

Or - that means that you can give Realisation at any time, because at that time you reside in the lotus which is closed.

The other power you have got, at the time of Kundalini jagruti (awakening), that no baser feelings will rise within you. Even if you are a possessed person, at the time of Kundalini jagruti you will not have baser feelings, impure feelings about the person whom you are giving Realisation.

Maybe before and after, but not during, when you are giving Realisation, these dirty feelings will not come to you. Automatically, you don't have to stop your mind, automatically it will work out. You will be absolutely satisfied, even if you are hungry you will not feel the hunger or any physical need, at the time when you are giving Realisation.

There will be no distraction of any kind; you won't do anything that is indignified at the time when you will be raising your hand, because you are been blessed with dignity.

At the time when you are raising the Kundalini, you will never joke, or you'll never make fun, you'll not be frivolous – automatically!

You try: it won't work out.

These are your supporting powers. All these five powers I have described are very few of the thousands others, but these are the five powers of Shri Ganesh.

Now, these powers can be maintained if you try to follow Shri Ganesh. His foremost quality is that He does not know any other God or anybody else higher than His own Mother. A complete dedication and complete obedience to Mother.

I mean, sort of He is made out of that obedience. Complete love and affection for the Mother. He doesn't argue, He doesn't question, He doesn't do anything, and that's how these powers are, in Him, the maximum. If you think by arguing with Me you are gaining, you are sadly mistaken. You have to keep Me pleased.

Even Ganesha tries every minute to keep Me pleased. Is a fact. So, please don't try to displease Me. I may not say anything because outwardly I don't say anything, but your powers will be reduced.

The Ganesha's fifth power is the power of wisdom and that whatever He knows He can draw it and write it down. Even that power you have got. When you are raising the Kundalini, you talk to the person in such a manner that a person becomes wise. And you also talk to him only that which is wisdom and also you write or show him figures, automatically which are right.

Even if you don't remember your figures, they'll come out right.

Now the three powers of Adi Shakti work in you.

One gives you longevity and clear-cut idea about your desires. See, if your desires are right, all your desires are fulfilled by this power – all your desires, all!

But the first one, one should know, that your desires should be right.

For example, now Sahaja Yogis want their ashram. Why do they want ashram for?

How many are willing to stay in the ashram? How many are going to take their children in the ashram? How many are going to give their exclusive homes and take their wives or take their husbands who are not Sahaja Yogis in the ashram? And how many

of them are wanting only ashram just because they will have some place to live in a cheap manner? What is the purpose of getting an ashram? Are you sure about it? Have you been able to find out why do you want an ashram? If your desires are clear-cut then they will be fulfilled, absolutely hundred percent. That power you can achieve only by putting your bandhan on your heart. Whatever desire you have, you say it and put it on your heart. Means you are asking from your heart. Seven times, you just give it a bandhan, and the work will be done.

But don't use it for nonsensical things, because if you use it for nonsensical things, this power will go away. Use for something special, of a higher level.

Now, by your second power you will automatically meet people who are learned and who are sahaja. You will also read books which are sahaja. Even if you have to read some other books, you will be able to know that this is not correct and this is correct. And by that you will be enriching your mind. When you will start speaking, people will be amazed. Those who have never spoken would be speaking very well.

Those who have never known poetry will be writing poetry. Lots of things will happen on the field of art also. Those who did not know art will do marvelously in art.

But by the first power, which is the Adi Shakti's power, or Mahakali's power, you get the love of all the people around. Everybody will feel magnetically attracted towards you. And you will be always guided by great souls and angels. If you come across anybody who is meeting an accident, you will stop that man from going that way. If you are in an accident, everybody will be saved. You will seldom have an accident - if you have it, you won't be hurt much. Amazing!

All these powers come to you because you are the children of Adi Shakti. The whole Universe of the subtle, Divine Power is looking after you individually. You are all marked, the mark is on you, you are bearing the mark, and They are looking after you.

So this power of desiring is the power that protects you. In all the way that is possible it guides you, it looks after you, it gives you peace. And this power gives you tremendous faith in Sahaj Yoga. Ultimately you become filled with the joy of Sahaj Yoga, and you don't like anything else but Sahaj Yoga. To you, everything is Sahaja Yoga.

But sometimes, you know, we are identified with our ego and we think our ego is Sahaj Yog, many-a-times I have seen it.

People like it because it is identified with their ego. It should be separated from that and should be brought in our lives.

In our day-to-day life, when we are meeting each other, when we are talking to each other, that joy one should see, one ripple falling and another rising, another falling, as you see in the sea.

Becoming one with each other.

This power is within you and it is working all the time that you are loved and you are looked after.

By the middle power, I have told you, you'll give Realization to people. You'll be able to tell their chakras. You'll be able to correct your chakras. This is all by your centre power.

And by this power only you have a very great power over your will. If you decide that you are going to be like this, you will be. If you want to be a happy person you will be. The transformation will be at your hand. You can transform yourself without any difficulty, that will work out, if you use the central power of Mahalakshmi.

Of course, you will get better jobs, better money, prospects, but not too much of it. So much so, that you will feel very much satisfied about it, so that your attention is more in the centre.

All other powers of Mahalakshmi you will achieve later on.

There are many other powers of Mahalakshmi which you have to achieve, but for that your Sushumna has to be cleaned very much. For that, you have to develop detachment in life. Unless and until you develop detachment, the deeper powers of Mahalakshmi do not come up. For example, even in the smaller things, like having connection with Me, even that one is to be a detached thing.

Even to say Aarti or to do something, to come forward, that, "I have to do it."

Even to invite Me for dinner or this thing, every small thing, that "I should do it," is also attachment. If it works out, well and good; if it does not work out, well and good.

You must say that, "Mother, You come." But if I cannot come, there should not be slightest feeling and unhappiness, but should be accepted as a part of that.

This detachment has to be developed for your Mahalakshmi Power.

Then you go beyond. Your timing will be worked out absolutely correctly – you wouldn't need – you wouldn't have to see the time. There will be time which will be your own. Whenever you will go, you'll find everything worked out well. So, to preserve this power of time, you must not hurry-up too much, you should not be slaves of watches. Just let it go.

Do not have any obstinacy about anything. Just doesn't matter: if it is ten o'clock, alright; if not, if ten fifteen, doesn't matter. Just allow yourself to be drifted with the flow of Sahaja Yoga. If it works out, well and good, if it does not work out, well and good. Just keep it like that.

Then only you will be surprised how this Mahalakshmi Power improves, and the blessings of this power are tremendous.

Like that you have thousand and one powers already awakened within you. For example on Vishuddhi Chakra, you have sixteen thousand powers, and all these sixteen [thousand - ed] powers are awakened in you, today as you are. Sixteen thousand powers are awakened in you as you are today. But when you speak you don't understand that when you are speaking you are a Sahaja Yogi, with all these powers you are speaking. When you eat you don't understand that this tongue belongs to a Sahaja Yogi; you should not hanker after anything.

Like if somebody likes tea, he'll go on taking fifteen cups. That's no good. If he is fond of one sort of a food, he won't take another food. Thinking too much about food all the time, asking for food and organizing food all the time, that spoils Vishuddhi very badly.

Then talking ill about anyone, complaining about anyone to Me, will spoil your Vishuddhi.

If there's some sense, if I ask, then is alright, but all the time talking ill about each other will spoil your Vishuddhi.

If possible, try to talk good about others - always. By telling good about another person, you will help yourself and another person. For example say, one Mr. X comes and tells Me something against Mr. Y – I'm just stunned, because Mr. Y has come and already told Me that Mr. X is a fine man. So I tell Mr. X, "How do you say that about Mr. Y, because he was praising you?" So he keeps absolutely in a shocked condition and he doesn't know how to answer. When you judge others, you should know that you are judged by God. If you are judging others, God has judged you also. So in His judgment whatever marks you give to yourself and to others are not going to be consulted at all. It is His judgment which is going to decide how far you are.

Those who are in Sahaj Yoga today, there may be some who think that they are great Sahaj Yogis, big people - but may be that

they are not. And those who do not think that they are any great, they want to increase and improve their shakti, they may be the people who are occupying very high places.

So, under these circumstances one should never boast and should not have a wrong, false estimation about oneself. That is the way you can preserve your powers much better of your Vishuddhi.

If you start talking ill about others to each other - also I've seen people start discussing Me, and in a very funny way they do it.

I think the best way to deal with the problem is not to speak about Me, and if you have to speak, then know that it has to be absolutely positive. Otherwise you are harming yourself and you are harming others.

Then you don't blame Me for that.

So that's how your Vishuddhi Chakra's problems are increasing, and they go on increasing. Specially when you try to confuse yourself and quarrel with yourself and think that, you see, Sahaj Yoga has gained by your coming - you catch Vishuddhi. You have gained, not Sahaj Yoga. Sahaj Yog is ruled by itself, it doesn't need your help.

If there is Truth, then by accepting Truth you are enhanced, your position has gone up, not the position of the Truth.

So this idea from your head must go right away – that you have any way obliged the Sahaj Yoga, or that you have obliged God by coming to Him. This idea must go down.

This will definitely make your head again upside-down, and your Kundalini will be again back to its own position.

So to keep up even your Vishuddhi alright is not easy, according to many. But is the easiest when you keep yourselves in a state of witness. And that is possible if you develop the habit after Realisation that everything that you do or want or face is put into nirvicharita, into thoughtless awareness.

If you start that habit, you'll be amazed – your witness state will improve and that you will rise in your being.

This is very important to understand that without transformation, you have no meaning. Whatever you have been, have been useless, of no good. Whatever you are transformed, you are of some use. So whatever you have been, you do not be identified with that. But whatever you have to be, you'll try to be that.

And this power you have got, that whatever you want, you will be that. But some people are so funny that if you ask them, "What do you want to be?" They'll say that, "I want to be a donkey". All such silly and foolish people are no good for Sahaj Yog, once for all you must know.

No use running after such foolish people who have no sense at all, and who are such gone cases. They'll come back, afterwards. But put your attention on positivity and not on negativity.

Normally I've seen always negative people turn towards the negative people. If there's one negative person standing, a person who is negative will immediately go and talk to that person, find out about that person, he'll have sympathy for that person; he'll like that person; all sorts of things will be there. And first sign is that such a person is a complete negatively possessed being. Alright. Now if you have done that kind of a thing, of being possessed or by getting impressed by these negative people, you are out. Either you are in the sea or out of it. How can you [be - ed] both? You'd better get out from there and spare the rest.

But if you want to be in the sea, then you must know that you have to know swimming, and you have to take pride in swimming. Otherwise it has no meaning, it is of no help.

Now you have got curative power, you know that; you can cure people. But do not get into that mess, because there Mahamaya plays Her part! If you – if I find that you are getting into your head the idea that you are very much - very much getting involved into particular case of your brother-in-law's, father-in-law's, mother-in-law, then I'll stop it, or you get into trouble. If you start making money out of it, I'll stop it. I'll do many things by which I'll just stop it. And then you cannot have that power in you.

On the contrary, you'll suffer quite a lot, because you do not know how to protect yourself from all these bad things.

So, I have to request you that before starting curing others, you first cure yourself fully, and also you can use My photographs for curing other people.

But you must know that there is a very subtle thing in human beings that they want that everybody should say, "Oh, you are great, you have cured so many people!" - in a very subtle way, on a very subtle basis.

So, one should not bother about all these things. One should keep completely detached about it.

Because for one day or two days, or for say about a year, people will run to you, "Get this man cured, that man cured." And then you'll find that you have found nothing, they were all bubbles, all lost and completely vanished into thin air.

So, do not cure anyone. If you have to cure people, then you please give them the photograph and ask them to work on them. You have got power to handle My photograph and give it to others.

You have lots of powers which normally common people don't have because I do not tell them many things that I tell you. And thus you are a person of a very rare quality and a rare blessing.

Now write it down how many powers you have got, go home, and you will write a one complete book! Take it from Me.

May God bless you all.

Try to preserve all your powers.

Respect yourself. You are a lamp that is burning a light which enlightens others in their mind.

It's a very great thing: even one person like that was born among millions and billions of people, and now here we have so many of you. But quality-wise if you don't rise, it's going to be a hopeless case. So you must improve your quality.

All of you must improve your quality, individually. Not criticising others, not looking at others, but individually you should understand your capacities and how much you have given to others, and how much you have really manifested out of what you have got.

You have control over the sun, over the moon, over the tides, and over the sea and all those things – you have. But for that, you have to do little more, which I'll tell you some other time. Now I don't want you to control all these things, and sit down on top of a hillock and start showing off! Better thing is you work it out first on human beings, and then I'll give you all these - I'll tell you.

You already have them awakened, but I haven't told you the trick how to do it.

So best keep it to Myself (laughter).

May God bless you all.

1980-0128, Joy

View [online](#).

28 January 1980

Talk to Sahaja Yogis

Dhule (India)

Talk Language: English | Transcript (English) – VERIFIED

...and their joy. So, no rapport can be established in the real sense with the Spirit, which is just a joy-giving quality. So thus the joy giving quality of the Spirit is so minimised, so much minimised, that intellectuals find it impossible to be joyous. You have to certify that, "Now be joyous!" you see. Even if you certify, even if the whole world certifies, that this is the way to be joyous, they will not accept. And they think [that], by accepting it, [it's] as if they are giving up the heavens, they are giving up all their properties, they are giving up everything that they have! They'll stick on to it to such an extent! I mean, if you have to learn swimming, and if you have to enjoy swimming, you have to give up that hold that you have on the outside ring. But you'll hold on to the ring, and you will say, "No, this is the ring, I cannot give up!"

So this kind of attitude of intellectuals kills their joy, and that's why they cannot enjoy the joy. And because of that everything works on some sort of an excuse, or some sort of a fear, or could be some sort of a domination. So the whole thing is so artificially managed, the whole thing is absolutely outside the realm of joy. All that is outside the realm of joy. While the realm is inside, you are just fighting outside somebody artificial. You have to come inside! And I don't know what to do, but sometimes I have to push them in, like that. They have to be sucked in, they have to be pushed in and they have to be forced into [it]. Like a little child, who doesn't know how to suck the bottle: you have to go on improving the condition of the bottle so the child starts understanding the joy of bottle sucking.

It is rather amazing how, for years together, people live in Sahaja Yoga, still they do not feel joy, because of this kind of a conditioning is there. Just leave alone yourself! You see, even if they go out sometimes, they go in frustration, in tempers, in haughty ways.

I have not seen any Sahaja Yogi just getting out just to enjoy things - "Let's go out just to enjoy!" If they do it, they would! But normally, if they are angry with somebody, so they will go to a garden. I mean, that time you should not go, you should sit at home. You should go outside only when you are in a joyous condition. Then only you can see the joy everywhere. And because of the attention, all the time wobbling, you see. Also this attention style is looking at this, looking at that, looking at this one, criticising everything, analysing everything. I mean, the whole machinery becomes like a car whose all the parts are shattering, and [if] you sit in that and you would feel very uncomfortable and unhappy.

1980-0128, Seminar for the new Sahaja yogis Day 1

View [online](#).

28 January 1980

Talk to Sahaja Yogis

Cowasji Jehangir Hall, Mumbai (India)

Talk Language: English | Transcript (English) – Draft

I was told that I should address the gathering in English language. I know it would be all right for few people if I address you in English.

I think that it is time for us to think that why God has created this beautiful being, human being. Why did He take so much trouble to evolve us from amoeba stage to this? We have taken everything for granted, even to talk of God in these modern times, it is impossible, because according to the intellectuals, He doesn't exist. They may say whatever they like, but He does, and very much so. Now the time has come, first of all, for us to know why are we here? What is our fulfillment? Have we come in this world just to be born, eat our food, produce children, amass money for them and then die? Or is there any special reason that God loved us so much, that He created a new world of human beings? Also the time has come for us to know that there is God and that His power of love exists, and not only that, but it organizes, it coordinates, it's dynamic, that He loves and in His love He wants to grant us the kingdom of God, the greatest that was planned for human beings. Let us forget our frustrations, and our turmoils, and our so-called political and economic problems, for they do not exist. It's only a mirage we are running after, we are the people who are created this cobweb and are entangled into it and are worried about life. There's nothing to worry, for the Lord, God all mighty, who has created you is the All Mighty, and He is anxious to give you the bounties of joy and happiness.

If we sit down and try to understand, we will learn that God has created us into a human being without anyone of us knowing about it. We did not know how did we become from monkeys to this state. We have no idea when did we get this great personality of a human being. What did we do to become a human being? We should ask this simple question to ourselves. What do we do to breathe so easily? What do we do when our heart beats regularly? What the timing it keeps the way it works! What have we done to achieve this kind of a beautiful body which works by itself? You have done nothing so far. At the most what we can do is the dead work, like we might create a building out of dead stones, or if it dies we can create a nice, beautiful furniture. But have we done anything living so far that we are so proud that we deny the power that creates life? Thousands of flowers are turned into fruits everyday, and I am saying thousands because there is no word to that, it's infinite. When this power is acting so minutely, infinitely, and into such detail, for example if you have a mango tree, you will get a mango fruit only. If you have a rose bush, you will get only roses out of that. All that is controlled properly managed, everything done so beautifully. You are placed on this Mother Earth, which is moving with such tremendous speed, and still you are just there, no problem. All these things, how they are happening? We do not want to face. We don't want to face the reality. Perhaps, we think that reality would be too much. But the time has come for us to know the reality because it is the most beautiful thing, and that the reality and the truth is a very simple thing.

The truth is that God has created you all to make His power manifest to you. As we have created this instrument to make our voices go through it, in the same way, God has created you in such a beautiful manner that you can manifest His power, His shakti, through your instrument. But the only difference between this instrument and this human instrument is this that you are aware, that you know everything, that you are capable of understanding the power that is flowing through you and its manifestation and a complete maneuvering of it. And the last of it, the joy of it.

This has been told in various scriptures, especially in our country, which is endowed with God's greatest blessings of very beautiful atmosphere. We do not realize living in this country how much the other countries have faced to live with their surroundings. Say, if you have to live in London, you must know that you have to have a very big income, because it's so cold, you have to have a house which is central-heated, which is minimum of minimum. This country being especially made for a very simple living, without going into any encounter with the nature. We have seen that thousands of years back, in this great country

of ours, there were many great saints who went into the jungle, because in this country you can live in the jungle with very little food, to find out about the underlying currents which are controlling this body. While in the West, people went outward, first of all, get their houses properly done up, to live even was a problem there. And then they went into things like science, outward, to see what comfort they can get out of matter, what help they can get out of matter.

But here the people went within themselves, they took their attention within to find out what was the underlying forces that have created this whole universe and created the human being. Supposing something goes wrong in the instrument here, and you cannot cure it then, you'll start going to the mains and finding out if there was anything wrong with the mains. In the same way, some people are trying to do the job here, while some people were doing the job at the mains. They discovered that within us lies a power called as Kundalini. This Kundalini is the power lying at the base of the spine, at the sacral bone, we call, some people mistake it because I say it triangular, because it's a complete triangle, the little small bones are called as triangular bones in the medical science. I mean that triangle that you can feel at the back, at the back, at the base of the bone is called the sacrum. Now this sacrum means sacred bone. Just think, how people knew that it was the sacred bone and also it is said that when a man gets burnt, whole his body can be burned, but this bone doesn't get burnt.

This has got three and a half coils, this Kundalini. There is a special reason for having three and a half coils, because that gives the manifestation of an eternal being, but that we'll discuss sometime later. Now, these three and a half coils of Kundalini or the energy or the shakti, it manifests the complete human being, as we call the pinda, a complete zygote is created out of it. She creates and still remains the same, like a Mother creates a child but remains the same. This Kundalini is your Mother. She is the one who is only your Mother. Every individual has got this Mother, in the triangular bone, every individual and this Mother is all the time recording, watching, coordinating and trying to give you what do you call the symbol of the universal unconscious. They say this Kundalini is sleeping. She is in a way, because She is not yet arranged it. Below this Kundalini is a center, another center you can see, which is the center of reception of all the information of what you have done in previous lives and what you are doing today. All your information is kept like a tape, in the sacrum bone of every human being.

Now you may say that "How are we to believe Mother that there is such an energy?" In our Sahaja Yoga program there may be at least thirty percent people who must have seen with their naked eyes, the pulsation of the Kundalini. You can see with your naked eyes that the Kundalini pulsates, and She rises, you can see it with your naked eyes. Not only that, with a stethoscope you can feel the rising of that "lup dup" as you see in your heart, or they say anahatha means the sound of the percussion. All this was found out long, long time back, but everything that is Indian should be discarded as useless, have been our idea, for the last, I don't know for how many years.

Why? This is a country of yoga, we are yoga-oriented people. Basically we are yoga-oriented. You may try to change the ideas, and the new liberation and these nonsensical things, bring anything you like in this country but it's going to be very difficult, because this has been looked after, nurtured and being put forward as the greatest leader of spirituality. You try any tricks on this country, it won't work out because it is not one day's job, it is not two day's job, but thousand of years the sages have worked on this country, and this part, and please know that as you are born as Indians, you are the greatest, as far as spirituality is concerned. But the other day when they were having My television, they asked Me a direct question,

"What do you think of Western seekers that you have and the Indian seekers?"

I said, "Of course the Western seekers are ego-oriented, they go for ego trips, they will join a guru who will give them some clothes, or will call them by some names, they want to have some ego trips."

But still they are seekers of a very long history, must have been, they might have been the great sages of this country born in other country perhaps, because the way they have gone into Sahaja Yoga and the way they have mastered it, is something so remarkable, while the pseudo-intellectuals of our country are extremely superficial. On this point they felt a little bit sad.

But I said, "I'll have to tell you the truth."

We have never gone into the details, into the findings of these great sages who have found out so many things for us, it's already ready-made, just like your Kundalini being made by your Father, the Lord, God Almighty, who has put the Kundalini just there for you, ready.

Now you have the first center, these are all the subtle centers I am talking about which are manifested grossly within, as plexuses. But here I will tell you about the subtle centers. The first subtle center is called as the Mooladhara Chakra. Now all if you must be knowing this much of Sanskrit that this Mooladhara is the support of the root. What is the root? Root is the Kundalini, which is higher, and this is the Mooladhara center. This is the center that averts, that informs the Kundalini. Now, this has nothing to do with Hindu religion or Christian religion or any religion whatsoever. Everyone, whether you are from London or from India or from Timbuktu, has got this Kundalini within yourself if you are a human being.

Now we talk of one world and one great understanding, and that is not possible. That's an impossible task that you have taken up. The reason is that you have not gone into the undercurrents of all the people. Secondly, you have not found out your absolute; it's all relative terminology. All your economic problems, all your economic theories, and all your assumptions, as far as your political parts are concerned, are absolutely useless, because they are not based on the absolute. You are moving in on a plane which has no base. Nothing is absolute, actually that's why we always go to extremes, like, when we are discussing about, say, politics, see our all ideologies that work out: capitalism, one extreme; communism, another extreme. This is another extreme, that is another extreme. The river flows in the center and the more you are in the center, is deeper, all these ideologies will vanish into thin air as soon as you know you know your absolute, and all these problems and turmoils, and these useless talks will finish.

Let us find out where is our absolute within us? Now, when I talk to you, I know the questions that are coming up, that's why I have to refer to it whether I am talking to it out of something, out of the blue, or I am talking to you which is scientifically true. If you are a real scientist, I would request you to be open minded. Every scientist has to be open minded for you know that Avogadro's hypothesis was put forward, then it was again repelled, again repelled and then another. In the same way, I am putting a hypothesis before you, and to prove it you give Me a chance, and then you'll know that I am talking of absolute laws which cannot be changed, absolute laws of God which are written in the books of love.

This absolute resides in your heart as your Spirit, as your atma. Spirit in English language, I find English language rather tricky because I don't think they ever had such meditative experiences as we have had. Atma is in your heart, is the reflection of God all mighty. Within our heart is the atma, is like a flickering light, we can say as the gas light, we have the flickering light, which knows everything, which knows everything, which is called as CheTrAgnya in the Gita. This one knows what you are doing, where you are going, what are your plans, and what is wrong and what is bad. And this is the one we do not know that it is the one that we have to seek. But we are aware that there is someone, who knows all about us, whether you go in the darkness or you hide things, anything you do, you know that there is someone in your heart which knows everything about you.

But what we have to do now, to go to Him? Or to get to it, or to meet it? What have we done to become a human being? I again ask the same question. Nothing, and even to know the Spirit, you don't have to do anything. What do you do to sprout a seed, nothing. The Mother Earth, She takes care of it. In the same way, to raise your Kundalini, to meet the Spirit, what do you have to do? Nothing, and that is going to be difficult to accept that without doing anything ourselves, how are we going to achieve it? That's why Sahaja Yoga moves very, very slowly. If I tell people that you have to stand on your head, for three hours, there will be ten times more people here. You cannot do anything about it, only an enlightened light can enlighten another light, is a simple thing you know. If you are not enlightened, how can you enlighten another light? How can you enlighten yourself? And what does it do when it enlightens another light? The another light also gives light.

This flicker that is in your heart is the Spirit, and this Kundalini is the one which is kept ready like a primule and ankura within yourself, which rises slowly through these six centers, and emerges out of this area which is the thaloo, as it is called, or you can say the fontanel area. In the fontanel area, which is called as the thaloo, the Kundalini pierces through. From the thaloo, the Kundalini pierces, and when the Kundalini pierces through this, the seat of your Spirit is on here, the seat is here. You'll be

amazed that the Spirit comes out of you every night about twelve inch, and the seat is here and when the Kundalini touches the seat, you get your Self Realization. When you get your Self Realization, then you find your own meaning, before that this life has no meaning at all. Like, unless and until it is connected to the main, this has no meaning.

What are you fighting about God, if He's there or not, when our eyes are not yet opened? It's like blind people fighting amongst themselves and declaring that there is no God or there is God, both the thing is just the same. Whether it is blind faith or I would say very intellectual assertion, that there is no God, just the same, it has no meaning, because both ways you are not connected with God. So the first and foremost thing is that you should be connected to your Spirit, all the rest of it, absolutely useless. Those people who indulge into other ego trips and think they are going to achieve God by jumping or by doing all kinds of nonsensical things, they are [?].

This Kundalini has to rise and has to give you Self Realization. This is what Adi Shankaracharya has said, this is what Christ has said, this is what everyone who is a person regarded as the real person has said: that you are to be born again. How are you going to be born again? This is the Mother, which is sitting down there waiting for that occasion to rise and pierce these six chakras, the centers on top, to give you the Realization. The lowest chakra it does not pierce. This is the lowest chakra which has to look after the pelvic plexus, and if you know the pelvic plexus, it also looks after the sex.

Sex has nothing to do with Kundalini, I have said thousand and one times, but people have no sense to understand. That's your Mother. Now, understand that you are all Indians, not English. How can you say such a dirty thing about your Mother? And this is what people have been misled into. I will give them, because I am a Mother, I'll give them also the benefit of doubt. May be they were mistaken. May be that they saw Ganesha's trunk there and thought that this was the Kundalini because the deity, which is ruling on that center, is Shri Ganesh.

When I say Shri Ganesh, people should not think that it is about Hinduism, nobody has right on Shri Ganesha. He's not anybody's deity as such, who just wants to pocket Him. He is the Lord who is ruling the whole universe, and nobody can claim that He is Hindu or Christian or Muslim. This Lord Ganesha whom we worship. Even the doctors, engineers, everyone worship do not know that He resides within you, on this Mooladhara Chakra - like, like a lotus in the mud, like a little child who doesn't understand the nonsensical side of sex, who is so pure. That child resides within you, and here I would also like to point out that many people think that abstinence is going to give them a great height in spirituality, are sadly mistaken. You are not to run away from anything. You have to have children, you have to live like normal husband and wife. That is what we have to have in Sahaja Yoga. If you are abnormally behaving like having an ascetic life and all that, I would request you that you better go and change your dresses, and come back with normal dresses.

Sahaja Yoga can only be granted to people who are normal, not to extremists who believe in running away from home, or running towards the home too much. The people who lead a good life, who think of their society as well and who are very normal people in the middle course, not the extremists. The middle course people, we have never bothered about the middle course people. We are only bothered about the absolutely poor people who are beggars or worried about the people who are very rich. Forget them, both of them are in the same rank. You'll see this in Sahaja Yoga that they have the same characteristics, they have the same values, they are of the same standard. Only difference is one has too much money and one does not have. You see, this is the money that makes the difference, but that is the denominator to know that both are in the same condition.

Now I am telling you that Sahaja Yoga only works out for people who do not go to extremes, because you can see that it is in the center that lies the vertebral column, not on one side or other side. Those people who are simple people, who are leading a nice, good righteous life, are the best for Sahaja Yoga. There is not need to make any experiments as the Western people have done. They have really ruined their society, ruined themselves completely, finished. You may call me I am Victorian, middle class, as the intellectual have great words, you see, they brand somebody. But it's high time that they are realizing that such a foolish tomfoolery we have done in that country. We have ruined the society, we have ruined our children, we have ruined our family relationships, we have ruined a complete nation into Doom's Day, complete doom. If you go and see those countries - miserable. They are going to end up their lives in the pub, that's what it is because they cannot face life. The life is so miserable for them, they have no family, no children, no wife. Where to go? So they go to pub.

So, all these experimentation are of no use. As a Mother I am telling you, "Please stop."

Awaken your Lord Ganesha within you, by respecting your chastity. Our Indian men think that chastity has no meaning for them. Only the women have to be chaste, and men are not supposed to be chaste at all, is more surprising. Chastity is the most important thing for human beings, to be in the center because it is Shri Ganesha's blessings one get, then only the Kundalini is going to rise. Now Shri Ganesha has incarnated in this earth, on this earth Himself as Lord Jesus Christ. He came on this earth as Lord Jesus Christ on this center, what you call the Agnya Chakra, where I am putting this red thing. But He has evolved a lot. There are eleven rudras as we call them, there are eleven rudras which are His powers. All this is described in the Devi Mahatmyam, Devi Bhagawat. His name is Mahavishnu. He is called as the support of the universe. But who reads Devi Bhagawat? Or who reads, Markandaya's book or Adi Shankaracharya's book? They will say that "We are great Hindus," and they have not even heard the name of Adi Shankaracharya.

I went to Kerala and these newspaper people told Me that, "We have never read him."

In Kerala, such a great man was born, Adi Shankaracharya, I mean they have not read about Him. He never preached any Hinduism, it's a wrong idea.

He said, "Na yogena na sankhe."

He said, "Not by these philosophies you are going to get to God, but through Mother's grace only you'll get that position."

He clearly said it, He never believed in any such secular sort of idea or any such ideas which meant that this religion is different, secular itself means that other religions exist. There is only one religion of God that exists. There aren't hundred religions as we think them. They are all flowers of one big tree. We have removed all these flowers, "this is my, this is my." And them how do you talk of secularism? It is one and it has been flowered with one shakti, with one love. How can they be different? They are all one, absolutely unanimous. They are in complete concord and there is no problem with them, is the problem is with us, the human being. It is too much to believe but it's a fact, somebody has to tell you that it was Lord Ganesha who came on this earth as Lord Jesus Christ, and what have you done to Him? Think of it. He was there for four years only, He did this kind of a work and what did you do to Him? And why did you do to Him? What was the reason? Because, again, you did not want to face the reality. Now this is the time has come that you cannot avoid reality. If you avoid, then there are great dangers waiting ahead. You have to face the reality. And why? I'll tell you just that.

Within us lies the undercurrent of our sympathetic and parasympathetic activity. Three channels called as, first one called, on the left hand side, as the Ida Nadi. These are the undercurrents of the sympathetic nervous system, left sympathetic nervous system but you cannot see it with your naked eyes. It is inside the spinal cord, while the sympathetic nervous system is outside. On the right hand side lies the Pingala Nadi which manifests the right sympathetic nervous system. In the center lies the parasympathetic nervous system, which is really autonomous, and you cannot control it. It supplies all the energy that is being used by the sympathetic. Whenever you get into any emergency, you start using your sympathetic nervous system, any emergency, like say running. When you run your heart will start beating, but the parasympathetic brings it to normal. These are the six centers from where you get your energy for the sympathetic nervous system. Now when you overdo any activity, because you go to extreme, then that particular center refuses to produce any more energy and it is exhausted because you are not connected to the mains, and tension is built up and if you go on more with it the result is cancer.

