and living unnaturally. Such a... I mean, you don't know what to do with them when they start shaking like this.

Yogi: Specially in Thailand the monks feel they are very high people.

Shri Mataji: They think?

Yogi: Yes. And actually, everybody bow down to them, even the king. They think we do like this and... They were just sitting in front [not clear].

Shri Mataji: Sonu, My granddaughter was a little girl of five years I think. They went to Ladakh. There was one lama fellow, was sitting on a [sounds like 'mound']. Everybody was bowing to him like this. So Sadhana and Rommel also went because they were

in the crowd there too. She got so angry, she just went and stood before him [and said] "By wearing this kind of a dress, choga, do you think you are a very great man? Why are you making everybody bow to you? Useless fellow, you are not even a realized soul." And these two got a fright.

And Aradhana too once, you see. We had a program. I had gone there for this Ramana Maharishi's birthday. So, they invited Me as a chief guest, and I went there. There were others also. One of them was the... what you call was... One of them was from the Ramakrishna ashram. He was wearing a big, long thing and sitting there. So Aradhana was sitting in front, and she got upset. She said "Nani," (to me, grandma,) "this man with the Maxi, throw him out. I am getting such heat from him, this man with the Maxi."

Yogi: How old was she, Shri Mataji, when she said this?

Shri Mataji: Aradhana was about, I think, four years or so.

Yogi: So clever at that age.

Shri Mataji: A very strong...

So, any questions you have?

[in Hindi] Only bliss! Kabir says bliss has manifested.

Kabir says "Jab masth hue phir kya bolein?" When I have got intoxicated with my Spirit, what am I to talk? Just in joy all the time. Somebody told Me, "Mother, when you are there, we are so much in joy that our this thing [indicating the cheeks] starts paining..." [Yogis laugh.]

Yogi: Shri Mataji, tomorrow is the fourth day of the full moon, and all your children here would like with your permission to worship Your Lotus Feet...

Shri Mataji: Worship?

Yogi: Yes Shri Mataji.

Shri Mataji: A puja? No.no, no, no...

Yogi: With your permission only.

Shri Mataji: You know the... You can wash My feet and all that. But for puja we must have more people. You know these deities start pouring so much vibrations and then I just can't get out of My bed. So best is tomorrow you can wash my feet, all right. But not any... But you can sing -it's all right for the music. Here will they allow us?

Yogi: Yes Shri Mataji. And Shri Mataji, Mr. Ishwaran is here. He is the project manager of this hotel, and he has done so many things for us that we could have this...

Shri Mataji: For this hotel? Are you?

Yogi: Yes Shri Mataji.

Shri Mataji: Really good.

Yogi: He gave us such an incredible price for this hall and...

Shri Mataji: What is his name?

Yogi/Yogini: Mr. Ishwaran

Shri Mataji: Ishwaran? What a name! [Shri Mataji greets Mr. Ishwaran] All right. So it's very nice.

Very nice hotel I must say. It was already built, or you people built it?

Ishwaran: I was the project manager.

Shri Mataji: You bought the whole thing?

Ishwaran: The owner is an Indian.

Shri Mataji: Built it? Whole designing and everything he did?

Ishwaran: Designing was a Hong Kong based person.

Shri Mataji: It's beautiful. Very well done. Who was the architect?

Ishwaran: Architect was a local person. Interior designer was a Hong Kong based person.

Shri Mataji: He is from Hong Kong?

Ishwaran: Yes

Yogi: And the architect was someone from Bangkok.

Shri Mataji: I must say [it's] very creditable. Even the Bangkok hotel where I stayed... What was the name of the hotel?

Yogi: Sukhothai.

Shri Mataji: First we stayed in?

Yogi: Yes Shri Mataji.

Shri Mataji: That one was also...

Yogi: Yes, it was great Shri Mataji.

Shri Mataji: Very well done.

Yogi: With all these things from the past of Thailand. They did very nicely the statues and so on.

Shri Mataji: It's very good. That one also was very, very good.

It's all coming up now. Lots of creativity you can see in so many things. Even in Hongkong... What is that hotel we stayed?

Yogi: Peninsula.

Shri Mataji: Peninsula! That's an old one but very nice. It's really a very nice hotel. But these modern ones are no good. They are horrible. Sheraton. Sheraton the room is like this [indicating the layout]. If one person is inside, he has to get out for another person. And you pay exorbitantly. Hyatt, Sheraton, what else is there?

Yogi: Ramada.

[Shri Mataji nods agreement about its 'modernity']

Shri Mataji: Also, that Continental, horrible.

Yogi: New style.

Shri Mataji: Too modern. No sense of relaxation at all. Specially Sheraton is the worst, I think. The one in Hong Kong city, which is that hotel? Modern one, in the city, in the main part?

Yogi: Shangrila.

Shri Mataji: Shangrila is good. The one which is... On the other side, not in the...

Yogi: Is it the Grand Hyatt? Grand Hyatt Shri Mataji.

Shri Mataji: Hyatt? That I know but... Sheraton I know. One more where we stayed, horrible.

Yogi: The Regent Hotel Shri Mataji?

No, no. I mean not on the [sounds like 'Point'] side. On the other side.

Yogi: Conrad?

Shri Mataji: No, no. Something else. Horrible it was. Some friend was staying there, and we went to see him. He said, "I feel like jumping from there. Paying such a lot of money but, for nothing." We were in Sheraton, another problem. But you see, for prestige or something they take these things. What is prestige? I mean you have to live there, isn't it?

Yogi: Yes Shri Mataji.

Shri Mataji: They have built up through advertising and all that such an artificial image of the whole thing. That it is prestige. I mean, I just can't understand. And this advertising has so much gone into the brains of the modern people that you can do whatever you like with the advertising, anything. Till they are found out. But this... We stayed in Peninsula last time and Harsh told Me, because he was with the tourism, that it got the first prize as the best hotel in the whole world – Peninsula. You know that [probably asking Mr. Ishwaran]? Harsh told Me this.

[Shri Mataji looks around the room] This one also is very good I must say. Very comfortable.

You see they always think that if you pay more money anywhere, then it is something good. Like, once My husband brought Me a scarf from Egypt worth about 20 Pounds [sterling] or something. I told him, "CP, this is made in India. You spent so much money."

So, he said "How do you know?"

I said, "It's written there. Just see."

Then I said, "All right. Next time I will get it from India." We got it for two Pounds [sterling], same thing. So, there was a concept that whatever is expensive is the best. And even in 'guru shopping' they had this concept. Whichever guru is the most expensive is the best, you see. They would discuss in parties, "Oh, did you go to this guru?"

I said, "No. I don't go to gurus."

They said, "No, no, this one is good. Now 'for sale'. You know, you can get a bargain price."

All sorts of artificial things even in the name of God. All kinds. And people take to it. Like this Gurumayi came to Australia and she brought some shawls, vibrated shawls. And she sold them at a very high price. And everybody's Kundalini was ruined. [With] all those who went to her, we had to pay so much time, we had to work so hard to get them all right. This Gurumayi – now she is, I think, out of market. These gurus also come in the market, earn a lot, and get out of market. Finished with it. They have no responsibility. Here you were telling Me there is a guru [and] he has 100,000 people. What's the name?

Yogi: It's a Japanese lady. You know...

Shri Mataji: Lady!

Yogi: Yeah...

[Yogis discussing is inaudible]

Yogi: It's a man, Shri Mataji, from Japan. His name would be Yori.

Shri Mataji: She is yogi?

Yogi: Yori is the name.

Shri Mataji: Her name is?

Yogi: His name. Yori. Yori, Shri Mataji

Shri Mataji: Yogesh?

Yogi: Yori, Shri Mataji.

Shri Mataji: How do you spell?

Yogi: Y-O-R-I

Shri Mataji: Yori?

Yogi: Yes Shri Mataji.

Shri Mataji: A man or a woman?

Yogi: A man.

Shri Mataji: Yori. Now, what does he do? [Shri Mataji gives bandhan with the right hand on the left palm.]

Yogini: He use gold coin mantra and then they say they pass the energy from God to cure disease.

Yogi: They use gold, gold coins. And they pass energy through it and they cure people. I mean...

Shri Mataji: Conch?

Yogi: Coins, Shri Mataji.

Another Yogi: Like medals, isn't it? Golden medals.

Yogi: And they say that the energy of God passes through these medals, that it can cure people.

Shri Mataji: My God!

Yogini: And they sell this to people, these golden coins. And they say after learning how to pass this energy, people can cure other people's diseases.

Yogi: They sell it after Shri Mataji. They just teach how to cure with these things and then they sell these things.

Shri Mataji: What is written on that?

Yogi [asking yogini]: You know what is written on this thing?

Yogini: I've never had a chance to...

[yogis discussing - inaudible]

Another yogi: The people are not allowed to take it off Mother. And if they take it off, they are only allowed to put it on [sounds like 'a certain spot'] overnight or so. You are not allowed to...

Shri Mataji: Give a bandhan.

Horrible. All left side catching. Horrible. So, you have to pay for that medal?

Yogi: You have to pay a lot, Shri Mataji.

Shri Mataji: That's all?

Yogi: And you can cure with it, so called.

Shri Mataji: [Shri Mataji laughs while giving bandhan] I tell you... There's no end to stupidity also. There are so many stupid people in this world, so they also need some stupid gurus.

Yogi: She just went to see the newspaper, Shri Mataji.

Shri Mataji: In the newspaper the name is there?

Yogi: Yes. There is an article Shri Mataji.

Shri Mataji: [After giving bandhan for some time] Better now. Catching Mooladhara?

Yogi: And back Agnya also Shri Mataji.

Shri Mataji: All. Mooladhara is very bad. Like the pope. Pope also catches on Mooladhara. His prostrate is wrong. I mean, can you imagine? More proof what do you need?

Yogi: He gets this disease like AIDS. He gets the disease... It was shown in the newspaper that he gets AIDS.

Shri Mataji: Really?

Yogi: Not exactly AIDS but they said the same diseases, but they don't want to give the name. Same kind.

Shri Mataji: But you get from the same type.

Yogi: [offering the newspaper] If You want more information about this Yori, Shri Mataji, or...?

Shri Mataji: This man? Let Me see.

Yogi: She can translate [for] You little bit what is...

Shri Mataji: [after looking at the article] Horrible.

Yogi: It was just near, Shri Mataji, our Sahaja Yoga is there [in the newspaper] and this Yori is on the other page.

Shri Mataji: These are Sahaja Yogis?

Yogi: No, no. [Yogis laugh.] This article is Sahaja Yoga, and the other page is...

Shri Mataji: [Looking at the article on Yori] Horrible fellow. [Shri Mataji gives bandhan anticlockwise] Look at his face. As if somebody has slapped him 100 times. Look at his face. What is his age? Must be very old.

Yogi: He has another name Shri Mataji. Yori is the name the Thai give to this technique of curing.

Shri Mataji: He is not a realized soul. Horrible. You see... [indicating the photograph in the newspaper] Just see his eye. So small. All the bhoots are coming from here and acting on... If you are a right-sided person, then your right eye goes small. If you are a left-sided person, then your left... Right eye goes like that, you see. A real bhoot. [Shri Mataji gives away the newspaper and rubs and blows on Her hands] It's just a curing with some sort of a 'bhoot vidya' [knowledge of misusing dead spirits]. Moreover, these people have the powers. They don't give power to anyone. That's it. Nobody knows anything what they are doing. Hold somebody's hand, do something. It is such an uncertain quantity. No one knows what they are doing. See, one should know what it is, how you are curing, what are the centres catching. Nothing. Just you hold each other's hand, one bhoot passes from one to another.

Yogi: They don't want to say that Shri Mataji.

Shri Mataji: What?

Yogi: They are afraid to say how it works out.

Shri Mataji: Because they don't know. They don't know even... They don't know this is bhoot. So how they will tell? Suddenly some bhoot comes into them and tells them, "All right. Try this trick. It works." Rajneesh has described in his early days that he had an astral travel and he saw himself from a tree. So that means he was a bhoot. And the bhoot gives him all these ideas.

Best thing is to burn [it]. Don't see - has very bad vibrations. Let it be. Better burn it off. Take out that page and burn it off. Horrible. Such an old man, he should think of God. And he should think of his future life. Where will he go? He will go to hell.

Yogi: Maybe he is coming from hell already Shri Mataji.

Shri Mataji: Might be coming out of hell. Wants to go back home again. [everyone laughs] But what hurts Me [is that] there are people, who are there, are so faithful you know. So simple, good people.

You have got some books translated in this language here?

Yogi: About Sahaja Yoga Shri Mataji?

Shri Mataji: Yes.

Yogini: Yes Shri Mataji. We have just the presentation we give for beginners.

Yogi: A little book called guide for beginners. That we had in Switzerland once.

Yogini: No, Australian one.

Shri Mataji: Then do on a computer as they have done it in... We saw three, four books translated like that in Taipei. And they said the publishing is very cheap there also in Taipei.

Yogi: Here also it is very cheap Shri Mataji.

Shri Mataji: Here also? So, somebody should do it.

Yogi: In Hong Kong Shri Mataji, Alex told me about this. He made little books like this. Very well done, very well done.

Shri Mataji: Very nice books they have in Hong Kong. That is in Chinese. But also, in Taipei they have done it.

Yogi: We'll get [in] contact to make the same.

Shri Mataji: Yes, but that is in Chinese. So, I mean somebody who knows this language should translate. Slowly... Or Chinese, if they know this language, they can translate from Chinese. Could be done that way. There are Chinese here? Lots of Chinese?

Yogini: [inaudible]

Shri Mataji: She is Chinese? So how do you know their language?

Yogi: [not clear; sounds like 'my mother is Chinese, but they only taught me Thai']

Shri Mataji: So, someone like that, you see. Because it is already translated in Chinese. So, you can have a nice reference. Slowly if you can translate some books, it would be a good idea. Of course, we have done a lot in French. French, we have translated. Gregoire's book is also translated.

Yogi: Yes Shri Mataji.

Shri Mataji: But it doesn't sell in the public.

Yogi: Gregoire's book?

Shri Mataji: Yes.

Yogi: Yes Shri Mataji. It sells...

Shri Mataji: It's selling now?

Yogi: Yes, yes.

Shri Mataji: Really?

Yogi: You can find it in the public. No problem. Sahaja Yogis buy it...

Shri Mataji: I thought only Sahaja Yogis are buying it.

Yogi: No Shri Mataji.

Shri Mataji: That's very good.

Yogi: Some people are coming out of this book.

Shri Mataji: Really?

Yogi: Yes, yes.

Shri Mataji: Michelle. Michelle worked on it. But this Djamel's book they are not willing to publish just now?

Yogi: I think they found someone to publish, no?

Another Yogi: No, they don't want to.

Yogi: Do you have to pay so much, or something?

Another yogi: Yeah, there is a problem for the publishing. But we would like to publish it. Yeah. It's ready now.

Shri Mataji: I don't know what is so objectionable in that book.

Yogi: Maybe it is speaking about Islam, and it is a very delicate point in France now because there was this [name of person not clear] who spoke about Islam by the way. And now they are very careful about publishing...

Shri Mataji: No, no. Islam you should not... You should speak against the way they are following Islam, in a wrong way. It was in French so I couldn't do anything about it. But if she can come and see Me, Guillemette. I will have to talk to her about it. You see, nothing wrong with Islam. What's wrong with is the people who follow.

Yogi: They ask a lot of money because they want to be sure that we'll already pay so much to buy the books actually. They are ready to publish it but only if we ourselves agree to buy, I don't know, something like 10,000 books. I mean quite a lot actually. This means a lot of money.

Another yogi: They don't want to have risk. They don't want to...

Shri Mataji: If it was in English, we could have done it in India. They should do it in English language first. Then in India it is not difficult to publish it. And also, you see, we will correct certain things because I couldn't read French. If it could be translated in English, then I can correct it also. So many stupid things there are. I don't think there is in the Koran anywhere written that you must bury your body and that Christians also believe in. Because this one fellow – Bosnia Muslim – came to see Me. He somehow or the other managed to escape. So, I said, "Are you all mad people? Why are you killing yourselves and killing each other, and for this land after all? And you believe in a formless God so why should you fight for this land and kill each other and live in such a way? You see, what is this stupidity?"

So, he said, "No, in Koran it is written..." Which I am sure it is not written because I have read it. But he says it is written in Koran that if you die then you should bury yourself so when the Qayamat will come, when resurrection time will come, then these bodies will come out and they will get their resurrection. Even Christians stupid believe that way. They believe. And also, the Jews. All the three people believe like this. Imagine after 500 years what is going to come out? Out of the...

Yogi: Bones...

Shri Mataji: Bones? Maybe some. But you see, the Indian philosophy is correct because what they say is that your souls will be born and there will be a big, what you call, growth in population. That is something sensible. A soul can take birth and population growth is there already. So that is something sensible, I think. But how can the body come out after 500 years? At least I can't give [realization] to the bones. All such absurd ideas there are which might have been put by Paul, I think. They might have followed it up. Paul is the one who must have put this idea. In Spain they put it in the mountains. They make drawers, you will be surprised. Like drawers. And in the drawers the dead bodies are put in, and they pull out the drawer and then put another one, then push it back. Then pull it out. In the drawers there are compartments.

Yogi: It's horrible Shri Mataji.

Shri Mataji: Horrible, isn't it?

Funny stories they have. I was thinking what is happening to a mountain like this with drawers and drawers. So, they told Me that all the dead bodies are inside.

Yogi: Should be possessed mountain.

Shri Mataji: I don't know from where they get these ideas. So, this is another nonsense they are doing. I don't know how many other nonsensical things they are doing. But this is what he told Me, this Bosnia fellow. That if you die in the name of Allah, or if you die in the jihad, according to this jihad, your body will come back and will get resurrected. And now what happens there also he told Me clearly that people have no food to eat. So, when somebody dies, they cut the body and eat it. So, what will come out

of that grave?

Yogi: The lamas are doing the same Shri Mataji.

Shri Mataji: Lamas?

Yogi: They are cutting the body of the dead and...

Shri Mataji: They don't burn [it]?

Yogi: They don't burn. I saw just in a paper like this – they are cutting. Near Tibet.

Shri Mataji: But lamas are really horrible and... All these people, you know, are just doing such a perverted thing. Lama is a beggar. Because Buddha said that you should take bhiksha [alms] and eat that food. He didn't say [to] go round the whole world begging for money and collecting gold. They are just begging all over and amassing money like this. He has so many wrinkles on his face [that] you can count them, I think. Like [sounds like 'Lester Piggott'] the jockey.

I don't know what impresses people. Because if you ask for money, they are very happy. In America they said if you ask for money, we'll be happier. Why? One fellow came, nice fellow, a Sahaja Yogi. His name is Rangachari. He is a good fellow. He said, "Mother there are people who want to give their charities," this, that. But for what? I mean if there is a project, or for some purpose, or is needed for an ashram or anything, it is all right. But just to go around just to get money from people is not proper. You must have your self-respect. For what do you need money you tell Me. So that is Buddhist style. They are regular beggars, regular.

Yogi: Actually, in Thailand people give lot of money. People in Thailand are giving lot of money for the temples and so on. So, they just go on building temples like this, on and on, with golden leaves and things. It's absolutely useless.

Shri Mataji: They have to make temples of the heart.

Just can't understand. That's why they need money. Also, must be using themselves out of it, I am sure. In the name of God to do all these things, to beg...

Yogi: And the rich people are... When they want to do something good, according to them, for their karma, they are just giving things to the temple. Like a car or boat or... So sometimes we know that the temple has a Mercedes car or...It is very surprising to see some monks going in a Mercedes car ...

Shri Mataji: Only thing is, God is missing from the temple. [Shri Mataji laughs]. That's the only thing.

Yogi: Yes.

Shri Mataji: All right. So, very nice meeting you all.

May God bless you.

Any problem you have, please let Me know. Please let Me know. And grow in Sahaja Yoga. That is very important – is to grow in Sahaja Yoga. You must grow otherwise it doesn't work out. You must grow in Sahaja Yoga. Very important.

May God bless you.

1994-0508, Sahasrara Puja: Mahamaya Swarupa

View [online](#).

8 May 1994

Mahamaya Swarupa

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today is a unique combination of Mothers' Day in many countries and Sahasrar Day for Sahaj Yogis.

I think this is the most important day in the history of human evolution because all other events, incarnations and ventures in the spiritual atmosphere have been of no avail. On the contrary, they have gone into a kind of a cocoon which has no door; banging themselves against the walls, creating problems out of something very auspicious and extremely, beautifully spiritual.

It's not possible to find faults with the incarnations in whose names all the religions came in. But this cocoon is the Mahamaya, I think; cocoon is the one which is ignorance. We can say that Mahamaya does not create it. This cocoon is created by the basic ignorance of human beings and their misidentifications.

So, the human nature is such that it identifies itself easily with untruth. Anything that is truthful, human beings find it very difficult to compromise. And the trouble with the truth is that it cannot compromise.

So, all kinds of ignorance, all kinds of falsehood, all kinds of destructive forces gather together, somehow or other, to attract the human mind. It is perhaps the ego of man that makes him feel so attracted to those things, because they all pamper his ego.

As it is, the most difficult centre that we have to cross is the centre of Agnya. This centre is the one which takes us either to the left or to the right if we try to push it too much. Thus, we'll land up into the hold of ignorance, which is being looked after by Mahamaya.

They say that at Sahasrar, when the Goddess will appear, She will be a Mahamaya. Is it possible to be anything else, as the world is today, to come on this Earth? Any other type of incarnation would have been in great trouble because human beings, in their ego, are the highest in Kali Yuga, highest. So, they are quite stupid and they are capable of doing any harm, any kind of harm, any kind of violence, to a Divine personality. It is not at all possible to exist in this world as anything else but Mahamaya. But it also acts upon the people who are seeking.

It has many facets. By one facet, it covers your Sahasrara. The seekers are tested. If you are more enamoured by people who are something odd, who wear odd dresses, who show odd things, as so many false gurus have done; or absurd or something very cheapish, that attracts the attention of human beings because of Mahamaya, or we can say that it is the Mahamaya which judges a person.

Mahamaya is like a mirror: whatever you are, you see yourself in the mirror. [The] mirror has no responsibility. If you look like a monkey, you look like a monkey. If you look like a queen, you look like a queen. It has no power, or no intention, of giving you wrong ideas or giving you something that is false. It is there: whatever is the truth. So, in a way, to say that, "Mahamaya is the one which deludes us," is wrong. On the contrary, when you look at the mirror, you see yourself as what you are. Now, supposing you are a person who is a very cruel person: your face in the mirror will look like a cruel person. But the problem comes in [because], when the Mahamaya acts, you don't see your image, you turn your face away from it, you don't want to see it, don't want to know. You look at the mirror and you see something horrible; you just turn [your] face and you deny the truth: "How can I be like that? I am not like that. I am very good, nothing wrong with me. I've done nothing wrong. I am perfectly all right."

Then the third aspect of Mahamaya is that you are again attracted towards it, in a sense that you again see your mirror. You go on seeing that mirror again and again and you see the whole world also in that mirror. As a result, you start getting a feeling, "What am I doing? Who am I? What is this world? Where am I born?" And this is the beginning of your search. You don't feel satisfied with it. So, it is a very great help of the Mahamaya.

I have seen people who come to me for the first time: if they see me taking water like this they say, "Ah, how can She be something? She just needs water!" Or if I am taking, say, Coca Cola, as you all take, they'll say, "Wah! How can She take Coca Cola? She should never take anything like that, She should only take nectar!"

So, another aspect of Mahamaya is, say people come to see me, some of them start shaking like this, so they think, "Oh, we are great energy, that's why it's happening to us." It has happened with many people. So, they get wrong impressions because of their own reactions to it. Their reaction is: "Wah! We went there, got all the energy. We were shaking, shaking, shaking, so we are something great." This kind of a happening makes them more egoistical, but, on the contrary, if they see somebody else shaking – it has happened – and ask them who you are, so they will say, "We are certified mad from such hospital!" Then they will start relatively thinking, "Oh, God, we are also mad or what? Why are we shaking? We should not shake. If they are certified mad and they are shaking and we are shaking..." then they start relatively seeing things. On one side there's a mad, certified mad, shaking; [on] another side you are shaking, so there's something wrong, definitely, with you also. So, the relative understanding helps to overcome that kind of a curtain that you have that you do not want to face the truth.

So, once it starts happening to you, relatively you see, compared to other people: yesterday, as you saw in the drama, compared to other people, we are really a sane, wise, sensible, matured people. Once you see that relative ascent, then you start settling in Sahaj Yoga.

Mahamaya is very important: without that you cannot face me, you cannot sit here, you cannot talk to me, you cannot get into the same car which is driving me and also you cannot drive me. Everything would be impossible. I would be hanging in the air somewhere, you will be all here, and it would be a big mess! (Laughter) I don't need to travel by train. I don't need to travel by car. I can just fly out. I need not [be] before you, I can be just here in nirakaar, in formless form. But how to communicate? How to have a rapport? For that, one has to come in the form of Mahamaya, so that there's no fear, there's no distance and one can come close and understand. Because if this knowledge has to be given, if Realisation has to be given, people have to at least sit before the Mahamaya. Otherwise if they all run away, what's the use?

So, to create that human, extremely human personality in the Sahasrara, She comes as Mahamaya.

Sahasrara is the most powerful chakra because it is the seven chakras combination and many others. With the Sahasrara you can do anything. You can manage the sun, you can manage the moon, you can manage the Earth, you can manage the temperatures, everything.

But, through Mahamaya, things work out very normally, very normally; and they should work out normally. For example, somebody can say, "Mother, there is atmosphere full of all these horrible ecological problems, why don't you clear them?" If it is cleared, people will go on producing. It is the problem of the human beings and if it is corrected by me, they'll take it for granted. They have to face those problems; they have to change their habits; they have to understand that they are the ones who are destroying themselves. Otherwise, if somebody's there just to cleanse it out, they will never change.

Also, miraculously, one can do lots of things. One can say, "Mother, as you solve the problems of Sahaj Yogis, why don't you solve the problem of others?" No. To solve their problem is not the end of my work, nor is the purpose, but to make them equipped so that they can solve their own problem: that's what I have to do.

As I have said that you have to be your own doctor, you have to be your own guru. Without Mahamaya, you cannot do it because She knows how far to go in correcting, how far to go in controlling. Because human beings, at large, have their own freedom.

Sahaj Yogis have not that kind of a stupid freedom, but they have the freedom of the Spirit, so to solve their problems is perfectly all right because they must have more freedom and more freedom. But what's the use of giving freedom to other people who are going on and on and on without realising what wrong they are doing to the whole world? So, for them, it is necessary to come to Sahaj Yoga and that's why it's a Mahamaya Swarup. Maybe if I had come as Mother Mary or Radha or somebody like that, they would have been all here nicely singing songs and all that. That's not the point.

Now, you have to mature, you have to be something, you have to grow. For that, it is important that you have to come to Sahaj Yoga first of all, then you have to grow in Sahaj Yoga. Otherwise, this Mahamaya will go on acting and playing tricks with you.

(Shri Mataji takes a drink of water.) Again, taking water! (Laughter)

So, they also once said so, that "Why does She need water sometimes? She should be living on the air or something." It's a big play. Sahasrara, as you know, is Virata's area Virata and Viratangana. Virata is Vishnu, who became Rama, then became Krishna and then Viraat. So, His is a Leela. He's Leeladhara. It's a play. And to make the play all right one has to be in the form of Mahamaya.

But there are so many loopholes also sometimes. People can discover things very easily. One of them is this Paramchaitanya: this Paramchaitanya acts, shows my photographs, exposes me in all kinds of unbelievable manners which has never happened. I am myself amazed the way it thinks of exposing me all the time.

This time when we were in Brisbane, they took a photograph of a rainbow outside, outside the ashram, and what appears there in the sky is very remarkable – it's going to come that photograph, too – is a painting which I have always liked of Mother and child, Madonna and the child, in the sky! That painting! Now, can you beat that? How does it know that I love that painting and all that? And it was in the sky.

So, this Paramchaitanya is trying to expose this Mahamaya Swarupa just to make you understand what is Mahamaya. It is trying to express itself.

I have not in any way told or asked this Paramchaitanya to do any such things, but it is doing it because it thinks that, even now, the people who are following Mother are not of that level as they should be. Some of them do falter horribly, surprisingly: how far they can go, I cannot believe! After coming to Sahaj Yoga, after seeing all my photographs, after everything else, they still can go to any limit of stupidity. That's a fact.

So, this is going on. I don't know how far this Paramchaitanya will be spontaneously acting like this, but it shows one thing for definite: that it wants you to be perfectly settled down in your faith, which is not a blind faith.

But most of these photographs can be challenged. Anybody who's an intellectual can find out some ways and methods that can challenge, that, "You must have done this!" But, as Sahaj Yogis, you know that we have done nothing of the kind and it has come out.

So, what is the purpose? We don't show them to outsiders. We only show this to the Sahaj Yogis. So, what is the purpose? That Sahaj Yogis should now try to understand that they have to grow.

Now this growth has to be two-sided.

One [side] is yourself: "How much time do I spend thinking about Sahaj Yoga and how much about my personal life, my education, my business, my duties, my jobs, my family?"

Because it is important, as the brain has to think and Viraata is there. So, in Sahasrara, how much energy do we use to think about Sahaj Yog? How can we spread Sahaj Yoga? What should we do? What should we work out?

"How much I should support? In which way?"

"How it can be my every moment living?"

"How [when] I look at everything, I see Sahaj working in it?"

"What is the Sahaj culture? Am I in the Sahaj culture?"

"How much I am impressed by other cultures and fashions and things?"

"And what have I to gain to grow in my mental capacity to be a Sahaj?"

For example, a person who is a Sahaj personality, in everything he sees Sahaj, in everything, whether it is flowers, it's carpets, lights, statues, pandal, anything, it sees the Sahaj. How see, now: these pillars (tent poles) are standing at an angle. Just imagine, to support it you had to bend on one side. What do we do in Sahaj? We have to bend towards Divinity. Like that, all ideas go moving towards Sahaj. The whole thinking is Sahaj.

Such a married life also, between husband and wife, I have seen. If both are Sahaj, they all the time talk of Sahaj. No frivolous talk, not useless talk, but only about Sahaj, "How it is Sahaj to be husband and wife, what is the relationship that's the most interesting in Sahaj." Like that, everything that you do you think on Sahaj way.

So now then you can judge yourself in this Mahamaya: how far do you care really to think about Sahaj? But all other worries would be like this, "How much I will get money out of it? How much business I'll get? How much pleasure I can get? How much physical problems can be solved?" All these gains are nothing compared to your maturity in Sahaj Yoga. But the mind takes over; it starts thinking and thinking and it goes on wandering on various things: maybe your wife, your children, your house, this, that. But if you think in a Sahaj way you will think, "I should do something that my children should be Sahaj. I should make a house which is useful to the Sahaj. I should behave in such a manner that I am Sahaj."

The maturity in you should grow in such a way that you can feel it.

Firstly, is the peace: when a person is not peaceful, his mind is like a wobbly instrument. He cannot think properly, he cannot see properly, he cannot understand properly. You tell him something, he understands something else. Now the whole world today is wobbly, whole world. Here this new party has dismantled the other old party in politics. It is this one is to be dismantled now. Everything is going upside down. That, too, is through Mahamaya.

One has to admit that the way the world is in turmoil. It's not war, it's not cold war, but it's a kind of a funny type of a warfare which cannot be described in words.

Now, what will you say to what is happening in Italy today? What will you see to what is happening in Bosnia, or any other place where you find stupid problems coming up and people killing each other, no peace, no sense of security? You find in the world, you open the newspaper: we had an English newspaper, today I couldn't read, so many women were raped, so many men were killed, this thing happened; individually also! President doing nonsensical things, like that. I mean, all sorts of things you see today: is absurd. When we were of your younger age, we never heard of such things. People were dignified, sensible people.

So now what has happened is they are just shattered. There's no peace in their mind to see what they are doing, where are they, what is their responsibility. (25:58)

Horrible things are being expressed. Media is taking to all horrible things. It was never so before. We have read beautiful articles

of beautiful things in the media itself. But today it was very different.

Then it is a very materialistic world, extremely materialistic: marketing this, marketing that, marketing human beings. Then they are taking away children, taking away women, they are selling the children, they are selling the women: all kinds of things going on. Marketing God. Marketing spirituality. Marketing – I don't know what to say, but – their own children.

This kind of a perverse world is today. For that is needed Mahamaya, by which She shows that you have to pay through your noses for what you are doing, in this lifetime. Say, a man who is very wayward, destructive, who drinks, smokes, goes about with women and all that, within two years he's bankrupt. So, the reward is already there. Whatever he was doing is there to see.

Another man, "What's wrong? What's wrong? What's wrong?" Goes on with nonsensical things. He gets AIDS or he gets other diseases of a very incurable nature. We call it Rokula Devi: means cash payment, cash payment! The Goddess who gives cash payment. "You do this? Alright, have it. You have done this? Alright enjoy this." Like that.

It is really this Mahamaya, specially, who is now very much sort of active. Sometimes I get a fright from Her, because the way She is punishing people is a bit too much. But it is so. If you do rash driving. "Oh, I'll enjoy rash driving." "Alright. Finished." You end up with a limping leg or a broken hand.

So, the laws, the Divine laws, are at work through Mahamaya.

It was not that fast before, as it is today. Supposing there is a president of America, such a big position. I mean imagine! He is being challenged by any third-rater from the street. How is it possible? Nobody could do that before. Because Mahamaya is using all its freewill to check the freewill of human beings. The so-called freedom that we are trying to enjoy is brought to an end and people start thinking, "What is it?" Big people, you know. There was some boxer, very well known, people use to run after him, now he's in jail. Another fellow who was doing this Grand Prix, which I was against, always, died suddenly. Now [for] people he's a hero, this, that, but nobody will now do that, "All right. One hero is sufficient! Not me sir! I'm not going to take to this Grand Prix business, had enough of it!"

So, though one hero is created, but the fear of doing this kind of a nonsense [is now there]. Then they go for skiing: now in the skiing also somebody died and somebody got a lame leg. I think in the royal family something happened. So now from England, very few people are going for skiing. Now only the Swiss have to learn a lesson, I think.

It's something...you just keep your eyes open. Today you read somebody boasting very much about himself, tomorrow you find him in the jail. It was very surprising, there was some minister in Italy who wanted me to meet and I said, "Baba! I don't want to meet him." He's a very bad past. He's in jail already, so I can't meet him now! (Laughter)

They are falling into their own traps. This trap is Mahamaya. She creates from your own...It's through your own because you don't want to face yourself, you don't want to know the truth, you want to evade the truth. So, this is the aspect of Mahamaya that immediately you have to face yourself. How many things have happened? Think of it. These big, big tycoons are in jail. Very famous people from, say, drug [barons], great, rich people. They are in jail. All such things are happening. Why? Because this Mahamaya is the one who wants to teach a lesson. By teaching a lesson to one person, it shatters at least thousands because that person sees the point; as death comes to it or whatever comes to it. Maybe he may not learn the lesson because he's already dead to learn anything anymore; but others are.

How it spreads. So, in a way, the media also, that always gives bad news, in a way does not know how much good it is doing through Mahamaya.

Now, for your information, many things we are saying about, say, smoking is already going out. Drinking will also go out. What did the Sahaj do? Nothing. But a Mahamaya. They get cancers. Doctors have got the idea now, they have got cancer, and they have asked people that, "Now don't smoke otherwise you will get cancer."

So, the Mahamaya creates that kind of an incident. A single incident is sufficient for people to be extremely cautious.

Moreover, it is such a panicked world, so insecure today. Suddenly you find the cows are giving poison in their milk, there's something else happening, the water is getting polluted. Then suddenly you find there are needles which are infected. So, everybody is so nervous and thinking about saving their lives, so they start thinking about it.

But in Sahaj, if you come, none of these things can trouble you because this is the aspect of Mahamaya, that She protects you. She protects.

Nobody can destroy a Sahaj Yogi, unless and until they want to be destroyed. It's their desire. Nobody can touch them.

Now when they talk about miracles. Like the other day, one boy from Australia, a new Sahaj Yogi, was going on a motorbike and suddenly he was at a great speed and from both the sides two trucks came and they hit him. But instead of getting hit, he was just pushed out like a shuttlecock and he fell on the other side and he was not at all hurt and he got up and they were surprised. His bike was shattered, everything and this fellow was perfectly all right. They couldn't understand how this boy has saved himself. There are so many, so many stories like that. That shows how this Mahamaya is protecting Sahaj Yogis — protection, very caring.

Also, in dreams, She protects.

It's very surprising how people get dreams and how they get their medicines, how they get their treatment, how they understand about the dangers that are there; how, in dreams, they are told about how other people are, how they behave. You don't have to know it in conscious mind; but into the very, very deep Sushupti state in dreams, you know what is good for you, what is bad for you. Somehow, they know. And it is that knowledge, which is intuitive, we can call it [which] comes through Mahamaya. She's the one who gives you this intuitive knowledge, what to be done, what is to be done, how to get out of problems. And you do. Whether you manage it or not, you get out of it.

There are so many examples of this: thousand and one. One of them I'll tell you. It comes to my mind now. In Australia there was a very, very nice Sahaj Yogi, very great Sahaj Yogi, very learned one, but a simple man. And another horrible one told him that he should buy this particular land and particular thing called Lilydale and "We can start Sahaj Yoga there. We can do this and we can do that." So whatever earnings he had, he put it there to begin with and the bank said, "We'll give you money." But in that report, he had written that, "We have Sahaj Yoga properties, my properties, anything, that this is there, available in case we fail." When I saw this, I thought, "Now, it's too much." So, I asked the lawyer and he said, "It is better that you leave it in the newspaper, otherwise nobody can take your land or anything or your property, but one thing is for sure that you will have to go to courts for years together. So best is to give in the newspaper that you have nothing to do with this Lilydale, not Sahaj Yoga has anything to do with it."

Now this gentleman got very upset because the bank would not give the money and then the people who were selling it put a suit against him. He was already a bankrupt. He didn't know what to do and he was very much in trouble. I said, "Don't worry. You are under protection." And you'll be amazed that, despite all kinds of fears people had that he might be arrested or – God knows – whatever house he has will be sold out, everything. On the contrary, that Lilydale, somebody offered money to purchase it at a much higher price. So, he got a higher price. And so, he sold it. But you have to have patience and you have to have faith and courage. He said, "Mother, I know nobody can destroy me."

And this is how the protection of the Mahamaya. The first part of Mahamaya was to make this man expose this bad Sahaj Yogi to all the people. There was a big following for him and because he was a good speaker, this and that. Then all they dropped out.

So, it works also on the collective side. There's someone who tries to trouble the Sahaj Yogis: all right, the Mahamaya allows him

to trouble up to a point and then suddenly She acts. So, the people are amazed, Sahaj Yogis are amazed, "How this man has become like this?"

This Mahamaya is always like my sari, as you say, is protecting you. She's beautiful. She's very kind, caring, compassionate, affectionate. Delicately She handles you. And She's very, very angry and kills the people who try to spoil the work of God, like rakshasas and devils, and keeps you clean, out of all these bad hands.

Another very good aspect of Mahamaya is that She transforms you. Everything is in the brain for human beings. If you are a crook, you're a crook in the brain. If you are a person who hates others, it's all in the brain. If you are addicted to something, it's all in the brain. It's a very complicated conditioning in the head.

So, the Sahasrara is very important, no doubt, but the power of Viraata and Viratangana can only be effective if there is Mahamaya rupa. And She, in Her own sweet ways, opens and dislodges all these conditionings which make you ugly, which make you horrible, which makes you hot tempered, non-Sahaj Yogis.

She is the one who really, like the Mother Earth, gives all that She has to make you really very joyous, happy; so that you enjoy Nirananda, nothing but ananda, nothing but joy. And this is what is the Sahasrara.

But it's only possible when your Brahmarandhra is to be opened out, otherwise, you cannot enter into the subtleties of Divine Love, compassion, of that ever-flowing Mahamaya.

From the outside I have told you what She is, but from inside, when you enter, penetrate into Her, through the Brahmarandhra, then this Mahamaya which is an incarnation, as you know, of this All-pervading Power, becomes very different. On one side She tries to teach you lessons, She tries to destroy [all] that is evil, all that is harmful, all that is destructive; and on the other side She loves you, protects you, very delicately guides you. Her love is without any expectations. She loves because She cannot help but to love.

So, in that love you are drenched, you enjoy it. Everybody knows that they are close to Her, absolutely close to Her. Whenever they want, they can always ask Her help; wherever they are, they are supported by Her.

So, the Sahasrara is very important because through this, only, we react. Through this we accumulate all kinds of nonsense. In the world of this nonsense that we are living, we have to be something like the lotuses, who cannot be tarnished, who cannot be affected by all the ills that are going on. This is what is the test, is the pariksha (): that at this time, at this difficult time, we can blossom and create fragrance and get so many others to this beautiful atmosphere.

It is a kind of a beautiful, playful war, I can say, against what is supposed to be negative.

What is the power of this negative is?

What is the power of these conditionings?

What is the power of this stupidity that anybody can see?

So, you develop the sight, the vision so clearly – you understand so clearly – that you are the ones who are responsible, you are the cells of this Sahasrara, of this brain and you all have to act.

I was yesterday enamoured when you said that these lights have to enlighten many lights. This was really a great promise to me. So, coming to Sahaj Yoga is not just for your personal, limited personalities and their problems, but, as I said, it's you [that], on one side, has to grow; and, on the other side, everyone has to grow through you. So, this is the second side which you should look after.

Today, of course, I am very happy that, in my lifetime, I could see the manifestation of Mahamaya in such a beautiful way: that this door that is opened is now just able to enter into the Kingdom of God and to enjoy the heavenly bliss and the protection. But have faith in it. Have faith in it. Do not get disturbed by small things and I am sure it will work out in a very great way; if you get that complete faith and a complete surrendering, I am sure it will work out very well.

May God bless you!

So, we will have a little Ganesh Puja and then a Sahasrara puja.

1994-0605, Kundalini: The Feminine Divine Power is within you

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5 June 1994

Kundalini: The Feminine Divine Power Is Within You

Public Program

Royal Albert Hall, London (England)

Talk Language: English | Transcript (English) – Draft

1994-0605 Public Program Royal Albert Hall, London UK – H.H Shri Mataji Nirmala Devi

Hello! [Taps mic] Alright?

"I bow to all the seekers of truth"

At the very outset we have to know that truth is what it is. You cannot change it, you cannot describe it and you cannot say you know the truth. Unless and until you know it, it is not truth. It is a very big problem that people believe they know the truth, they know the truth which they have understood through their mental capacity, but if [Shri Mataji clears throat] the truth was known to everyone there would be no problems, no quarrels, no discussions no arguments and no wars! We have to know the absolute truth, when we know the absolute truth there is no question of getting into discussion or taking another point of view.

I am sitting here before you, you all know I am sitting before you, nobody can say I am not sitting before you because you can see it, but the absolute truth is to be felt on your central nervous system.

[Shri Mataji clears throat]

This knowledge has been known in our country, in your country and every country - but by very few people. The knowledge, which is earned through your evolutionary process, is the knowledge.

When you evolve to a human state you have not yet completed your evolution is visible the way you are fighting, quarreling and behaving in the worst manner that I don't know how to describe it.

So what is the truth? The truth is that you are not this body, this mind, these emotions, this intelligence, these conditionings, your ego, but you are the pure spirit. It's a fact!

Every religion has talk, talked and talked about transformation. That you should follow a religion so that you get your transformation – There's no religion: which has said that you follow the religion for religion sake, but we have deviated from that path taking to transformation! Unless and until you transform yourself, unless and until [Shri Mataji clears throat] - this breakthrough in your awareness through evolutionary process takes place, you will not know the truth on your central nervous system. For example I feel this place I know it is cold, I can feel something I can feel it is hot – it, it cannot be challenged, it cannot be disputed - for that we have to know our creator has done such a lot for us.

Within us lies all these centres as you see them – There is another truth we have to understand, you see these beautiful flowers around? And we take them for granted, we never even think how these different flowers have come out of little little seeds, what the mother earth has done, whatever is living work we take it for granted - who runs our our heart if you ask the doctors they will say this is autonomous nervous system, but who is the auto? Who runs the whole? They can't answer! - Science cannot answer that question, science cannot answer many questions one of them is 'Why are you on this earth?' 'Why am I on this earth?'

We have no identity we have no purpose. This can be answered very easily if you know that another truth is that there is an all

pervading power of Divine love which does all these living works, this we all never felt before it can be called as 'Param Chaitanya' – it can be called as 'Ru' – it can be called as Ritambhara PrAgnya, it is called as various names, others they called it Nirakar All kinds of words can be used to describe this all pervading (...) all the living work 5:58 – 6:07 ----- All pervading — and we do not know about it. So we have to really feel it and this can be easily----- awakening ----. Own --- the mother earth in the same way6:47

This power is your own kundalini is your own and like a seed is having a little primule, this also has that primule type of existence and as it rises out of the mother earth in the same way primule the kundalini rises within you and passes through six centres, pierces through your fontanelle bone area and connects you to this all pervading power, it's as simple as that. It is spontaneous. When we sow a seed in the mother earth what do we do? Nothing we sow it because the mother earth has a built in power to germinate and the seed has the built in power to get germinated. So this is your own power within you in the sacrum bone surprisingly Greeks knew that it was a sacred bone so they called it sacrum, and it rises very smoothly without troubling you all these books that describe that kundalini awakening is a horrible experience I have never seen that before - It is not so - She is your mother that is the what you call the feminine Divine power, she is your individual mother and she knows everything about you, she is like a tape that has taped everything you have been doing whatever you are aspiring. This is a gift we have that we have to be connected to this all pervading power. Like this instrument if it is not connected to the mains it cannot be used, in the same way we have to be connected to that great power so that we know ourselves and also know others as well as we know what Divine love is. So what happens [Shri Mataji clears throat] when we are connected? Firstly you get your self knowledge, all these centres get enlightened and you start feeling what's wrong with you, then you start feeling what's wrong with others, you become collective, you become collective in the sense that you can feel others and who is the other then? You can feel the centres of others. Now supposing you know how to improve your centres and improve the centres of others? you can solve the problem because most of the problems of this world come from human beings and most of the human problems come from these centres: physical, mental, emotional, spiritual, all these problems even political, economical, social all of them come from the centres which are energy abiding, if somehow you manage to cure these centres you get that transformation stage which we call as self realisation or call it as a evolved soul.

In every religion we have had evolved souls but they were all discarded and were never respected. The other day I was reading a book about Gnostics and their bible. It's very surprising that throughout they have talked about nothing but Sahaja Yoga – Sahaj means 'with' ja means 'born' – born with you is this power this right to become a evolved personality. This is a very very simple spontaneous method because it's a living process and all living processes are spontaneous. It's very amazing that it works so spontaneously in those days which are supposed to be the worst Kali Yuga the modern times the twentieth century regarded as the worst for human beings, because they'll be in illusions (Branthi) but this was necessary so that people seek. William Blake has described them as Men of God who'll be seeking godliness will get their realisation, will become godly and Divine and will make others Divine. That's what it is happening today and has to happen everywhere in the whole world. If you have to save the world from all the calamities and solve the problem of uh world affairs one should try to become the self, we talk like this, this is my house, this is my husband, this is my wife, these are my children, we say 'my' all the time but who is this 'my' which has all those things? That is the self and the self is reflected within you in your heart that's that spirit which is the refection of God Almighty. Now in these modern times of science it's very difficult to talk of God or Divine love nobody believes because they have lost all these faiths but Sahaja Yoga is absolutely tangible. You can feel on your fingertips your own centres and centres of others, nobody has to convince you nobody has to tell you that that's wrong with you anybody even children small children say about 10 children are there you tie up their eyes and ask them what's wrong with this gentleman? Now they can't see the gentleman, they put up 1 finger you ask him 'Have you got heart trouble?' 'Yes yes! but how do you know?' We know it on fingertips it's a very nice phrase used in English language, to know on your fingertips you do know on your fingertips and when you know on your fingertips you have to just know how to correct it, how to correct your centres and how to correct the centres of others.

I am talking of love and compasssion. Truth is love and love is truth, if it is not so then it is not truth. This compassion is so beautifully felt when you get your self realisation, the first thing that happens that you become extremely dynamic and extremely compassionate, automatically! because these all qualities are within you. They are supressed, they are challenged, they are denied, but they are there, and if you just get your self realisation you are amazed at yourself that how it is suddenly you are

become so dynamic?. Now these are mostly English who are singing, my father used to tell that never try to teach Hindu language to any English man, always, is very difficult, they can never pronounce Indian words properly, but see here spontaneously they can sing sanskrit, Hindi, Marathi which is a very difficult language, all kinds of languages they can sing, I am amazed at them, this is nothing, but what happens that you get the power to give the realisation to others like one enlightened candle can enlighten many others in the same way. I can't go to every corner of every country but everywhere even in Siberia we have got so many sahaja yogis. It is spreading like a wind spreads the seeds and everywhere I am surprised that how people are taking to Sahaja Yoga because it solves your physical problem which has been proved, there are three doctors in India who have got M.D in Sahaja Yoga and the fourth one is coming in epilepsy. Cancer has been definitely cured by Sahaja Yoga, definitely! so many diseases have been cured, don't come here for curing, come here for your self realisation, you must have pure desire to become your self. The second thing happens is that your attention becomes enlightened, when your attention is enlightened wherever you put the attention it works, surprisingly it works. You can know through your attention about anybody whether he is dead, living or whether he is far away. You can, it's like a communication established, actually you are a beautiful computer which just starts working and answers all the questions you want to know. We have no idea about ourselves what we are. Now when I say like this people don't believe because that's one thing they starve "No no no, not possible, how can that be? Now how to convince such people who don't want to believe into anything which is so good so benevolent?

But those who are real seekers, those who really are honest and who are not just for criticism do get this benevolence, they understand and they get this realisation, once they get it I tell you such beautiful people, such beautiful people they have become unbelievable, they have come from that drug addiction, alcoholism from lunatic asylums from everywhere and they have changed, I am telling you the truth that's what is happening, no credit to me, there's no credit to me! But the credit goes to the creator [Shri Mataji clears throat] who has put this power there! [Shri Mataji clears throat] This work has been done in our country in India since long, but it was a secret, kept a secret for years together because that was the tradition that one person should get realisation. It was so difficult in those days for people to get realisation, but in modern times I think it's a blossom time, because it is working en-masse. If I have done any work is this, that I have found out the method how to give realisation en-masse. Now another point is very important that you cannot put in any effort for it, it just works spontaneously, and the second thing is you can't pay for it, [Shri Mataji clears throat] one must understand that God does not understand money or he doesn't understand bank, you see it is your headache, you cannot pay for it! If you have to pay for things then that is not Divine, anything that is Divine you cannot pay for it, you can pay for this hall of course sahaja yogis have paid for this this time for this hall is alright, but you cannot pay for your self realisation, that is something spontaneous living, as we don't pay anything to this mother earth, who gives us such beautiful flowers in the same way you cannot pay for it and you cannot purchase. Of course you must have known of many gurus who have come and have spoiled the name of Divine and Divinity, their interest is in money, how can there be an interest in money if they are Divine? - because you cannot think of money when you are Divine, we're not bothered, This is one thing I have to tell you that your attention moves from materialism to spiritualism or we should call not 'ism' but spirituality. You become a spiritual person and automatically things work out, you don't have to worry because if the whole Divine power is with you. If you are in the realm of God's kingdom it just works, everything works out from small to big, you are amazed how things work, it is really surprising the way Sahaja Yoga has worked out, I have no secretary, I have nothing I am very bad at banking or money, we're extremely hopeless but somehow everything has worked out, it's just because the Divine power of love is working it with love and affection. We have forgotten that our hearts are closed, we have had very bad experiences I know, we have not known love, we have not known compassion, and we have not been able to develop that in our heart, but it is the compassion and love which is bubbling in you which is about to express itself and that it is not only words or action but, it is something that works so your attention becomes full of compassion.