Cancer cannot be cured, you write it down today, and ten years I have been saying, without Sahaja Yog, it cannot be cured. Why cancer is acting within us because we are exhausting our energy in different centers and there is no way of bringing back energy to us. You have to get some method by which you get connected to the mains. For example, if you are going by car, and your petrol is going to finish, then you'll build up tension, normally. But supposing that you have a way of getting connected to the main, and the energy flows within you all the time, you are inexhaustible. You are absolutely at peace. This is the one of the

reasons that people are leading themselves physically into complete destruction.

Secondly, if you do not do that, if you do not get cancer, or any other such diseases, you will get bored in life, you get bored of yourself. Then to get over the boredom, you go to the pubs, you go drink and do all these alcoholism. Of course, nowadays people are singing praise of alcohol. You go on praising it, doesn't matter, I won't say you don't drink, you come to Sahaja Yog and you will give up. Thousands of people have give up drinking, and why? I mean I don't tell them don't drink, not at all. I say don't drink only the bottle over here. Last time one gentleman brought a bottle over here just to hit Me, but if you come here, you find your absolute, the joy of your absolute and then you don't want to drink yourself. Even if you want, you won't drink. I don't do anything to you, I don't tell you, I do not brainwash you, or I don't say anything about prohibition, nothing of any kind. Automatically, when you have found yourself, you are no more bored, you are so much satisfied within yourself, and you just don't take to it. It's a very simple thing, and that is what is to be found out and the time has come for us to get our Self Realization, is the most important thing for all of us to get our Self Realization.

Now for this, you cannot pay. I mean, it's so absurd to tell, but people are so mad that I have to say these things. How can you pay for your Mother's love? Can you pay for your Mother's love? I mean Indians understand their Mothers. How can you pay for her, can you even talk about it? It's so insulting, so funny, but you cannot pay for it, you cannot pay for God. Anybody, whether he calls himself by any name, or anything, I don't care. But anybody who takes the name of God and takes money lives like a parasite on the society, is a very sinful man. And those who follow those personalities are also going towards the same side which goes to hell directly.

You cannot take money for this love. This love, this flows, this just flows. It doesn't want anything, you cannot pay it back. It just flows like light. It doesn't require anything, it just requires its flow. As long as it flows, it's satisfied, it doesn't want anything. Do not judge God by the norms human beings have about themselves. They are trying to organize Him also, and they are going to buy Him. There are, I know, every institutions, so called religious institutions, where the people are just parasites, living there doing no work, are making money out of religion and it is very difficult for them to accept when I say you cannot pay for it.

But I tell you that from your mother, you can know that this mother has little love for you but God Almighty has the ocean. You cannot pay for that ocean. Just accept it, it will flow, overflow, engulf you and make you beautiful. The time has come for all of you to get it. Today I think it is sufficient, tomorrow I'll tell you in details about all the centers, and about how to maintain them, but I would request that after the Realization, you must know that every light which is enlightened can again go back because people are negligent about it. So you must know after enlightenment, how to look after the lamp. If you could do it for few days also, it consolidate and then you start enjoying it, and then you enter into a realm where there is nothing but enjoyment, and laughter and happiness and joy and in that enjoyment, you are amazed to say that see that you are connected to each other so much like a part of the finger is connected to the whole body.

It happens, it is actualization, it is not lecturing that you are brothers and sisters, no. It happens, you become that when the Kundalini rises, the enlightenment on your fingers, on your being, makes you aware that you are part and parcel of others also. It makes you. You don't have to tell yourself, you don't have to educate yourself, it just becomes, it's actualization. The collective consciousness become your dharma. It becomes your being, and that is what you have to gain, and that is what you have to achieve. For that, no effort is needed, and no money or anything is needed except that when you get it, you have to maintain it for some short time till it lit up properly.

May God bless you!

I think we should go in for the experience and with little humility please accept it. If you are a very arrogant person, it doesn't work out. I've seen people who asked the most arrogant questions are the first to disappear and waste our time for nothing at all. I assure you that this has worked wonders and it is going to work wonders for you. You are not going to have that attitude as you have in a shop. You have not paid for it. I have loved you, that's why I am with you, and for that you have to behave in that manner. Respect it and not to be arrogant because with arrogance you may not get it. I do not want that some of you should miss it. Please listen to Me, I am your Mother and still you all are My children, whether you are ninety or hundred doesn't matter.

In this respect you are all My children and you have to listen to Me, get to your joy, get to your happiness, and get to the key of your being. Thank you very much.

May God bless you!

1980-0129, Seminar for the new Sahaja yogis Day 2

View [online](#).

29 January 1980

Talk to Sahaja Yogis

Cowasji Jehangir Hall, Mumbai (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft 1980-01-29, Seminar for the new Sahaja yogis Day 2, Cowasji Jehangir Hall, Mumbai

[Hindi to English translation]

Yesterday I explained to you the purpose for which you have come into this world. Why did the Supreme Soul create humans with such effort? And what is the use of this human? For this, the Supreme Soul has arranged within us a system that is extremely beautiful. And with great effort and meticulous planning, this arrangement was made. And all the preparations were gathered inside. But when freedom was given to humans, when humans raised their heads and became complete human beings, they also attained their freedom. Within them were both powers that I explained yesterday, the powers of Ida and Pingala. Ida from which our existence, our existence is formed, and Pingala from which we create, become creative. Due to the functioning of both these powers, within us, the mind and intellect or mind and ego, named two institutions, have been formed. These institutions, if you see, are like two balloons in the head. Which will be shown to you here. These two balloons have been formed inside us, which are called ego and super ego in English. These institutions, due to being densely packed there, the ones at the junction of the two .. when... become completely covered overlapping the soft bone, called fontanel bone, have been completely surrounded by calcium, meaning calcified. Meaning the soft bone that was there has become completely hard. Because of this, you are Mister this, you are Mrs. that, you are Miss that. It is because of this that the ego, the 'I', 'I am this, I am that', all of this will come. Because all of you have become separate from that omnipresent power. Before this, whatever evolution you went through, from being a carbon atom to becoming a human, whatever evolution you underwent, it continued on its own and did not happen in your consciousness. It did not happen in your conscious mind. I'll use English words intermittently. So even those who don't understand Hindi very well will be able to understand. In the conscious mind, meaning in your alert consciousness, this idea did not come to you of how you evolved from an amoeba to a human. You did not know this. This happened unknowingly. But what lies ahead, the pedestal of evolution, what you have to attain next, it was necessary for you to know that. If you didn't know this, you wouldn't know the Supreme Soul, nor His effort, nor His power. Nor could you implement that power. When you arrived in this state, in this maturity, in this security, only then will you receive that position which you will understand in your alertness. You will understand it from your conscious mind. You will come to know that we are something else. Something has changed within us and that's why freedom has been given to you. This freedom is given because you first teach a child in mathematics, that two plus two is four. Then you give him a question. He is told to find the answer to the question. We have given you this question. We have asked you these questions. Solve this question. Similarly, the Supreme Soul has given you freedom so that you can solve the question of life with your own intellect. Every human has intellect. Intellect is present in every human being. By birth, intellect is already present in them. However, humans lose it in their freedom. Intellect exists within you, and when you explore something in your freedom with intellect, when you search for something in your freedom, then upon having intellect, you stay balanced in the middle path, which we call the Sushumna path. This leads to the manifestation of the parasympathetic nervous system. Now, those who are unfamiliar with this intellect, or those who have surrendered it, have gone beyond this wisdom. They tend to lean heavily towards the right-hand side or towards the left-hand side. Now, towards this left-hand side is our past. Our past, our history, lies towards the left-hand side. Everything we have done so far is all on our left side. It's all in our Ida Nadi. This is how that institution is formed, which we call either the mind or the super ego. You must have heard many times, "My mind doesn't want it." What is this mind? This mind is not you; this mind exists. People say, "My mind doesn't want to do it." Childhood-embedded conditioning, ingrained mental exploitations from childhood, and all the experiences from past lives are all seated in your left side. Alright, all kinds of good and bad are seated on your left side. And your future is on your right-hand side. On the right-hand side, you think about the future, what to do, what not to do, planning, doing this, going there, meeting this, all of this happens on your right-hand side. Similarly, worrying about our body. How will our body stay fine? The pains in the body, and any impending deaths, all of these are on the right-hand side. From the Sushumna to the right, which is the central channel, is

your present, meaning the present. I tell you to stop right now, to pause right here. But it can't happen. Realized souls might, others can't stop because a thought arises, that it will end. You can see it rise, but you can't see it fall. Another thought arises that it also falls. The space between these two, that delay, is the present. The rising thought has risen and fallen, it has gone into the past, it has gone into the past, and the thought that is about to come is prepared for the future. It is in your future, in the future. But the little space between these, which is called delay, that space, that is the present, and it is so tiny in every human that a thought comes into one's mind and he jumps to the next, jumps to the third, jumps to the fourth, just keeps jumping all the time. Therefore, it cannot descend within, and this very thing, when the Kundalini rises upwards, it squeezes both the mind and the ego in such a way, both these things, all of a sudden, as if air escapes from a balloon, they shrink, and as a result, our delay is established. Therefore, we can become thoughtless. Those who transcended here yesterday, who felt cool breeze from their hands, they became thoughtless.

But we cannot stop at this thoughtlessness. Because our habits are deeply ingrained. Our ways have been going on for years. We cannot let go of them easily. Even after coming into the new world, we still cannot completely break away from our old world. Although the relationship has ended, it still sits in the mind. For example, consider that a man who lives in the city, when he goes to the village, he starts driving as he does in the city. Then he is told, "Hey, the road here is bad. Don't drive the car like this, or it will be ruined. You'll have to drive it carefully." But he still forgets. It has become a habit of his mind. Therefore, mental habits work on you. Therefore, I told you yesterday that even if you have crossed over, you still need to take some time out for meditation, so that your thoughtlessness is established. First, you have to establish delay. Now, when this delay is established, this is the place from where the kingdom of the Supreme Being begins. Just as you think, the mouth of power, as long as you don't give grain to the mouth of power, it won't come out in any way, it will just spread here and there above. Similarly, understand thoughtlessness as the face of the kingdom of God. If you put it in there, all the work will be done, and you will get prepared work with its processing. That means there is such tremendous power of the Supreme Being. If you have any questions, a gentleman has just arrived here. He lives in Mauritius. He's a very renowned scientist. He did his doctorate. He worked hard for many years. Somehow, he couldn't pass his doctorate. The topic he had chosen was very beautiful, 'What effect does alcohol have on us?' He said, 'Mother, I lost. They didn't even look at me.' I said, 'Okay, bring your thesis to me.' He brought it. I didn't read it or anything. I said, 'There's no time right now. I just lifted it and offered it into that power.' And you'll be surprised that the next day he became a doctor. The very next day. Not a single word of this is false. An attempt should be made to put it at the mercy of that power. By doing it, it becomes a habit. Then we say, "Alright, leave it to God." No matter how much work you do, but if it's not left to God, then its result may come from anywhere and go anywhere. When you get lost in thoughts, you remain engaged in activities. It is for this reason that when humans attain their freedom, they start two things. In the beginning, he started saying, "Don't do this, don't do that. Don't go here, don't go there." Especially in Western countries, it's very common. Maintain discipline. If you have to go in the morning, wear something gray, if you have to go at night, wear black. If you want to drink alcohol, drink it from this bottle, bring a separate glass for it. Keep such spoons with it. Along with it, you should wear such clothes. It has no end. He seemed to have gone crazy. He made everything in such a way that people would go crazy, it became a disaster. If there is something, bring a separate platter for it, bring something separate for it. In our country... (unclear) there is a lot of this.

That is, praying to God. Devoting oneself to God, we have left aside His rituals around the world. And we have made such foolishness in our country too, that there is no limit to it. Let me give you an example, like, there is a crisis at home. The day Lord Ganesha is born. Fast on that day. Now tell me, if there is a child born in your house, will you fast? Keep a vow. Observe mourning. There should be a rethinking. A person should think, will we do it this way? If a child is born in our house, we will celebrate, play drums that day, feed sweets to people. We will have a great time, host a feast. And when Lord Ganesha is born, you are fasting. These strange things, like going to temples. There are Brahmins sitting in the temple. They are all 420, all confirmed. It's known, they have no character, nothing. Go in front of them, touch their feet. They are not even worth the dust on your feet, yet you sit in the temple to touch their feet. Apply tikka, wake up at four in the morning to disturb everyone. Shout, scream. Create all kinds of trouble in the name of religion. In every religion. Which religion hasn't had spectacles? May God save the Jain religion. In the Jain religion, whatever show-business they have done, may God save them. A big Jain monk came to me. I said, 'Brother, what are you guys doing?' Give money to wave his 'Chanvar' and to stand behind the statue. Give money for this, give money for that. Is this anyway? They say, when there's a wedding, the groom comes in the procession, so give money for his horse. Give money for his car. You're giving money for everything related to God like this. Strange things like these have been

created in the name of our religion. Even more destruction in the Christian religion! Don't ask anything. First, you should know, the Pope had issued permits for moths, etc., take this, take that, and issue permits. It's still going on, everything is about money. Wherever you go, there's money involved, and doing such things. Then you know, becoming a nun. Then cutting their hair. Then causing pain to their bodies in every way. Who told you to do this? There are many like this even here. Some have become nuns. Some have become monks. Some are standing on one leg, some are standing on their heads. Is this a way to please God, you tell me! If your own son did this in front of you, you would die of distress. What has happened to them? Why are they doing this? Who told you to torture yourself like this, to be distressed day and night? Here among Muslims, they whip themselves, scream, shout. Who told them to do this? Such drama, in the name of religion, countless have occurred! There is no limit to absurdities. So there was a reaction. When foolishness reached its limit, there was a reaction. Psychologists come. They consider themselves very intelligent. In our Marathi, we say, 'Smart on an ostrich.' They began to explain, "Sir, this is not right. You are conditioning, conditioning. You are giving away your entire personality. Don't do this, don't do that. How will your liberation be? You are all inhibited. Your condition is bad inside, that condition is bad." Come on, sir, this ride is over and another ride has begun.

Now they boarded another ride. On one hand, they prepared such a distorted mind in the name of religion, in the name of discipline. By doing things from all over the world, such distortion has come into people. So much distortion has come, exactly what is called unnatural. Artificial, completely artificial things have come. And on the other side, what they started saying was, "Sir, nothing matters. There's nothing called the name of God. There is no one. We don't care. If there's a twelve-year-old child, parents don't care. If parents have another child, they'll put the first one in another room. Women are free. Men are free. What freedom is this, and from whom? You are parts of one body. How can you be free? Just snap my finger and tell me I'm free." So what does this mean? This finger, is it a dead finger? You will only be free when you recognize the power within which you reside. Recognize the power that sustains you. But what happened? First, you destroyed yourself in the name of religion. And now, on the other hand, destruction has begun again in the name of religion. Blind faith has been nurtured with such foolishness. After that, such great foolishness has begun on the other side, that there is no God at all. Those who were actually there have been defamed. People say that even Jesus Christ wasn't there, and those who were, they weren't proper people. What kind of limit is this? You are not even equal to the dust on their feet. How can you judge them? But who will speak? Because they are riding on the horse of ego. You must have seen that when a person becomes arrogant, his head gets spoiled. There is a story. Some villagers went to meet a minister. The minister's peons were flaunting their pride. So the poor villagers couldn't understand, and they said, "Sir, why are you behaving so badly?" They started saying, "You don't know I'm a peon." They said, "You should have told us first that you are drunk." So we don't even come before you." So someone whose ego rises is like a drunkard. He just can't understand that if he has power, he feels like he's moving faster than a horse. The horse is left behind, but they keep running without the horse. You must have seen examples of strange madness. I don't need to tell you. When a person talks on the phone, it becomes immediately evident where they stand. In the way they speak, in everything they say, their ego hits so hard that they don't even realize it. The ego in you people hasn't reached the level of arrogance yet, as much as we have seen in Westerners. Their arrogance is so deeply ingrained in them that even an ordinary labourer speaking in this manner makes you wonder, "Which mental asylum is he coming from?" There, humility is something no one seems to know about. From morning till evening, they indulge only in abusive language and chaos; there is no meaningful conversation. At least in our country, there is civility. At least people speak with decorum, if nothing else. That's why I'm speaking in Marathi, Hindi; they won't listen. Although they themselves say it. They tell me, 'Mother, we already have an ego inside us. Are we not some Napoleon born in the first place?' So it should be understood that on one hand, we have moved on, on one side.

In superstition and on the other hand, we got carried away in arrogance. Both are far from reality. Everything that is far, that is the essence, the principle, is in between. The backbone of our spine is also in between. To remain in between, in moderation, there is strength in that itself. Even if our hand breaks, it won't matter much, but if our backbone breaks, we can't survive. That's why when a person goes to extremes, now if they start running for money, they run for money. Hey brother, doesn't this have any limit? After all, what do you want to buy? Do you want to buy a helicopter? If you chase after money to the extent of selling the country, there's no harm. Money is there, money commands respect. And there's no respect without money. Everyone knows that any such person, who is like this, is only respected to his face. As soon as his back is turned, I have seen, people are talking behind his back, saying, "He's a big thief. He was released from jail the day before yesterday." The person who respects money is limited to that extent. No one respects the dignity within you. Your respect is only for external things. What is inside you? Your dignity is in your own home. If you have respect in your own home, then why are you selling yourself for money? You are a human

being, a man, a very noble thing. Money is just dust. Money is nothing. And this money doesn't even tolerate you. If you have a hundred rupees, it's okay to say, but if you get two hundred, then you're in trouble.' If you don't go into trouble, you start some other business. Too much money is unbearable for a person. I have never heard of anyone getting a lot of money and immediately thinking, "Let me go and do some great work with this, or let me go to the house of a poor person and take care of his daughter or child." Very few. Even those who do so, meaning they have millions of rupees, will take out a penny and give it, saying, "Make sure my name is printed there." I often get people saying, "We will give money for your ashram, but write my father's name there." I said, "What will I write your father's name for? People will ask, what was the spiritual value of that man?" Your spiritual value should be seen. Where your spiritual essence has awakened is important. When you come to your spiritual essence, then you run after money like crazy. And you know that money can never provide a solution. This is something written in economics. It's written in economics that money cannot give you a solution. So, respect your reality. Respect what is based within you, the gift of the divine. And then you cannot go to any extreme. Behind power, nowadays you are seeing in your country, people are not showing any kind of stability. Because they don't have any confidence in themselves. They also don't understand what to do. They are confused. Their base... is no longer there. No principles remain with them. Because they have strayed far from their principles. And to stray from those principles, they don't feel any anxiety. Because their arrogance is complete within them. Many people take advantage of this.

In this way, many people take advantage of those who are wavering. Now you may say, "Mother, nowadays everyone in our country has become like this. Everyone's only concern is arrogance, it has escalated so much that people don't trust any principles anymore." If they don't, they will suffer. Those who do not believe in their principles will suffer. Everyone has endured. And those who don't endure will suffer everything. Hitler thought he would make the world dance to his tune. In that era, he felt that whatever he did was right. He endured, his entire country endured, and they are still enduring. Therefore, remember, I would rather say, son, endure. It's better if I say, enjoy the happiness you have. Your principles are also a matter of pride; it's pride for a person to stand by their principles. What greater pride can there be than this? If you don't have four cars, what difference does it make? What will you lose from it? But at least in the world, people say that they are principled. They are considered principled in the world. Thousands of such beetles are born and die. If you are truly a human being, then you should stay true to your principles. If you stay true to your principles, then many people also get confused, thinking that they have become highly principled. So they think about imposing their authority on everyone. Being principled means they think waking up at four in the morning is a great act of principle. These are not such principles. Principles come from deep within. It's about understanding. The greatest principle is love. Love is the highest thing. And those who do not recognize this principle keep chasing after the superficial principles that make you oppress the necks of people all over the world. You have to fast, keep fasting. Why have you made the whole world into scouts? Why have you made everyone choke ... around you? Here, too, many people have emerged who will make everyone's life difficult. In Sahaja Yoga, you should remain natural. Natural means just as you are. No one should make you uncomfortable. It is not necessary for you to act like a monkey. Or it is not necessary for you to roam around like a heavy Englishman. You are Indian. Stay in the Indian way. Indian humans should stay as they are. How should you stay like your being... (unclear) ...? Is it difficult? Now what happened to those people? They went to extremes. Now another extreme has begun. People there have stopped wearing clothes. As much as they glorified clothing, now as a result, they say, "Come on, wear torn clothes." You must know that torn clothes are exported from here to there. There are such big patches, they are considered very good there. That's why ... those who go to extremes ... have exaggerated with themselves. Now many people think that work is everything. I work a lot. Working is good, but one should also remember God. Attention should also be paid to one's soul. People who are stubborn like oxen are useless for Sahaja Yoga. There is no need to be stubborn like oxen. Alright, work on time. And spend some time with your wife, children, everyone. Also spend time with them. You also have a responsibility towards them. There is no need to burden yourself with a heavy schedule by ruining their lives. .

Neighbours love you the most. You don't have time for love, but you have time to work. And what is the benefit of this work? What is the gain? We have seen many archers in this, who have occupied great positions. When they retire, they end up in obscurity. No one even asks where you are sitting. And those who sang the saga of love, people remember them to this day. You know many examples like this, as many sadhus and saints have become, no matter how poor they are, people come to pay their respects to them. And those who considered themselves rich and mighty, and who caused havoc in the world, where are they today, lying in which field, and where are they covered in dust, rotting away? No one even knows where they have gone? If at least someone knew, they wouldn't go there. "Oh dear, that demon is sleeping there. Let's go from here." But those who have

loved the world, those who have given love, in each and everything of such people, in each and every sentence of theirs, there is so much sweetness that wherever it is found, people catch hold of it. You too. When you know that from the heart, you respect such things. You respect a person from the heart just like that. Then you should also respect yourself. You also have to create your own place. And when this place is established, then you enter into the midst. I mentioned all this because of how many disturbances have occurred here due to going to extremes. You must be aware of it. Now there are many types in this, such as when you get into collective subconsciousness. You worship God excessively. Day and night, it's all about God, God. You have no authority. From morning till evening, you sit chanting prayers. Now I told you just yesterday, brother, that chanting prayers is not everyone's right. It shouldn't be done. It takes a lot of urging to keep God in your heart and to remember Him. Then a relationship is formed with Him. And if you keep chanting His name like this, what will happen? Only one thing will happen, and that is, if God or someone similar doesn't come, but if you keep chanting the name of Ram, some ghost will enter your head. Many people have told me, "Mother, I was sitting. I was worshiping God. The garland slipped from my hand and landed around God's neck." I said, "Does God have nothing else to do?" Then, as they kept advancing, such fake gurus emerged. They started saying, "I went to him. He told me where my father has buried his treasure." I said, "Do you think God keeps track of all these things for you? And where has your father buried treasure for you?" Four people hang their heads in shame. Then they said, "No, he told me a number. I asked, 'What?' He said, 'He told me the horse's number, and that horse came.'" "And they call it the work of God," I said, "they have really degraded God's dignity." Then they said, "They also tell the number for betting and the number for gambling." In this way, as we keep falling, we end up falling to where? We think of God, but we start asking for the number of our horse. In the name of God, we commit thousands of sins, and there are big guns standing at their places. You must have seen it.

In that, especially in our Maharashtra, it is said that the Goddess inhabits the bodies of women. Are there any other dealings for the goddesses to come into these mediums? Although they continue to scrub vessels all over the world, the goddess has entered within them. People go to touch her feet. All these foolish acts are done because of the stupidity and blindness of our left side. From morning till evening. If you say, "Brother, go, if you want to go to the temple, go ahead. Touch the idol there and come back." They won't agree to it. They will only bring back prasad from there. Who knows how some filthy person made it? What is their heart like? They will say after eating it, "Ah, I had prasad," and then straight to the doctor. And the people from the right side keep going out, may God save them. Ego is such a thing that the person himself doesn't understand. He will keep doing foolish things, acting stupidly. But he won't realize that he is foolish. Then the world will spit on him and laugh. There is a place named, (unclear). The kings there are so foolish. They are black and they make shoes out of pearls. They keep doing strange things. Amin Sahab is one. Very intelligent. But he thinks he is so intelligent that who can explain to him? He is riding on a horse! An arrogant person is very difficult to correct. Because his ego, he thinks, 'This is who I am.' And those who nurture this arrogance have also been born. They will teach you something or the other, like, 'Yes brother, come to me, I'll make everything in your father's name.' I'll give your name as Bhoganand, Dhonganand, Kharabanand. The poor English people don't know anything, whatever names you give them. Just now a gentleman was telling me that he gave 600 pounds to a gentleman, that he gave him a mantra. What mantra did he give? 'Aenga'. 600 hundred pounds. And to another he gave 'Tinga'. Now one... The Indian understands that poor things, they don't know anything, they are foolish. He gave them the 'Tinga' mantra. He made you wear clothes. He took off your clothes, saying something here, something there. Wear this rosary, do this, do that. Poor things have become fools. Now, in the whirlwind of arrogance, they don't understand that, brother, will you attain the divine by wearing a rosary? Kabir has said, 'Examine the desires of the mind, the mind's desires...' Were they all fools, Nanak Ji and others? Are they all speaking lies? Was Tukaram completely wrong? Was Gyaneshwar completely wrong? Then where did these teachings come from? They say in Marathi, "Upatsunbha!" You start listening to their words because you are caught up in the right side. Then someone comes and talks to you. They mess up your mind. They describe you exactly like this, they praise your actions. They shower so much love on you. You will completely... like falling on the ground, you won't even realize. Your neck will be cut. What will people who get caught in such foolishness achieve in finding the divine? Here's the thing, you have to attain the divine. Here you have to summon the divine. You have to invoke them. You have to seat them in your heart. You have to say to them, "Lord, forgive us for all our faults, and awaken in our hearts." Another thing here is that there is no shop where you decide whether to give or not. No one has given you money that we will give. People come like this, standing with sticks, saying, "You are like our mother, so you should give us." "Why don't you give?" "If we want to give, we will; if not, we won't. You can't force us." The reason is not that they don't want to give. But when it's not meant to happen, it won't, and when it's meant to happen, it will. What can be done about it! If a seed sprouts on its own, it does; if it doesn't, it doesn't. You know that no one can force it to sprout from above forcibly; it can only be pulled out from within. Will anyone pull your Kundalini? Whatever you have done, whatever you have

managed your health, according to that, your Kundalini awakens. In this way, the two powers within you, Ida and Pingala, flow. Its flow is named, you can say, the power of Mahakali. There is no name for this in English. This power of Mahakali runs in your left side. It is called "Holy Ghost" in English. It is from this same power of Mahakali that other powers emerge. This is the ultimate power. From this, the other powers emerge, which we call the power of Mahasaraswati. Through this, we think, contemplate, and discuss future matters. Due to the wrong use of these two powers, dense bubbles of ego and counter-ego form within us, becoming these bubbles in our heads. Or it should be said that two dense entities like balloons are formed. And due to this reason, Kundalini does not rise because when your head is completely covered in this way suddenly, either one has pulled more or the other has pulled more, then the middle cannot be made. Kundalini stays in place. But the common Kundalini rises, you saw it yesterday. That's why I was telling you to apologize yesterday. Forgiveness is the treatment for ego. If you get angry, as soon as you get angry, say one word, sorry. Someone says, very hot-tempered. Too much, they say, he gets angry at the drop of a hat. Here your anger sits on top of your nose. Such a person should do this, that when you get angry, you say to it, hold on, hold on, hold on. Tell him three times. Or you can say to him, what did you say, what did you say, what did you say? And then after that, say sorry. Try and see, your anger will decrease. But there is no need to wrestle with anger forcibly. There is no need to struggle with anger. The man in whom anger is suppressed, whether it has come out or not, who has a habit of getting angry, it means his ego is corrupted. His ego is troubled. Therefore, a person should first forgive himself and then forgive others. Therefore, forgiveness is a very big tool given by God, by which we overcome our ego. Now, what is the way to win our mind? Firstly, through forgiveness, we can conquer our ego, and the way to win our mind is that when the mind desires to see something excessively, when it craves something excessively, at that point, we should tell our mind, "Is it foolishness that you are stuck on?" Then the attraction of the mind will end. The habits of the mind will be broken. The best way to break habits is to say to the thing that the mind desires a lot, "Alright, you stay put. We have seen enough of you." But

It's not like that. Most people will say, "Brother, I only eat pure ghee and nothing else. I, brother, that's how I am, I should have the best food." Here, people are more inclined towards food. In our country, there is a disease of indulgence in food and drink. From morning till evening, the concern is about what you are eating. Is God going to reward you for eating? Brother, you eat this, they eat that, you have a liking for this food. Today, I want Puranpoli. How foolish it is to boast about such things! "I like this, I like that." What elegance is there in saying such things with your tongue? And you will say such things too, which make others think that I have become wealthy. Seeing this, I am amazed that this is also something to brag about, my son. This is also something to say with your own mouth. In the eyes of the Almighty, what are all these things? You tell me. Stand in the place of the Almighty and listen, if someone tells you, 'I have a liking for this. I have a liking for that. That is good.' This kind of boasting, from trivial matters to significant ones, 'My mother serves very good food. That's my pleasure. From foolish talks to big ambitions, 'I have a liking for cars. I have a liking for power. I will become the Prime Minister. I have a liking for this. That's my liking.' If you have interests from all over the world, then stay at home. In the kingdom of the Almighty, there is no place for such enthusiasts. Excessive indulgence beyond necessity does not adorn a human being. It's only humans who do it, not animals, poor things." "He falls asleep anywhere. He wakes up anywhere. In my opinion, even the saints end up in the same situation. If you tell someone to sleep anywhere, they'll fall asleep. If all the comfort is inside, then what's the need for all these things outside? But until that state doesn't come, there's no need to force too much with oneself. Because if I say one thing, you'll do another. If I say, 'Son, don't rest too much,' you'll say, 'Alright, from today, Mother said we'll sleep on the ground.' You'll sleep on the roadside. I said, 'Brother, sleeping on the road is not good.' So you'll sleep in the palaces. I mean stay in between, I'm telling you this. Not staying in between leads to a kind of foolishness in humans. And there is so much privilege and so much elevation that he doesn't even understand what's fun in it? He keeps looking at everything with disdain." "His whole life is a big swing, stability is not achieved. And until stability is not achieved, no matter how much joy fills you from within, you don't experience any joy. These are both extreme things I've told you, that when a person indulges in ego, even the ghosts of ego possess him. How arrogant people can be in the world, that even when they die, their pride doesn't leave them. They think, 'Sir, I haven't done anything insignificant.' Such people can also infiltrate your mind. They too can enter into you. If you engage in such discussions, people will say, 'This wasn't like this before.' What happened to them? So a person should strive to remain normal. He should remain in between. A person who remains in between is completely balanced with both powers." If a person works too much, is overly arrogant, then he will have a heart attack. If there is no heart attack, then he will get diabetes. If there is no diabetes, then there will be kidney disease.

It will go on; liver disease will occur, and more diseases can happen to him. Because the functions of our Svadhishthana Chakra

continue. Their biggest task is that for the intellect we have, for the work happening in it, there is fat. Deliver this fat to the cells. Supply it. Fat cells should not be under-supplied. Now, consider this, if you see one task, think, think, think about the other tasks it has, which are the pancreas, liver, kidneys, spleen, etc., you cannot see them. Then you get the disease of diabetes. In Sahaj Yoga, we cure diabetes a hundred percent. If you get realized and listen to us. Your diabetes, kidneys, everything can be cured a hundred percent. If you once put your kidney in a machine, then we cannot fix it. And for that, please forgive us. Once something goes into the machine, it perishes. We cannot fix it, so what's the point of getting angry about it? We will try, but what's the use of troubling ourselves in vain? Now, within us, there is the second chakra, the Svadhisthana Chakra, about which I have explained. Above this chakra is the Nabhi Chakra, which houses the principle of Lakshmi. Lakshmi resides there. And you know, Lakshmi is not just about money. The nature of Lakshmi is such, as I have explained many times. If you read about it, you will understand that there is a big difference between Lakshmi and money. The biggest thing is that a Lakshmi-pati, who is one with wealth, is very content from within. He gives to others and shelters many people. He who is adorned with garments like a lotus, and who is extremely warm and fragrant like a lotus from the heart, when this principle of Lakshmi awakens within us, when the Kundalini releases the principle of Lakshmi, then all our material concerns are dispelled. Now, material concerns do not mean that if you want to become Ambani or Tata, then that will never happen to you. Go ask them about their condition. But your financial situation improves. The main reason for this is that when the principle of Lakshmi awakens, all your dirty habits go away. Alcohol will leave on its own. Your tobacco addiction will disappear. Whatever addictions you have, they will all vanish. Whatever such things are, for which money is wasted, all of that will disappear. Because you are sitting in enjoyment. Secondly, because of the principle of Lakshmi, you will be able to understand what is real and what is fake. There was a gentleman whose financial condition was very bad. He came to me. He asked, 'What work should I do?' 'Whatever work you do, you have become awakened.' 'You work with wood.' He said, 'I have never even seen wood.' I said, 'Just start.' Gradually, he realized through vibrations how to make progress in this work? How to proceed? And he earned quite a bit of money. He earned as much as an expert. Many people should meet such a person. In this way, everyone's Lakshmi principle becomes right. In our London, there are many people who have benefited greatly from the principle of Lakshmi. Those who did not have a house suddenly got a house. Those who did not have food to eat, got a job. Some... or the other arrangements were made. Various kinds of assistance were provided. And in this way, people benefited from the principle of Lakshmi. Now, when the principle of Lakshmi awakens within you, after the awakening of Kundalini, then when-ever you touch anything, understand that it's like a tree that is dying. If you touch it, even the principle of Lakshmi will awaken within it. That tree will become valuable. Meaning, fruits will grow on that tree that will be very valuable. Not only that, imagine I have a stone. One of our Australian disciples told me, "Mother, this is an Australian opal." It was completely white. I said, "I don't usually take things." She said, "Mother, from our side, from Australia's side, please take it." So, I took the gold and had it set in the stone. Since started wearing it, its colors changed completely. Twenty-five colors are visible in it. She also wondered where so many colors came from? It only had a white color. If such a person wears pearls, the value of pearls may change. The value of the house where he lives may change. Because the entire environment keeps changing. When the principle of Lakshmi comes, consider this: if there is a house that sells for twenty rupees, if a saint resides there, then the same house will sell for twenty thousand. You will be amazed. There is an attraction in it. There is a pull, a uniqueness. Because this principle is so effective that we don't even know about it. Let me give you a concrete example of this. When Shastri Ji passed away, the items associated with his death, which we call ashes, were taken in large pots, and people carried them. The pots were kept in the train. Wherever they went, the entire path, all the way to Banaras, there was no place where people were not standing. Even at night, everyone stood with lanterns. From here to there, everywhere, even for miles, people were standing. Only those pots were visible. Shastri Ji himself was not visible. People bowed to him. Then when they went to Banaras and dedicated the ashes in the Ganges, after that, no one even asked, "Where are those pots?" No one even looked in that direction. No one thought, "Where are those pots?" They were silver pots. They could have gotten lost somewhere. So no one knew where the pots were. They had fallen somewhere. Someone picked it up and said, "The pot was lying here." When the element inside it was gone, what meaning remained in it? So stay true to your principles. And this chakra that exists within us keeps the elements awakened. Initially, there is a chakra on your navel. And on this navel chakra, there is your mother's blessing. You are connected to your mother. For a person whose mother is very religious and a good woman without any exaggeration, this is a great blessing for that person. The navel chakra of such a person mostly remains balanced, the one whose mother has given love and affection to her child. And if she has always kept him sad or troubled, then there will be a lot of trouble. If that child is given lots of love and always kept satisfied, then such a Lakshmi chakra awakens very quickly. And sometimes there is a mother who is very religious, very stubborn, and criticizes everything in the world. If she doesn't look after her children, their Sri Chakra can be disturbed. Even if she is wealthy, she will not be the mistress of wealth. Such a person is not balanced. Now even psychologists believe this. A

child whose childhood does not go well, that person becomes somewhat abnormal. The chakra ahead of him, what you see around him wide, this is a very important thing. This wide part in our stomach, which is shown here, inside it is the place of Dattatreya Ji. It is the place of the Guru. Inside our stomach is the place of the Guru. Just as we seek from the navel chakra, seek money. Or, whether, first we seek to fill our stomach, then we seek our satisfaction, then after that, if not satisfied then we seek power, seek money, they seek, and then after that, we seek the Guru principle. We search for someone who can lead us across this ocean of existence. In this search, we immerse ourselves. This is the place of Dattatreya Ji. You must have heard of Adinath, Machhindranath. Adinath, whom Jain people also believe in. All avatars are from Adinath to Dattatreya. And these avatars primarily consist of ten avatars that we believe in. But there have been many such avatars. Among these ten avatars is also Muhammad Sahab. Dattatreya is indeed the incarnation of Muhammad Sahab himself. That means we also believe in Sai Baba. Yes, he was also exactly Dattatreya. The Sai Baba of Shirdi was indeed Dattatreya. But if we say that Muhammad Sahab was also Dattatreya, then we won't accept it. After all, Sai Nath was also a Muslim. Then why do you believe in him? They will believe others but not Muhammad Sahab. Muhammad Sahab was also the same. Nanak was also the same. Janak was also the same. They all reside within our consciousness. When a person doubts in it, when they don't see unity in all religions, then they suffer from stomach diseases. Therefore, you should understand what the essence of Dattatreya is. Look, how many disciples of Dattatreya came here yesterday. And even so many disciples of Dattatreya, all of them have stomach ailments. What was the reason? The reason was that Dattatreya was neither Hindu nor Muslim. He was beyond religion. He had no religion at all. He transcended religion. He created a religion that is created by itself. How can this be possible? Until this sentiment is fully awakened within us. Sai Nath has said, criticizing any religion is a great sin. But how many disciples of Sai Nath believe in this? And this is the guru principle within us that we should know. And as I told you, like Moses, Abraham, they were all born from the same guru principle. And this guru principle is also present within us. By awakening this guru principle, we ourselves become our own guru. This happens through the awakening of Kundalini within us. The next chakra after that, which you see above, is called the heart chakra. I'll explain quickly because time is short. Tomorrow we have to take another subject. This is the heart chakra. In the heart chakra, the space in between is the place of Jagadamba. She is the mother of the universe, her place is there. It's the place of Durga Ji. When a person feels insecure, when they feel unsafe, then this chakra grips them. Many women who suffer from diseases like breast cancer are affected by the malfunctioning of this chakra. If they feel insecure about themselves, then you see, the person they are with is on the wrong path. Or they have no place to go. The children are not well.

Due to feeling insecure, they experience this illness. Fearful women can have this disease. This chakra becomes defective for them, who feel insecure about themselves. When Kundalini is awakened, Jagadamba awakens within you, and she protects you. There are many ways she protects, like when you are going somewhere. As you go, suddenly you see there's an accident. But because you're leaving, the accident will be averted. If you're on that train and you're realized souls, the entire train will be saved. Not a single person will be harmed. Many have experienced this. You should also observe it. Therefore, it's necessary that your heart chakra be healed. Those whose heart chakra is not healed can suffer from many diseases, such as severe bronchitis, severe cough. All this happens through this chakra, through the union of this chakra. Now, on the right-hand side, the chakra shown here. In that chakra, there is the place of Shri Ram. When this chakra of ours gets defective, Shri Ram's chakra, Shri Ram is the epitome of righteousness. As soon as we break our boundaries, meaning, if we are bathing at any time, like fools. Has not this breaking the boundaries. In London, all the Indian people are addicted of bathing at eight-thirty in the morning and they will leave for the office. There, lung cancer is prevalent. It happens due to the breakdown of this chakra. This is Shri Ram's chakra, and its breakdown causes diseases like respiratory problems, and so on. There are many limitations to it. You have to maintain the boundaries of cold and heat. You have to maintain the boundaries of politics. Everything is Shri Ram's... The surprising thing is that those who take the name of Shri Ram always have this chakra malfunctioning. Because Shri Ram is displeased with them. Day and night, you engage his head. Someone is bound to get angry! You can also awaken such a chakra, and even asthma of 30 to 35 years can be cured. If this chakra of yours gets corrected. If your father suddenly dies, and you are affected by it, it also reflects through this. If there is something wrong with you due to being a father, it also shows through this. Most lung diseases occur by catching the right-side chakra, by catching the heart's right side. Now, above that chakra, here is the Vishuddhi Chakra. This chakra is behind us here. This Vishuddhi Chakra, we call it the cervical plexus, looks at it. Now, there are sixteen plexuses in it. Meaning, it has sixteen petals. Your eyes, nose, mouth, throat, and lips, all the muscles inside here, tongue, and others, are all controlled by this. This chakra is so important, very crucial. But if someone's Vishuddhi Chakra gets damaged, their shape will deteriorate. His eyes will deteriorate. Meaning, external eyes, such as experiencing burning sensation, redness in the eyes, and so on, all happen due to faults in this chakra. Some people have toothache, it also happens due to faults in this chakra. Some

people experience discomfort in their tongue, it also happens due to faults in this chakra. This chakra also has two parts. Left and right. The chakra in the middle is established by Radha-Krishna. Radha-Krishna.

The place of Radha-Krishna is here. And what is on the left is named after their sister, Vishnumaya. Now, when a person thinks in their mind, "No one is worse than me. I committed this sin. I committed that sin." This chakra catches them. When a person's left chakra, the chakra of purity, catches, a major fault arises in it, that he considers himself very guilty. But when he speaks, lightning strikes. He may say only a few words, but they will be very sarcastic, and will cut sharply. He may speak correctly, but always speak with a twist. Because his left side chakra is caught. The right chakra has the place of Vitthal-Rukmani in it. Meaning, when Krishna ruled, that is the right side. When the right side chakra catches, you get physical illnesses like cold and so on. And even in thought, a person can be of the right side, where a kind of ego can also arise. Because when he speaks or does something, so much ego comes in him that its shadow also falls on this chakra. If ego is used while speaking, it also affects this. And for this reason, when this chakra is also corrupted, it also becomes a big flaw. If anything harms this chakra the most, it is cigarettes. Cancer occurs from cigarettes. It causes pain. No matter how much you say, you can't quit smoking. But with Sahaj Yoga, cigarettes suddenly quit. That's why you don't need to make any effort. Suddenly, your cigarette will quit on its own. Quit smoking. This is about this chakra. Now I will tell you about this chakra and that chakra tomorrow. It's getting late. You know that after this, the work takes a lot of time. In this way, you should think about how beautifully the divine has arranged within us. How beautifully he has organized us and how much arrangement he has made. The incarnations we made during the evolution, all those incarnations are in the same way, that in the navel chakra there are Lakshmi-Narayana, and with Lakshmi-Narayana only you come forward, until here, up to the eighth incarnation, after that, the eighth incarnation is of Lord Rama, he is here for you. Meaning, He comes on the right side of the heart. The seventh is, the seventh is of Lord Rama, and the eighth is of Lord Krishna here. In this way, the incarnations that happened during the evolution are the same. The ninth incarnation is here. The tenth incarnation is here. In this way, there are ten incarnations and they are within us. I have already told you about the ninth incarnation, which is Christ. Whom we know by the name Jesus Christ. I will tell you about him tomorrow. And I will tell you about the Sahasrara. In this way, you can see from our chakras, how the Supreme Being has helped us in making us humans from carbon. Many times incarnations have come into the world. And in what way they helped us. And what kind of help they will provide us in the future. Now we will make a little effort for realization. And I hope that even today many people will transcend. Many people transcended yesterday too.

1980-0130, Seminar for the new Sahaja yogis Day 3

View [online](#).

30 January 1980

Talk to Sahaja Yogis

Cowasji Jehangir Hall, Mumbai (India)

Talk Language: Hindi | Translation (Hindi to English) - In Progress

1980-01-30, Seminar for the new Sahaja yogis Day 3, Cowasji Jehangir Hall, Mumbai (Hindi)

1980-0208, Mahakali Shakti

View [online](#).

8 February 1980

Mahakali Shakti

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Public Program, "Mahakali Shakti". 8 February 1980. New Delhi, India.

Sahaja Yogi: Two days ago I had the privilege to introduce Mataji at a temple in Delhi and there was a big crowd who came. This crowd, at the end of the program, was very eager to touch Mataji's feet and once more I realized, how lucky and blessed you are in this country because your traditions, your upbringing has given you a deeper perception and better sensitivity to the dimension of spirituality. You seem to be more aware of the Divine than many other people, other countries and civilizations. This is why so many of us have come to India since, I would say, about twenty. The process began with this century, but especially after the World War II a great numbers of seekers of the West came to India to find what their own culture, own civilization could not give. This is the answer to a few basic questions of life, answer to the question of self fulfillment of the meaning of our destiny. Now, this story has been pathetic because there has been from this country thieves and crooks which have called themselves guru, and without any divine authorization they had led, or rather they had misled a great number of seekers. When I talked to Indian people about these things, they said, "We don't believe in all these fake gurus. It is you, the foreigners, it is you the tourists who support them. You give money to these people, therefore they go on." This is true. We are very naïve; we are very stupid in matters of spirituality. We can be easily befooled.

For us you with the knowledge of your shastras are more likely to make out the difference between someone who is genuine and someone who is fake. Yet I would say that now, in the West, the era of the fake gurus is drawing to the end. I know very well a very senior intelligence officer in my country, and the police authority of Switzerland are absolutely fed up with Indian pseudo gurus. There is one Swami Omkarananda who is in jail in my country for fourteen years criminal indictment, and is charged of rape, black magic and all this... All this came in the newspaper under the headline of Indian Spirituality. Now I let you judge how helpful is it to the image of your country. This long and not very auspicious introduction lead me to tell you that there is one person which since very long has been telling the truth about all this phenomena, has been demystifying the fake gurus, the false prophets and has been exposing the true genuine authentic image of Hindu Spirituality to the seekers of all over the world, and this person is Her Holiness Mataji Nirmala Devi. And therefore now is dawning the time in which She is going to be recognized. This process has started and nothing will stop it.

I want to tell you as Indians that I have an extremely great respect for your country but, so that I can respect you also, you must feel the responsibility that you have toward the world. There is one thing that India can give to the world and this is guidance in this field where India has outdistanced all other countries - and this is spirituality. And there is one person which is at the edge of spiritual life today.

Why? Who is this person?

This person is the one who can raise Kundalini. This person is the one who can raise Kundalini at the mass level. This person is the one of which it has been said that once side glance of hers brings all prosperities.

I have not accepted Mataji overnight. I had come to Her with a very analytical mind. I have watched Her for long until I realized how totally genuine She is. How totally caring and how totally selfless and, above all, how immensely powerful She is.

Therefore, I have not the slightest doubt that Sahaja Yoga is going to achieve what God wants you to achieve. That is, the

emancipation of all the seekers, the possibility for the [UNCLEAR] to get self realization. But I have doubts how seriously you in this country are going to take up Sahaja Yoga. We have made so many mistakes in the West that we know how dramatic the situation is. Europe is now in the fear of a third world war, in the fear of a worldwide energy crisis, in the fear of the consequences of a self-destroying society where the production process cannot be stopped, generate goods which are not necessary.

We live in the Western civilization where family is destroyed, where one-third of the young couples get divorced; It's very difficult to bring such a civilization on the right tracks again. Whereas in India you are much better prepared than we are to take out the message. You are much more dharmic than we are in the sense that you still respect woman, you have a sense of womanhood that [unclear -tape broken] on challenging. You are pious people. All these conditions should enable you to get self realization faster than we. The only question is do you realize the urgency of it? Do you realize the importance of it? Because your concern is very much with material things, material development, material security and because a tradition of religious orthodoxy has sometimes suggested that religion cannot be operative, practical and effective. Many of you, maybe, cannot perhaps see how immediate how immediately important it is in your daily life to experience [UNCLEAR] realization. It is ridiculous to talk to introduce Sahaja Yoga to your intelligence, that this talking is in itself all meaningless. What is meaningful is the experience of self-realization, the actualization of your own power.

If you come here, just to hear another satsang, just by curiosity because Mataji is a very famous person and you want to know after all who She is, you will not go very far. But if you come here with a genuine heart, a heart which is asking God: "Please, I come here as Thy child, lead me to You," then I can say with great confidence that you may reach now the end of your life's long quest. It will take time for some of you to recognize who Mataji is. And we do not ask that you should recognize Her out of what we say. What we would like to suggest this evening is, grow into your inwardness, get your own power, enter this new dimension of consciousness and from that point understand the importance, the greatness of what is happening to you, understand the immensity of the love and of the compassion of the one who has been able to grant this gift of self realization. We are now, in the West, over thousand people, many thousand people from all background. Some of us are gardeners, some of us are managers, some of us are poets, some of us do nothing, some of us are diplomats. And all of us, we have felt the Chaitanya, the vibrations coming out of the body of Mataji which has been described in the gospels as the wind of the Holy Spirit. We have felt our Kundalini rising.

It is a fact. Either I am a liar, either I say the truth; but I say I have felt my own Kundalini, and I am not a great man, I am not a great spiritual person. I am a very common man who did a lot of mistakes. So that should point out to you how incredible Sahaja Yoga is that a simple common man like me can get his realization. And I am talking on behalf of thousands of people. We have only one concern at this stage. Is that you who are blessed to be born in this great country, in this country which has been protected, that you take up the message of truth.

By so doing, not only you would do for yourself the greatest thing you possibly can, but you will spread the blessings of God on your whole family, you will bring the blessing of God on your own country. I know that this seems all far-fetched, that there are many people in town who speaks about these things. Therefore, I don't give a lot of importance to my speech. But anyone who is honest and humble enough should be prepared to experience. For it is the scientific postulate that experimentation has to come first and conclusions last. And if there is this readiness in you, if there is this touch of humility which is very necessary then this evening and this series of talks on Sahaja Yoga will be a turning point in your life. I wish that I could better express, or what I feel for you, how deeply I wish that you get your Self Realization. How important is the time that we are living, it is a time which is short. I apologize for being such an inadequate messenger to announce Mataji.

But the one who has to receive it is not your brain; your brain is basically useless to understand God, so was mine. This is what all the great saints have said: God can be recognized only by the heart. So let us humble down in our heart today and pray that we may all get the blessings of God.

Shri Mataji: As I said yesterday, today we are going to start from the very beginning, since when this Sahaja Yoga started. When I talk to you, I've to again request that as a scientist you must keep your mind absolutely open and do not hang on to any point

which comes up in your mind. But try to understand that whatever I am telling you is today may be a hypothesis for you but tomorrow it will become a complete scientific thing, for you have to understand the science of God's love. Perhaps people cannot understand that all the sciences have come from God Almighty Himself. To understand God's love and divinity one has to open oneself to that absolute position from where all relativity disappears. You are living in the atmosphere of relativity. We have to find out our absolute. Unless and until we find out our absolute, we are always in confusion and we think that this may be alright or that may be alright, if this is alright that could be alright. We try to decide everything through our rationality. As Gregoire has already told you, rationality is a limited means and I am talking of the unlimited. So if you have to go to unlimited, it has to be beyond the rationality. So with the open mind, I hope you'll listen to me. After realization when the power starts flowing through you then you will be able to know how to maneuver it, how to understand it and how to keep it [SOUNDS LIKE: COOL? (position: 03.07)]. Like, one would explain about electricity first then give you an experiment with the electricity flowing and explain to you how to use it. By using the electricity you will be convinced that it is a scientific proof.

I could have started the lecture from creation but that could be too much to begin with. I would start it from your own being. When you are a human being, you are not aware as to what are you inside. As far as your physical body is concerned, doctors only see the outside of your being. The inner subtle forces which are creating you, which are looking after you and which are making you exist, you are absolutely unaware of. In our being there is first of all is the power which enters into our being from right hand side and goes to the left hand side which we call as Mahakali Shakti, is the power of Mahakali. This Mahakali Shakti manifests within us a power which runs through the Ida Nadi. Now this Nadi, or this subtle channel, is inside the brain and inside the spinal cord. This being the energy, you cannot see it when it is dissected. For example, if you dissect this you won't find the electricity here. This Ida Nadi on the left hand side gives us our existence and at the [eye? tape little broken 05.09] in the gross manifests our left sympathetic nervous system. We exist because of this Ida Nadi. This is also manifesting all our emotional side of life which comes from our past, so it has all the past that is within us. So Ida Nadi manifests, or we can say accumulates, all that is our past – atit. This is our existence, we take it for granted that we exist [tape little broken,05.44], we do whatever we please in our Ahankara [Hindi/Sanskrit meaning ego], in our own understanding. We try to do our level best to destroy ourselves and we reach a point where we have to give up. This is all decided for you how long you have to exist. It is all predestined. If you have to die at a point you will die. There is no one who is going to stop that. So some people who come and tell Me, "Mother, somebody is dying or dead. Can you make him live?" If he has to live, he'll definitely live. Only (faith) in the miracle of God makes you believe in Him; but your time of birth and death are absolutely destined, which must be accepted.

It is not the way it is described in your Kundalises, or in your horoscopes. In the horoscope, for example, a gentleman was to die about 5-6 years back and he came to Me. He got his realization and he lived much longer after that; he's still living. So he went to his pundit and he asked him, "How is it, you had predicted that I am going to die this year and still I am living?"

Then he saw into the horoscope and he said, "By the way, did you meet any great spiritual personality?"

He said, "I did meet someone."

He said, "That's the reason. I should have told you that, that if you had met, if you meet this lady then this will be avoided."

And it was to be avoided, and he met Me. So in a way there is a sanyoga always. Because you are here, you should not think that you have deliberately come here but it was to be that you should be here. Now if you do not take the advantage of this sanyoga, that freedom is with you. But sanyogas are created by God. He organizes and arranges that you meet the right person that you get the right thing. But it is left to your freedom to choose the right or the wrong. Mostly we go according to our own whims and understanding. Even then if supposing our understanding was a pure understanding, and a simple understanding, we would know, we would be very sensitive to know who is the real person, who is not. But normally when we live we play with our existence, we try to minimize our sensitivity. This left side can be described also as a destructive side because if it does not exist, it is destructive, it destroys you. That's why it is called also a destroying power. That by this power you can be destroyed. If you are not to be existing any more, the same power can destroy you. Now, this left side power is very important and is very, very vital for our country, specially, where we have traditions within us.

Left sided people, those who are indulging into left side too much, are very emotional and they take to bhakti. If they take to bhakti they'll go on calling God and working on that and doing all kinds of emotional expressions to get to God. This bhakti cult developed into our country, God knows how many years back, but has been working and there have been many people who have been getting into this bhakti cult. But when you cross a certain limit of this left side, you enter into collective sub-conscious area. If this is the sub-conscious then you go beyond that. If you go into collective sub-conscious, then you might find yourself attacked by people whom you do not know, or maybe you know, and that's how we get people who get possessed. All your emotional problems, all your mental problem which are called as a lunacy and all that, are coming because of the defective behavior in this area. If you go into the left side area, as I told you, by any means like supposing some people are very fond of going through the cemeteries. I don't know why, but they have... there are some funny people like that. We had a doctor in London, he is a Russian doctor but now he is in Australia. He came to Me and he had a problem on this left hand side, Ida Nadi. And I was amazed. I said how can this doctor from Russia and living in Australia and now in London can have such a problem like that. I asked him several questions, "Do you live near a cemetery, or do you have somebody dead in your family? Have you wept for someone, somebody has shocked you or what has happened that this left side is so weak in you? Or have you indulged into too much of drug-taking or something like that?"

He said, "None. Shri Mother, I have not done anything like that neither have I been this way."

Then I said, "You try to remember."

Then he remembered that his grandmother was very fond of going to the cemetery and in his childhood she used to take him in the pram. Then she... when he was walking also she used to take him. Until he was quite old, she always used to take him to that cemetery. Just imagine. It's such a funny thing that we do not know in our past how we have indulged into this left hand side activity.

Now, in our country whatever traditions we have had all of them mostly come from the great saints, who have meditated. Not most of them, but I would say quite a lot of them. But we cannot say (that) there is not a single tradition which is wrong in India. But the traditions can get perverted later on; but basically if you see, our traditions are very sensible. Like, when a person dies whatever rituals we have is a very, very sensible ritual. We Indians are not aware of it, the rituals that we do. Of course in that when the Brahmins start taking money, that's the perversion. Nobody should take money if somebody is dying. It's very sinful to do that because he'll be affected by the left hand side attacks. Those people who do all this kind of work and earned money out of the deaths of others are very dangerously placed. Moreover. when you also find that somebody is dead in your family... so many people when they come to me, I find left hand side is a problem in India. The reason is this – if somebody is dead, say the father has died early or a mother has died early, then people start worrying about that person. If father has died at a very early age, supposing in the case of a girl, she feels very insecure. All the time she is thinking about him. Then that kind of a mind can create a problem on the left hand side and we have to clear it out. It is that's why very important what we do in India if [tape little broken] somebody dies is to [UNCLEAR – tape broken] play the band and all that so that our idea is get out of it. Those people have died, have gone to another world. They have to go. They are not to hang around here and we are not to keep them back and keep them under our bondage of our emotions. This we should understand. You see, in modern times, we just give up everything that was old. It's a very wrong thing. Because, whatever they have discovered is of eternal. I've seen people, even if you tell them that you forget, forget about it, now don't worry about it, they won't listen. And then you find them getting into serious diseases like epilepsy, into lunacy and other mental troubles. Specially among women we find hysteria develops if this kind of a problem is there.

Now it is not easy to believe into a thing that there is something like dead bodies hanging around. It's very, very difficult for any educated man to believe into such a nonsense, but they do. You have to know that they do exist. Now that doesn't mean that you believe in their powers but that you must know that they exist and that's why you have to keep in your maryadas. You have to keep in the center and don't go too much on one side. In bhakti also when people overdo it like if they start weeping and crying and saying that "Oh Lord, You must come and give us some darshan" or something like that morning till evening they fast and they say that "Unless and until You appear before us, we are going to die." All these things when you try, is emotional style of

working it out. You cannot achieve it because this is your Manasa, this is your mind. Through your mind you cannot achieve God. By crying and weeping, you'll go into tantrums. You'll do all kinds of nonsensical things that people may think you are madcap. They might think you are just acting or they... I don't know what they will think, but you do not achieve anything by this kind of crying. For example now we have in India a... I mean it started here I think, this Hare Rama Hare Krishna cult. These people are so funny that in Oxford Street if you go in London you'll find them wearing those dhotis and saris. They don't know how to wear and how to carry on with that and taking a dhoti in the hand and with great gusto they are going on "Hare Rama Hare Krishna, Hare Rama Hare Krishna" and the sari falls off and the dhoti falls off and they also wears those [bodhis?16.16] you see which are attached to the thing with a little clamp, I think or[UNCLEAR] or something. Because they don't have so they have to buy it in the market. They have made a market out of it. They are selling all these things in the market. They are selling the dhotis, they are selling this, they don't know how to wear dhotis and there's somebody who will make you wear. They shave off their hair, they do all these things.

Mother (speaks in Hindi): Baith jaiye, uthiye nahin bicch mein. Logon ka attention bahut sensitive hota hai. Koi khara ho gaya toh aap zaroor use dekhenge.

Seeker (speaks in Hindi): Dekhiye, itna critical hona thik nahi hai.

Shri Mataji (continues in Hindi): Aacha aap, aapko, aap bahar jaaiye kyonki aap ke samajh mein aane nahi wala kyon critical hain. Aap bahar jaaiye.

Seeker (continues in Hindi): Nahin, nahin

Shri Mataji (continues in Hindi): Hame jo kehna hai, kehne dijiye. Dekhiye, Hame jo kehna hai kehne dijiye. Aap se kya matlab hai. Jahan critical hai, wahan critical hona hai. Woh toh aapko patha nahi ki Christ ne toh hunter leke mara tha in logon ko. Ham toh kam se kam shabon se hi bol rahe hain. Jo baat jhoot hai woh jhoot hai aur jo saach hai who saach hai aur woh kahne mein hamaari himmat hai uski aap dath dein. Aapko, aapko abhi uska andaaza hua nahi hai na. Aage ki sun lijiye ek minute. Accha, usse...

Shri Mataji: What has happened with that? Why I'm criticizing? Or with all this when they come to me, they have the cancer of the throat, now will you cure that? Will you clear that? It is very easy for you to shout here, this is not a political meeting that you come and talk.

Seeker: [UNCLEAR]

Shri Mataji: No. But you should understand what I am talking. They are suffering from cancer of the throat.

Seeker (speaks in Hindi): [UNCLEAR]

Shri Mataji (speaks in Hindi): Dekhiye, aapko accha nahi lagta hai toh aap bahar chale jaiye. Jo mujhe kahna hai woh main kahoongi aapko sunna hai, sunein

Another Seeker: It is better she is critical. By critical mind... being critical-minded, you can understand better.

Shri Mataji: After all, I am not going to say that you go and do the same thing. You know, these boys when they come to me they are suffering from cancer of the throat. Now, is this gentleman going to cure? I have cured them and I have to go through it. What has he done so far that he is talking? He should keep quiet because he doesn't know anything, he has no authority just now.

Another Seeker: Yes

Shri Mataji: And please understand that this is not the way to listen to Me. I'll say what I have to say, I am not afraid of anyone.

And if anything is wrong, I am going to say it even if you crucify Me.

Another Seeker: Very good

Shri Mataji: Now this, this is what I was going to that if you do such a thing, extraordinary thing, you develop cancer. Yesterday only I had said. How do you get into sympathetic activity? I am just telling you this is how you get into left hand sympathetic attitude. And do you know cancer is caused by left hand problem not by the right hand which is physical? Just have some patience about it. This kind of nonsense if you start doing in the house, and if you get tomorrow the cancer... Now I'll tell you exactly the name of the person and everything, I'm not afraid of anything because I have cured. I've got the proof of it and I can show you that. That was Dr. Mulay, you can contact him. I don't know if he has come today. He sent one boy to me, only twelve year old boy suffering from leukemia, twelve year old boy. And he came to me, he was suffering from leukemia and when I went into his history and all that I couldn't find any trace of his father going into any guru or any wrong type of a person. But when I asked him about his grandfather with whom this little boy was living, he had a guru and I also know the name of the guru, and this boy was suffering from leukemia. Now Mohammad Sahab has told us the methods how to get rid of these horrible gurus. You have to write the name of the guru and beat him with shoes. That's the only way you can cure. Now, at that time nobody would say that you don't criticize, because the child is twelve-year old, suffering from leukemia, will die within one month's time. In all compassion, think of it how dangerous it is. And I should not warn? I am your Mother. I am not here for any political leadership or any sort of an election.

In all compassion I am telling you that don't indulge into such things. Now this fellow, when he got leukemia and his father told Me, I told him that you beat him with shoes. He called his father, his father also had to beat that guru. You can ask Dr. Mulay there was no trace of leukemia, within three days he cured. But we had to work hard. I am not here to cure people. Why not I take precautionary measures? Supposing there is something wrong with the penicillin, won't you say that there is something wrong with the penicillin? Is it criticism? Why should I criticize? What do I gain by that? I'm not earning any money out of you people. I'm not living on your any support. Why should I not criticize something that is to be criticized? Whatever is to be said, has to be said by somebody. Somebody must have that much guts, say whatever is right is right and whatever is wrong is wrong [the listeners applause].