Then, the second thing that happens to you that you become 'thoughtlessly aware', for example if I say you pay attention to yourself, you cannot, or if I say that you stand in the present you cannot, either you live in the past or the future you are all the time jumping on the cusps of these thoughts which rise fall, rise fall, but we cannot be in the present when you are in the present there is no thought and there when you grow that gives you the peace that people are talking about, not by forming great organisations of peace that you cannot achieve peace, but peace within ourselves, if you achieve that state of peace there is no need to have any organisation anything, just the peace establishes itself.

It's the fountain of peace that you are, but you have to achieve that state of peaceful existence within yourself which comes

through thoughtless awareness. In Sanskrit we call it 'Nirvichar Samadhi' - Then the second stage when it comes you become 'Doubtlessly aware', when you becomes doubtlessly aware so there is no doubt like Dr Spiro, he has no doubt about it, he is a doctor, we have seven doctors or eight doctors here who are recording all the cures of Sahaja Yoga, nobody has doubts about it you go beyond doubts and that is the time your powers start working and you can give realisation to people you can do so much that you are amazed at your own powers, but they are all there in a dormant state. The last but not the least is that, we jump into the ocean of joy, nothing but joy. Joy is a state where you don't have unhappiness and happiness, if your ego is pampered you feel happy, if it is punctured you feel unhappy, but joy is a state where you become a witness start seeing the whole thing like a drama and this witness state gives you such tremendous joy. You have never experienced joy so far which cannot be destroyed by anything and this joy when you give it to others when you give them realisation.

You work it out in such a manner that you are not yourself aware, you talk like a third person, you say "Mother it is working, Mother it is not working, Mother it is not going here, Mother it is not working!" Can you imagine somebody who doesn't feel he is doing anything, because your work becomes non work as you call 'akarma', where you do not do any work, you are doing it but you are not doing any work. You don't feel it, as you know I am very old, quite an old woman maybe I am the oldest here! But I travel, I do all kinds of things, and people say 'How do you know so much mother?' but I don't do anything that's why, if I am travelling I am not travelling, I am just sitting down there as I am sitting at home. If you do not feel that you are doing anything then you cannot feel tired and that's how you become extremely dynamic. We have so many examples I don't know what doctor has told you of so many people becoming great artist, great musicians and they have now, they are world famous, so many of them will tell you that they have come to Sahaja Yoga and they have gained so much, but it is not like the television people use, put the mic on everybody's face and ask them 'now what do you think?, what do you think?, what do you think? It's not like that, it's an actualisation of the experience, you actualise the experience, you don't have to ask anybody, you can feel this all pervading power as cool breeze like feeling.

Adi Shankaracharya calls it as 'Saleelam Saleelam, is cool and cool and cool, you can feel it on your fingertips, you can feel it out of your fontanelle bone area, you can feel it. This is the first time you are feeling this all pervading power of God's love. This world was not created for wars, nor for hatred nor for killing and violence, it was not created for vulgarity that we taking to. It was created for a beautiful moral life, for a beautiful peaceful enjoyment and that's what we have to be. Its your birthright to be that , you must use that birthright and get to it. I must tell you that in those days it used to be an individual working it out, but in these modern times it is the collective that works out. We don't take any money as I said we really don't take any money from who is not a sahaj yogi cannot even contribute for this hall but, you have to come in a humble way to the collective. I see when I come there are thousands and when I go away they don't go to the collective, and then they say 'mother I have developed cancer, I have developed this because it's a humble place where you have to go, we don't have huge big places and, if you humble down in your heart and if you come to these places where they will teach you everything all the knowledge about yourself everything you can ask, and you will be amazed as to what powers you have got and what are the powers of the Divine, how far it can go to help you. Now the time has come for a special blossom time as I call it, but this is the time of judgement if you want to go to hell is very easy, but if you want go to heaven also is very easy now.

So why not we try then? I know in England there are so many seekers or truth has been misled also doesn't matter, what ever might have happened has happened, but just now you should decide you will have your realisation. It cannot be forced on you, I am sorry to say it cannot be forced because you have to judge, do you want to have it or not?

So it is your pure desire that will work, because this kundalini is the power of pure desire is the desire of God Almighty is the feminine the mother we can call the Primordial Mother who is reflected in your kundalini. Of course people don't believe in it, because in the bible it is not mentioned maybe Paul just tried to eradicate it. In many scriptures they have not described about the feminine power of God, it has to be, when we talk of trinity we talk of God Almighty then we talk of the son and then we talk of the holy ghost which is absurd. So there has to be the Primordial Mother, I was surprised to read this book about the Gnostics who really talked about Her all the time and talked how She was placed within us, everything that I have been saying is there, is surprising they were Gnostics. 'Gn' 'Gn' in sanskrit means there 'to know' 'to know' – and they were the people who acknowledged but they were pestered and troubled by the people who were in charge of religion. So no use running after something that your forefathers did and then they did or you join some club or you are with some cult or something. You have to be individual to be

collective, that means you have to be the self to be collective because self is reflection of one God Almighty in everyone he is this reflected, he has created us so beautifully and we have no business to ruin ourselves, this comes through our ignorance, complete ignorance in the darkness. Now supposing there's complete darkness you will trample on others, there might be a stampede you can do anything! But when there is little light you see what's wrong with it. I give always an example of a snake in the hand. Supposing it is all dark, you can't see there is a snake in your hand, and you are obstinate or I am very obstinate, I'll say 'Alright it is not a snake it is a rope!' Til that snake bites me I'll go on holding on to it, but if there is little light you just leave it, on your own nobody has to tell you, in the same way after realisation I don't have to tell 'don't do this!' I never say don't because if you say don't half of you will go. It just happens to you that in your own light you become your own masters and you see for yourself what's wrong with you, what is destructive, how destructive things we are doing, then you do not want to do that, you want to construct yourself fully and to construct others, then you will respect humanity, then you respect yourself as a human being and a glorious personality comes in. That personality is within you which is at hand, and can be easily be achieved without any difficulty. Of course there are people who are talking nonsense about Sahaja Yoga. The other day somebody told me that 'uh you remove children uh from their parents!' I mean nonsense it is, you see here are many people who are Sahaja Yogis thought that the atmosphere in the West is not good for children because they take to drugs and all that. They forced us to start a school in India in a very beautiful place in the Himalayas and for that people started saying that 'They are snatching children from the parents' – parents themselves go and leave them there, and they are very happy the way children are growing up, but if from India a child comes to England it's alright, but if a child from England goes to India it becomes a criminal thing! This I can't understand this. I think that science has come to us from West, alright? one has to accept, but beyond science, meta-science, if it comes from say India is it something wrong in it? So we have to understand that whatever is good for us we must take, we must accept whatever is benevolent for us and for others. We have to become global people, our religion has to be a global religion which is awakened within us, it's not just a faith but awakened within us. For example if there is a Christian, Hindu, Muslim, anybody can commit any crime, but a Sahaja Yogi cannot because his religion is awakened within him, he just cannot. This is what we have to achieve, the greatest thing is that you know the absolute truth on your fingertips. Many people who didn't believe in God, I said alright ask a question 'Is there God or not?' Immediately they started feeling the cool breeze in their hands. So you get answers on your fingertips, whatever is your belief or faith is still mental, you believe into this another believes into that! But have you met the reality? You have to know the reality, which is very easy to achieve it. But, again I would say humbly you must have the pure desire to know it, it's all your own, I am not doing anything, you are not obliged to me in no way, it's your own and that's what you have to have, and once you have it can grow into then you can give it to it to others also.

"May God Bless You!"

We are going to have the experience. Dr Spiro has told me that "Mother you give them experience of Sahaja Yoga" - It's very simple I tell you, it will hardly take 10 to 15 minutes.

But it cannot happen to people who are arrogant, to people who are here just to criticise, or to idiots of course it cannot happen.

So.. [Shri Mataji clears throat] before I start it I have to tell you that there are 3 conditions which are to be fulfilled: The first condition is, that you have to have full faith in yourself that you will get your self realisation. You shouldn't doubt yourself, after all you are human-being you are at the epitome of evolution you don't understand that.

So the second condition follows, that you are not to feel guilty at all.

What's the use of feeling guilty? I don't understand, it's a myth! If you have done some mistakes alright correct it and finish it off, but what's the use of carrying this myth with you? I have to tell you [Shri Mataji clears throat] that if you feel guilty this left side of this centre catches very badly and you can get spondylitis, you can get angina, also lethargic organs with it, or else if you are following a wrong person and saying wrong mantras or something also you might catch. So whatever has happened is happened, but at this moment I tell you, I assure you, you have done nothing wrong to feel guilty, please believe me. If you were really guilty you would have been in jail, you would not have been here! Alright.

The second condition is, that you as you have to forgive yourself you have to forgive others.

Now many people tell me 'It is very difficult to forgive!' It's a myth again! Whether you forgive or you don't forgive you don't do anything, what do you do? If you don't forgive you don't do anything, but if you don't forgive then you play into wrong hands, those who have harmed you, those who have troubled you or deceived you, whatever it is are quite happy, while you are playing into their hands and torturing yourself.

So, you have to forgive, you just have to say "I forgive everyone", you need not even think about them because if you think about them, then again headache, please don't think about them, in general you have to just feel "I forgive all of them" at this moment please, you have to forgive.

It's very easy to say that isn't it? Just to say that 'I forgive all of them in general'

It's very simple it's a child's play. If you just decide to forgive. So these are the three conditions we have. Is very simple conditions which I hope you will fulfil before we proceed with self realisation process which is very simple.

First of all if I request you to take out your shoes I hope you don't mind?

In the beginning people used to walk out when I requested them to take out their shoes.

So I would say if you feel bad then you need not.. [[Shri Mataji speaks Marathi] Aah! – and you have to be in a very Aah!... as they say "Prasand a chit" means you have to be in a very pleasant mood, in English coming closer to that. Just be happy with yourself that you are here, that's sufficient.. No way you should put you down yourself, if I have said something that is causing some sort of a ring in your brain, please forget it! Is nothing important, what important is the happening and that takes place when you are at peace with yourself. So now as I have told you the three conditions. Please put both your feet also away from each other, I don't know how far Dr has told you about these two sympathetic systems on the left and right, but these are two powers left and right. Left is for emotions for your past, and the right is for your physical and mental intellectual. Mental English word is different but mental it means intelligence or whatever you do with your brain. So these two powers are on the left and the right, and the central path is for your ascent. Now, so please keep these two feet, means the two powers apart from each other. The first power on the left hand side is the power of desire, as you have desire to have self realisation you have to just put your left hand towards me like this, that is suggestive, symbolic that you all want to have your self realisation. I have already told you I cannot force on you, I cannot. So please put the left hand towards me just symbolising that you want to have your self realisation. This is very important. Now we have to use our right hand to give encouragement to our centres on the left hand side.

[Long pause]

Before closing your eyes, I would like to show you how you have to touch your centres yourself.

[Shri Mataji asks "Can somebody come and talk? who is coming? Alright! 'Please come along']

We are so many doctors here, I am so proud of them.

Alright! Now first put your right hand on your heart where resides, where resides the Spirit! Now put your hand on the upper portion of your abdomen on the left hand side.

If you become the Spirit, you become your own guide, you become your own guru, your own master. This is the centre of your mastery, mastery of the laws of the Divine! Now you move your hand, the lower portion of your abdomen on the left hand side. This is the centre for the Divine laws, is surprising it is so low as that and the knowledge of it is the pure knowledge, is the pure knowledge, all other knowledge are impure. The pure knowledge is the knowledge about the Divine laws. Then you move this right hand again upward on to the.... upper part of your abdomen, press it hard, then on your heart again, then in the angle of your

shoulder and your neck and put your head to your right, today I feel that is the worst, worst centre you have so this comes when you feel guilty and all the problem starts with that I described to you. So what's the use of feeling guilty? Then you take your right hand on to your forehead across and please put down your head, this is the centre for forgiving others. Now take back your right hand on the back side of your head and push back your head. This is the centre for your own sake, just to satisfy yourself, to ask forgiveness from the Divine power. Now the last centre you have to stretch your palm fully and put the centre of your palm on top of the fontanelle bone area, and now put down your head, put down your head and you have to move your scalp slowly, make a pressure, clockwise, seven times, slowly. Please put down your head, stretch back your fingers so you can put a good pressure, stretch back, that's all you have to do, that's all.

Now we have to close our eyes, don't close them tightly or lightly but in a normal way. [Clears throat] Now remember to put left hand towards me, and put both the feet apart from each other, and now put the right hand on the heart. In the heart resides the Spirit, now you have to ask questions, very fundamental questions about yourself. You can call me 'Mother or Shri Mataji' whatever you like. Mother! You can ask the questions three times in your heart, not loudly. "Mother! Am I the Spirit?" ask this question three times.

"Mother! Am I the Spirit?" I have told you that if you become the spirit, you become your own guide.

I have told you that if you become the Spirit you become your own guide, your own master. So now please take your right hand in the upper portion of your abdomen and, ask another fundamental question about yourself, little bit press it with your fingers.

"Mother! Am I my own master?" ask this question three times, "Mother! Am I my own master?" Please ask this question three times. [Shri Mataji clears throat]

Now please take down your hand in the lower portion of your abdomen and press it hard.

I cannot force pure knowledge on you, you have to ask for it. This centre has got six petals, so you have to ask six times "Mother please give me pure knowledge!", unless until you ask I cannot force on you, six times, please ask. Now as soon as you ask this question the Kundalini starts rising and when she starts rising we have to support our centres with our self confidence. So now raise your right hand on the upper portion of the abdomen on the left hand side, and here you have to say with full self confidence "Mother I am my own master!" This centre is created by great masters for us to be enlightened.

Now, I have already told you at the very outset that you are not this body, this mind, this ego, these conditionings, these emotions, this intelligence, but you are the pure Spirit.

So now raise your right hand on your heart and again say with full confidence "Mother I am the pure spirit!"

Please say it twelve times. "Mother I am the pure spirit!"

Now raise your right hand into the corner of your neck and shoulder and turn your head to your right. Here you have to say with full confidence "Mother I am not guilty at all!" Say it sixteen times, because this all - pervading power of Divine love is the ocean of knowledge, bliss and compassion, but above all it is the ocean of forgiveness and whatever mistakes you commit are dissolved by this ocean of forgiveness.

[Mother rubs Her hands]

So now raise your right hand on top of your forehead across and please put down your heads it's important. Here you have to say with full confidence, not how many times. "Mother I forgive everyone in general." I have already told you, whether you forgive or don't forgive. You don't do anything. But if you don't forgive you play into your wrong, into wrong hands. Apart from this, at this moment, if you don't forgive then this centre won't open it's a very constricted centre. You have always tortured yourself by not forgiving and at this important mo, time if you don't forgive the Kundalini cannot pierce through. So please forgive please forgive

everyone, don't think about them, but please forgive. Is very important.

Now please take your right hand the backside of your head and push back your head. Push back fully, here for your satisfaction, without feeling guilty, without counting your mistakes, you have to ask forgiveness by saying "O Divine Power, if I have done any mistakes knowingly or unknowingly, please forgive me!"... "O Divine Power! if I have done any mistake knowingly or unknowingly please forgive me! "This you have to say 3 times or times are not important, say it from your heart, please say it from your heart. Even said once is alright from your heart, say anything from your heart will work out faster than anything else. Now the last centre is on top of your head where it was soft bone in your childhood. Is called as a fontanelle bone area. Please touch your head fully and put your centre of your palm on top of this 'Talu', or the fontanelle bone area. Now push back your fingers. This is very important to have a pressure. Push back your fingers and put down your head. At this juncture again I have to say I cannot force self realisation on you, you have to ask for it. So please move your scalp slowly, very slowly, seven times saying "Mother please give me self realization!." It cannot be forced, I am sorry to say. So please put down your head and say it.

[Shri Mataji blows into the mic]

Now please open your eyes very slowly, put on your glasses. Put both the hands towards me like this. Now watch me without thinking. You can do it. Please watch me without thinking. Now put the right hand towards me like this, put down your head and see for yourself only, you have to verify yourself. See for yourself if there is a cool breeze like or hot breeze also can come. Is coming out of your fontanelle bone area. Bend your head is easier to see. Now don't put your hand on top of the head but away from it, not very much away. Just see for yourself, because some people get it far away, some people get it close by, depends on so please adjust and see for yourself if there is a cool breeze coming out of your fontanelle bone area. Now please put your left hand towards me. Now again bend your head and see for yourself. This is your kundalini is awakened. See now for yourself if there is a cool breeze coming out of your fontanelle bone area. Now if you have not forgiven it will be hot. So please forgive now! Doesn't matter. It will cool down after sometime don't get upset with it. Now put right hand towards me and see with the left hand if there is a cool breeze coming out, or a hot breeze like thing. Now put both the hands up like this. Push back your head and ask a question. Any one of these questions you can ask three times. "Mother is this the cool breeze of the Holy Ghost?" three times in your heart or "Mother is this the Ru?" or "Mother is this the Parama Chaitanya?" Ask any one of these questions three times.

Now please put down your hands. Put your hands like this. You will feel on your fingertips. All those who felt cool or hot breeze coming out of their fingertips, towards fingertips or on top of their palms or out of their fontanelle bone area, please raise both your hands. See! I bow to you all. May God Bless You! I bow to you. Now your saintly life has started. Please believe me. But you have to grow into it. Your have to grow. For that you have to come to collective. - Nobody will charge you any money or anything but you have to pay attention to your self realisation and with little understanding within one month's time you can become a master of this Sahaja Yoga, no doubt maximum. But you have to come to our collective, they I don't know where they have it just now Dr will tell you and after this I think there will be some music for which I would like you to clap little bit that will open out your hands more. I am very happy practically everybody got it.

And those who have not got it should not worry. They should come to our centres.

They will, can get all the information about yourself, everything about Sahaja Yoga, Absolutely. And, for the first time you will be surprised at yourself that all those dreams you have built which was troubling you so much are finished and you are in reality. This is what has to happen to this world so that we finish all the turmoil, all the problems, by emancipation of human beings. May God bless you!

[Audience clapping]

They will sing a Marathi song, which was written I think in the 16th century by Namadeva. Namadeva was a great poet who was a tailor, and once he went to meet one potter who was another saint. When he saw the potter kneading the clay he just stood up and he wrote a beautiful couplet about it. He says that 'I came here to meet the vibrations of a saint, but here you are in person.'

It's in Marathi like this "Nirgunachya bheti alo sagunashee." Only a saint can say this kind of a thing for another saint. Such a beautiful appreciation only a saint can do. Apart from that this Namadeva went down to Punjab where Guru Nanaka very much understood him, and he has written such a big book in punjabi language you will be surprised, and is included in Granth-Sahab, Granth-Sahab was written by Guru Nanaka for great thing that they were all saints and the sayings of the saints just put there. So we have Namadeva in Granth Sahab and this is a song, which is sung in every village in Maharashtra, but they don't know what it is. Here it is saying that "Oh Mother, give me my yoga, give me my realization." That's the song of a village, and see these English singing it is from Kolhapur they went and learnt it from villagers in their own style.

This is really the raising of the Kundalini!!

[Sahaja Yogis sings "Jog.Wa" -] – Marathi song

[Mother stands up and Bows and leaves]

[Announcement by Dr David Spiro about where follow-up meetings are held and centres where they are held in London and around the country]

[Sahaja Yogis sings "Ap.Ne Dil Me"] – Hindi song

1994-0625, Evening Program, Eve Of Adi Shakti Puja

View [online](#).

25 June 1994

Evening Program Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

After this joyous ending I don't know what to say. I was just enjoying the beauty of this rippling joy.

Something which cannot be described, you see. It is so spontaneous and so beautiful, the feeling of oneness. Like an ocean, ocean of enjoyment. You see all the waves, and the ripples, just I can't believe that such beautiful things can happen to human beings. They are with such closed minds normally.

I was watching the match because you were thinking of the match (laughter). I found it did not create love, it did not create oneness, on the contrary people developed kind of a very great aggressiveness. Apart from that aggressiveness, it was a kind of a hatred for the other party, I mean, I was wondering this match is played for what? It's a sport, you see, and the sport of love is this – where we all become one, we don't try to find faults with others, we don't aggress others. Just enjoy everybody's rhythmic movement of enjoyment. This is so peaceful, so joy-giving.

While if you watch the match – I've been watching Myself sometimes, and I feel such hatred is emitting out of them. So, because the whole thing is now money-oriented. If it is money-oriented, it becomes a kind of a very aggressive game. In anything – in tennis, or this.

In our times, whatever sports were played, were out of joy, we at least enjoyed them.

But what you find, neither the spectators nor the players are really enjoying it, because they take one side. Now, if you are from Holland, you take Holland side, another one is from Belgium, you play from Belgium side. At least this kind of a combination should not have been there, because they are so close! You see, supposing Holland loses or Belgium loses: they will start fighting among themselves, very easy to fight, it's across the border!

They could have made these games much more enjoyable if they had, really had, as was said, teams which are selected from all over the world, from different, different places. That would have been much better. But when I see the way they kick the ball, every time they kick the ball, the ego goes "tac" (Shri Mataji makes a gesture with Her hand like going up). Another they kick the ball, ego will go (laughter).

It's a very dangerous game, but normally it should not happen, normally it should not. If a child kicks the ball, he doesn't develop a hatred. But because of this money orientation, this kind of a – you can say a maya, that people get lost, and they start hating each other for that money that they are going to get.

While our sport is love-oriented. It's compassion-oriented. Actually the love, to enjoy this Divine love is the greatest blessing.

And I'm so very happy to see that all of you have been enjoying it. Money orientation comes when you are living with falsehood. Like you have seen so many false gurus and people, they are so money-oriented. They don't bother anything about compassion or love.

They suddenly start thinking that they can befool all the people. Here there is no befooling, but enlightenment, openness, awareness. To feel your Self and enjoy your Self.

It's so nice to see so many of you, My children, dancing like this, so beautifully, in such rhythm. I mean, the way you are making qawwali also shows how global you are becoming. Can you imagine these Belgians and these Hollanders, Dutch people would ever sing a qawwali? (Laughter and applause)

And they composed it! And then they put the tune to it, and sang so well, in complete rhythm and in tune. Normally I've seen the people from the West cannot sing anything in tune much for a longer time, afterwards they go out of tune. So I was surprised there. And they are not professionals.

And what we call the alap, and taan, that was done by our Shri Ganesha here sitting, was wonderful! I was amazed how could they take out these beautiful notes – what we call swaras – it's really amazing how you people have really absorbed the essence of beauty of music also from all over the world.

Your Cabella is of course filled with love and affection, no doubt. But it's everywhere I've felt the same thing. Whether it is Holland, Belgium, India – such love, I don't know what I've done to you, that you are so beautifully enjoying yourself and others in

such a simple manner.

It's something really very beautiful, I must congratulate the organizer. I was surprised at you, and, very much surprised the way you did the whole thing, news and all that, and the way you sang also. All of them have done such good thing.

Moreover, the composition of the Spanish people was also very remarkable, you see. First I used to see Spanish dances, I always felt it's a very sensuous type. I never felt that it had this beauty of expression of Divinity.

But now I find they have that Divine understanding of rhythms. And the way they were playing, you see, it's the - only the Divine joy was emitting through them.

Otherwise, it's nonsensical to do things which are degrading to us.

Normally if you find, in the West, when people join together, whenever they join together - they become collective, they just start thinking of something destructive.

Either they will go for say, so-called drinks, or for some sort of a drugs also, Holland is full of it. Drugs or even beating each other, calling names, abusing, this, that. I don't know why this tendency is there when they get collective. But in our collective, we become so beautiful that we start singing the praise of the Divine. It's something never heard of, I tell you.

I've seen people who go to church also, after fifteen minutes half of them disappear. Then afterwards the thing is over, they come and say: "What a boring thing it was, you see, fed up with this, that". And some people are just flirting with women, or women are flirting with men... There is - I never saw them with such purity that they were enjoying their Ganesha principle.

It's really remarkable how you all have changed. Very, very remarkable.

And I specially feel for Holland, where I've been long time back, and I was surprised at them the kind of things they used to do, in their fields and things. I could not believe it, that they didn't think of Divine love so much as they should have, because they were all farmers at that time. But they were very much busy with making money, how to get from Japan, from this, that. Every person that time, I was surprised, was just busy how to make money.

And they didn't know much, also. When we went there, they put a Pakistan flag on our table (Shri Mataji laughs, laughter). We told them: "We are not Pakistanis". "Oh, not Pakistanis? Then what are you?". I said, "We are Indians". "All right". So they brought another flag, which was not Indian flag also (laughter). I was surprised, they didn't know anything! And they didn't know why this kumkum is there, nothing of the kind.

They were very good at making cheese, and butter, and things like that, but specially their flowers.

It always happened that whenever I went there, specially the beginning it was hundred years or something of gardening, or whatever it is, I saw the most beautiful flowers in Holland. Living with these flowers only, it's really I was thinking, "What a place it is. It's a Heaven on Earth".

But then, when I saw the people, they never tried to feel the beauty of the flowers.

They only tried to feel how much it will cost, how much they'll be selling it, what country they'll be selling.

So, this new dimension into which you have come, is so subtle, and so beautiful, it's such transformation. Because I've seen those days also and I see you here, I'm really, absolutely flabbergasted. I don't know what to say, I just don't know. It is such an achievement on your part, really, that you have become so pure, so beautiful, so wise.

You are growing very fast. I know Spain has few sahaja yogis. Spreading Sahaja Yoga is not the point. Going deep into Sahaja Yoga is - that's what really. If I go to Russia, I can get thousands of people there. If Spanish people are deeper than others, that is much better. Going deep into Sahaja Yoga is much more important than to spread it.

Just go on spreading to all kinds of people is not going to help us much. What you have to now know, (is) that we must have very, very deep people who will join with us.

Also one must remember that there are very few places in the Heaven. So how can you get all kinds of animal, beastly people into Sahaja Yoga?

We have to understand that people who are deep, who are really the instrument of the Divine, and that they are extremely loving, compassionate, not showing off, not trying to do something that is ugly, according to Sahaja Yoga.

It's all has to be very beautiful relationship with each other, helping each other, understanding each other, and also enjoying each other.

We have here people from all over the world, always we have them. But you don't feel that way. You feel the whole global community that we have from all over is great.

Next is our Guru Puja, where lots of Russians are also coming. I must say Russians are very deep sahaja yogis, in such a short time.

I mean, you all are deep, very deep, but in such a short time they have become deep is a great, very great thing that they have

become so deep in such a short time.

Whatever is the reason, what we have to understand, that anybody who wants to be enjoying it deeply from the heart, has to become mature. And then only this enjoyment becomes complete.

I'm very happy today to see you all here enjoying this music and enjoying all that was created by these three countries. So beautiful.

May God bless you all.

Thank you very much.

(Aside conversation:

Shri Mataji: So now the bhajans, you could have ... Is that one or just...?

Guido: Jai Shri Mataji.

Shri Mataji: How many bhajans?

Guido: Whatever You say.)

Shri Mataji: They want to sing some bhajans. So I think we'll have an interval for about five minutes or so, or ten minutes, whatever it is. And then we could have the bhajans.

What about your food? (Laughter)

Forgotten about it.

We could have it for one hour more, some bhajans, all right?

May God bless you.

Till then you arrange, I'll just come. I'm sorry...

1994-0626, Adi Shakti Puja: Seeking, Women

View [online](#).

26 June 1994

Seeking, Women

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Reviewed

Today you all have decided to have the puja of Adi Shakti.

There's a difference between doing the puja of Kundalini Shakti or Adi Kundalini and Adi Shakti. The difference is like this: on one side the Kundalini is reflected in you by Adi Kundalini; the second side is the power of Adi Shakti which is Paramchaitanya. So in totality, if you see, it has two sides. One is Her power as Paramchaitanya and also reflection in human beings as Kundalini.

The third work that Adi Shakti had to do was to create this whole universe.

To begin with, as you have seen yesterday also how the cosmos was created and then how this special planet of Mother Earth was created.

Now what I have told you about Adam and Eve, we have found out, said by also John in his Gnostics book. It's very surprising.

They always told you that Christ must have told you many things, but they are not in the Bible.

So if you understand that this Adi Shakti came as a serpent — the Adi Kundalini part of Her — and told the Adam and Eve, especially Eve, that she should ask for the fruit of knowledge to be eaten. The reason I gave you is exactly written there, that the Mother power, the feminine power, didn't want Her children to live like animals without understanding what is the knowledge of the higher realms, not giving them chance to rise higher through their freedom and then to higher and higher awareness.

It was the concern of the Mother.

So there were two types of worlds were created, one was a divine, another one started evolving.

To look at it, looks like very tremendous task, thousands and thousands, billions and billions of years have passed for this kind of a work to be done, but, if you see, in modern age we are going to the moon with such a small effort and also with such a little time you reach there.

Nobody could think that we'll ever be there. All this is happened through the human brain.

Now what is the human brain after all? Human brain is not at all anywhere near the brain of the Virata, nor is this used fully. It's not used fully.

It's very little bit is used by human beings by which they have achieved this kind of flight to moon. Of course, there was no purpose in it. I don't know why they are doing it, but they did it.

(Can you put it away?)

So the whole nature was created by Her. Whatever you see today around yourself is all created by Her, is all Her work that is there. You'll be amazed, just now I said I was going to wear a very heavy sari and I said, "It's very hot so I had better change to a simpler sari." So I changed and when I came out, I found it had become cooler.

So the nature knows everything and who informs the nature is this Paramchaitanya.

Paramchaitanya was never that active.

It started since My birth, I should say, when Krita Yuga started. At this time, you had to have your Realisation. That was decided by the Divine Collectivity, you can call it.

All the Gods, Goddesses, all of them decided to put this work on somebody whom they thought to be very capable. So they said, "We all will be with you, entirely with you. All our powers will be with you, but you take up this job now in this Kali Yuga to transform human beings."

In a way, human beings are more difficult than animals because they have their own freedom and they have been given this freedom to achieve their final freedom. In their freedom, the way they behave is something very surprising, how they go completely out of control and try to do things which are so destructive.

Of course, in Kali Yuga it was predicted in India but I think they could not predict what would happen in America or what would happen in the western countries where people have freedom just to destroy themselves and they are finding new methods of destroying themselves.

This tendency cannot be curbed, cannot be stopped by Adi Shakti or by God Almighty because you have been given the freedom to ruin yourselves, spoil yourself and to go to hell.

That cannot be controlled by any divine power. Divine power also respects your freedom.

So the Divine Collectivity thought, "Are we going to completely ruin the creation of Adi Shakti? Are we going to completely destroy whatever She has created and then recreate something better?" This was the discussion going on and most of them were so fed up with the human beings, especially with the western freedom, that they said, "These people want hell and why should we give them the heavens? It's not proper."

So first thing Adi Shakti did was to create a seeking in them. She created this desire to seek and so these people belonging to this culture, which was so destructive, started seeking and when the seeking started also, as usual, in the market there were many others who came forward to give answers to their seeking.

They had to go to various cults and things and false people and all that because they had no way to know, but if they had read some books of enlightened people like Kabir, like Nanak, even Gnostics, their scriptures, anything like that, they would have understood what is the truth and where to find it and how to find it.

It is a big struggle, I find, between the people who are seekers and those who are not at all seekers. They don't want to know and they can never be seekers. I can assure you that some of them will never think of seeking.

They'll get possessed, they'll have diseases, they'll have earthquakes, they'll have anything — they will never seek. Even if they get diseases, they'll say, "Oh, we are martyrs. We are doing great work." Such stupidity has come into their heads that they think by doing these wrong things we are going to be saved. And this stupidity comes through the perverted brains and this perverted brain acts when people are free to use. I just don't know. Why don't they see around and see for themselves what is happening?

So, to expect that the whole world will go to heaven is absolutely not possible. It's not possible. It cannot be. They have tried all kinds of things. I have seen people — drugs and alcohol, this, that.

There is one fellow who got his PhD on writing how he reached spirituality through drinking and they gave him PhD for that.

So even at the helm of affairs, in the universities. I don't know how such stupid people came up, from where, out of which creation.

It's impossible to understand. How could they think that this kind of destruction will lead them to their salvation? They see it every day. They watch it every day. They know it is happening, but still they cannot recede.

But those who are seekers are so ardently seeking that they will all have to be given their Self-realisation. Now this is, of course, My job, I agree. I have come on this Earth for that job. I am supposed to do it.

I am trying My level best and no incarnation has lived like I have lived for so many years. And such compassion of Mine which really makes Me live, that I feel we have to have many more Sahaja Yogis, we have to have big salvation.

With that compassion and with that love, one can take to any measures, anything. I do not think those who are not seekers will achieve it.

Now why is it some are seekers and some are not? One may say that. Adi Shakti, if She has created all the human beings, all of them should have seeking. Because in freedom they have lost their way. They are seeking something else and they think they're right. They have a right to think that they're right. Even a stupid fellow, even a mad person thinks he's right. If you tell him that "You are mad," he will say, "You are mad."

And this seeking, though put into them, they are not yet capable, so many of them, are achieving it in the proper way.

Because for that one has to surrender, not one's freedom, not one's intelligence, but the ego that has developed in human beings.

With this ego, even I've seen people who are possessed, they want to keep the ego intact and, through the ego, they want to use the possessions. Can you imagine?

There are possessions of negative forces. Such people want to keep that intact so that they can use that for their own purpose. They don't hate it. They don't want to get rid of it, but they want to keep it just because they can use these possessions for their use.

So the category of seeking is much less there.

But there are many who are nowhere near seeking, who are really, what we call them, the evil people and they never want, never never would want, that this world should change.

Our media is dominated by these evil people. They don't want world to change. They don't want to show anything that is good. They don't want to see the point what is going to help, what is benevolent for human beings.

So on one side we see such collective negativity. Another side we find seekers who are real seekers. There are some who we can call as half-baked and some are pseudo-seekers.

If, in the name of seeking, if they have done, we can say, some sort of a sacrifice, for them they are very great. Also, they get involved with people who are claiming. Because I have never claimed anything, they're not impressed by Me.

I have not changed My dress. I live like a housewife, so they are not impressed by Me. I have not developed two horns to show something great about Myself, so they won't be impressed.

But on the other side, if you see, this is Maya, this is Mahamaya where Adi Shakti, you see, does everything like human beings do – everything. You won't be able to find out that She's divine.

My family people could not find out till I started this work, none of them except for My father and mother. Nobody could find out that I had any powers even.

Such insensitivity to Divine can be created by Mahamaya Power of Adi Shakti which is very important. Otherwise, you cannot judge, you cannot understand.

Despite that, I have many times misjudged people because they know how to camouflage for a little while, but then I discover.

If the seeking is ardent and they are seeking really the Truth, they will find it, they will find it, no doubt because the whole creation is for them.

The whole universe is for them. All deities are for them. All angels are for them. They are all looking out for them.

This is important that we have so many Sahaja Yogis now. Nobody had so many Sahaja Yogis in their lifetime because we have to have channels.

I have to have channels and these channels have to be very clean, have to be beautiful, innocent and benevolent.

If only they surrender to this fact, that we are here as the instrument of God Almighty and that we have to give benevolence to others. I tell you at least seventy percent of work is done.

But, even if they have got realisation, like a [bird] comes out of the shell, some of the birds still carry the part of the egg and some of them are not even grown-up to be birds. Now, we have to judge ourselves. We have to understand ourselves.

Another thing you know that I'm a very mild person, very mild. People think I'm very forgiving. I know everyone, not that I don't know, but I allow, "All right, go ahead as far as you can go." Experience is the only way a human being can understand, no doubt.

If you tell him something he will never understand. Experience of self-realisation has made you understand, but again I would say that we cannot give realisation to the whole world. We cannot.

They are like stones, absolutely horrible people. Whatever is happening is that those who are false are getting exposed and everybody is noticing that, that they are getting exposed. This exposure, of course, will save them from these horrible people, but I don't know if they would come to Sahaja Yoga or if they would take their Realisation. This I am telling you because, now, I too have experience of human beings and all these years I have been working, I have seen that there are people and people and people.

Out of them the seekers are extremely proud of their seeking. So some of them don't want to give up their seeking. It's kind of a job, you can call it a hobby. "We are seekers". Now, they have a certificate of being a seeker. They will wear funny clothes, have funny houses, funny hair, everything.

Recluses, they could be, aggressive, anything. "We are seekers." They take a certificate upon themselves, "We are seekers." This is another quality of seekers also. For them, it's a kind of their lifestyle – "We are seekers." – and wherever they have to go, they will go for seeking. They'll go to ten places or twenty places. Every time they have argued with Me that, "Mother, there must be some more ways of –" "Yes, maybe. I don't know of any. You can go."

Now, the main job of Adi Shakti today is to give Realisation to people. That's my main job.

All the rest is looked after, is already managed, I should say, is like a computer. I don't have to worry. It's a reflex action. Whatever is happening is in a reflex action. I don't have to worry about these things.

Like people might say that, "Mother, I prayed to You and how is it You help me so much?" It's all reflex action. At that time maybe that thought may come to Me – thought – but it's a reflex action. I really don't do anything.

Actually, I am Nishkriya, not doing anything whatsoever, the laziest person you could think of, Me. [She laughs, laughter] Really, because if there's a complete organisation working for Me, why should I work? Nothing necessary.

But one thing is there – I'm witnessing and when I'm witnessing, that acts on the reflex. That works out - the Paramchaitanya - because if that is the power of the Adi Shakti, then whatever I witness gets reported to that power.

Is the other way round, like see, we have electricity power somewhere. So, something goes wrong here, it is not reflected to that

power. It is not. Something goes wrong, it finishes off here and here.

But the other way round, that if I witness something wrong, I don't have to do anything, I'm just witness, I'm just watching. The whole thing acts through this tremendous power of Paramchaitanya.

Now this power you do not know.

You know Kundalini. You know all about chakras, this, that, but this power of Paramchaitanya is in every particle, into every atom and it acts in such a manner that it directs, it pushes you, it takes you to the path of benevolence.

Sometimes people say, "Mother, I wanted to buy this shop. I couldn't get it, and all that". It is for your benevolence you didn't get.

Thank God. After ten days they'll come and tell, "Thank God, I didn't get that." So gradually through experience, you start understanding that we don't have to worry.

If you are lost on the way, normally people get very upset, but Sahaja Yogis don't. "Oh, very nice. Must be something here that God has brought us here." This action slightly then changes. I would say the person who is overactive starts thinking, "Now surrender. Islam. Surrender. Give this problem to this Paramchaitanya." And it works. Such tremendous things have happened in this world just by bandhans that it is unbelievable how these things are happening. Even, supposing you find, there are so many murders, this thing has happened, that (thing) has happened. This is also just to express presence of Paramchaitanya. It's "Kruta" [accomplished, done]. It's a working out, the way it works. "Kruta" means the one which is done.

Then you start realising that this power you can achieve through your Kundalini.

So when your Kundalini rises, that is also a reflection of Adi Shakti, like we can say, we see one part of moon, then another part we don't see. In the same way, this power, when rises within you and touches this Paramchaitanya, then you become empowered by that.

That's how you are Sahaja Yogis, but you are not God. The incarnations can say, "I am God." You are not incarnations, but none of the incarnations have ever said that they are Adi Shakti, cannot.

This power of Adi Shakti, which we call Paramchaitanya is the power that loves you, has complete control of the nature. It understands.

It thinks. It knows everything. Everything about you, it knows. It works in every angle, in every walk of your life. It is with you entirely as if, supposing you fall into a river which is flowing fast and you cannot swim any more, you cannot use your hands any more. You start flowing with it and then you realise that flowing with it is a better thing than to try to get out of it.

You are just flowing with it. Just enjoying all the nature around you. You don't get drowned. On the contrary, you feel you are elevated and you're flowing with it. Then you understand, "What am I to do about something when it's done by Paramchaitanya for me?" But, credit it should be given to your Kundalini which has worked it out, has put you onto that shore, has put you onto that beautiful, heavenly Kingdom of God.

Thus, you understand there are two things that have happened, that first, your Mother, your Kundalini which is in you, which is your own Mother, which has been with you throughout, has given you this birth. And then it has taken to that power, which power you can use yourself. You're empowered by that.

You'll be amazed how this power helps.

I mean, you see, I'm — I shouldn't say that you can have all the powers. I shouldn't say that, but today, you see, they were complaining about somebody. Immediately, I told them the name of the person. Now, you'll say how I knew. But I just know. That's all I can say. I just know.

Supposing you are dealing with carpets. All right. So you know what pattern is this, what pattern is that, from where it has come, everything. You know. Isn't it? If you are there you know everything. If this power is everywhere, one has to know everything. The connection is such. If you want to know, you can know anything.

So, they have called also Buddha as Sarvalokiteshwara (*), that He sees all the Lokas. How does He see? Sarvalokiteshwara because His ego, what we call, is the Parama-ego you can call it, Mahatahamkara, knows everything, while your ego doesn't know anything.

Because it doesn't know anything, you are enveloped by it. If he had known, if the ego had known what is the truth, you'd be free birds, absolutely free, but you don't want to surrender your ego. You don't want to allow yourself to flow into the river as Tao, He said it. No, you don't want to enjoy. You want to have your own speciality. Individuality is very different from having a kind of an ego within yourself that I am this, I am that. So this differentiation must start. After realisation, in the light of realisation, you should start seeing things.

Now, the first and foremost thing is to tell your ego to sit down. "Keep quiet. You don't know anything." And also in the modern times it's a big fashion, you ask somebody. "I don't know." You ask somebody, "What's your name?" "I don't know." He doesn't

even know his name.

And to be stupid is a fashion. To show that you are very stupid, they think they are showing they are very innocent. It's not. It's stupidity.

This stupidity I don't know which animal has.

Still I don't know what is the source of it. Still, I'll have to find out who is the animal which has generated this stupidity in the — But I know one thing. It is our ego. Ego makes a person absolutely stupid. In Marathi, you see, thank God language is so rich that anybody who starts showing off his ego, they say he's climbing on a bush. There's a little bush and he's climbing on that.

All this ego comes through your own so-called ideas, achievements. But what are these achievements? You don't know anything and this is what today I have to tell you that if anything is working out today is your surrender of your ego. If you know how to surrender your ego, you'll work it out.

Another thing which surprises Me sometimes, in the West specially, that I think the women are the power, the Shakti, but in the West I find women are not using Adi Shakti. No.

Firstly, they are still very much possessed by their emotions and by their ideas and things like that. One side is man, who is with the ego, but even women are very egoistical. Very much. It's very difficult.

For example, you marry some girl, western girl to somebody. She'll be very happy, jumping, taking all the presents, congratulations, wearing all dress, everything.

After ten days she'll come and say, "Mother, I'm confused." Confused? How?" "I'm now confused." "You're confused now? Or before?" "I'm now confused." "All right. You return all your ornaments. Everything." "No, no, then let me think."

This is not the level of a Sahaja Yogini. Sahaja Yogini is the Shakti and she has to take up challenges. "I'll show you. I'll do it better." On the contrary, I find them extremely dominating. I'm amazed. Why should Shakti dominate? If she's Shakti, she'll not dominate. Those who are not will dominate.

Like, you see, you go in India to any collector's house, the collector would be humble, but the constable would be dominating.

In the same way, I find this domination business is very common and also a kind of a temperament like a nun. They'll dress up like a nun, behave like a nun, they won't smile.

What is it? Are you Sahaj Yoginis or what are you? Are you nuns? Then better join nunnery.

Why I'm telling you, we're talking about Adi Shakti so I'm talking about Shakti. How the Shakti has to come up?

I was surprised that women were not spreading Sahaja Yoga. Somebody told me that leaders don't want women to spread Sahaja Yoga.

I said, "It's wrong. If the leaders says that, it's not proper." But first of all, the Sahaja Yoginis have to be real Sahaja Yoginis because so far I have seen anybody— you try to give any lady, try to give her the position of a leader, she just finishes off the people. Not all, but some.

Now, the duty of a Sahaja Yogini is to develop herself through meditation, through understanding oneself and through self-esteem that, "I am a Sahaja Yogini. I am the one who is Shakti. I'm the potential of that". I'm the potential myself! What do I do? Nothing. I didn't erect this. I didn't put this on, nothing of the kind. I'm nicely sitting here talking. But potential I am.

"Am I the potential?" This is what the Sahaja Yoginis have to decide. Otherwise, they are possessed, they are daydreaming, thinking no end of themselves. It's very difficult.

I want some nice Sahaja Yoginis to be the leaders — I really want — but as soon as they become leader, they are on a horse, running so fast. So humble down yourself. Unless and until there is a big space in the pitcher, what water can flow into it?

Have a very large heart. Anybody comes to your house, you don't like it, don't want to do anything for other Sahaja Yogis, looking after them.

It is, really, I say again and again, in the West that women have to take up Shakti into themselves and Shakti doesn't mean dominate your husband and make a fool out of him.

No, it means give him powers. You are the supplier of power of the whole family and this is our family. All this is my family. I am so concerned about everyone, even the little thing I am bothered about. I am never satisfied that, "I have done my job now and now tonight I'll go off to sleep and I'll not think of anyone." Never.

Concerned about this and concerned about that — all the time it's flowing, this power, and My concern is powerful, that works, because My concern is genuine. I'm not concerned about Myself, never. You'll be amazed when I see all these women doing all kinds of things to preserve themselves, I am surprised.

What is needed is the concern. And once you develop that concern - a genuine, loving, compassionate concern about others.

Even about children, I've seen that they never look after each other's children. They never help others. Somebody had to go for

taking out the tooth. She had to carry the child with her. I mean this is too much. If you do not have concern, then you will not have collective mind, you'll not have the collective power and is important that you all should try to be very collective, look after each other's.

Now, I shouldn't say this. I was going to tell to Cabella ladies, that this Cabella is an ashram and those people who come from other ashrams, even from Australia are surprised that, "They are all living here just like a hotel. They're paying for it. We all pay, but we have gardens. We look after the gardens, We look after the outside. Here nobody is bothered. They're using everything – not bothered". Surprisingly, why, when I am living here they are like this.

You go to any place in Australia, you go to America, anywhere, wherever there is an ashram, they all work on Sundays, they look after. Here I have not seen, they all disappear. This is your ashram. You are staying here and is now – today I had to tell this because I feel that Sahaja Yoga is missing out itself on their Shaktis.

Some of them do not know how to smile even, and some of them are extremely dominating. I have to tell you this because you are so important. But for Me, no man would have done this job. No man incarnation would have done this job.

Nice, they get crucified at a young age.

Very nice, get crucified at such a young age, then another one takes to poison, another one is killed by somebody. It's like that. They all died very young. Nobody wanted to do this work. Nobody was – I mean, they got fed up. They got fed up.

We had Gyaneshwara who went into Samadhi at the age of twenty-three years. Can you imagine? He must have been fed up with the people.

Now, it is for you people, the ladies, have to develop that patience of your Mother, that affection, that love and then you will see how your Shakti will work out. I, again and again, always have talked about this and, at Adi Shakti point, I have to say you are in your family like a Shakti. And you have to be wise, you have to be sensible, you have to understand your husband, you have to understand your children, you have to have patience. On the contrary, they spoil their children. That is to be understood, that you must know first what is good for their benevolence. Today, for example, if I say the children, if they go to a school, they should not be removed. It is for their benevolence. What are the people going to gain out of it? So somebody says, "No." All right, get out. What can you do? Such attachment to your own children shows you are a powerless person. You must love all the children. You must look after all the children. You must enjoy all the children, take interest in them. But what I find, that they're only interested in their own children. We are a joint family, we should say. We all live together. We have to share everything.

It is something I can't understand. Say, our, in India, say, if you see 5, 6 children, all the girls will run after them. All the women will look after them. I mean, it's such a pleasure to them, to see any children, just to look after them.

But this kind of insensitivity to your collective behaviour is going to also spoil your children. So, what you're going to transmit to the whole world is this Sahaj living. And the women make the society. If Indian society is good, the credit goes to the Indian women and to their wisdom. Our men are stupid in India.

They have spoiled politics, economics, everything, but society is still maintained and they are very, very still, say, on the right path.

This only comes because of the wisdom of the women. If the women are busy dressing up for hours together, thinking about their clothes, what they are going to wear – finished.

This is a day of worshipping the Kundalini, who is the Mother. She is the Mother and you are the Mother. You must know each and everything about your child. Somebody comes and tells me, "My child is now a drug addict." How can it be possible? In India children don't become drug addicts because all the time the mother is on their head like a hawk.

She knows where he goes, what he does. She loves, but she knows where he goes. I mean, even when we were in college, even when I'm married, if I went home my mother would ask, "Where did you go?" We dare not say anything. "Come back by six," even when we are married. And we are supposed to tell her. That's what's the mother's work – the child, where he goes, what does he do. And then to say children doesn't listen to you. Because - why the children don't listen? Because you do not discipline them.

Here the atmosphere is very bad, agreed, and the children are very bad, agreed. Everything is there, agreed. But if you are a strong mother in your love, your children will not go.

See, even now, as you know that all the time they are, all these leaders are hovering around Me. And what is there? I have no honey with Me or anything. They are just sitting there, just sitting next to Me, all the leaders.

But this is after realisation, but even all my nephews, you see, they would all come and sit next to Me, all my daughter-in-laws they would all sit next to Me. They would not leave Me and people used to ask them, "What's wrong with you? You're all the time sticking onto your aunt. What is it?" The concern. And they understand it is for their benevolence (that) you are telling them, but yourself should be all right.

As a mother, one has to be tolerant, one has to understand, but when you have to tell them, you have to tell them. If you think, you can tell them sharply or maybe in a proper way, but the child should know that you love the child and that you love all the children. It is very subtle.

Like I've seen, once I took a child of one Sahaja Yogi with Me to the market and he was asking, "I'll buy this. I'll buy that. I'll buy that." Everything he wanted to buy. I was wondering what is wrong with this boy. But, say, if I take my own grandchildren, they wouldn't buy. Nothing.

Even if you want to buy two pairs of shoes. "No, no, no, one is sufficient. If this will be spoiled, all right" They'll never ask for any. It is a kind of self-esteem. They don't want anything.

Same with the wives. Wives never ask for anything from them. No, nothing. Nothing we want. The husband will go on asking, "Please ask for something. Ask for something." "No. We don't want anything."

That is going to be a Sahaja Yogini mother and a wife and a Shakti. She has no demands. Nothing she's asking for. The one who is a giver, what is she going to ask? The one who is a supplier, what is she going to ask?

So, I feel sometimes that the left side, or the women's side, in Sahaja Yoga is a little bit going down and they have to come up.

First meditation, respect of Mother, teaching the children how to work out Sahaja Yoga, talking to them about Sahaja Yoga and not only about food, of cleanliness, of being nice to others, how to share things and telling children about good stories that you have heard about, telling them what is dharma is, talking to them, having a rapport.

This is what you have to understand to make Sahaja Yoga very strong. You are the Shakti of Sahaja Yoga, take it from Me, and you have to work it out that way, instead of worrying about small, small things. Sometimes I receive letters from the ladies is something — really it pains Me. Can't understand how they are Sahaj Yogis.

Our whole system of Sahaj has to be a model system, that others should see and understand that what we have achieved in our day-to-day life.

Adi Shakti works in day-to-day life, the smallest things to the highest. And all the time you have to learn. All the time you have to learn, whether you are a leader or not a leader. All the time you must know what you have to know. "I have not known this. I have not known that." Unless and until you develop that kind of an attitude that "I have to learn," that humble attitude, that humility — "I have to learn, I have to learn, still I have to learn" — this ego will never come.

Because of this ego you are satisfied with yourself. That's the sign of a ego.

You don't know how much you are torturing others, what you are destroying, nothing, but you feel extremely happy with yourself. Such a happy-go-lucky personality sometimes is living on air. "What have I done today for somebody else? How have I talked to somebody else? What have I given to somebody else?"

I need not give you presents. There's nothing. Why should I give you presents?

But I give you presents because of my own satisfaction. And if I take presents from you, it is for your own satisfaction.

So, what we have to do in what we find satisfaction. What do you find satisfaction in? Just think about it. What do we find satisfaction in? "My house should be all right. My husband should be all right. My children should be all right." My, my, my.

Unless and until this 'my' shifts to another person, you are still in the realm of Maya. You have to learn this, is to think every day or write — all of you should write diaries, "What have I done for others? What have I said to others? What will make or please another person?" Small, small things can make the life so beautiful. And also very big things there are for you.