So we come to this left side problem which I must tell you and warn you that if you go too much on the left hand side a kind of very funny situation develops to such an extent, you'll be surprised. We have another boy in... his name is Ronny, in London. He is a very well educated boy, everything, and all the time what he does? He is crying. He's doing no work, sleeping in the bed. His name is Ronny... I said this in Hindi is Roni [everyone laughs]. We call it roni-surat, that's was he was, and his mother is fed up of him. Thrice I sent him to his mother then she said, "Mother I cannot bear this boy, he is just doing nothing, crying."

I said, "What did you do?"

You won't believe if I tell you what he did, that how these things happen. He read Lord Byron, by heart. By reading such things, it works on your mind all these ideas of separation, ideas... I mean, he is not in separation at all, nothing wrong with him, but you start identifying. Human beings have a habit to identify. When you start identifying with such things, you do get into troubles, and when you get into troubles you get direct to the lunatic asylum without even knowing that you are getting mad. Madness, lunacy... Yesterday only there was a boy here who said, "Mother, I have become mad now. They are going to put me to the lunatic asylum." Among you he was sitting and he came and told Me. Now if I discover what sort of a thing he had, should I not tell you that this is the reason why people become mad and you just don't do it? We must understand that we always overdo things. Ati. Ati sadaa varjet. That's why it is written that it should be given up. We should keep to our maryadas: don't go too much emotional also, nor too much intellectual, nor too much physical, but keep a middle path of everything. I am telling you this because this is one extreme I am describing, to which we go. We Indians are specially gifted by emotional beauty, that's no doubt, but sometimes the way we are attached to things can take us to very wrong things. Like, we may be attached to our family. It's a very good thing, you must do for your family, you must do for your children. In Sahaja Yoga there is no place for any sanyasi. There is no place at all for any sanyasi but that does not mean that you sell your country in the name of love. There are people, you know, who can sell their country.

Now this is a country where persons like Shri Rama have been able to send the wife, the One who was the power behind Him, in the jungle just to have a proper public opinion. While we have people in this country you know that for definite. So many of them are there that just to look after their children, they do not mind doing anything wrong to their own countrymen. Is a very common disease with us and we must know that we should not overdo it. If we do it, if we overdo it, the relapse comes to it in the form of so many diseases; physically and mentally we get diseased. Such people can become mentally absolutely obsessed. They might become blind; they might become very, what you call, dislocated people. Their old age would be very difficult. They might develop gangrene and they may develop even terrible heart troubles, heart attacks, all these things that follow because if you are overdoing such a thing it can work out. But surprisingly, it is a very great surprise, that when you indulge too much into your emotions, we feel the person is getting a heart attack because such a person will cry and weep and say all those things. But actually, if you show to the doctor he'll say there is no heart attack. Actually what happens that when you indulge too much into the left hand side, your brain goes out. See how the nature has balanced it. In any lunatic asylum, you go and find out, there won't be one heart attack. They will look like that but actually if you see, you will not find even one person dying of heart attack, because the brain is affected. We are working with our heart and the brain goes out - see the balance the nature has got. So going to the extremes are controlled by the brain. On the left hand side, one has to be careful as to how far you go.

Seeker: What is meant by going left side?

Shri Mataji: Now, that is what I am trying to say is to be very emotional, very emotional. You see, here I'll say ghazalbaaz log, there are many here, I know that they're very fond of ghazals. Now, these ghazals are... some of them are sung in the name of God, in Milan [Ed- Union], in meeting with God. In meeting whatever is sung, is beautiful. But all the time singing of separation is the beginning of the end. Then you start feeling you are so miserable. You will have thousands of things around, but still you will be miserable. You think, "Oh what a miserable life I have, I am good for nothing. I have done this thing wrong." You will be torturing your wife and sulking about it. You won't talk to her. She will say that "Why are you not talking to me," and you will say, "I am so moody." This is the beginning; It starts like that. Then you start reading things how people have been tortured, what has happened to them, then with that you start also going... you see, the attention starts moving on the left hand side. Then you'll start attention on the dead. I met the other day a very young girl, very young you won't believe, hardly twenty-one, just engaged, very good girl, she had... left side was all finished. I said, "What books are you reading?" because I could not think of anything else in her case. And she gave me this third eye fellow and then... what is that another one? I don't know, so many names she gave. They are discussing all about the dead and the devil. Why do you want, I asked her, to read about a devil? Are you going to become a devil? I mean the thing is, the knowledge which you are not going to use, why do you want to get into? So, indulging all these things take you to that. Then, further, you can go to some guru who is an expert on preta-vidya, smashana-vidya, bhoota-vidya. This subject is so stunning, you can't imagine how they mesmerized. They mesmerize you and create confidence in you. You'll be amazed that in Sahaja Yoga now though we have been working for so many years, of course I am little shy of publicity because I sometimes I think if you publicize too much we'll get all kinds of wrong people, but still whatever publicity we have been making, we have not been able to attract so many people as these fake gurus have. Though they take lots of money, people pay them money, do all kinds of things. Despite that people have been going to them. The reason is they have mesmerizing power. They just mesmerize you. Now how the mesmerism starts? See, even from - when we are religious people, mesmerism can start. Like, you go to the temple. The gentleman who's sitting there will sell you some sort of a thread. You will be amazed - that thread itself may mesmerize. Then you'll go to the same temple, every time you must go. If you do not go, you feel very funny, all that. You will give money, money, money to this man till you discover that something is gone wrong with you. Your memory has gone off. You can't think; something is going wrong in your brain. The brain starts degenerating, when you get into these things.

Too much of outburst of your emotions should be controlled and you should keep in the center. But that does not mean that you should be unemotional. We are at one extreme in India; that's why I am stressing it too much that we are too much attached to things, which we should not be. To our family, everyone. We should not be attached to that extent that we do not even care for our self realization. I've seen people who come with their children here and they'll say, "Mother first cure our child." But what's the use? You see, I cure the child, but what about you getting the realization which is the important thing? For them there may be

more... most I can do for them is to cure their children, that they don't care even for their self realization. Now this left side problem, as I must tell you, is accentuated by...

[FV: tape 2-4 ends here]

[FV: tape 3-4 starts here] in a very subtle way like as if they are Gods. For example, I don't know in Delhi but in Bombay there are many women who get Devi into them like they are maid servants or somebody who washes the clothes or something like that, she gets the Devi in her. Then she goes on, "Hoo, hoo, hoo, hoo... like that, and people fall at her feet. Now, this is nothing but a possession. It's a possession. It's a regular possession. Devi... how can you bear the Devi like that when you do not know even how to bear your life? Devi doesn't enter into such wretched women who are good for nothing; they have no holiness in them. How can Devi enter into them? But people think there is the Devi has come in them, it's very great, and they fall at her feet. The I.G., D.I.G. in Bombay has told me that in the villages this left side working is getting stronger and stronger and there are many people who are still like that. There was regular cases going on; there were lots of them but one of them was brought to my notice and then, with Sahaja Yoga, we could find out the culprit. These forces work out on people who have weak minds in the sense that who are very, sort of very emotional, on the left hand side. Also right hand side there are problems but left hand side I am saying. So one should not be hard like a hard boiled egg, but one should not be in such a way that you can be influenced by these negative forces on the left hand side.

Now we can see in the West, in the beginning they were very hard headed people, had no attachment. Even today, you won't believe that in England everyday two children are killed by their parents. Can you believe it? Regular children, there's nothing wrong with them, are killed by parents, everyday two children, in England. This is the statistics of England. So you can imagine what must be of America? So they, they think they are detached; they don't mind even killing their parents or killing their children. This is going to the other extreme of the thing is, and that is the right hand side which I'll tell you later on. So, first of all understand that emotions are to be guided by your wisdom. Any emotion that has no wisdom is useless. Actually emotions are nothing but expression of your love and if the love is not collective it has no meaning. For example, love is like a sap which rises in the tree. It goes to the flower, it goes to the leaves, it goes everywhere and when it reaches a point where it is just stagnated, say example, in one flower, the whole tree will die and the whole flower will die. In the same way, when we get ourselves completely involved into our family, into our only children and think of nobody else, we do the same thing to our love. We get stagnated; our children may exploit it and may become very bad children. They may take it for granted. They may become so horrid to that they would... might be criminals. They can be very spoiled children, good for nothing and they may not be able to do anything in life. We have seen many children of very fond parents are spoiled like that and they are sometimes, all their lives are dependent and are parasites. Left handed people are mostly parasitic by nature. They are very parasitic, we start the parasitic by, say, we, we ask somebody to look after. Especially in India I think is a very common thing, we depend on servants. We have to depend only on our parents for love for affection and also for support and money, and the parents go out of their way to help the children because their parents have done. That we have to do. But that doesn't mean we should exploit them. Exploitation of such things can cause left hand problem because gradually what will happen that your own right hand side will be absolutely underdeveloped, which is the will power, will be absolutely underdeveloped and you will be good for nothing. So we have to understand that left handed side has one beginning, ends up into many things and the worst of all is what you call the epilepsy part, or you can say the lunacy part or when we say a person has gone [not clear]. These things can come in. So be careful about it and don't go into too many indulgences of anything. But specially with gurus. You may not like it but I have to tell you that most of these gurus who are selling religion, who are selling their methods are attacking, most of them, left hand side. There are some who are attacking also right hand side. What they do is to give you a mantra. For example somebody gives you a mantra of, say, with Shiva. Now, one does not know whether the mantra is to be said or not, where it is to be said, why Shiva's mantra has to be given and on what Chakra it is there, for what it is to be used. They just give you: "Call the name of Shiva." Now Shiva is the highest state, you know that. And you cannot take the name of God just like that. Supposing you have to go and see somebody here, somebody, an ordinary person. Even if you have to see somebody like a minister or someone - which is nothing compared to God or even a Prime Minister is nothing compared to God - you have to take help from so many people. There is a protocol, you have to take permission then you go there. But for God everybody is there. Just calling, "Shiva, Shiva, Shiva." Is He your servant, the way you order Him about?" You look after my job; You look after this; You do this; every time you will take His name and say do this and do that. This way when you start working, your left side starts getting off.

Now, this is so common to give a name; even people come and ask me, "Mother give us a name". What name? You see, the Kundalini rises according to its own condition. Supposing your Kundalini has stopped at the Nabhi Chakra then we have to take the name at the Nabhi Chakra, isn't it? But supposing the Kundalini (is) stopping at Nabhi Chakra and you are taking the name at Agnya Chakra, what's the use? Because your Agnya Chakra has nothing to do. Moreover, the person who is raising the Kundalini has to be authorized. He should be able to raise the Kundalini with enlightened mantra. The mantra is not enlightened - any Dick, Tom and Harry is taking God's name. You have to enlighten your mantra. And how do you enlighten it? By becoming yourself, by becoming your Atma. When the Atma light falls in you or you emit Atma's light, when this vibration starts flowing through you, when you get your Atmasakshatkar, then, then alone you can raise the Kundalini because then alone your mantras are enlightened. Anybody who thinks that his mantras are alright, he's taking this mantra and that mantra, he should know that he is spoiling that particular Chakra. Supposing you are taking Shiva's mantra, you'll be amazed (that) you'll be catching at the heart very easily. If you are taking Krishna's Mantra, you'll be amazed, you'll be spoiling your Krishna's place. It is such a dangerous thing to do. For example, I would say, now this is an instrument I don't know how to handle. Now I tell you I do not know whether I have to speak from here or from there, I don't know even if it is for speaking or not. Supposing I use this for hammering, what will happen to this thing? [Transcriber words: Shri Mataji is speaking about mike]. I have to know everything, isn't it? I have to know the whole science. I have to know where the Kundalini is, how it is rising.

The difference between other yogis and Sahaja Yogis is this that Sahaja Yogis know how to handle the situation. They know how to raise the Kundalini; they know how to put it up and they know what is the problem of others is. This is the only difference between ordinary yogis and Sahaja Yogis because the yogis that are in this world actually are very few. Those are of very great heights also do not want to come on stage. They say, "Let us remain somewhere hidden. We do not want to talk to people because they will not understand us, they will crucify us." I have known many of them like that. They just don't want to come. The real people are not willing to come down because they have to tell the truth and you are not going to listen to truth. You have crucified people, those who told you the truth. You like people who will pamper your ego: "Oh, you are a very nice man." But a person who says the truth, nobody has liked so far. How have you treated other people, you know that. I need not tell you. But you dare not treat Me that way because I know how to handle the situation. It's a very different situation today. Even Christ could have finished the whole world, could have finished the whole world but why he did not because that drama was to be played. He just played the drama. Nobody can touch a person who is above everything, but you try to do that (and) you will be harmed and you will know that the harming will come to you in a way that your Kundalini won't rise; nothing is going to happen to Kundalini.

So, with this thing we should come to the point that the left side persons are mostly people who live in artificialities in the sense that they live with artificial thoughts. They will be thinking in their head about the Aga Khan's palace. Living in a hut, they will be thinking about Aga Khan's palace that "Oh I am sitting in Aga Khan's palace, this happened, that happened," sort of thing. Not of the future that I have to live, but just "I am living there. It's a very nice place. I am just there..." sort of thing. This is what is the problem with us that we do not want to face reality. To face reality one has to know that it is the most beautiful thing. It is the thing that we are seeking in life. Once you have the reality, you will be so amazed at yourself, that "All this beauty and all this wealth is within me" and "Oh, no, I wasn't aware." Is the source of complete joy which you have to achieve, which you have to receive. That's all within you, you don't have to run here and run there. You don't have to do anything of this kind which is like, as I told you, going to the collective subconscious. Now in this one, you know that in our country, we have many people who try tantrikas and who go to other people like that. These are all, as I have told you, are all nothing but smashana-vidya, preta-vidya or bhoota-vidya. But in that also what do we seek is that "What about my father, what about my mother, what about my job?" and all that. Now, these people, they may tell you something. Because these people are, have empowered some of the spirits. I am giving you all the details so that you should know all about it. They've empowered some spirits, they have some spirits in their hands by which they know many things. For example they will also tell you what was your father's name. Maybe they might also tell you why you have come there, with whom you have come, your name. They will do lots of things like that. But don't run after those things, which is not important. Why should God tell you what was your father's name or what was your name? This is a simple thing; I mean God is not going to tell you these things. What God is going to give you is the Parama, is the eternal. He is not going to tell you all these things. Then also they can even tell you the name of the horse which is going to come in the races. They might tell you what is the number or other things that you do, I don't know, some sort of what you call matkas and all that.

All this nonsense is God going to do for you? What are you going to reduce God into, this nonsense? But many people, you know, indulge - that's the sign of superficiality, they have no depth. They have no depth and they indulge into such horrible things and go and ask people such questions that "What is going to happen?" You know, to Me also they ask. They have asked Me horse's number, they have asked me all sorts of things. It's most amazing, you know, and to such an extent that countries like America and Russia are indulging it. You'll be amazed they are indulging into it. And if I tell them they won't listen, but it's a fact. They are all indulging into you under the name of E.S.P. Once they came to me [UNCLEAR], actually three of them. They are scientists or something, I don't remember their names. But there was one Patanjali Shastri or Patanjali who was the editor in one of the magazines and he also was in 'Times of India', I don't know. He is the one [UNCLEAR]. He brought them. But he didn't come himself because he knew I won't like it.

And they came to me and they said, "Mother we want to fly in the air. We want to leave our body and become astral".

I said, "Why? You are all going to the moon? Now why do you want to do it?"

Said, "No Mother we must do, we must have this astral body. We want to go through the astral body somehow or other help us to get this astral body thing."

"And why do you want? It is a work of a dead spirit. A dead spirit will come into you and give you this astral body formation. Now do you want some dead body to overpower you? Do you want that? You'll be losing your freedom which you, you think is the highest thing and you will be losing that freedom?"

"Yes still we will have it."

I said, "Why?"

He said, "Because Russians are doing it."

I said, "Really? I didn't know that Russians are doing it."

They said, "No, we, we must outwit them."

I said "If they are doing wrong don't go into it." I told them very frankly. But I don't know. they don't want to listen to me. This is it. We must know that when the body... you see many people have this experience of leaving the body. That is the experience of a spirit coming into you. That's not a very good experience. But what amazed me the most in this incident was this Patanjali himself was to do this - to leave his body. His wife was very much worried and this and that, and she came to me and she said that "Mother somehow save this husband of mine, I'm worried about him and this is happening." Because she knew it was wrong and through Me she wants to cure that man. That fellow should send these people to get bhoots into them? And when they give you initiation, they initiate a bhoot into you, [unclear]. All this absurd things are done by such developed countries like [unclear] and Russia and [unclear - gap]. Then what's going to happen to them? They will be in the cult of satans. They will be empowered by satanic forces.

How I am to tell them that don't indulge into all these things and we are the great generators of this horrible Cult? We are exporting them. We are sending them abroad and here also I find everywhere in every corner such tantrikas are sitting. Now we have here some people who came to me after they had such experiences of tantrikas. Their families are ruined, they are absolutely finished, they are good for nothing and they have lost their jobs and everything is finished, and tantra is still flowering. Because for them, those who come they will exploit, again they'll have another person, another person. That's why I want to warn you not to indulge into such things which are wrong, which are left sided. Now the worst thing what we do very easily is, to get into left hand side, is to drink, is to drink. Now I don't say you don't drink just now because half of you may leave. But you get your realization and then you cannot drink, even if you want to. Drinking, drugging, all those things take you to the left. What happened in England? Why people started drinking? It is not because of cold so much I would say. But why today? If

you go in England you will be surprised half of the people are drunk in the pubs. Why it has happen there is this because they had ego oriented life, right handed. Too much ego they developed, developed such a lot of ego that they wanted to run away from their ego. So they didn't know what to do, so their children ran away from the houses, they took to drugs. So that they run away from reality that is ego for them, they see the ego the horrid they are. The way they are oppressing others. So they want to get out of it and that's why they are taking drugs. Now in India our young people, you see, they want to be westernized, sophisticated. Not understanding why they are drinking. They are just drinking because others are drinking, they are just taking drugs because others are taking. Because they are hippies, they think that "we should be hippies so that we will be very sophisticated." This is a wrong idea. They are doing it out of search with intensity, they are really searching people, very deeply searching, and they give up drinks and drugs just like that. I have thousands of [bad tape] in England itself who have given up everything just like that. Overnight. Overnight they have given up everything, but Indians are difficult. Though they get realization very fast and they are very good at realization, they lose it also very fast. The reason is because you do not know your value as Indians. I've been telling since yesterday that you are Indians, you are great souls to be born in India. Gregoire himself said so that you are the people who are highest in spirituality. But what's the use of telling you when you don't want to believe Me? It is like sometimes a beggar is told that "you are the king." He can't believe it. Even if you put him on the throne, he'll be getting up every time. He won't believe because he's used to begging. Even if you glue him down there, he - if anybody is passing by - will say, "Give me five rupees".

This is the way we are. We are great, no doubt; there's nothing to be confused about it, you are great people. But we are so habituated; we have been so much put down because of three hundred years of our slavery. Then, you see, we thought we have lost faith in ourselves. We think we are poor people. I mean, what is poverty after all? What is their affluence? Is nothing but plastic. Now after all this thing, you will know who is poor and who is rich. Are they... now how they are going to exist morning till evening, what are they going to do? You see, even they cannot calculate two plus two. For that also they have to use a calculator. How are they going to exist? Their brains are out, their bodies are out, they can't walk for ten, ten minutes. They get exhausted. Thank God that we are not that rich. Thank God. That kind of an affluence has ruined them completely. Of course I don't say that we should be beggars. But think that God has saved us from many problems because we have got limited resources, we have lived with maryadas. If we did not have maryadas we would have been drinking, we would have been drinking like them, drugging, smoking, spoiling our children. The children would have been running away, wives would be running away, husbands would be running away. There would have been no society. Thank God that this limited amount that we get has delimited us and we have not crossed those things that they have crossed, those barriers. They are so foolish and so stupid and so idiotic.

You may call Me that I am criticizing them but if you go and see for yourself nothing but laughing that's the way you can live there. There are funny, funny things which I don't know how to tell but there's more[unclear] of people also, but when you go there you'll be amazed how the people are there. You are much more wise. But in one thing you are lacking behind that is their young people are really seekers. They are not fashionable about it. We are fashionable about seeking. That's not so. I would say, especially in England, I feel the young people of England are really wonderful beings. They are the best young people you can think of, I mean in England. If you see the quantity of them is much more. Of course we have very good seekers in other way also. The quantity of very deep seekers are in English people and young people they are very different from the English people we knew, just the opposite of them and this is something such a remarkable thing that tomorrow they might come here to teach you who is Adi Shakti, what is Adi Shakti. This is where we are today. We have no depth of any kind left in us because all of us have problems. We have no significance in life. We think we are useless; we are so confused about it. So, again I would request you to seek your [not clear] that you do not unnecessarily put yourself down and think that you, you are looking [not clear] you are apart, all these things. You are very much [unclear-bad tape]. Some of you do not get realization. First there are something wrong with your chakras, [unclear-bad tape] somewhere which are very good tomorrow. Very clearly I will be talking about it. Any gentleman who doesn't want to face the truth leave that hall. But you can not [could be: STOP] Me from talking. That's one thing for definite those who want to face the truth without feeling bad about it sit down here. I would also request you if possible we have a book very well written by Gregoire which is what I've told them, just due charges we have put on that. That is because it's a very big book. It costs you about fifty rupees or something like that. Just the printing because I said no profit is to be made, I am very particular on that point, extremely particular. That's how it's just the printing charges that you should take after this program or before this program and go through it and see for yourself how the seeking works out.

Now we have here today this program and tomorrow again I'm going to speak to you about (the) other two channels but you know that these things take time. First of all tomorrow I'll be speaking about Ganesha center and I will speak about the right hand side channel which you [unclear - bad tape]clean. With this channel you develop the balloon of psyche which is called as a mana. So when we say that 'mere man ne yeh kaha' you should know that it may be somebody else coming in. So in our country you see that's a regular thing [not clear – hindi sounds like 'jab udhar man chahta nahin toh tuh door baith jaa']. We want to guard ourselves against the mana's dictation. We do not allow ourselves to drift into that mana's state but if you start drifting into mana... Now he's bringing tea, this is what I wanted to see... we are so frivolous. If somebody is bringing the tea, a little child is coming in, we must see. Everything we must record. Are we here sitting like Sarva Lokiteshvara that sitting, everything must be watched, anything. You see, on the way when people go, I've seen in India especially, all the advertisements must be there. If one is missing they'll stop the car and read it. [Unclear sounds like what's the use of it?] So, I am saying it's a very serious thing. It's a very serious thing and is [unclear sounds like 'it's the value that matters']. I'm speaking before you because [Unclear] I know you are, but if your attention is in the dust what am I to do? Your attention has [sounds like 'to be alert'], that's all. Then I'll manage it. I'll manage it and you'll be surprised that how much powers are there, behind you. That all that is you I am going to tell you each and everything 'guptatara guptatam' everything that is not so far revealed to you only thing is keep yourself in the center. Today please go and buy some photographs, I don't know if they are selling the photographs. They are simple things, just buy them and meditate this evening. Again tomorrow you come and we are going to again have a meditation thing. The more you expose to it, the better it will be. Go deeper into it, deeper into it. And then you will know what all these great saints and prophets have said. All the scriptures that have described that "to know yourself" is the aim of [unlclear].

May God bless you.

Seeker: But we have seen you, we have seen you face to face. By using you, purchasing your photo... So in what way your photo is going to help us?

Shri Mataji: Now, photo is a very authentic thing. You see, so far all the murtis and everything are not so authentic. Because there is vibrations passing through Me... I've discovered to My great amazement and joy that My photo has the same vibrations. So if you use the photograph you can work it out. If you don't want to use the photograph it doesn't work out to begin with. To begin with there is an aalamban of my photograph. But what is, why should you have objection to my photograph? If you could have Me there, why can't you have My photograph? Supposing you have anybody's photograph. See, you will have even Indira Gandhi's photograph. You have everybody's photograph. Why not Mine? What's such an objection about Me? About it? I don't understand. You'll be amazed it emits cool vibrations. You see, this is the trouble. You'll have everybody's photograph. All kinds of nonsensical people you'll have photograph.

Seeker: We got your vibration right now?

Shri Mataji: Right now, but when you will work on the photograph you will feel deeply. You see, because photograph will remain with you, you just try what I'm telling you. You just try what I'm telling you, you see by that I am not going to get anything, again. You see, you are used to a shopping spirit. You always do something as if you are shopping. Here you are not shopping. You are taking it. I'm giving. You are not giving Me anything, you cannot give. I am at a point where you cannot give Me. So you take it and how to take is very embarrassing but I have to tell you how to take it. I'll have to also tell you how to sit before Me. What to do? You are such small children, you do not know. Maybe by doing certain things you may spoil your vibrations. You must know how to respect your Mother. If you do not know, all of them are within Me, all these great saints are sitting with Me. They will not like it, you see. So I have to tell you even that. Today only I was telling, its very embarrassing that I have to tell everything to them. Somebody I went to, they, they wanted to give me water. You see, they gave me in a plastic glass. I said it's alright if they give Me in plastic glass. But it's not all right otherwise. You must understand. This is not the way to give water to your Mother who is a Divine person. But you didn't know, I am not saying anything, but respect. You just get some dirty glass and give it to Mother, is not the way it is to be done. You see, you must understand after all you come from a country which has samskaras, which knows what is a puja, what is a holy person is and everything is. And then when you know that, you should understand that this is very important for that whatever is needed has to be done. If you have a photograph of a wrong person your house will be ruined.

Even [unclear sounds like 'diamond'] you have seen it happens. If you have the photograph of a holy person, everything will be alright. It is for your good. I am not going to gain anything out of it. And photograph is not that expensive that you should think about. First we start, just have. It's the minimum price, I think one Rupee. If you can afford it I'll be happy. Thank you.

Chorus: Om Twameva Sakshat Shri Mahalaxmi, Mahasarswati, Mahakali, Trigunathmika, Kundalini Sakshat Shri Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah...

Shri Mataji : Aankh bandh kar lijiye. Aankh bandh kar lijiye , haath aise rakhya...

Chorus: Om Twameva Sakshat Shri Mahalaxmi, Mahasarswati, Mahakali, Trigunathmika, Kundalini Sakshat Shri Adi Shakti, Mataji...

Chorus: Om Twameva Sakshat Shri Mahalaxmi, Mahasarswati, Mahakali, Trigunathmika, Kundalini Sakshat Shri Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah

Corus: Om Twameva Sakshat Shri Sahasrara Swamini, Mokshadayini , Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah

Corus: Om Twameva Sakshat Shri Sahasrara Swamini, Mokshadayini, Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah

Chorus: Om Twameva Sakshat Shri Sahasrara Swamini, Mokshadayini, Adi Shakti, Mataji Shri Nirmala Devi Namoh Namah

Shri Mataji (continues in Hindi): Ab accha hai bhaut logon ko? Ayi thandak?

Seeker (speaks in Hindi): Mataji mujh ko to aayi...

Another seeker (speaks in Hindi): Mujhe nahi aayee.

Shri Mataji (continues in Hindi): Acha jinko aaye hai, ayse kitne log hain, haath oopar karein...

1980-0308, The Value of Marriage

View [online](#).

8 March 1980

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"The Value of Marriage". Dollis Hill Ashram, London (UK), 8 March 1980.

That Sahaja Yoga is first to start your germination, then it grows. In that growth, you have to become a wider personality and a wider personality. With the marriage you become even a better person, and you develop a better personality.

Now, why marriage is necessary for Sahaja Yogis?

First and foremost thing, it is the most normal thing to do, is to marry. God has given you this desire to be married for some purpose. But, the same desire, if you do not use it for the purpose it is given, it can become a perversion, it can become a nasty thing. It can be very detrimental to your growth. So one should understand this desire within us to have a marriage.

Marriage means wife, who is a part and parcel of your being. A wife on whom you can depend. She's your mother, she's your sister, she's your child, she's everything. You can share all your feelings with your wife. So it is important that the wife should be such, that she should understand that this is the need of a marriage.

Now, in Sahaja Yoga, as you have seen, all of you have problems either of the left or the right. Now, when these marriages will take place, mostly spontaneously, it will happen by the nature's plan itself, that you will marry a person who is a complementary personality to you. Because, supposing you are a Left-sided person, and if you have a person who has a Left Side that is very strong, it will compensate, and that's how you make a good marriage. But, for that, one thing is very important: that you must share. You must share life, every bit of it, every moment of it. If you do not know how to share life, it's going to be very, very difficult.

When it comes to love, how do we express our love? By sharing all of our joys and all of our pains, all of our problems. But in Sahaja Yoga, it's a little more, I think quite a lot more, much more. Here you have to share the community. The marriage is not for individuals, in Sahaja Yoga, not at all. If anybody has this feeling that the marriage is between two persons in Sahaja Yoga, it's a wrong thing. It is two communities, it can be two nations, it can be completely two universes. So, it is not to be enjoyed between yourself. If you are a good husband-wife to each other it's not sufficient in Sahaja Yoga.

That love should be enjoyed by everyone else, in the society, in the community. If you cannot do that, then you have not achieved Sahaja Yoga marriage. It's just an ordinary marriage as people have; it's just nothing special about it. Such marriage should be able to give chances for very great souls to come on this earth.

A person who is married in Sahaja Yoga, who are Sahaja Yogis, who are sharing their love equally with the Sahaja Yogis and the society that is Sahaja Yoga, then only great people will be born. I would say Bogdan has done that. Bogdan and Mandy, they have done it. It's something surprising. You see, they were engaged before marriage, they were married before Sahaja Yoga, they were married after Realisation and I don't know how, it is clicked in their life, that they really share companionship with other Sahaja Yogis. Whenever he writes to me, he always writes about other Sahaja Yogis, he'll ask about every one of them, how are they, what are their problems. Unless and until it happens, the marriage has no meaning in Sahaja Yoga, at all, no meaning. So, first test of a Sahaja Yogi marriage is that, how much you have been able to share by this marriage, other people.

Now, for example, in a normal marriage, a man is the person who is the head of the family, as you say. Now, he has to be the

head, the man has to be head for certain reasons. There is nothing wrong in man becoming the head, it's all right: you become the heart. Heart is more important than head is. Perhaps, we do not realise that how heart is important. You see, even if the head fails, the heart can go on. We can go on always up till the heart is going on. But, if the heart fails, the head fails too.

So you are the heart as a woman, and he is the head of the family. Let him have that feeling that he is the head; it's a feeling, just a feeling. Like the head always feels that he decides. But, it's the brain that also knows that it's the heart one has to cater for. It's the heart which is all-pervading, which is the real source of everything.

So the woman's position, if she understands how important it is, she would never feel let down or dominated if she knows she's the heart. I think this is the point people, women, especially in the West, have lost and have forgotten and have not realised. If they had realised this point, there would have been much less problem.

You see, It is not the way people think they control others and dominate others or sort of try to suppress them: it is not that way. It is the heart which really governs everything. Heart rules out everything else. It is heart which has got the power to envelope the brain, to soothe it. Brain is a headache, you know, it works, works like mad. But, heart is the one which can really cover the whole body with its love and can soothe it and can give it joy and happiness. It is the heart which contains the Spirit. So, heart is a very important thing, which is the power of the body. Like ultimately you have to become the Spirit, which is in the heart.

With brain you know things and that's why the man has to be the head. He has to go out, he has to work, he has to deal with people. His life is, he's an extrovert, as you call it. And woman also has to work sometimes if there is difficulties and troubles. But a woman should not feel dominated, if the man says, "All right you don't work." But if he says it in love.

Now, if the brain starts dominating the heart too much, what will happen? Then there will be dryness. Like, many men are very meticulous, very particular. They are headaches; absolute headaches to themselves, to others and to the whole society. Such people can become extremely dry and they can be all the time. They can never enjoy their wives, they can never enjoy their children, they cannot enjoy anything whatsoever, because they are so particular. Like they said, "Come at 5:10". Now, if you reach there at 5:09 or 5:11, you had it! They are just watching time, just to find out the faults: as soon as the wife comes, they'll be shouting, "What? You've come so late!" How many? 45 seconds! Lost!

You see, the wife is coming: the expectancy, the meeting of it, the joy of it. You are going to meet your own heart! is lacking.

Now this brain can go all off the rule, it can go. And it can be very, very taxing. It creates tremendous problems within. So, heart must be respected, heart must be obeyed, that's the point. Heart must be obeyed. But, that doesn't mean that the women should dominate men. It doesn't mean that. Obeyed means you must understand what your love says.

Do it in love. If you do it in love, it's very good. For example I am lecturing you morning till evening. You are not tired of my lectures. Normally people should be, "What's this sermon going on? This lady all the time talking to us?" But, you do not mind it for one reason. Why? Because you know I love you very much.

In the same way the woman must establish the role that she loves. The man may become a little funny, but he'll come around. He'll go a little astray but, he'll come around. But, do not judge him in outward dominations. Like, you see, if he says, "This colour is not good", "All right, whatever you like I'll put it". Then he himself will say, "Oh, I think the one you had put was good. You know I was really foolish!" He would say like that! You just agree to them! I mean I have experimented this in my own life. I have done it.

For example, my husband doesn't know much of roads, so, supposing we are going somewhere, and he said, "I think this is the way you have to go." I said, "All right you can go ahead and I will walk with you." But I said, "No, but I think it's not the road, I'll have to walk again back I know for definite. But, all right, if you want, I can walk with you. All right I'm walking. I am just enjoying. I may have to go this way only." Then he starts wondering, "Is it true? Is it correct?" Then he starts thinking that, "Is it really?" or "Maybe?" Because she has instincts. She has intuition. She has so many things. She gets that what you call there is a word in english for that also you get a hint suddenly you know suddenly a hint that hitch they call it hitch. You see they get a hitch. And

that's come out what it is. Hunch hunch. They get a hunch they get a hunch of it and that's what it is And once they start understanding, that the hunches of the wife is correct, then they follow her, in a way.

But, what is so great in making your husband follow you? It's wrong. I think there is no need for him to follow. "You go this way!" What is the need to do all that? We are going the same way. But we must know that somebody is on the left, one is on the right. The left has to be on the left. Supposing the left wheel starts going to the right – we'll have only one wheel left. What are we going to do about it? We are all going on the same way! There are no two ways about it. There are two wheels needed to give it a balance. But we are going on the same way. This, people don't realise: they think one wheel has to go on the right and another has to turn to the left. So, imagine what will be the condition of such a family. We are going on the same way.

Only understanding is needed. That one has to live with the powers of heart, and another has to live with the powers of rationality, of understanding. Now, when it comes to rationality, ultimately it will turn to heart. Because it reaches a point where it does not know. Then it comes to heart. Once women realise this, that they have this within themselves. But, you must nurture your power of heart. But you compete with them in everything: "If he goes on the horse why can't I?" "He does this, why can't I?" "If he can drive, I can drive."

Wisdom lies in doing things, many things by avoiding them. For example, I don't drive, so everybody drives me along. I don't type, very good: everybody types for me. But, I do some things which nobody can do as well as I can do. Like I can cook very well. So when it comes to cooking, they have to come to me! It's like that.

But, you don't do everything that the men want to do. Or you don't do everything women want to do. For men, will be cooking and women will be driving, is a wrong thing.

Men should know all manly things and women should know womanly things. They must learn. They must put their heart into it. I mean women can be equally intelligent, men can be equally intelligent. Women can go on to the right hand, and men can go on the left hand, no doubt about it. But, you put imbalance to the whole universe by that, that's the point.

It's not that by doing that you are in any way less or more. This idea should go out of your minds absolutely. That men think that, "Oh, I'm the man who wears the pants!" Alright, you wear the pants but, we wear the beautiful skirts! Alright That's the way it should be looked after.

Once this goes away, Sahaja Yoga will work out better.

The domination only is felt when there is no love. Sometimes you like people to dominate you, isn't it. For example, let's say, "Come along, have this food. You must eat, you must have this." You like it, because somebody cares for you: there's a concern, somebody loves you, wants you to have this and wants you to do that. You like such a person. You want somebody to do that. You do not want to be left to dogs that: "Do whatever you please!" That kind of thing is no good. And once you develop that feeling that, "Oh, that person cares for me. That person loves," then you also start caring for the feelings of that person. You also start to understand.

Now again the guilt is working. Now will you please stop feeling guilty about anything. I do not say these things to make you feel guilty, but just to understand that you have to be in a very light mood, in a very light mood.

This balance has been created long time back, a very long time back. Even when Radha Krishna existed: Radha was the power and Krishna was the one who was expressing. As you say, the potential and the kinetic. And people only know about Krishna, but Radha was the power. When He had to kill Kamsa, He had to ask Radha, to do it. It was She who did everything, She had to dance and He pressed Her feet. He said, "Now You must be tired." I mean, why did She dance? Because without Her dancing, things could not work out.

So, it is so interdependent. It is so interdependent. As you cannot have a wick, and you cannot have the light. You cannot have

these two things separate. If you can understand that, then this balance is completely harmonious. It is between God and His power: absolutely one. You can't imagine, how it is one with God and His power. His power, His desire, is the same as God. There's no difference at all.

But, in human beings you are disintegrated people. Your desire is different, your thinking is different, your asking is different. Everything is so disintegrated, that's why you cannot understand. That's why marriages are also disintegrated. The complete integration. Is the intermingling. If the wife has to work, one need not worry. If the man has to work, doesn't worry: as long as there is complete understanding of integration, of balance, within you.

Of course, the women are responsible the grace of the family. She has to be gracious. It doesn't look nice for a woman to behave like a man because, man need not be that gracious as the woman is. He is after all a man. So, it's all right. I mean, in his behaviour, he need not be atrocious but sometimes if he swears sometimes, doesn't matter, sometimes, in a way: for a man. But, for a woman, it does because she is a gracious thing.

But, there are some things that a man cannot do: like, taking interest in women. Some men are so hot you know, horrible and absolutely, one can't understand the way they take interest in women: what dresses women wear sort of thing. All this rat-like behaviour, is horrible. And this cannot be manly. That means that they are such slaves of women. They may call themselves something this and that. I heard this Mrs. Kennedy's clothes, under clothes, were for sale. And people from Australia were flying out to buy them! I mean think of these men! What do you call them? I don't know what do you call them in English language. But, they are just worse than earthworms. I don't know from where they come.

So a man has to be a man! And man is a person like Rama is. You have heard about his life, how He was. How He loved His wife, respected His own chastity. A man who cannot respect his own chastity is not a man. He is absolutely an earthworm.

So, this is what it is. A man has to have a character, he has to have that chivalry in him, he has to have that courage in him, he has to have that protective thing. If thieves come in the house the man tells the wife, "Oh you go and open the door, and I am going to hide!" And when the thieves go away, he says, "I'm going to dominate!" that's not the way. The man has to protect. The man has to look after. That's why it doesn't matter if he is a little crude sometimes. It doesn't matter. Because he has to face. He's like a thorn and women are like the flowers. Now, in the thorn and flower, you would like to be a flower, isn't it, but, in a man and woman, you would like to be a thorn! So it's wrong.

He has to protect, he has to look after the invasions on the family-life and other things. On the contrary, they are the ones who allow infiltration by wrong people in the family. It's the men. They bring in horrible women, they bring in horrible people, through their domination, "Oh, she's my friend! How can you object?" But, what sort of friend is she? He has to say, "No, I don't like these people to come in the house, they are not the right-type. They have to get out." It is he who has to say. And the woman has to understand. But if he says it just out of domination, it is nonsense.

So, everything has two sides, as you can see clearly. If it is done in love, it's perfect. But, if it is done in domination, it's nonsensical. Why dominate? I mean, I don't understand the word 'domination'. When there are two wheels do they dominate each other? Can they? If one dominates, say one becomes bigger than the other, it will go round and round, won't it. There's no question in domination in this. But, it's a question of integration and understanding and complete cooperation within themselves, which must permeate into the society, into the family.

The marriages which are not helpful to the society are of no use, they are just a waste, just a waste. We have so many marriages like this. People get married, live well, happily among themselves and finish off. These are the marriages which are going to change the society, with their joy, happiness, make home where everybody is expected, look after them, do for others. You see there are many people who think that, "Nobody is doing anything for us!" What have you done for others? What have you done? Have you done anything for them? This, once you start deciding and understanding, it would be very good.

Normally a woman as a normally women is not brought up properly, can be very, very conceited and can be very selfish and

self-centred. Men can be also, but, women can be. Because I mean if they are not brought up properly — I am saying that — they may not like to spend their money on others. They would not like others to come in the house and share this and that. But, again we have to judge it: is it done in love or not?

Like the husband brings his friends, and they may not like their friends coming in because it means money. They would like to have more ornaments to themselves than to have some friends, for their friend. It can be, they can be like that. Some men could be like that also. But, both the things are wrong. This should be shared to be understood. And the whole things is that you must lavish your love on others. You need not spend money for that. Need not. You can just be kind to them, nice to them and a little money too. There is not harm in spending a little money for others and expressing your love.

We are still very meticulous in our Sahaja Yoga as far as money is concerned, as far as love is concerned. We are very, very cautious. We have so much of fear within us. Now domination should never come in Sahaja Yoga at all. Say for example, when I am telling you anything, an outsider you might think I am dominating you, because really I am touching very sore points within you, if you see it clearly, it is there.

Putting the Left Side too much: You are all feeling guilty, that's not good, come along! So, this is also an escape, that you start feeling guilty and you then just don't cure yourself. Just don't feel guilty about anything. I am just telling you this because I have to tell you!

Now, one can feel that this is domination, if they do not see the love behind it, the beauty behind it, the compassion behind it. So, never to feel that anybody dominates you is the best way. How can you be dominated? You are the Spirit! Your ego can be hurt. You are the Spirit: it cannot be dominated. But, are you the Spirit? Are you feeling your Spirit? If you are feeling your Spirit you can never be dominated, no one can dominate you. But, if you feel that way, all the time, that you are dominated, you are dominated, you will become a very, very nervous person. You can be a horrible person. You cannot face people.

So it is time that you realise you are a Spirit and your husband is also a Spirit. Or if you are the husband, you must know the wife is also a Spirit. And a mutual respect must grow in that level, because both of you are saints, you are Sahaja Yogis.

You must respect each other because you are Sahaja Yogis. Everybody respects you because you are Sahaja Yogis — who have not achieved Realisation: "Oh, they are realised-souls!" You just think when you were not realised, if someone had told you that, "He is a realised-soul," how you would have felt about that person? You are not conscious of that but you should be conscious. By that you should not become vain but you must respect others, they are realised-souls, they are the children of your Mother. When talking to each other you have to understand that: more so when you are husband and wife.

The whole understanding that you had so far of husband-wife must be given up. It is, I think a contract sort of a marriage. In a marriage you see, "How much he dominates? What are his powers? What are my powers? How much money I get? How much he gets, where's the money kept? What's all that?" It will only happen when you do not trust each other. But, go on trusting more and more. There should be a competition in loving. There should be a competition in trusting, in being honest, in being kind, in being in service. Let there be a competition like that, and then you will achieve results. The competition should be on the other side, instead of dominating, instead of being afraid, instead of sharing all nonsense.

There's another thing which I must point out which happens to married couples and which is very, very wrong also: that both of them, take up a role of very miserable people, the Les Miserables! They sit down, crying, weeping "Oh, ho, ho!" for nothing at all. The whole world is collapsing before them. Now there are some 'great' poets, like Lord Byron maybe or some horrible people, who have written horrible poems like that. And they will recite those poems, "The sweetest songs are those and all sorts of nonsense: not for Sahaja Yogis. You are not to indulge in this kind of nonsense and sitting down and indulging into this kind of nonsense and enjoying the miseries of each other.

For the present, you have no miseries. Whatever has been there is past and finished. Now, you are new people, with new awareness with new things. You have no miseries. So, forget all those things and try to enjoy each other's company. And if you

start doing that, sitting down and enjoying the miseries, you get out of it immediately and say, "Oh, we are getting into the same play of Lord Byron!" I don't want to create Lord Byrons out of Sahaja Yogis any more. So please remember that: don't sit down and discuss and analyse your miseries. You have no miseries of any kind. You are the Spirit. You are the source of joy for yourself and for others and you have no business to sit down and cry and weep. And I don't know what is happening? I don't know why you don't know your Spirit. Don't you know your Spirit? You know! Then why don't you know?

You have your vibratory awareness and still how is it you are saying you don't know? You have to know everything. And it has to be a very positive act to be happy to be fragrant with joy and to give joy to others. That has to be with you. Otherwise, everything has no meaning.

You see, I try my level best to make every marriage a very pompous thing a very beautiful thing but, ultimately, what I find is two crumpled up people sitting down there sulking! And then imagine the children who are going to be born. They will think, "What these sulking parents, oh God, save us from these crying babies!" So don't put my all hopes to my complete shattering state, by this kind of attitude.

Now, if you have any questions, ask them because I don't know how far to say.

Close it!

1980-0313, The Meaning of Sahaja Yoga

View [online](#).

13 March 1980

The Meaning Of Sahaja Yoga

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Many of you here are Sahaja Yogis, means you have known Sahaja Yoga. Also many of you are realized souls and many of you have achieved a great height within yourself.

And many of you have assumed the divine grace, its working, its maneuvering and its manifestation very well.

It was to be so; it had to work out that way. Human beings have to evolve.

They have to evolve, it's God's plan, slow, no doubt, because it's a living process.

It's nothing artificial. It has to happen within you. Today only as I told you that even if you may know about Sahaja Yoga, you may know a lot about it, but you have to become, becoming is the problem.

Because there are many Sahaja Yogis today and very few new people, first I will of course tell something about Sahaj Yog and then I would like to tell you how to become, that is very important.

New phase must start in Sahaja Yoga.

The first thing is what is Sahaj Yoga is. Sahaja Yoga means 'born with you'. 'Saha' means with, 'ja' means born. This right to unite with God is born with you. As soon as you are born a human being this right you have.

And that is why human beings are seeking. They are somehow aware of that right.

Now we have many books. We can call them the holy scriptures, those who have talked about kingdom of God, they have talked about All-pervading power. They have talked about God Almighty. They have talked about Holy Ghost. As in Sanskrit language we call it 'Adi Shakti'. All of them have talked about your rebirth that you are to be born again.

But with the advent of science we just felt that this is all unknown.

To begin with, it was treated as something very unknown, very difficult, the union with God. But God was not denied. But as the science started growing, the thinking mind was lost in the moorings and it started believing there is no God. It hurt them a little to believe in that. But whether you believe in God or not, it makes no difference. There are people who have ardently believed in God, who have been mad after God, who went to lunatic asylum thinking of God, so many things have happened to them. Of course, there are many scientists also who went to lunatic asylum.

So, what was missing? This was the waiting period. And you had to choose the right and the wrong with your own awareness, with your own understanding. That had to be because you had to grow up to a point, your maturity has to come up to a point. Your awareness had to reach a certain state.

You had to wait. There is all-pervading power and there is God. But you are not yet connected. If you are not yet connected everything is just a story. Is so artificial. It has no meaning. It was to happen during modern times. It is all predestined. Of course, the results are fantastic.

But it was to happen, that thousands are to be connected with that divine power. But this is a living evolutionary process. This is born with you. This is within you. As you cannot become from monkey to human beings, you cannot become higher than human beings by yourself. Somebody has to do it. Somebody has to lead you. Christ had to come on this Earth. Krishna had to come on this Earth. Rama had to come on this Earth, just to give you a push in your awareness.

But the time of your culmination has come where you have to really jump into that kingdom of God which is promised. But this is your right and for this you don't have to pay, you don't have to plot, you don't have to work hard. It's in your own right you are going to get it. This is Sahaj Yoga.

Now for the Sahaja Yogis who have got Realization, in their own right again, and it has worked with them, as soon as you get your Realization you start understanding vibrations, you start understanding the Kundalini, you can raise the Kundalini yourself, you can understand your own chakras, you can understand the chakras of others.

You start understanding what is vibratory awareness tells you. You have a new awareness within you. An actualization that has taken place in you, by which you can recognize what is right and what is wrong. A rapport is now established between you and the Divine, you and the unconscious, you and God, and you can get answers for whatever you want. But still in the West we are more rational. Whatever we have found out so far is by using our rationality. Our movement in life has been through our rationality, through our thinking and the I.Q. is very high in this country.

But in the East people have more of heart. They have used their heart for their seeking, for solving their problems, while we have used our rationality in the West. Because of this the effects of Sahaja Yoga are felt in two different ways.

For example, for an Indian, when he gets his Realization, if he is not westernized, if his I.Q. is not very high, of superlative degree you see, or if he has not listened to your Mastermind programs, then, such a simple Indian gets it in a very easy way, thousands of them can get it. And they immediately feel the joy, because joy is the quality of heart. Is the quality of your Spirit that it gives you joy.

But with rationality, the mind that has moved with rationality, the life that has lived with rationality, is identified with rationality, first gets the knowledge about Sahaja Yog.

You people are much more knowledgeable about Sahaja Yoga than Indians are. For example, Gregoire's book if you give it to some Indian he'll say, "Oh, it goes over my head. I don't know why, what all this is about"

They just can't read it. It's too much.

They said, "Sahaja Yoga is so simple, why should there be such a long lecture about it?"

But for you it's a treasure. That is how in the West first you get the knowledge but not the joy. While they get the joy first and then the knowledge. All these are the qualities of the Spirit. Your attention can enter into your awareness. That means when you get Realization, the Spirit, you feel through your conscious mind. You start feeling the Spirit through your conscious mind. You start feeling the vibrations flowing through your hands. Your attention is enlightened, means you see that the flow of vibration is recorded by your nerves, by your central nervous system. They can feel the flow of the cool breeze. They can feel the rising of the Kundalini. This is the knowledge about the truth you get, that there is Spirit which is emitting these beautiful waves.

So, when you grow, you grow from knowledge towards joy, while an Eastern person grows from joy towards knowledge. That's why the Sahaja Yogis of London are serious people, you see: knowledge makes you very serious.

But joy, joy makes you like a child, you live like a child. You don't know how to become serious, very difficult.

So how to grow is the problem with the Western people. Now with the Eastern people I will tell them something else, but with you I have to tell you something else. You know that very well that we have to tackle problems which we face and not the problems that others face. You see, is very common human venture that people try to solve the problems that others are facing and never see their own problems.

So we have to face our problems that are confronting us - when we are Sahaja Yogis what happens? We start getting knowledge and knowledge and knowledge through vibrations. We start understanding about Chakras.

We start understanding as to what Mantras to be said for particular Chakras. We also know how to maneuver the power. We also know how to save ourselves and also know how to save others. We know how to cure others. We know all about medicines.

We can cure cancer. We can cure ourselves, we can cure others. And all this comes to us so easily.

Apart from that we understand the relationship between science and Sahaj Yog, between economics and Sahaj Yog, between politics and Sahaj Yog, between physics and Sahaj Yog, and between so many other branches of knowledge with Sahaj Yog,

because they are also part and parcel of human beings.

We start understanding psychology through Sahaj Yog in a new way. We start understanding all the scriptures of the world, because everything is enlightened, and we understand Sahaj Yog. But we do not become fully that, which we have to be. We do not fully manifest our Spirit. If so, we would be completely in joy.

The reason for that is very simple, that in the beginning when we start feeling the vibrations, when you get the first Realization, it's in a very big way.

You enjoy that experience. Then Kundalini starts going to other places to supply, for example, to your brain to begin with. Because you have used your brain too much, and still you are using your brain to know about Sahaj Yoga.

I think in the beginning when we had started our work here, people used to ask Me questions after questions. I mean, all sensible questions, I mean, all about the knowledge of Sahaja Yoga. It's all concerning the knowledge of Sahaj Yoga, nothing outside, because what is outside Sahaja Yoga I don't know. But still it was only questioning about it, not being.

So, how do we grow in Sahaj Yoga? When we have such a thinking capacity. First you jump into thoughtless awareness. Means a thought that rises within you and falls off, and another thought that rises within you and falls off - the space in-between those two thoughts, that is the one we achieve through our Kundalini awakening. We have to establish that space. Now what is that space? That's the mouth of our entry into the processes of the Divine power.

Say for example, this is the mouth of this mike. If I say something here or here it won't work out.

It will only work out when I say something here. In the same way, if you have a problem, to begin with, a Sahaja Yogi will try to solve it the way he has been solving it before - like he'll rationalize it, he'll analyze it. He'll sit with other Sahaja Yogis, sit down and analyze Sahaja Yoga also. Is a very common pastime with some of the Sahaja Yogis.

There's nothing to analyze in Sahaja Yoga. It is the synthesis. So what we have to do is to feel it more within us and establish that thoughtless awareness. Any problem you have - I'll give you an example, a very simple example of Regis having, coming to Me. He had his thesis to be put for examination and he was fed up. He couldn't, he didn't even have patience to put in a proper bound and all that. And he came to Me and he said, "Mother what to do with this?" I said, "All right, you bring your thesis to Me." I took the thesis in My hand, that's all. He said, "Aren't You going to read it?" I said, "No, there's no need to read it." I just closed My eyes, and gave it back to him, I said, "You put it for examination", and third day he was PhD. Now what did I do? No magic, nothing. It's no magic. It's so practical.

God has His own powers. He has His own machinery. He has His own government, He has everything. Which is dynamic! You can't imagine how many dimensions He can work it out. Just you have to put it in the mouth of that machinery. If you can do it you get the results easily.

Only one thing God cannot do, that is to make you sensible, to make you wise, that's one thing that's your own lookout, that's in your own choice. Because you are guided by your ego. You are identified with your ego. And anything I say may upset you, or may appeal to you. God knows how you are going to react.

But only way you can grow is to be in the center to see, not to go to extremes of anything. To be in the center. Even listening to Me try to be in the center.

But human beings are funny as I told you, you see, they must go to extremes. You give them any job they must go to the extremes. Anything you give them they cannot keep to the centre, they can never keep the balance. Now see, this one, if it could not be balanced, how can I speak on that? I mean, in day-to-day life we never sit without a balance on a chair, do we? Do we sit on one side all the time? Or do we drive our cars on one side – declined like that? Do we do anything that is under imbalance - say for example, these lights, how they are well balanced. It has to be in balance everything, but in our behavior towards God we are very much imbalanced.

For example, if I tell you "Stand on your heads, you will get to God", you'll do it. You'll go on doing it. Till you'll break your neck,

land up in the lunatic asylum you will go on doing it.

But you must understand that how can you achieve God by doing these things.

These things anybody can do. All these things can be done by anyone whatsoever. But can you pulsate Kundalini in the triangular bone? You cannot, that's not possible for anyone. You can jump, you can shout, you can scream, you can fly (She laughs), maybe, I don't know, but you cannot make your Kundalini pulsate in the triangular bone. Now it is for you to see. But if you are coming with this doubting mind it just doesn't work out. I'm not saying you should have faith in anyone, blind faith is just the same, another extreme of blind faith. They end up in lunatic asylum as I told you.

The other day one gentleman met Me in India. He said that "My wife was a great Krishna Bhakta and now she's ended up in a lunatic asylum". I said "What Krishna, which one? Was she connected with God? Did she know where Krishna resides within us?". "No, she gave up the family. She said 'I've become Meerabai'."

This is how we behave towards ourselves when it comes to Sahaj Yog also. Now somebody asked Me today how many, how much we have to meditate. I mean you don't have to meditate at all, to be very frank.

I mean, I never meditate. I am in meditation all the time. I don't know how to get out of it. (Laughter)

So you don't meditate. You are in it!

But to be in it you have to practice a little bit, because you have been identified with so many other things of life. Like, you can be easily thinking. I mean it's easy for you to think, and very difficult for you not to think, because you have been doing like that.

At the slightest pretext you'll jump into that thinking, and once it starts the horse is galloping. It doesn't stop. So you have to learn to be silent, to stop that thinking. This is what you have to do.

But in Sahaja Yoga also we start thinking about it. What can you think about Sahaj Yog? Nothing! You leave it to thoughtless awareness, in that state. So try to be in thoughtless awareness as much as you can.

But where do the Western Sahaja Yogis fail - we must understand that. I'm sorry there are new people and I shouldn't expose many things about you. But doesn't matter, they are our children, they won't feel bad about it. Where do we fail, we should face it. We feel this way, that so far we have been great experts in spoiling everything, through our thinking.

You give them a cake, they'll sit down and analyze it, till that the cake will get all cold, is finished, and you just can't eat it. You give them a marriage – they'll sit down and analyze it, how to make yourself happy. I mean, you are happy there, why do you have to think about it? So make a mess of your marriage. You give them children – you'll sit down and read some books about your children, by the time the children will be sick and would be good for nothing. So because of our rationality we have learnt to make a mess of everything that is living, that is joy-giving. We have closed our heart completely with our rationality.

So, to grow we should be a little irrational in Sahaj Yoga. For example, if you are very meticulous, very particular as you call it, you must try to give up that extreme nature. But if you are extremely careless or you don't care for anything, also that is extreme, that you have to give up. Both extremes are to be given up. You have to be in the center in your attitude. Then only you can grow because you know the sap of life flows through your center, central channel of Sushumna, the parasympathetic, and that's why you should avoid all kinds of extremes. Even in Sahaja Yoga, one has to be careful. It is a mission, but it is not a mission of missionaries. It is the mission of love as such, those who love, those who love human beings. Nothing is more important than love in Sahaj Yoga.

You can't be harsh with people whom you love. If you love, if you say something to them, doesn't matter, they won't feel bad. But if you don't love and then just go on sermoning and shouting at them, that's no good.

First establish your love for yourself and for others. You have to establish your love. You should feel hankering for others.

Now the competition has to change, the style of competition among Sahaja Yogis, the competition should be how much you love. Who loves more, let there be a competition. Who obliges you more. Who shares more. Who serves others more? Let there be a competition - in loving, not in hating, not in finding faults, in rationalizing I should say of everything. Love cannot be rationalized.

I mean, people can't understand why I am so mad about you people. There's so many people in India who are belonging to the group to which my husband belongs, that style - they can't understand, they said: "This woman has everything. Is She mad? She is going to the villages and wasting Her life, why doesn't She enjoy Herself?" See, they can't understand, I enjoy My love.

This is what you must know - to enjoy your virtues, and enjoy your love; and you will be rewarded by it. It's not hard, it's the easiest thing. Supposing you love someone - supposing, I mean it's a big supposition for many - but supposing you really, genuinely love someone. Think like that, I mean in imagination you can think of someone.

Now that person is going to meet you - say, you have to go to meet that person and there are lots of odds, you cannot get a taxi, you cannot get a train, you are worried: "Now how to get to that person now. He would be waiting. And he would be worried or she would be waiting. Now what must be happening to them".

You are all the time thinking. And you are worried and then you don't know what to do, "Should we walk?". Then you walk a little distance and you come back, "No, might get a train, let's try this". You try all kinds of things, you see, just to reach that person. And then it's raining, and don't have an umbrella.

You get completely drenched. Absolutely fagged out, tired but still – and the moment you meet the person, you see the person, all the worries and all the turmoils, all the troubles and all the labor that you have put in, vanishes into thin air and the joy fills your life completely. How love is rewarding!

So one must learn to love and not to rationalize. There is big scope in Sahaja Yoga to rationalize because you become even a freer person. You really become free. I mean, after Sahaj Yoga if you want to go to hell, you can go faster than anybody else can, because you really become a free bird. And if you want to go to heaven you can do the same. So, one has to know that we have to learn to compete in loving each other.

We have some very beautiful Sahaj Yogis here, very beautiful, and they have said sometimes such beautiful things about others that I sometimes in My vacant mood think of them and I feel very happy. It's just like poetry, to say something good about others. You see, sometimes I provoke and then somebody says good words about others - I feel very happy. Without love we are not going to solve any problem whatsoever. What's the use of having, say, even 10,000 people with vibrations flowing without any love among them?

I mean, I just can't think of such a thing.

Once you are Realized, you should feel love. But you must fathom it. Because of rational habits, because of this misidentifications before, you cannot give it up.

You see you are afraid, people are even afraid to express their love. Somebody brought some sweets one day. I said, "For whom?" He said, "For Sahaj Yogis." So I said, "Why are you giving Me?" He said, "Mother, if You give it would be better, otherwise they may little bit doubt me."

Sometimes we want to love, we want to express, but we are afraid that people will misunderstand. Imagine, where are we? What sort of human beings we have become that we are afraid to express our love!

Then the recipients also they do not want to have any love, how can that be? Is impossible. Every human being wants to be loved. They will be afraid today, tomorrow, day after they will be all right.

[Shri Mataji is now talking about a child]

It's a born realized child. See how, what a personality! It's a born realized. So many children are born realized, do you know that? Now, how many of you really know about Realization? These great children are born to you and you don't know anything about Realization.

So, we have to be bold about our love and little shameless. Let people feel bad, let them think wrong about us, doesn't matter. But express your love.

But it should not be filthy love. It should not be mixed love. It should not be with some sort of a possessiveness in it. It should not

be love in which you are expressing something else. It should be pure love as the name of your Mother is, absolutely emitting from you.

Not with any idea, with any game, with anything whatsoever, because you should know that there is something very beautiful hidden within everyone of you, which your Mother can see - and She loves, loves that part that is within you which is about to be born again. And you are that beautiful. In the same way you should love all the Sahaja Yogis and all the other people of this world, because they are all beautiful beings just covered with three gunas. Let them be that and then your Spirit will recognize the joy. Will emit the joy. You will be a source of joy and you will give joy to others. Give up all your wrong ideas and your set ideas about things, absolutely they are all wrong.

Like Hitler believing that all Jews killed Christ. It was he who killed Christ and he was killing all the Jews because Christ was a Jew. He thought killing one Jew was not sufficient so kill all the rest of them.

All those who hate have reasoning behind it. They have to give some reasoning because they cannot hate without reasoning. Those who love do not need any reasoning.

They have no time to reason it out. They just love. Because they can see something; that love gives them that sight of the beauty of others which is hidden in them.

Sometimes some people can be very arrogant, you have seen how people have been rude to Me: makes no difference to Me, to be very frank, because I know behind this rudeness lies that thinking, so respect, respect each other.

And know that you have that joy, and you have that power to give that joy to others; and when you give that joy, that joy returns back to you as joy. So what lacks in us that we do not give joy to others. Unless and until you give joy to others the joy doesn't return back to you. That's the lacking.

Now do not rationalize that either.

Immediately people start thinking about it. We have done a lot, I can tell you, we are enjoying each other quite a lot. It's really enjoyable. If it was not so, you would not have been there together, because there is nothing binding otherwise between us, except for love, except for that joy-giving love. There's nothing else, because we have no money transactions, there's no business on here at all, any kind.

There is no intellectual rapport going on between you and Me, neither there is possibility of Me getting elected to the parliament (laughter), nor I belong to any leadership of any, you can say, these striking people.

Without all these things how are we attached to each other? Because there's something supreme that we can get out of our relationships. That's pure joy.

May God bless you all!

[Shri Mataji is addressing a new person]

...first time, is it? Good.

Please put your, just your hands like this, just straight like that. Both the feet should be touching the Mother Earth, just like... with love; just touch you. Just put your hands like this, straight. You may close your eyes, yes, close your eyes, just close. Please close your eyes, close your eyes, close your eyes. Keep your feet steady. Steady, steady yourself. Just steady yourself, and relaxed, relax. Put your hands on your lap, if you think it's strenuous. Got it. Yes. Just enjoy yourself, you have got it. All you will start feeling cool breeze in your hand, most of you. It's a tremendous experience, try to remember it.

If you can put your bag down, down will be better. And are you wearing a coat also? Is she wearing a coat? She has to be little comfortable.

Yes. And - are you wearing a coat? Think if you take out your coat would be better, yes, be comfortable. Yes. Yes. Yes, yes. What's the matter?