If you do not think you are very big, all these big things are also for you.

It's like this — this whole sky can be covered by one leaf. If you see the leaf against the sky, the leaf shows its existence.

In the same way, this whole vision of Sahaja Yoga can be completely covered by one person who stands with this great expanse, one person here and one person there.

It's so remarkable. With such a lot of Sahaj Yoga, there are people who are here, there and there. So remarkable that if you take their names also, I just feel I am drenched into the Ocean of Joy.

Only one person, then what about you? Why can't we do that?

When Adi Shakti is with you, reflected, when all Her Powers are with you, how much we can do? In this expanse of My Vision, I want to have more and more people who will be of some visions themselves, but not small people who just think of their children, think of food. No, no, they are not wanted. Useless, they will all drop out.

I hope you have understood where you are, what you have. What is created within you is this Kundalini which has given you all the knowledge, everything, but there are so many, I know, they don't even know what is this chakra — they don't know — I mean, going to that limit of ignorance.

You have to know all these things. You have to understand what is it because this is for you, all for you, all this knowledge. And the greatest of all is the faith, not a faith which is blind but enlightened faith that you are now one with that Divine Power. This should really settle you completely.

This, I think, is one of the most important pujas because, so far, Guru Pujas have been there — so many people were worshipped as gurus — or maybe My Birthday, as you think it to be. It's all right. But, I think to understand your own powers of Kundalini and your powers that are available to you, through the working of Paramchaitanya, is very important.

That will give you confidence, that'll give you compassion, that will give you a vision and that will make you a very great personality, very great personality.

What was George Washington? They said he was great. Or what was Abraham Lincoln? He was great.

But you are all having your Self-realisation. You have to think of the whole universe, the whole expanse. Unless and until that brain develops in you, I'm sure, very sure that the progress of Sahaja Yoga, within and without, will be less.

So understand these powers are with you. You have to utilise them with humility.

May God bless you all.

Now first of all we'll have to do one Ganesha puja also, and then the Devi puja.

*(Sarvalok means – all the created universe or universes. Ishwar means – God, Almighty, Supreme. So, Sarvaloketishwara means the most supreme God of all the created universes. Param ego, Param means the highest, the supreme. So Param ego means the supreme ego).

1994-0701, All Genuine Religions Are Spirit Oriented

View [online](#).

1 July 1994

All Genuine Religions Are Spirit Oriented

Public Program

Mövenpick Hotel Istanbul, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth, at the very [UNCLEAR] we have to know the truth is what it is. We cannot change it. We cannot describe it. It is, it has been and it will be. Only thing is that we can feel it on our central nervous system, when you become the spirit. It has been said in all the scriptures that you are to be born again, that you have to become a wali and [UNCLEAR] in the Quran. Kundalini is God's ascent. My father has translated Quran in Hindi and sometimes [UNCLEAR] there are many misinterpretation in every religion. Because any religion if it becomes money oriented or power oriented, it loses its power. But all religions are spirit oriented.

You had a great leader Ataturk, Mustafa Kemal Pasha who was a realized soul. And I read his life [UNCLEAR] twelve years, I gated mad. But people don't understand him sometimes. For all saints and Sufis who were real Sufis, it is very difficult to explain what they are enjoying. We had a saint in India Kabir, he was Muslim. And He said how am I to explain everybody is blind. And this blindness is there because there is general ignorance. This ignorance can be removed through this Kundalini awakening.

Now the truth is that you are not this body, this mind, this [UNCLEAR, intellect], ego, conditioning. But you are pure spirit. And the second truth is that there is a all-pervading power of divine love. This is calling ruh. So you have to reconnected with that. Unless and until you have this connection you cannot understand yourself. These centres about you, they have told you where created during evolutionary process within us.

God Almighty is the greatest creator. And the way he had created us delicately, we have to understand that only thing we have to go to the last stage. Surprisingly in Turkey there has been so many Sufis. Sufi word comes from saf. Saf means clean. That is my name also. So how do we become saf. We have [UNCLEAR, physical] problems, emotional problems, we have social problems, political problem, all kind of problems. Now these problems come to you, because there are problems in your centres. But when the kundalini rises she passes through these centres.

This kundalini is your own mother, your own individual mother. She has been with you in ages. But people did not know about it. Greece maybe [UNCLEAR, know], of course I will say. And this work was done in India also for very few people. So in these modern times it is already predicted. That there will be a mass realization on [UNCLEAR, you]. For this you can't pay. This is your own power. It is potential. We use our brain very fractional also our heart. But after this happening you know about these centres.

All the problems of the world mostly come from human being. And the problems of human beings come from these centres. Somehow you can put these centres into proper shape, life could be different. Now these problems which we think are great and global are nothing.

People ask me about peace. Now we have about 65 nations who are practising Sahaja Yoga. Especially Russia, they have never heard about even God. But there are some [UNCLEAR] something like that. They are very intelligent and like a clean seat.

I am surprise that in democratic countries, it has been [UNCLEAR] demonocracy. For example when I go to America my husband says you [UNCLEAR] everything, no ornaments, nothing. Can you imagine, the greatest democracy full of violence? And it is western culture I have seen it through and through. Same in England, the parents kill their own children. 75% children who are still, who died because the parents. Can you believe this? I don't know, how they can call themselves higher races. Higher races do not take the killings. To me that very stupid also.

Now take out this Elizabeth Lady, she married eight times, very inauspicious. And then she married a boy who is 20 years younger than her. And 4.000 people go to watch her going for honeymoon. And there are helicopters, ten helicopters covering round to take her photograph and some of them [UNCLEAR] down to take the photograph. They fall on people and on trees. Indians maybe poorer but much wiser, you won't buy one Indian [UNCLEAR] this nonsense.

If you see the extreme is stupid thing have reached, you will be amaze even their music now they are saying it is up to brain cells. In my own other life which I met many people many [UNCLEAR] sophisticate. And what they talk among themselves is nonsense. They talk about drugs, ladies, try this drug, it is very cheap now in bargain.

And I have to warn you, don't take to their stupid culture. Now at least you are, I think 10, 20 years behind. Because now the women are looking nude and men are also looking nude in the advance countries. And their all market are [UNCLEAR] and down like that. They have lost their jobs, they have lost their [UNCLEAR]. They have big mess. They have no shame, nothing. And they have no idea of in moral life. Without morality a society is finished.

They followed this stupid Freud. When I told them against him they never agree with me very much. Now they are known. That Freud, [UNCLEAR] Freud, one book I have read. And another one was Down Fall of Freudian Emperor. The base of Freudian principle is that you have bad relation with your own mother. Thank God it is [UNCLEAR] to India. Otherwise they would [UNCLEAR].

We can't stand this nonsense. There is no wisdom in saint, such horrible thing and then do you believe to this. As you say pak, they are not pak, pure, absolutely. And if they combine together, if I they are collective, they take to something horrible. They take to alcohol, drugs, [UNCLEAR] Michael Jackson business, I mean.

So what I feel that Turkish must stand back and see what is happening in this mad world. I was surprised that you also import food for your country, I mean Indians won't do that. What I knew about Turkish people, they are very patriot that what I knew. You come back your [UNCLEAR, wrong] first of all by through Sahaja Yoga you will.

You will have self-knowledge by which you will be self-confident. You will have peace in your heart so you will be peaceful people and enjoying the blessing of your spirit. With the light of the Spirit you can feel your own centres on your fingertips. You can feel the centres of others on your fingertips. Whatever race you are, whatever country you are, you become a universal being. Sitting down here you can feel anybody vibrations, because your computer is connected with this all-pervading power. Which thinks, understands, cooperates, coordinates. It is very efficient. Above all it loves. It is compassion. It forgives you, looks after every moment. Thus you enter into the kingdom of God. Whatever is written about cennet it is a fact. And that is what you feel you enjoy.

If you are that, if you are so much empowered within yourself why not get to it. They say that this what about this guru, what about that one why [UNCLEAR]. You become your own guru, your own master. Because we don't take money they are very much against us [UNCLEAR].

It is your right to have this. And once you get it, you will be amazed at yourself. Supposing you are an artist, you become a much greater artist. You must have heard the name of "Hamzat Ali" from India and also we have many people who play tabla "[UNCLEAR]" and all these people.

They are all Sahaja Yogis. And after Sahaja Yoga only they became so famous.

Many diseases are cured by Sahaja Yoga, many diseases, without penny. Diagnosis you don't have to go through the [UNCLEAR] of diagnosis and doctors. Your own power cures you.

Now in India there are 3, I think now 4 doctors who have got their MD after [UNCLEAR] in Sahaja Yoga. Definitely cancer has been cured in Sahaja Yoga, so many diseases, because these chakras are the fundamentals of our being. If you know how to correct them you get cured. And you can cure. You can help others.

Now our attention which is all the time wobbly like this. It becomes innocent. And whenever such a person puts the attention it cures. It gives peace, it gives joy. You don't have to give up anything. Not to become a sanyasi or something [UNCLEAR]. Whatever will not suit you do yourself give up.

I give an example like I am holding a snake in my hand and I am very obstinate. So if somebody says and I am in darkness. Somebody says there is a snake in your hand; I say no, it is a rope. Till that snake bites me, I will say it is a rope, but as soon as I see some light, I thought away, because then you realize what is destructive for you and what is constructive for you. In every way it helps. We have some hippies to begin with, now they are very rich people. So the financial problems also can solve. Many people say we worship God, we do this, we used to do so much Namaz still we are pure. Or some of them say that we are doing all kind of immoral things and we go to the mosque what is the use. We cannot control ourselves. But after realization you really become rightest. Nobody has to tell you, automatically become like this. But you must have desire, pure desire to be a Sahaja Yogi [UNCLEAR].

Sahaj means born with you. Yogi means the one who has connection with the Divine. Then you can amaze how many powers you have. You can raise the kundalini of others. You can give them realization. You can, I mean so many things happen to them. I am surprised how many talents they have. They always say Mother you have done it, no, no, no it is your own mother, your own Kundalini.

Now there are so many things that happen to you. That people started writing to me what miracles they have seen. So I sent them to very intelligent Sahaja Yogi that you better write them down. Within one month he telephoned to me, the miracles have come up this much. I don't know [UNCLEAR] which one to write.

Then you realize there is God. Otherwise whether you believe in God, not believe in God is blindness. People will say how to say there is God, you cannot prove but we can do. Above all you start swimming in the ocean of joy. You develop your balance, your satisfactions and you just enjoy yourself. You are full of energy see I am 70 years of age, I don't think anybody [UNCLEAR] can go like myself. It is so relax, no strain, no stress, nothing.

Joy is singular. It is not happiness and unhappiness. And your ego is pampered when you feel happy. When it is punctured you feel unhappy. But joy you enjoy everything. You enjoy also stupid people, mad people and [UNCLEAR] Divine, and then self-respect, self-confidence which is compassion, extremely compassion, at the same time dynamic. That is what you are and why not become.

In one small lecture I don't know how much I can do it. Only in English language I must have done 4 - 5,000 lectures only. But also this is all mental acrobat like you have a sign this is this hotel. But you have to enter inside. No use just reading, those who just one reading morning till evening have reached nowhere. It is to follow what it is and you have to enter in, which is very simple. Especially with Muslims as I have seen it works very [UNCLEAR] well. In the Bazar we gave realization to someone. Only thing you have to have pure desire. As we also say, so many words are like Indian language here. So now we say, we have to come to the sahil.

We have had a lots of problems, but there is solution, believe me, so [UNCLEAR] we could have the session.

Now there is one thing I have to tell you that I cannot force on you spirituality. You have to ask from your heart. You can take out your shoes, if you don't mind, it helps a lot. It is very simple.

I must say there are three conditions.

The first one is that you should not feel guilty for anything. Because I find people, [UNCLEAR] God how will I get it, because I have done this sin, that sin. There is no sin for you. So please forgive yourself fully, because in modern life it is a fashion. I mean if we have done anything wrong, that is the past. You should face it. But don't carry it with you. So the past is past, finished. The future doesn't exist. What is reality is present. When we are thinking, we are thinking about the past or about the future. What about present. If present you don't have any thoughts and that is the time when spirituality moves.

So the second condition is that you have to forgive everyone. Don't have to think about it, that is a headache. Whether you forgive or don't forgive, what do you do? But when you don't forgive then you play in wrong hand and you torture yourself for nothing at all. So it is a myth. And the one who has troubled you nicely [UNCLEAR, happy] and on his behalf you are torturing yourself. So please give up that myth. And I say even don't think about it. These two conditions are very important.

If you feel guilty then you catch here, on this centre, left side. This catch gives you spondylitis, angina. And thirdly it is very important that it should open, because the kundalini has to pass through it. So please don't condemn yourself for anything, please don't feel guilty. If you had done anything wrong, you could have been in jail or how could it be? So now don't feel guilty. I think it is [UNCLEAR, rather] please don't feel guilty. I can feel it you all [UNCLEAR] Because of that you feeling sick also for nothing at all.

Now the third condition is that you should be all absolutely confident that you will get your self-realization. Just be fully confident.

Now what we are going to do is to nourish our centres, our own centres which we will show you how we do it. First you see [UNCLEAR]. So first we put the left hands towards me, like this. It is just like Namaz, I am telling you, put left hand toward me. Now this is the symbolic that you want your realization, because this is the power of desire. Now so that's why because this the left side is the power of desire and the right side is the power of action. We keep both the feet apart. You can keep comfortably on your lap [UNCLEAR]. It is working everywhere. Now we use the right hand to nourish our centres. Unfortunately this is an air condition now. And when you start feeling the cool breeze of this all-pervading power, people doubt also. I think better to [UNCLEAR,close].

Now first we put our hand on our heart. So in the heart is the reflection of God Allah as [UNCLEAR, spirit]. Now when you became the spirit, in the light of spirit, you know your will.

So you know that you are your master. So you on the left side, upper portion of your abdomen, this is the centre of your mastery, mastery as a saint.

Then we go down into the lower portion of our abdomen, in the left hand side. Now this is the centre. No this side, all we are working on left side. This is the centre of pure knowledge, knowledge about the laws of the Divine.

Then again we take our hand on the upper portion of our abdomen on the left hand side. This is the centre as I told you of your mastery. This has created by great [UNCLEAR] also every kind of religion, masters.

Then you take it on your heart where resides the Spirit.

Then you take it in the corner of your neck and your shoulder and turn your head your right. I have already told you about this centre. You catch it when you feel guilty even now it is there.

Alright, now you take your right hand across on forehead like this. Here you have to forgive everyone in general without thinking of [UNCLEAR, it]. Please put down your head.

Now you have to take your right hand on the backside of your head and push back your head as far as possible. Now, at this centre push back. Without feeling guilty, without counting your mistakes just for your satisfaction, you have to ask forgiveness from this Divine power.

Now stretch your hand fully, the palm, this is the last centre. So you put the centre of your palm on top of your head. Now push back your fingers, very important and please put down your head. Now move your skull seven times, slowly clockwise, push back your fingers. Look push it not to just move hand but push your skull. That's all you have to do.

Now, please again put your feet apart. Put your hand like this as we do for Namaz. And put your right hand on your heart. And now close your eyes. You should take out your spectacles because it will help your eyes [UNCLEAR]. I have to ask you to ask me a question about yourself. It is a very fundamental question. You can call me Mother or you can call me Shri Mataji whatever you like.

So in your heart ask question three times, "Mother, am I the Spirit?" Ask this question three times. I have already told you that when you become the spirit, you become your guide, your master.

So now please take your right hand in the upper portion of your abdomen, on the left hand side. Here you ask very fundamental question, "Mother, am I my own master?" three times. I have to tell you that I cannot force Divine 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. 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, this kundalini your mother starts rising like a [UNCLEAR, premium] in the seed. So now you have to nourish your upper centres with your self-confidence.

So please take your right hand in the upper portion of your abdomen, on the left hand side and press it. Here you have to say with full confidence 10 times, "Mother, I am my own master", 10 times. I have already told you at the very outside that you are not this body, this mind, this ego, this conditionings but you are the pure Spirit.

So now please raise your right hand on your heart, and say with full confidence 12 times, "Mother, I am the pure Spirit". I have already told you that you are not to feel guilty. This all-pervading power is the ocean of knowledge; it is the ocean of love and peace but above all is the ocean of forgiveness. Whatever mistakes, you might have committed, are easily resolved with the power of compassion.

So you surrender it that is Islam to surrender to this power of love.

So now raise your right hand in the corner of your neck and shoulder and turn your head to your right. Here you have to say 16 times, "Mother I am not guilty at all". Also I have 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 hand and you make yourself miserable. This centre is a very constructive centre. And if you do not forgive all of them, this centre will not open. As it is you have tortured yourself by not forgiving. And at this moment if you do not forgive the centre won't open. Also you will miss the chance, the great chance of realization.

Please raise your hand on top of your forehead across and please put down your head. Here you have to say not how many times but from your heart, "Mother I forgive everyone in general". Say it from your heart.

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 say again from your heart, "O Divine power, please forgive me if I have done any mistake knowingly or unknowingly".

Now the last centre, please stretch your palm and put it on the fontanel bone area which was a soft bone in your childhood, the centre of the palm. Here again I cannot force self-realization on you. Please bend your head. Please bend your head. Now move your skull 7 times slowly, say "Mother please give me self-realization".

Now please take down your hands, please put both the hands towards me and watch me without thinking. You may not think, there is no thought, you are in present.

Now please put your left hand towards me and right hand also and see if you are feeling thoughtlessly aware. Now please put you're your right hand towards me and bend your head and see for yourself, if there is a cool or a hot breeze, like vibrations coming out of your fontanel bone area, to the centre of your head. Don't put, please don't put it on top, away from your head. And some people get it close and some people get it far.

Now please put the left hand and again bend your head, and see for yourself, if there is a cool or hot breeze coming out of your fontanel bone area which was the soft bone in your childhood. Please move your hand.

If it is hot that means you are not forgiven, so even now you should forgive. After the heat it will become cool. Once again with the right hand, put down your head and see for yourself with the left hand if there is cool breeze coming out of your head or hot breeze.

Now raise your hands up in the sky, open your hands and ask in your heart 3 times

"Mother is this the cool breeze of the ruh?" or ask a question

"Mother is this the all-pervading power of Divine love?" in our language, we say

"is this the Paramchaitanya?"

Now put down your hands please, put your hands like this. They have put off the air conditioning. All those who are feeling cool breeze or hot breeze on their hands, on fingertips, palms or out of their fontanel bone area, please raise both your hands, cool or hot breeze [UNCLEAR]. All of you got it, May God bless you. So, all of you have it. Maybe one or two, they can also get it. You will feel extremely peaceful. And the joy will start bubbling. Now know that for the first time you have felt the ruh. But you have to work it out, the raising of kundalini, at least for few days when they are having a follow on to fix the connection. So you have to respect the self-realization. You don't have to pay anything. But of course you have to give some time for yourself. And once you are established, you will be the masters.

Thank you very much.

1994-0708, A World Without Problems: The Promise of Collective Consciousness

View [online](#).

8 July 1994

A World Without Problems: The Promise Of Collective Consciousness

Public Program

Victoria Hall, Geneva (Switzerland)

Talk Language: English | Transcript (English) – Draft

At the very outset I have to tell you that truth is what it is. You cannot mold it, you cannot change it. It is always the same. It has been the same, it is the same, it will be the same. But to say that we know the truth and that we have the truth is really a self-deception. If you had known the absolute truth there would have been no problems and everybody would have said the same thing. There would be no discussions, no arguments, no fights and wars. But when we don't know the absolute truth then we can find out our own mental conceptions as the truth. But this mind is so limited. How far can you go with it?

Even science cannot answer many questions. It cannot say why are we on this Earth. It cannot explain why we evolved to human beings. So far this answer has [returned?] to religion, and to reason [NOT CLEAR] that truth is mental. It's such a frustration when you see in the name of religion, in the name of God, what people are doing is something we never expected. The religion has to be Spirit-oriented, but it is only power-oriented or money-oriented. In the original scriptures, or we can say in the origin of this religion was the truth. And all these religions bloom on the same play of spirituality like beautiful flowers at different times, but people have plucked it and now they are fighting with the dead flowers.

And then they say, "There is no God." They believe there is no God, some say, "We believe there is God," some say, "We believe in one God," some in many gods. They call each other heathens. But by this we don't solve the problem. They have been always told has to be internal mechanism which is within us. Sahaja Yoga, saha means with, ja born - with you is born the right to have this yoga. So what is the truth? Of course whatever I'm telling you, you need not believe it. We have had lots of problems with blind faith. But if it works out, then as honest people you have to accept it. The truth is that you are not this body, mind, these emotions, intellect, ego, superego, but you are the pure Spirit.

You see these beautiful flowers all over. We don't even think it's a miracle. We take them for granted. Who runs our heart? If you ask a doctor he'll say it is autonomous nervous system, but who is this auto? There is no answer for it. All these living works, who does? There is an all-pervading power of divine love that does all this divine work, which is living work. Our evolution also was performed by that power. Now what we have to understand: that this all-pervading power of divine love we have never met.

In the Bible it is described as cool breeze of the Holy Ghost. And to that, in all the scriptures: Koran it is described as Ruh, in the Indian scriptures it is described as Param Chaitanya. Patanjali has called it by another name, which is very interesting, Ritambhara PrAgya. So all these beautiful names mean one thing, is this all-pervading power of divine love. Now when you are connected to this divine love, to this power, then yoga takes place, union takes place. This is not a new theory I'm telling you. In ancient times specially in India people had become seekers of truth, and in many other countries also, and there were many seers, great saints who knew that this union is the only way, is the last breakthrough of our evolution. This power, Kundalini, is your own mother. She is your individual mother and She knows everything about you and She is very anxious to give you your second birth. With this happening, so many things you achieve that you are amazed at yourself.

Firstly the Kundalini rises and She solves your physical, mental, emotional and spiritual problems. In Delhi University there are three doctors who have got their M.D. in Sahaja Yoga, and there is a fourth one who is doing something on cancer. It's a fact that Kundalini awakening has cured many incurable diseases like cancer. Because all human problems, physical, mental, emotional, comes from the centers that are within us, and these problems expand as they become collective. So we have then economic problems, political problems, social problems, because basically the human being is not in proper shape. So that if you are thinking of improving the world problems today is better that first you know yourself.

I've known many people who have got peace awards, peace organization, no peace within their heart. Also I've seen people who say they are very religious, they are this, they are that, but when you see their life, you don't believe there is anything to do with religion. So first of all we have to be honest that we have to be our [selves?]. All the world problems, most of them, come from human beings and all these problems come to us from our centers, our chakras. Now if you can somehow try to correct these problems, then automatically everything is corrected.

First of all your attention gets enlightened and this attention, when it is enlightened, becomes very powerful. It becomes very innocent and such an attention, even a glance of such a person can definitely improve the conditions around him. Now in this enlightened attention you know the absolute truth. How do you know? On your fingers. These five, six and seven centers on both hands are the endings of the sympathetic nervous system. And your hands start telling you, speaking, what's wrong with your centers. In the Koran it is written clearly that at the time of resurrection, Kiyama, your hands will speak and they give witness against you. Meaning they will tell what's wrong with you. Now that time has come, what we call as a Last Judgment. This time is a special time; I call it the blossom time. Because there are so many seekers of truth, genuine, honest, and it's so very [important?] to give them this yoga, this realization.

I have actually done nothing, I would say, because this is the tradition of My country, except that I have been able to find out a method by which en-masse realization can be given. Now Sahaja Yoga is working in sixty-five nations, but [place in the shelf?] I should say, of course India I shouldn't say, because India knows all about it. Seventy per cent people are very intelligent and they are not bound, not bound by any dogma. They are like a clean slate.

French, you see, is a language where there are many words missing, I think. I was told there is no word for awareness. There is no word for fun. Can you imagine there's no "fun". They are all [INAUDIBLE] misérables. So now one has to understand that something more has to happen to us. To know what we are. To be the Spirit and to have this self-knowledge, knowledge about our centers and knowledge about our [INAUDIBLE]. Once you are a realized soul, then you grow into it and you develop tremendous powers. First of all you become extremely dynamic, your creativity knows no bounds. [And not the English state slowly?], but a fact. But at the same time you are extremely compassionate, extremely compassionate, and you compassion acts. You can cure people; you can help people in many ways which are miraculous. All these powers are within you, they are your own powers. There's no obligation at all. When you put the seed in the Mother Earth it sprouts by itself. In the same way when your Kundalini rises and passes through these various centers automatically, spontaneously, it nourishes all the centers, it integrates all the centers. Even I've seen children who were very bad at school have become brilliant, but at the same time they are humble.

Now by knowing absolute truth you understand each other much more. That means a collective consciousness, a new dimension in your awareness. You can feel others on your finger tips and if you know how to correct your centers you can help them. Then who is the other? The microcosm becomes the macrocosm. It has to happen. It is for our benevolence. God, who has created us, has made every arrangement that we should enter into His kingdom. I can see the future of this world which looks full of turmoil, full of problems, is driving into a new era of truth, where there will be pure love.

I've seen Sahaja yogis have from all over the world gathered together, we have never heard of somebody running away with somebody's wife or such nonsensical thing. There are never fights or arguments, but of course they'll pull each other's legs and have lot of fun. So life is very beautiful, but of course it's like a drunkard wants everybody to join him, we also want all of you to come to this beautiful era of enjoyment. Then you'll know your beauty, then you'll know your glory. You understand what you are. Of course you can't pay for it. It's your own, it's a living process. It's your own that works it out. Then you get over all these stupid barriers that we have created. You don't get into some [destitutions?] or some sort of a reciting of the mantras and all that, but you are the most normal person. You don't have to give up anything and go to jungles, there's no need to do that; you have to live in this world. There is no need to escape.

Your old habits that are destructive just drop out. You'll be amazed how many people who have taken to drugs have come to

Sahaja Yoga have given up overnight, overnight. So many alcoholics have been cured. There's no end to the story. [INAUDIBLE] You jump into the ocean of joy. Joy is a singular experience. Is not like happiness and unhappiness. When your ego is [oppressed?] you feel unhappy and when it is pampered you feel happy. But joy in itself is an experience of tremendous joy that goes through your being and makes others also joyous. These hands start emitting cool vibrations because the vibrations ... but actually is called as phun, by Adi Shankaracharya, phun, means throbbing. With these vibrations we can improve our agricultural [INAUDIBLE]. I've seen such a big sunflower, so many of them of this size [treated by vibrations?]. So many things are there for you to see which are miraculous from the normal point of view. But we don't know our selves, we don't know our powers, we don't know our glory which we have to see. And sahaja means also easy, spontaneous. It has to work out in the special times for you to achieve it.

I'm sure tonight you all will get your Self-realization, but it's a collective happening. Now you get your realization, then you'll feel on top of the world, you will get lost. Then again you come after one year say, "Mother, I've got this struggle that's how [or is it 'why']." But you have to come to the collective where you get all the knowledge that is necessary. Within one month you become your own master and you become real guru. Not a false one, but a real one. It is such a pleasure to see so many of you in this beautiful hall and I'm sure as this hall was created, all [INAUDIBLE] will be also one day show its results. It will take hardly about ten minutes for you to get your realization, but before that I have to tell you that there are three conditions which you have to fulfill. No money involved any time.

But the first one is that you must have respect for yourself that you must have full confidence that you will get this Self-realization. That means one thing particularly: that you are not guilty. It is a fashion to feel guilty. If you have committed any mistakes, that's past. You should have faced it at that time. But if you feel guilty then this center on the left side catches very badly. Then you develop a very serious disease called angina, you'll also develop spondylitis, also your whole system becomes lethargic. Every day I'm giving lectures.

Now the second condition is very simple: that you have to forgive everyone. Now many would say, "How can you forgive? It's very difficult." But whether you forgive or don't forgive, you don't do anything. It is a myth. But because of this myth you play into wrong hands. Those who have harmed you are happy while you are unnecessarily [killing?] yourself. There's no love in it. Moreover at this time if the Kundalini is about to rise, this center goes out of gear, it won't rise, it won't be able to bear the fruit. And then if this center, which is for forgiveness... if you don't forgive, that is such a constrictive one, that it won't pass through either. So what is the use of not forgiving? Just you have to say, "I forgive everyone in general." You don't even think them [INAUDIBLE].

The third condition as I told you that you have to be extremely confident, absolutely confident about yourself, forgiving yourself, that you will get your Self-realization. In no way try to condemn yourself. As I respect you, you also respect yourself. At this moment specially we have to be in the present. You cannot, you cannot be in the present because we are jumping on the cusp of the future or the past, our mind is always there. One thought rises, falls down, another thought rises, falls down [INAUDIBLE] and you are [simply?] either in the future or the past. In between these is a little space, which is the present. In the present you are completely aware, but there is no thought. So first thing that you will feel will be thoughtless awareness. When this happening takes place you'll be surprised, you become absolutely silent and peaceful within yourself and you will start seeing everything like a witness, and you witness a drama. You are witnessing it outside, and nothing will disturb you.

So the first state what we call is thoughtless awareness. In Sanskrit is called Nirvichar Samadhi, and then we have another state, which some people achieve at the same time called as doubtless awareness. Thus you have a samadhi which is called as Nirvikalpa Samadhi. In fact, feeling the cool breeze in your hands for the first time you feel this All Pervading Power. Also you feel the cool breeze out of your own being, out of the fontanel bone area, which was the soft bone in your childhood. Then just if you use it you will know what the value of it is.

It is very, very simple. Please do not put concentration or pressure, or anything. Just leave it. Attention itself will be pulled in by the rise of Kundalini, and when She pierces this last, fontanel bone area, which we call as thaloo. Then you get your actualization, again I say actualization of baptism. So we have to actualize the experience firstly and secondly we have to become. I don't

know how many lectures I've given you, English language, at least four thousand so far and in these short lectures I don't know how much I can tell you about it. When you see all these lights, no use telling you about electricity, how to make electricity and the whole thing - you just put on the light first. In the same way you should take your realization and look after it and grow into it. Life will be full of blessings.

I told [INAUDIBLE] about their miracles, why don't you come [fight?] me? Within one month he said, "They have come up to my head, above my head. So you better choose now." I said, "I have no time." This [life?] is there for you [NOT CLEAR]. But one unfortunate thing is that I cannot force it on you. I'm sorry. I respect your freedom. If you don't want it, you better leave the hall. Nothing will happen to you, on the contrary you feel much better, brightened, relax, but if you don't want it, it's impossible.

[INAUDIBLE] I'm seventy-one years of age and [INAUDIBLE] every day what's going to happen to us Now we have to take out our shoes if you don't mind. In England in the beginning I tell, "You have to take out your shoes," half of them walked out. It was too much for them. All right. I don't know if she has told you that we have two sympathetic systems, left and right.

The left one is for your desire and right one is for your action. But Kundalini is pure desire, the power of pure desire. So you have to put on your lap, very comfortably sitting, your left hand like this. This shows that you are desiring of having your Self-realization. All right. Now with the right hand we will have to enrich our own chakras. We'll be working on the left-hand side. The Spirit resides in the heart, so put your right hand on your heart. If you are the Spirit, in the light of the Spirit you become your own guide, your own master, your own guru. Now you take your right hand in the upper portion of your abdomen on the left-hand side. This is the center which is created by great masters, prophets for us, as the center of our mastery. Then you please take your right hand in the lower portion of the abdomen on the left-hand side. This is the center, you'll be surprised to know, is of pure divine knowledge. Now then we take back our hand in the upper portion of our abdomen on the left-hand side. Then we take our right hand on your heart.

Then in the corner of your neck and shoulder, and turn your head to your right. I've already told you that when you feel guilty then this center catches very badly. Now today I think quite a lot here. So please don't feel guilty. I don't know why should we feel guilty at all. Now place your right hand on top of your forehead across and put down your head. This is the center where you have to forgive everyone in general. Now please take back this right hand on the backside of your head and turn your head up. This is the center, without feeling guilty, without counting your mistakes, you have to ask forgiveness from the Divine Power. This is only for your own satisfaction. Now stretch your palm fully, push back your fingers and put the center of your palm on top of your head. Push back your fingers. It's very important, it gives a good pressure. Put down your head and now move your scalp seven times slowly. That's all we have to do.

Now as there are two powers we have to put our left and right foot away from each other. Put the left hand towards Me. You need not become very over-strict like that or slouch like that, just sit comfortably. Now you have to close your eyes but you can take out your spectacles as you don't have to open them till I tell you. Please put your right hand on your heart. Now close your eyes. Not heavily, but just close your eyes. Here you have to ask a very important fundamental question about yourself today. Please ask in your heart, you can call Me Mother, or you can call Me Shri Mataji. Ask a question in your heart three times, "Mother, am I the Spirit?"

I told you that when you become the Spirit, you become your own master. So please take your right hand in the upper portion of your abdomen on the left-hand side and press it. And here you ask another fundamental question about yourself three times to Me. Please ask, "Mother, am I my own master?" I've already confessed to you that I cannot force Self-realization or pure knowledge on you. You have to ask for it. So now please take your right hand on the lower portion of your abdomen and press it hard. Here you have to say six times, because this center has got six petals. Please say in your heart, "Mother, please give me pure divine knowledge." As soon as you ask for divine knowledge Kundalini has started moving upward. So now we have to enrich our higher centers, to open them. So take your right hand in the upper portion of your abdomen on the left-hand side. This is a center of your mastery. Here you have to say, again with full self-confidence, ten times, "Mother, I am my own master." At the very outset I told you that you are not this body, mind, ego, superego or conditionings, but you are the pure Spirit. So now raise your right hand on your heart and here you have to say with full confidence twelve times, "Mother, I am the pure Spirit."

You'll have to know that this all-pervading power is the ocean of knowledge. It is an ocean of love and bliss, but above all it is the ocean of forgiveness, and whatever mistakes you have committed can be easily dissolved in this ocean of forgiveness. So now please raise your right hand in the corner of your neck and shoulder and turn your head to your right. Here again with full self-confidence you have to say sixteen times, "Mother, I am not guilty at all." Please say it. I've already explained to you; whether you forgive or you don't forgive, you don't do anything, but if you don't forgive then you torture yourself and play into wrong hands. At this time if you do not forgive, then this constricted center won't allow Kundalini to pass through. Thus you will miss the greatest event of your life. So please forgive everyone. Place your right hand on top of your forehead and put down your head and here you have to say again with full confidence, "Mother, I forgive everyone in general." You must forgive at this moment. Just forgive at this moment. Just say that you forgive.

Now please take your right hand now on the backside of your head and push back your head. Here you have to say without feeling guilty, without counting your mistakes, just for your satisfaction. Ask for forgiveness from the Divine Power. Please say, "Oh Divine Power, if I have done anything wrong, please forgive me." It's from your heart now. You need not count how many times. Even forgiveness that is your forgiving, you need not count. Just say it from your heart.

Now the last center is very important. For that you have to 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. Now please push back your fingers so there is a better pressure on your scalp. Now please put down your head. Here again I cannot force Self-realization on you, you have to ask for it. So move your scalp clockwise seven times slowly saying in your heart, "Mother, please give me Self-realization."

Now take back your hand and open your eyes slowly. Please put both the hands towards Me like this [INAUDIBLE]. Now put left hand towards Me like this and right hand like this and now bend your head and see for yourself on the left hand if there's a cool or a hot breeze coming out of your fontanel bone area. Now take your left hand like this and with the right hand [INAUDIBLE]. See for yourself, you have to [INAUDIBLE] yourself. Some people might get it hot. It means you've not forgiven. Please forgive. Sometimes some people get it far away, sometimes very close. Now please put your right hand towards Me and put out the left hand on your fontanel bone area again, not on top, but away from it. [Bend your head, bend it, bend it?].

Now please put both your hands towards the sky like this and ask a question, any one of these questions. Three questions, you ask one of them three times. First is, "Mother is this the cool breeze of the Holy Ghost?" Or second question is, "Mother, is it Ruh?" The third question is, "Mother is it Param Chaitanya, all-pervading power of divine love." Ask anyone of these questions three times. Now please bring down your hands. Put your hands towards Me and watch Me without thinking, thoughtless awareness. You'll feel very peaceful. All those who have felt cool or hot breeze on their finger tips or on their palms or out of their fontanel bone area, raise both your hands.

I bow to you now. You are [saint enlightenment?] [NOT CLEAR]. Practically the fourth of Geneva. May God bless you all. Look after your Self-realization. I know some people didn't get it because they have some questions in their heads. All of you should come to the collective in a very humble way, Because we don't take any money, we have very humble centers. So please humble down in your hearts and come. I know all of you will grow and come after a year here again. I want to see you grown like big trees. I assure you, you don't have to pay for anything. You cannot pay for the Divine Love, it is invaluable.

May God bless you all!

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[..] We cannot change it. We cannot transform it. We cannot [CAPITALIZE OR CONCEPTUALIZE?] it. We have to know it on our central nervous system. This is what is described in Sanskrit language as Budh or they call it [BODH] from which the word "Buddha", means enlightened personality. Also, its called as [Veeda?] from where the word Vedas come from. Also, the word "Gna" as "GN" used in Sanskrit language means the knowledge - means the absolute knowledge. The same word again was used in the talk of Gnostics. These were the people who knew the absolute knowledge long time back. John's Revelation is a very beautiful book which is much more than what it is in the Bible. And he has talked about the Gnostics who lived in those days and were tortured by the people who were supposed to be in charge of religion. So this is the knowledge we are talking about [our ascent? In the Zen? Sahaj?] [UNCLEAR PHRASE] and our inner being. We have to realize that our Creator was the greatest organizer and the centers that you see here, the seven centers were created within us during our evolutionary process. These centers are formed by the left and right side of the sympathetic nervous system like this, forming the central part which is described as [UNCLEAR WORD]. We have in our triangular bone, the sacrum, the power which we call as Kundalini, which is coiled three and a half coils. And this Kundalini is the power of pure desire within us. All other desires are not pure. According to economics desires in general are not [satisfiable - satisfied?]. You take to one desire, you want to have say a house, when you get it, you are not satisfied, you want to have a car. But when you get even your car you are not satisfied. Like this we go on jumping from one desire to another desire. That means, we are not satisfied with any desire which is fulfilled. But we have within us, dormant, placed, the pure desire which is the power lies in the sacrum bone. That means that Greeks knew that it is sacred bone, because they called it sacrum. Now when we are sometimes fed up in life or are born with this pure desire of seeking the truth, then this power can be awakened. It passes through six centers and the seventh center is below the sacrum bone. This seventh center looks after our excretions, that is also sex. So for the awakening of the Kundalini, this center stops its activities and supports the awakening of the Kundalini, that shows, that means that sex has nothing to do with the awakening of the Kundalini. When the Kundalini is rising, you become like a child, and when you become like a child, you become very innocent. That's why Christ has said, "You have to be like children to enter into the Kingdom of God."

Now to tell you about the seven chakras will take too much time and when you come to our centers, you will know all about it. Thomas told me that he just talked about Me and nothing about chakras. Doesn't matter. I want to just tell you that when this Kundalini rises and passes through these centers, it nourishes them, she nourishes and also she pierces through the seventh center here, or we can call the first center in the fontanel bone area and becomes one with the all pervading power of divine love. So the truth is that you are not this body, this mind, this ego, this emotions, intellect, but you are pure spirit. And the second truth is that when we see these flowers, we take them for granted. But how they have come out like this, it's a miracle. We never even think who does this miraculous things. If you ask a doctor, "Who runs our heart?", he will say "It is the autonomous nervous system." But who is this auto? This is done by this all pervading divine power. All the living processes are done by this divine power. Also, our evolutionary process are done by this great power of divine love.

So, now, we are at a point where we have to move little further to achieve our Self-Realization. Science does not know why we are on this earth, it cannot answer many questions. But when the Kundalini rises and connects you with this pervading power, you start feeling this power within yourself. You start feeling the cool breeze of the Holy Ghost. Holy Ghost is nothing but this all pervading power. And this power is the power of the Primordial Mother. It is very surprising that, in the Bible, they have a Father and a Son but not the Mother. It may be because of Paul. Because he never met Christ and also he was never given any initiation by Christ. And he hated women. So he called it a Holy Ghost How can there be a ghost?. This is how we have such a big problem today that they cannot think a woman can become the priest. But according to Indian scriptures which is very ancient, a woman

is the power, is the Shakti. And this Kundalini is your individual Mother power, because She is your own and She knows each and everything about you. She is full of intelligence, understanding and the greatest thing is that She loves you. And She is very anxious to give you the Self-hood, that is Self-Realization. Christ has said, "You have to be born again." And She is the Mother who gives you your second birth. So [this is all destined?]. And it is now working in 65 nations in a big way. This knowledge was not only known to Indians, but also to [UNCLEAR WORD] and also to [John?]. It was restricted knowledge and only one master would have only one disciple. But this is a special time. I call it a blossom time when there are so many flowers who are seeking and they are about to become fruits. But, definitely there is going to be a judgment, final judgment, this is the time of that judgment. You have to decide whether you want to choose the truth or falsehood. By just believing that I know that truth, you don't know the truth.

So when this Kundalini rises, the first thing that happens to you is that you start feeling the cool breeze of this power on your finger tips. Now there are five, six and seven centers on the left side and same way seven centers on the right side. Now each centers, you can feel them on your finger tips. In the Quran, it is said, "At the time resurrection, that is Kiyama, your hands will speak." And there will be witness against [UNCLEAR WORD]. This is the time of Kiyama, of resurrection. I don't know from where this idea of resurrection came among Jews and Muslims and Christians, that if you bury yourself, your dead bodies will come out after five, six hundred years and then you get resurrection. For five, six hundred years, if a body lies in the grave, what will come out? It should be logical. That's not reality. But according to the Indian scriptures, it is much more sensible where it says that your souls [will take birth] and you will have population [control which is a fact]. At that time, the people who were seeking God in the [UNCLEAR WORD] and mountains will be born and [UNCLEAR WORD] and they will find their realization. It sounds sensible to Me. So the souls which were [sick?] are born again. William Blake has said, "Men of God will be born in those days." Hundred years back, he said so, hundred years back and they will find divinity in themselves. When they have this divinity, then they will be able to give it to others. This is exactly what happens in Sahaja Yoga. You feel from your fontanel area, a cool breeze coming out of your fontanel bone area. That is the actualization of baptism. It is not that somebody puts water on your head and you are baptized, it is artificial.

In Russia, they make the naked women to get into water for their realization. Everything should be logical isn't it? Can't understand this kind of a nonsense by making them naked, I don't know what they achieve. In Sahaja yoga, you don't have to give up anything. You don't have to go Himalayas and stand on your heads. It is something that is internal which works out. It has nothing to do with these outward things. Like Kabira has said, because some people shave their heads. He said, "By shaving your heads if you are going to go to heaven, then what about the sheep, they are shaven everyday." All kinds of absurd things they did. Last time, when I was here in Basel where five, six boys from one group somebody and they are just chanting like mad. They wouldn't listen to anything, they didn't want anything, it was like mad, you know what, they were hypnotized or what I don't know, they were chanting. All kinds of stupid ideas have come out in these modern times of Kali Yuga which I can't believe how people digest it. For example, the same people getting you jump in a range three feet high, what is the necessity? And so many people broke their bottoms and they became bankrupt. Every time they are starting a new marketing. In India, they cannot work out because they are too wise to take to such nonsensical thing. As such we have traffic jam, what is the need to be on three feet height floating about, I can't understand. All kinds of nonsensical [UNCLEAR WORD] in the name of God. They are not afraid of God, [UNCLEAR WORD]. Money making is the main proposition. Even the religions are money oriented or power oriented. They have lost their brains I tell you.

We have to understand, what do we get by doing any kind of yoga or transcendental or any nonsense, what do we get. We start [UNCLEAR WORD]. America is the stupidest, I must say. There is one fellow who has come from TM marketing and he says "All right, I can teach you now how to control other people's mind." So he called somebody from the audience [UNCLEAR WORD] with pendulum in his hand. He hypnotizes, I think and he said now move the pendulum and he goes on moving the pendulum. Why I am telling you, because, so many of them started telling Me, "What sort of Indians there are, they told us to move the pendulum, we lost all our money, houses, children are taken [out of?] the school." [UNCLEAR WORD] stupid people. Have you come on this earth to move a pendulum? What is your worth? What is your value?

Another one is Dalai Lama. He went to Canada and half of those people now have only one cloth left with them. He is the greatest beggar ever known. He just accumulating gold there, what is the need to give him so much money? And so many are

there like this in this world, specially in your country I am surprised they are all here [] Switzerland. You have to see the disciples and find the truth. You cannot wait for divine to come. It is invaluable. Try to think, that how much did you pay to the Mother earth for these flowers? You cannot sell God in the market. Once you realize this, then you are safe in Sahaja Yoga. Those, who are real seekers will find the ultimate truth. But you have to be honest and you have to be intelligent. Sahaja Yoga is not meant for idiots.

Frankly try to understand, why are you on this earth? Sahaja - "Saha" means with, with you is born the light, to have this union with the all pervading power. This is your right and you can't pay. When you realize what you are, what is your glory, what is your beauty, on your finger tips you will know the absolute truth. On your finger tips, you will know about your own centers. On your finger tips, you will know the centers of others. So who is the other? When a drop becomes a ocean, who is the other drop? When a microcosm becomes macrocosm, where is your identity but the whole universe? I can tell you that you have so many powers within you which are not yet discussed. With this happening, your brain opens, your heart opens and you start becoming a great creative personality. Our health problems also comes to us of this centers. So many people have been cured by Sahaja Yoga. By your own power. For diagnosis if you have to go to America be careful, half of your time will be finished and half of your energy will be finished. But in Sahaja Yoga you don't even take even two minutes to say what's wrong with you. You can feel it on your finger tips, only thing you should know how to correct those centers. That's all, you can cure yourself.

And you are so much full of dynamic energy that you don't feel tired. Can you imagine I am seventy-one year old woman and I traveled [UNCLEAR WORD]. When somebody says "You are traveling", I say, "I don't think I am traveling, I am just sitting in the aeroplane, what is there?" Because you enter into the realm which we call as thoughtless awareness. They are all the time thinking of the future or the past, we cannot be in the present. We are jumping on the thoughts of future and the past, but in between lies the present. So when Kundalini rises she separates the thoughts and your attention now is in thoughtless awareness in the present. All your stress disappears, all your worries disappear and you see all your problems, you see clearly. Like you are in the water, you are afraid of the waves, but if you get on top of the boat, then you can see all the waves. But if you know how to swim you can save others. This is the state where you are absolutely at peace with yourself, at peace with everyone. This state exists within us. I have known many people who have got peace awards, but they are so hot tempered, that you better reach them with [UNCLEAR WORD]. I don't know why they create this peace award and how. Peace within us, and unless and until we achieve that state of peace, how are we going to stretch peace within all?

When you get your self realization, you become the Spirit. And your attention is enlightened by that spirit. You become a witness of the whole world like a drama. This enlightened attention is a very powerful means of spreading divine vibrations. You see eyes of such person becomes innocent, absolutely innocent. We have to know that there is one thing that is our innocence which never destroy. It is covered with clouds [maybe with our will?], but never destroyed. And you regain that back your innocent state within yourself. At the same time you are so dynamic but you become extremely compassionate. You don't have fears, You don't have any grudges, you are absolutely floating in the beautiful atmosphere of truth. If you have read the Bible, [Mathews - Delete] the first chapter of Mathews this is what they have described [Christ has described?], where He says that "Thou shall not have adulterous eyes." You become so [UNCLEAR WORD] and at the same time, extremely innocent. You don't have to [accept?], your own personality becomes [UNCLEAR WORD]. Then the greatest thing that happens to you is that you jump into the ocean of joy. Now joy [UNCLEAR WORD], it is not like happiness or unhappiness. When your ego is pampered, you are happy, when it is punctured, you are unhappy. But the joy [UNCLEAR WORD]. It is a state which is to be experienced. And you start using your vibrations and raising the Kundalini of others, because this power you get. From the first stage of thoughtless awareness, you jump into another state called state called as doubtless awareness. And a tremendous transformation takes place, you will be amazed, there are at least thirty percent of Sahaja yogis have been drug addicts, thirty percent. And they gave up drugs overnight. I never said, don't do, I never said. [Ten commandments I don't say]. Because half of them will go away. But automatically, in the light of the spirit they just give up because you become your own guide.

I have told you that Sahaja Yoga is working in sixty five nations and so many of them come together in India. They have become angels, they never quarrel, they never fight, no arguments. Of course, they pull each other legs and have fun. Their whole life becomes fun. It is a fun actually and you just understand why. Everything is happening that, because now we are entering into the age of truth. Do you think our creator will allow us to destroy his own creation? Is He not powerful enough to tell us and to give us that unique state which is required to us?

So then, please understand that you all can get your realization tonight, but you must have pure desire. If Germans take to Sahaja yoga, the whole world can be transformed much more. Because, they are the Germs, is the essence if they take to destruction they can destroy, if they take to construction they can construct. Its now the time for us to construct this world into a beautiful palace and show that it will appeal to you and you take your realization and you will go deep into it. You are best in mechanism producing Mercedes and beautiful other things. Now you have to learn the mechanisms within ourselves and the power of divine love. I am sure, one day Germany will come forward very much. Though today I must say Russia is doing very well. Surprising, seventy percent of Russian population, I never expected, the way they have reacted to Sahaja Yoga. They were just like a clean slate and in one [village only Kaliali?] we had twenty one thousand Sahaja yogis. I asked them why did you [UNCLEAR WORD] all the gurus and accepted Me. In a joke they said Mother we didn't have dollars. That's fine.

In this short lecture whatever was possible I tried to cover but I have given you four thousand five thousand lectures in English language only. I would request you that you shouldn't worry about lectures so much. Because this is beyond your mental state. It will take hardly ten minutes to give self realization. If you have pure desire in that. But there are three conditions which I must tell you. First condition is that you must have full confidence in you that you will get your self realization. And that you should not feel guilty or condemn yourself for that at all. This guilt business is of the past. You have to be in the present. Why worry about the past? But this left hand center gets into trouble if you feel guilty. So we don't feel guilty. People don't like when I told them. Because they think it is religious to feel guilty. So you are not going to condemn yourself for anything. As I respect you, you should respect yourself. The second condition is even easy that you have to forgive everyone which is difficult for some. But again I will say logically. Whether you forgive or don't forgive what do you do? Nothing, its myth. It's a myth. But when you don't forgive you play into wrong hands. The one who has tortured you and troubled you is enjoying himself and you are [] yourself. But the worst part is that when you don't forgive you catch in a very constricted center inside your brain on the optic chasma. So if you have this center caught up with guilt then you get Angina or spondylitis. And at this moment if you still feel guilty how the Kundalini will pass through. Also in this center at this moment you should forgive because you have tortured yourself all your life and [UNCLEAR WORD] you are closing this center by not forgiving. So these are the two main conditions and the third one is even simpler that you have to take out your shoes. [UNCLEAR WORD] How we are going to nourish both the centers.

I have told you there are two powers, left and right. Left for your desire and right for action. So first you see we will show you. Put your left hand towards Me like this on your lap. This is symbolic that you desire to have your self realization. [You can remove the fan because people can't see properly - Delete] Now the right hand we are going to do for nourishing our centers which you don't have to do it again, only here. So please put your right hand on your heart. In the heart resides the spirit. If you become the spirit you become your own master. So please put your right hand in the upper portion of your abdomen on the left hand side. We are working only on the left hand side. You will be amazed to know that the pure knowledge of the Divine, the center is here in the lower portion of your abdomen on the left hand side. So we go upwards again on the upper portion of abdomen on the left hand side. Then we go on our heart. Then in the corner of our neck near shoulder and turn around towards right. I think there are people who are really feeling guilty [because this is catching very well]. Please don't feel guilty. If you have done anything wrong you would been in jail, So please respect yourself. All right, now take your right hand on top of your forehead across like this and put down your head. Now this is the center where we have to forgive everyone in general. Don't have to think also of them because [UNCLEAR WORD]. Now please take your right hand now to the back side of your head and push back your head slightly. This is the center without feeling guilty without counting your mistakes just for your satisfaction you have to ask first from the all pervading divine power. So now the last center, please stretch your palm. Now put the center of your palm on top of your fontanel bone area which was the soft bone in your childhood. Now stretch back your fingers. So very important, stretch back your fingers. Put pressure on your skull. Now please bend your head. Here you have to move your scalp with the pressure seven time clockwise [UNCLEAR WORD] Now that's all we have to do.

But now we have to close our eyes. So you can take out your spectacles. Put both your feet apart from each other because these are two powers. Please put your left hands towards Me. And put your right hand on your heart. You can take out your spectacles and close your eyes and please don't open them until I say. Now please keep your eyes closed. Here on the center of heart you have to ask a fundamental question about yourself to Me in your heart. Here you have to ask, you can call me "Mother" or "Shri

Mataji". Please ask three times "Mother, am I the spirit?". I have already told you that when you become the spirit you become your own master. The center of mastery is on the left side of your abdomen [UNCLEAR WORD] please put your right hand on the upper portion of the abdomen on the left hand side. Put your right hand. Here you have to ask another fundamental question to Me about yourself three times. Here you have to ask "Mother, am I my own master?" three times.

I respect your freedom. I cannot force self realization on you. Also I cannot force the pure Divine knowledge on you, you have to ask for it. So please take your right hand to the lower portion of your abdomen and press it hard. Here you have to ask six times, because this center has got six petals. So please ask "Mother, please give pure divine knowledge". As soon as you ask the pure Divine knowledge, the Kundalini starts rising. But we have to nourish our center with our full self confidence the upper centers. For that, you raise your right hand to the upper portion of your abdomen on your left hand side and press it hard. Here you have to say with full self confidence ten times, "Mother I am my own master" I have already told you that you are not this body, this mind, this intellect, this emotions, this ego and your conditioning but you are the pure spirit. So please raise your hand on your heart and say with full confidence twelve times "Mother I am the pure spirit".

This all pervading power of Divine love is the ocean of knowledge. It is the ocean of compassion and bliss. But above all it is the ocean of forgiveness. And whatever you take too much you must know it can be easily dissolved by this portion of forgiveness. So forgive yourself and put your right hand at the corner of your neck and shoulder and put your right hand, press and your head towards the right. Here you have to say again with full self confidence 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 and [UNCLEAR WORD]. At this moment forgive everyone because this center is very constricted. So raise your right hand on top of your forehead above and put down your head. Please put down your head and it say from your heart, "Mother I forgive everyone" without thinking about them in general. With from your heart not from [your tongue?]. Now without feeling guilty without counting your mistakes just for your satisfaction you have to ask forgiveness from the all pervading Divine power. So now please take the right hand left side and push back your head. Here again you have to say from your heart [not from your tongue?] "Oh divine power if I have done any mistakes knowingly or unknowingly please forgive me". Straight from your heart. Now the last center is very important. Please stretch your palm and put the center of your palm on top of your fontanel bone area. Here again I cannot force self realization on you, you have to ask for it. So here you bend your head stretch your fingers and put pressure on your scalp and move it seven times clockwise saying Mother please give me my self realization. Push back a little. It is important to push back and put gentle pressure. Please take down your hands. Put both your hand towards Me like this. Not like that, like this. Put it like this first. Without thinking, put your hands without thinking. Put both your hands like this. Now you see with your left hand bend your head see if there is a cool or hot breeze like vibrations are coming out of your fontanel bone area. Now please put your left towards Me bend your head and see with your right hand. If there is hot breeze is coming then please forgive. Don't put your hand on top of the head but away from it. Some people get it very far away. So move your hand and see for your self. You have to certify. Now raise the right hand. Now raise both your hands towards Me and push back your head. Here you have to ask anyone of this question three times. You may ask "Mother is this the cool breeze of the holy ghost?" or you can ask "Mother is this the all pervading power of Divine love?" or "Mother is this the Paramachaitanya?" Anyone of this question you can ask three times. Now please take down your hands [UNCLEAR WORD]. Tremendous, now all those who have felt, please open your eyes. All those who have felt cool or hot breeze or vibrations on their fingers or on their palms or out of the fontanel bone area please raise both your hands. I bow to you your saintliness. I don't know what to say. I am so much enamored. That's your power of truth. Now only thing you have to come to the collective and master this out. Some people get it very fast, at the most in one month you will be masters. All the knowledge will be [UNCLEAR WORD] all the knowledge. You don't have to say anything against [UNCLEAR WORD] Only you have to respect your self realization. On little time, All of you can go to [UNCLEAR WORD] and know that [UNCLEAR WORD] one from that you will grow in your self realization. You have to change the world. It is our responsibility now. With all My love all I will [ask] you is please look after your growth. Next time when I come I want to see like great trees. May god bless you!

Tremendous vibrations. Basel seems to me something unique.

Hello, have you felt it? Not much. Alright put your left hand on your liver. Left hand on your liver. And put your right hand on lap. If you put some ice there. Put some ice. It is because of liver.

[Music starts]

1994-0710, Departure for France

View [online](#).

10 July 1994

Departure

Basel (Switzerland)

Talk Language: English | Transcript (English) – Draft

[Shri Mataji receives flowers and exchanges a few words with some of the Sahaja Yogis throughout.]

Shri Mataji: Hello, [unclear conversation with a Sahaja Yogini]

Hello, are you all happy?

Sahaja Yogini: Yes, thank you.

Shri Mataji: Hello, I'll give you money in Pila?

Jeanine: Yes, thank you

[Conversation in Hindi about 90 seconds]

Hello, how are you?

Shri Mataji: Why do you go to the [unclear]? Next time you are not going. It's very dangerous, you know? [Unclear] In India, we never go in the bush nor in the sun.

Sahaja Yogi: Jai Shri Mataji.

Shri Mataji: Now don't go.

Shri Mataji: Where does he come from?

Gregoire: He comes from Cameroon, Shri Mataji. And he wants to register an association of Sahaja Yoga in Cameroon.

Sahaja Yogi: It's done; it's done.

Gregoire: With you. It has already been done.

Shri Mataji: That's very nice.

Gregoire: There are about 60 Sahaja Yogis, sixty people who are meditating; 6-0.

Shri Mataji: Congratulations.

Gregoire: He wants to write a book on Sahaja Yoga and Christianity. He would like to have your inspiration.

Shri Mataji: What language?

Gregoire: In French.

He wonders whether you can help him find a wife.

Shri Mataji: Of course.

[Laughter]

Very good.

I want to take more of [unclear]. Thanks

Gregoire: Can we go a little bit faster, please? Because ...

Another time.

She'd like to give you a kiss, but I said, "Another time".

[Shri Mataji is chuckling]

Shri Mataji: How are you now, all right?

Sahaja Yogini: I'm feeling all right.

Shri Mataji: You have a liver problem. You come to the centre then correct it.

Gregoire: She lives in Switzerland but she comes from Russia. She has come to Switzerland.

Shri Mataji: From Moscow?

Sahaja Yogini: Yes.

Shri Mataji: When did you come?

Gregoire: When did you come?

Sahaja Yogini: [Unclear]

Gregoire: Please could you just give the flowers to Shri Mataji, without kneeling and prostrating, so it will be a little bit faster.

[Shri Mataji leaves.]

[End of video]

1994-0711, Conversation on Islam

View [online](#).

11 July 1994

On Islam

Conversation

Montfermeil Ashram, Montfermeil (France)

Talk Language: English | Transcript (English) – Draft

Indians are ancient people; they travelled all over the world. They went to, even to England.

[Inaudible]

But the best part is the timing: six hours difference. And this six hours difference comes in with the exact timing in India and here. And another I will tell you, the way they give degrees to the studies, Bachelor of Arts. "Apne a brahmachary tatva", masters of arts, Brahmins.

These are the things of ancient times, guru [?]

Dr Rustom Banjorjee: Like laureates.

Shri Mataji: You are surprising Me. Even in, near Peru or somewhere, there were mountains called Shiva, Vishnu.

Sahaja Yogi: I don't know Shri Mataji.

Arnaud de Kalbermaten: Even in Bolivia.

Shri Mataji: Bolivia, what do you have?

Arnaud: In Bolivia, there are some ruins, Shri Mataji, which is unexplained and they think that the people came from a very far away country to build this ruin. And it was a city in the Altiplano.

Shri Mataji: What did they build?

Arnaud: It was all the city. It's not the Maya it's a city which is quite close to La Paz. Tiwanaku.

Shri Mataji: Best part of it, I'll tell you, is that we went down to Bogota. And what is that port called? You have got a port in Bogota?

Sahaja Yogi: Cartafel?

Shri Mataji: Hum, Cartafel. So we went there and they were having a party, reception party. So I asked them: "Why do you have a condor, Garuda, as your emblem for name, why do you have a condor?" So one fellow- still they have some aboriginal people there, quite a lot. He told Me that: "Our forefathers told us that Shri Vishnu came from your country on a condor." Now C.P. might say: "Go to a stand", you know, I don't know [unsure]. Really they told. And amazing he was; and then I made a little mistake, in a way. They said: "Mother these Americans are just torturing us and troubling us so much and they are taking our wheat at a very low price and we don't make any profit. We don't know how to exist in Bogota. So can you bless us with something that we can also exploit them? And they got the cocaine. My Goodness!

Rustom Banjorjee: But maybe that was not your blessing Shri Mataji.

Shri Mataji: No, no, no, I'd rather say. [Laughter]

It's a destructive force of that thing.

Rustom Banjorjee: But actually, Shri Mataji, in the old days, in the 19 century, Coca-Cola used to contain cocaine.

Shri Mataji: I know, I know.

Rustom Banjorjee: And the women used to drink it and it didn't harm them.

Shri Mataji: I don't know but I could never take Coca-Cola once upon a time.

Never could touch it. Then somebody said that now: "You'll like it." I said: "Why?" He said: "There was cocaine in it before." So I said: "All right, I taste. Now I can drink it.

[Inaudible] doesn't harm because this – because we have got this "avidya" now. In winter, it doesn't harm these people because it is very cold and they eat it and they feel alright.

Rustom Banjorjee: This is right.

Shri Mataji: It's adjustable.

Rustom Banjorjee: But they eat the leaves.

Shri Mataji: Then they can adjust themselves to this climate. Not meant for Americans.

[Laughter]

Whatever goes in one country like if you go to the Himalayas, there's one Yak, it's a big animal, it's very big what you call, hair. Now if you make a coat of that and give it to a South Indian, what will happen to him?

[Laughter]

So, so this "Kaaba", Kaaba [Black stone in Mecca].

Now we should try to understand this Kaaba. Now, if it is Makeshwar Shiva, if it is Shiva, then sooner or later, we'll reach it by the end of their wanting road as he enlightens the road, those who do not even believe in the uniqueness of God. Uniqueness of God.

Rustom Banjorjee: What he is trying to say Shri Mataji-

Shri Mataji: It's time to say that those who believe

Rustom Banjorjee: In one God.

Shri Mataji: In one God,

Rustom Banjorjee: Monotheist, yes.

Shri Mataji: They will reach first, is not possible.

Rustom Banjorjee: It's not that they will reach first, but that they will all reach.

Shri Mataji: No, no, ultimately, they will all reach. But those who claim themselves as monotheist are indeed like government that are equipping their own ways and through different paths. This is a wrong idea.

Rustom Banjorjee: The idea that it is inevitable.

Shri Mataji: For two things, you see, most important thing for a religious life is "zila" character, "zila" [or śīla], means morality, which is preached by Buddha, is that at first, you must have a pure character. Those people who follow widely one God, openly, are these three [religions]. What they lack is morality. Though they will be the last to reach, to be very frank, unless and until they get transformation. Because, say, I'm saying it today, you can find out also, there are two genes which are protective in us, which have got protection against the sin against the Mother and sin against the Father, so they protect us. And, say, India, Indians have these still intact not to most of Indians but I am just saying "dharmanga" [whose body is the law]. But otherwise, these genes have gone into mutations everywhere. So they are immoral, I mean Indian's ego take, I think, ten thousand years to take to something nonsensical, like this, their child abuse.

Rustom Banjorjee: This is unbelievable.

Shri Mataji: I mean you can't think [inaudible]

C.P. asks Me: "What do they do?" I say: "Do I know what do they do?"

[Laughter]

I don't know what they do, and what is- as soon as you see the child, you develop a feeling of what's Hell.

Rustom Banjorjee: I feel see what has happened now Shri Mataji, it has reached such a degree that even people who are innocent in their hearts are afraid to hold children because someone would say they are abusing them.

You told us this story once about this woman in America who came to you and said she is afraid to kiss her own son.

Shri Mataji: Ha.

Rustom Banjorjee: Small boy.

Shri Mataji: She would not even hug him and kiss him.

Rustom Banjorjee: Because people would say-

Shri Mataji: But I can understand because you see there they follow Freud. But what about Muslims? And what about Jews? Jews follow Freud because he was Freud. But Muslims? They rape women they do all kind of violence why do they do it? But poor women how Muslim are maintaining. I don't know how they live with men there. But at least they are dharmic.

Rustom Banjorjee: How did they, Shri Mataji, if they form very close relationships among themselves, the women. Yes and they protect each other. Once, I was in the hospital in Arabia Shri Mataji, in the women's ward, and all the women were sitting, talking to each other and they were all laughing about their husband: "Oh he's like this, this one is like this, he thinks he is like this" and they all have a party and they laugh at their husband and that's how they protect themselves, Shri Mataji.

Shri Mataji: But they are doing this with their husband and their [inaudible]?

Rustom Banjorjee: No, they just bare it, like.

Shri Mataji: I don't know if I told you my experience. I was once going to this place, what's that, it's a, that place was actually Daulatabad [Maharashtra] where our car stopped. Daulatabad, Daulat, but little further on. I don't know the way where we were going, Mashwari or something.

On the way, it stopped where there was a little pipe of water. And I saw only Muslim ladies and children so poor, so poor. I mean in India, I've not seen such poor people as they were. And they were wearing all torn saris and children were all naked. Ameshwari is the name. And such a dirty, filthy appearance of everyone there. The hair was not washed or anything.

So I got down and I had such feeling for them, and I got down and asked: "What the matter with you? Why are you living here? Why have you come all the way?" They said: "What we are living? We are just living like a beg gipsies here, all the women." "And who are these children?" They said: "A lady had eight children from one husband. Another lady who remarried had seven children. Another one has six children. All the children of this man are there. They say: "Talaq, talaq, talaq [repudiation]" And I said: "You didn't get your "meher" [dower]? Meher was something, hundred rupees. What is it? And so many of them were there, I can't understand such human tragedy.

Rustom Banjorjee: It's very common there.

Shri Mataji: They treat their women so badly.

Rustom Banjorjee: And their children. And one of my patients was the son of one of their kings. And I asked him. And how did you get on with your father? He told me: "I never saw my father in my whole life."

Shri Mataji: Why?

Rustom Banjorjee: He just ignored his son, the father has no interest. He had produced the child, divorced the mother, marry someone else, produced a child, divorced- he would divorce before they gave birth to their children, he would never see his own children.

Shri Mataji: This, I've seen Myself. So as he says that it's not written in Koran that you ill-treat your wife. And talaq, in between one talaq and another talaq, there should be some time.

I was thinking why Muhammad Sahib would do that for a talaq on women.

Rustom Banjorjee: Also it is written Shri Mataji all the things that is allowed.

Shri Mataji: He?

Rustom Banjorjee: It is written of all the things that is allowed to human beings. The one that God hates the most is divorce.

Shri Mataji: Acha.

Rustom Banjorjee: Yes it is written in the Koran.

Said Ait Chalal: It's an injustice.

Rustom Banjorjee: Yes. This divorce is only being used when it is impossible for a man and woman to stay together.

Said Ait Chalal: Or if there is a serious reason.

But Mother, the women are responsible in a way for their status, because they are accepting anything and so the men are taking advantage of the thing.

Rustom Banjorjee: Actually Shri Mataji, the women are more conservative. In Omar, when I was teaching-

Shri Mataji: Hum, they are.

Rustom Banjorjee: The people who were against me were the women. Not all of them but some of them.

Shri Mataji: Now in Bangladesh, these new women have started and all the women have come up with the protest. But there are also some women who came out to say that: "You kill this writer who is spreading all these things." But there, they had suspicion on a woman that she was having relation with another one, they buried her in the thing halfway and hit her with stones and then, [inaudible] three cases like that.

Rustom Banjorjee: They kill them, they hit them with stones until they die.

Shri Mataji: Now, what I am saying, these people talk of everything. They say that there is aggression of the- say, Hindus or the Christians or whatever. About that they protest. But when in your own community such cruelty is going on, why don't you talk against it?

Said Ait Chalal: People are afraid to talk about that.

Shri Mataji: What I am saying, they should talk that they are your mothers, they are your sisters, they are your daughters.

Rustom Banjorjee: But Shri Mataji, words don't have the same meaning in those countries. A mother or a sister or a daughter is

like a servant. She's not important. She is there to be used, especially your sister or your daughter. She's there to marry the man you want. She's there to do what you tell her. There's no relationship.

Shri Mataji: But not in Koran.

Said Ait Chalal: No, it's not. They are justifying that by Koran but in Koran, it's not said.

Shri Mataji: Where is the thing written down?

Rustom Banjorjee: It's not written.

Said Ait Chalal: It's not written but they say they pretend that Koran says that woman is inferior and they should submit to the man.

Shri Mataji: Acha?

Rustom Banjorjee: But in the Koran, it is written that a woman's brain is not as good as a man's brain.

Shri Mataji: But heart is better.

But Muhammad Sahib used to listen to his wife, to his daughter. If it was so, why did he not kill his wife or his daughter any time?

Rustom Banjorjee: Muhammad Sahib was very attached to womanship [womanhood].

The thing about him, Shri Mataji, is he was only active for about fifteen years.

Shri Mataji: There is one thing I'll tell you. Now, what difference I find, that, you see, in the South India, I mean, below the river Narmada, they respect their wives, they love their children, they love their daughters, women have a position. Because in Sanskrit is written: "Yatra naryastu puhyante tatra ramante devatah" "where the woman is respectable and respected, there remain the Gods."

But in the North, where there are Islamic rules, Punjab, U. P. [Uttar Pradesh], Bihar, Bengal, Odissa [unsure], all these places you find is just like Muslim- not like Muslim it is impossible! But still, position of women, is bad. But there are women who are, either will be dominating or absolutely suppressed. Indira Gandhi comes from the same religion. So you can imagine. And also, normally I've seen now in my own family, in my husband's family, women have no position as such.

But the Hindu fought it so much that now they have equal rights in the property. When the daughter is married she is given the equal part of the thing. Every reform has been made in Hindu marriages. But nothing in the Islam because we are using the Shariat in India. Why should they?

Said Ait Chalal: Because they are giving a religious significance to these rules. And so they say: "You cannot change them." You know, women will have half part of the heritage if there is a boy. Boy gets two parts and the woman one part. It's always half of a man. Because they say it's religious, you cannot change anything that is religious, which is completely stupid.

Shri Mataji: Is it in Koran to give half?

Said Ait Chalal: Oh yes, yes. Men are not, have the double of a sister for example.

Shri Mataji: Now what I am trying to tell you that in India, stupid ladies, Nehru dynasty, accepted the Muslim laws for India, for the Muslims. You see, it's nowhere, in India, if you are there, you have to follow English, whether you are Muslim, Hindu, Christian.

Rustom Banjorjee: Yes, here Shri Mataji, even in Pakistan, by law, you cannot marry more than one wife.

Shri Mataji: By law?

Rustom Banjorjee: Yes, Shri Mataji.

Shri Mataji: Really?

Rustom Banjorjee: That's what they told me. I asked one Pakistanis, I said why-

Shri Mataji: They marry.

Rustom Banjorjee: They marry, yes.

Shri Mataji: Now one thing is their part, you see, we should go to the practice of the religion. In the practice of the religion, what happens? That- I'll give you the one example very important; I was once coming from Ryad to London in a Ryad Air aeroplane. And I went off to sleep, you see. When I got up, I saw very smart men with the Burda and this and that, smocking, and the women dressed up in half-skirts. I said: "Where did we stop?" [Laughter]

I tell you, I asked the lady: "Where did we stop in between airport?" She said: "Nowhere" "We didn't stop anywhere? Then how these people have come?" "You see, they are the same." [Laughter]

So that means all this force doesn't create any change but hypocrisy.

Rustom Banjorjee: I used to see it Shri Mataji when I used to fly. Just after the plane would take off or just before it came to land,

there would be a big rush to the toilette to change the clothes.

Shri Mataji: Apart from that, if you happen to see the way they drink, ?? Drink like Hell in England.

Rustom Banjorjee: Oh, yes, like a fish, Shri Mataji. Not only in England, in their own country.

Shri Mataji: Hum?

Rustom Banjorjee: Even in Oman, alcoholism is very common.

Said Ait Chalal: In a private.

Rustom Banjorjee: In a private circle. When people used to visit me, the first thing they'd say: "Do you have any alcohol?"

Shri Mataji: So, what this gentleman can do is to divert the attention of the fundamentalists to their own force by putting Koran at the top and Muhammad Sahib right on top and showing what are we doing? Just by spreading Islam, you're not going to get the real people.

If he could have that much courage I'll give him marks.

Rustom Banjorjee: But even that, Shri Mataji, they can kill him for.

Sahaja Yogi: Yes.

Rustom Banjorjee: You don't know these people. Look at Salman Rushdie, he just wrote some silly book and they want to kill him.

Shri Mataji: I think he too is- I gave him Realization

Rustom Banjorjee: Salman Rushdie, he came to see You.

Shri Mataji: Salman Rushdie! God bless one. I don't like him because he said against Muhammad Sahib. That I can't bear. Who is he to talk of Muhammad Sahib? What does he know about spirituality? On that point, I will not give him any marks. Whatever is happening is good for him. But I don't think that somebody should kill somebody for that. But in India, they write so much against Rama, Krishna, this, that, about everybody about Christ also they write.

Say, if you see in Europe, especially in England, they say that Christ was homosexual. Now, what do you say to that?

Rustom Banjorjee: What was the evidence Shri Mataji?

Shri Mataji: Hum?

Rustom Banjorjee: What evidence?

Shri Mataji: Because he never married.

Said Ait Chalal: Lots of people don't marry.

Shri Mataji: They can't think of a person who can live without marriage.

All right.

So that is one thing which is definite that if you are talking about understanding, you see, what could they do better than granting themselves with mutual understanding, without which any peaceful coexistence is hopeless? He's aiming at something that doesn't exist.

Said Ait Chalal: Just compromise, Mother.

Shri Mataji: Hum?

Said Ait Chalal: He is looking for a compromise.

Shri Mataji: For compromise-

Said Ait Chalal: "Don't attack me, I won't attack you." This not religion.

Antonio: It's lack of courage. You do whatever you want, I do whatever I want, I don't disturb you and you don't disturb me.

Sahaja Yogi: They all do the same.

Shri Mataji: Now, all right. I am also willing to do looking for compromise.

Firstly, they will never even compromise, maybe on some points. But whatever defects they have in the name of God, who is going to cure that?

This I tell you, this is a typical human character. It's absolutely typical.

You see, now, supposing, there are Sahaja Yogis, two types: some are identified with Me and some are identified with others. They want more Sahaja Yogis to come, more Sahaja Yogis to come, whatever may be compromised, it's all right, they are here somehow or other, inside the [full?], it's all right, we'll manage. They are like that. I've seen it. They'll be identified with, all right, how many Italians are coming? The Italians will be happy. How many French are coming? They'll be happy. How many these things are coming? They'll be happy. How much are they identified with Mother? They don't say.

Said Ait Chalal: Quality.

Shri Mataji: Hum?

Said Ait Chalal: Quality.

Shri Mataji: Why? Because you see, they get a position. They get a position. [Hindi] They get a position that they are leaders, you see, "you're something, you know", something like that. So they are more identified with that. And they never tell what's wrong with the other people, never, because they are afraid to lose their popularity. It is typical that type, don't you think so?

Antonio: Exactly Shri Mataji.

Shri Mataji: You see, it's more of these monotheists; the prophets of Islam spend all this energy in this way. In the presentation of the saints Commandments, He always insisted in presenting monotheist religions as the truth beyond doubts, without any taint or defect. Why?

Why Muhammad Sahib did it? Because before Him there were people who were worshipping all some sort of barren gods and things like that. It was just wit. So He had to put juxtaposition of that.

But I would not say Sahaja Yoga will prohibit even people who are atheists, no. Atheists are better than theists like Russians. They don't even believe in God. You see, on the contrary, those who believe in one God or believe in this and believe in that, are really conditioning because it's not a pure knowledge, it's just a – because you are born as a Muslim, you are Muslim. It's not a reality for them.

Said Ait Chalal: Mother, it's worse in Islam. When you are born in an Islamic family, you cannot leave Islam. If you leave it, you are killed. You become an apostate.

Sahaja Yogi: This is so frightening.

Said Ait Chalal: Yes, it is. [Speaking in French]. Tu ne peux pas changer de religion tu es là.

Shri Mataji: It's true I tell you-

Sahaja Yogi (Michel Cernay): As a result of that, the Catholics, for instance, cannot make missions in Islamic countries.

Shri Mataji: Catholic also do the same?

Michel Cernay: No. They cannot convert people in Islamic countries. For instance, they cannot build churches in Egypt where there are Copts people.

Shri Mataji: But how do you call, churches?

Michel Cernay: In Egypt, they cannot build new churches, because that means that they are going to be more in numbers and that means that some Muslims have left their religion to become Christians. And this is prohibited.

Shri Mataji: So you don't want to have Muslims.

Michel Cernay: So they don't, they are, they don't have a religious right to express themselves and try to convert people.

Another Sahaja Yogi: Because for them the only true religion is Islam and other religions cannot come and explain.

Shri Mataji: Why is he saying about Catholic is the same?

Michel Cernay: No Shri Mataji. They forbid to the Catholics to try to convert people to Catholicism.

Antonio: But in the Koran, the Prophet-

Michel Cernay: It's a law

Antonio: was recognizing the Christ. It's written down.

[Sahaja Yogis talking at the same time]

Shri Mataji: If you are born as a Catholic.

Michel Cernay: If you are born as a Catholic

[Sahaja Yogis talking at the same time]

Shri Mataji: [Inaudible] they converted in India?

How did they-

[Sahaja Yogis talking at the same time]

Shri Mataji: They converted all the people all over the world these Catholics, what are they talking about?

Said Ait Chalal: Yes but the reverse is forbidden.

Shri Mataji: Acha. [Hindi] I did not know this. Reverse is not allowed.

Rustum Burjolee: Even Shri Mataji, in South Arabia, you can't even have a Christmas tree in your window, if they see it they get upset.

Said Ait Chalal: Yes because it is a symbol of religion.

Sahaja Yogi (Prakash): My Goodness it's terrible.

Arnaud: This is for me- I'm stunned Shri Mataji. I'm stunned Shri Mataji.

Shri Mataji: Catholics are, if you are a Catholic you cannot get out of it.

Michel Cernay: No, Shri Mataji, I'm sorry, it's the opposite. If you are a Muslim you cannot leave Islam. So that means that in the Muslim countries, it is prohibited to any Christians, Protestants, or any Christian-

Shri Mataji: All right.

Michel Cernay: To try to convert Muslims into Christians.

Shri Mataji: Acha. [Hindi] Now, what about the Christians Catholics?

Rustum Burjolee: They can be converted.

Shri Mataji: You can leave them.

Rustum Burjolee: Yes.

Shri Mataji: How many-

Michel Cernay: Those who are born in a Jewish family or in a Catholic family can keep up with their religions.

Shri Mataji: But supposing Muslims-

Michel Cernay: or they can

Shri Mataji: Muslims leave, then what do they do?

Rustum Burjolee: They kill them.

Michel Cernay: They kill them, it's prohibited.

Said Ait Chalal: He cannot leave Islam.

Shri Mataji: That's why I understand this man.

Rustum Burjolee: That's why they have this Fatwa against Salman Rushdie. If I wrote that, they cannot kill me because I'm not a Muslim. But because he is a Muslim and he wrote it, it means he is giving up the religion, that's why they have a right to kill him. That's the legal basis of a Fatwa Shri Mataji.

Arnaud: Every thing is based on hatred.

[Sahaja Yogis talking at the same time]

Shri Mataji: [Inaudible, Sahaja Yogi speaking at the time. Shri Mataji speaks in Hindi to Rustum]

Shri Mataji: Bakhgiar?

Rustum Burjolee: Bakhtiar.

Shri Mataji: Bakhtiar!

Rustum Burjolee: In Paris, in France.

Antonio: He was killed here.

Said Ait Chalal: The Prime minister of Iran. The former Prime minister.

Shri Mataji: He was killed here.

Rustum Burjolee: Yes in Paris.

Another Shri Mataji: He wrote all these books?

Sahaja Yogi: No, no, no, no. He was Prime minister of Iran. He was the first Prime minister of Iran after Khomeini.

Antonio: During Bani Sadr. When Bani Sadr was President he was the First minister.

Shri Mataji: No, no. But, the one who was the writer-

Antonio: Salman Rushdie?

Shri Mataji: I've read a book.

Antonio: Salman Rushdie?

Rustum Burjolee: No, no, not him.

Shri Mataji: Who has written only, who is a Shia has written a book on Islam. Very, very nice book he has written, he's a Shia.

Rustum Burjolee: I don't know this one Shri Mataji.

Shri Mataji: No? Something like, name like this only.

Said Ait Chalal: There is a woman also in Bangladesh

Shri Mataji: Ah.

Said Ait Chalal: Doctor Nusrin.

Shri Mataji: She is with the American embassy now.

Sahaja Yogi: Ah, she lives! Ah, finally. So she is safe now. Cause I saw a film, a report on her. She is so courageous this woman. Really, that's a woman!

Shri Mataji: They are saying that the Americans gave her a bribe.

Rustum Burjolee: Shri Mataji if they want to give bride they can take any number of people and bride them, they would be very happy to take it.

Said Ait Chalal: Especially in Bangladesh.

[Laughter]

Shri Mataji: The Prophet of Islam spent all his energy in this way. In the presentation of the saints Commandments, he always insisted in presenting monotheist religion as the truth beyond doubts, without any faint, tint or defect. Therefore, in his presentation of Moses' piety, Abraham's faith and [?] and Jesus Christ piety, holiness and charity, Allah's Spirit- that He is the Spirit- so that He is different difference.

Rustum Burjolee: It takes different forms.

Shri Mataji: God, you see, is expressed in Moses' piety, Abraham's faith, Jesus' piety, holiness and charity, Allah's Spirit.

As well as other prophets sent by God, He showed more ardour than their own followers, this is the point.

This he should also do.

If one believes in the principles of historical evolution, and if one considers prophets as genuine messengers of God, one has to conceive the prophet's mission as one of the real criteria of spiritual evolution and one has to try to guide the monotheists' world towards this great, monotheists must come towards this great goal. How can we reach it? Try!

Rustum Burjolee: Shri Mataji, what does he think you are? I mean this chap Ruhani.

Shri Mataji: Might be thinking at the most, prophet starter or something.

[Laughter]

Antonio: Now he is recognizing that Shri Mataji is bringing a message that is of the same calibre of the Prophet's one, but he is still far from recognizing Shri Mataji.

Shri Mataji: What does he-

Rustum Burjolee: Same calibre and same level?

Antonio: Same level, yes. He recognizes your message that is what he says at the beginning: "Your message is the same as the Prophet was." So he recognizes You for that and he would like to be with You.

Shri Mataji: Ah.

Antonio: But he doesn't recognize You as the incarnation of God Almighty.

Shri Mataji: You know, they told him that we believe that She is the Grand Imam who is going to give Realization. Because he was telling them the twelve Imam has- what qualities you tell Me?

Antonio: The first is that about making some miracles.

Shri Mataji: Hum?

Antonio: Making miracles?

Shri Mataji: Making miracles.

Antonio: Yes and curing and also then he told me that he was not learned, he has no- he couldn't write, he couldn't read and although he couldn't write and read, his own message was spread all over the world in a very short time.

And so the point for him is that if a message is true then it spreads all over the world in a very quick manner [way].

Shri Mataji: Not necessarily. What does he think of Hitler?

Antonio: I didn't ask him Shri Mataji. I didn't ask him t all.

Shri Mataji: Hatred spreads faster than anything else. That's what human beings are.

Antonio: And for him the prophet himself was not divine.

Shri Mataji: Hum?

Antonio: According to Koran, prophet Mohamed was not divine. He was just a man who could capture some divine message.

Shri Mataji: Like a loud speaker.

Antonio: Yes, somewhere [something] like that.

Shri Mataji: Just imagine! Now to say such a thing, I mean to accept it. He was telling lies because I have to also tell lies because you want to protect yourself. If you say you are divine, the way they are hunting out good people, they would have finished him long time; as it is, they did.

He was divine that's all I'll challenge.

Shri Mataji: How is he going to do? I don't know. "If he admits that borns [unsure] different forms of fanaticism so and so and political reflections prevent us from achieving this full and acute union, should we not at least- all the time he comes to the "at least"- out of this link try to create a rare forming and bringing together a unique and powerful - for which one if this?- of installing an universal peace-

Arnaud: Bla, bla, bla-

Shri Mataji: [Inaudible] in this troubled world [inaudible]

Arnaud: This is bla, bla, bla

Shri Mataji: Hum?

Arnaud: The great bla, bla, bla

Shri Mataji: [Inaudible] Bla, bla, bla I can't- [inaudible]

Michel Cernay: It's kind of a Red Cross

Praksh: He doesn't connect to Sahaja Yoga Shri Mataji. I don't think at all. He doesn't see that it's the power of Sahaja Yoga which is acting in this way.

Antonio: He didn't see Sahaja Yoga.

Shri Mataji: No, I think-

Antonio: He just saw You and he likes You very much but he didn't see the all the power.

Shri Mataji: Hum?

Antonio: He just sees You Shri Mataji. He didn't see Sahaja Yoga. He didn't see the power that is behind You. This, he didn't see. Just see You and your message. He likes it.

Rustum Burjolee: That's enough.

Shri Mataji: He has to go deep down.

Said Ait Chalal: But still, Mother, he is talking about prophet. These prophets have an implication over the population.

Shri Mataji: Hum?

Said Ait Chalal: He is limiting these two prophets, only two people who have a message. That means that they are talking about the whole world without having an effect on the world.

Shri Mataji: No, no. You see what he is saying, we should try, this is the Prophet, you see. Now Prophet is here, here are the people who don't understand Prophet. So by accepting Prophet and his true type, by understanding him, he wants to create mutual understanding between different religious, which is not so bad.

Said Ait Chalal: Yes but how to make the people understand the Prophet?

Shri Mataji: How to?

Said Ait Chalal: Yes but how to make the people understand the Prophet?

Which is the technique to understand, you know? Is it because somebody comes: this is a Prophet you have to follow him. People are going-

Shri Mataji: How will they found?

Said Ait Chalal: This is the question I'm asking.

Antonio: But you see, Said, the point is that in Koran, it is written somewhere that if somebody is not against it, then he's safe. There's something written like that.

Said Ait Chalal: Is not against?

Antonio: If people is not against Koran then he's safe. So I think that the idea of this Ruhani is to bring people to Islam in such a

way that they don't practice Islam but they are not against it. So in his mind, he is bringing people to Islam.

Shri Mataji: [Inaudible] he comes now, after see what they are doing.

Antonio: But that's the way

Said Ait Chalal: [Inaudible] They stick minimum to Islam

Michel Cernay: They stick minimum because he is not making an effort. Because Jesus, Moses, all of them are in the Koran.

[Sahaja Yogis talking at the same time]

He has the official authorization because they are in the Koran.

Shri Mataji: Yes. Now what is he trying to do, that I don't understand. It would be impossible to follow Islam by other people. You see, other people who are truthful, you see? Because they see what defects it has given. See the truthful people will not now believe blindly in Islam.

Said Ait Chalal: Even Islamic people are not feeling with blind [?] that's the trouble.

Shri Mataji: Ah! Blindly, all right.

And if the Christians are saying – I can't imagine Christians saying that also – they will never believe in Islam.

Somehow, you know, these mediocre [unsure] get quite powerful because you know they are [?] I like [?] that's true, I like. But still, I mean, how far it's gone. So many were killed and this and that, there was no need. This was also done by English, you see, because they made all these plans.

Said Ait Chalal: The Jews.

Shri Mataji: Why didn't they get them in England?

Now England is a barren country. What is the problem of Palestinians [?] in England?

Rustum Burjolee: Fifty millions.

Shri Mataji: Only?

Rustum Burjolee: Less than France

Shri Mataji: Why not get them in France?

Rustum Burjolee: They have Jews.

Shri Mataji: Hum?

Antonio: Sews? Sorry? Jews, quite a lot.

Shri Mataji: No, no, no, not the Jews, Musulmans.

Arnaud: No, Palestinians.

Antonio: Muslims.

Rustum Burjolee: Oh, Palestinians!

Arnaud: Palestinians You mean Shri Mataji.

Shri Mataji: What I say, you must take a country which has less population and put Palestinians there. Like, ours is such an overpopulated country and they have put this Lama on our head. Why not? Send him to Japan.

[Laughter]

This I can't understand why put some people on a country which is already overpopulated, which is poor. So why not put Palestinians in France? I think France, we came all the way, hardly one or two stations, such a long distance you see. They can be fitted anywhere. If you think that the world is one, then only! If you think world is one, then wherever there is- Germany is the minus in population. Not now, it used to be. England is minus in population, as far as the English are concerned, and Americans are dying fast. So put them somewhere like that, would be better I think.

Prakash: It's the contrary they are doing Sri Mataji.

Shri Mataji: Hum?

Prakash: They are doing the contrary actually, closing everything.

Shri Mataji: Of course. That's the trouble. Why don't they adjust Palestinians in France?

Antonio: Pasqua will collapse Mother.

[Laughter]

Antonio: Pasqua will collapse, this would be a very good idea. [Laughter]

Rustum Burjolee: Actually, the Palestinians are very good people.

Shri Mataji: Palestinians.

Rustum Burjolee: Yes, the ones I've known have been very good Shri Mataji.

Shri Mataji: You know, when they gave Me this peace award in the university, these boys offer to dance before Me. And they danced very well.

Rustum Burjolee: They are very good people, very strong heart Shri Mataji.

Shri Mataji: And Indians are poor things, you know, looking after quite a lot of them, and they are giving them education fees, this free, everything, and how can we afford it in our country?

Rustum Burjolee: In Pune, they are a lot, in Calcutta they are a lot.

Shri Mataji: Lots. But in Dehli, Dehli is full of them. Most of the students are in India.

Rustum Burjolee: In fact, one of the few countries that has a flight to Calcutta-

[Cut in the audio]

Shri Mataji: ...Whether if you know bhakti.

Said Ait Chahal: Yes. It's a [inaudible]

Shri Mataji: And I think they are the best as far as the character is concerned.

Rustum Burjolee: So they are very good people Shri Mataji. Excellent.

Shri Mataji: With Muslims, Indians are afraid of, you see, keep a driver, he'll run away with your daughter or something like that. But that is one thing with Palestinian, they are found to be very good character, it's surprising.

Said Ait Chahal: They are very open too.

Shri Mataji: Hum? They are very open

Said Ait Chahal: Very open. And when they get education, they are very good-

Shri Mataji: I would like to meet Arafat, that's all. But he will be the same.

Rustum Burjolee: Yes, they are all the same. If we can give him Realization, we'll have an effect Shri Mataji.

Shri Mataji [Shri Mataji seems to read the letter]: "Whereas almost all monotheist religions ignore this identity or any similarity in their precept. Why?"

Rustum Burjolee: I don't understand what he is saying Shri Mataji.

Shri Mataji: He is saying that these religions, all monotheists, again he is taking them out, religions ignore this identity, this identity that we are one.

Rustum Burjolee: Cause they're all fighting with each other Shri Mataji.

Shri Mataji [reading]: In our humble opinion, all the revealed religions have common Commandments and precepts, this knowledge can only the God of bringing together. They'll have conferences, meetings, discussions, arguments-

Said Ait Chahal: Yes, that's it.

Rustum Burjolee: Good way to spend money Shri Mataji.

Shri Mataji: But he has no money, he says.

Antonio: No, he has no money. He's short of money. I mean he has enough to live every day but not for extra expenses.

Rustum Burjolee: But what it is Shri Mataji?

Shri Mataji [Shri Mataji is reading the letter]: I'll, "this should be think that common, we have common Commandments and precepts", all right. "Whereas almost all monotheist religions - he's stuck on monotheist religions- ignore this identity or any similarity in their precept, therefore not only do they miss this common thought, but in many historical occasions, they fight each other like real enemies."

But what about Muslims? They fight among themselves.

Rustum Burjolee: Fatwa business. Once a Muslim thinks you are not a good Muslim, he can write a fatwa and say: "kill him."

Said Ait Chahal: True.

Shri Mataji: Any individual can do that?

Said Ait Chahal: Individuals no, imams. The ones who are supposed to be versed in a -

Shri Mataji: [Inaudible]

Rustum Burjolee: In theory, Shri Mataji, any individual can do it.

Listen to me [to a Sahaja Yogi]: There is nothing in the Koran that talks of Imam or anything.

Shri Mataji: Fatwa is written in Koran?

Rustum Burjolee: Ne, ne. Not at all. But any –this is all after Mohamed.

Shri Mataji: [Hindi] Fatwa.

Rustum Burjolee: Fatwa came, I think, after Mohaya Nodi when they started having schools of Islamic religion.

Shri Mataji: Nowadays, it has to come through some- what you call- someone in charge.

Said Ait Chalal: Yes.

Shri Mataji: Now.

Rustum Burjolee: It's no true Shri Mataji.

Shri Mataji: Then we can say, something, you want to do. Then you send it to the Imam and he passes it on.

Rustum Burjolee: But if you say: "I'm an Imam", then finished! There is official-

Antonio: Anyone can be an Imam.

Michel Cernay: There is no official priest.

Rustum Burjolee: There is no official Imam, anyone can be an Imam. Just say, if all these people decide I am the Imam, I am Imam.

Said Ait Chalal: Now, they call that Olama, the people who have knowledge.

Rustum Burjolee: Yes but how do you define knowledge.

Said Ait Chalal: And these people could take these Fatwas which are decisions to be implemented.

Shri Mataji: In fact, I'll tell you what. What about these "mutawwa"?

Said Ait Chalal: Mutawwas?

Rustum Burjolee: He doesn't know about them Shri Mataji.

Shri Mataji: Like police.

Said Ait Chalal: This religious police? They are spies, you know, they are spying on people.

Shri Mataji: They are, most are educated.

Said Ait Chalal: Yes.

Shri Mataji: [Inaudible]

Said Ait Chalal: Yes. In Saudi Arabia they are very powerful.

Shri Mataji: They come in, you see, you are supposed to do five times "salah"[prayer] and five times they close. And if you are in the market, you are supposed to sit down in one place, cover your head, if you are not a Muslim.

Said Ait Chalal: In 77 Mother, I have been offered a high position in the Islamic bank in Jeda. So I said I accept, but I have to come for 15 days and see and they give you the answer. At the time of prayer, at one o'clock, everybody goes to the Mosque. While I was there, I had a work to do, I didn't want to go to the Mullah and someone came [he knock on the table] "Prayer time". First time I didn't say anything.

Shri Mataji: It's like a criminal –

Said Ait Chalal: Second time, I just let him knock. The third time, I opened the door and said: "What do you want?" He said: "Prayer time." I said: "Well, prayer is between me and God."

Shri Mataji: That's what they say.

Said Ait Chalal: and you want I make now-

Shri Mataji: That you go to the house-

Said Ait Chalal: That you will recognize somebody who is ? to God. So if next time, you knock at my door, I knock your head out.

Shri Mataji: Then?

Said Ait Chalal: And since, for 14 days, he didn't come. Until I left, I didn't like the job.

Shri Mataji: Horrible!

Horrible place. But whatever it is, that Jeda as you were staying, Jeda, what I feel is that's a rule of dictators. Complete dictation. There is no freedom of thought nothing, you have to accept, you have to accept like that.

Said Ait Chalal: Submit.

Shri Mataji: Yes. And that is given by these mutawwas. I'm so surprised. I would even keep them as servants in my house, so filthy, so dirty and brainless.

Rustum Burjolee: This is the point, Shri Mataji. Anyone can claim to be Olama or Imam or what you are. There is no certificate,

anybody can say, "ok I am this". And then anybody can write a fatwa. And I saw this in South Arabia.

Shri Mataji: Ne, ne, but what I'm saying, this fatwa, have they got a central government or something?

Rustum Burjolee: Ne, ne. This is the point, Shri Mataji. Anybody can do it.

Shri Mataji: No, no. But they don't have any central person?

Rustum Burjolee: No, no.

Said Ait Chalal: No, there is no central but you have some people who are- [in French, "c'est des savants"]

Sahaja Yogis: Learned.

Said Ait Chalal: Learned people.

Shri Mataji: Supposing they pass a fatwa, what I'm saying, [Inaudible]

Supposing you pass a fatwa, Imam or anyone, then, who goes and kills?

Sahaja Yogis: Anybody.

Rustum Burjolee: Anybody can go.

Said Ait Chalal: Anybody is allowed to.

Rustum Burjolee: You see what you do, you issue a fatwa-

Shri Mataji: Fatwa means general allowance.

Rustum Burjolee: Yes, like supposing I think that Antonio is not a good Muslim by my opinion. I will write a fatwa. Anybody who believes me accepts my fatwa, he will try and kill Antonio, anybody can do it.

Said Ait Chalal: No, I don't agree with you. No, no. It's not anybody, that would be very-

Shri Mataji: [Inaudible].

Rustum Burjolee: Yes but look at Salman Rushdie, Shri Mataji.

Said Ait Chalal: It's Khomeini.

Rustum Burjolee: Yes, in this case it was Khomeini. But anybody, supposing, it has happened like this, Shri Mataji, in small towns, in small villages. Someone will say "ok I'm Imam, I'm Olama" because in Islam there is no definition of what is Imam -

Shri Mataji: Now what I'm trying to tell you is that it is varying from places to places.

Rustum Burjolee: Of course, completely.

Shri Mataji: But [?] this kind of things, "atme basi" they call it.

Prakash: It was from the village that it comes.

Shri Mataji: Hum?

Prakash: It was in the village.

Said Ait Chalal: Before fatwas were just ignored. Nobody was talking about fatwas. It's very seldom that you hear about a fatwa to kill somebody or to arrest him.

Shri Mataji: But nowadays.

Said Ait Chalal: Since fundamentalism has taken over, then anybody could-

Shri Mataji: Now

Said Ait Chalal: denounce a person and these so-called learned people will decide you know, either, I think, to kill him and if the decision is taken any Muslim-

Shri Mataji: Non, no, what I'm trying to say that in your country or any country, is there a central body?

Said Ait Chalal: No, no, there isn't.

Shri Mataji: Then how do say, those who are learned people, how are they followed [unsure]?

Rustum Burjolee: Self-appointed.

Said Ait Chalal: These learned people have written about Koran, about religion, they have a learning, they are known all over the country and so the government call them: they have what you call a "Conseil religieux" [religious council].

Shri Mataji: Now, for example, in your country, it's a socialist government.

Said Ait Chalal: It used to be, it no longer is.

Shri Mataji: Now, but that time.

Said Ait Chalal: Yes

Shri Mataji: You had anybody?

Said Ait Chalal: Well, these people who were under the control of the government, they never have taken such a Fatwa. But since two years, this party which is called FIS [The Islamic Salvation Front in French] has, by its own authority, you know, made a Fatwa

to kill any men [unsure]. So these young people who have no, no religion, they say: If I kill, I go to paradise. So they go and kill, which is completely stupid.

Shri Mataji: Gangsterism.

Rustum Burjolee: Yes.

Shri Mataji: I mean there is no central body, there is no controlling body as such.

Said Ait Chahal: No.

Shri Mataji: No elected body.

Said Ait Chahal: Not at all. Mother, lately about six months ago, there was a very famous learned man in the religion, Uslimani he's called Uslimani. They arrested him, these terrorists, they arrested him, they took him away to the mountains and they told him to write a Fatwa making the killing of anybody authorised.

Shri Mataji: Any?

Said Ait Chahal: Anybody. They can kill anybody and it's authorized.

Shri Mataji: "Acha".

Said Ait Chahal: So he is a good religious man, he said: "I cannot send that." They just threw him away [unsure].

Shri Mataji: So that means – what I am trying to tell, that instead of combining all these minimum people why doesn't he say something about fundamentalism compared to Islam?

Rustum Burjolee: Right. That is the basic thing.

Said Ait Chahal: Absolutely.

Shri Mataji: He's up with opinions; I think that if he gets Pop, Dalai Lama, all these nonsensical people together, then he can create unity.

Said Ait Chahal: At minimum unity.

Shri Mataji: hum?

Said Ait Chahal: At minimum unity.

Antonio: At least.

Shri Mataji: Minimum. Now, apart from him, Pop is a hopeless case and then Dalai Lama is another- Dalai Lama doesn't even believe in God.

Said Ait Chahal: Ayatollah is the same.

Shri Mataji: And then Archbishop of Canterbury, the one who has come from Dharam [?] is now the Gana. [Hindi]

Rustum Burjolee: Ne, Ne, ne, Dharambala is retired.

Shri Mataji: Hum?

Rustum Burjolee: He is retired.

Shri Mataji: He is retired? From where is he?

Antonio: Who Shri Mataji?

Shri Mataji: This new-

Rustum Burjolee: Archbishop of Canterbury

Shri Mataji: Archbishop of Canterbury

I said that Dharam fellow used to say that Christ is a homosexual.

Rustum Burjolee: And that there is no God.

Shri Mataji: There is no God?

Rustum Burjolee: Yes.

Shri Mataji: And he also was for the marriage of homosexuals. And now they have appointed homosexuals as a priest.

Which such people, what are they going to do with lunatics? [Unsure]

[Laughter]

Shri Mataji: Now, this Pop also has a keep, do you know that?

[Conversation in Hindi]

According to us it's Mooladhara.

Rustum Burjolee: He used to have a keep. Now he might be too old.

Shri Mataji: No, no, he has a keep in Poland. And she has to now Italy and she staying there.

Rustum Burjolee: He must be very old now.

Shri Mataji: He's seventy-two only. One year older than Me.

Rustum Burjolee: Still playing around like that.

Shri Mataji: And the – you should see this picture. You got in France, that picture is "The Godfather 3"?

Antonio: Yes Mother, we watched it.

Shri Mataji: Better show him.

They have shown there how the first Pop was murdered by this Pop.

Rustum Burjolee: Yes Shri Mataji.

Antonio: It was very clear.

Rustum Burjolee: I read a book about it.

Antonio: Very clear.

Shri Mataji: No, "In the name of God". Ne, ne, this is different.

This is Paul Marcinkus and all that they show. And what is the bank, bank of what?

Sahaja Yogis: Ambrosia [Ambrosiano] Marcinkus.

Antonio: It's very clear, in this movie, it is very clear.

Rustum Burjolee: In English or in French?

Antonio: In French.

Shri Mataji: It begins, it begins by restoring-

Antonio: But in one year.

Said Ait Chalal: C'est un film [In French: Is it a movie?]

Antonio: Oui le Parrain, numéro trois. [In French: Yes, The Godfather 3]

Shri Mataji: By restoring, you see and avoid on The Godfather1 who donated money.

Rustum Burjolee: To the Pop.

Antonio: Seven hundred millions dollars, something like that.

Shri Mataji: Well. And what about Jews?

Rustum Burjolee: What about them Shri Mataji?

Shri Mataji: Jews the way they are behaving. They hate Muslims.

Rustum Burjolee: In Israel.

Said Ait Chalal: They hate every body.

Shri Mataji: Are we able to unite Jews?

Said Ait Chalal: They hate every body, not Muslims only.

[Laughter]

Shri Mataji: Is it possible to plan to unite Jews and Muslims?

Said Ait Chalal: Not possible, not possible at all.

Shri Mataji: Is there any basis?

Antonio: Destroying Israel.

Michel Cernay: Only to get rid of all of them.

Said Ait Chalal: Yes.

Michel Cernay: They will destroy each others.