Lady: I had an open heart operation.

Shri Mataji: Eh?

Lady: I had an open heart operation and I still can't walk, you know. These are shoes.

Shri Mataji: Alright. They'll bring your shoes, please.

Lady: I have... - I have in my bag.

Shri Mataji: Alright, let her wear the shoes.

Lady: Yes? Thank you.

Shri Mataji: Yes, please. It's now, you - I'll see afterwards little bit, I'll just treat you, so later on you can get it, alright? I will just treat you.

Lady:... my bag...

Shri Mataji: Keep them down there, keep the shoes down, just relax.

Lady: Thank you. I'm so sorry.

Shri Mataji: Can you remove this from here - don't be sorry. Just enjoy. Please sit down comfortably. Be comfortably, it's alright. It's My job.

You got it! (She laughs) You have got it too!

All of them are going to get it. Great people.

You haven't got it as yet, his Hamsa is catching a little bit. Have you got? Still here, you see, there's a little... if you keep your eyes open it will work out, you see, catch here. Are you suffering from cold? No, him. Yes. No?

Man: No.

Shri Mataji: No. Are you feeling the cool breeze in the hand?

Man: Yes.

Shri Mataji: It's alright, just remove your hair from here, a little bit.

Yes, let Me see. It's alright.

Better now? (Man: "Yes") It's better now?

Yes. Did you do any pranayama? Pranayam, did you do? Any yoga asanas and all that?

Man: Not really, no.

Shri Mataji: That's little bit. (Man says something)

I think they all have got it.

Just see them, if they have got, these three people. Just see.

You got it? Are you feeling the cool breeze? Good! Very good. Yes, they have. Except for this gentleman, we'll have to find out.

Are you feeling? No. That's it. I can see that. Put your hands on your... this, and be just, just relax, just relax. Close your eyes. It will work out. And put both the feet comfortably like this, it will work out. It's better now, see?

Close your eyes, enjoy yourself. Just enjoy.

(To the lady who had heart surgery)

Better? If you had come to Me earlier, there was no need to have an operation for a heart is very easy to cure.

Lady: ... I had a clinic, and I tried everything, and couldn't come.

Shri Mataji: But you have not tried God so far (She laughs).

Lady: Just I tried everything, really.

Couldn't, couldn't come. There was no other choice I had (indistinct words follow)...

Shri Mataji: I know. You see, but we work out through the parasympathetic. You see? Then through parasympathetic everything can work out. Heart can open, Swadishthan can (Lady says something inaudible).

Now working out, is it? Left side. For all of you I think, left is weak. (Sahaja yogi: "It's still there. And Void")

Void. (Sahaja yogi: "The right") Void. (Inaudible word) But she is a doctor she says. Left Vishuddhi is strong, very strong.

(Bad audio quality) Cooling this side? (Lady: "Yes, it is")

Good. (Somebody says: "Cooling") Good.

Left Swadishtana. ... Ask him to put his right hand on the Swadishtan. On the lower. Yes, little lower on this side, on the left. You

see, little lower. Here, now. Please say the mantra of Nirmala Vidya.

What about this gentleman, I wanted to work it out on him. Why didn't you feel the vibrations? From... Come along, come, let's see. What's the matter? Come and sit here. What's the matter?

Man: I don't know, Mother...

Shri Mataji: You haven't even felt it?

Man: No.

Shri Mataji: You have forgiven all the people, is it? Sure? Have you?

Man: OK.

Shri Mataji: You have to say that here. Now come along. Say: "Mother, I have forgiven all the people".

Man: Mother, I have forgiven all the people.

Shri Mataji: Again.

Man: Mother, I have forgiven all the people.

Shri Mataji: Again.

Man: Mother, I have forgiven all the people.

Shri Mataji: Better. Is it raising? Feeling?

Heat. (Man: "Is here") Heat is there, you see? ... Your (?) left side means it is ... (indistinct: tepid?). Ah.

Man: There's more tingling, Mother.

Shri Mataji: More tingling. In all the fingers?

Man: In the palm, it's here.

Shri Mataji: Here. But not in the fingers as such, fingertips. Are you getting any fingertips tingling like this?

Man: Yes, little tingling.

Shri Mataji: Little bit. See, you are perspiring, also. Can you put this out? Ah, left side. Just come and help Me. Come along, just help Me here. Let Me see what's the problem, because he hasn't been able to get his realization. Raise the left, raise the left, left is very weak, you see. They're perspiring it. Om Shri Ganesha Aham Sakshat. Ah. Now - What about your wife? What did you tell Me?

Man: That I've never married.

Shri Mataji: You never married?

Man: Never married.

Shri Mataji: Oh! Never!? You never married! Kundalini is not very happy with that.

Aham Sakshat Gruha Lakshmi, Aham Sakshat Gruha Lakshmi, Aham Sakshat Gruha Lakshmi, Aham Sakshat Gruha Lakshmi, Aham Sakshat Gruha Lakshmi – ah!

Yogi: Vishuddhi.

Shri Mataji: Eh?

Yogi: Vishuddhi. On his left side...

Shri Mataji: Why don't you marry now?

Will you? If you say you will marry, only if you say that, it will immediately work out. Alright? Better now? Sort of you don't have an aversion.

Man: Eh?

Shri Mataji: You don't have sort of some anger for women or something, do you? No, no, no, no, no.

Ah... Still. Just imagine! Only for one reason God is so angry, that you did not marry.

How can that be, isn't it? But your left, left Nabhi is catching, that's the place of the Gruha Lakshmi, is the Goddess of the household, you see? He is not very happy. Without the wife what is the house? It becomes like a hospital.

Ah! Eh? Yes, that goes there, alright, doesn't matter. And even in Birmingham we are getting arrays of bachelors. Get that Bala married (laughter, She laughs). I tell you, very bad effect!

That's how you'll learn some balancing in life, you know, when you have wife, children, it's very simple thing like that. See, this is also extreme behavior, isn't it? I mean, at this age you should be married. Is it better now?

Yogi: Yes, I feel cool, but he has a left Vishuddhi.

Shri Mataji: Left?

Yogi: Goes down to the heart now. That's all.

Shri Mataji: Ha! No? Raise it and tie it up.

It will work out. You get these hearing troubles some time?

Man: No, I had any trouble...

Shri Mataji: Stops there... We can see that. Yes?

Man: Feeling hot. It gives a lot of heat.

Shri Mataji: Should be alright.

But it's awakened. That's the main point is. It's just here. You know, without a family life, we are not enriched fully, isn't it?

We have to have children, and family, and all - then you see, the enrichment is complete, isn't it, in life.

Otherwise you become very dry. That's what has happened in your case. Now, is he better? [Yogi says "Yes... Right Sahasrara"]

Right.

Done it! Close your eyes. Tie it up.

Should be alright. Just tie it up, tie up, tie up.

Three of you should put together. See, three of you should do it. Three people who are good at it. It started.

Are you feeling any cool breeze now in your hand? (Man: "There isn't") No? Not yet.

Yogi: It's still there...

Shri Mataji: Comes up and goes down. (Yogi: "And goes down, yes") Tie it up. Agnya is weak. (Yogi: "Hamsa") Agnya and Hamsa.

Now, toward (unclear) his Vishuddhi it's very tight. What are you doing, Bala? Come along. Bala thinks you are a very happy man, you see, that's why he wants to be a bachelor now. (Shri Mataji laughs) What have you been doing with him? Come along, raise his Kundalini.

Philip, what's the matter? Why don't you give him realization? (Yogi says something like that he thinks whether it is better for him to work on anybody or not)

So again you are afraid of giving love?

Yogi: Yes, Shri Mataji.

Shri Mataji: No, there's nothing to. Why will he have objection? Who can have any objection for Self-realization?

Nobody can, come along. He has been coming to Me so many days, he should get it, why not?

Left side Vishuddhi.

Yogi: His Vishuddhi's...

Shri Mataji: Yes. Now don't feel guilty about anything, alright? Doesn't matter if you have not married, you are not to feel guilty about it (She laughs, laughter). Ha! Done, now, see. Ah, alright? Alright, feeling anything cool?

Man: I felt on the right hand.

Shri Mataji: Good. (Man: "Yes") Left is the weak side you have, so you have felt it on the right. It's good. Are you feeling alright?

Good! Better now? Now raise up. Eh? You went to some guru, is it?

Man: I didn't see him.

Shri Mataji: Eh?

Man: I didn't actually see him, but he is in India, and in various subjects I liked his teachings.

Shri Mataji: Who?

Man: Shantanand Saraswati.

Shri Mataji: Who is this new one?

Man: He's in the Shankaracharyas, I don't know.

Shri Mataji: Ah! All of them are Shankaracharyas. The Shankaracharyas himself are not realized souls, you see, it's something like (...unclear word...). All the Shankaracharyas, except for one, who is now retired, he had to retire because no realized soul can be a Shankaracharya.

See, once they get realization they are out of it. Nobody who is a realized soul can head any religion, religious body, like that.

Ha! What does this fellow teach you, this one, this Saraswati fellow?

Man: It's a, yeah, way of life...

Shri Mataji: Eh?

Man: I think it's Advaita... (indistinct)

Shri Mataji: But for that why do you need a teacher? Shaking, you see?

Good. They are good. They are from Brighton. Ah, I told you! I told you about Brighton, remember? They all said: "Horrid vibrations".

I said: "No, in between there are some very good ones". (Laughter, She laughs) It's beautiful, they are all from Brighton. It's great! (Laughter) Really! Just imagine! You all are so great (laughter, She laughs).

No, I did tell you. And you. I'm coming to Brighton for a day. That's... I told you about this (unclear word) on my way back. Hm? Alright? (She laughs).

Just here, you know, there's something here that you catch. Just remove his hair a little bit. Little bit here, here, here, just here. No, on top, yes.

That's it. His Agnya catches, you see. (Yogi: "Yes") Agnya and Vishuddhi. It's a combination. (Yogi: "That's right")

You watch Me here. You watch this portion. Ha! Are you alright now? Feeling anything cool?

Man: I'm feeling it cool.

Shri Mataji: See, this is alright, started now. Alright? But now you have to give some treatment to the gentleman, otherwise he won't leave you. You saw how you were shaking?

Man: I have to...

Shri Mataji: You'll know that.

Man: I'll have to know...

Shri Mataji: They will tell you. (Man: "Thank you") Bala knows. Alright?

Man: Thank you, Mataji.

Shri Mataji: May God bless you. I'm happy it has started.

(Bad quality audio) ... too much left... so that's left.

Now the... have you been to some gurus or someone? No-one? No-one at all. You see, just come here, I'll tell you (?). Good. Get up, just face Me. Can you sit facing Me? And just pull your... yes, just, you see? See, this one is. Perspiring, this hand. It's perspiring too, it's interesting. You have been to no guru or anyone like that? (Man: "No") To no-one? (Man: "Yes") Have you been reading these third-eye people and all that? (Man replies no) Something about, what you call...

Yogi: He says he has a problem with his mother.

Shri Mataji: Good. (A yogini tells Shri Mataji about some connection of the seeker's mother with the Hare Krishna) Krishna? Hare Rama. Only his mother has been. (Yogini: "Yes...") He has not been to anything. You feel alright otherwise, normally? (Man: "Yes") Alright. (Other man: "Sometimes he can get a pain (?) in the temple here build up")

Build like that. And then, what about your sleeping? You feel nice, you get nice sleep or you feel restless? (Man: "Just think")

Just think so? Now good. See, see how cold his feet are.

Yogi: Void.

Shri Mataji: Eh?

Yogi: Void.

Shri Mataji: But he says he's not been to any guru. What sort of books you read, what are you doing?

Man: What am I doing?

Shri Mataji: Ha. (Man: "I'm just living in a place just waiting to live in the country...") What are you doing there? In the flat, in the country? What do you do? (Unclear reply – he said he took drugs but he has given up.) Alright. But little drugs you take sometimes.

That's why Void, that's why the Void.

No, no, it's not the mother's point, you see, it's the Void, his, his own problem is the Void. Do you get nervous here in the stomach sometimes? Sometimes you do, isn't it? Is Void.

He is better? The hands are not perspiring so much, are they? Know you can give up drugs, no difficulty, you see? Just you decide you'll give up, hm? (Man: "Yes") It's better now? Good.

You see, with some people I've seen, drugs don't have so much effect, but some are very sensitive. It won't suit you. See, you are a saint. You can't take drugs. You see - how white the whole thing has become.

Better now. Now, come up? (Yogi: "It's started to cool") Good. He's a saint, you see. That's why he, even little drugs is, is, I can't even... it depends on, see, what fiber you are made of.

Some people I've seen they'll take drums full of it, nothing happens, you see, they don't get into drugged condition. Some people get it so much, and it affects some people very much.

Better now.

Better now? (Man: "Yes") Are you feeling cool breeze? (Man: "No") No, that's it. Your Agnya is there, still. You are from Birmingham?

Man: No.

Shri Mataji: From where?

Man: From London.

Shri Mataji: From London?

Man: Yes.

Shri Mataji: Alright. They are perspiring. Just put your hand there. Very slow heart. (Inaudible conversation with a yogi) You must take to garlic.

Now, in his case you have to raise the right.

Just the opposite of it.

Better now? Now, is it better?

Man: Still heavy.

Shri Mataji: Eh?

Man: Still feels heavy in the right.

Shri Mataji: Ah, that's it. To raise it. You'll be alright. Just look at your father, he's enjoying himself. He wrote a very nice letter to Me.

What do you say?

Yogi: Agnya.

Shri Mataji: Eh?

Yogi: Agnya is there (?).

Shri Mataji: Is better now, see? Is improving. But right side very weak. You work out.

Sort of receding, you recede, you know?

You recede away from things, isn't it?

I mean, you don't like the world, sort of thing, you want to recede away? That's what happens to you, is it? Because people are nasty. (Man says something) Eh? But you just don't... you... what do you feel about life as such, what do you think? Like frustrated?

Man: Yes. I spend money...

Shri Mataji: That.

Man: Yes. And worry about money...

Shri Mataji: Eh?

Man: Worry about money...

Shri Mataji: It's alright.

Man: ...feel a bit dejected (unclear).

Shri Mataji: You're not to be dejected, alright? You need to come up. A little. Ha! See now. (Yogi: "Agnya")

Better now? Feeling better?

Man: More fresh, alright.

Shri Mataji: More fresh. That's it.

Man: This is tinglish... (?)

Shri Mataji: You see, that's it, you see? It's a thing moves from one to that. Yes? (A small child speaks to Shri Mataji: ... flower...) That's good. You think if I give him the flower he'll feel better? Alright. You see, her son is saying 'alright, just you have the flower, let's see'. (She laughs) Now, is it better?

Man: Right starts to get heavy.

Shri Mataji: Eh?

Man: Right starts to get heavy.

Shri Mataji: Heavy. Right.

Man: Yes.

Shri Mataji: Ah. It's heavy. (After some silence during which there is probably some workout) So.

Man: It's slightly...

Yogi: It's still...

Shri Mataji: Now you are better now. Are you? How are you feeling? Are you feeling any cool breeze?

Man: Slightly.

Shri Mataji: Slight. What is there to be worried about money? [Man: "To be worried? I guess from that I invested some money and I'm worried that ... (indistinct words)... to do these things"] To... to do?

Man: To do all these things that I intend to do ... (inaudible sentence)

Shri Mataji: Where have you invested? Eh? But you have invested money into what projects? (Inaudible sentence of the man.

Then says some words sounding like "Selling marijuana" Somebody explains: "Selling drugs."

Shri Mataji: Oh! That's dangerous! They are cheats! They are cheats! (Man: "They won't sell drugs") No, they can cheat you, they are. It's obviously, this is such a bad traffic!

Money is not everything. Yes, that's it. And that's why they can cheat you.

Alright? Now, I'll give them a bandhan. But if you get your money back, then you are not going to go into it anymore. Alright? That's the promise.

Alright. You are literally, absolutely fagged out. You know? You may not. You have to look after yourself.

See, the Void is all moving.

Yogi: Especially on the right side in here.

Shri Mataji: In here. Void is, the lower side. Now. I would suggest for him, tell him the Void mantra. Put him on the photograph. Let him work it out, it will clear. That will solve your financial problem also.

You see, it goes simultaneously. Alright? It's a problem of your Nabhi. He'll give you the mantra and you work it out. For a week, then come and see Me. (To the yogis) And also of Nabhi.

(Yogi: "Yes") Alright. Good.

(A small child's voice is heard)

Should be alright. Eh?

Small child: Should I work on somebody?

Shri Mataji: On whom do you want to work? Work on hand, let's see. Eh? Work on Me. I see! (Shri Mataji laughs) That's the easiest to do, eh? Very nice... See!

I'll work on you, that's the best! (Shri Mataji kisses the child and laughs)

So, who wants to work on, the new baby: see? Wonderful! Nobody else, they don't want to work on anybody else: he's very clever!

Ah ah ah! Ah ah ah! Ah ah ah! What is there to work? Just to take love!

(End of audio)

1980-0316, Talk to Sahaja Yogis: The Mother and Her Children

View [online](#).

16 March 1980

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – VERIFIED

It's nice today is Mother's Day, and You find so many people waiting for You.

And also You see Yourself as a Mother, the heart which is pining to meet you, then You can't get out of some things. And then You enjoy that pining and that longing to see Your own, Your own children whom You love so much.

It's such a great joy; in these modern times, it is described that in this Kali Yuga everything will go upside down because people will not recognize the motherhood. The mothers won't be respected and won't be respectable either. Is a fact.

And imagine now this has brought this Mother's Day to this country. It's something, such a recognition from the Divine, that one has to remember that motherhood is very important.

It is the Mother who created the universe; the Father was just a witness to the whole show.

It is She works it out the whole thing. It is She makes it beautiful so that He sees the show, that He becomes the spectator, because She loves Her creation.

The Father wants that it should be such that He should be able to love it. He is a perfectionist, he wants everything to be perfect. But a Mother accepts as the child is, because that is Her own creation. If there is a defect in the child, She accepts that defect as Her own and She works for it; She works very hard. It's no sacrifice, because you enjoy it. You enjoy doing that. You enjoy working for your children. And if it was not so, this world would never have existed.

You know what untold things mother has to bear when the child is to be born.

Actually, it is a test of her love, I feel, at that time. Still she goes on with it because she wants that child.

But when this motherhood is spoilt in its image, when the mothers are no more mothers, they are not respectable, then they are not respected.

And when the children don't respect their mothers because they have no respect for anything else whatsoever... I mean, the first thing and the last thing is the respect for the mother. If one does not respect the mother, or the motherhood, that means he has no respect for himself either.

So how does he exist? He exists through his mother. So, mother is a very, very important institution for the whole creation, for your creation and for the creation of your children and all the progeny that has to come.

Now let us see what does the Mother provide us with, what part of our being She is.

I would say that She is everything.

But your personal mother who has given you this birth, this body, is your own mother whom you know very clearly that she is your mother. As you know, she gives you the nourishment when you are in a fetus stage; and later on when you grow up she, she

gives you all the physical nourishment that is needed for your growth and she enjoys it.

Otherwise she feels over-burdened. She wants to give it. And everyone appreciates that. It's a collective enjoyment. And it's going on, and it could be seen from all the paintings of the world, all over the world, in every language, in every country, every religion.

The mother and the child has been the main theme of paintings and expression of the most joyous moment for painters.

Poets also have written such a lot on that.

Every way of manifestation of joy, in all the human endeavor has been on this thing, revolving on this thing.

But the mother who is your own mother, whom you know as your mother, who gives you physical birth, is the mother who gives you much more than you know of. Because her blood has her vibrations, and when she gives you her blood she gives you her vibrations, she gives her sustenance, she gives you her desires and also she gives you a push in your evolution if she is an evolved person.

Now, in mother and the child relationship, mother gives a lot. She gives, makes your complete left side. She creates all that left side in you, because she has desired for you; so she creates that. On the right side she gives you all the beauty of delicate things, and also the hunches that you get in your business or all the flexible moments of your life that you think, "From where unknown I got something?" - that's your mother's blessings on you.

You choose your own mother, too, when you are born. So no use just condemning your mother because she's like this, she's a horrid woman, and she's this and that and that.

Now, you have chosen her; so better have it.

And she is a very big part of you, I must say. But she has to be also something to be a mother.

It's a most responsible position is that of a mother. It is even a - much more responsible than that of a king has, to be a mother, because the king can only go up to material level, or up to physical level. And up to rational level, at the most, a philosopher can go.

And the emotional level may be fulfilled by the wife. All these things may be done by other people, but spiritual level you can only achieve from your mother's grace.

Any hampering you get in your spiritual ascent could be from so many other problems, but basically it could be from your mother's side.

So mother also can give you her nervousness, she can give you her irritable nature, she can give you her bad temper, she can give you a very cunning nature; she can give you all that is bad in her, just in a bundle.

But you can also give her back something special. Supposing a child which is a realized soul is taking birth in a mother and the, if the mother is not a realized soul, then the child will try to clear the Nabhi of the mother and give her lots of vomiting, by which she'll clear out, or diarrhea or something like that, and try to clear the Nabhi and the Void of the mother.

If she has been going to some guru and all that, the child will take full care to see that she gets rid of all the bad things she has received from a bad guru. And tremendous things happen when a woman conceives a realized soul.

But even a non-realized soul, when a mother conceives, her face just starts glowing because, see, she is creating something.

Is a special blessings of God come on her.

But as a Sahaja yogi, when you are reborn as Sahaja yogi, you have your vibrations; then what you do is to give back to your mother by giving her realization.

Giving realization is an obligation which cannot be repaid back. Every obligation of this world can be repaid back and the last obligation, is the obligation of mother giving you birth on this earth, can be also repaid back by giving her, her own second birth.

You becoming the mother of your mother is the best way you can repay her back. And so - though it is a difficult thing under the circumstances as they are (Shri Mataji laughs) - I know you are all quite worried about this. Not easy, because due to war or whatever it is, in the Western countries the mothers have lost their position, they have lost their moorings, they have lost their significance and they think that they have not been all right as mothers. They think they have not been very helpful to the society by only by being mothers.

But they can be brought round gradually by showing that you are so significant yourself and that they are the mothers. They are the mothers who have brought you to this world.

Once they start realizing that significance within themselves, I'm sure it will work out. And that's how you are going to repay it back.

And once you have done it, you have done the job. So you don't have to worry about the other things. You have repaid it.

So be happy about it, those who have done that, and those who have not done it will be doing it.

So on this day of Mother Day I would like to bless you, that now you have to give birth to so many thousands of people.

So the power that your Mother has, of giving birth, the spiritual birth, be bestowed upon all of you so that you do this work with the same grace and with the same patience and love and enjoyment.

May God bless you

Are you better now? So now, what is it?

1980-0317, BBC Interview

View [online](#).

17 March 1980

Interview

London (England)

Talk Language: English | Transcript (English) - Reviewed

Interviewer: I would like to welcome everybody but particularly I want to have word before we do start the afternoon interview with some of the faithful letter writers who write in to me and have different opinions about some of my public programs for people that I interview who have different points of view from the main stream of Christian thinking of radio 74. there those of you have written to me and said, I do not like anything that is not oh, let's say it loose terms born again Christianity and I don't think Christian station or anyone the call itself Christian should have any other kind of ideas there, others of you who right into say I understand that you have to be tolerate it because you're the only English language station and it would get pretty rough for you if you weren't tolerate and so therefore I accept this is some kind of a grudging condescension to people of other points of view. Then I have and this I a value very much. I have had several business men who have said to me, I cannot stand religious programs and I never listen to such and they turn me off completely except on the ones that you run because you never. Try and sell me anything. You always say, listen here's another point of view or had how do you like this? How does this strike you? Or would you believe this? or you just be said listen something beautiful and they say therefore I really enjoy for the first time listening to the various people point of view about god, about heaven, about nature of man and about why were all gathered you together on this earth? What we're working toward? And why? How? who? And could it be any better. So today those of you who truly dislike hearing anything about, those eternal questions that does not confined itself to your own Spector of belief I sincerely and with great love invite you to turn off your radio and go out, walk in the garden , or look at the clouds or do something else make a cake to give it to somebody in beautiful gesture, but this is not your place because today we have with us someone who I'm very eager to hear, I feel that I going to learn many many things, that I have never know before . A woman whose name is Shri Mataji

Shri Mataji: Mataji Nirmala Devi it's my full name.

Interviewer: Shri Mataji and she has had some publicity in Geneva before which was rather controversial which she did not it like and did not want and I think that, I'll be speaking which just a little Hyde Park a corner here in this lovely corner of the haute bavois. That it should be a privilege to listen to someone who has a message that we can decide very quietly within ourselves with love and with reflection and with objectivity, whether we find something we find something in there to take into our hearts and use it. I feel obliged to say this so thst we are on the tape so that you won't try and call in today it would not be possible. We will have an open time another day and you will then be able to call in if you have something to say, but could you join me now in a very cordial in a very special welcome to Shri Mataji. A great Welcome to you.

Shri Mataji: Thank you so much

Interviewer: In the country of India I know that there is much talk the word enlightenment is used in a way that perhaps we of this world don't completely understand, with that we please to start that your talk to a little bit about enlightenment and going to your speech.

Shri Mataji: Yes, India has a special advantage over other countries. As far as the nature is concert because the nature of our country such a that people don't have to worry so much of combating the nature. It's a warm country and it has a very fertile country and it doesn't required too much for you to exist in that place because even you can even exist under tree. It can lead a very very simple life in India and you need not have all the elaborations we need here to fight the nature. As a result of time many people who were quite satisfied with their mundane life took to deeper seeking. Thousands of years back that country where they wanted to find out the secret of life and they wanted to know why we are on this earth and why we have to go on existing

like that? Is there any greater purpose of our being here?

And such a people having able to discover something very great and that what they called it as an enlightenment that we have to have. But I would say it not only that the Christians have talk about it. Indians have talked, Christians have talked then Islamic religion has talked, of course Moses has talked, everybody talk about it that you have to become a spirit.

Interviewer: That you have to become the spirit?

Shri Mataji: You to be born again of the spirit.

Interviewer: Of the spirit, and this is a common trend through all religions.

Shri Mataji: But, the difference between the Indian life and the western life is basically what? And that is, that we believe that all our efforts should be that to be a the spirit in India. And outside it is not so, that all of the effort should be that is not so. Secondly there is one more point which is very very subtle and if you understand little that in India religion is not organized, so that it is not brought to the artificial level, if you have to become spirit then it has to be the living process, by the living force of Evolution. So you cannot just brand somebody, you cannot say that you are that. This is the problem, why here the people can become Christian without getting the proper experience so being Christian or they can be Muslim without become a really the Muslim. The really to become something is a happening with in us which comes through evolutionary process of a living process of a living God, which everybody has talked of. Now why the people have organized religion here? this I cannot explain. Because they are organizing everything in the West perhaps I'm also organizing god. But in India they understand that you cannot organiz it. It's a happening that has to happen and because thousands of years back people have been looking into it. So they know what to expect when you are enlightened. What happens to you? what happens to your consciousness? They know that your consciousness has to change that you have to be at a higher consciousness and that is called as "Samuhik chetana" means collective consciousness.

Interviewer: And that can be universal? Good collective consciousness and a universal....

Shri Mataji: Yes, that you become a part and parcel of that whole you become in the sense that you have the consciousness in your central nervous system, and you can feel the other person. For example supposing I can feel you, I can feel your centers, then you are not the other, you are me, Then there is no other. This is a happening which is a reality, which is not just a position nor a mental projection or an organization.

Interviewer: Is this in any way the equivalent like in Christian Science they speak of one mind in the universe?

Shri Mataji: Of course the same, of course the same. In India Christ is a respected as Mahavishnu. It describes thousands of years back. Even before he came to this earth he is described there. But you see people never connected in India Christ with Mahavishnu because the image we got of Christ was very funny.

Interviewer: How was that?

Shri Mataji: First of all the image we got that we can get converted that is absurd for us. Because how we can get convert it. See by branding to somebody how you can become better?

Interviewer: How you become better?

Shri Mataji: Just you brand somebody. Supposing I said, I am the governor, where do I become governor? You see becoming part is missing, so we couldn't understand what sort of Christ this must be who just sent these people just to brand us something like a Christian. And then secondly another image we had of Christ was that he is the one who talks of the spirit and nothing else. So the people who have to do the work of Christ have to give enlightenment. They are to be enlightened people.

Interviewer: And this enlightenment is truly becoming one with the whole, with the whole. Now does this have anything to do with what I understand as Nirvana or eventually rising so high in consciousness that you become a blend like a drop of water which blends into the ocean.

Shri Mataji: Yes. It is the same thing.

Interviewer: So you eventually would loose your individuality.

Shri Mataji: No, not your individuality, but it is like (you see) the tree if you see every leaf is different.

Interviewer: yes.

Shri Mataji: But it is supplied by same source. If the leaf become conscious of the source, it doesn't leave its identity, but it's consciousness of the source and it nourish by the source.

Interviewer: And then being conscious of the source and putting your...

Shri Mataji: is being enlightened

Interviewer: Conscious of source is being enlightened?

Shri Mataji: Yes. On the central nervous system. Conscious doesn't mean mental. On the central nervous system you should feel the force flowing through your fingers.

Interviewer: That is maybe equivalent to something in Christianity where some days you say, I feel today and I' am so mucb in grace.

Shri Mataji: Yes, but it is not today. Once you have it you have it. But it's not today. In Christianity, Christianity is nothing but enlightenment. True Christianity, again I say true Christianity. This is true baptism which I am talking about where you actually see the rising of the force from sacrum bone with your naked eyes which pulses through reaches your fontanel bone area at top of your head and gives you baptism so that you can feel cool breeze of Holy Ghost coming out of your head. Actually you see that.

Interviewer: How do you feel that? How does it happen

Shri Mataji: It happens spontaneously. It has to be a living process. How this living thing happened? Supposing you ask me a question, how does a seed sprout? What will I say, you put it into moth er earth.and it sprouts. I will tell you the history about consciousness if you follow it, that first of all, you see it was masculine development of the consciousness like extroversion like you can say going outward like the tree growing too much, that sort of thing and all this things have developed so much have gone to an extent now that it has to stop. Now what is second part of it? Now as you see in world there is feminine consciousness coming into play. Of course in wrong way may be like a pendulum, it is a rebellion. They are going to rebellion which is nonsense, you see and may be that as they are acting just like a men and thinking that they are sort of achieving something raise in consciousness is wrong. But you have to do consciousness always moves spirally higher whenever you become a from one to another, you are born at a higher consciousness. So this is rebellion. I'm talking of revolution that has taken place. Now this revolution only takes place, when this masculine development which achieves it's nourishment from the feminine part. see from the womb, from the mother earth, you see so far we exploiting the mother earth, creating all kinds of problems the men as they have done it. Now they have to take next step, and this is the time where the force that I am telling you which is called as "Kundalini".It represents the womb, it represents the feminine personality which rises?. Is called as also

"kumbha" which you called Aquarius. It represents the Aquarius and that's why this is the age of the Aquarius. Where this Kundalini rises and she gives you the realization. First, human beings had to be developed up to this stage as you are and then this Kundalini had to rise. So the time has come. The blossom time has come all this described in Bible also.

Interviewer: How? , Where?

Shri Mataji: of course, that will say the Comforter will come. Christ has talked of the future. He didn't say that I've stopped the everything now, the Comforter has to come and the Redeemer has to come and the Counsellor has to come. Then he has also talked, John has said that, he has seen, visions and all those things are there. So Now, what has Comforter has to do? What are the quantities of the womb in Comforter is the Counsellor?

Interviewer: So you feel that the opening of this consciousness is now coming at the end of the age of the fish and going into the Age of Aquarius that everything is changing.

Shri Mataji: Of course, that is what it is. And it has to change. Because what happens when you become collectively conscious. I mean it's a thing now you have become human being. So now you become human being your consciousness is a different from that of animal. For example, animal if you put near dirty lake, he can pass through it but human being cannot. Because he has an another consciousness. Now this consciousness is so much higher that you become collectively consciousness about which Jung has talked a lot about collective being. And this is what actual happening. It is the actualisation that you should expect. And this is the difference between the western organized religions and the eastern an unorganized. Where individuals have to find something for betterment of the whole.

Interviewer: But I understand that there are temples in India to Various built or different state of consciousness. And so how is that not organized?

Shri Mataji: You see, that is not organized. These are built by people around the just the, the village people just organized one temple and have it there and they have their own things, no problem at all.

1980-0317, Interview with BBC Radio Broadcast

View [online](#).

17 March 1980

Interview

London (England)

Talk Language: English | Transcript (English) – Draft

Interview with BBC Radio Broadcast, London, 17 March 1980

Lady interviewer: Vibratory awareness. Now I need to place you in collective consciousness, the second birth. The places we call the hippy trend in the 60's with yellow roads and the solemn gurus. After those days going strong and today a new book is published to claim yet another new dawn to call as phrases from its present out [unsure].

The book is called The Advent and it deals with the vibratory awareness available through something called Sahaja Yoga. It has been in congress [unsure] and written by Gregoire de Kalbermatten of the Swiss diplomatic corp. Based in London and press-launched in India House to the Indian High Commissioner and to the founder of Sahaja Yoga, Her Holiness Mataji Nirmala Devi. And it's very true and he set out to meet the lady who was not yet vibrating the sample [unsure].

Second interviewer: The London flat where lives Her Holiness Mataji Nirmala Devi [inaudible] has been redecorated with tapestries and traditional Indian wood carvings. I removed my shoes and have been sitting. In the living room was introduced to Shri Mataji, which means Mother. She's a plump middle-aged woman dressed in a sari, intelligent from birth in mid-life. Here over the tea and Indian sweets, we discussed how to achieve vibratory awareness.

And here comes the difficult part: in a debate lasting several hours, She parried all my objections to her thoughtless awareness and evolution releasing with simple question: how is it done? The answer, it seems, is Sahaja Yoga, the releasing of the potential in every human being to conceive their spiritual integration.

I sat on an armchair, palms upwards, and Mataji made these curious passes over my hand – in fact various parts of my head – in an effort to encourage my natural vital force to spring from within me. She claimed that she could see it; I certainly couldn't. She told me I had sinus trouble, which is true, and liver problems which, as far as I know is not. I did feel relaxed, peaceful, and positive. Shri Mataji explained the benefits of vibratory awareness.

[The interviewer presents an extract from Shri Mataji's interview.]

"You'll get complete integration of your mental, physical and emotional being. Secondly, your mental, emotional, physical being is completely benefited because you get connected with the main source. For example, if you are going by a car and if your petrol is finished, then you built up a tension. But if you are connected to a source from where the energy is all the time coming, all your mental, physical, emotional energy is coming from one source, and if that is opened out, in the medical terminology if you can master your parasympathetic nervous system, then there is no problem coming.

And all the time you are little dynamic or lethargic.

Must be- potential from [inaudible], you don't feel tired and you are absolutely relaxed. The tensions are lost and your diseases, physical diseases disappear, emotional problems disappear and you become a very normal person.

Interviewer: This sounds absolutely marvellous! I mean, if it's truly prone to be easy, why isn't everyone doing it?

Shri Mataji: It's the easiest thing, people don't want to do. You see, if I tell people to stand on their heads they will be very happy. They'll pay money for that if I tell them to stand on their heads, you see. People don't want to do easy things because that challenges their ego.

Interviewer: Do you charge for your knowledge?

Shri Mataji: Not at all! How can you pay for love? How can you pay a single pie for God's love? It's not proper. "

[The interviewer resumes his monologue.]

But all of this is quite hard to swallow. And so I was surprised to learn that the movement and the several [inaudible] in Indian and British [inaudible] is endorsed by the Indian High Commission and claimed to assist the Indian Government. But Mataji is not the first Indian guru who claims to give increased awareness, accompanied by impenetrable religious or psychological jargon.

Yoga itself is quite acceptable these days. But how is Shri Mataji's new method different from all the others? When it gets proven to be an expensive nonsense?

[Extract of Shri Mataji]:

"Some of them are robbers, some of them are fakes, some are enterprisers. I agree entirely that it's false. But if there is such a thing, an export working of good people, there must be something genuine also because if you find so many fake people, then everything fake must have some genuine basis and there must be something genuine. The only trouble is how to go about it? How do you find out the reality? In your proper understanding, what you have to find out, what is an experience, all that you must know, you must be very strict about it, and then only you can find out. But if you are naïve, they can make money out of you. Why not? That's how they are. The world is like that.

Interviewer: So, why then should I or anyone else listen to that [?] that You have something to offer?

Shri Mataji: You see, because I don't want you to believe, as I have told you. You don't have to believe into anything. You have to experience it. The point is of experience. You don't have to believe into it at all. There is no need to believe but you should also deny everything. Keep your eyes open just like you would to any knowledge. But to say that this is a new idea, it's not true because this has been there. You are your own guru. Everybody has said that your guru, is within you. Only thing, it has just to be awakened. I'm not a guru. I'm just a Mother.

Interviewer: Her Holiness Mataji Nirmala Devi.

1980-0317, The Advent Inauguration

View [online](#).

17 March 1980

The Advent Inauguration

Public Program

High Commission of India, London (England)

Talk Language: English | Transcript (English) - Reviewed

The Advent Inauguration, "Find the Absolute", High Commission of India, London (England), March 17th, 1980

Doctor Singh, ladies and gentlemen, and Sahaja Yogis my children, it is so enamouring that I have no words to express anything anymore. I have been thinking about what I am to say now?

They say it is Kali Yuga these modern times and one of the signs of these modern times is that mothers won't be respected and that mothers won't be respectable. Who can believe that these are those horrible modern times which were described?

I'm so enamoured with the way that all Sahaja Yogis have also done this exhibition. And I am thankful to all of them for organizing this program over here. But I am so much blessed, I feel, today, to see a very dear friend of ours, doctor Singh, of this great calibre of learning.

I met many bureaucrats I must say in my lifetime because I am the wife of a bureaucrat. But I've not met such people among them who are that learned, who know so much about our Indian culture, who have gone into the depth of it to understand the beauty of that culture.

Actually, in the Indian bureaucracy, I always felt that they are more enamoured by the Britishers who left us there, without their tail coat, they still exist. I always had this terrible longing to see if some bureaucrats come out with this kind of learning, why we had Britishers in India who learned a lot about our country and who really contributed such a lot to our architecture, to the understanding of our old, ancient ideas that were very clearly given in the Sanskrit language which were translated by them in such beautiful books.

And that generation, I felt was over among bureaucrats who would go into the detail and finding out about what lies in our country, the great beauty.

Now, I don't want to sound nationalist about it. One needs not to feel that when I say that, India is a great country. It is! Because it is going to lead the whole world in spirituality. I have no doubts about it. It is the greatest country that God has created. I am not saying this because I am a nationalist, because I am an Indian. I could have been born in England as well, but because it was specially chosen by God. Now, it should not make people also unhappy that: "Why India is the only place?"

You see, it is something like supposing you know how to drive the car, all right, that's a great thing. You know how to write a book, all right, that's another great thing. And if you know how to administer, that's another great thing.

But if you know how to raise the Kundalini, that's another different thing. So, what is higher and lower is not the point. But from a spiritual point of view, India is the country which is going to provide the needed leadership for all the people. This I am saying for one reason because yesterday, I had somebody from the BBC. And he was saying that: "Why should you bring Eastern ideas to Western life?" I said: "This is not an Eastern that we are doing, it is absolutely fundamental within us." But in India, the fundamentals were discovered first while here you are going the other way round.

Because of the climate of that country which is so good, so kind that a man can live under a tree, he needs not to worry as to when you are going out, have a cold, have this, that. It is such a nice climate that people did not have to fight the nature. Here, the fight with the nature starts from the very beginning, the competition starts and we'll have a difficulty. But where the country is so full of good atmosphere, the people thought: "What a blessing it is of God Almighty! How would these blessings have come to us? Who are we to feel that blessing?" That's how they took to meditation long, long time back, thousands of years back. And

this Kundalini yoga which I am telling you today was discovered, I don't know how many thousands of years back. The Sahaja Yoga that I am telling you has been discovered even at the time of Krishna, whatever he did was nothing but Sahaja Yoga. Whatever Rama did was nothing but Sahaja Yoga, which, if you ever come to my lectures, you can see. But this country was especially blessed where people just thought of God and nothing else.

Because our country is a yoga-oriented country, we have to say that it's a great country. We are not ego-oriented, we are not competitive beings, we cannot be. People have tried to make us that, they have looked down upon us, saying, "you are passive people", whatever you may say, we are not going to fall into a trap to that. Why, though our bureaucrats, as I have said to you, are more educated by you people, might think that way, but I would suggest that it is better to take to yoga now than to ego. Ego has paid its dividends already.

The problem of our seeking in the Western countries is really been misused by Indians for which one should really feel ashamed. And I take all the responsibility of that upon myself in away. And we all Indians, feel extremely ashamed the way we have created such cheats and thugs who have really devoured all that was beautiful in the seekers. Seekers are genuine, no doubt. And maybe those seekers who are today going to India may have been the same saints born in India who were seeking too. How can you say that these saints are not genuine? I have seen them. They are extremely genuine.

I've said many times that England is the heart of the universe. If India has the Kundalini, the heart lies in England. And I find that in England only, Sahaja Yoga was established so easily. Because when I went to America, I found the people were still very shifty. I don't say that American people are not genuine seekers, but so many thugs invaded America that they got used to that kind of selling a business, the guru shopping as they call it.

But the people of England or the young people of England, I found them to be very scholarly. They are of course doubting, no doubt they should. All intelligent people should doubt. They should not blindly follow anything like that. But they are not people who will not open their eyes to something. They are extremely balanced and they want to see what was there. It was difficult, I know, in the beginning, to crack an egg in England, it's very difficult I've had it. And I did not know how many people I'd be giving Realizations.

You'll be amazed, for four years I was struggling with six hippies and two of these, husband and wife, are sitting here. But, to my amazement, when it started, when they sought it, it spread. And not only that but it precipitated into them. They have taken it upon themselves now that Sahaja Yoga is the answer to all the problems which are created by our extreme behaviour of ego or superego. This is something so remarkable. For that, one should not find faults with the country. I would not find faults with the country, after all, the country was created by God. It is His doing if He finds that India was the proper place where saints should be born. There were many saints here born, but as I say it today, there are more saints abroad than in India. Indians don't have so much interest in God now. Only in the villages, that is why I go to the villages, I don't go to the cities.

For example, in England, when I've come here, most of my disciples are, most of them are Britishers or people from Europe. There are very few Indians who are taking to Sahaja Yoga. It is most surprising though they come to Me for their treatment, for their illness, they do come, but taking to Sahaja Yoga that seriously as these people have done, they are not doing. So, the country may be anything, it makes no difference, it's the people. Maybe tomorrow, England is the place where Sahaja Yoga may be established. And the whole when you [unsure] off the Sahaja Yoga which I say India, might be changed.

It is such a great, it is such a great experience to see that in this High Commission where I never expected that I'll be able to speak on Sahaja Yoga. Because Indians have value in Sahaja Yoga, is the greatest surprise for Me. The thing is, we have become now still we are developing. When we'll be developed like you, when we'll be having the suicide as Gregoire has suggested, when there will be people running away from life, when they'll be taking drugs, when they'll be taking to alcoholism as their first life and last life, when we'll be completely ruined, when our society will be completely finished, then it might be, we might awaken ourselves to the beauty of that we have got.

I'm not talking about something Indian; one should know it is not Indian. If you say, Christ, Christ was from the East. We have to

learn a lot from the West but Western people also have learnt something from the East which is spirituality. The naiveness of spirituality of the Western seekers has led them into problems. The experience that they have to expect they do not know what to expect in an experience. They think they can purchase everything; this is ego-orientation. They think they can purchase a guru; they can retain a guru. They are very boastful of their guru, I'm surprised.

"What does the guru do?" "He has given me a ring".

"What has he done to you?" "He made me fly". "How can you fly?"

The Western seekers must keep their brains intact, we say "have locks".

But what is most surprising is that when they see that their brains have done no good to them, they just keep it aside, absolutely hundred per cent. And they say: "Go ahead", to whatever people are saying. In that, I would not blame anyone because the seekers should know what is to be done. They have to be well equipped as to find out what they want.

Of, course, they are going to India, they are very welcome in India. If they go to India, they will find it, no doubt, if they are genuine and if they keep their brains all right. There's no doubt about it. But as soon as they go to the airport, they find some sucker standing, immediately they're enamoured. Now what is the trick these people play, which I will tell you, and you'll be amazed. It's a very subtle trick these people play and that is, they just pamper your ego. Because they pamper your ego, you are enamoured by them. And if you could just keep a watch on your ego, you are not your ego, you are your Spirit. If you could just keep a watch on your ego, you will know that they are pampering your ego and telling you something by which you can be completely swindled out.

Indians, as they are, there are very great saints in India, no doubt, which are hiding in Himalaya. And also, there are the greatest thugs also in India. I must admit that I agree because since three days I've been hearing about it, people have been telling Me that: "Why do you do these things? Why do you do?" And when this was asked, one of the Sahaja Yogis got up to say that: "Sorry, when I came to Mataji, I was in half coma. I was alcoholic. I was dying. Do you think you would have saved me from that?" So, immediately the person asked Me the question: "How did you save him?" I said: "It is very simple. If you could awaken in him, the consciousness of his Spirit, if he can feel that Absolute, he can come out of all this in no time. Because of all this, we do because we haven't found out our Absolute."

All our economic-political activities are on relativity. We talk on relative terms. If we have found out the Absolute, there won't be any problem anywhere, within or without [you]. And this is a very simple thing and has to be simple because it is the process of evolution. It is a living process. The living process of breathing has to be simple. If you have to read books for that or make a concession or a sanction, I don't know how many would survive. It has to be the simplest thing. And that's why it is the simplest thing as doctor Singh has told you, "Sahaj".

So, there is no need to be angry with someone because one belongs to a particular country. You could have been born in China or you could have been born in America. Why are you so much identified with any one of these? If you are not identified, then you will understand that what you have to get is the real "svartha". "Svartha" also means selfishness in English. But "svartha" means also "sva-atha" the meaning of yourself. That you have to find out, whether here, there or anywhere. But for that, it's not necessary to belong to any country, to any race or to creed because as soon as you'll find it, you'll be amazed that you transcend all these things. Just get out of it.

To Me, I never see people as English or this thing, I cannot see. What I see in a person is the beauty of that Spirit which is hidden in the clouds. I just see that and that makes Me both heart and head just to evolve that, to bring that beauty into the consciousness of that person, into the central nervous system broadly, that's all. But if it is from India, why should people feel bad about it? This, I have not been able to understand. It has to be from some country. I mean, it cannot be from all the countries. This is something so simple that, once you develop this kind of understanding that even if it is from India from anywhere, it is for the whole world. Christ was born in the East, but for the whole world. Buddha was born in India but still, he was for the whole world. In the same way, Sahaja Yoga is taught, found out, the modern Sahaja Yoga, in India. But it is for the whole world. It is not the property of Indians or non-Indians or anyone.

Once if you could be reconciled to this situation, then I'm sure, I'm sure that it won't be difficult for you to open your eyes to Sahaja Yoga. Actually, I came to London, you know, because of my husband. And the atmosphere into which I came, I found two types of people. One, those who have set ideas about India, Indians and gurus and all that. And the other type of people, in the seeking I'm saying, another type of people who were true seekers and were cheated and deluded, plundered by many.

But still, they were willing to try again. This is the position when we start our seeking. If we could realize that we have to get this experience, (this) actualization of the Kundalini awakening. You can see with your naked eyes the Kundalini pulsating in your sacrum bone. You can see the rising of it, you can feel it with a stethoscope and you can see the ending of it on your Sahasrara, as we call it, the fontanel bone, which Christ said it's the baptism. Baptism cannot be given by a theological college student or by some graduate. It can be only given by a person who is a Realized soul.

All right, we have to learn our economics, politics from you, it doesn't matter. And if you have to learn spirituality from us, let us give and take. After all, this hand has to give something to this hand, isn't it? If you think the whole world as one, the whole universe as one, then we talk about it but we really do not identify with this idea. How to get over it? Is to find the Absolute.

When you'll get to the Absolute, you'll be amazed! In England, when I'm there, I'm a British person because I am solving the problems of Britishers. If I'm in India, I'm an Indian. So, when I'm a British, they'll talk of our India: "What about India? We have this problem, that problem". When I go to India, they say: "What about England?" "They have that problem. They have broken their families; this has happened to them". If I go to America, they'll talk about [inaudible]

So, how we try to run away from the truth? You must know that you have to get it, the time has come, the blossom time has come. It has to come [to you]. I'm just an ordinary housewife, all right. I am that and I'm proud of it.

You don't know there is a centre within us which represents the housewife. It is there. When that centre is out of order, you develop some diseases. [cut in the audio]

You have to take the name of the housewife. Housewife, herself is a very important centre. I am a housewife and I am a mother. And I'm a grandmother. Though I am a grandmother and a mother and a wife and also a Divine Mother because I see the Divinity on all my children, whatever may be the caste, community, anything. The concern I have is that why don't you know that you have that Divinity? You want to pay for Me, you want to buy Me, that you cannot do. You want to advertise Me, what advertisement can a Mother give? I mean it's-you feel so inauspicious about it. It's so funny to advertise yourself that I'm the Divine Mother. It is for you to understand the beauty of Divinity. The beauty of Divinity is shyness: "Ya Devi sarva bhuteshu Lajja rupena samsthita". You- it's a limitation, maryadas, you cannot cross a certain point. You cannot, you live like that. If Christ wanted, he could have killed all the people who tried to crucify him. He had such powers and He is going to come back. He's going to come back with those Ekadesha powers on this Earth. But he did not. He had a maryada. He had to do that job. I have to do this job. And if you people just open out yourself a little and understand my concern about the beauty which lies in your hearts, I'm not bothered as to what country you belong, the race you belong, nothing of the kind. Because I can see something in you that you cannot see. That's why I am here. And this, I have to say today because the gentleman who came to interview Me for the last three days, has been harping on my head that: "Why should you Indians bother about us" It's a very funny situation.

It's a very funny situation because I'm not here as an immigrant. My husband was actually elected. This is Providence and that's how I am here. And by my coming here, it is God's grace that I have been able to rescue so many lost souls in this country. Is it that the way to say that because I'm Indian I must be barred to do anything? Then why do you have Christ here? Christ was not an Englishman by any chance.

[Laughter]

I'm sorry to strike this note today because I do not know these things, I do not know the difference in the gene, I do not understand these things. I understand that England has its own value, India has its own value. But when I'm faced with such

problems and when people come with that level, sometimes I understand; look at my beautiful children who are here! They are real seekers. They are so ardently seeking. And why people don't understand that somebody has to do it. If God has appointed Me for that, so I'm Indian, what can I do? But then I'm so thankful that in this place which has been used, I know, by many seekers before, that you have given Me a chance, that you have given a chance for this book to be inaugurated.

I'd better not say much about Gregoire, I've tortured his life for this book, I tell you. For one year, I really took him to the task. He had to change so many things because he is an intellectual and hard intellectual, he was at that time, he was hard-hitting everyone. I said: "No, my child. You have to go in a very humble manner. Go about in such a manner that you have to get people to hear. You have to work very hard; you see, these people are so fussy like fussy children. So, if you have to feed them, you have to go about it in that manner as a mother would go". And I really tortured his life for one year. After that, this book was brought to this sweet level I would say that people really enjoyed it.

Please go with- through this book, it will help you because it has vibrations. I've seen the book also has vibrations. And it is going to help you to understand that within you lies that Spirit and when the Spirit starts emitting itself into your central nervous system its own nature, then these variations of Chaitanya start flowing with it. With that you can cure people, with that you can raise the Kundalini of others, you can give them Realization. All your powers are manifested.

After all, even if I am a guru or a mother, whatever I may call myself, what's the use? What's the use of a mother who cannot give her wealth to her children? I mean which is that mother who would like to keep her wealth to herself? Every bit of that, what I have, I would like to give you. Every drop of my blood I would like to give you which will give you that beauty which lies in you. This should be understood by people all over the world. It has nothing to do with a particular country or with a particular race but it is for all of you to receive this because even your evolution is imminent. It has to take place; it has to happen to solve so many problems which are absolutely useless in my eyes.

May God bless you all.

Let us understand the unity of our being within ourselves.

Let us understand that all these great people, Christ has said: "Those who are not against me are with me". Who are those people? Are you all with Him? Who is this Father He is talking about? Let us seek through Sahaja Yoga because with that, once you are connected with the Divine, these vibrations give you a new awareness by which you can find out. You can put your hands and ask: "Is there God?" And immediately a cool breeze will start flowing. Ask any fundamental question, any absolute question and you will get the answer. But if you ask a question: "Is this a real Guru?" and if he is a thug, immediately the vibrations will stop and you'll start getting heat. From some gurus, you get such horrible heat as you would get from a cancer patient.

It is amazing how people do not understand where are they going, what they are doing, what is happening to them because they cannot see themselves, they are involved in themselves. If you are in the car, you do not know what is happening to your car outside, once you get out of your car you can see what is happening. It is very, very simple, it's the easiest thing to do. But to you people it may look- for Me even to connect this [microphone] is very difficult. But for Me, to connect you to God is not difficult. That's all, the difference is that I know something and you know something. Nothing more or less. Just think that way, so that you do not feel perturbed about it.

Most of the doubts come because of this thinking that: "Is She going to overpower us? Is She going to do this?" No, no, no, it is your power which is going to be manifested. It is you who are going to feel your power. I do not want anybody to touch my feet though Gregoire will say that: "I must touch your feet". Just because he has experienced of my feet. But I do not want anyone even to touch my feet or to accept what I say. But you must keep your minds open. Only because somebody (I) something- like the gentleman the other day said: "You are very rich". I said: "If I was poor, you would have said 'you are poor'". But I have to be something. If I am a housewife, they'll say: "You are a housewife". If I am a bureaucrat, they'll say: "You are a bureaucrat". But what about yourself getting it? It's the point!

So, this is how we live on a very, very inferior level. We have to get to the centre and get it. Getting it is the point, now luckily, on the 14th, they are having the program in Caxton Hall where I am going to speak more elaborately about it and that you are going to try this with people to get this experience. Just get it. That's what it is.

I hope you'll make it convenient to come down there and get for yourselves your own powers and your own peace. And if your mind suggests you something, then tell him to keep quiet because he has been telling you not always proper things. Just now, come and see for yourself with an open mind.

I'm thankful again and again to Mrs Singh for coming down here because I know she is a very talented lady and she has written beautiful books which really made Me understand that she thinks of the problems from a very higher level. And to have doctor Singh here and Mrs Singh at High Commission is a very big blessing because to have a person who knows so much about India, who knows the spirit of India is the one who should come here.

And I am very thankful to the government also for sending him over and thankful to all of you to have come here today to listen to this lecture and to his very learned, very learned lecture which I appreciated very much. Thank you very much.

May God bless you.

[Applause].

1980-0323, Birthday Puja Talk: Guarding Against Slothfulness

View [online](#).

23 March 1980

Guarding Against Slothfulness

Birthday Puja

4A Castletown Rd, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Birthday Puja. London (UK), 23 March 1980.

The birthday of Your Mother, and all such celebrations have a very deep significance, because on such occasions, special vibrations flow in the atmosphere. When all the celestial bodies, the Eternal Personalities, Gods and Goddesses sing the praise, and that's how the whole atmosphere is filled with mirth and happiness. Human beings also, express their gratitude. Expression of gratitude and love is done in different, different ways in different countries, but the substance remains the same and the forms change. The substance is like the ocean which flows continuously towards the shores and the ripples which touch the shores are again repelled back, and a nice pattern is formed. It is such a spontaneous thing and is so beautiful, creates such a beautiful pattern in the atmosphere. All these waves when they weave together the pattern of love they soothe human beings, they enchant human beings and the whole thing is very blissful.

On such occasions a special type of feelings develop, which we cannot express in words so the expression could be in any form. But the main thing is the expression. God has expressed Himself by Creation, by creating this Creation. While the Creation has to express its gratitude by glorifying Him, and this play must go on eternally. It's the most beautiful play. Those who indulge into this play lead an eternal life. That life is unending, never breaks and binds the whole universe with its beautiful music.

Today, specially, I have to speak to people who feel weak to follow Sahaja Yoga, who are fickle minded, those who lack strength, those who are afraid of taking Sahaja Yoga seriously. It is very important that fickle mindedness must be seen clearly – why we are fickle. Mostly it might be the ego that is stopping you from doing something that is very, very important. The ficklemindedness comes to us by various ways, as I said one of them is ego. A fickle minded person can be frightened by his own ego and he may stop doing Sahaja Yoga after going up to a point, because the ego might say now, "Here forward, if you go, there is a tunnel in which you cannot enter. You should not go any further. It's very dangerous." It could be marred by your Sloth. Sloth is the curse of this country I feel. It's the curse of the Sahaja Yoga also. I do not know if it is the curse of the Western World but Sloth is something, is like a devil that can keep you very much glued to your own positions and will not allow you to move out. For example in the morning you get up and you think that, "Oh, it's all right, what's the need to get up early in the morning? There is no need to do any meditation. I'll do it tomorrow". Otherwise you start thinking that, "It can be done after a month, doesn't matter, Mataji is here, everything will be all right." But you must know that there are so many imperfections within you, and if you do not meditate now, seriously, take it up as a very serious thing, you may lag behind so much that you may be dropped out.

Meditation is very important after Sahaja Yoga. You have slept and slept all your life. Sleeping is not so important. You have to today promise Me that, from tomorrow, you all are going to get up in the morning and meditate. I was suggesting that if you take your baths in the morning would be better, so that you won't have your sleepy condition. Sloth is such a devious thing that you do not see it. It explains everything. If you say, "Oh I am sick" it will say, "Oh you are so sick you should go to the hospital". If you say, "I'm tired" it will say, "You are extremely tired". Why should you be so tired? It is nothing but your Sloth is telling you that, "You are extremely tired, you better not do meditation now you are extremely tired. You better take some rest, is important".

Sloth is worse than super-ego and ego. Is a kind of an inertia which pulls you down, and that inertia you have to really throw away and get out of it. Because it explains everything, you like it, because it gives you little comfort, and you want to rely on your Sloth. But Krishna has said in Gita, that Sloth is the worst thing that can happen to human beings. If they take to Sloth, if they accept Sloth, they will have all explanations for being Slothful. He, "Alasya", He calls it, is the worst disease according to Him, for any

aspirant of spiritual life.

You may think that, "You see I'm not well now" or anything, Sloth can give you any ideas. Because I don't have that so I don't know what ideas it gives you but it can give you any kind of idea that would be very, very appealing to you because it knows how to please your ego. Sloth is a ego- satisfying thing, ego-pampering stuff, and it makes you feel that, "Oh you are very tired". What are you tired about? You are all young people, why should you be tired? You get tired so soon, is nothing but your Mr. Sloth telling you you are tired. You will be surprised, after feeling tired [if] you run for two miles, you can run.

Now why Sloth works [on] Sahaja Yoga so adversely? Why Sloth works out against Sahaja Yoga so much? The reason is, because we are not yet identified with our wellbeing. We do not think that

“We have to be better, we have to improve, we have to go further, there's a big gap, we have to do it”. We are not identified with our progress. Supposing if I tell you, in England, that if you run two miles every day in the morning, [that] you will get a beauty prize, 99.9% of people, of women of this country, would be running early in the morning. Supposing if somebody tells men that, "You will get Mr. Universe if you run every day five miles in the morning", there will be, I don't know, 99.999% people may be running like that, because we are identified with that kind of a competition which is very materialistic, which is of no value. But when you give up even that competition you fall into another competition [which] is everybody is competing [with] each other in Sloth. They will get up in the morning, see around, "Now, Cooly's still sleeping, all right, let me sleep". So Cooly will think, "He's still sleeping, let me sleep". So there is a big competition on as to who is going to wake up first, who is going to do this. And if somebody gets up then one starts finding faults that, "He got up but what? He was just taking tea" or "He was talking". What about you? You were still in bed! At least he got up, was talking, doesn't matter. But he was kicking. What about you who was still slumbering in the bed?

Now it's such a childlike thing, I mean, it's such a childish thing to talk about with such intellectuals as you are, such well read and such well posted people. That doesn't behove Me, a Mother of such great people, to talk like this, but sometimes I find My Sahaja Yogis are like two year old children, and then I have to tell them that "Now you are grown up". You see, you can explain it but how are you going to explain yourself? Because if you have to grow, if you want your tree to grow, you must change your priorities and your identifications. If you have to be a first-class Sahaja Yogi, you have to put your attention to it. I do not know how to fix it up. Supposing we fix it up like this, it's very childish but I have to tell you because I have seen this is the problem, that, "The day I don't get up, I'll have to pay 10 pee", let's keep it like that. If you are getting much more pay then put it at ten pounds. But something like that. Or you can say that, "That day I'll give up one sweater of mine". Start it like that. It's very easy. People will say that, "No Mother, when I meditate, you know, something goes wrong with me" – means you are wrong, there's something wrong with you. So you better sit down and meditate.

Now, I must say, if you do not meditate, you are very selfish. That's the main point is. Because when you come here, scorpions come out of you [Mother says "Me" but obviously means "you"] to bite My feet. There are snakes coming out of you to bite My feet. Do you want to do that to Me? Or else to others also. The other day somebody came to My house and Chaya and all these people were there. He was so caught up that they were reeling with giddiness, and everybody was trying to take it out and work it out. If you want Sahaja Yoga to work out in this country and in the West, we have to understand our own value, and we must work it out.

Every time if you are catching, every time you meet Me you are catching, then how are you going to feel the Kundalini? You must know how the Kundalini moves within yourself. Say, where it is, how far it has gone. At least there should be at least ten people like that, minimum, because I have worked here so hard. You don't know, I didn't work so many years in India and there will be at least 80% people who can feel the Kundalini moving – it is here, it is there it is there. And some people feel over-satisfied with their progress also. It is like a full group of people going somewhere, say a tug-of-war. Even [if] one person moves two steps forward than where he is, the whole thing moves. But we do not see to the people who are moving it towards them, what we always see is, "How can we compete with the person who is not moving? If he is moving back two steps, we can move back three steps." This kind of attitude will not help us. You know that Sahaja Yoga is the only way, is the only method that Divine Grace has given you, by which you are going to transform the whole world, and lazy lumps how can they help Sahaja Yoga?

Laziness is the worst thing today. I know today is not a day to say all these things, but you all have to promise to Me that you are going to give up your laziness – Swaha. That's what I have seen that, whenever I meet you people you are caught up. The another thing which goes against Sahaja Yoga is, I have told you hundred times, I don't know how many times, is to talk ill about other Sahaja Yogis. We are all part and parcel of one body, say we are all part and parcel of one hand. Now if this finger starts talking ill about this one, what is it going to do? Talking ill about each other is a very wrong thing. So today also decide that, "We will never talk ill about anybody else but we'll look at ourselves – what is our position."

I've seen people passing remarks about other people who themselves are very badly caught up, and not worried about themselves. Now, by this, how are you going to improve? If you do not pay

[redacted]attention to yourself, and pay attention to others you cannot improve. So another promise should be that, "We will not talk ill about other Sahaja Yogis." But no Sahaja Yogi should take anything for granted. We have to really work very hard. So second habit of talking ill about other Sahaja Yogis should be Swaha, and thinking even about it. You are absolutely cutting the threads of Sahaja Yoga, which I have very sweetly woven. Now you would be generous to Me, I know. You can be very generous, you have given Me a very beautiful painting, I am very thankful to you. But try to do it to others also – generosity. You should be really bound together and you can see then what we can produce.