Said Ait Chalal: Because they are even against, the Jews are against anybody coming to the Jew's faith. They are [inaudible]

Shri Mataji: All right.

Said Ait Chalal: Ils n'ont pas de prosélitisme. [They do not have proselytism.]

Michel Cernay: No, you become a Jew by birth.

Said Ait Chalal: Yes, the mother has to be a Jew.

Shri Mataji: What?

Prakash: If the father is Jew it is not enough.

Michel Cernay: The mother has to be a Jew, so the son is

Said Ait Chalal: In order to be a Jew;

Michel Cernay: But you cannot become a Jew.

Rustum Burjolee: You can, you can.

Said Ait Chalal: Yes, you can by conversion.

Rustum Burjolee: Yes.

Said Ait Chalal: But still you are not a Jew.

Shri Mataji: And Indian Jews are not Jews.

Said Ait Chalal: Yes because to be a Jew you have to have a mother Jewish.

Shri Mataji: No but the main thing, you see, the troubles with, the problems with Jews and Christians is this, that Christians believe that Jews crucified Christ, which is nonsense, there never did. Have you ever heard that a multitude can crucify someone? It's the Romans who did it. But to save themselves, this fellow stupid, Paul, he said so. Christians-

Antonio: No, the Italians took the decision. The Romans, same.

Said Ait Chalal: Yes, Vatican 2.

Shri Mataji: How can they crucify Christ? You tell Me, They cannot because in law, it's the person who is the judge who does that. So how they say that the Jews crucified him? This has all been managed by Mister Paul, because he wanted to avoid the blame on the Romans, because he was a Roman.

All right.

So they hated it on [unsure]. Now, their children's children also hate. Now, the great grand children also hate because they say that these people killed Christ.

Rustum Burjolee: It's normal to hate this one.

Shri Mataji: No, no, but this is too much. Now Jews hate so much Christ, unbelievable. Even when they come to Sahaja Yoga, they don't like because we worship Christ.

Antonio: Acha?

Shri Mataji: Hum. In the beginning; later on they accept. I said: "All right, say Lord's prayer." "We don't know." They wouldn't say Lord's prayer for Agnya.

Rustum Burjolee: So their Agnya is caring on catching.

Shri Mataji: Then later on they improve. But in the beginning, Jews are very difficult. How many Jews we have also in Sahaja Yoga?

Rustum Burjolee: Very, very few.

Shri Mataji: Here, do you have any?

Sahaja Yogi: We have Alexander.

Prakash: We have Mamata.

Antonio: We have few of them, 2, 3 of them.

Shri Mataji: Who?

Antonio: Mamata that is now married to an Italian.

Prakash: In Genoa.

Antonio: Who has a Jew culture. Etienne in Cabella, Shri Mataji.

Shri Mataji: Etienne's wife.

Antonio: Etienne. He was Jew.

Shri Mataji: Ah. Look at how he is behaving. I didn't know he was a Jew.

Prakash: Sharon.

Antonio: Sharon is Jew.

Shri Mataji: That's the whole family. The father was a Rabbi and he was, he has written something about Sahaja Yoga. Ray is going to give Me. His father is dead now. They were all. Rustum Burjolee: They were OK.

Shri Mataji: They have fear, just like Parsis they are. You cannot become a Parsi, but Parsis can take to other -

Rustum Burjolee: Religion.

Shri Mataji: Like they worship Sainath, many people. They worship Me also. So it's [inaudible] Parsis.

Rustum Burjolee: Parsis, you can never loose the religion Shri Mataji.

Shri Mataji: Hum?

Rustum Burjolee: You can never lose the religion.

Shri Mataji: You can never loose Parsi [gana?]

Rustum Burjolee: Who ever you worship, you are still a Parsi.

Shri Mataji: Ah. That's one thing. But whatever it is you are a Parsi.

Rustum Burjolee: Yes.

Shri Mataji: So if you should marry a non Parsi they don't like. And the children become Parsi or not?

Rustum Burjolee: If the father is Parsi, yes.

Shri Mataji: Acha.

Said Ait Chalal: The contrary of the Jews.

Rustum Burjolee: But if the mother is Parsi, no. So Rajiv Gandhi was a Parsi, you see, officially.

Shri Mataji: Thus the children became Parsi.

Rustum Burjolee: Officially, they are Parsi, yes. Although, they have nothing to do with it.

Shri Mataji: They call themselves Hindus.

Rustum Burjolee: Acha. Rajiv Gandhi used to go to all these parties and ceremonies in Delhi, Shri Mataji.

Shri Mataji: His father was a Parsi.

Rustum Burjolee: His father was a Parsi. Feroze Gandhi.

Shri Mataji: So now, this: [Shri Mataji is back to the reading of the letter]

"we have come to similarities" and what he is talking about is a question mark.

No similarity.

You see, if you just accept something which is not true and build up the whole theory, what is the use?

Said Ait Chalal: I suppose, Mother, he is talking about the origin of these religions. They call them the sons of Abraham.

Shri Mataji: Originally?

Said Ait Chalal: Yes originally they go and departed and I suppose, that's what he calls "similarities" coming from the same source.

Shri Mataji: Now: "It's up to the real followers to prescribe the right actions ad to ban the wrong ones." Who are these? From where will you get? Another question.

"According to Islam, the way to follow is given by the competent religious authorities."

Baap re! [Hindi, from "Arre baap re", Oh my God!]

Said Ait Chalal: Mullahs.

Shri Mataji: They are the worst.

Said Ait Chalal: Yes. Ayatollahs like Khomeini. It's ridiculous.

Rustum Burjolee: You said, Shri Mataji, Khomeini is coming from Ulna [Unsure; place in India]

Shri Mataji: Hum?

Rustum Burjolee: From C.P.'s place.

Shri Mataji: Who?

Rustum Burjolee: Khomeini.

Shri Mataji: Ah! That's what they said. He comes from Unna [?].

Rustum Burjolee: He's an Indian. Did you know that?

Said Ait Chalal: No, I didn't.

Rustum Burjolee: Yes, Khomeini is an Indian.

Antonio: Khomeini?

Shri Mataji: He is a disciple of Khomeini and he came from India.

Antonio: I didn't know that.

Rustum Burjolee: He's probably from Kashmir, yes.

Shri Mataji: And he's from C.P.'s place.

Rustum Burjolee: Yes, from C.P.'s place, you didn't know it.

Shri Mataji: Ah, maybe a joke, I don't know.

Rustum Burjolee: Ne, ne, Shri Mataji. Definitely, his father came from Kashmir.

Shri Mataji: Ah?

Rustum Burjolee: Yes Shri Mataji.

Shri Mataji: We don't have these names Khomeini.

Rustum Burjolee: He might have taken it Shri Mataji.

Said Ait Chalal: Maybe. [Inaudible]

Shri Mataji: Khomeini [inaudible] wisdom, because he used to respect India very much.

Rustum Burjolee: And you know Shri Mataji, under his rule, any Parsi could enter Iran without a visa.

Shri Mataji: Acha.

Rustum Burjolee: Yes.

Shri Mataji: Because they were originally-

Rustum Burjolee: Original. Yes.

Shri Mataji: Iranians.

Shri Mataji: There's somebody who told Me that he comes from Unna [?] which is my husband's place.

"We are convinced that if Christ and Moses followers, who are also experts in the coming of the Promised and who do expect their wealth of universal peace and a better understanding of Muslims, then this sacred vow might be we achieved now."

I'm there! [Laughter]

Prakash: He did not connect it to Sahaja Yoga.

Rustum Burjolee: You have to give him a chance Shri Mataji.

Shri Mataji: Hum?

Rustum Burjolee: You have to give him a chance, see where he is coming from and what his head is like.

Shri Mataji: No, no, but what I 'm saying, how will you know? How will you know about the person who is promised? How will they know?

Antonio: This we have to ask him again.

Shri Mataji: The miraculous photographs you should take.

Antonio: Yes, Shri Mataji.

Shri Mataji: How will they know? Nobody has given a-mass Realization. That he accepts. Then I must be somebody different. For Jews, it's easier because what happened, it's written that the person who will be coming now will not have a head but a Sun. There's a photograph, have you got that?

Antonio: Yes, Mother, right here.

Shri Mataji: And Christians believe that a Lady in white will come. She has the Moon at Her feet and the Sun on Her head. That also I've got. And what more you have?

What do the Muslims believe?

Rustum Burjolee: They believe Jesus Christ will come.

Shri Mataji: Hum?

Rustum Burjolee: Jesus Christ will come.

Said Ait Chalal: Yes, they do believe. Yes, yes.

Shri Mataji: Christ will come.

Said Ait Chalal: Oh, yes, that's the last one. It is told in Islam that when Christ will come, then the door of compassion will be closed. No body can be saved with that.

Michel Cernay: After. But it's a man, Shri Mataji. They are expecting a man.

Said Ait Chalal: Yes.

Shri Mataji: A man, that's it! [Laughter] [Inaudible]

Antonio: I asked to Runi why-

Shri Mataji: Christ if he comes, see, he will live for thirty three years and get himself hanged, you see. He has no patience for stupid people. He used to take a hunter and hit people like that. It's only, you need a Mother. You see, this is what it is. One

should understand that this work cannot be done by a man.

You see, either men are like this, what you call "ubies", sort of very submissive, this, that, diplomatic type or -

Rustum Burjolee: Hamta.

Shri Mataji: But I've never known a person who is- for Krishna will come with his suddharshana, Rama will come with his mace [unsure] and Durga will come with her sword. So which one you'll choose?

[Laughter]

Antonio: You, Shri Mataji.

Shri Mataji: Forgiveness is a quality, even not in Ganesha. I'm so frightened of him sometimes. He hits you so hard. But I've told him, "leave my children [??] at least", you can hit others."

But everybody tries to be funny even in Sahaja Yoga he hits. It's the Christ who hits the worst, because he said: "I have tolerated all kinds of insults against me, but I will not tolerate anything against the Holy Ghost." Now, who is this Holy Ghost? That means he is not.

Rustum Burjolee: Definitely he is not.

Shri Mataji: He is not now.

Secondly this Muhammad sahib also has said that somebody will come do qyama, this, that. All right. That means he is not the last. To believe, because he was the last, these people are behaving like this. Somebody has to say: "No, it is not. He is not the last." Not challenging his power but what he said that: "Another Mahadhi"- atcha in your language what is Mahadhi?

Rustum Burjolee: Arabic?

Shri Mataji: No, no. Persian.

Rustum Burjolee: I don't know.

Shri Mataji: It's your language. You lost? You are Persian to begin with.

In Persian language, Mahadhi means the Adi Mother.

Rustum Burjolee: I don't know Shri Mataji about that. But there's an Iranian here somewhere isn't it?

Antonio: Majid is not here right now.

Shri Mataji: Then Iranians also changed. I asked him, [?] as well, and he says that this is from the ancient Persian.

Rustum Burjolee: Western Persian. That we should know Shri Mataji, it's in our prayers.

Shri Mataji: What are those [?]

Rustum Burjolee: That's the one we use, but I don't understand it, Shri Mataji.

Shri Mataji: You should find out "Mahadhi".

Rustum Burjolee: But it's very similar to Sanskrit.

Shri Mataji: [in Sanskrit about Maha adhi]

Rustum Burjolee: Yes, Maha adhi. Yes, it is very close to Sanskrit, Western Persian.

Shri Mataji: I think so because Gandhiji [Hindi?]

So now, you are quite prepared for Mehedi Ruhani.

C.P. said that Mehedi will also do.

Rustum Burjolee: Mehedi or Mahadi, is the same sthing Shri Mataji.

Shri Mataji: Acha? Mehe

Said Ait Chahal: Mehedi.

Shri Mataji: What do you say to mother? "Mère"?

Antonio: Mère.

Shri Mataji: Mère.

Antonio: Mère.

Shri Mataji: Mehedi, he said Mahadi?

Said Ait Chahal: Mehedi.

Shri Mataji: Mehedi, for the coming to your house.

Said Ait Chahal: The meaning is the, somebody who is offered.

Antonio: The gift of God.

Michel Cernay: Prasad.

Shri Mataji: A poster.

Antonio: No, no, a gift.

Said Ait Chalal: A gift, somebody who is offered to another person.

Rustum Burjolee: A gift, something that is offered to God.

Said Ait Chalal: Yes.

Shri Mataji: Offered to God or to human beings?

Said Ait Chalal: Well, here it is to human beings, because it's given to a woman who is the mother.

Shri Mataji: That's what I –

Said Ait Chalal: Who is the mother.

Shri Mataji: Given to human beings to kill or to do what they like.

[Laughter]

Shri Mataji: All right, let's see, we'll work on this. It will- you see, you have to have a particular courage, shakti sheoda [unsure]

Rustum Burjolee: Ji.

Shri Mataji: Look at Me, I'm a woman, in Basel [Switzerland], last year, I blasted over a bank and all these Swiss [??] and thousands came.

Shri Mataji: I said you carry the white cross over the red blood of all the developing countries.

Antonio: White cross of hypocrisy.

Arnaud [laughing]: Yes Shri Mataji.

Shri Mataji: Gregoire was sitting like this.

[Laughter]

And he was saying: "Mother the book that you are writing, I don't know what's going to happen."

"What? They can't arrest Me. I write it up. Whatever of what is written, if you can prove it's wrong, you can arrest Me."

I write the truth.

Rustum Burjolee: Many people have written much worse things, you know.

Shri Mataji: Hum?

Rustum Burjolee: I said many people have written things completely wrong no one's done anything to them.

Shri Mataji: No, no, they have written. But you see, I'll also write it about Islam.

Rustum Burjolee: Acha.

Shri Mataji: Not Islam but Muslims, how they are bringing name of Islam to dust. They cannot say anything.

I can criticize Muslims?

Rustum Burjolee: Yes, of course. Many Muslims criticize it themselves.

Shri Mataji: So this is what my idea is.

Rustum Burjolee: But if you talk about the Koran, they'll get very upset.

Shri Mataji: Koran, I won't talk much.

Said Ait Chalal: yes.

Rustum Burjolee: Yes Shri Mataji.

Said Ait Chalal: It can be interpreted. To give an interpretation, a sensible one, not attacking it, then there is a reaction.

Shri Mataji: No but in the translation also. If they write anything wrong, all the Muslims will kill that person who translated.

Rustum Burjolee: No, no, that's allowed, you can make a mistake.

Shri Mataji: Hum?

Rustum Burjolee: You're allowed to make a mistake... [inaudible] didn't know any Arabic so he wrote it like this.

Said Ait Chalal: In good faith. [Means, without knowing]

Shri Mataji: Only thing, the big difference between the Islam and other religion is this, now, today, that they have like a complete administrative powers, exhibition powers, you see-

Rustum Burjolee: Which is not centrally controlled.

Shri Mataji: Hum?

Rustum Burjolee: Which is not centrally controlled and which anybody can take as his own right. They do this, Shri Mataji- Said

doesn't believe me- but in small Egyptian villages and places, someone will get up and say: "I'm Imam. This man is not a Muslim. Go and kill him."

Shri Mataji: So what? Ignorant people, they might be. You know they can, we call it 'piparyas' [unsure] in Sanskrit, it's the diversion. They can divert because, supposing I've not read Koran- I've read it- so what? I can divert it. Now, how will they know? They don't know even how to read and write.

Said Ait Chahal: That's what they are doing. They are using Koran for their own interest, not for the interest of-

Rustum Burjolee: Shri Mataji, when I used to stay with the Bedouins, in south Arabia, they are not educated, they can't read or write. They have never heard the Koran. So they do what they like in college religion. They would have to pray, don't pray in the middle of the night, and all sorts of things Shri Mataji.

Said Ait Chahal: Traditions.

Rustum Burjolee: You have no ideas what they.

Shri Mataji: What?

Rustum Burjolee: Yes. But they are OK. They were better actually, because you could talk to them.

Shri Mataji: Of course, they're innocent.

Rustum Burjolee: Yes, Shri Mataji.

Shri Mataji: Sometimes I feel, all these incarnations have created a chaos for Me. If they had not done all this nonsense with these ignorant people, it would have been a much better world, you know.

Rustum Burjolee: So why did they come Shri Mataji?

Shri Mataji: Hum?

Rustum Burjolee: Why did they come?

Shri Mataji: They came to bring you to make a [?] as this, what you call a, is the step by which you have to rise. But every body seems to be completely disobeyed.

If you want to know about Christ, I was telling them, I think fifth chapter of Matthews. There is describe human- Sahaja Yogis- how far they can go in their humility and all that. Absolutely. Where will you find-

Rustum Burjolee: ... The beatitude.

Shri Mataji: [Inaudible; Yogis speaking at the same time]

But we know that, after that. Of course that's a description because he is blessing you all, that "those who will trouble you", this thing. But after it's written that, it's written that you should not have a relation with another woman or something like that. But he said: "I say that you won't have this in your mind and in your eyes." I mean he reached the subtler points. So how many Christians are doing that? Where are they gone?

I hope they brought the good news to you about my not going to Bogotá now.

You see it appeared in the newspaper, even in England, Italy, everywhere.

Michel Cernay: Shri Mataji, we were some of us, giving bandhans about this football sucker festival. Because if Colombia had won, it would have- football became a real religion. There was not, in the TV, something else than football, all the advertisements were about football. Children had to take vitamins to become a great player. You had to buy a TV to see the matches. It was absolutely incredible. So thanks God, they were eliminated. But it's really a craze in this country. It's a religion.

Shri Mataji: Colombia lost.

Michel Cernay: Yes. Completely eliminated.

Rustum Burjolee: But you heard about what they did to-

Michel Cernay: Yes. That's the point.

Shri Mataji: What is-

Michel Cernay: So they killed the player.

Rustum Burjolee: One chap shot his own goal. So they shot him, Shri Mataji.

Shri Mataji: That I know.

Michel Cernay: Yes, that Shri Mataji knows. But I don't think it will go further now.

Shri Mataji: No, no. Another thing is "Grand Prix", this hero died.

Michel Cernay: Yes, Ayrton Senna [Brazilian racing driver died in May 1994].

Shri Mataji: Now.

So others will join to die. You see, they want fame. Even with the death if they can get, they 're going to Hell. You see, they are catering up. I mean they were first asking for money, then for power, now for fame.

Rustum Burjolee: And preferably all three, Shri Mataji

Shri Mataji: In my own thoughts I should write it down because they never come back.

Shri Mataji: This new attitude of Pop that he is saying that: "I know that we all make mistakes and I've made mistakes" is just to get a fame that he is very religious. [Shri Mataji speaks in Hindi] Hindi, they say: the cat eats seventy rats and then wants to go to Hajj."

Rustum Burjolee: It's true. If you ask Muslims who are real-

Shri Mataji: Eat rats?

Rustum Burjolee: Ne, ne, ne.

Shri Mataji [laughing]: The way you said it I thought they eat rats.

Rustum Burjolee: I asked many of my Muslims friends: "You know, why you are doing all these bad things, you see? You know it's forbidden in the Koran. Won't you go to Hell?" They say: "No, no, before we die we'll do Hajj and everything will be OK."

Shri Mataji: Is it written in the Koran?

Said Ait Chahal: No. But I think that's the way of teaching

Shri Mataji: Koran.

Said Ait Chahal: The principles of Koran which is completely wrong.

Shri Mataji: It is something like we had in our country also. We had people who knew Sanskrit, Brahmins, and non-Brahmins did not know Sanskrit. So whatever the Brahmins said, they used to listen. But gradually, among Brahmins only, they were very nice the foremost who came in. And they tried to put down all this nonsense. There was no marriage for widow in India. They used to marry small girls and if they became widows, there was no marriage like that. So there were, at least in Maharashtra, there were three reformists who married widows themselves, [inaudible] some prostitutes and reformed so many things there.

Also about education of women, they started universities free for them.

And because of Muslim influence, our country had become sort of either at tune with them or frightened by them. Those who were frightened were starting taking burqa, urda, ugart, [?] in My husband's family they all take ugart [?]. I also have to take.

It has an advantage, even if you are ugly, you don't bother.

[Laughter]

Rustum Burjolee: Shri Mataji, once I did a research in Oman, I tried to see how many of the religious people were beautiful.

Shri Mataji: About?

Rustum Burjolee: How many of the religious people were beautiful. And I found that religiousness and ugliness go together in Oman.

[Shri Mataji is laughing]: Not in Sahaja Yoga.

Rustum Burjolee: No, in Oman I said.

[Laughter.]

Rustum Burjolee: No, seriously, I did it, Shri Mataji.

Arnaud: In Sahaja Yoga, it's just the contrary Shri Mataji.

Shri Mataji: Yes. You become beautiful.

Arnaud: The Realization gives you the beauty.

Shri Mataji: That's the truth, you know.

Ah! I must tell you the last, that I was listening to this Hajj thing, there was one lecture going on like a [?] "Oh, oh, oh, oh" and Alga was sitting next to Me. So I said: "Alga, do you know Arabic?" She said: "Yes, yes, you can skip this man." He was just pouring poison saying "We are the truth and we know the truth and those who don't know the truth are evils and must be killed and all kinds of things." He spoke like this for two hours or say.

And I was just sitting there. So Alga said: "Mother, what is going to happen with these people who are listening to this kind of a lecture in your presence?" And there were thirteen thousand people who were stamped.

Rustum Burjolee: Killed.

Shri Mataji: That's the official.

Arnaud: Where?

Shri Mataji: Thirteen thousands people.

Arnaud: When?

Shri Mataji: Stamped.

Rustum Burjolee: In Hajj.

Shri Mataji: Crushed with the, this is stamped, in the crowd. What you say

Prakash: When was it Shri Mataji?

Shri Mataji: Thirteen thousands. It's the official news. Because after that only I had this

Lady from TV Asia. And she told Me that: "We are sorry but we shorten the program because the stamping was so great. Thirteen thousands." They tried to hide.

Said Ait Chalal: Yes, of course.

[Sahaja Yogis talking at the same time]

Rustum Burjolee: It was in May.

Arnaud: We didn't hear that Shri Mataji.

Rustum Burjolee: Oh yes, it was in English newspapers.

Said Ait Chalal: In the papers.

Shri Mataji: Little bit.

Antonio: No, in France, we didn't get it.

Said Ait Chalal: Yes, in France.

Michel Cernay: I got it in Colombia.

[Conversation in French between Antonio and Said about the news on French TV]

Rustum Burjolee: Now Hajj has become like a circus Shri Mataji.

Shri Mataji: It is. You know they have water pipes on their heads which are pouring water, they are standing with an umbrella.

[Cut in the audio]

1994-0712, The Inner Religion

View [online](#).

12 July 1994

The Inner Religion

Public Program

Palais des congrès de Paris, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program, "The Inner Religion". Palais des Congrès, Paris (France), July, the 12th 1994.

I bow to all the seekers of truth. At the very outset, I have to say that truth is what it is. We cannot change it, we cannot transform it. We cannot compromise with it. It is what it is, it has been what it has been, and it will be what it has been. So it doesn't change. What is needed is that we have to change. So, what is the truth? Truth is that you are not this body, this mind; you are not these emotions, intellect or conditionings. Nor you are ego. So what are you?

You are the pure Spirit. All the scriptures have said this. If you are the Spirit, that is the truth. We say, "My body, my intellect, my emotions." Who is this my? So we have to become that truth.

The another truth is when we see these beautiful flowers, we don't even think what a miraculous thing it is to have them. So beautifully planned. When you see the nature, you are amazed how every leaf gets the sun. Who looks after nature? Who does these living works? If you ask the doctor who runs your heart, he'll tell you it's an autonomous nervous system. But who is this auto? Who does this? They cannot answer. Science cannot answer many, many questions. Specially it cannot answer: Why are we on this earth? What is the purpose of our life?

These answers only you can get when you have the self knowledge. You need not believe Me blindly, because blind faith has been very troublesome to us so far. So if this happens to you, and that you can feel this all pervading Power of Divine love which is doing all the living work, as honest people you have to believe in it. And if you become the Spirit, and if you have the powers of the Spirit from within yourself, then you'll have to believe in it.

Now, this is the special time for us to get our self knowledge, Self Realization. I call it a blossom time. But different scriptures have described them as the last judgment, or resurrection time, or all kinds of things. You have been already told about the centers that we have within ourselves. All the global problems, most of them, come from human beings. And all human problems come from the jeopardy of these chakras, centers. Whether it is physical, mental, emotional, any kind of problem comes because these chakras or these centers are not in a healthy mood.

But if you care for your own benevolence, and benevolence of your country, benevolence of the whole world, if you really care, then this is the only way you can achieve it. So, let us see what happens when this Kundalini rises within you. In the Bible there's a mention of God Almighty and His Son, and no Mother. Mother is the Holy Ghost, the Primordial Mother. It was avoided completely, that there is any feminine power in the primordial form. This is how lots of problems are being created for women.

Now, here you have this in the triangular bone you can see the power that connects you to the Divine Power. Just like this cord which has to be connected to the mains, otherwise it is of no use. You have no identity unless and until you are connected to this power which has created you.

This power is coiled up into three and a half times and is your individual Mother. This individual Mother knows each and everything about you. Also knows what mistakes you have committed so far, and what are your aspirations. She is your individual Mother who is anxious to give you the second birth. She rises through these six centers, and pierces through the sixth center here which we call as Brahmarandhara in Sanskrit. This is a happening. This is an actualization of your baptism. It's not

just a talk or a sermon. And when it is connected to the all-pervading Power, the Spirit in your heart gets enlightened. First thing that happens to you, is that you feel a cool breeze on your fingertips. It is described in the Bible as cool breeze of the Holy Ghost. In all the scriptures, even in Indian scriptures is described as a cool breeze. In the Koran it is described as Ruh.

Now this all-pervading Divine Power is there, existing, we have to just get connected to it. You also start getting the cool breeze out of your fontanel bone area on top of your head. Now you have to certify yourself, nobody is going to certify you. You have to certify yourself. Are you feeling this cool breeze or not? Are you getting this cool breeze out of your fontanel bone area or not? It's a physical happening.

Then you start feeling all the centers on your fingertips. You can feel your own centers, and then you can also feel the centers of others. Then who is the other? You become one with the ocean. Then all this world you feel is your own.

There are many who do not believe in one God, who not believe in, say, God. There are many who don't believe in God. But when they believe in something, they have not seen it. How can you say there is no God? It's not scientific. You should first find out if there is God or not. By just saying that there is no God, there is one God, there are ten Gods - how do you know? So first you have to get to a point from where you can know the absolute truth. Then once you have this connection, you can ask: is there God? And the vibrations start flowing much more. Because that's the absolute truth: there is God. Many people have become atheist, given up religion, to them it's all a myth. To them it's all nonsense. Also when they see in the name of God so many horrible things are doing, they get, ah, they get absolutely disgusted.

So you have to first make them the instrument which can feel the truth. In Sanskrit we call it bodha. Meaning that you should feel it on your central nervous system. From where the word Buddha has come, the one who can, who is enlightened. Another word they've used is vida. Vida means to know on your central nervous system. From where the word veda has come. Now if this knowledge was so ancient, ten thousand years back people knew it in India, there are certain reasons for that. In India, the climate was such that people don't have to worry about going out or about looking after the nature. They - nature is very kind to them. You could live in the jungles, you can live wherever you wanted. There is no restriction, because the nature is so kind. As the result of that, people become introspective. They started meditating. And they found out that there is this Kundalini Power which, if it is raised, you can get your Self Realization.

If any knowledge is coming from the West, we accept in India, isn't it? But if any knowledge is coming from India, why should anybody avoid it? Because it is for the benevolence of people. It has nothing to do with outside religions. It is something inner, knowledge that was there. Also we had lots of people like Lao Tse, like Zen system, we had people also in England, like William Blake. So many of them had talked about this inner knowledge. And they were all saints. I was surprised that in Colombia, they had the knowledge of Kundalini. And they used to make ornaments like Kundalini. So if you open your eyes and open your heart you will find everywhere there was this knowledge about the ascent of man.

It was in the tradition of awakening that time that only one master will give it to one disciple. Gradually, it started appearing in poems and scriptures. But nobody really talked about it in an open way. We had also lots of Sufis all over the world who knew about it.

Now we have to understand the time has come for thousands to get Self Realization. For example in Russia, we have in one village twenty one thousand Sahaja yogis. Twenty one thousand! Because they are not conditioned. They are a clean slate. I don't say democracy is not desirable, very much desirable. But one must have knowledge how to use freedom.

The second thing that happens to you, that your inner religion is enlightened, inner religion. These chakras are created by great prophets. They have talked of religion in the real sense of the word. But they do not follow religion. You may be Christian, Hindu, Muslim, anything, you can commit any kind of sin. But once you become a saint, you do not. Nothing can tempt you. For that you don't have to leave your houses, families, nothing. It's inside yourself.

We talk of peace. And we ... I have met many people who have been awarded peace awards. But they have no peace within. How

can they spread peace? With these awards, can you spread peace? All the religions are the signboards to enter into the Kingdom of God. But if you are just standing at the signboard, and reading the signboard, will you enter in? You have to leave the signboard, and come up to this center where resides all peace, joy and happiness.

We find very difficult sometimes to follow any religion whatsoever. I've known people where it is prohibited to drink, they drink like fish. And all such things. The reason is they are not hypocrites, they are human beings. They are ordinary human beings. So if they are drinking, there's nothing wrong in that. Just by branding yourself as something, you don't become that. But once you become, then nobody has to tell you "don't drink," you just drop it.

I always give an example of a person carrying a snake in the hand, in the darkness. And the person is very obstinate and conditioned. And he won't accept that there is a snake in his hand. It's darkness. He'll say, "This is a rope," till the snake bites him. So the light has to come. Once in the light, he sees the snake, he just drops - himself, nobody has to tell him. That means we all need enlightenment: one step forward from this human awareness to a higher awareness.

Once you are enlightened, you don't do wrong things. You don't take to wrong things. Then you start understanding all these prophets, all these great incarnations, you start understanding what they were. Then you understand that all these religions have come out of one Tree of Life, which is spirituality. And we have plucked these flowers and we are fighting with the dead flowers. There's no life in it.

How many things have been said in the scriptures, are followed by the people who are supposed to be Christian, Muslim, Hindus? By just talking to them, it is just a lip service, you cannot convince them.

Now this actualization gives you that power, that you become a personality which is confident, because you start using these powers. By that you can cure people. You can bring peace wherever you go. You feel absolutely protected. So many miracles. Endless. I had so many letters coming to Me of the miracles they had, how they were saved, this, that. I didn't know how to answer them.

So I asked one gentleman, "You better compile them."

In one month he wrote, "I've got up to my head so high, all these things now, which one am I to compile?" He asked Me I should see those and I told him, Forget it." All the miracles that they have seen is a wee bit. You don't know how miraculous is this God Almighty.

Then you become extremely dynamic. You don't get tired. As you know, I am seventy-one years of age and I'm traveling every day, practically every day. But I never think I am traveling. You become extremely compassionate. Just can't help it. You can't bear any kind of sadness or any kind of malady of another person. And you have to just attend to that person, show your attention, and that person you can help. Then you know the meaning of your life. That you are the instrument of God. And when you surrender to that Divine Power, then you are amazed, how things are done by you. Everyone will say, "You have done this, you have done that." You'll be amazed, "When did I do?" We are all going to enter into that Kingdom.

Then another thing is that once this Kundalini rises, She does something very miraculous also. For example I say, "You pay attention to yourself inside," you cannot. And we are thinking all the time about the future and the past. One thought rises, falls off, another thought rises, falls off. So we are jumping on the cusp of future and past. But in between those thoughts there's a little space that is the present. The past is finished and the future doesn't exist. So what exists really? Reality is present.

So when you stand in the present, you become thoughtlessly aware. And this state is the first state you achieve, and this is the state where you become absolutely peaceful within yourself. The peace is so great that you enjoy your peaceful existence. Not only that, but you become the source of peace. Wherever you go, you emit peace.

We talk of peace. It is not possible without self knowledge to establish peace, I can tell you this [much]. Now as you must have

heard that Sahaja Yoga is working in sixty-five nations. Of different creeds, of different nations, of different races, of different religions. But I have not seen anybody quarreling or fighting, or arguing even. They pull each others leg for fun, that's all right. Because they all know the same truth, it's absolute. Whether you are a Mussulman or you are a Hindu, or a Christian, or anything, if you know the same truth within yourself, then what is the fight?

When you see the greatness of Jesus, greatness of Hazrat Mohammed, you see the greatness of Shri Rama, you understand that They are all together, we are different. Christ has said clearly, "Those who are not against us are with us." So who are those who are with us? So in the realm of the Divine, you will find out that all these great incarnations, prophets came on this earth to establish human beings on the right path. So that they can enter into the Kingdom of God.

This Sahaja Yoga that we are talking about is the last breakthrough of our evolution. Firstly you know the absolute truth - you know. All of you know the same truth. Not mentally, but in the heart. It is beyond mental. And that is what ... as you know I'm sitting here, is a fact. In the same way, you know the absolute truth.

So what is it after all, all these United Nations, this, that you have, I know all of them very well. There is no truth about it. It's all a sort of a job seeking place, I think. What you have to do is to get people who have the absolute truth at the helm of affairs. I haven't seen anyone in Sahaja Yoga who cheats, who is dishonest, who tells lies. I don't have to tell them, "Don't do." No commandments. If you talk about commandments, half of them will leave the hall. And our sympathies without Self Realization go to wrong people. Actually we are confused.

So the aim of our life is to get self knowledge, Self Realization. Now what happens that our attention becomes enlightened. Attention. The eyes become innocent. There is no greed, there is no lust. And these innocent eyes are very powerful. If you glance with these innocent eyes, you can do so much good, so much benevolence to other people. And sitting down here you can know about anyone you want to know. You don't have to go anywhere, telephone to anyone, just sitting down, you will know what is the situation of the chakras of this and this person. Because this Power which is all pervading, is the most efficient communication powers than anybody can think of. It is so alert, so attentive, so precise that surprisingly it works in split of a second. So many examples can be given. And then you become so confident because you are protected. You know you are protected.

In this small lecture, I cannot tell you much more about it, but one thing I want to tell you, that above all you jump into the Ocean of Joy. Joy is singular. It is not like happiness and unhappiness. When your ego is pampered you are happy. When your ego is punctured you are unhappy. Now you become like a witness of the drama that's going on. When you are out of that drama, you know how to solve the problem. If you are watching something, a play, you sometimes get involved with it, and think that you are the one who is inside there. But when the play is over, you know you are here and the play is there. In the same way you see the whole world.

Now the time has come. You must know one thing.: the God Almighty Who has created us is the greatest organizer. He's not going to allow us to destroy His creation. And I must tell you that this Divine power is so anxious now to give Self Realization. Like I was surprised that in Russia I have to always organize it in a big stadium, the program. They get their Self Realization, and then they settle with it. But in the West it is, they get Realization, then they feel very happy, then it goes round, they don't get to it. The conditionings are much more in the countries where there is democracy. Because somebody is following this religion, somebody is following that religion or somebody has these ideas. It's so mental, everything's so mental.

Now, say the Ocean of Love, Ocean of Bliss, Ocean of Joy is just there within you. So why should we not accept it? You have to little bit work it out; little bit you have to work it out. Sometimes the connection is loose as they say. So sometimes you have to see that the connection is permanent, of eternal nature. So first you have to be the Self, otherwise we are still half-baked. Tonight I hope all of you will get your Self Realization.

They told Me that in this month, all the Paris people are out of Paris. I said those who are seekers, I'll meet them definitely. It is so hot here, what is the use of going to Spain to burn your skin? There is no wisdom, but they do it, because they are so conditioned.

In the West, people are very conditioned. Some fashion starts in Paris, everybody does that. I mean they are like sheep. There are piles and piles of clothes in every house. Indians are not like that. With tradition we have learned that this is the dress will suit us. Specially the ladies. We had one mini sari coming to Bombay. Came up to Bombay and disappeared in eight days. They said, "Get lost, this is not for us." Because traditionally we have understood that this kind of a dress is all right. Now why change every day, just for these manufacturers? And this free media that you have, media, has also ruined you. Because every time they are showing you something and even the children want that which is shown on the television. It is such an enslavement, I tell you, that sometimes it's shocking that in America the dogs have got birthdays. They have teddy bears which have got birthdays. This speciality expertise in marketing has really conditioned us completely. And media doesn't think they are doing anything sinful. As long as they are money-oriented, finished. Money. If money had brought every kind of happiness, you'd have found the world very much better.

It's only the spiritual wealth that gives you that joy, for others and for yourself. So let us now decide to have our self knowledge, because this power of Kundalini is of pure desire. All desires that you have are not pure. Today you want to buy a car. Once you have the car, you don't enjoy it, you want to have a house. Then you want to have helicopter, then an aeroplane. If your desires were pure, you would have been satisfied, but you are never satisfied, because matter cannot give you satisfaction.

So this is the pure desire we have within us: the desire to be one with this Divine Power, whether you know it or not. So it's very important that all of you who are here, I hope you are all seekers of truth. If you have come here to criticize Me, nothing would work out, I must tell you. Of course it is not meant for idiots and mad people. You have to have a capacity and desire. I must tell you there are thousands and thousands these days who have that. Last of all, you cannot pay for it. It is a living process. How much did we pay to the Mother Earth for these beautiful flowers? It's invaluable. Money is the headache of human beings, not of God.

It's your own right to have your Realization, it's your own right. So there's no obligation of any kind. Before giving you this Self Realization, I have to make a humble request. That's: who don't want to have it, I cannot force on you, because I respect your freedom. If you want to remain as you are, all right, I have nothing to say. But please leave the hall. Really I tell you it's not possible to give Self Realization to people who don't want to have it.

All right. Now there are three conditions which are very simple. The first one is, you should have full confidence in yourself, that you all will get your Realization. That means, you should not feel in any way guilty. People tell you, "You are a sinner, you are doing this." I tell you, you are not a sinner, you are a seeker. And that's why you have every right to have your self knowledge. That means you should not feel guilty at all. Very important. You feel guilty and you catch on this center here. And I catch from you. There's so much here now, feeling guilty, it's a fashion, I think. Please, be pleasantly placed towards yourself. As I respect you, you must respect Me...You should respect yourself.

The second condition is even simpler and very logical: that you must forgive everyone. Now many would say that "We cannot forgive, it's very difficult." But it's a myth whether you forgive or don't forgive. What do you do? You don't do anything. But when you don't forgive, then you are playing into wrong hands. That means you are torturing yourself, while those who have troubled you are quite happy. So this center which is in the center of optic chiasma is constricted like that (Shri Mataji shows how the center constricts with fingers). And if you don't forgive, it won't open. But if you forgive, it opens like that. You must not even think of those people, because it's a headache. In general you should say here today that "I forgive everyone."

Then I have to tell you about this center. That this center when you catch by feeling guilty. you get disease like angina, spondylitis and lethargic organs. And at this moment, if you don't forgive ... if you don't feel guilty, it will open out, this center and you will get your Realization. But this center (points to Agnya) is even much more constricted. And if you don't forgive now, then it will never open and you will miss the great chance of having your self knowledge. So all your life you have tortured yourself, and at this important moment you will also miss the most important moment of your life. So now, in general, forgive everyone.

Third condition is very simple: you'll have to take out your shoes. Need not to take out socks, but shoes I think. As I don't know if he has told or not that we have two powers left and right within us which are expressing our sympathetic nervous system left

and right. So the left side is the power of desire, and the right side is the power of action.

So you put your left hand towards Me like this - on your lap, just like this - expressing your desire to have Self Realization. And also you should know that left and right side are expressed also in your feet, so keep them apart from each other. The right side we use, the right side we use for action, so we use our right hand for nourishing our centers.

So please put your right hand on your heart. Because in the heart resides the Spirit. Now if you become the Spirit, in the light of Spirit you become your own guide, your own master. So you put your right hand in the upper portion of your abdomen which is the center of your mastery. This center is created by great prophets and masters.

Now please take your hand in the lower portion of your abdomen on the left-hand side. Now this is the center of pure Divine knowledge. Now please take your right hand upward in the upper portion of your abdomen on the left-hand side. Now please put your right hand now on your heart.

Then in the corner, in the corner of your neck and shoulder. Now put your head on the right side. Now you have to take your right hand on top of your forehead and put down your head. Here you have to forgive everyone. Now please take your hand on the backside of your head. Head, head. Backside of your head, not neck. This is the center - please put back your head - here you don't have to feel guilty, you are not to count your mistakes, but just for your satisfaction you have to ask forgiveness from this Divine Power.

Now last center which is very important. Stretch your palm fully. Put the center of your palm on top of your head. And push back your fingers as far as possible. Push back. And now move your scalp slowly. Seven times. Clockwise. That's all we have to do.

Now, we start it now in a way that you close your eyes. You close your eyes and don't open them till I tell you. You can also remove your spectacles, and ... because you don't have to open your eyes till I tell you.

Now, please put your right hand on your heart. Here now, you have to ask Me a very fundamental question about yourself. Please ask Me three times in your heart. You can call Me Mother or Shri Mataji. Ask the question: "Mother, am I the spirit?" Ask this question three times.

Now, I've told you that when you become the Spirit, you become your own guide, your own master. So please, put your right hand in the upper portion of your abdomen, on the left hand side. Press it with your fingers. Here ask another fundamental question to Me: "Mother, am I my own master?" Ask this question in your heart. I cannot force on you Self Realization, as well as the pure Divine knowledge.

So, please take your right hand in the lower portion of your abdomen on the left hand side. Here you have to say six times, because this center has got six petals: "Mother, please give me pure knowledge." Now raise your right hand in the upper portion of your abdomen. As soon as you ask for pure knowledge, the Kundalini has started rising. So now here you have to say with self confidence, to open these chakras: "Mother, I am my own master." Ten times, because this center has got ten petals. I've already told you that you are not this body, this mind, this intellect, emotions, ego and conditionings. But you are the pure Spirit.

So now raise your right hand on your heart. Here, you have to say twelve times, with full confidence: "Mother, I am the pure Spirit." This Divine Power is the Ocean of Knowledge. It is the Ocean of Compassion and Bliss. But above all, It is the Ocean of Forgiveness. And whatever mistakes you have committed in the past can be easily dissolved with the power of this compassion.

So now, forgive yourself and put your right hand in the corner of your neck and shoulder. And turn your head to your right. 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. But if you don't forgive, then you play into wrong hands. So at this moment you have to forgive everyone in general without thinking about them. Now please, put your right hand

on top of your forehead across, and put down your head. Here, you have to say with full confidence, from your heart, not how many times: "Mother, I forgive everyone."

Now please take your right hand on the back side of your head. Here again, not how many times, but from heart, please push back your head properly. You have to say: "Oh Divine Power, if I have done any mistakes, please forgive me." Say it from your heart.

Now the last center. Stretch your palm, and put the center of your palm on top of your fontanel born area which was a soft bone in your childhood. Now press it hard. Push back your fingers, and move your scalp slowly, seven times. Put down your head, put down your head. Now, I cannot force Self Realization on you, as I told you. So by moving your scalp seven times clockwise slowly, please say: "Mother, give me my Self Realization." Bend your head, bend your head.

Now please take down your hands. Please open your eyes. Now please raise your hands like this. Please watch Me without thinking. Open your eyes and please watch Me without thinking. Put the right hand towards Me like this. And bend your head, and see for yourself, if there is a cool or a hot breeze like vibrations coming out of your fontanel bone area. Now, please put left hand towards Me. Put down your head and see for yourself again with the right hand, if there's a cool or hot breeze like thing is coming. Now don't doubt it, please don't doubt it.

If you have not forgiven, it will be hot still, but please forgive. Now, with the right hand now, we have to see again, with our left hand, right hand towards Me and left hand on top of fontanel bone area, where you can see. Sometimes it comes close, or sometimes away. So move your hand and see for yourself.

Now please put both your hands like this. Now put both the hands toward the sky like this, and push back your heads. Now ask anyone of these three questions three times, anyone. First one is: "Is this the cool breeze of the Holy Ghost?" Or, "Is this the Ruh?" Or, "Is this the Paramchaitanya?" Ask any one of these questions three times in your heart.

Now, take down your hands. Now put your hands towards Me like that. All those who have felt cool or hot breeze on their fingertips, or on their palm, or out of their fontanel bone area, please raise both your hands. No you didn't feel it? (Shri Mataji says this to one individual in the audience.) You should.

My Goodness. This is Paris, I can't believe it. May God bless you!

Now your new life has started. You have entered into the Kingdom of God. Be sure that you continue with it, and grow well. In this Paris when I came first, they told Me: "Mother, You look very happy, don't show your happiness." So I started My lecture with the Les Misérables. Today I see so many of you. Really, it's so gratifying. But you must grow. It is not an individual process. But it's a collective happening. So you have to come to the collective. As we don't take any money, nothing, so we don't have very elaborate places, very humble. So you have to come to the collective, because it definitely helps you to grow very fast. But if you are individual, then slowly, slowly, I find people go down. All those who haven't got also Realization, should come to the collective, you are all welcome. You'll get all the knowledge, all the books, whatever you need.

But I really don't like people reading books much. Because it is not a bookish knowledge. It is the knowledge of experience. So when you are in the collective, you must know that you will suddenly widen your knowledge. Luckily we have very good Sahaja Yogis here, who know a lot about Sahaja Yoga. They are very humble and sweet and I'm sure they will help you very much. Of course you don't have to pay for anything. If you have any problems, you can write to Me. You can write to Me even in French, I don't mind.

Thank you very much.

Now the message is: enjoy yourself.

May God bless you!

1994-0713, Shri Vishnu Puja: The Basis of Dharma

View [online](#).

13 July 1994

The Basis Of Dharma

Vishnu Puja

La Plaine Saint-Denis, Saint-Denis (France)

Talk Language: English | Transcript (English) – Draft

It is such a great day today that the French got their liberation on this day. But what is this liberation for? I don't know. In no country where they had freedom and liberation, I have seen, it has not worked something very much that was expected. Say in France... So the liberation through anger, when it comes, hatred is the basis of these revolutions and these so called achieved liberations. If the liberation takes place within yourself, so that you are no more slave of anyone of these horrible destructive forces and negative forces, then it's a real liberation. The second thing that has happened in France, first time in Europe, it has been recognized as dharma. It's a very big thing, and give a hand to it. [Lots of applause.] It is recognized that Sahaja Yoga is dharma. It is. But today it was recognized. This is a very big thing. I must say credit goes to your leader and to all the Sahaja Yogis of France who have worked so hard to get this sanction, this kind of a position. It's a very great thing.

So, today I was thinking that we'll have the puja of Shri Vishnu, who was the basis of dharma. So far we have never worshipped anyone who were the basics, except for Shiva. We only worshipped the incarnations because they became as incarnation; Ganesha came as incarnation, the Goddess came as incarnations, Rama, Shri Krishna, Gurus, Christ, Buddha, all of them came as incarnations on this earth. And we worshipped the incarnations who came on earth specially. But today, as Sahaja Yoga is established as dharma, we have to know about Shri Vishnu who is the basis of dharma. Later on He came on this earth as Shri Ram, then as Shri Krishna, and ultimately as Kalki. It is a beautiful evolution of Shri Vishnu. So, one has to understand what is the basis of dharma. If you know, in the matter they are eight valencies. They are negative, positive and neutral. But in human beings there are ten valencies, and these ten valencies are created by Shri Vishnu, within us. They are protected, looked after, and nourished by Shri Vishnu. And whenever He finds human beings falling down in their dharma, He takes His birth on this earth. Ultimate stage is the Virat. At that stage, this Vishnu principle divides into two: one goes to Virat, another to Viratangana. But the third principle is what you call as the Mahavishnu, which incarnated as Lord Jesus Christ. So all these three principles act, at this time, in Sahasrara mainly.

So, the Virat is the principle in which you can see that the message of inner dharma is spreading all over the world. Not only that it is said in modern times that you don't do this, don't do that, don't, don't do that...no. No ten commandments. These Ten Commandments have to become your own nature. You are to be completely identified with this nature. So, in the evolutionary process if you see... well, it was the job of the guru to establish these dharmas into you, and by these establishments you were made a person who was dharmic. But if you see in the world, whatever is told, written down, explained verbally, becomes a lip service. That's why we see all the religions, who preached about the same things, and they all have gone in different lines. Some are money oriented, some are power oriented, some are violent, and some are absolutely false. So when you see this, you are amazed how this principle of dharma has been ruined by human beings. Why could they not accept dharma? I have to say that there are two genes within us, which are meant to protect us from committing sins against the Mother, and committing sins against the Father. Those two genes get into mutation and then people start doing whatever they like, there is no control over them. And this is what happened during our evolution. I would say in India, traditionally, people are dharmic, very dharmic. The reason is for ancient times we have talked of dharma, we had saints, and then there was a kind of a tradition built in - for thousands of years. At that time we had also Egypt with us. But in Egypt, and also in Greece, something went wrong with them that... We'll take the case of Greece, where they make all the Gods look like human beings. They brought down the level of Gods from dharma to adharma. And in Egypt, because of the kings of those countries, who were very much interested in the death, in their... what you call... graves, in building pyramids, all such things, not building up inside the dharma. This is a reason why in Egypt also the dharma went down very much and ultimately, now, Islam established there. Islam came because people were adharmic. Also, in Greece they accepted Orthodox Church because people had become adharmic. But these religions

themselves were adharmic. They could not instill dharma within themselves, so how could they instill dharma into these people? And this happened very much in these countries, and Vishnu's avatara, as they say, as a Narasimha came very near, very near Greece and very near Egypt - that is in Peshawar. In Peshawar these things happened, so it was very close also to Egypt and to Greece. But they became very much against Vishnu, because they thought their king was killed by them and all that. So all these rakshasas entered into the area in Afghanistan and then they came to Egypt and to Greece, and tried to bring all the Gods and Goddesses to the ground. Long time back, must be at least ten thousand years back, when Prahalada brought in the incarnation of Shri Vishnu. These rakshasas went into their... called as asuras, asyrians they call, but asuras they were. And if you go to Egypt you'll find the Sphinx there. Just the opposite of what Narasimha was. The man is in upper part and the lion is in the lower part. But Narasimha is just the opposite. Narasimha is the lion in the upper part and the man in the lower part. So they created this kind of a image which was just the opposite of Vishnu. Because, just to show that we have another kind of a big incarnation, which is just the opposite and can fight Vishnu very well. With these rakshasas entering into these people, they developed a very aggressive nature. Fighting nature, aggressive nature, they developed their muscles in Greece very much, and the whole of history of Greece if you read, it's really maddening. One fighting another, another fighting another, they were killing each other, they were...I mean, there's no end to it. Till Alexander came to India and he saw a culture which was dharmic, and he was quite surprised. How these people lived with symbols and all that. He said: "All right I had enough of it." He went back. But in Egypt also they could not understand dharma at all. Because, they believed in the dead, all kinds of black magic and all that. So when the Islam came, they accepted Islam. So here came Christianity, and there came Islam. They say in Russia, Tsar wanted to have some religion. So these...out of these, he asked the Christians; first he asked the Catholics to come and make them, all of them, religious. Because he wanted to have some religion. The essence is Vishnu.

But these perverted Vishnu swarupas were there. Now they went into Russia, one by one. So first came the Catholics, and Catholics said, "You can't have so many wives. You can only have one wife." So they said, "This won't fit us." Vishnu had only one wife. Ekapatnivrat - one wife. Even in Rama's life, same thing. Then, they called for Muslims. So Muslims said that, "Alright, you can have many wives, but no drinking, no vodka." So they said, "How are we to live without vodka?" In all these religions there's a little, you see, part of dharma. In the first one, only one wife; in the second one, Islam, no drinking. They said, "No, no, no, we can't live with that kind of." Then they sent for Orthodox Christians. Orthodox. Orthodox is the word. And the Orthodox said, "You can have as many wives you like, and you can drink as much as you like." They said, "This fits our dharma." And they accepted.

So any kind of restrictions you put on human beings, any kind, without realization, they will do exactly what is destructive. I have seen the Muslims now, for example. Once I was coming from Riyadh, going to London, I went off to sleep. When I got up I saw all very fashionable women with all exposed bodies and very fashionable men with bow ties and all that. I said, "What has happened?" So I asked the airhostess, "Where did we stop?" She said, "Nowhere." I said, "From where these people have come?" She said, "They are the same." In Riyadh, they would cover their faces; they'll cover themselves with this. My son-in-law told me that, "I can't say I'm traveling, I am going with you who is my Mother-in-law. I'll be arrested." Even a mother-in-law, you cannot go. Only she should be your mother. Thank God our surnames were the same. So nobody arrested us. Such stupid things you know. Keeping women away, men away, then telling the women, "You can't do this, you can't do that." And men doing all kinds of things. All this results into a very bad hypocrisy. Same with Christians. If you read Christ, what He has said is so tremendous that for everything He said... For example, He said... They say there should not be any adultery, but He says: "Even you should not have adulterous eyes and it should not even come into your mind." Can you imagine what He said? Now, tell me about Christian nations where women are becoming nude, naked, this men are looking at them, and there's a nonsense going on everywhere. Can you believe that these are Christians, and then on Sunday, wear your hat and go to church? How can you call them Christians? There is no dharma at all. Going to church is another hypocrisy. And the amount of licentiousness that has come in the western countries is the limit that one can reach. They do it in such a way that even animals won't do. The whole lifestyle is such: how to find our destruction. They want to destroy themselves. Why it doesn't happen in India so much? - Because they know it is sin, they know it is sin. But then you have such things here, that a priest is abusing children. How can you? You are a priest. Have some shame. Even in India there are priests like that. But not to this extent. That in the colleges and schools you find the higher authorities of the Catholic Church are doing. Look at this Catholic Church. What sort of a Catholic Church it is? Catholic means sanatana, is from the ancient, coming from the ancient. Sanatana - it's coming the first. Where is it? How can you... call themselves Catholics? They are the most modern gutters, that's what they are. What good thing are they doing? When I read about this Catholic Church, I think these people should really disappear into Arabian Sea. Because they are killing people, all right: then they are making money, then they are one with the mafia, they are bestowing awards on the mafia leader. Is this the

Catholic Church? Is this what Christ wanted? So juxtaposition. Christ is here and this is in juxtaposition, absolutely a different thing. Whatever was dharma is not there at all. So where do we go? If you think that becoming a Buddha, Buddhist, you are all right, absolutely you don't know how Buddhists are. They are the greatest beggars, and the greediest people. Very money oriented. I know how many people have lost all their property because of this Dalai Lama.

So now, where is the dharma? Dharma is within, and that is why this Vishnu principle is to be awakened within yourself. And this principle then expands into many ways. Because Vishnu is the one who is, the one who cures. We call Him a Dhanvantari - means a doctor. He is the one who cures because He is our preserver; He is the preserver of human beings. So if He preserves your dharma, then you don't get sick. And if you get sick, it is Vishnu who will preserve, who will cure you. So He is the one who is, we can call, Dhanvantari - is a doctor. Also, He is Yama. Yama means the one who is responsible for our death. Of course, the Shiva, the... we can call, the principle of existence...spirit has to go first, and then Yama comes to take charge of the body. It is He who decides: Where should you go? Should you hang in the limbo? Or should we send to the hell? Or if you can go to heaven? All decision is taken by Him, with the help of Mahavishnu - that is Christ. So His job is to come when there is a dead body lying, to take away the spirit, and judge the spirit and put it in its proper place. Now a person who is an adharmi, supposing... Such a person He takes him out and puts him into hell. But before it is done, sometimes, these black magic people arrive, take away the skull of such a dead body - because when you are burned, the skull is still left - or the bones and try to control the spirit. Before Yama enters onto the scene. Thus, they utilize that person, his spirit, and manipulate it, and use it to harm others, or to entice other; they control them. So, this is the greatest adharma. This is the worst thing that one can do - is to take away the spirit and use it for mesmerism or enticing. But at the death of such a person, such a tantrika, Yama gives him most horrible death in the sense that the spirit doesn't go out easily. And such a person suffers, suffers and wants the release, but he cannot get a release, and it's a very big ordeal for that person to die. It's a punishment of being such a horrible tantrika that you have tortured so many lives. So the idea of sin came through dharma and adharma. We have idea of sin which is very superficial sometimes. For example, when Arjuna was fighting in the war, He said, "How can I kill these people? They are my brothers, they are my sis..., my relations, uncles, how can I kill them?" Shri Krishna said, "They are already dead. You are not going to kill." So...how are they dead? - Because they are on the side of adharma. So they are already killed. But you are on the side of dharma, and if you fight for dharma, then even if you die, you will be saved. Now this is stretched too far in many scriptures also. Which is very absurd. Like saying that if you die, and bury yourself - it is no soul they talk of - bury your body, then from the body after five hundred years, your body will come out, and you will be saved. After five hundred years, what will remain of the body? Such absurd ideas there are in these three religions: Christian, Jews and Muslims. That's why they bury people. Now burying people means you are occupying the land, and also keeping the bhoots there. Like in... I was surprised, when I first came to Paris, that in the center of Paris they have got such a big cemetery. Naturally, people drink here - because most of the drunkards are sitting there inside the graves and they are inciting them to drink. It's very surprising that in the West they have such absurd ideas that when you'll be buried, then you'll be resurrected like Christ. Just imagine... Christ was resurrected between three days. He died on Friday, resurrected on Sunday morning. Not even three days. But if you keep some body for five hundred years, who is not even Christ, - if Christ's body, is different - what will come out of it? And so they are burying people. Only realized souls should be buried, not every common person. Because they still have their desires, their... they still want some things, their souls might be hanging around there...you see...that body. So, why should you keep the body in a place for years together? Then, after sometime, they'll dig it up and make houses there. And all the bhoots must... coming in the house. So to understand dharma, we should also understand how we are going to deal with the death of general people and the death of Sahaja Yogis. Only if you are dharmic, it is not sufficient. There are many people who don't do anything wrong, they're very austere type, something, but they are not in balance, normally. They're very hot tempered. If they are not hot tempered, they're absolutely recluses, sit in the Himalayas, like that... But those people who are dharmic, - in the real sense of the word - once they ascend to the state of Virat, then only they are the people who should be preserved, their body should be preserved. Because the dharma from the nabhi goes to your brain, and brain supplies to all the nerves the energy of the spirit. So the whole body of a realized soul is full of vibratory awareness. If such a body is buried, you can even get fragrance. And from a distance you will know that there is some saint being buried here. If you remember, there are seven photographs of Mine, where the light is falling on Me. That was a village called Mian ki takli. They told me then, "Mianh, one Sufi saint, died in this place. So He is buried here." Immediately, I felt the vibrations. And when I was sitting on the dais, I saw Him in the form of light, and He started throwing light on Me. And I was very happy; but when I stopped, He stopped it. He didn't become a bhoot. No, He did not. He became the light. And wherever it was necessary, He showed His presence.

So, we are following some dharmas. In Sahaja Yoga you are supposed to follow Vishnu principle. You have to follow Vishnu principle. You cannot say that, "Mother, we cannot do it." For example, Vishnu doesn't like smoking, tobacco, He doesn't like. He doesn't like alcohol. He doesn't like these drugs. He hates drugs. He doesn't like many medicines that human beings are producing. For example these antibiotics, if a Sahaja Yogi takes, he'll vomit - if he's a real Sahaja Yogi. Whatever maybe the quantity, whatever maybe the quality, so many medicines he cannot take. So, automatically you become like a Brahmin who avoids, "No, no, not this." Then you won't go and have food in a place where there are people who are against Sahaja Yoga, or who are not dharmic at all. You won't like it. I don't have to tell you that don't look at the women - you won't. You won't look at, automatically. Your eyes, out of dharma, will become steady. Nor will I have to tell women that they shouldn't run after men. Very few are like that who are struggling still. But most of you just drop all these bad habits, and come to a state where you just automatically become dharmic. Because when the Kundalini rises and occupies your brain, then you understand what is right, what is wrong; through your vibrations you will not take something that is not good. Food, you will see vibrations is not good, you will not eat. Anything that is not suitable, you will just say, "No." I don't have to tell you, "Don't do this, don't do that." You will never kill anyone; you will never commit any sin, automatically. I don't have to tell you, "Don't do this, don't commit this sin, don't commit that sin." Of course, if you are not yet a matured Sahaja Yogi, then maybe. But with maturity, I don't think you will take to wrong things. And you'll enjoy your virtues. The things that are called are virtues, are Vishnu principles. You say, "This man is virtuous," is very limited. In the mundane language 'he is virtuous' maybe 'he is good at drawings or something', nothing more than that. But, if you say, "Virtuous", it means he's a Sahaja Yogi. Now, Christ has gone so far, that if somebody slaps you on your left cheek, you turn the right to that person. Now think of it: how subtle He's gone - in patience and tolerance. Now think of the Christian Nations, which went all around the world and plundered. Spanish went to America, killed all these people there; English came to India, killed so many people there. Then some French also went to various African countries and finished them off. These are supposed to be Christians? By what means are they Christians? Not only that you have to ...not to aggress, that's not the only point. If somebody aggresses you, then you turn your another cheek to that person. This was said by Christ. Every ten.... every commandment He has tried to bring down to the level of Sahaja Yogis. How the beauty of Sahaja Yoga will shine through you and how you will express your spirit, it is in the Matthews, I think second chapter where, "The blessed are" - written down after that, it's clearly written down what you should be - "how tolerant, how patient, how compassionate, how loving." It is remarkable how such a great incarnation of Lord Jesus Christ was brought to such a low level by Christians. They have no business to call them Christians. They are the greatest heathens I could think of. The way they have ruined their culture, everything.

What about Islam? Islam... as in the Bible, Paul has done all the mischief - I don't know, he must be another rakshasa. Islam, also Koran was written by a very horrible fellow. Mohammed Sahib never knew how to read and write. And there was one fellow called as Mohayya. He was such a horrible fellow; he authorized Bible [could Shri Mataji mean Koran?], just like Paul. In that he put this Shariat. Now Shariat was meant for... for irmaia - what you say in English? - Jeremiah. In Jeremiah... Jeremiah has written that when Moses came - Adi Guru - He came with the message of ten commandments from the hill of Tur - He found these Jews going into complete decadent society, which we see today around ourselves. And He was so angry, that He said that, "For you, these are the punishments." But this was Moses gave to Jews, at that time. Not for today. But the Muslims are using that left and right among themselves. And they have become so quarrelsome that they are fighting among themselves, and I think they'll kill each other and finish off. There is no dharma of love; there is no dharma of compassion. The one who is not a Muslim is to be killed somehow, and the one who is a Muslim is also killed, because any Muslim cannot change his religion, he cannot. If he is a Muslim, he's a Muslim. He has to die as a Muslim. If he tries to do anything else, he'll be killed. If he runs away from the Islam, he'll be killed. It's a prison. It's a prison, and in that prison, one has to live. You are not to question anything; you are not to ask for anything. The other day I was watching the Hajj, and there was one fellow from Sudan. He was really like Hitler, talking like Hitler, and I asked someone to translate it - the Arabic. And he was just pouring poison. He was calling everyone as heathens: "They have no truth with them, we have the truth." What sort of a truth you have? What are you... what good are you doing anywhere? What truth you have got? And he said all these nonsensical things that, "We should kill all those who don't have the Truth", this, that. And I was looking at it. And a question came to Me - he is saying all these things in My presence, I don't know what's going to happen to all these people. And second day, there was a stampede of thirty thousand people, who had gone for Hajj. So these stupid people in charge of religion will kill all the Muslims this how, finish them off, and think that we have

achieved a lot.

Then, about the Jews - Jews have been waiting for a savior and all that. And they didn't like Christ. But they didn't kill Christ, I must say. They didn't kill; this was the idea of Paul, to put it. But the Jews never realized what the dharma is - Because Moses just gave them such a horrible Shariat. They never realized. So they shut the Shariat, "All right. Nothing doing. We will not have." And they became extremely money oriented. Miserly, money oriented. They lend money to somebody; that fellow goes on paying the interest, interest, interest. Then he cannot pay, so they'll confiscate his house, sell it out. They became very, very, very, very cruel people, and also licentious, very cruel. So, one rakshasa called Freud was born in their society. Freud was a Jew. And people... you see, he understood what the weaknesses of human beings are, and he was accepted in that stupid America, very much. So much so, that they lost all sense of dharma. When he said all these nonsensical things about the mother, how could there be any dharma? Now they are writing, 'Downfall of Freudian empire, fraudulent Freud,' and now there are so many books coming. As a result of this, what has happened is, because you were not so traditionally bound, and this kind of stupid religions came in the West, through these destructive people, you lost faith. Lost complete faith. "It's alright, go to Church, come back home." What is there? Is talking like that... The priests, the mullahs, and all these leading such a horrible life. Completely, people lost faith. And when they lost the faith, they lost their personality.

They lost the personality, and I am surprised how people follow fashions, as I told the other day. They followed fashions. Anybody says, "You should have skinhead", they'll cut off their hair. Tomorrow somebody says, "You cut your nose", they'll all cut their noses. "You dress up like this", they will dress up like that. Said, "Torn clothes ", all right, torn clothes... One person starts it, that is the entrepreneur, and everybody follows. Traditionally, if you had found out that this dress suits you, should have kept to it. But these entrepreneurs, whatever they tell you, you take it up. As if you have no brains. As if you have no capacity to understand. But for a dharmic person, he'll say, "Get lost", he won't, he won't change, "Why should I waste my money? Accumulate all these nonsensical things?" So, when I started Sahaja Yoga, I was reluctant, but I told everyone that you better put some oil in your head. You can wash it next day, but in the night put some oil. Otherwise, after sometime I'll see all men baldheaded and women wearing wigs. I am a Mother, so I am going to tell you the truth. With great difficulties, Sahaja Yogis agreed. I said, "You can wash it next day." It is necessary for you to have, is a simple thing like that, because the hair grow on oil. Is a very simple thing - I told them that you do like this. And they would not agree. They would not change it.

But thank God, now, some sense has come. And they are doing few things, very few things have to be done, for Sahaja Yogis, to get alright in their health, and also in their wealth. They don't have to do much because they are standing in dharma. And they are in the Kingdom of God. They are under the protection of Virat. But still, there are certain things you have to do, certain things. I didn't say that, "Don't smoke." You just gave up yourself. The alcohol, all these things you gave up yourself - because you have the light. And despite the fact that you come from a culture where there is no personality, people are like sheep, now you are not. Now you are individualistic. To be individual is impossible in the West. Because you must dress up the way everybody dresses up. If they are punks, you'll all move like punks; if the one woman has this kind of hair, you make the same style. Specially on the hair, I don't know why. Maybe it is the power of Virat. It acts mostly on hair. Then the clothes and everything... you have realized that chastity is a part of dharma. Is not only women, it's not the chastity of women, but the chastity of men and women is their power, is Ganesha's power.

This is the dharma, which you have accepted. I never told you anything, but you have accepted. And you have imbibed, and you are enjoying it. Now if they accept us as dharma, what is so special? We are the only dharma. The rest are all adharmis. They call themselves dharmic; they have no dharma in them. Unless and until you have dharm by which you get a balance, wisdom, you cannot ascend. But if you ascend even without dharma, Sahaja Yoga is so great, I've seen, people who were quite adharmic and all that just got realization. If you ascend, then dharma trickles down; they become dharmic.

So many try to write to me about their past, I just tear it off, finished. Now you have become lotuses, why are you telling me about something I am not interested in? So, once you get your realization, this is the best way, and I just thought of this. Specially when I saw the situation in the world that was coming in this Kali Yuga, I thought in this chaos, "Unless and until you raise their Kundalini, dharma cannot be established." This... If I have done anything, I have done this. Is to find out the method "en masse", giving realization and the problem will be solved. You don't have to tell them anything, "Don't do, don't do", nothing. Just they'll do

it. It was successful, I must say, very successful. Among you, I find my vision being established. Whatever concern I had, whatever worry I had about this Paris is over now, finished. I used to come three times in a year. And everybody would say, "Mother what is this? Why do you oblige them so much?" So I said that, "This is the gate of hell, let me go." And now this has become the gate of heaven. [Applause...]

So, for us not difficult to establish Vishnu principle within us. But to recognize that we have those, you see, suddenly I find Sahaja Yogis become extremely humble. And they don't want to know what they have. You can cure people; you are a Dhanvantari. You can give realization to people. All Vishnu principles are now awakened within you, and you must utilize it. I wish we had Vishnu... [Shri Mataji asks someone there (in Marathi) if they had Vishnu Sahastranama - the 1000 names of Shri Vishnu] Now there are thousand names, which I would not like you to say, but at least some names of Vishnu if you can say, you will understand how this Vishnu principle is awakened in you, to such an extent that somebody said, "Mother, no, I don't want to work in the public." I said, "Why?" "I don't want to have that ego back in me." They are so sweet. They're afraid of their ego being coming. No, no, no, no... It won't come back now, because here sits the Vishnu as Virat. He'll look after you, and you have that Vishnupad in yourself. So much could be said about it. But I think you should read the one thousand names of Vishnu and you will know how many qualities you can have.

May God bless you.

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I bow to all the seekers of Truth. At the very out said I have to tell you that Truth is what it is. You cannot change it; you cannot describe it and you cannot compromise with it. Whatever it is, it has been and it will be. Whatever I have to tell you tonight, you need take me blindfolded. We have had lots of problems with these blind faiths. But whatever I say is proved that as honest people you have to accept it. Because it is for your benevolence. It is for the benevolence of your city, your country and the whole world at large. The first truth is that you are not this body, this mind, these conditionings, this ego, emotions. But you are the pure Spirt. We say, it is my house, it is my car, it is my ego, everything is mine. But who is this mind? This is what we have to find out. The second truth is that you see these flowers, so beautiful. They are all miracles. We take them for granted. Who runs your heart? If you ask the doctor, they will say it is autonomous nervous system. But who is this auto? They have no answer. So, the second truth is that there is a very subtle, powerful all-pervading power of Divine Love. Which does all the living work. Our evolution has been also achieved through that power. So, I am here to tell you that you all have a right to achieve the union with this all-pervading power. This union is the real yoga. When it happens, then you get so many miraculous things that you are surprise at yourself. Firstly, this Kundalini is your own power. She knows everything about you. She knows what mistakes you have committed and what are your aspirations. We have come to this state of human awareness. But it is not perfect. And we don't know the absolute truth. If we had known the absolute truth, then there would have been no problem. No quarreling, no arguments, no war. Because everybody will know the same Truth. Is a slight, very slight moment. The breakthrough of your awareness into a new awareness. This moment is absolutely spontaneous. You cannot pay for it. God doesn't understand money. Its human headache. He doesn't know banks. So, you cannot pay for this living process. How much did we pay to this Mother Earth when She gave us these flowers? The seed that you put into the Mother Earth has the power to germinate. And the Mother Earth has the power to germinate the seed. It is all built-in. It is all built-in like this within you during the evolutionary process. It is not through mental achievement. Mind, human mind is limited. Somebody's mind moves this way, another mind moves this way and everybody thinks they are right. So, we have to achieve a state where we go beyond physical, emotional, and mental level. That is what Christ has said – 'you have to be born again'. In every religion, even in Quran it is written that you have to have self-knowledge. But the problem is that people just brand themselves like born again. But branding yourself, you don't achieve anything. So, when this Kundalini, the power raises within you, it passes through six centers only. The seventh one is below the Kundalini. That is the power of innocence. Innocence is never lost. It cannot be destroyed. Only like some clouds it has been covered by some mistakes. It is still there as it was in your childhood. If you see, most of the problems of this world are because of human beings and all human problems come from these chakras when they are in jeopardy. They look after our physical, mental, emotional, spiritual being. So, once this Kundalini starts moving, She nourishes those centers. First on the physical level She cures. There are three doctors in Delhi who had got their M.D. with Sahaja Yoga. The fourth one is now doing the work on cancer. I must tell you that I have seen many cancer patients being cured easily with Sahaja Yoga. Many diseases have been cured. So, this is the meta science. You don't need science any more. You go to the hospital, they finish you half way for even diagnosis. But on the finger-tips you can feel your centers and the centers of others. Now, if you know how to cure these centers, you are alright. You don't have to take medicines like anti-biotics which have a reaction. As it is once you are in this yoga, you don't fall sick Unclear (again).

[Shri Mataji was saying about the translator]

She herself was suffering and now she is alright absolutely.

So, our health improves. Also, our attention becomes very sharp. Our brain which is slightly working, starts working full. You

become extremely dynamic. At the same time, you become extremely compassionate. At least you drop out twenty years of your age. Because you forget to worry. You don't worry. Worry is non-sense you all know that. But you worry. As a matter of habit to start worry. But once you have got this yoga, you just don't worry. I always say there is a hole is main out of which your agonies go away. Mentally we have seen many people being cured with Sahaja Yoga. Many people suffer from depressions, epilepsy. One doctor got in epilepsy really. Many mental diseases which have no cure even lunacy can be cured through Sahaja Yoga. So, you don't have to go to psychiatrist to waste your time and waste energy who blame your mother, father, somebody and never curing you. You understand yourself very well when this self-knowledge comes to you. Spiritually also we have done lots of mistakes. Because you are all seekers of Truth. And you are seeking here and there. There is a guru shopping going on I should say. Many people have lost their money, have their children on the street, they have sold their houses, and these gurus are now exposed. And you don't know what to do. You start having sympathies with them because they know how to market their falsehood. So, many people have suffered, some have gone into recluses. There is not much time but I can tell you one of them. Because all of them who are completely ruined by them come to me. They have no money, they have no health, they are suffering from some diseases. So, I got a family from Scotland, this gentleman was in charge of the flying academy of TM. He, poor thing had become bankrupted. He, his wife, his child and a director all of them were suffering from Epilepsy. So, he told me that this gentleman used to say that you can fly up to three feet height. And you are supposed to pay six thousand pounds for that. And they went to Switzerland where they were given seven days the water that cooked the potatoes. And ate, they had to eat the rind of them and then the last day the potatoes were given. How they be fooled and they are still marketing in different ways. Now there is somebody in America who is saying that I can teach you how to control the minds of others. So, he gets somebody from the audience and gives him a pendulum. And that fellow starts moving the pendulum. Have we come on this Earth to move the pendulums? To move on the street at three feet already we have traffic jams. How do we get to these stupid liars? Its absolutely to be understood that any saint person should see that they are just be fooling you all. There are many like that. Most of them are now exposed luckily. So, this is how we develop spiritual problems and we can't get out of it. Even if we want, we can't. With Sahaja Yoga, it works. With Sahaja Yoga you drop all your destructive habits. I have never said don't. These ten commandments I don't tell you. But in the light of the Spirit you yourself give up. For example, supposing I am obstinate and I am snaking my hand and there is darkness and somebody says that there is a snake I will not give up till it bites me but if there is a little light, immediately I give it up, throw it away. This is how your spiritual problems are (paused) solved. But when this Spirit is enlightened in your attention then you become absolutely innocent. What Christ has said that 'thou shalt not have adulterous eyes', very subtle. Even ahead of these ten commandments. But if you see, that's not the case with the Christians. They go to church alright. I was also born in a Christian religion. I was amazed. What are they doing? This is no Christianity. This attention becomes so powerful that you look at any person or you put even a glance that person feels the peace. Feels the satisfaction. The power that you have, you have no idea. Sitting down here, you can feel the vibrations on your finger-tips. You want to know about anyone, you will know on your finger-tips what's wrong with that person. As you will know about yourself you will know about anybody you want to know. And if you know how to cure yourself, you will also know how to cure others. So, who is the other? You become the part and parcel of the whole. The microcosm becomes the macrocosm. And that's how you feel as if the drop has become the ocean. With this attention, what happens that you are filled with compassion. But this compassion is powerful. It is not just lip service. But it is a power that acts. All these powers are within you. Now the other side is very important to understand. Religion, we do not understand. We become. I am Christian, you are a Hindu, you are Muslim, you are this. Whatever may be your religion, you can commit any mistakes, any sins. Nothing can restrict you. You can take to anything, any kind of life. Because you don't know what is constructive for you, what is destructive for you. But religion is a valency with human beings. Matter has eight, animals have nine, and human beings have ten. In this green part that you see, you get awakening of the powers of the religion. Of the innate religion. Then you become the righteous. Nobody has to tell you that you have to be righteous, you have to be moral. You just become. And becoming is important, not just talking about it, teaching. So, when these religions: ten religions within us are awakened, you understand that you are a universal being. Then you don't feel you are German, English, Indian. No. You become the universal being. Now Sahaja yoga is working in sixty-five nations. They meet many a times four thousand, five thousand people from every country. I have never seen them quarreling, fighting. Such love, such pure love. I haven't seen anybody running away with somebody's wife, or somebody's husband. Never happens. Your own chastity and self-respect gets awakened. And such a transformation in that society that there are no such stupid problems that I have to face. So, then we have this attention and our religion awakened within ourselves but above all we know the absolute truth. He told me that he didn't tell you much about the finger-tips. But even in Quran it is written that when Qiyama will come, when resurrection will come which is now, your hands will speak. And they give witness against you. They will tell you what's wrong

with you. So, as it is on your finger-tips, you can feel this all-pervading power of divine love for the first time. It is not just believing into something but actualization. Even the breaking of this fontanelle bone area is actualization of your baptism. It is not some priest bring some water, puts there and says now you become Christian. Then you really become when it is opened out and you are one with this all-pervading power. So, on your finger-tips you feel, your chakras, chakras of others and you can feel the absolute truth. For example, there are many people who don't even believe in God. Now, they can ask a question, is there a God? Three times they ask, they get tremendous cooling vibrations. About everything, they will know the absolute. If you have, say ten children who are realized souls tie their eyes and ask them what's wrong with this gentleman? They will raise their one finger like this (Shri Mataji shows little finger) supposing. That means that person is suffering from heart trouble. Now, you ask that fellow, are you suffering from heart trouble? So, you will say, how do you know? The children can be. It is so perfect. This all-pervading power is so efficient. More than Germans. And the perfection worked out through love with such kindness and delicacy. And so fast that you are surprised. The mechanism that you see here is the divine mechanism with-in us. Above all, you jump into the ocean of joy. Joy is singular. When your ego is pampered, you feel very happy, when it is punctured, you feel un-happy. But joy is a state which makes you to see the whole world like a witness like a drama. As you see a tragedy or a comedy makes no difference. Actually, you are removed from yourself. This I-ness goes away. My-ness goes away. And you are surprised at yourself that you have so many powers that you can raise the Kundalini of the people, that you can give them realization, that you can cure them. You can give them peace. So, today we are going to feel this all-pervading power for the first time. Before I started, I will tell you, the first state you achieve where you are in thoughtless awareness. Thoughts raise and fall and again they start raising and again falling. These thoughts come to us from the past or from the future. But if I have to say that you be in present, you cannot do. In the present, there is not thought. There is peace. So, when this Kundalini raises, She separates the thoughts and establishes that area in the center where there is no thought, complete peace. People have got lots of awards, peace awards, peace organizations I met them. Most of them. But they have no peace within. They are so hot tempered that you better take Unclear () approach in them. I can tell you with Unclear (), do you know I got peace award Unclear (). I don't know why they give them peace awards. So, the peace has to be within. When there is peace within, then the peace spreads to others. Such a person enters into any area, he creates peace automatically. So, he becomes the source of peace and he becomes the source of joy. In Sahaja yoga, you don't have to give up anything. You don't have to shave your head nor you have to grow your hair. You don't have to cut your nose. All kinds of stupid things they do to achieve the state of realization. The happening is within. It is not outside. You don't have to give-up your families nothing of that kind. So now, I think all intelligent people should understand that something has to happened in the evolutionary process, so that you reach that state of self-realization. Nothing outside tantrums are going to help. It will hardly take about ten minutes for your self-realization. Hardly. But there are three conditions. First is, you should be very confident that you will get self-realization. You shall not have any diffidence about it. I assure you that you will get realization. But please don't doubt yourself. You are seekers and you have every right to get this. As a result, I would request you not to feel guilty for anything at this moment. I mean, If you are done some mistakes after all you are not Gods, you are human beings. And also, whatever has happened has happened. Past is past. No use carrying the load. When you do that, you get problem on this center here on the left side. You get diseases like Anjina, Spondylitis and also lethargic Unclear (). More over at this time, if you feel guilty, this center will close out. And how will the Kundalini pass through? Second condition is even simpler: is to forgive everyone. Even without thinking about them. See now, logically whether you forgive or don't forgive you don't do anything. What do you do? But if you don't forgive, then you play into wrong hands. And you torture yourself. By not forgiving this center here (Shri Mataji shows agnya chakra) inside on the optic chiasma is like this constricted. Now, all your life, you have tortured yourself. At this moment at least forgive. So that you get your self-realization. Is the easiest thing to say I forgive everyone. Don't think about them. I don't know why the west people find it difficult to forgive. But it's a myth. We are living with myth. The third condition is extremely simple that you will have to take out your shoes. In England first time when I said please take out your shoes, half of them walked out. They felt very insulted. Unclear() how you will nourish your centers.

We have two channels. As you have seen, sympathetic two channels. So, the left-side is for the power of desire and the right-side is for the power of action. So, first we put both the feet apart from each other. Now, we put the left-hand on our lap where ever you are sitting. Comfortably, be comfortable. You don't have to sit on your heads. You don't have to go to Himalayas. Nothing of that kind. Alright, now please put your left-hand on your lap comfortably. Alright, now this is symbolic that you desired to have your self-realization. Now, Kundalini is the desire which is a pure desire. This is the mundane desire and as you know in economics that desires/wants are not satiable in general. Today you want to buy a house, then you want to buy a car, then you want to buy a Helicopter and it will go on buy and buy and buy. And you are not satisfied. The only thing that satisfies you is the

pure desire-be one with the divine power. You should know that you should be pleasantly placed towards yourself. Now, please put your right-hand (now we are doing the action) on your heart. In the heart resides the Spirit. Now, if you become the Spirit, you become your own guide, you become your own master. We are working only on the left-hand side. So now please put your right-hand the upper portion of your abdomen on the left-hand side. This is the center of your mastery, which is created by great prophets. Which is to be awoken. Now, take down your hand in the lower portion of your abdomen. You will be surprised to know that this is the center of pure divine knowledge. Now, raise your right-hand again in the upper portion of your abdomen then on your heart. Then in the corner of your neck and shoulder and turn your head to right. I have already told you about this center. Now, you have to take your right-hand on top of your forehead and put down your head. This is the center where you have to forgive every one in general. Now, please take this 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 forgiveness from this all-pervading power of love. Now the last center. Please stretch your palm and put the center of the palm on the top of the fontanelle bone area. Now please put down your head. Push back your fingers as far as possible. Press it hard your scalp. Here you have to move your scalp seven times slowly clock-wise. Push back your fingers. Push back. That's all we have to do.

Now, you have to close your eyes. You can take out your spectacles. Till I tell you don't open your eyes. Remember to keep your feet apart and the left-hand towards me and right-hand on the heart. Now please close your eyes. Here resides the spirit. So, you have to ask a fundamental question about yourself to me. You may call me Mother or Shri Mataji. So, please ask in your heart three times, 'Mother, am I the Spirit?'. As I have told you that if you become the spirit, you become the master. So, please take your right-hand on the upper portion of your abdomen on the left-hand side press it and ask a question again about yourself, 'Mother, am I my own master?'. I must confess that I cannot force on you self-realization or the divine knowledge. Because I respect your freedom. You have to ask for it. So, please take your right-hand in the lower portion of your abdomen on the left-hand side and here you have to say six times. Because this center has got six petals. Please say six times, 'Mother please give me pure divine knowledge'. As soon as you ask for divine knowledge, the Kundalini starts raising. So, we have to now nourish our higher centers with our full self-confidence. So, please raise your right-hand on to the upper portion of the abdomen on the left-hand side and press it hard. Here you have to say ten times with full self-confidence, 'Mother, I am my own master'. I have already told you at the very outset that the truth is, you are not this body, this mind, this ego, these conditionings, this intelligence and these emotions but you are a pure spirit. So, please raise your right-hand on your heart and say with full self-confidence twelve times, 'Mother, I am the pure Spirit'. This all-pervading power of divine love is the ocean of knowledge, is the ocean of compassion and bliss. But above all, it is the ocean of forgiveness. And whatever mistakes you might have committed they all get dissolved by the power of this ocean of forgiveness. So, now raise your right-hand in the corner of your neck and shoulder and turn your head to your head your right and forgive yourself. Here you have to say sixteen times with full confidence, 'Mother I am not guilty at all'. I have already explained to you, whether you forgive or you don't forgive, you don't do anything. But if you don't forgive at this time, you will also miss the great moment of your self-realization. Because this center is very constricted. So please raise your right-hand on top of your forehead and put down your head. Here you have to say with full confidence from your heart, not how many times, 'Mother, I forgive everyone' in general. This is very important. If you don't forgive, I can't help you. Now without feeling guilty, without counting mistakes, you have to ask forgiveness from the all-pervading divine power. So, take back your right-hand on the back side of your head and push back your head. Here again you have to say from your heart not how many times, without feeling guilty, without counting mistakes, just for your satisfaction you have to say, 'O divine power please forgive me if I have done any mistakes knowingly or unknowingly'. Please say it from your heart. Now, please stretch your palm for the last center and push back your fingers. Now, put your hand center of you palm on top of the Fontanelle bone area and push back your fingers. There should be pressure on our scalp. Here again, I cannot force self-realization on you. Because I respect your freedom. If you want to have, you have to ask for it. So, now move your scalp seven times clock-wise saying, 'Mother, please give me self-realization'.

Now take down your hands. Please open your eyes and put your hands like this. Now watch me without thinking. You can do it. There is no thought in the mind. So, this is the first state. Now, put your right-hand towards myself like this and put your head down and see for yourself with the left-hand if the cool breeze or a hot breeze like vibrations coming out of your fontanelle bone area. Bend your heads. Now, some people get it close and some people get it far. Now, with the left-hand. Please bend your head. Left-hand towards me and right-hand on your fontanelle bone area again to see if there is a cool or a hot breeze like vibrations coming out of you. If they are hot that means you are not forgiven. So please forgive. Now, put again the right-hand

and bend your head and see for yourself with left-hand again. Nice. Now, put your both the hands towards the sky like this and see for yourself. There are three questions, out of which one you have to ask three times. First one is, 'Mother, is this the cool breeze of the Holy Ghost?'. The second one is, 'Mother, is this the all-pervading power of Divine Love?'. Third one is, 'Mother, is this the Parama Chaitanya?'. Any one of these questions, you ask three times. Put up your head. Now, please bring down your heads. Now, you put your hands like this. All those who have felt cool breeze on the finger-tips or on the palm or out of their fontanelle bone area, please raise both your hands. Unclear (). Most of you, I bow to you for now your saintly life has started. Most of you have felt it. Some of you are not because they did not do anything. But all those who want to have their self-realization, they all can get it. Only thing I have to tell you that it's a collective happening. One day you will feel extremely nice Unclear (for eight days) you will feel extremely nice and light. But you have to come to collective. Where you will grow within one month Unclear () you will be masters. I am so enamored to see so many people in cologne. It's a very historical place and I think that there are so many seekers in this place. All of you should know that we don't have any elaborate places because we don't take money for it. So, in a very humble places we have the programs and you just mastered the whole thing. I must have given at least four thousand lectures only in English language. So, in this short lecture I could not tell you everything. You will know everything without any difficulties and you don't have to pay for anything. I hope all of you respect your self-realization. With this now, my message is enjoy your Spirt, yourself. Just enjoy. Life will become a fun for you. May God bless you.

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15 July 1994

Beyond Mind's Limits: Knowing The Truth On Your Central Nervous System

Public Program

Hamburg (Germany)

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I bow to all the seekers of truth. At the very outset I have to tell you that truth is what it is. You cannot change it. You cannot describe it and you cannot make it compromise. Truth is what it is, what it has been, what it will do. Unfortunately, as human awareness you cannot know the truth. One has to rise to higher awareness to know the truth. In Sanskrit, we use a word called [UNCLEAR Bode?]. [UNCLEAR Bode?] means what you know on your central nervous system. So you have to know it on your central nervous system. Also they use another word, Veda, from where the word Veeda has come. So you have to know it on your central nervous system is the first verse of Vedas. It is not the mental knowledge because human mind is limited. Every mind thinks of its own and everybody creates their own cocoon. And that is how we have all the problems of human beings. Everyone feels that he is right. And thus all the quarrels, the fights, the arguments and God comes in. Truth has to be known on your central nervous system means you have to evolve more. That means your evolution as a human being is not complete.

Now whatever I am telling you today, you need not take it blindly. We have had too much problems, in the blind fates. But if it is true, then as honest people you have to accept it.

These are times, very special times. When there are so many seekers of truth are born. Famous English poet, William Blake has said that men of God will be born at that time - at this time. And they will then seek divinity within themselves and make others divine. Most of the scriptures have talked about a special time either of last judgement or Yama or resurrection. In the Quran there is a clear description, what we have. You change, your hands will speak and they will give witness against. So clearly it is said in the Quran. At this time we have such a problematic modern design, that people are absolutely frustrated. And they are seeking something beyond.

At this time also markets are full with people who want to give something by selling it. We have had so many upsets, horrible false masters all over. Telling you stories that they can give you the truth. I better tell you about someone, because you all look so serious, there is nothing to be so serious. Say for example, we have one thing called TM. The director of the flying academy got epilepsy, his wife got epilepsy, his daughter got epilepsy and director got epilepsy. And they came to Me for getting cured. I was surprised how people are befooled. In the West they are so intelligent. They were told that you can fly about three feet high by paying six thousand pounds. And they were taken to some remote place and were given water which had food, potatoes. And then the rind of them. And on the ninth day, they gave them the potatoes. Saying that you have to be tough, a little light [UNCLEAR]. So many broken bottoms, apart the human and file suits against them and they got money.

Now a new marketing has started. In America there is a gentleman who invites somebody from the audience and asks him to stand with the pendulum. And he says that I can make this pendulum move. And the man starts moving with the pendulum. This time when I went to America, many came to tell me that we have lost so much money. I said, why can't you use your intelligence and budget? Why have you come on this earth just to move a pendulum? Such stupid things are going on everywhere. They know there is a market that people want to know the truth. So there are so many of them. Learning new, new methods, how to be fooled. I feel so sad about it. What you have to see is the truth. And what is it?

The truth is you are not this body, this mind. These emotions, this ego, but you are the pure Spirit. You see, is what you have to become is to become the Spirit. All kinds of other things are nothing but to mislead innocent seekers. Then the first thing is that you cannot pay for it. It's a living process, living process of evolution. The second truth is, as you see these flowers here, which is a miracle. Who does this miracle? Who does this? Who is behind this miracle? If you ask the doctor who runs your heart? He will

say it's an autonomous nervous system. But if you ask who is this author? They can't answer. All these living processes which are so miraculous and spontaneous are done by all pervading Divine power.

You have never felt it before. But the time has come for you to feel it. When you feel this all-pervading power as cool breeze on your fingertips. Then you should know that real union has taken place, the real yoga. You can also feel the cool breeze out of your fontanelle bone area. But that's not the only thing. You feel on your fingertips your own centres. So you have self-knowledge. Also you can feel on your fingertips the centre of others. So who is the other? That means you develop a new dimension in your awareness which we call as collective consciousness. That's not everything. All the problems of the world, most of them are because of human beings. And most of human problems come from these centres. When these centres are in jeopardy, you get physical, mental, emotional and spiritual problems. But if you know how to correct your own centres and the correct centres of others, you solve all your physical, mental, emotional and spiritual problems. You can see yourself that after this yoga takes place, you become a very healthy person. Also your attention becomes very alert and very innocent. We have seen so many people have been cured by kundalini awakening. Also we have seen people becoming extremely dynamic with kundalini awakening. At the same time they become extremely compassionate. It's a new type of a human race is created. The brain which is partly enlightened becomes much more enlightened. The person becomes very intelligent and alert.

I can tell you one case in India. One gentleman was suffering from arthritis, he came to see Me, he got cured. And his son he told Me he is no good for schools. He went and told his son about his cure. So the son said, I'll also do Sahaja Yoga. Surprisingly this dull boy stood first class first in the matriculation examination in UP, which is Uttar Pradesh in India. Where thousands and thousands of students appear for example. We do not know what we are. We do not know how glorious we are and how powerful. We don't feel we have identity many times. But after this realisation you know why you are on this earth. This question cannot be answered by science. Sahaja Yoga is a meta science. You don't need science. Science we need for medicines, there is no need to have medicines. There is communication, every kind of communication you want to have, you can do it because it is the subtlest of this ether which acts. Thus you become the Spirit and enter into the kingdom of God. There were so many getters sent to Me about the miracles that have happened. But there is no miracle because it is your right. I sent to somebody all these letters to compile. And in one month he said it has reached over my head. How am I? I have no time I said forget it.

So all this happening takes place spontaneously, Sahaja. The attention becomes very concentrated. It becomes avoid of lust and greed. Christ had said, thou shalt not have adulterous eyes. Now you just think of that about the Christian nations where you find people who don't have lust or greed in their eyes. But it happens, you just become so innocent and so pure inside that your attention itself becomes active. Wherever you put attention, you can bring peace. You become tremendously powerful. I have seen people who have got peace awards and things like that, peace organisations, but they have no peace within. You have to reach them with the bargepole. I don't know how they got peace award. Peace is within ourselves. The thought rises and falls, another thought rises and falls. It comes from the past or from the future. But if I say you stand in your present, you cannot. And the present is the reality.

When Kundalini rises, she elongates these thoughts and in between is the place, which we call as Vilamba, where there is peace. Thus you become thoughtlessly aware. There is no thought, but you are aware. And if you get a thought, it's a divine inspiration. It's a revelation, which is absolute truth. We don't know the absolute truth. You can find on your hands, on your fingers, the absolute truth. If you don't believe in God, you ask a question, is there God? On your fingertips you will know. Because tremendous truth will start coming. If you find any false guru coming in, you can feel it on the hand. And some fingers will start burning, short, very short. Thus you can find out, even children can find out, what is the truth. All these things happen to you. Because all these centres are enlightened and nourished and integrated. But above all what happens to you, that you jump into the ocean of joy. That means that you enjoy everything. If something is absurd, you enjoy. Somebody is angry with you also, you enjoy.

Once I was actually in Calvinistic church, in Switzerland. And one lady fundamentalist Christian brought a Bible to hit Me. So I just started laughing and said, look at this, hitting Me with the Bible is a really unique way. And she got so nervous, she ran away. That's how the whole scene becomes like a drama. You become a witness and you watch it. I'll give you a proof that we have Sahaja Yoga now in 65 nations. Especially, surprisingly, Russians are very good at it. In one village, we have 21,000 Sahaja Yogis.

I don't know what communism has done to them, but they are very sensitive to spirituality. And there's a joke, once a Russian and an American met in India. And the Russian Sahaja yogi asked the American Sahaja yogi, how many Sahaja yogis you have in America? So he said to the exact 56. So this fellow from Tolyatti, he said, oh my God, we have only 21,000 and you are 56. The Americans who are supposed to be very alert and great seekers take the falsehood much faster. I think Germany is in between. I think Germans, if they take to reality, they'll do very well. Because whatever they take, they are very good. So this movement of joyousness is ever-lasting. People from all these countries meet and see many a times, sometimes four thousand, sometimes five thousand. I have never seen them quarrel, fighting, talking ill of each other. They are absolutely pure love. I haven't seen anybody's wife running away with somebody or somebody's husband running away with someone else, nothing [UNCLEAR]. All such chaotic things never happen. Can you believe I am no secretary? I am no secretary. Nothing, no organisation as such. If you ask me how many Sahaja Yogis there are, I don't know. I don't keep count. There is no membership, there is no organisation as such. It is just a spontaneous organisation. All this happens because within ourselves you become one with reality. We know the absolute. All human beings are made to get to this stage. What is the question of choices? And you feel that after all it is the question of judgement. One fellow just to tease Me said, how do we go to hell? I said, take two running jumps and you be there. Sahaja Yoga is not meant for stupidity. No, and not for ego. And not for people who are arrogant. It is a supplying elevated state. And it cannot be forced on you. I respect your freedom. If you want to have, you can have. If you don't want to have, you can go away. Complete freedom. Because if you have to achieve absolute freedom, I must respect your freedom. It will take hardly ten minutes to get your realisation. But we have three conditions, each are very simple.

First condition is that you should have full faith in yourself that you will get your self realisation. You should not doubt yourself. If you are doubting yourself, I can't manage it. That means you should not even feel guilty about it. If you feel guilty, the centre on the left hand side here gets into jeopardy.

When the centre is in your body, then you get a disease called angina. You get also spondylolysis, also lethargic organs. Whenever you have committed misdeed, it is over now. That's the past. Why do you carry it all your life? But it is a fashion. Some lady told me that she is feeling very guilty because people are suffering in Nagpur. I said, what's the use? Can you help that? You just want to find out some excuse to feel guilty. In the same manner, we feel guilty for nothing at all. Especially at this moment, if you feel guilty, the Kundalini will stop at this centre [Vishuddhi]. So how will you get your realisation? This is the most important thing for you to have. Second condition is that you have to forgive everyone. Logically, if you forgive or you don't forgive, you don't do anything. What do you do? But when you don't forgive, then you play into wrong hands. So why carry on this way? Moreover, the centre on the optic chiasm is constricted like this. So, if you don't forgive, it won't open like this and the kundalini won't rise. So at this moment, at least don't torture yourself. It's just you have to say, I forgive everyone, even without thinking about that. Just in general. Third condition is extremely simple that you have to take out your shoes.

[cut in the video]

So we take our right hand on our heart. In the heart resides the Spirit. It's very simple. If you become the Spirit, you become your own guide, your own master.

So now you take your right hand in the upper portion of your abdomen, on the left hand side, where there is the centre of your mastery. Now, you take our right hand in the lower portion of your abdomen, on the left hand side. This is the centre of your body of pure divine knowledge.

[Shri Mataji talking to someone in the audience] Put left hand and right hand. Left hand towards Me [UNCLEAR].

Shri Mataji: Now.

[Audience Member asking to hear it again.]

Shri Mataji: What she say?

Translator: She wants it to be repeated. She wants it to be repeated.

Shri Mataji: You come toward so she's [UNCLEAR]. Just do it. All right. Yeah, all right. You should be pleasantly placed on yourself, not to be nervous. I assure you, you're all doing get realisation. I tried to make you laugh, [UNCLEAR], but still you are quite panic for what? Take it easy. Relax.

Now, raise your right hand in the upper portion of your abdomen on the left hand side. It is not a military exercise. All right. You have to respect yourself, love yourself, because you are a human being. You have to love yourself as much as I love you.

Now take your right hand on your heart. Now in the corner of your right hand shoulder, as I told you, and turn your head to your right. I've already told you about this centre. Now please take your right hand on top of your forehead across and put down your head. This is the centre where you have to forgive everyone.

Now take your right hand on the back side of your head. Move back your head. This is the centre where without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from the all-pervading power.

Now the last centre, please stretch your palm like this, right hand. Put the centre of your palm on top of the fontanelle bone area, which was a soft bone in your childhood. Now push back your fingers and now bend your head. Push back your fingers because you must put a pressure on your scalp. And now move the scalp slowly, clockwise, seven times. Bend your heads, bend your heads, bend your heads. Push back your fingers, push back your fingers. Now move your scalp seven times clockwise. That's all we have to do.

Now we have to close our eyes. Take out your spectacles and don't open your eyes to [UNCLEAR]. Keep the shoes down. Don't wear the shoes. Here begins our journey of hardly [UNCLEAR]. We close our eyes, put our feet apart from each other, put the left hand on your left lap and put the right hand on your heart. Please don't open your eyes, until I tell you. Now, you have to ask a very important question, fundamental question about yourself of the centre of heart. Please ask three times in your heart, you can call me mother or you can call me Shri Mataji.

Mother, am I the Spirit?

[end of the video]

1994-0718, Talk to Sahaja Yogis

View [online](#).

18 July 1994

Talk to Sahaja Yogis

Vienna International Airport, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

I'm very happy to see you all here. It's really nice to meet you all like this, because in Cabella I never get a chance to talk to anyone. I'm sorry I've had some very bad reports which I must tell you. It's very important. I always used to praise Austrians very much that they are so many and so good, very good Sahaja Yogis. But the reports I have are horrible. Other people from other countries have told Me that, "Mother, You are praising them, but You better warn them. Because they are not taking Sahaja Yoga so seriously as they should have done. Moreover some people who come to Cabella go on talking against some other group. And they told Me there are groups formed among these Sahaja Yogis who are influenced by these groups and their grudges and their complaints. They've become very mental, they want to solve their problem mentally. This was a very big shock for Me. And they went to such a limit to say that, "Mother, this time You shouldn't allow them to have any Puja." I said, "All of them are not like that." They said, "But still. Quite a lot of them indulge in such cheapish things that we are surprised."

I must tell you one lady came all the way to Taiwan to complain against Hamid. And she told Harald, who is a very sensible Sahaja Yogi that she has some physical problems, so she wants to see Me. So Harald said, "All right, you can go and tell Her." But all that she did was to tell Me what was wrong with this one or that one and how Hamid was and what did happen. I was really surprised, I said, "You come all the way to Taiwan to tell Me this?" Then Harald got angry with her, he said, "You told me a lie, you told me that you have some physical problems and here what are you telling Mother?"

This is the best way to destroy Sahaja Yoga and yourself. Sahaja Yogis never talk ill of each other behind their backs. I don't know, this - maybe, I think, this [E.] started this group, or maybe, I don't know how this group business has started. She was the first, who told Me that there are many, who are against the leaders. It's only here I find all this - why should it be? You are people of great heritage. I could have understood this from Germans, but no, they are absolutely, absolutely perfect Yogis, those who are there. I cannot understand how Sahaja Yoga gives you time to do all these things. If you are busy with Sahaja Yoga you will have no time even to talk ill of anyone. But the pressure was so much on Me that I thought I better talk to you people about it and tell you very frank. You cannot be mental. If you become mental you'll be destroyed, completely. As soon as you come on your Agnya you lose your vibrations. You start judging things, you start analyzing things. In Sahaja Yoga you are there just to experience the joy. To be happy, to be one with yourself and everybody else. It's such a bad tendency to talk ill about other Sahaja Yogis or form a group. You cannot have a group, you are completely integrated with the whole world. How can you have separate groups in a small place like Austria? When you are one with everyone. Even in America the news has gone that [they've created ?]. For one [E.], for one woman if you are going to ruin yourself I have nothing to say. She is a very selfcentered, stupid woman. She never asked Me what she was doing. She went on her own, her everything. And she has no business to do this. But she has created this thing in you. Most surprising thing is when you had a horrible leader like [M.], who turned out to be a devil later on, you were quite all right, you were very normal. That means you need a Hitler or what? It's very surprising.

All this topic started when Hamid and Wolfgang took over. And that's how Hamid got sick, actually. You know how much he was identified with you? I think I was - you brought Me from there - Budapest - I was in Budapest absolutely tired at the end of My program. And he pleaded with Me, "Mother, please come at least for one day." I said, "For what?" "Please come, they are all waiting for You, better come." I was very tired. He drove Me down, I came here. And he brought at least 20 sick people to Me, I was so tired, really. I was surprised why he was so much identified with these Sahaja Yogis. Just to cure them he brought all kinds of sick people. I told him, "I'm tired, very tired, I want to go back." But he was so much trying to please you people. I was amazed. And he is the one who is criticized. I just don't understand.

Now, money-wise also. Of course I gave money to have the Ashram and the money was lost. It just was lost because of the -

whatever was the cause - maybe the pound went down, or whatever it is. Of course they should have written it clearly what had happened, and all that, but nobody told Me. It was not so kind, because they had to explain to My husband, he didn't understand what had happened. Whatever it is. I don't mind that, it's all right. We always go on losing money like this, doesn't matter. But for that people criticized. If I have to say something I can say that it [pity ?] Me and the leaders. But because nobody listens to them they don't know what to do. Now for example, this Mr. [M.], without asking Me he said, he collected a lot of money. But this still I can't understand. And then Guido told Me that he collected money from us. So I said, "Why did you collect the money without asking Me? For what did you give us the money, for what?" He bought a machine to reprint - or machine to record, or whatever it is, to reproduce, make copies, whatever it is. And we wanted to give You a surprise. And the surprise he gave Me he said to Me that, "Mother, now I am sorry, I cannot give You royalty." I never asked for royalty, for at least 16 years I had no royalty. But it was all [arranged] and everybody said, "You must have royalty. And what is there and Mother must have some royalty."

While Paul W. was making all the money I was not bothered. So let it be. And then he started this thing saying that, "I'm sorry, they are making so much of research and this is that and this position. I am sorry we can't give You any royalty whatsoever." I kept quiet. But all other leaders jumped on him and said, "What do you mean? You collected the money from us, saying that you will be giving royalties to Mother, and now you are saying like this." Then the machine he brought was another absolutely useless thing. All these trickeries if you play with Me or with Sahaja Yoga you will destroy yourself. What can happen to Me? I'm like rock of Gibraltar. And what can happen to Sahaja Yoga? But he did it, he did it that way. And he told Me plainly, but everybody got after him and they said to him, "If you can't give royalty better shift everything away."

Now all this happened, still I didn't say anything to you. I said, "All right, let's see." Then this whole thing came up. His wife, the great French lady, she went to France, brought us into trouble. I was telling Yogi not to have the school but everybody forced on him and he started school. In the beginning you had problems, but you should be happy to know that in the same France, because of their unity, because of their respect of their leaders they have now got Sahaja Yoga as a religion. The first country in the whole of Europe. (Applause)

And still I don't understand why you people in this country are against each other. Why? Why do you always see faults of others and not their qualities? You don't know how Wolfgang is a very powerful Sahaja Yogi, very powerful. I've told you the story about him, how his tears were powerful. And you go against a person who is so good. You are committing a sin, because you are saints. A saint never talks against a saint. I don't know if you don't understand Sahaja Yoga. You are over-intelligent, I think and think no end of yourselves, because you are all professionals, educated - and this and that. In Sahaja Yoga, it's not your education, your degrees, all your profession matters, no. On the contrary it is decadent, sometimes, because you get very mental. It's very troublesome and you are impressed by people who were mental also. In Sahaja Yoga, what counts is your clean heart - clean. If you have a crooked heart it won't work out. Now think of it what you are doing? Sahaja Yoga is for the whole world, not for you alone.

Even in America, whatever Sahaja Yogis we have, very few, are excellent people, they never quarrel, never fight, never talk ill about each other. There was one fellow who was funny, has gone out. But only one, they have no groups. It's like a cancer. I would like to know what do you have against each other that you form groups. I can't understand it - of the integration of everything I am talking. Integration of your mind, your heart, your liver - everything.

Somebody asked Me what is - really mental nonsense - what is consciousness, what is awareness, what is this, what is that? I said, "All is one." These ideas come through your mental bhoots.

You are all one in the sense that you have now become like a drop in the ocean. Everything has become one and you have to just experience the joy of Sahaja Yoga. If you enjoy this kind of nonsensical talks like the cheap women do, or cheap men do it - you can't be Sahaja Yogis. You should know how to enjoy yourself and others.

The other day, I met the Prime minister of Iran, who ran away from Iran, though he was the first Prime minister at the time of Khomeini, because of Khomeini. And he said that Koran also teaches about love, Divine Love. "It doesn't teach it," I said, "it doesn't do." Muslims are known to cut their sisters' heads, and their fathers' heads, and everything. What's the use of talking

about love when you are killing your own people? They form groups and things and hit each other. And very proudly I told him that we have Sahaja Yoga in 65 nations. And I haven't seen anybody talking ill about anybody else, no jealousies, no hatred, no arguments, no questioning, no wars anymore. He was amazed. I said, "It's true." But this Austrian thing I can't understand. How it is crawling into you, this kind of a mental attitude. If you try all these things you'll be denied in the Kingdom of Heaven, take it from Me. Your education, your degrees, you leave them here, and so called knowledge. What upsets Me that Sahaja Yoga has been so kind to you. So kind. And what you are making a mess? Do you know what's happening in the world? Children are killed, there's no families, they've destroyed so many things. In this country also, you have so many drug addicts and all that. You are all saved from this and brought to this beautiful land of Sahaja Yoga.

Now everybody must think, "Mother is saying to me. And am I doing such a thing?" Not for others. Think for yourself. Please try to understand - Sahaja Yoga doesn't need you, you need Sahaja Yoga. I don't need Sahaja Yoga, you need Sahaja Yoga. Try to understand what are you up to?

Again big problem about royalties came up, I don't know why. This tradition of handing money in a wrong way is still going on. We couldn't understand, if you had not said that you'll give Me royalties, I am not bothered. I don't care about these royalties. But you people decided you give the royalty and now it's going on in such a bad way. So now I have decided to cancel it completely, everything from Austria, for the time being. In the sense that we have the camera kept in Cabella. And we'll be doing master them. And I've asked Philip to get the copies done in Germany.

For the old audiotapes - it's very surprising - old audiotapes they asked Me that they have to buy another machine for 25'000 and 50'000, can you imagine ? Have I got a tree that I shake it and take out the money for something like that? But I went to England and I said, "We want to look after these old audiotapes - they've gone wrong, something gone wrong with them - you have to preserve them. They said, "Mother, very easy." Ray came forward, he said, "Mother, I'll do the whole job. And there is Pascal, who has got a digital [tape recorder]." "How much will it cost, altogether?" "Only 2000 at the most." Can you imagine? I was so shocked! 25 to 50'000 they were asking for this job, which is going to cost Me only 2000. You can't do business in Sahaja Yoga. Do you know how careful I am? All the money you pay Me, even for [tooth ?] I've made good out of that, for whatever is saved. I need not, even if I take all your money, all your properties, all right, it's all Mine already. But - why am I so particular? Every pai is counted and kept in the bank in a proper way, even the Puja-money.

I'm sorry that [X. ?] became mental. He started talking big. You know, people first teased him and then he started talking big. He said, "Now you should forget about this. You should concentrate on the higher chakras. You are God, I am Adi Shakti," he said. What do you say to such stupidity of ego? I discovered - nobody told Me, they were frightened. I discovered that this stupid fellow is talking like this - through his vibrations. Another one like this now is in lunatic asylum. So, don't make it mental, you cannot understand through your human awareness, I've told you hundred times, through your limited mental capacity - Sahaja Yoga. Open your hearts. Surprisingly these people - Germans, who are supposed to be closed minded are much better, they are straight forward. They don't do like this, asking 50'000 pounds from everyone.

And money-wise also, I'm told, you people are extremely miserly. Very surprising. With so many people last time, I had to stay in a house where I was not very comfortable, I should say, because there were others staying, same bathroom [we were sharing]. Because you people would not even pay for My stay in a hotel. In every country, they are collecting such a lot of money for programs - for everything, everything. I don't want your money, all right. But what about the programs? What about other things you have to do? It's [pedant] attitude that you don't trust anybody, because you don't trust yourself. You have no faith in yourself, how ca you have faith in anybody else?

I'm very sad, very, very sad, that the people whom I love the most in Europe have letting Me down like this. You have to grow in Sahaja Yoga. Not your mental projections, but you have to grow in Sahaja Yoga. But people told Me that, "Mother, their vibrations are not so good. So many of them indulging into cheap talks. Because you think you are well-educated, you have got jobs and you have this and that. It's better to have people who are uneducated, without any jobs. They will enter into the Kingdom of God.

Christ has said, "Rich cannot enter into the Kingdom of God." But I would say now, "The intellectuals won't enter." In My

experience the intellectuals, won't enter. Because they are going with their brains against reality. Try to understand. As soon as you come out your Agnya be careful - you either go to the left or to the right. Unless and until you understand that you have to grow beyond your mind. With our mind, if we could have understood or if you could have got your ascent - it would have been the easiest thing to do. But no - everybody has a brain of limited projections. So somebody goes this way, somebody goes that way, somebody goes that way. And that's how we have the problem of wars. We have the problem that everybody has a different attitude. Now see, they started having a - say, Europe. I must congratulate people in Austria that they have done European Community. But they are all fighting. There are so many points on which they are quarrelling. With all difficulties now they got this. And think, they are suspicious, they are not trusting each other, because they are on a mental level. This is something is a curse, I think. Human mind cannot be superior to the Divine Mind. And you'll stop at Agnya. You don't know what will happen. Because I have seen people entering in lunatic asylum, that's all. They talk big, they fight, they find false.

What is the false of this lady who told Me - because Hamid was angry with one Sahaja Yogi. So, what's the harm? That means he is finished, what is a leader for? He's there just to do your Aarti? He's there to correct you. If he says something to someone that means it's a very big crime - he cannot say anything to them. But I tell you, [X.], when I told him he told his [sarena?], "Thank God, Mother has saved me. I was going mad."

That humility you must have, at least, to understand. It's like a political movement going on, this group, this group, this group - imagine. We've had enough of politics. In Sahaja Yoga, there is no question, no question of having any group together. On what levels you are forming groups? I can't understand. Have you seen in the sea there is a group of water here and a group of water there and a group of water there? You have jumped into the ocean now, try to understand. I'm really very, very unhappy to hear nobody wants to be your leader, this is one illusion. So the next thing you can do is to play a football match - I can't understand. What else you can do? You cannot hate anyone, how can you.

I don't know - with a saint's heart this compassion flows. Such beauty and how you praise each other. And how you love each other. Is the biggest thing. To love someone is the greatest joy. Without any greed or lust. Freed from all this nonsense you love each other. Not because you have a group that loves each other. You cannot achieve anything in Sahaja Yoga. If you have these tendencies better leave Sahaja Yoga.

I didn't say this to anyone - so far. They all came and complained and complained and told Me that their levels are [going down]. They are becoming very different people. [inaudible] I was very unhappy, I really wept. And they have not understood My compassion, My Love. You are My children, children who are Divine, who are so special. Here we are to save the whole world. And what are we doing? Is that a stupid case. I know the leaders. I know them better. I made them.

["Let us," they've said without case,] "our leaders are like this, they are doing like this." We had to change him because his health was gone, and he was fed up the way people attacked him. I hope now you will understand what I feel and what I feel about the leaders. One day can happen that a letter had come and, "The negative forces are spread very much. That this leader is very bad," and all that, and at least they were [denouncing?] leaders. I said, "You all leave Sahaja Yoga!" I don't mind if there is one person who is there. You all leave. I don't want you. There's no quality in you. One leader is sufficient for Me. In the case of [M.] nobody opposed him, nobody told Me anything against him, nobody saw the game he was playing. Gregoire is so simple hearted - he thought that he will do better organization than him, he told also, "Mother, You didn't like him, but he organized everything." He was a crook! And he could organize you. I can't understand. And if there is a simple man who is a Sahaja Yogi - Sahaja Yogi has to be a simple person. And who cannot understand a person, who is simple, who is good, his powers - this crookedness of the heart you do not imbibe from this man, [M.]

We have to change the whole attitude. You have to pay wherever it is necessary. I'm in charge, I know everything. What you are paying, how much you are paying, I know everything. And now we have to buy some land there, who is going to pay for that?

Russians have very little money, but they'll give their life for Me, anything. I was surprised once I was told they have sold all their antiques in their house, just to come for one of the Pujas. I said, "No money will be taken, no, nothing."

There were people like this before, very dedicated. Even in India you have seen Ajanta built by ordinary people, dedicated their lives for eleven centuries. They had never seen Buddha, they never got Realization from Buddha. You see beautiful - your churches being built. By ordinary people. With such care, with such art, such difficult task. Just for devotion. Just for devotion. They didn't get Realization. They didn't get anything. Just for devotion for Christ they did it. It's very surprising what people are doing just out of devotion.

Once in Sahaja Yoga, we don't need anything as such, but if you cannot grow in Sahaja Yoga, what is the use of becoming Sahaja Yogis? You all must meditate, clear out your Agnyas and don't listen to anybody who talks against your leader. Don't take any of these groups. If they are talking just put your hands like this (Ed: Shri Mataji is closing Her ears with Her hands) - I don't want to see, I don't join any groups, nothing. If anybody talks of groups - you just say, ["There are no groups." ?] Understand that negativity has become collective - then what will happen to us? Be alert! Be aware!

Thank God that everybody notices your centers and they told Me and I also felt the same.

I hope in this visit of Mine all of you should clear out your Agnyas - absolutely. You should use the mantra of Nirvichara, of forgiveness. I'm sure it will work out. Sahaja Yoga is not a thought, it's an experience. It's not a thought. Enter Nirvichara Samadhi - only you can grow, otherwise you cannot grow.

It's true that there may be very few who are doing all these kind of tricks but you should find them out [and name them. ?] Avoid such people! Naturally they'll go out of Sahaja Yoga. I do not want to take names, but you should know I know everything, I know everyone.

So, please understand that the whole of this country depends on you. If you want to destroy it you can destroy, if you want to raise it, to awaken it and bless them - it is in your hands. If I could do it I would not have asked your help. I need all of you very much. But not the way you are. It has to be the way a Sahaja Yogi should be. A proud Sahaja Yogi, who is proud of this Sahaja Yoga. And is self-sufficient - doesn't require any help from these so called group leaders. That's one of the reasons so far you have not been able to have a proper, big Ashram. You all [can donate] money and can have an ashram of your own. You are so many. If Swiss could do that, if French could do that, if Spanish could do that, Americans could do that, even Italians have done so much, why not you? It's a challenge.

I'm not saying that, "This time you are saving," [what I don't know, anything. ?]

So, those who really ardently believe that we have to do something, we must have an Ashram of our own. That is how Ganesha will be established, you have to have. I must say, Italians didn't have much money, but the way they have started the school is very remarkable. Spanish had no money, very few Spanish. But they have two Ashrams of their own. In England now they will have Ashram of their own.

So instead of wasting time in all these nonsensical things, if you just become humble people and worship your Nabhis you will get money. You have to be generous - that is the minimum for Sahaja Yogis. Look at Me. I suffer from My generosity sometimes, but I enjoy it.

You started very well, but I don't know what has twisted this - what has gone into your heads? How it has happened that some of you have started forming groups? So now put up your hands, who don't want to have groups at all, I would like to see. Put up your hands, both the hands. No more groups!

And anybody who creates groups you will stand against that person. Thank you! Thank you very much! I feel much better now. I had such a burning, you don't know. In the plane also I had a terrible burning. But thank God I now feel better. [And you are relieved and... ?]

As you are giving your flowers also give your hearts to Me. As I will give My heart to you.

May God bless you!

It really hurts to say things I had to tell you. But you can't reach such a level - that I had to talk. So, I hope you forget all this and be what you were before.

Let them now give the flowers.

You could keep it here.

Germans also have sent you flowers. (Shri Mataji laughing)

1994-0719, Be aware of your pure desire

View [online](#).

19 July 1994

Be Aware Of Your Pure Desire

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) - Reviewed

I bow to all the seekers of truth.

At the very outset, I have to say that truth is what it is. You cannot change it, you cannot transform it, and it cannot compromise with you. It is, it has been, it will be the same. Whatever I have to tell you tonight you need not accept it blindfolded. We have had already very big problems with these blind faiths. You should have an open mind like a scientist and treat this talk as a hypothesis. But if it is proved then you have to accept as honest people. Because it is for your benevolence, it is for the benevolence of your country, it is for the benevolence of the whole world. The truth is that you are not this body, this mind, these emotions, intelligence, ego or your conditionings, but you are the pure Spirit. We see beautiful flowers around us, it's actually a miracle. But we take it for granted. If we ask a doctor, "Who runs our heart?" he will say, "The autonomous nervous system." But who is this 'auto'? This they cannot answer. And who does all this living work? Who brought forth our evolution? There is no answer.

The second truth is that there is a All-Pervading Power of Divine Love. It is a subtle energy which does all this living work. Now, unless and until we evolve more than what we are today, it's not possible with this human awareness to feel the existence of this All-Pervading Power. And if you have to have this ascent, then you have to just have pure desire for it. The pure desire is a desire from our mundane desire is very different. According to economics, wants are not satiable in general. Today we want to have a house, then a car, then a helicopter, goes on like that. But the pure desire of which you are not aware is this that you want to evolve and to feel this union with this All-Pervading Power. To feel this All-Pervading Power, to be in union with it is the yoga, spiritual yoga.

Sahaja means 'born with you'. Is this right to get this union, this yoga. So, the time has come for all of us to use this right. So when this Kundalini, this power, from the sacrum bone rises like a primule of a seed, it passes through six centers. Most of the global problems come from human beings, and most of the human problems come from their centers. By any chance, by any method if we could improve or nourish these centers, all our physical, mental, emotional, and spiritual problems will be solved. It's a fact that through Sahaja Yoga many diseases have been cured. Cancer, also many incurable diseases have been cured. It's your own power. It is waiting for this moment, is your Mother, anxious to give you your Second Birth. So when you say you are born again you have to have powers with it. For example, in Sanskrit language we call a bird as Dwijaha and a Realized soul also Dwijaha, meaning twice born. That means you are completely transformed - physically, mentally, emotionally, and spiritually.

When this Kundalini rises, and She pierces through the sixth center, becomes one with this All-Pervading Subtle Power, you also become subtler. On your fingertips you start feeling your centers. And if you know how to correct your centers you are all right, problems are solved. But also you can feel the centers of others. It's like microcosm becoming macrocosm, it's like a drop becoming an ocean. It sounds fantastic, but you don't know how glorious you are, how fantastic you are. You don't know yourself at all. You have no knowledge of your inner being. So you feel sometimes frustrated as if you have no identity. But once you start feeling this All-Pervading Power then you understand that you have many powers. You can cure yourself, you can cure others. You can raise others' Kundalini, give them Realization.

When the Kundalini comes in this part (ed: green area of Void), She enlightens within you your religion which is innate. That means you become righteous. Like people who are, they may be Christians, Hindu, Muslims, anything - it's just a brand, they can commit any sin they want. But after this happening you become really a righteous person. Christ has described it in the second chapter Mathews. He says, "Thou shalt not have adulterous eyes." Means innocent eyes without any greed, without any lust in

the eye. Actually your eyes become like that. Innocence cannot be lost. It is covered with clouds because of our wrong doings, but it cannot be lost. It cannot be destroyed. And you become so powerful that even a glance of such a person can create beautiful peaceful atmosphere.

Then, when your Spirit comes into your attention, you know the absolute truth - about everything. Supposing you have ten children who are Realized souls and tie up their eyes and ask them, "What's wrong with this gentleman?" And all the children will say - take out one finger, say this finger supposing. You ask that gentleman, "Have you got heart trouble?" He'll say, "Yes of course, but how do you know?" You get the diagnosis on your fingertips. You can say what's wrong with you, what's wrong with others, and you speak the language of centers, chakras. Absolute truth means everybody sees the same truth.

Now, we are human beings, we have freedom to think the way we want to think. So one thinks like that, another thinks like that, another thinks like that, and that's why the problem. Some think they are correct, another think they are correct, some think this is the best, and they fight. If you know the absolute truth, there's no question of fight, quarrel, of course no war. Now, we have this Sahaja Yoga working in 65 Nations, and I've not seen - even if they are 5'000 together from different countries - ever fighting, quarrelling, even using a bad word. They just enjoy each other. The families in Sahaja Yoga are really excellent families, and so many Realized souls are born to them. It's a new race of angels I feel. For all this you don't have to pay a single pai. It's a living process. When we put one seed in the Mother Earth, how much do we pay to the Mother Earth? She sprouts the seed because the seed has the built-in mechanism to sprout, and the Mother Earth has the power to germinate. So the first thing we have to know that, you cannot pay for your spirituality. I know there have been many who tried to exploit all over the world, but they are mostly now exposed. I would say it was your mistake because how much did you pay to Christ?

Now, one has to understand that I'm talking about Divine love. They all talk of love, all right, but it's the actualization of that Divine love. It is the becoming which is important, not just talking about it. There has been lot of talk, we are this, we are that. So you become extremely dynamic with this power, at the same time extremely compassionate. You don't have to suggest, you don't have to think, you just - you become compassionate. The compassion just works. Then another thing is that we think about future and past. The thought rises, falls, another thought rises and falls, and we are jumping on the cusp of future and past. We cannot be in the present, which is the reality. Present is the reality. The past is finished, and the future doesn't exist. When the Kundalini rises She elongates those thoughts and establishes in the center where there is complete thoughtless awareness. And spiritually you grow in that thoughtless awareness which in Sanskrit we call as Nirvichaar Samadhi.

The second state we call as Nirvikalpa Samadhi means doubtless awareness, when you become your own master. Because in the light of the Spirit you know what is the truth is. What is destructive for you and what is constructive for you. And you just disregard all that is destructive. I don't have to tell you, "Don't do this, don't - no." If I say that, half of you will go away. It's like this, supposing I have a snake in My hand, and I am very adamant and it's darkness and somebody says that, "There's a snake in your hand." I will say, "No, it is a rope." Until the snake bites Me I will say, "It's a rope." But if there is little light immediately I will throw away the snake. Nobody has to tell you. This is how your attention becomes enlightened, and you become a very wise and sane personality. And then you understand your value, your identity. Then you know you have become the instrument of this Divine love. It's a pure love. Like a sap rises in a tree, it gives whatever is needed for every part of the tree - ultimately it evaporates. But supposing it likes one flower, gets attached. Then the tree will die and the flower will die also.

So this detachment comes from within. It's not to wear these dresses of renouncing or to shave your head, that's not needed. It's an inner happening. You don't have to give up your families, you don't have to give up your jobs, you have to be absolutely normal. But when you become thoughtlessly aware, the peace is established within. I have known many people who have got peace awards, this award, that award - they have no peace within, I don't know how they got it. Actually most of them are very hot tempered. If you have to reach them you have to take a barge pole, somehow. You establish your peace within and then the whole world becomes like a drama. You get out of your problems and see them clearly. Like if you are standing in the water you are afraid of the waves, but if you get into the boat you can see the waves. But if you know how to swim you can jump in and save many others. This is how Sahaja Yoga works.

Your attention can go to any limit, you can find out about anyone dead or alive in any country. When we see television, we know

about the ether. But I am talking about the subtle of the ether, which is so efficient, which is so fast, which is so active, and which is so loving. You find your life so blissful. People write to Me about the miracles they have had. I asked somebody to compile them, and in one month he told Me, "They have come up to my head like that, now what am I to do?" They said, "You better sort it out, Mother." I said, "I have no time, all right, forget it." Then you realize how glorified you are, what great thing you are.

Now, you are at the epitome of evolution. Little more advancement and you are there in the Kingdom of God, absolutely protected and loved. The time has come, this is a special time. I call it the Blossom Time. In Indian prophecies, they have described this time very clearly that, "So many souls will take birth and there will be increase in the population and they will find themselves, they will know the self-knowledge." It's not that the body will come out of the grave, after 500 years what is left of the body in the grave? Muslims believe, Christians believe, Jews believe - I think there is something wrong. It's the soul which is going to take birth. Above all you jump into the ocean of joy. Joy is singular. When our ego is happy we become happy, when it is punctured we feel unhappy. So we move from happiness to unhappiness and happiness to unhappiness. But joy is an experience - which has no alternative. You can enjoy everything, and you can find solutions to everything.

Today as it is you know, world has come to a point of great shock. They are talking about breaking families, they are killing children, I mean, unbelievable things are happening. But at this time it is predicted that, "You will be seeking the truth and you'll find it." Only thing I have to tell you that if you don't have desire I cannot force on you, I respect your freedom. The experience is not mental, it is beyond mental.

So if you don't want to have it's better you leave the hall. But it's your right to have it if you desire. In this short lecture I cannot tell you everything about it. Also lecturing is also a mental acrobat. So it will take hardly ten minutes to get your Self-Realization. So those who don't want to have should leave the hall first.

All right.

There are three conditions. First one is that you have to be absolutely self-confident that you are going to get your Self-Realization. That means you should not condemn yourself for anything. You should not feel guilty. Guilty at all about anything that has happened in the past. At this moment the past is finished. Unfortunately if you feel guilty, then this center catches very badly and you get disease called angina, also spondylitis, and also lethargic organs. It's a fashion to feel guilty. I mean, some people feel guilty for their forefathers, some feel guilty, say for Rwanda people, you can't help these things. It's a myth. And at this moment it's important that please don't feel guilty, because the Kundalini will stop at this center. All your life you have tortured yourself and now at this important moment you should not feel guilty, so the Kundalini doesn't rise and you miss your Self-Realization. In short you should be presently pleasantly placed towards yourself. As I respect you, you must respect yourself. As I love you, you must love yourself. That's all I want.

The second condition is that you have to forgive everyone in general, that means you don't even have to think about whom you have to forgive, because that's a headache. Logically, whether you forgive or you don't forgive you don't do anything. It's a myth. But if you don't forgive then you play into wrong hands, and the center on the optic chiasma is like this - constricted. At this moment, if you don't forgive it won't open like this and you will miss your chance, such an important thing of Self-Realization. So please forgive - in general I say.

Now, the third condition is you have to take out your shoes. Because this Mother Earth helps us. Many people don't like the third condition sometimes. (Laughter) In England, first time when I asked them to take out their shoes, half of them walked off (Laughter) - very seriously.

Now, somebody will show you. First you should see what we are going to do. He must have told you that we have two channels, left and right which are opposite to each other but are complimentary. They look after the sympathetic nervous systems, left and right. So the left one is for the power of desire, by which we desire, mundane desire, and in the right we have the power of action. So you have to put your both feet apart from each other. And put your left hand on your left lap like this very comfortably. This is suggestive and symbolic of your desire to have Self-Realization. So we use our right hand for the action. Please be seated, we

have room here for you. All of you have to sit down, please, be comfortable. You don't have to go to Himalaya, stand on your head, shave off your hair, nothing of the kind. (Laughter) Be comfortable.

So, now we put our right hand on our heart. In the heart resides the Spirit. Now if you become the Spirit, you become your own guide and your own master. Now take down your right hand in the upper portion of your abdomen on the left hand side. We are working only on the left hand side. Here is the center for your mastery. Mastery over yourself and mastery over the knowledge, the pure Divine knowledge. It's created by great prophets and seers, which is to be enlightened. Now take down your hand into the lower portion of your abdomen on the left hand side. Surprisingly this is the center for pure Divine knowledge. Now raise your right hand on the upper portion of your abdomen. Then on your heart. Then in the corner of your neck and shoulder and turn your head to your right. Oh. It is there, that means you are feeling guilty. Please don't feel guilty.

Now, you have to ask for forgiveness or forgive everyone. In general without thinking about them. Now take back your right hand on the back side of your head and push back your 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 All-Pervading Power of Divine love. Now, the last center is very important, stretch your palm fully. Now put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now push back your fingers, it's very important, so that there's a good pressure on your scalp. Now put down your head and move your scalp slowly - 7 times, 7 times, clockwise.

Now, that's all we have to do. But please remember to push back your fingers. All right.

Now again, see that your both legs are apart from each other, and the left hand is on your left lap. You can close your eyes and take out your spectacles, please don't open your eyes till I tell you.

So now, put your right hand on your heart and close your eyes. Here you have to ask Me a very fundamental question about yourself - you can call Me Shri Mataji or Mother. Please say three times, "Mother, am I the Spirit?" Say in your heart.

As I told you, when you are the Spirit you become your own guide, your own master. So now please bring your right hand in the upper portion of your abdomen on the left hand side and here you ask another fundamental question about yourself, three times in your heart, "Mother, am I my own master?"

I have already told you that I respect your freedom and I cannot force Self-Realization or pure Divine knowledge on you - so you have to ask for it. So now, please take your right hand in the lower portion of your abdomen and ask six times, because this center has got six petals, "Mother, please give me pure Divine knowledge."

As soon as you ask for the pure divine knowledge the Kundalini starts rising within you. So we have to nourish our upper centers with our full self-confidence. So 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."

At the very outset, I told you that you are not this body, this mind, these emotions, this intelligence, these conditionings, and the ego, but you are the pure Spirit. So raise your right hand on your heart and say with full confidence again, twelve times, "Mother, I am the pure Spirit."

This All-Pervading Divine Power of Love is the ocean of knowledge, is the ocean of bliss and compassion, but above all it is the ocean of forgiveness. So whatever mistakes you might have committed can be easily dissolved by this ocean of forgiveness at this moment. So please forgive yourself and raise your right hand in the corner of your neck and shoulder and turn your head to your right. Here you have to say 16 times, "Mother I am not guilty at all." Say it with full confidence.

I have already told you that logically, whether you forgive or don't forgive you don't do anything. It is a myth, but you are playing into wrong hands and torturing yourself. At this moment, if you do not forgive, the center of Agnya won't open and the Kundalini won't rise. So please, please forgive, forgive everyone in general. By raising your hand on top of your forehead, put down your

head. And here you say, "Mother, I forgive everyone in general."

Now without feeling guilty, without counting your mistakes for your satisfaction you have to ask forgiveness from the All-Pervading Divine Power. So please take your right hand on the back side of your head and push back your head. Here you have to say, "Oh Divine power, please forgive me, if I have done any mistakes, knowingly or unknowingly." Please say it in your heart, not how many times.

Now the last center you have to stretch your palm fully, put the center of your palm on top of your fontanel bone area and put down your head. Here again, I cannot force Self-Realization on you, you have to ask for it. Now, push back your fingers, put a pressure on your scalp and move it seven times saying, "Mother, please give me my Self-Realization", clockwise you have to move. (Shri Mataji is blowing into the microphone)

Push back your fingers and move the scalp clockwise. Please bend your heads, bend your heads.

Now, take down your hands and please open your eyes slowly. Put both the hands towards Me and watch Me without thinking. Now put the right hand towards Me and put the left hand on top of the fontanel bone area and see for yourself if there's a cool, or a hot, breeze-like vibrations are coming out of your own fontanel bone area. Bend your heads, bend your heads. Sometimes it comes very close and sometimes far away.

Now please put your left hand towards Me. And now see with the right hand if there is a cool or a hot breeze-like vibrations coming from your own fontanel bone area. If it is hot means you have not forgiven. Please forgive now, at this moment.

Now, again with the right hand once again. Please bend your head.

Now raise both your hands towards the sky, push back your head. Here you have to ask one of these three questions three times. First one is, "Mother, is this the cool breeze of the Holy Ghost?" Second is, "Mother is this the All-Pervading Power of Divine Love, is this the Ruh?" The third is, "Mother, is this the Paramachaitanya?" Ask anyone of these questions three times.

Now, take down your hands. Please put your hands to Me. All those who have felt the cool breeze on the fingertips or on the palm or through their fontanel bone area, cool breeze or hot breeze, raise both your hands.

My God! May God bless you all, you all have become saints now, I bow to you.

Now respect your Self-Realization. Still you have to grow. We have to understand that this is a collective process. You cannot do it alone anyway. So you have to come to collective. Of course, you don't have to pay at all for anything. But you have to give some time, some importance to your Self-Realization. So please, make it a point to come to the collective. Very surprising, you don't know Me, I am not an Austrian, but when I come always the halls are full, but when I go away they don't follow up, I don't know why. Only in Russia, I have seen people have gone very deep, they are so deep people, very deep people. Once they get Realization they just get to it. It's very surprising.

So I have to make a request to you that though you have got it everything so easily you have to grow into it. You have to have the whole knowledge. I must have spoken only in English language at least - there must be 4'000, 5'000 lectures. But they are only indications to know what you are and to experience it. Sahaja Yoga is an experience. In Sanskrit, we have a word called Budha or Vida that means to know the knowledge on your central nervous system. From Budha the word Buddha has come. From Vida the word Vedas has come.

So this knowledge is your own. It was the ancient treasure, but now is available to all of us. So please try to understand the importance of your being. I always come after one year and I hope to come back to see you all.

May God bless you! (Applause)

Thank you very much! May God bless you all!

1994-0724, Guru Puja: Mature and Achieve the State of A Guru

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24 July 1994

Mature And Achieve The State Of A Guru

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja. Cabella Ligure (Italy), 24 July 1994.

Just sit down. Ask them to sit down on the ground. Please. You, two ladies, sit down because they cannot see from the back. Today you all have gathered here to worship Me as your Guru.

I must say that I lack many qualities that a guru should have, in the sense I cannot be strict with you, I cannot be stern with you, and I really don't know how to punish you for doing wrong things. This may be because, normally I think the gurus have problems with their disciples, who are mostly not realized souls. As they are not realized souls, the gurus find it difficult to communicate or talk to them about the subtle problems that they have. I know of many gurus even in modern times who've been really very, very strict. And also they told Me that they have achieved their realization by working very hard and by suffering under the strictness of the gurus. Sometimes I was really filled with great compassion for such disciples who haven't yet received their realization. They had gurus who were really realized souls and they never had their realization, and the guru was extremely strict with them.

There was one gentleman I met in Kolhapur, and he got realization in one minute. So he told Me that his guru had "told me to go for fast every month at least for eight days." All right. "Then he asked me to build a temple of Dattatreya in his village." And every day he must go and worship Dattatreya in the morning time and in the evening time. He spent so much money, and still he didn't get realization. "And while You hardly took two minutes to give me realization, Mother. What is this? How You have been so gracious to me?" So, I didn't know what to answer him I didn't want to talk against his guru because I know he is a realized soul. Actually, most of these gurus and incarnations were very helpless with human beings. Perhaps they didn't have such beautiful disciples as I have. Perhaps at this time all the good people who were seeking Divinity are born, and they are here as Sahaja yogis. I never had to work very hard on them. Of course once in a while you do get a person who tries to trouble us, or who tries to create problems. But modern times are so special, I think, that it's very easy to give realization to people.

At the time of Moses, He had made laws because of the decadent society of the Jews at that time. And that one was very hard, very, very hard, which we know today as shariat – was taken over by the Muslims. And even now the punishments according to so-called Koran are so hard that you can't believe it. And most of the pressure of all their dharmic laws are on the women. Whatever it is, even in the Bible if you read Christ, He has said that all those Ten Commandments are nothing, you have to go beyond them. And He says if your one eye is mischievous, is committing sin, take it out. What's the use of the whole body getting contaminated by that? Or if your one arm is doing something that is wrong, you better remove it. Because of one arm, the whole body will suffer. He said that, it is said that you should not be adulterous. But I would say that you should not have eyes in which for any woman you have desire- you have committed the great sin; and you'll all go to hell, all those people who will do it. So you should not have adulterous eyes.

Another thing He has said, that if somebody slaps you on one face, you should turn another cheek towards that person. When I knew about these laws I said, How can you have such people in this world? It's a very subtle thing. And the last of all which was very, very good was that you should be righteous, righteous more than all the scribes and all the Pharisees – means the priest and all this with the – you have to be much more righteous than them. I mean, in early age when I read it I thought, where can you find such people who can be called anywhere near Christ's description? It was inconceivable at that time.

India is one place as I told you, people are dharmic by their own, we can say, their own genes you can call them, or you can say

they are extremely dharmic because of traditions - brought up like that. In My time, in the South India and Maharashtra, I think we were very dharmic family, and it was very dharmic atmosphere. Still, these things that Christ has described was not there. For example, anger was regarded as a great asset. People used to boast, "I am very angry with that person!" they used to say. Very common. Of course I don't think in India anybody can say "I hate you" because is regarded something sinful and stupid, because to hate somebody is being adharmic. But of course they did say so many things that were not at all permissible by the laws of Christ.

And then came Mohammed Sahib, who just found that nothing works out. So I think they adopted shariat - but not Mohammed Sahib - but they had adopted already the shariat. He accepted. He said, "All right, this shariat can be worked out." But it is so inhuman and has no balance, because only the women have to suffer; no, nothing to men. If a woman did adultery then she was punished, but not the man. Even, I don't know what is the law here, but in India if a woman who is married does adultery, such a man has to be punished, but if the married man does adultery there is no punishment. All these things, I know, cannot be forced on anyone. Whatever Christ must have said, He must have said in His own meditative mood. He was surrounded by people who tried to kill Him, and they killed Him ultimately. And the kind of people they were, specially at that time the Romans – extremely cruel. So how can He say that if you, somebody slaps you on one cheek, you turn another cheek to that person? Very angry, hot-tempered people were there.

Krishna, of course, said it very clearly that "krodhat bhavati samnoha" – is krodh is the worst thing, anger is the worst sin according to Him, from - only from anger everything comes out. But He didn't say how the anger comes in. He didn't talk about it that the source of anger was your liver, and also your upbringing. These two things give you horrible anger. Unless and until you witness yourself, your realization has no meaning. You should separate yourself from yourself, and see for yourself what is really wrong with you. Now supposing somebody is a very hot-tempered person, instead of taking pride in it or using that temper to control others, he should try to control himself. How? First is the krodha. Anybody who wants to be a saint should know that anger, this krodha, should have no place. And how do you do it? You first of all witness yourself how you behave. For example, I would say artificially you become angry, artificially, and stand before the mirror. See your face, how you look like. You'll be surprised, looks like a face of a monkey or a tiger, or I don't know what animal you must have been in last life. And then you are amazed that you are still carrying the traces of that previous life that was whatever was the animal. Then the second thing would be, take out the anger upon yourself. As we have in Sahaja Yoga, we write down our own names and beat it.

But it is, should be that if you get angry with yourself, then you will see that you have won over your anger. Because angry people only torture others, they don't torture themselves. Of course sometimes they feel bad, later on they feel "I should not have done this," they develop a left Vishuddhi. But, mainly if you start getting angry with yourself – "Why should I have done this? Why did I do this?" "Why should I get tempted to this?" – you'll be surprised, your temper will go down. And also physically you should see you have a liver problem. With that you just face yourself and tell that "I'm going to get rid of this liver problem. How dare it become my enemy and stop my ascent in spirituality." So the first, the witness state has to be developed. For a Sahaja yogi is very important to develop a witness state. But normally what happens that Sahaja yogis develop a witness state for others. Now you know in Sahaja Yoga the door is open to everyone; and some mad people also walk in, some funny people also walk in, some very bad-charactered people also walk in, all kinds of things happen. So now you should see, what are you worried about? Are you worried about people who have problems, who are no good, for whom you cannot say that they'll be Sahaja yogis; or you are enjoying the people who have got Sahaja Yoga? This temper sometimes has made people really mad, I tell you, can go into your head and can make you mad; and we have some mad people in Sahaja Yoga, we have still. But they have become so mad that now they are no more angry, they are no more troublesome, they are just mad, that's all. For such people you shouldn't worry. There's no need to witness others – witness yourself.

And I sometimes feel that anger comes through too much austerity, too much of extreme nature also. Some Sahaja yogis are extremely austere, austere about everything. It's maddening. In Sahaja Yoga there is, everything is Sahaj, it's spontaneous. You are not to be austere. You should not be particular. Now, I said now it's not better, not to wear a black sari or something, if I say so – then it doesn't become a sentence from Brahma! Supposing then somebody is wearing a black sari and coming, you will all run away from that person – or black clothes. It's not that. You are gurus yourself; why should you be afraid of any kind of person who comes to you, whether it is black, white, or any type? Why should you have any fear? The another side of temper is fear. A

man who is hot-tempered always have fear because he sees himself in others. He sees that "another person also must be having the same kind of temper, and he'll attack me," so he's always on the protective. In a Sahaj manner what we do is to live without fear. It's said that wages of sin is fear, but I would say wages of anger. Those people who were very aggressive, say for example, develop frights, all kinds of frights. Those countries who have invaded other countries and rule other countries, and have got the experience of their ego, of their anger, become extremely frightened people. Specially the soldiers who go on the war, kill so many people and come back, and they are frightened. I asked one of them in America, I said, "What are you frightened of?" He said, "I feel that I have killed so many people, now so many will kill me." But I said, "Why do you think like that?" "Why should anybody kill you?" He says, "Because, why did I kill others?" "Why did I kill others? Because I killed others, so anybody can kill me, isn't it, without rhyme and reason." Logically I agreed. But his fear was so much that when he came in My presence he was just shaking, the whole body was shaking with fear.

So, whatever aggression we do boomerangs on us, and we become very frightened about everything. In Sahaj you witness yourself as a separate identity. All your past is finished, gone, you are not bothered, and you remain in a state which is fearless. This state has to be achieved through Sahaja Yoga. Very easy, once you know that you are protected you'll have no fear, and as you'll have no fear you will not have also temper. It works vice versa sometimes. It's a very common thing I have seen, a very aggressive person will be described by a psychologist as a man of insecurity. It's nice to say that, but it's not true. He makes everybody insecure, then how can he be insecure? If another person feels insecure with that person, that means this man is not insecure, but he is over-secured. If you tell him that, then only he will improve. But if you say, "You have insecurity," then he thinks, "Yes, my condition is pitiable." "Even if I kill somebody is all right, because my condition is pitiable." Such arguments work out in such a manner, that you become convinced about yourself. But if you see as a witness you see, "What have I done so far?" "Have I been able to conquer myself?"

Sahaja Yoga is not to conquer others or to control others, but to conquer yourself. If you have not done that, you can be self-certified - "Oh, I have been a Sahaja yogi, I have been so great, I have been this, I am -" that makes no difference. Have you completely transformed yourself, changed yourself, and now in your presence do people feel secured? If they feel insecure, then something wrong with you. Or if you feel insecure, also there's something wrong with you. Now this excuse to give, that "Mother, I am insecure" - then you are not a Sahaja yogi, as simple as that. Giving explanation like that shows you are not even a Sahaja yogi. So now to become the guru, first of all, you should have a great sense of forgiveness. So much so like Buddha's. Once Buddha was giving a lecture in a village and suddenly somebody came in and started abusing Him, saying all kinds of things and all that. Then somebody told him, "What are you doing? He is Buddha, the one who's Enlightened One. He's trying to help us to become good, and you came and shouted at Him?" So he was repentant. He went to see Buddha, but Buddha had gone to another village. So he went to another village, second day, and he went and fell at the feet of Lord Buddha. Lord Buddha said, "What's the matter?" "Why are you falling at My feet?" He said, "Sir, I must say that I was, really I didn't know You were the Enlightened One. I just shouted at You, said things, I don't know what happened to me. So please forgive me." He said, "When did you say this to Me?" "Yesterday." "Where?" "In such place." He said, "Yesterday is finished now." "What is there to forgive?" Now, he came begging of His forgiveness, repenting. Immediately He said, "Yesterday is over." That is one of the greatest qualities Sahaja yogis should have.

To call yourself a guru you must also have maturity. And the maturity part is sometimes very - Like yesterday in the drama. I was surprised when the - it took some time, some people came in, went. They were giggling just like children. It shows no maturity, no respect. Hah, anything laughable is there of course one can laugh, or any enjoyment is there - but shows such childishness. They are doing some drama, making fun of them. Very common with Sahaja yogis I have seen, specially ladies. They laugh at things where they should never laugh. I am sitting there and you are watching something, what is there to laugh? Shows complete immaturity! Another thing I have seen is in small, small things, specially in money matters, it's very funny. I have to tell you this: Turkish people, our Sahaja yogis have no money, everything was stolen away from them. So I said, "All right, you send some shirts here and we'll sell those shirts, and extra money you can take it," because they would not take money from Me. So when they sent the shirt here, it was - they said that "Mother, I don't know marketing," they said, "Mother, it should be twenty-one dollars, twenty-two dollars." Many of them said it is expensive. Then I said, "All right, collect money from everyone, twenty-two dollars each without giving any shirt, finished - for Turkey." But a false guru takes money from you, you don't mind.

Sahaja Yoga is free of course, no doubt. Sahaja Yoga is free. But you have to contribute. How are we to run this Sahaja Yoga? There's no sense of donation in you, at all. For a guru, one must know how to donate. I am surprised sometimes, there is no sense of donation. We got something, say, terracotta from India, to help those people; and I was surprised that these Belgian women are so funny that they were telling everybody it is expensive. If they don't want to buy, they need not buy. Others were willing to buy but they, these women were telling that these things are expensive. Where do you contribute for Sahaja Yoga?

Now we had to have this pendal. We had to have all kinds of things. What do you contribute? This attachment to money can never be good for a guru. I have no attachment at all. If you ask anyone they'll tell you, even My husband will tell that, that from inside I am absolutely detached. I don't know also, I don't know banking, I don't know how to keep accounts, somebody keep accounts, somebody does that. But this attachment to money in Sahaja Yoga – I won't say like Christ that you'll all go to hell, but you won't rise much higher. You have come for your spiritual ascent. I don't say you go to Himalayas, stand in the cold, stand on your heads, nothing of the kind. But the another defect they call in Me is that I never tell them that “you must contribute.” It is to be done with pleasure, with happiness, that you can contribute something to Sahaja Yoga. In any case, whether you give it or not, I'll have to contribute for Turkey, no doubt. I'll do that.

Now this kind of a thing as a market is there – “It's very expensive. This is cheap, this, that” – this is just an excuse because I know you can never contribute even twenty dollars for anything. So I bring their clothes, all right. They have stitched the shirts, sent it here, and now – I'm surprised. But if the free presents are given, it's very much acceptable, and nobody sees how expensive it is.

So now I would say that on money matters a guru has to be absolutely detached and giving, and generous. You'll enjoy your generosity but the problem is, you are not generous at all. You think Sahaja Yoga is another market-place where you have come. So the generosity part is so much missing, and it is very surprising. They asked Me that “Mother, please, we need some chiffon skirts and blouses for this summer.” You stitch them for them, bring all the way; nobody wants to buy, it's all lying there. There's no shopping here. So I'm going to tell you that as long as all these things are exhausted, I am not going to ask any country to send anything here for sale. To believe that you are Sahaja yogis, you are sadly mistaken. Your attention so much - you'll go to hairdressers, you'll do all kinds of things, but for Sahaja Yoga you have no money. Today, as everybody has said, “Mother, you should be little stern, You must tell,” I'm telling you this. Your progress will be very slow.

Secondly, you have to introspect to find out, what have you done for Sahaja Yoga? How many people you have given realization? You have powers. These gurus never had powers, though they were realized souls; you have powers to give realization, how many of you have done it? And once you start doing that, you get about ten people, twenty people from somewhere, you become great masters and you start talking about your great mastery and that you know everything, that you are the guru, you are the Adi Shakti. This is at the Agnya level. As soon as you reach the Agnya level you get this into your heads. So many, of course, have done so much for Sahaja Yoga, otherwise it would not have been possible to see this today.

For all those who have not done anything, I must tell you that you are just standing at the same steps. Your kundalini has risen but you have done nothing, nothing to give it to others. Unless and until you give it, you cannot grow. There are many I know who don't want to give because they think “we'll catch.” Don't want to look after others because they think they'll get egos. This is not the way to be in Sahaja Yoga. You have to do something which is very important, to spread Sahaja Yoga. We are talking of global peace, of global transformation, and what are we doing for it? First improve your quality. And that improvement can only come through sincere, honest introspection, and also witnessing yourself every moment, how you behave.

I must tell you about Myself, that from My very childhood I was like a grandmother. I would not tolerate anything nonsense, any stupid jokes, anything, like a grandmother. And now I am a grandmother also. And this maturity has to come in you. To talk cheaply is all right, some people have that habit – they are no Sahaja yogis. But the ones who follow them and talk like that, shows that they have no maturity. If they were matured they would change all these people. Whenever there are matured people, they definitely transform others. And their own behaviour, people are surprised how they are. This may be exceptional, may be very few like that. But only thing why I am pointing it out to you, that when you find somebody like that, then please try not to

listen to such a person, not to follow such a person. But such a person is extremely forward type and everybody becomes sort of a follower of such a useless Sahaja yogi, so-called.

So we have to mature. Now how do we mature? Many ask Me this question. We mature by meditation, by nirvicharita. You have to be in thoughtless awareness to grow, otherwise you cannot grow. Now, you should practice this thoughtless awareness otherwise also. Say you are walking on the road, suddenly you see a beautiful tree, you should become thoughtless. Creation of Divine – how beautiful it is! You should become thoughtless.

In thoughtless Sahaj works, otherwise it does not work. You plan everything, you do everything, it won't work out. If you leave it to Sahaj, it will work out. But that never means that you should be lazy about it, or also unsystematic – no. You have to be alert, extremely alert, because if you are not alert you will not see how the Sahaj is helping you. I'll give an example. Supposing you want to meet somebody. Now that person has said, "I'll meet you at eleven o'clock," say for example. You have to be alert. He said he'll meet you at eleven. By some chance you are late, supposing. So you should be alert that you are late for the gentleman. At that time, you should give a bandhan or raise your kundalini, do something, so that you meet that person in any case, whether you are late or not. But normally you should not be late. If you just give a bandhan and say, "I must be there at eleven o'clock," you'll be there. Sahaj will help you. But you even forget to give bandhans, you even forget to raise your kundalini, you even forget to give vibrations.

So to mature, first of all you should know you are now Sahaja yogis, and that you can control the whole situation if you are one with this all-pervading Power. It's very simple. It was very hot, everybody was saying it's very hot. All right. I got up, I said, "I'll make it," within fifteen minutes I made it cool. I say, "I made it" – "I," but it's not "I." My connection with this all-pervading Power has done the job. But the connection has to be sincere, strong, honest, and all the time in your mind you should know that you are connected. This situation is very simple to achieve, this state where you all the time feel "I am one with the Divine". Because you are not alert, you don't want to see the miracles of this great Power which you are in connection. You are busy with other things, your attention is somewhere else, you're looking at other things. And then suddenly you say, "Mother, how is it I am such a Sahaja yogi, I could not do this and that?" What's going on there? Even when I am speaking I see people are busy with something else.

So what you call, is to mature through your meditation in nirvicharita – in thoughtless awareness. Unless and until you enlarge the state of thoughtless awareness you cannot mature, because only in the present you can mature, and present is thoughtless awareness. And I have seen what is happening, that people are only expecting all kinds of miracles from Sahaja Yoga, all kinds of help from Sahaja Yoga, but they never think "what help are we doing?" "What are we achieving?" "Where are we?"

" So at the Agnya again, you people have to be extremely, extremely careful. Now this is for men. If you have not crossed your Agnya and you start spreading Sahaja Yoga, then you can become really a funny person, not a Sahaja yogi. This leadership business is a myth, and this myth must be seen as a myth. Whether you are leader or not leader makes no difference. But the maturity has to come.

Now I am telling all this because I have decided not to punish anybody in this lifetime. So that you see for yourself, yourself you understand, yourself you realize. I know you very well, all of you, somehow. But I want you to realize yourself, "What are we doing wrong?" "Where are we doing right?" and don't judge Sahaja Yoga on what merits you get out of it. If you are not getting merits, there's something wrong with you. If you can really understand this, then you will become subtler and subtler and all your gross attachments will become absolutely negligible. You may have concern, but you won't have attachment. From inside, this complete detachment has to come in. And that can come, as I told you, getting rid of your anger, first. Secondly, getting rid of attachments to material things, by generosity. It's nice to give something to somebody, you enjoy your generosity, you really enjoy. Generosity is to be enjoyed. And once you start enjoying your generosity, then you realize that you, your love, your compassion, it has now started flowing to others. Little, little things are there. I have seen you all love Me and you do want always to give Me presents, presents, presents, presents, all right. But this love must spread to everybody else. You must know about others also, what they need and what you have to do. If somebody needs something, can you get it for that person? Can you love that person? Can you give it to the children of other people, something that you have? If this generosity could be just,

maybe, I don't know, because I don't have to force Myself to be generous. Everybody says, "Mother, You are too generous" – in My family everybody thinks I am very generous and a gone case – but I don't have to generate. But perhaps you people through introspection will definitely become generous, and this generosity will start flowing. I've known people who have lots of money, lots of things, but not one single pai they'll give to Sahaja Yoga, not one single pai.

This sense of generosity comes when you understand what is your purpose of life, why you are here. Just to fulfil yourself with Sahaja Yoga, or to be able to do something about it without feeling that you have done something? In this Christ has said very nicely – I mean that He has said it, but where do you find this? – that your left hand should not know what your right hand has given, should never trumpet, "I, I, I, I, I." What Christ has said, to achieve that you had to have realization, no doubt. But I would say fifth chapter of Matthews you read. Such things, so subtle He did that you'll be surprised that how this religion in the name of Christ has gone on the other side of it.

Now people want to be gurus because they think you have powers; that you can overpower others, you can say whatever you like to others, you can torture anyone you feel like. That has been before, I know. Gurus have been very, very ... very, very cruel to their disciples also, I know that. Once I went to Ambarnath, and one gentleman came to see Me, his name was Swami Jagannath, and he said that "My guru has told me that Adi Shakti is going to come to Ambarnath, and I will try to come at that time." I said, "Who is your guru?" So he told Me some name. He was a realized soul, no doubt. So he came down. He said, "Mother, should he come to You, or You will go to him?" I said, "See, I am a Mother. I am not a guru." The gurus don't leave their places, can you imagine? They call it takiya. The guru should not leave his place, should sit there and everybody must come to him. I said, "I am the Mother, I will go and meet him." So I met him and the fellow who had come, this Jagannath fellow - I said, "What's the matter with you? Why don't you open his Agnya? He's in so much pain." He said, "Who opened my Agnya? Why should I open his Agnya?" I said, "You are the guru, you are the master." "So what? My guru never opened my Agnya. I had to fight my ego all the time and that's how I have got everything all right." So I said, "It's so easy to open the Agnya. Why can't you open?" So I turned his Agnya and opened it, he was very happy. He said, "You are a mother, You do what You like. We are not going to do this. If you don't make them work hard for their realization, if you don't make them work hard for their development, they will never be all right. These human beings are like this." I said, "Not for Me." He said, "All right, You are a mother, You forgive them, You do what You like, You try to transform them, help them. But not me." I said, "All right." But you know, he came at My feet and all that, and he said that "You must praise. She is Adi Shakti. You must praise Her now." He was there for a short time. Then we were coming home, then this Baba Jagannath tells Me, "Mother, thank God You have opened my Agnya." So I said, "What happened?" "My guru when I came, he gave me two slaps on the face. I was running his ashram, supposed to be the guru. Two slaps, and put me upside down on the well. And all the time my feet were tied up to the rope which he used to lower down, again bring me up. So he put me again and again into the water seven times, then he pulled me out." I said, "Baba, why did he do that?" He said, "I must tell You that I have been smoking sometimes." For that. But I said, "He never gave you realization? You would be smoking in any case, that's it." "He wants me to give up all these bad habits with my Agnya on. Now You have opened my Agnya, I'm all right." So I felt that the behaviour of that guru was very surprising. He says, "He beats us. He always beats us for anything and we have to work very hard." I also know of the, some gurus of the music also do that, and I met so many of such people who have been to very great gurus and the way I got the report was so shocking to Me, that why don't they tell them directly that "See, this is wrong with you, and this is how you should be"? But the gurus say that if you tell them like that, they'll never listen. "They only know the beating." I said, "Ba! What do you say? They only know beatings?" "Yes." So the whole attitude towards the disciple is not of compassion, in fact. There are of course other gurus also who take a terrible test of their disciples. Like as you see, Shri Ramdas. This was nothing compared to what Raja Janaka did. They will test the person and then only give realization, and out of thousands, to one only. That is how we've got so many false gurus also, because they were all discarded by these realized souls, so. At this point we have people who have got realization, when the real gurus are like this. I met another one, he asked Me, "Why are You giving realization to all these useless people?" I said, "Why?" And there were some Sahaja yogis, he said, "How many can give life for Shri Mataji?" I said, "Why do you want to ask for their life? I don't want their life." He said, "This is the first question," he said, "those - I have many who will give life for me." And he has not given them realization. So now at this juncture, when we have people who are seeking, who are going to these gurus – of course false gurus you forget, but even real gurus – they do not get their realization. Now, you are capable of giving them realization – just imagine. They have big, big ashrams and things like that, they cannot give realization. While you can, all of you can give.

Now, it's like this, that if you put little light in a lamp and it is just giving light to itself, nothing else, supposing. Now you have to give light to others. You have powers, you can do it. You can really change people, you can cure them – but, you will not. You will bring all these sick people to Me, “Mother, You cure.” Even for realization I've seen they bring people to Me. What is the need? You all know how to give realization, how to cure a person. All of you know. Now why is it that you people cannot do it? Firstly, you may not be matured enough. But even if you are mature, you are not assuming your own powers, you don't believe in it. Humility is all right, but you must know what power it is. Supposing somebody is a king, say, and you put him on the throne. Now if people are coming and instead of they touching his feet, he goes and touches each and everybody's feet – this is no humility. This is nonsense. Whatever position you have, you should try to do with humility, means through compassion. The maturity is this, that you should know that you have these powers, you should know how to preserve these powers, you should know how to grow in peace, and then when you meet people you should assume, inside. I may be a housewife cooking for My grandchildren, doing this, doing that. But once I am sitting on the chair, I know what I am. You may be anything - you may be a clerk, you may be dishwasher, you may be anything, that makes no difference. But once you are a Sahaja yogi, you are a Sahaja yogi. Then you must show your dignity and not thrive on your weaknesses. You are much better than all these realized souls who have achieved their realization in thousands of years, because you have so many powers. But their self-confidence and assumption is not with you. Some people say, “We are afraid of ego.” How can you have ego? It's finished. Even if you do some mistakes, doesn't matter. “Mother, I touched my left foot, I touched my right” – makes no difference. Because of no self-confidence you become austere in Sahaja Yoga. If you are self-confident, then why should you be austere? It all goes together. First you must mature, with that you must have self-confidence, and without fear you should spread Sahaja Yoga. Some have fear about themselves and some have fear about others. Also it comes from your conditionings, from your upbringing. So today's Guru Puja is in a way very important, because everybody said, “Mother, You should be stern, You must tell them and You must - ” I said, “All right, I'll tell them.” But in no way to put you down, no way; but to tell you what you can achieve. To tell you how far you can go. You, so many are more than sufficient to transform at least ten globes, ten worlds, more than sufficient. But you are still involved in yourself, worried about yourself, only your children, your husband, this, that – doesn't work out. As much as you want to grow, this power can give you that power. But problem that lies with us is that we don't know ourselves, and we don't want to know ourselves. Today's Guru Puja should give you the state of guru. If you want, it can work out. The all-pervading divine Power of Love is absolutely working it out. More than you, the Divine wants this world to change, wants to transform the whole universe. Now you are the instruments, and if you try to cheat yourself, who can stop it? Just to enjoy music, or to enjoy the company, or belonging to some club, or to feel that it's a nice festival; or at the most you seek the security of your children and family and all that - it is not satisfying. It will never satisfy you. It will only satisfy you when you will become the lights to give it to others, to work for others. And you have these powers, what I'm trying to tell again and again, you have these powers by which you can introspect yourself, you can witness yourself, and you can surrender. Because mentally now you are convinced about Sahaja Yoga. Emotionally you are convinced that Sahaja Yoga has given you such sense of love and compassion. Physically you are convinced that Sahaja Yoga has given you good health and confidence about your health. Now spiritually you should be convinced, spiritually, that you are really spiritual people selected by the Divine; that your last lives have been of great seeking, that's why you are born now, and you are getting all these blessings. So assume. assumption of your personality is important. You must meditate, you should go into thoughtless awareness, and all the time keep your attention alert. That is very important. When, what is the need, when something will come, how we have to react – all these things come to you when you are alert and aware of this all-pervading Power all the time, every moment. I don't worry at all, never. Everybody is surprised at Me. I don't worry. Why? My worry is taken over. People say, “You travel, travel.” I never travel. I'm sitting here or I'm sitting there, what is it? Where am I travelling? So you don't think on those lines.

So thoughtless awareness is the first beautiful state you have to achieve. That will give you peace and a witness state to enjoy the drama of life, to enjoy the different varieties of people, while you will be growing within yourself. For a Sahaja yogi is important not to see the faults of others but your own faults, and correct them. I get so many letters regarding some lady or some leader or somebody like that. That “Mother, this leader is troubling me, that leader is troubling me, this, that.” I'm surprised. I will change the leader as soon as I'll find something wrong, I've always done – who is not suitable, who is in problem, is always done. But the way you put your attention to the leader is perhaps the jealousy part. If the leader says something wrong with you, you should thank him. Who is there to tell you? I'm very proud of you, I'm very happy, that never such disciples existed for any guru. If I'm a guru, I should say, I should say now done, finished, - overjoyed. But when I see that you people don't realize what you

have achieved, and you don't want to work it out, then I think of the parable of Christ that some seeds fell on the rock. All your affection, all your love, I know it is impossible to express what I feel about it. But you don't know why you got realization, why you are here, what is your speciality, what you have to get. You don't know that. And that is what you have to know. I don't say like Christ that take out one eye or take out one, cut out your hand – nothing of the kind. You'll be intact, your body should be intact, nothing is to be taken out. We need this body. But, in a subtle way what He was saying, that whatever part of your body is doing wrong, you should try to negate it – in a subtle way. In the same way in Sahaja Yoga also, if there is jealousy try to find out why you are a jealous, why are you against the leader? The leader says a word to somebody, they immediately write to Me. Why is he leader, if he has not to tell anything?

Today I think for the first time I have been able to tell something to you which I was hesitating always, that "Let it be, just now they are still little babies, it's all right." But now, after this you have to grow, grow in every way.

I just can't understand. Those who got realization without the power of raising the kundalini are doing such a lot of work. And while you all have this power to raise the kundalini, to cure people, and also to talk about Sahaja Yoga, you are so sensible. Still where is your attention, I don't understand. Today's lecture should not really in any way hurt you, because I don't want to hurt you at all. Whatever is the situation, I accept. But if you don't want to accept that situation, what you should do I have told you. This will definitely suddenly raise your spiritual height – definitely. No doubt about it. It's very important to see for yourself what's wrong. After all, you are all seekers of truth for ages, and now you've come, you have found the truth. So try to identify yourself with truth, that's all. And with reality. If you identify yourself with truth and with reality, your Sahasrara is absolutely open. No problem. Truth is in your Sahasrara. And when the truth comes in, you are surprised that truth is love and love is truth – pure love. It's very, very joy-giving, and all the niranandas you want to have, you can have, if you understand this simple equation that absolute truth is absolute love. I have no expectations. I must tell you I am oversatisfied. As far as I am concerned, I think I have done My job. But now this has to be taken over, you have to be responsible. You have to work it out. I was so happy, this time every place I went to, all the leaders said that "Mother, You need not travel, now we take the responsibility. We'll work it out." But all of you must support your leaders and do something about it. Sometimes leaders are really, they can't understand why people are having their own ideas about everything. You must go all out. For example, in our country when we wanted to remove the slavery, everyone joined together to achieve it. While there are people who are trying to cut down the leaders, put them down, make fun of them, form groups. Is this the way we are going to work it out? You all should support the leader. You should all go all out to do what the leader is telling you. If something is wrong with the leader I'll talk to him, then I'll put him right, I promise you. But you don't try to find faults. As it is all the leaders ask Me before doing something. So you just try to follow the leaders, whatever the leader is saying, absolutely put all your effort. Because the complaints are that you people don't listen to them – I'm really surprised.

Yesterday you saw he was playing sitar. You should have asked him, what about his guru? His own father was his guru and he used to beat him, and then his grandfather also. But with such desire to learn something, to be something that they didn't mind anything, "Beat me, do what you like, put me in jail, but make me a good artist." In the same way is Sahaja Yoga. Because there is, if you may call it a defect, Sahaja Yoga is not a military thing, it's just plain, simple, Mother's love. And of course every mother wants her child to be great, to have all her powers – she wants that, no doubt. How she does it, how she works it out is her own problem. But how you take it and how you use it is your own problem.

I always bow to you people who have got realization, because I think so many saints were never there on this earth. But the saintliness has to be complete. Without that you cannot help even your family, leave alone your country, and no question of the whole world. So what is needed now is to raise your awakening, to raise your spirituality, to go into a realm of complete support and surrender to the movement of this spontaneous movement of Sahaja Yoga.

May God bless you all.

In short, you must worship yourself – in short. All right. Hymns to Shri Guru Dakshinamurti by Shri Adi Shankaracharya - please don't take pictures now and meditate -

Salutations to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, who gives the Self Realization and

Enlightenment, that is the Spirit, which is everywhere and the universe within, like the reflection of a town would be in a mirror, but which appears outside like a dream seen in a sleep.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, who like a mandarin or a maha yogi creates through her maya at her own free will this universe which was within her like a tree is in the seed.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, whose presence is felt as the pulsation everywhere in this illusory universe, who gives enlightenment of "Thou Are That" to those who surrender and whose realization would obviate repeated birth in the ocean of illusion.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, whose knowledge pulsates from our own being like the light of a lamp being placed into a pitcher having numerous holes and thereby reveals the true nature of all that is there in the universe.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, who by Her Grace removes the ocean of illusion that has come into existence due to the imagination and play of Maya and because of which people go into the state of "branthi" and forget their spirit.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, by whose Grace one receives the realization of ones spirit which is until then overcast by Maya like the moon is overshadowed by the planet rahu.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, whose manifestations are the five elements, the sun, the moon and the spirit and whose presence is felt everywhere in the universe by enlightened souls.

Salutation to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, the Guru and Lord of the three locas, who is alert to remove the grids of birth and death, who is seated on the ground at the basis of the banyan tree, that is the tree of life and is enlightening all the saints and sages. The guru is silent - is silent, but disciples of the guru become doubtless. The guru looks young and the disciples old.

Salutation again and again to Sakshat Shri Guru Dakshinamurti, Sakshat Shri Mataji Nirmala Devi, who manifests herself before her devotees in bhandra mudra - the posture conferring benevolence and enlightens them with realization of their spirit, pulsating through their being, in all the three states of childhood, young age and old age - wakefulness, dreams and deep sleep. Sakshat Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha.

The international present for this Puja. Steven Taylor from Australia is asking Shri Mataji to bless posters that he will distribute for each countries here present. This picture has been taken at Easter Puja in Australia. Now this is also the weekend in which the greatest fragment of the comet was hitting Jupiter, and Jupiter has absorbed this aggression in itself, symbolizing the wholesomeness of Dharma. So on behalf of Africa, I'd like to ask our sister Al Ga' to present to Shri Mataji a present which symbolizes the wholesomeness of Jupiter and the wholesomeness of Dharma. This is a collection of miracle pictures which is a gift of the Italian Sahaja yogis to everybody who participated in this Puja and it will be distributed afterwards. And now this is a present to commemorate this very auspicious day that the Italian sahaja yogis are presenting to Sir C.P. Shrivastava. And all the countries who have a sari for Shri Mataji should gather these at this end of the stage and they will present the sari to Shri Mataji - all the small countries, who did not have an opportunity to offer sari to Shri Mataji before. Also Taiwan, please, take back your sari and present it again now. Taiwan. Mai sunt țări care au sariuri de oferit? And this from Vigevano an Italian city. The next present is from Cameroon. The next is Russia and Ukraine together. Dr. Voronov is presenting the present from Russia. Professor Voronov is the head of the academy of arts and sciences in Saint Petersburg. Greatest Woman of our planet, Shri Mataji Nirmala Devi, you have a good sputnik, satellite in Sir Shrivastava. Prominent government figura, one of the best sons of India. I am from my family and my friends, with open heart and good wish - one order Russia for you, "Great Patriotic War". It is order second mundial war. With pure, deep gratitude and sense from Russia I give you, Sir Shrivastava this order of the second mundial war, which was given my uncle in war. I hope that this kind of orders we'll prevent again be given for war - never! Can you escort him? Can you escort him? So professor Voronov presented Sir C.P. Shrivastava with a decoration that was in his family, which was a distinction given in war with the wish that never there should be war again. Please sit down. This is a present from Rome and it represents a castle in crystal. You will have a copy of this picture, where you can see Shri Mataji in the middle of the vibrations.

In short, you must worship yourself.

1994-0729, Public Program

View [online](#).

29 July 1994

Public Program

Holiday Inn Brussels Airport, Brussels (Belgium)

Public Program

foreseen at Royal Crown Hotel in brussels and moved to Zaventem

1994-0730, Through Kundalini you get a complete integrated vision of yourself

View [online](#).

30 July 1994

Through Kundalini You Get A Complete Integrated Vision Of Yourself

Public Program

NH Amsterdam Grand Hotel Krasnapolsky, Amsterdam (Holland)

Talk Language: English | Transcript (English) – VERIFIED

Public program at Hotel Krasnapolski, 1994 Amsterdam

I bow to all the seekers of truth. At the very outset, you have to know that truth is what it is. You cannot change it. You cannot describe it. Unfortunately, at this human awareness you cannot know it. Moreover, truth is not going to compromise with anything. [Aside: Speaking everyday makes your throat...] Now the... whatever I am going to tell you, you have not to take it for granted, because we have had lots of problems with blindfolded faiths. But keep your mind open as a scientist. And treat it as... [Aside: Come along, sit here.] And treat it like a hypothesis. And if it proves, then you have to accept it as honest people, because it is for your benevolence, for it is the benevolence of your country, your countrymen and humanity at large.

The truth is that you are not this body, this mind, this intellect, these emotions, your conditionings and your ego: but you are the pure Spirit. We say: my emotions, my feelings, my intelligence, my ego. Who is this 'my' which owns...?

The second truth is that there is an all pervading power of divine love which does all the living work. We see these beautiful flowers - it's a miracle. In Holland you get so beautiful flowers. We never even think how they are coming out of the Mother Earth of different shapes so beautifully.

So the second truth is that there is a subtle power of divine love which does all this living work. If you ask a doctor who runs your heart, he'll say it's the autonomous system. But who is this 'auto'? They'll say it's parasympathetic nervous system. But doctors know nothing about parasympathetic. There are so many things that science cannot answer. It can only tell you about whatever things are there, but not about things which do not come in the range of our senses.

They cannot tell you why are you on this earth. And so many people nowadays feel identity problem. They are not satisfied with what they have and they think that they can have something more than this. These are special people called as seekers of truth. Like William Blake has said, "Men of God will be born in those days and they will discover their divinity, will also give the/that divinity to others."

But these seekers of truth are lost in many ways. Some think by reading books they will achieve the truth. I met one girl just now who was selling Gita and saying "Hare Rama, Hare Rama." I told her, "What is written in this book is that you should have your Self knowledge. That you have to have self-realisation." It is like any signboard that says, "You do this, or you will get that." Like somebody has (a) headache, you say "Take aspirin." and you'll go on reading the prescription, "Take aspirin. Take aspirin." You'll have more headache.

Kabir has said, "Pari pari pandita mouraka bhaye" meaning "By reading books, even the learned have become stupid!" I could not understand. How can that be? But now I have met many like that.

Also like Christ has said you are to be born again. So some people take the brand, 'Born Again'. How do you become born again suddenly? Actually in Sanskrit language a bird is called as 'dvija', meaning twice born and a realized soul also is called as 'dvija'. So the person who has his second birth is a transformed personality. Supposing you brand an egg as 'bird', will it become bird? But clubbing is a common nature with human beings I think: anything absurd they want to club with.

When we are fed up with all the chaos of modern times, people take to religion and to seeking. But all these religions also, are either power-oriented or money-oriented. They kill people in the name of God. And they make money in the name of God. How can God understand money? Does He understand banking, which is our headache? Does he know economics? If He had known, it would have been better I think.

So any intelligent person has to understand that if these religions were created, it was for our balance, for our moral lives. And why moral life, because for your ascent.

It is a very difficult thing. If you read (the) Bible, fifth chapter of Matthew's, Christ has described what He expects a Christian to be. It is impossible for human beings to do that. He says, "Thou shalt not have adulterous eyes." Even in your mind there should not be adultery. In all the Christian nations, you cannot find one person like that. And they say they are Christians. I was also born in a Christian religion. But He says that if somebody slaps you on your right cheek, you turn your left to them. But in India, missionaries came with a gun in one hand and Bible in another hand. Christ never understood what sort of human beings He is talking to. It is impossible that He is asking: very difficult. Up to the point, He said, if your one eye is bad, doing bad things, take it out and throw it away. And if one arm is doing something wrong, cut it off. This is like Sharia inflicted upon yourself. (Translator doesn't understand) Like Sharia of the Muslims, inflicted upon yourself, not on others.

Christ could crucify Himself, he was such a great incarnation. He never understood human beings; I think they all never understood. All these religions were born on the same tree of spirituality at different times. We plucked these flowers and now we are fighting with the dead flowers. None of them now are Spirit-oriented.

When I started seeing this, I felt something else has to be done about them. They are completely in darkness, and very badly conditioned. If some light comes in them, they will see for themselves, they'll become so powerful themselves, that they can really transform their lives.

Sahaja yoga; 'saha' means with is born, with you is born this yoga, the union with this divine power. It is your fundamental right to have this yoga. Nobody can deny it. But only thing, you have to ask for it. You have to desire it.

Now this power, in the triangular bone that you see, it's a little minute for you, (Indicating chart of chakras) but there is a power they have shown in the sacrum bone, meaning the Greeks knew that this is a sacred bone. But they told Me that, after this Orthodox Church came in, they said this is all nonsense. They had Athena. 'Atha' in Sanskrit means primordial – primordial Mother. And they worshipped her as the primordial Mother. In India we call her Adi Shakti. It is described that she incarnated in Greece - "Manipur he diwipe." But unfortunately in the Bible, Mr Paul, who hated women, never had any primordial mother. He had the Father, the Son and the Holy Ghost, that too a pigeon: white pigeon. How can you have the father and the son and no mother?

That's how the women I find in the West are really not treated well. And all the time they have to please men. They have to expose their body, otherwise men cannot be satisfied with them. If you ask an Indian lady to expose her body, she'll slap you. To her, her chastity is her power.

So everything went upside down with this kind of thing. Like Mr Paul coming in, and for Koran there is a fellow called Mu'awiya who authorized the Koran. He killed three kalifahs, he killed Hazrat Ali, he killed his two sons - Hazrat Ali's two sons - and his mother ate the liver of one of the kalifahs. At least, even Hitler never ate somebody's liver. Such a horrible man like him has authorized the Koran.

And the Sharia that they have has come actually from the Old Testament, from Jeremiah. He has written about it, what Moses gave to these Jews. It was meant for Jews but taken over nicely by Muslims. It is very sad the way they have made the mess of the whole thing.

So let us... because I think I am talking about it because there is some theologian sitting here. Now we have to read another book of knowledge which is within ourselves – he's there, see! – which is within our being, which is created in our different evolutionary process.

All these incarnations came at a different stage of our growth into spirituality. Our creator is the greatest organizer. So He made this beautiful central path for your ascent. This Kundalini is your own mother, your own individual mother. She knows everything about you. She knows your mistakes and your aspirations. Above all she loves you. And she has been waiting for a moment when she could be awakened.

This knowledge was known not only in India but in various places. But in India they had mastered this knowledge. But only thing was that in tradition, one guru used to give realisation to one disciple in his lifetime. This lasted until about the twelfth century [1200s] when one of them published in his book - Gyaneshwara - he published in his book, in the sixth chapter, about Kundalini.

It's a... we can say, an exposition of Gita. But this Gita which was written - not by Shri Krishna, Vyasa - he wrote what you have to become. Just like what Christ said. Just like what Koran says. So when everybody said the same thing, it was never told how to achieve it. That is how this knowledge was not given. Till the sixteenth century in India we had lots of great saints, like Guru Nanaka, Kabira, Namadeva, so many of them; in Maharashtra like Ramadasa, Tukaram. They also said that it's the Kundalini which gives you realisation, clearly. But people didn't give any attention to it. Like Kabira has said that, "How am I to make them understand when the whole world is blind?"

Now the situation is different. These are special times of Last Judgment. These are special times according to Koran, 'Qiyamah'. It means resurrection time. At this resurrection time, Mohammed Sahib has said, "your hands will speak. And they will tell you about you, they will give witness against you." I mean they will tell you what's wrong with you. They all have described it in small pieces, I must say. But the time has come.

Of course in the books, they have written something funny. That those who will die and will be buried, their bodies will come out and get resurrection - in the books like the Bible, in the Koran, also Old Testament. It is absurd, after 500 years, what part of the body is going to come out of the graves, occupying all the lands with the dead bodies. In Italy they make even houses for the dead bodies. But according to Indian philosophy, many souls who are seeking will be born and there will be enlargement of population. This one can understand, which is a fact also. (To translator: You said it?) I don't know how many languages I have to learn! Alright, so. The good news is, now the time has come. You can have en-masse realisation. And it has worked out.

So, what happens when the Kundalini rises? If you see today's world problems, they are mostly because of human beings. And most of the human problems are because of their centres. Physical, mental, emotional, even spiritual problems are because of these centres going out of order.

You'll be amazed to know that Sahaja Yoga can cure cancer and many psychosomatic incurable diseases. We have three doctors now who have got (an) M.D. (Doctor of Medicine) in Sahaja Yoga and there are many others who are now trying to make a chart, so called research. But in Russia they have invited Me to a program for 15th of September where three thousand scientists and doctors are going to come.

The Russians are something special because they haven't got our conditionings. At least 70% are not materialistic at all. Their government said you can have your flats, own it. They said we don't want to own anything, it's a headache. Now they are the ones... I mean I was amazed that St Petersburg's oldest university gave Me an award which they have given to only ten scientists. Einstein is one of them. And I am the tenth one, just imagine. I said, "How can you give Me like this, like Einstein?" They said "What? He has just worked on matter, but You have worked on human beings." And their religious patriarch - there are only two patriarchs, one in Moscow and St Petersburg - he himself has invited Me. Can you imagine? Will ever our Pope think of meeting Me? I could cure him. (Laughter and applause)

So we come to the point where we understand that this Kundalini nourishes all the centres, integrates them and you get a complete integration of yourself. So your physical, mental, emotional and spiritual problems are solved completely. Now the light of your Spirit comes into your attention.

Spirit is the reflection of God Almighty in your heart. But it just watches, it doesn't interfere nor does it come into your attention before realisation. But after this happening, the attention gets enlightened by the spirit. And the throbbing you feel in the heart starts expressing itself on your fingertips as cool breeze. That is the cool breeze of the Holy Ghost.

So this Kundalini is the reflection of the primordial mother, the Holy Ghost. That means that you feel this cool breeze which is actually the... we can call as 'paramchaitanya' in Sanskrit. Paramchaitanya has been described by Adi Shankaracharya the same as, 'Salilam, Salilam' means cool and cool and cool: soothing.

Firstly, we are as either Christians or Hindus, we have to be born in some religion. And we carry the brand on our head. But whatever may be our religion we can commit any, any sin. So it has no meaning. But after realisation you become spontaneously righteous. Overnight I have seen people giving up drugs. Overnight. They give up all that is destructive for them. I never say, "Don't, don't" like Ten Commandments. No, no. Otherwise half of them will leave the hall. It's best is they should see it in their own light. And they should understand what is destructive for them and what is constructive for them.

Your attention becomes absolutely innocent, which Christ has described. You should know your innocence can never be lost. It is an eternal thing with you. You might have spoiled it, there might be some clouds. But everything gets cleared out, and you just become like a lotus coming out of a dirty pond. It is because you are that. You are very glorified.

And your attention also becomes very powerful. A glance of such a person can bring such a solace, such a peace, such a blessing to the atmosphere. You can feel anybody's vibrations sitting down here, dead or alive. Of course you can feel your own vibrations, your own centres, sitting down here.

Now if you know how to correct your centres, you can correct yours and correct of others also. That's how Christ cured so many people. But in America I cannot cure because the doctors have made a law. Anything done by non-doctor, he'll be arrested. Even if Christ goes there He'll be arrested.

Americans also, less said the better. They have had only two hundred years history, two hundred years. Three hundred years, English were in India. Only thing they did is to divide us into six, seven parts. So proud of themselves, they never learnt anything from us. So these Americans are now... they have no family system, they have no tradition of family system and now they are coming out with new ideas; you should not marry; you should not have families; throw the children on the street. You will be surprised their Coca Cola culture has spread up to China even.

Now we have to understand that within us lies all these powers, which can be easily awakened, and we can become our own masters. Above all what happens is that you jump into the ocean of joy. And joy is singular. When our ego is pampered, we feel happy. When it is punctured, we feel unhappy. Now, in this case it is just a witness state where you watch everything like a drama.

Actually with our mental projections we either live in the past or in the future. With our mental projection we can produce something from this side, another produces from that side, and then they start quarrelling, thinking they know everything. All problems are because of mental projections also. So we either think of the past or of the future and we are jumping on the cusp of the past and the future. But if I say, 'You be in your present' you cannot.

But after this Kundalini passes through, she elongates these thoughts and the centre part which is the present, you can feel it as 'thoughtless awareness', where you are aware, but no thoughts. You are in the present which is the reality, because the past is finished and the future doesn't exist. So you stand in the situation, in reality where your spirituality grows. Your hands start

speaking as Mohammad Sahib has said. You can raise the Kundalini of others. You can give self realisations to others. You can feel the centres of others, even the children can feel, and you can diagnose the disease.

The second state we call it as 'doubtless awareness'. Then you can start curing people. It's a state which is achieved very easily. You don't have to go to the Himalayas, stand on your heads in that cold. No, sitting in your chair. Because you all deserve it. They had to go to Himalayas because they never deserved it, I think. I don't understand what is the need of becoming a sanyasi and giving up family, this and that. It is too much. It is all inside, nothing outside. Whether you shave your head or you wear some scanty dresses or some colour dresses, what will they make a difference?

With this you become absolutely normal. All your angularities drop out. All your frustrations drop out. I met one gentleman who had tied all his hair here. I said, "Why are you doing it? He said, "I am so frustrated that I am going to tie up my hair to something so that I get my realisation." Another very learned man, I met him he said, "I every day stand on my head." I said, "For what?" He said, "Because of gravitational force the Kundalini will come to my head." In a seed the plant comes up. Also the fire also goes against the gravity. How can Kundalini be awakened if you put your head down? Because his guru told him, I think.

These gurus are all making money. Why can't you see? Very simple thing, how much money you gave to Christ? If you just cancel out the money part you'll find out the guru very well. I feel ashamed as an Indian but also now there are many Americans who have come up.

But now we are going to have our self-realisation. I must confess in this short lecture I cannot tell you everything about it. In English language itself I have given thousands of lectures which you can get later on. Also you will get books later on.

In this hall there are beautiful lights, and you have to just switch on one switch because it is all built-in. In the same way it is built-in in you. What's the use of telling about the history of electricity, how it came here and how it was brought here? You'll be bored stiff. Actually there is no need to give this lecture also.

First is to give you realisation, which is your right, which is very simple and you all are going to get it. But you must have full self-confidence in you that you are going to get it. Firstly you don't have to doubt yourself. Now those who don't want it, I cannot force on them, because I respect their freedom. If you don't want to have, it is very civil for you to leave the hall. But if you want it, you are welcome.

This Kundalini is the power of pure desire, while our desires are not pure. You know the laws of economics that wants are not satiable in general. Today we want a house, then we want a car, then we want a helicopter, then an airplane. I don't know, it goes on like that. Whatever we want never satisfies.

Whether you are aware or not aware, this power is within you which is of pure desire. That is, to become one with this all-pervading divine power. But there are three conditions.

The first one is, as you have to be very self-confident, you should not feel guilty at all. [Break in recording, unable to verify this little section: If you have done any mistakes in the past, it is finished. You should have faced it at that time. So please, know that] if you were guilty, you would have been in jail, not here. If human beings can find faults with you, God cannot, because He is ocean of forgiveness. He knows you are human beings, you are not gods. And if you have committed mistakes, it's all right. So you have to forgive yourself.

Second condition is even easier. You have to forgive everyone. They say it is difficult, they can't forgive. But logically whether you forgive or don't forgive, what do you do? You don't do anything. But if you don't forgive then you play into wrong hands and torture yourself. So what's the use of going after this myth of not forgiving? The easiest thing is not to think about them and to say with full heart: "I forgive every one of them."

Now if you feel guilty, then this centre catches here on the left, which gives you angina, which gives you spondylitis; it gives you

also lethargic organs. So why to feel guilty? If I say don't feel guilty, they run out of the halls. But if I say give Me your confessions, I'll have letters up to My head, condemning themselves. You have to respect yourself as I respect you, and you have to love yourself as I love you. Moreover, if this centre is caught up at this moment how will the Kundalini rise? And especially this centre on the optic chiasm is like this, absolutely constricted like this. And if you don't forgive, it won't open. If you don't forgive, it won't open. As is it you have tortured yourself by not forgiving all your life and now you are going to miss the point; the most important thing of self realisation. This is the last breakthrough of your evolution. That is what you are going to miss.

Third one is very simple that you have to take out your shoes. I request you because in England, the first time I told them you have to take out your shoes, half of them walked out.

[Silence]

The last thing I have to request and to tell you, that Sahaja Yoga is a collective happening. You cannot do it at home. You have to come to our centres. But it's not like other gurus where they give one introductory letter and then they start asking money. No money. We have very, very simple centres but very good Sahaja Yogis who can tell you all about this inner knowledge. But if you don't come, after next year when I come, you will tell Me, "Mother, I have cancer, I have this, I have that." You have to grow, that is important.

It will take hardly ten minutes. And I assure you, you will all feel this all-pervading power. And the heat will go down. Can I request all of you to come forward here and sit in front, please. Those who are standing there also please. Please come forward. Come forward please. Yes, please. Please be seated. The children won't trouble you. They are more sensible than anybody else. Most of them can feel the vibrations.

(To translator) Did you tell them about left and right side? (Translator: Not so much) Not so much. But you did.

Alright, so we have this left side and right side as you have seen. The left side is for generating the power of desire. Right side is for your physical and for your mental activities. Or we can say for action. Alright. [Shri Mataji says something in Hindi – maybe 'Sit down']

Now, so you have to put your left hand towards Me like this. And please know that this is symbolic of your expression of desire, mundane desire to have your self-realisation. So now please put... use your right hand for the action to give nourishment to your centres on the left-hand side.

[Explanation of realisation]

So we put our right hand on our heart – in the heart resides... (Aside to one particular person: Please do it sir, you also do it. This gentleman... if you don't want to do it you can go out, alright? Yes, put your left hand towards Me and right hand on your heart. Alright. And left hand like this: very important for you especially. Put your left hand towards Me. You think too much.)

Alright, so now, in the heart resides your Spirit.

If you become the Spirit, then you become your own master, your own guru.

So please take your right hand in the upper portion of your abdomen which is the centre for your mastery. This is the centre created by great prophets and great sages within us.

Now you have to take your hand in the lower portion of the abdomen on the left hand side.

Now this is the centre for your... (Aside: Again he is standing there - please sit down!)

This is the centre for your pure divine knowledge. It can be explained to you later on.

Left hand towards Me, madam, left hand towards Me. Yes please, yes.

Then again you have to raise your hand in the upper portion of your abdomen.

Now on your heart.

Then in the corner of your neck and shoulder and turn your head to your right. This is the centre I have told you about. It is out of gear when you feel guilty.

It's quite a lot in this hall today. So please don't feel guilty.

Now, take your hand on top of your forehead across and please bend your head. This is the centre, is for forgiving everyone.

Now, please, take your right hand on the back side of your head. And push your head as far as possible. Here without feeling guilty, without counting mistakes just for your satisfaction, you have to ask forgiveness from the divine force.

Now the last centre is very important – stretch your palm. And put the centre of your palm on top of the fontanel bone area, through which the Kundalini breaks through – comes out. To press it nicely you have to push back your fingers. And please put down your head. You have to move your scalp, clockwise, slowly 7 times. Bend your heads please – bend your heads. Press it hard and move it 7 times.

[Self- realisation]

Now it's over – that all you have to do. Now we have to close our eyes. You may take out your spectacles and please don't open eyes till I tell you. Before that those who are sitting on the chairs have to put their both their feet apart from each other because these are two powers. And you have to place your left hand on the left lap comfortably. Now, put the right hand on your heart and close your eyes. You can call Me Mother or Shri Mataji, whatever you like.

Now, in your heart you have to ask a question 3 times. This is a fundamental question about yourself. You have to say: Mother, am I the Spirit? Please ask. Now, if you become the Spirit you become your own master. So please put your right hand in the upper portion of your abdomen on the left hand side. Here you have to ask another fundamental question to Me. You ask Me: Mother, am I my own master?

I have told you that I respect your freedom and I cannot force pure Divine knowledge on you. You have to ask for it.

So please take your right hand in the lower portion of your abdomen on the left hand side and you have to ask 6 times, because this centre has 6 petals. Please ask 6 times: Mother, please give me pure Divine knowledge.

As soon as you ask for Divine knowledge the Kundalini starts rising the primule of the seed. Like the seed, the primule starts rising.

Now you have to... (Laughing: It's starting so fast) enrich your centres with full self confidence.

So now, raise your right hand in the upper portion of your abdomen on the left hand side.

Here, you have to say with full self confidence 10 times: Mother, I am my own master.

I have already told you at the very outset that you are not this body, this mind, these emotions, this intelligence, these conditionings or this ego, but you are the pure Spirit. So raise your right hand on your heart. Here you have to say again with full self confidence 12 times: Mother, I am the Pure Spirit.

You have to know that this all pervading power is the ocean of love and compassion. It is the ocean of knowledge and bliss. But above all it is the ocean of forgiveness and whatever mistakes you might commit can be easily dissolved into the power of this ocean of forgiveness. So please forgive yourself at this important moment and raise your hand into the corner of neck and shoulder.

Turn your head to your right and here you have to say with self confidence, 16 times: Mother I am not guilty at all.

Now, I have already told you that it is a myth if you forgive or don't forgive. But if you don't forgive then you play into wrong hands and at this juncture, such an important moment, if you don't forgive, this centre won't open.

So please raise your right hand on your forehead across, put down your head and say it again - from your heart now, not how many times - from your heart: Mother I forgive everyone in general.

Now, you have to take your right hand on the back side of your head and turn your head upward. Here you have to say: O Divine power, if I have done any mistake knowingly or unknowingly, please forgive me.

Now the last centre is very important. Please, stretch your palm fully and put your centre of your palm on top of the fontanel bone area. Please stretch your fingers backwards so there's a good pressure and please put down your head.

Here again I cannot cross over your freedom ,so move your scalp with the pressure 7 times clockwise slowly, saying; Mother please give me my self-realisation, 7 times. Bend your heads.

Please bend your heads. Please bend your heads.

[Shri Mataji blows 9 times into the microphone.]

Now please take down your hands, open your eyes.

Now, just put your hands towards Me like this, higher. Please put them. And watch Me without thinking.

Now please put your right hand towards Me like this, put down your head and with the left hand, you can see if there's a cool or a hot breeze like vibrations are coming out of your fontanel bone area.

Some people get it high and some people get it low.

Now with the left hand towards Me you see with your right hand if there's...bend your head and see if there is a cool or a hot breeze, like vibrations are coming out of your own fontanel bone area.

If you have not forgiven you'll get hot breeze, also you should not doubt yourself.

Now, again with the right hand you can see. Again feel it, if there's a cool.....

Now, raise your...both the hands towards the sky and ask a question. Ask a question – any one of these questions 3 times. First one: Mother, is this the cool breeze of the Holy Ghost? Second one is: Mother, is this the all-pervading power of Divine Love – Rū? (an Arabic word meaning 'soul') Or the last one is: Mother, is this the Paramchaitanya? Now please put it down, your hands.

All those who have felt cool or hot breeze on their fingertips or on their palms, or out of their fontanel bone areas, please raise both your hands.

All of you! Except for one or two exceptions. You might be intellectuals, I think. You should feel it. I'm surprised. Alright? You can come to our centres and they'll work it out – must be something... too much of thinking, too much of reading.

But all of you have felt otherwise. I bow to you for starting your saintly life. Now please, respect your self-realisation and grow into it. You will enjoy this transformation and you must know that this world has to be changed.

May God bless you all.

Such wonderful people - all of them got it. [Applause]

(Shri Mataji to one man in audience: You felt it, sir? Good!) See, he has felt it.

(To translator) What did he say?

(Translator replies) He said he felt it.

Good.

Alright, doesn't matter, it will work out. God bless you. [More applause as Shri Mataji gets up to leave]

1994-0731, Afternoon, Interview with Hindustan TV station

View [online](#).

31 July 1994

Interview

Varikstraat Ashram, Amsterdam (Holland)

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

Interview with Hindustan TV station, Varikstraat Ashram, Amsterdam, 31st July 1994,

English Transcript (in progress)

Shri Mataji: If you speak?

Interviewer: If you could speak a little loudly, we have the opportunity to have this small conversation for our newspaper for the Surinam Community here in Holland, especially the Hindu Community.

Shri Mataji: Very good.

Interviewer: First of all, we would like to know the Sahaja Yoga. Tell something, its importance to practice this for the- especially in this society.

Shri Mataji: Very much important. Because, you see, this is- all this knowledge is from Indian philosophy. It's a very ancient knowledge. They used to have, say, Vedas, we can call them. On the right side, they were searching for knowledge outside. And the another one was the knowledge about the worship, that we can call as the pujas and archas and all that. But in the center was the system for awakening your Kundalini and to making you a real Realized soul, that we call is the one who is knowledgeable, who is the Gnostic as they said, 'gna'. [...]

Translation from Hindi

Q: Shri Mataji, can you give your introduction in short?

Shri Mataji: Introduction is such that, I belong to the family Shalivahanas. Both my father and mother were great disciples of Gandhiji. And my father was a member of the Constituent Assembly and also the parliament. My mother was honours in mathematics. I have a brother who is a cabinet minister. But spiritually it was my parents who recognised me, that I had something special in me. Then I got married. At that time I was studying in a medical college in Lahore. Then there was trouble in Lahore in those times, so I had to leave my studies, and I got married. My husband is Dr. C. P. Srivastava and he is a well known person. Later he was chosen as the Secretary General of a U.N. Organisation called IMO, International Maritime Organisation. He was chosen unanimously by 134 nations. Now he has taken retirement. I have two daughters. One of them is married in Bihar. They are related to (Rajendra Babu)

Q: Mostly we see that there are yogis coming from India, but they are mostly men. You are the only woman. Do you see something special in that?

Shri Mataji: Yes, because only a woman can do this work, not possible for others. Sri Rama came, and had to go to exile. Sri Krishna came and he had to leave soon. And when he used to get angry he would use his Sudarshana Chakra. Jesus Christ came, and he was crucified. Prophet Mohammed came and he was poisoned. So the way of handling children is something that only a mother knows. And that is what we call patience, that you have to bear patiently with children, is something only a mother knows.

Q: How do you work these days?

Shri Mataji: So I go to every country, and tell people about Sahaja Yoga. And in these are special times that in every country people are seeking in thousands. Whether they seek God or they seek the Truth, it is the same. But there is no one to show them the way. Everyone knows that there is a market now, so everyone is into making money. Fact is, that to get the truth, you cannot give any money. You cannot buy truth! It is the light inside you that gets awakened!

Q: We know about Karma Yoga, Gyana Yoga, Bhakti Yoga, Tantra Yoga. You have talked about Sahaja Yoga. What is its importance?

Shri Mataji: The importance is that it is the gist of all yogas. In Karma Yoga Krishna said that "Do your karma." But Krishna was a diplomatic personality. He didn't say it clearly. He thought if people are not so clear themselves yet, so let's tell them in this unclear manner. So there was special in what he said, that "Karmanya Vadhikaraste Ma Faleshu Kadachit". That "Do your Karma but don't desire for results." And the second thing he said was, "Whatever Karma you do, surrender it to me." This we cannot do! Because we have ego; whatever we do we never think that, let's surrender it to God. Tomorrow someone will do a murder and will surrender that also to God.

There is a way of it, that is, that you first get connected to God. And then you will see. You will do karma in a way that it will be akarma. Whatever you will do, you will never feel that you are doing it. All you feel is that it is happening. When this state comes in you, is when this is possible. This is what he spoke about. And on bhakti He said, "Flowers, fruits, leaves, whatever you give me I will accept". But what can we give? On such things are his words. He said that... (interruption in tape)

Q: We know about Karma Yoga, Gyana Yoga, Bhakti Yoga, Tantra Yoga. You have talked about Sahaja Yoga. What is its importance? (same Q again)

Shri Mataji: The importance is that it incorporates all yogas. That is to say that till you don't get connected to God through Sahaja Yoga, all yogas have no meaning for you. Krishna made Karma Yoga, Bhakti Yoga. In both these yogas he indicated that you should have a connection to me. First he said that whatever deeds you do, surrender them to me. That we cannot do. That can only be done after Sahaja Yoga. Then he talked about bhakti. "Ananya Bhakti", which means bhakti when there is no other. This also happens only after Sahaja Yoga. Because till the time you are not really connected to God, whatever deed you do, you will hold yourself responsible for it. Then there is Tantra Yoga. So in this we use the tantra. Tantra means the mechanism inside us. That is the mechanism we use in Sahaja Yoga. And the so called tantricas, they don't know anything about it. They do all wrong things. So it's not so called Tantrism we are talking about, but the knowledge of Tantra, our inner mechanism. The seven chakras and the three nadis, that is what we are talking about.

Now no one has written on this, but they have all said, "Sahaja samadhi ligo"(Get Sahaja Meditation). Both Guru Nanak and Kabir have mentioned about it. Kabira has said a lot about it. "Ida Pingala sukhmana nadi re". (Ida, Pingala and Sushumna are the three nadis). "Shunya shikhar par anahad baaje"(The continuous pulsation beats at the epitome).Everything! Now "Anhada", Adi Shankaracharya has called them "Spanda"(Pulsation). So all this that has been told, the complete explanation and experience you have after Sahaja Yoga. Till you have no connection, it's like you have a telephone without connection, who are you calling?

Q: Are there things like asanas, and pranayamas, in Sahaja Yoga?

Shri Mataji: No. In Sahaja Yoga the Kundalini inside you gets awakened and rises through six chakras, and comes out of your fontanel bone area, and gets you connected to the all pervading power of the divine. But if you have a physical problem, say your spine has some problem, then we can tell some asana to him. But (the idea) that asana (physical yoga posture) has to be done by everyone is like saying that everyone should take every medicine from a medicine box! Everything has a system, and discipline. Till now I haven't told any asana to anyone!

Q: You are talking about Kundalini. So what does a seeker do, if he does not do asanas, does not do pranayamas?

Shri Mataji: It's Sahaja, spontaneous. You don't have to do anything. Just settle in it. Just as you sow a seed and Mother Earth sprouts it spontaneously and a tree is formed. Similarly in your seed, the Kundalini is the sprout. And after getting awakened, it finds its own way. And when you start doing something, you come into imbalance. You don't have to do anything, but try to get into thoughtless awareness. The first state is of thoughtlessness, which you can achieve.

First edit done to here – 15.03.2012

If you think, you either think of what has happened or what will happen. So we live either in the past or in the present. And both the things do not exist. The past is finished and the future is not there. So to get into the present this kundalini works out. No thoughts, you are in thoughtless awareness state, and you grow. So many powers inside you get enlightened.

Q: I have read and heard in other Yogic practices, that one should be careful of Kundalini Shakti, it can be dangerous also. It can hurt the seeker or even make him mad.

Shri Mataji: This is a very wrong notion. It can never happen, because Kundalini is your individual Mother. She knows everything about you. When you were born all the pains were born by your Mother. You did not take any pain, did you? This is a very wrong statement. Those people who do not know about Kundalini talk like this. Or those who do not want that people should go towards truth.

Q: How can Sahaja Yoga transform the life of a person?

Shri Mataji: I all ways. One his physical state becomes completely alright. Now I have told you I am 71 years old, but I travel so much everyday. There is no problem I am just fine. So your life also becomes very empowered, and many things which cause you trouble, those illnesses, they get alright. We have even cured cancer. Many types of illnesses have been cured. This is about physical health, but you also get mental health. Many people have depression, epilepsy, lunacy, all this can be cured with Sahaja Yoga. And then your innermost desire as a seeker, that he should attain God, and attain His Shakti, You attain that. So you transform physically, emotionally, and also mentally. I have seen children who were very weak in studies, they started coming first in class. because when Kundalini enters your intelligence, it enlightens it. So your intelligence becomes sharp. Your attention becomes steady and integrated. And also very innocent.

Q: A Sahaja Yogi is always practicing alone, or can this be done in groups also?

Shri Mataji: He has to practice individually also, but it is in collectivity that he grows the most. Because the give and take between each other happens automatically. So collectivity is very important. It's just like when the drop becomes the part of the ocean, it becomes the ocean itself. Then you flow with the ocean. The drop cannot move independent of the ocean. But you also have to meditate at home on your own. Say for 10 mins. Just like a bath. So he also takes a bath with which the internal cleansing takes place. All this is the work of the pure energy, that is Love, that makes a man absolutely pure. What we call as "Khalis"

Q: In modern society we see, there are all kind of problems. Like people are dying of hunger in the world. Or there are wars. There is so much discrimination. What answer can Sahaja Yoga give to the world?

Shri Mataji: Sahaja Yoga has a huge effect. First of all man forgets discrimination of caste and creed because universal brotherhood comes in him. He starts to think, who is the other? There is only one. Now we have marriages in Sahaja Yoga. Every year some 80 to 90 marriages take place. They are all international, and they all live in peace. They have very nice family lives. They have beautiful children, and very pure inside. They have left drinking, smoking, I never said anything to them. Spontaneously everything drops out. Like in the darkness you can sit in your hand with a snake. And if a light comes in, you just drop it. Just like that these people have become pure! And all these problems you have are because of man. All these political problems in the world are because of man. So when man is alright all these problems will also be solved.

Q: But these problems are so many. And if I see it, I just heard yesterday about Sahaja Yoga.

Shri Mataji: No, No. I don't know why you were unaware. Its a very old word. And also it is a very old thing. It used to be kept as a secret before. May be that's why you did not hear about it. Sahaja means spontaneous. And if you know hindi, it also means born with you. It is your right. You have to get it.

Q: In our language I think "Sahaj" means easy.

Shri Mataji: yes, that is true. It's the same thing.

Q: And there are many problems in the society. Like people go mad. Or they run too much after materialism in western countries. There are a lot of family problems. There is divorce between husband and wife....

Shri Mataji: But now a new race is getting ready. A new kind of people who are away from all these problems. They don't have family problems, or society problems. Because man is the cause of all these problems. If every individual human being is corrected, and that individual if he becomes collective, and one, then where is any problem? Now look at us. All this is happening in 65 countries. And these people when they meet together, they four to five thousand people together at a time. I have never seen them fighting, or having any arguments. They may tease each other, but for fun. They all are in joy!

Q: You being a woman, can you give some message to our sisters here, who are moving forward every moment.

Shri Mataji: My message for women is that our society has put always a lot of burden on them. They have taken care of our religion, of their households, their children, and their husbands. That's why we can still say, that the kind of society we have in India, you will not find it anywhere in the world. They may belong to any religion, Hindu muslim, sikhs or christians. They all have peace in their lives. This has been maintained by the women. This is the work of women. A woman is like Mother earth. She tolerates so much and still nurtures everything. And man is like the sun. So to tolerate the heat of the sun, and then to nurture and produce nature, is the task of the earth. Similarly women are very powerful. And Indian women specially are respected all over the world. It's also said, "Yatra narya pujiyante, ramante tatra devta". (The deities only reside where women are worshipped)

Q: We Indians in the west, we are forgetting our own culture. What would you say on that?

Shri Mataji: That is happening everywhere. In India also. It's called Coca Cola Culture. But it will change. Because when they will see its negative effects, then people will change. I recently met the cultural (.....?) of China. He was also saying that this Coca Cola culture was a lot in China also. But it's changing now. But we have something stay inside us in our culture in the roots, that there we cannot change. It's very steady.

Q: What is the importance of our Indian culture?

Shri Mataji: The biggest thing is that it is based on Dharma. Dharma means, morality. That man has a lot of moral bindings. Morality is a very important thing. And this morality is left out here in the west. So what is their culture? And in our culture morality is the most important thing. There are a lot of such examples based on morality in our culture.

Q: Shri Mataji what is the importance of Indian culture? (Question repeated)

Shri Mataji: Importance is that our Indian culture is based on morality. Morality is very important. Immorality is not accepted in our society. But here morality and culture are two different things. There is no talk of morality in culture. Like, I was talking to this lady, she was very educated. And I was surprised when she told me that in our culture that we expose our bodies. And I thought what kind of a culture is this? So like this they don't have any morality in their culture. The first thing is that if something doesn't have morality in it...then what kind of a thing shall it be?

So Indians need to know that they hold on strongly to their morality and their culture. Because in the end everyone is going to take to that. So why should we give in. Now these Sahaja Yogis you see, they are living completely like in our culture. And in their