You have seen how nicely we did the exhibition. Everybody was enamored. Everybody was very happy that you did so well. It was such a joyous thing and everybody was congratulating, they telephoned to Me. They said, "How they are together? There was no quarrel, no fighting, nothing. They did it so well." So tell your mind that, "How dare you think against any Sahaja Yogi". Do you know all of you are saints of the highest calibre? And this kind of wretched, non-sensical thing, so low level, how can you do? I may talk ill about others, I may say that, "He's bad", just to test you. So many times I do that to see how you feel about someone. If I say somebody's bad, just keep quiet. It will have two purposes. One will be that, if you are sympathising with someone, so I am saying, "Don't sympathize" because you are sympathizing with a wrong person. Or maybe I am just testing you. So keep it noted in your mind, if I say that person is no good, then keep it in your mind, "Am I sympathizing with that person?" This negative sympathy is very common. So third promise should be that we will not sympathize. If you sympathize, 'sym-pathize' means 'you share the pathos of others'. You have to just share the joy of another person. So we will not sympathize with others, with anyone, but we will share the joy of another person. The part that is joy of another person, we are going to share and look out for the joy. Try to see the good points. Some people just cannot see. That's how you dominate each other. That's a wrong thing.

In a growth of vital importance it is important to know, what are the vital parts. If you try to press one vital part, you cannot grow also, because you are all supported together. So the third thing is – you have to promise that you are not anymore going to sympathize with anybody else. None of you can love as much as I can love. And then one should know that if you have sympathies, there is no need at all. But you should have feelings for everyone.

Now every human being has a character and a temperament. Apart from his Self, is his Spirit which is pure, in Its own form, It just gives you vibrations, tells you right, left and all that. But everybody has a character, is important, because the light that is burning in a candle can be different style, another different style. Looks nice, variety looks nice, it gives you beauty. So your character you must know. Respect your character and enjoy the character of another person. I really enjoy your characters and how sweetly you behave towards your own characters. But temperament is not your Self. Temperaments you must give up. Temperaments are horrid things. You give up your temperaments but keep to your character. A character is something so great, is something so sweet, and I see that character in a person, and I feel like - how is it they are not identifying with their character but with temperament? For supposing somebody has a temperament of saying something silly – is a temperament. So you just say, "What is this going on? Why am I saying things silly? I better get rid of it". Somebody has a temperament of getting boiled up very fast – so you see to it that this temperament is not your character. But some people are so low level that even in their character you can find something going on and on and on, which is – their temperament has become one with their character. So try to separate. First of all you separate yourself from your temperament to your character, and in that character you enlighten your light. See how beautiful you will be, you'll enjoy each other much more.

Now when you are with Me, I know everything about you, no doubt. Everything. In your mind, what's going , I read minds. I read everything, but what I see is your light. Then what I see is your character. I do not bother about your temperament, but a time comes when this temperament becomes more dominant thing. You become so much identified with [it], "I am like that! I am like that! What to do? I am like that! It happens to me. I...I....I....I." So the fourth resolution should be – No more "I". We are not going to talk about "I", "I think", "I believe". Who are you? "I believe" – now who are you? Are you Jesus Christ, that your beliefs and your faiths are that great? So we should say, "We believe", "We are like that". Now we have to move in one body, with all our different characters we have to say "We", "We which are part and parcel of one personality." So always say "We", and this is how we must know that these temperaments are the things which keeps us out from everyone. Temperaments can be – somebody is a crying baby. Then that person will remain a crying baby for such a long time till I'll break My head. If somebody is a frightened person, he'll be always frightened like that. You say anything – frightened. It's useless. Why to be like that? You be normal. If you have that kind of a temperament you be normal. Is not good.

Some person is an aggressive person, or a hot tempered person. He'll be losing temper all the time. That's a temperament again, that's not his character. Character shows in small, small things. I'll show you a character. Now a person has a character that he's very generous. He will say something which will be very generous. A person who is a loving character, he will do something which will show that he's extremely loving. So you first find out what is your character. Supposing you are a loving person, then why not love each other? Why not talk of love? Why not be kind? We suppress that, and we take our temperament as our own. And once you take your temperament as your own, there are problems and problems and problems. They are just like bubbles. These temperaments have no value, no substance, useless. And they are the greatest joy killers. If you have one person who is temperamental – [you've] had it. All of you will know that this person has this temperament – they'll run away.

People have their own ways of doing things, that one has to merge, has to surrender to The Whole. We must learn to surrender our own little, little things to The Whole, and then you'll be surprised that we will become so congenial, so integrated – despite our different characters. You have to maintain your different character, different style of talking, different style of walking, different style of expression. But the character, if it is not brought forward, the whole thing is so ugly so horrid. Like the stinking, rotting leaves these days. But if you remove the leaves, these old leaves, these useless leaves, then you find the beautiful grass below. So nobody should identify with your temperament. That is very important for Sahaja Yoga.

You must know that people are going to come to Sahaja Yoga because of you not because of Me. They cannot understand Me. I am beyond them. I say something of the seventh floor. They just don't understand. They will understand you, not Me. This is very important, perhaps you people do not realize. You are not, supposing, taking Sahaja Yoga seriously, you are not doing anything about it. You are still very much attached to things. You are not willing to do this, you are not willing to do that, you don't want to give up this or that. Then people will say, "Oh he's a Sahaj Yogi, such a person. How can he be? What has he achieved?" You may say, "I've got the Bliss, Mother has given me the Bliss", they'll say, "Not, we cant see that in your face". You are still criticizing each other. Still you think no end of yourself, still you are catching here and there.

So it is you , you are the reflection of Sahaja Yoga, not Me. They will know, they will see, "All right, She is all right". I have seen people who are My relations, they will say, "Oh You are Beyond. Nobody can reach You and so we are not going to try." But if they see there are some people have reached somewhere, then they will come. Isn't it? So you are like people, say I'm placed on the seventh floor and you are placed on the first floor, all of you. Then you come to the third floor then people start seeing. The first floor people cannot see the seventh floor, but if you are there at least on the third floor they say, "Oh there are some people on the third floor, let's go ahead!" It is like that, because people see what they can see, they cannot see what they cannot see. So when they see transformation in you, they see that beauty in you, then they know that there is Sahaja Yoga. So for Sahaja Yoga's sake we have to sacrifice certain things and I have told you already that we have to sacrifice all the funny habits or temperaments we have got, that today you have to decide that, "I'll give up this", and it is, today, as I told you, there are special blessings, it will work out. You have to become really good Sahaja Yogis. Now by comparing with each other you cannot. By talking to each other you cannot. It is your own, it is you who has to certify "Am I all right? Am I a good Sahaja Yogi? Am I really progressing?". You must progress, if you do not progress then you are not growing. All of you have to grow, and grow and grow.

So the last of all is the day when we are very happy. Now this is the first time My birthday is celebrated in London, first time abroad, and all the Indian Sahaja Yogis must be pining for Me. I am sure, all over, they must be terribly pining for Me, so we have to think about them also. Think about other Sahaja Yogis, what they must be doing. Think about them – you will feel happy. You sit down and think about others and you'll feel very happy thinking about those people because they also are your brothers and sisters. And so nice it is to feel that you have so many brothers and sisters who speak the same language. So we have to transcend that limitation that we are in England – no, we are everywhere, and you can in your meditation, think of all these people who are there.

Establish your relationships with them. Establish your understanding with them. You write to them. As we have got pen-friends, you can get some pen-friendship and you can start writing to people. It will be a very good idea if you start something like that. But letter writing is another thing which is Sloth, completely. You see I write much more letters than anybody, anyone of you can write, and despite the fact that I'm so busy. You know how busy I keep. Despite that, I write letters. But I have seen that English Sahaja Yogis have no time to write letters. Nobody can believe that they have no time to write letters. First of all we must decide that also is too much, everything "too much" should be avoided. How much we eat, how much time we spend in talking to each other, let us decide about it, find out about it, and then you will be amazed that if you really find out the time, you will see that you have lots of time which you can save. So like a person who has limited money, he sits down makes a budget. In the same way you make the budget of your timing. You are always busy – doing what? So let us find out that time, that time when you have to allow yourself to grow, that time which is required for your personal attention, which is required for your evolution, that you must give. That is the due you have to pay because you are realized souls now and the responsibility is your own.

In this, best thing is to take to wisdom. Sit down once and take to wisdom and think it over, "Mataji has given us realization, all right. The germination has started, all right. Where are we? How far are we? Have we got even our roots or not? Have you got the shoots coming out or not? Where are we?" Just find out for yourself. I know that Mataji is pulling all of you and you are all dragged into it. You have to be jolly well going, moving somewhere, but if you give your motivating force, all of you. Not even one person should drag behind, because his weight is going to pull us back isn't it? So that's why I say it is selfish. If anybody lags behind, that weight we have to pull again.

So what happens, it's like the story that a person who walks three steps forward and five steps backwards. When will he reach? He'll never reach. When will he reach? Such a question, you see it is, as they asked in the mathematics, you see, "When will he reach?" Such people who move backwards faster than the forwards. So everybody must decide that, "I am moving backwards, I must move forwards." By that you are helping the whole grow, and will be the ideal thing for Sahaja Yoga. So your individual growth should be all right, and your collective growth should be all right. It takes not much. Meditation you have to do. You have to sit in Nirvichara. You have to give up your thinking. Try to be in Nirvichar, try to be in Nirvichar, and you will be surprised how the thing will flower out.

Next year I want to see many more people to come. Apart from that I also want to see everybody progressing. You see even if you get thousands of people and of no quality what's the use? What are we going to do with them? We have to have people of quality, people who will work it out, who will get to it. Who are identified but are not working it out is useless. So everyone must work it out, must work hard. Do not criticize others, do not sympathize, and go further and further with your progress.

The other day I was finding out the meaning of the word 'Ashram', means 'a place for the ascetics to live'. Ashram is a place, if you have to go there, don't carry all your luggage there. You have to take very few things there. You should be able to live with two [or] three clothes in an ashram. You see, Ashram is a place where you are trained to be temperate, where you are trained how to control your senses, how to control your attention. But there also what do we do? Let us find out, what do we do to control our attention? Best thing is that when you go to the ashram – take to the rigorous treatment of yourself, absolutely rigorous treatment, "All right now we are in ashram, let's go all ahead". Early in the morning you get up, you do this, you do that, and you work it out in such a manner that you see to it that once you get out of the ashram, you are absolutely perfected. That should be

the ashram. While it seems that in the ashram, if you go, people get worse. Is most surprising. And even they told My husband. He said, "What, what sort of an ashram you have that people go and catch in the ashram? What sort of an ashram it is?". The reason is, who are in the ashram must maintain a certain discipline, and get up in the morning and not indulge in too much tea taking.

Everything must have a balance, go on reducing. Everything you can go on reducing. See, if you can go on reducing your sugar it will be nice. I tell you how to give up tea, very easy. You first of all stop taking sugar – half of you will leave taking. Then you stop taking any milk in it – then the other half will give up, and then you stop your tea. That's how it will work out. But one need not go to that extreme that you just don't have any tea. But also the other extreme is that, without tea you cannot talk to each other, every time there should be a tea. Now, just now you have had no tea, nothing, you have been sitting nicely. Since morning you have got up, you are looking very fresh and nice, nobody is tired. But then, "I'm tired, I must have tea". All these things all work together. So one has to take a very, very pragmatic attitude towards Sahaja Yoga, and Sahaja Yoga related to ourselves. Next year I will be 58 years of age. I don't know if I'll be in London or wherever it is, or we may celebrate it in India. All of us may go to India, but it won't look nice if the Sahaja Yogis from here come down with Me and there all the Sahaja Yogis there will be shocked and look at you and say, "What is this? Why are you like this? We can't understand", it won't be nice. Now for next time we are not going to do that. For next time we are going to go over there, much cleaner, much better. Why not compete in this? Instead of Sloth, why not compete? If he's getting [up] at four o'clock, why not I get [up] at least quarter to four? If, at least, five minutes to four. Let us try to compete in these things and it will work out. If you want to do it, it is very easy to do. But going to India and everybody saying that, "London Sahaja Yogis, Oh God! What a headache, they are coming now, we'll have to clear them, this thing, that thing, all sorts of things". They have had very funny experiences so far.

For next time I would request you all to prepare yourself assiduously for one year. Only try for one year, not more than that. If you have to study, say, medicine, you have to study for seven years. Anything you have to do you have to study for years together, you have done it now! So one year religiously you see to it that you live in joy, happiness and friendship with others, and with yourself in complete assiduity and rigorous imprisonment. Then only it is going to work out. With others (Mother laughs) lot of love, lot of friendship, sweetness. With yourself complete rigorous imprisonment. If you have a temper, stand before the mirror and look at yourself when you get angry – you'll get rid of it, you see.

Then, all sorts of things can be cured. If you have any problem you ask Me, I'll tell you how to do it, how to puncture your ego, everything I can tell you individually. But you come out with these problems, you say, "Mother, this is my problem, this is my problem. I don't know, I'm doing this, how to solve it?" and it will work out. But by condemning yourself you are not going to work it out also. This is another fashion is, "I'm so bad, I'm no good", is a fashion. You are perfectly all right, nothing wrong with you. Only thing you have to work it out and you have to come up.

So from one year that is finishing to the next year. We have to promise, we have to promise on the day of Mataji's birthday. You have given Me such nice, beautiful things. I love them, such nice sayings. But I have to tell you that this time I am giving you the discipline of Sahaja Yoga. Discipline yourself. Discipline is very important. If you do not discipline yourself, any tree which is not disciplined cannot grow properly. You have to discipline yourself. If you do not want to discipline, only thing you'll be coming to My program and will be of no use to Me. You have to develop your depth, you have to go deeper into it and it has to be worked out.

This year we are going to have lots of other programs which I have already talked to other people. You can find out from them. We are going to Paris, we are going to Switzerland. We are going to America and you'll have lots of time. But even when you have no work, when you are alone, you can work it out. Every moment you have to work it out. This year you really dedicate, a year of dedication, for improving yourself fully, working it out, meeting regularly and doing it. Not only writing. For example in the committee meeting, everybody's there. Now you all discuss, write it down in the paper, all right. "We have to do this, we have to do that, we'll all get up at four o'clock" and till six o'clock everybody's snoring, that sort of a thing is not going to help. So we have to work it out because this is what is in store for us. It's such a beautiful thing. A little effort and what a joy, little effort and what a personality! Little effort and what a power! Little effort and what a collective strength!

So a little effort, "Have I put in little more than what I can put in?" And give up this idea of "I'm tired". Nobody's going to get a heart attack, take it from Me. Nobody's heart is going to fail, take it from Me. You have lots of energy, but put it in the right channel. That is going to help all of us. Also I would like to have from you suggestions. You sit down, talk to each other for arranging other programs. I am going to Brighton also, we have fixed those dates also for Brighton. But other places, wherever you want Me to go. Say Edinburgh or any place. I'm here May, June, July, like that I'm here. We'll fix it up, whenever you say we will do. But weekdays I can go, weekends is rather difficult. We have already fixed Paris and this thing for weekends. But weekends are difficult [for] Me because I have another things to attend to. So now I am with you do whatever you please. But first and foremost thing is that you have to be absolutely all right.

You have to learn Sahaja Yoga, you have to know, you have to be experts. I have seen people who come only yesterday became great experts while [those] who are slogging for seven years are still [slogging]. So we all have to work it that way and must have faith in ourselves as I have faith in you. I have great faith in you and I can see the beautiful time that we are going to have together and really enjoy ourselves thoroughly. Absolutely we are going to enjoy. You don't have any frights, don't take any steps which can spoil other people's temperaments.

Either you are aggressive or non-aggressive. But it is never so. If you are aggressive then you give up aggression then you become a timid person. Timidness has no value in Sahaja Yoga. What is it am I going to do with timid people - timid, tired, fagged out? If you are tired, take some tonic, get well. All of you should get well, and see that you really achieve that sparkling radiance within. You won't believe that your Mother works very hard. Very, very hard She has to work with you people, and I have to really pull you through, really pull you through. But still you find Me very happy because I see something that is so beautiful, that is so nice, so sweet, so great in you, and whenever I see that I just say, "This will all go away after all, you see these are all dried leaves, they will have to go, autumn will be over and spring will be coming." So you see, I forget it, and I just don't worry about how much I have worked, how much I have to work out.

But trust each other, love each other and give more trust and more love and understanding and no sympathy of any kind. So I don't know how to thank you again and again for making that function so successful. People are very happy about it and we are going, we are looking forward to tomorrow's program on the 24th and that is going to be really a very, very heavy day for all of us. So after today's this thing, you will know that you are much better now. Keep it up. Put yourself into bandhan. Girdle up yourself, and "Onward Christian soldiers". This is what it is, we have to be in that way. We are the people who are loving. We love. We distribute love. We emit love, and we have to be that picture and that image that when people see they'll say, "Oh these are the right type of people". We need not wear any dresses or anything like that, but only seeing you people blooming like that people have to believe that you are all great. You have already shown your great work in that exhibition and people were enamored how you are so transformed and you are so great. I mean they were really enamored how you did the whole job so well and so systematically. So again I have to remind, on this day that we have to promise our Mother that, "Mother, this year we really promise you we'll work very hard. We'll be very compassionate, [full of] kindness." [Don't laugh at people] – that's not your right, that's not the way to do it, you see you should not laugh, that's not good manners. Just try to see, what is the person saying. Even if he's stupid, no use laughing at him. Just see what he's saying, what is his attitude, and all this will bring forth a very, very beautiful image of all My children, whom I love very much. I will love and love and love. Whatever may happen I'll be your own. But still, in My love I request you that I cannot feel happy unless and until I make you like Myself. All right?

Thank you very much.

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24 March 1980

The Meaning Of Reality

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"The Meaning of Reality", Public Programme, Caxton Hall, London, England. 24 March 1980.

How many of you are new people? I would like to know.

So first of all I'll have to tell you something about Sahaj Yog and also about how people get mixed up with other things.

The first and foremost thing one must know [is] that, if there is something genuine, people do tend to create something fake out of it. It is a fact of life. One has to accept it. If you have real flowers then you find all kinds of plastic plants, all kinds of copies of that.

In art it is a very good thing to copy what God has created and also to add to it your own feelings and your own angles about a particular scene. An artist sees much more than a normal man can see. A normal impression of any material thing is quite gross. But [an] artist being subtler because of his temperament and because of his own sensitivities he sees much more and deeper things. And he reproduces that which is created by God in a better way; because he exposes those subtleties which a normal human eye cannot see or perceive. As far as material things are concerned, it's a very good attempt. And one should do it. That can really give people a subtler understanding of God's Creation.

But as far as the real religion is concerned, you cannot play about with it. You cannot create copies of that because it's a living thing. You cannot create copies of living things because you cannot create life. You can make it life-like, but it cannot be a living thing.

Religion is a living thing within us. It is the sustenance within us which starts flowering from the very beginning of life: where life changes, transforms from one single-cellular animal to this complex human being. You cannot show that transformation by making a painting out of it; because as soon as a human being touches the thing, it is dead. We can show a smiling flower. You can show at the most a mobile smile of Mona Lisa. That's also you make sometimes. But you cannot show Mona Lisa who is smiling all the time or changing her forms. And that is why it is important to understand that when people try to copy the real religion within you, they make a good job out of it. They have to make it so good that people should not be deceived anymore. This has been our problem since long.

Christ was real, Shri Krishna was real. But those who tried to copy Him did a good job out of it but still it was not real. And that is why whenever any such attempts are made you find that it is very confusing for a person to make out real from unreal. I have been facing this problem since I went to America in 1970. When I went to America in 1970, there were people who came out with their tape recorders and they had very complicated machineries. They taped me, and they taped whatever I was telling them and some of the people who were organising my programme took an objection to it.

And they said, "Mother, we should not tape it!" I said, "Why not? Let them tape it. It has vibrations. Why are you afraid?" They said, "No, they'll make a copy out of it." I said, "Let them make a copy. By making a copy they cannot make me out of that, or they cannot make you out of that. They cannot raise the Kundalini of people, they cannot give them Self-realisation. When it comes to actuality, they cannot do it. What will they do? At the most they'll talk."

So there was a book, written as 'New Awareness' in which words 'vibrations' and all those things I have said was used. And they sent me the copy of the book saying that, "See, this is what has happened out of you." And there were many people who started talking about these things - new dimensions, new awareness - all those things.

And they also started claiming that they can raise Kundalini! Up to that point, people can tell lies!

Human beings have a special capacity to tell lies. I think nobody, no creation of God is that good at telling lies as human beings are.

And without understanding that you will be tested, you will be found out, without any fear about it! They are making copies of it because they can make some money out of it perhaps. Maybe because of that, they can have some sort of a advertising advantage, or some sort of a material, baser advantage they will get out of it.

So I had to accept it. I said, "Alright, go ahead, doesn't matter!" But when it comes to actually giving Realisation they are nowhere.

They found out also other methods of making it look very attractive. First of all, it's a money-making proposition. Once you start making money, you can spend also: on advertising, having a big circus about it; talking in a way that would look extremely fantastic. Even they got recognition by governments, some of them have earned millions of pounds and billions of dollars. But then one has to know that the mistake lies not only with them but also with the people who are seeking the truth.

As I have said before and many-a-times, modern times are the blossoming time. This is the time when we are going to become the fruits. This is the time of real transformation. This is the time of real baptism. This is the time when you are going to know your Self.

The time has come. It's the maturity that's important for life.

You have seen that in this human body, if we inject anything, it is thrown out. If you try to push anything into this body which is a foreign material, which cannot be absorbed by this body, it's thrown out. But if you see a foetus, it is not thrown out. Not only that, but it is nurtured, looked after, loved and, at the right maturity, it comes out at the right time. In the same way, the development of spiritual ripening had to reach a certain maturity in the human beings to get to this breakthrough.

Think of Christ, only about two thousand years back. Do you think we could have got them for such a congregation? People who are really seekers, who are seeking? They were people who never knew about God. They were people who did not know that there was something Divine. It was Christ who had to introduce this idea.

In those days, in this England, what was the situation of awareness? People were fighting with the cold and with all the winds that were blowing over this island. They had no idea at all that there was God. On the contrary if they had anything, they used to think, "Why so cruel a God?" This awareness had to mature up to a point, come up to a point, and then this was to happen.

It is in life, you have seen - everything has to mature. If you sow the seed and say, "Tomorrow I must get the fruits!" You are not going to get any. But if you see the whole span of life, it is a very, very short time. Even the time from when the earth seceded from the sun, and on that life came into existence, then it became a human being, itself is a big miracle. It could not have happened. It's such a short time that nobody can believe that it can be a thing of chance. On this point all scientists agree that, in mathematical calculation, if you use the law of chance, it does not explain at all that, in such a short time, human beings could be created. But as human beings are, when they are scientists, they refuse to accept anything beyond.

One side you have people, scientists, who do not want to accept anything beyond the gross. The other side we have people who see some things from the beyond and believe that it is spiritual - which is not. Anything that is beyond the gross need not be spiritual, need not be the real. It could be something else which you have not yet seen.

So, under these circumstances of confusion, the cunning takes birth on this Earth and they find out ways and methods of exploiting people. Some of them are not cunning, they genuinely believe they can help people. And some of them are absolutely naive and they start this work with that naivety, start getting little money out of it, or some sort of a recognition and then they find that it's a good method of floating an enterprise, and they do it.

But for this, we have so many ways of understanding what is the real. We have so many scriptures which are true. [If] they are true or not at least should be verified. Once you discard some theories or any hypothesis you must know that you have not given proper respect and understanding of that thing. How can you disregard something which you have not read, which you have not seen? So that's how it works out and people start producing things which are fake.

Today, why I am going to speak about it [is] because I had lots of questions, that people said, that, "Many people come with the same ideas as you are saying and they are claiming the same thing, and what is the difference between Sahaja Yoga and other things?"

In one sentence, I can say, Sahaja Yoga is the actualisation of the experience of Self, while others are just talking, talking, talking, talk. Now it is said, not only in India. Christ not being an Englishman I would say he didn't say it in England. But when I see, see your Stonehenge, I know there were people who were working on Kundalini. But the other day I met a lady who was telling me that, "Now scientifically it has been proved that Stonehenge has no meaning." I said, "How can they understand what the Stonehenge is? How will they understand? Because their awareness at this point is gross." By science you cannot understand Stonehenge! For that you have to have that new awareness by which you can feel the vibratory awareness within you, the radiation of the Self. How it happens?

In the Bible it is written that, "I will appear before you like tongues of flames." There are many sentences like that. Now can you explain to me what are those tongues of flames are? Because those who are also reading their Bible are just reading the words. By reading the words you can at the most say, "Tongues of flames means this, that," anything they can put up but actually you have not seen it. So it's all a guesswork and imagination, that's why there are so many crooks, so many religious organisations, so many gods, so many everything.

But if you have seen it then you will know what it means. You have seen this hall so you know what this hall means. But if you have not been inside this what's the use of talking about it when you have not been there? But it is another common human failing that one tries to do it.

As all the incarnations, and all the great prophets, and all the Realised-souls were very simple people. Perhaps I have had the greatest human Realisation among all of them. I have understood human beings much better than they have understood. Because they were born at such a level that they could not see what a human mind works with. They cannot understand, because at that level you have no temptations, you don't know why should anybody tell lies, you don't know why you should copy, why should you try to be nasty.

So many times I feel that way that when I hear people talking ill of others or anything, I say, "I have no time sufficient to love. And where do talk and sit down and think of all these nonsensical things?" But human beings can be very nonsensical! This, perhaps, none of these incarnations ever realised. I had to come to understand it, I believe. And after understanding human beings, I felt that the time gap was too much. And that's how they started groping here and there and doing all kinds of things. And, in the meanwhile, this cunning has profited itself.

So first you just raise your attention a little higher and think from there that - How can you purchase God in the market? How can you pay for an experience which is your own transformation? Which comes through life? How can anyone who says he's a holy man be a parasite? How can anyone who is supposed to be giving you religion, would depend on you for his living? How can you organise God, and how can you organise that living religion? And [such] simple questions one should ask, I think, before going

into these things. And once you start asking such questions to yourself, you will be able to say - like in Sanskrit it is said, "Ya neti neti wachane nigamor avochus" By saying, "Not this, not this, not this", you reach to the Truth. But then when the Truth also comes in you [still] say, "Not this." Like our American friends who are doing nowadays 'guru shopping'. They also start saying, "Not this, not this, not this". First they'll jump into it headlong, get a big bump. Then they'll go to another one, have another bump there. By the time they are absolutely fagged out, they come across Sahaja Yoga and they say, "Not this too!" It's an interesting thing - how human beings are going to miss the Truth.

What is the Truth? Truth is that you are created specially, you are chosen specially to enter into the kingdom of God, to manoeuvre His power, to get all His blessings and all His enjoyment because He is your Father, God Almighty, who loves you. This is the fact and the truth and unless and until somebody gives you that, you are not to believe into anyone. This headlong plunge cannot be explained except when we have to accept that we had some sort of a weakness, or some sort of a hallucination or mesmerised mind that we got into this nonsense.

Now for Sahaja Yoga, it has been written thousands of years back, not today, that, in a human being is placed in the sacrum bone, a residual power, called as 'Kundalini', which awakens and gives you your second birth. This is what Christ has said, "You are to be born again." You are to be born again. Not your father, not your children. It is you who has to be born again. Means when you are living you will be twice-born. In your own human awareness you must get this experience. Unless and until you have that experience you are not to believe into any nonsense that's going on. Specially if it is selling.

If you give up only one point that nobody can take money for this experience, 99.9% people will drop out. One person may be there, who might be wanting some sort of a recognition or [for] something they might be doing it and might be telling stories that, "I have a big factory" or something like that. All that you have to see - what are they giving you?

When this Kundalini rises, you have seen here, in the triangular bone, she is placed in three and a half coils. She exists there as a living thing. It's a living energy which differs in different people. The colour is something, we can say, like a tube light in a person who is a very awakened person. But depends on what sort of a person it is. In the people who are extremely gross, this Kundalini looks like mud put together. In some people, it looks a whitish mud. It has different colours and different illuminations according to the human beings. Now you cannot see it, I agree. But you can see the pulsation of this Kundalini. When you see some people, coming over here, now most of them have seen it, and who are giving, who have given Realisation. You can see their pulsation on their backs. You can see that part of the bone, sacrum bone which is sacrum because it is sacred. Why is it sacred? This bones are not burnt. If the whole body is burnt out also, this bone cannot be burnt.

You see, people - this word has come from Greek language - had recognised that this bone is a sacred bone and that's why they called it as 'sacrum'. This bone in us contains this energy which you can see with your naked eyes in the bone [when] it is pulsating, you can see it very clearly. Now, one can see there, that this nobody can do. This pulsation nobody can do. People make you jump, dance, shout, shriek, wear dresses, wear uniforms, do all kinds of nonsensical things, but they cannot make this bone pulsate. And when the bone pulsates, it rises. The whole rising of pulsation you can see it, and with a stethoscope you can hear it, till it reaches the fontanel bone area where also you can hear that pulsation just like your heart pulsation.

Recently, very recently I should say Kabira has lived. He was a great poet and a great Sahaja Yogi. He has sung the praise of Sahaja Yoga. He said, "Shunya shikhara para anahata baaji". He said, "On the silent peak of the head, anahata" - means the sound without percussion, this, "lub-dub, lub-dub" - "you can hear that."

And when it becomes silent then you have got your Realisation.

At that very moment you start feeling the cool breeze coming towards you if I am there. But if I am not there it is going out of you. Now this cool breeze like flowing is the radiation of the Self. This radiation passes through your body just like my voice is passing through this (mic), and you can actually feel it. Whatever you can feel is the real. Whatever you can see is the real, whatever you can hear is the real. You can feel it flowing from your hands.

Now I must say also that it doesn't happen to everyone. Like every flower may not become a fruit. But it happens to many of you. And if you see the time factor, it acts on many people at the same time. But little one second, one second here, two minutes there, later or earlier. It's something like flowers turning into fruits - that's a slower process still. But Sahaja Yoga process can work out [so fast that] within half an hour even thousand people can get Realisation .

Now it is also written that, "it is very difficult". But it is also written [that], "When the time will come it will happen en-masse." It is a difficult thing, no doubt. It is a very difficult thing for human beings to take out a primule, or the germinating power, out of the seed.

You cannot pull it out to become a tree. Whatever you may try, you stand on your head, do whatever you please, you cannot germinate it. It has to happen spontaneously. In the same way whatever has to happen spontaneously, you cannot labour for it, you cannot work for it, it just happens. Now what works out the thing? In a seed what works out the germination? The seed is a built-in tree. It's all placed in there. It's all placed in you. The whole thing is placed in your evolutionary process. All these centres are your evolutionary steps: one by one [they] are the milestones in your progress. And it is all placed within you.

Because it is a living process, it only acts to that which is living. Like water has to be poured onto the seed. But it has to be water. Say if you put plastic or kerosene oil it won't sprout. In the same way one has to pour that Divine love; which you have to get, passing from your hands. That Divine Power which is called as Brahma, within you. This All-pervading Divine power, which you cannot feel normally, has to be [a] little bit poured into you. And somebody who can do it can sprout the Kundalini and Kundalini is awakened and you get your Self-realisation.

Now, how are we to believe that this is Self-realisation? It happens to people in such a way: "Yes, we have felt the cool breeze, all right. We are feeling, yes, very relaxed, all right. But still how is it Self-realisation?" Such questions must be known beforehand what are we expecting out of it. That I said it's a new awareness, a new dimension in your awareness. So how do you get a new awareness within? The awareness of the Self, how do you get it? The awareness of the human beings you have got. But awareness of the Self if you are getting, how are you going to find out? First of all [the] Self is that subtle instrument within you as shown. You start feeling on your fingers all your subtle centres which are controlling the sympathetic nervous system.

Here you can see the colours as shown clearly. These colours are related to the chakras that are within you, to the subtle centres. These subtle centres control the gross plexuses within us. So you start feeling them. This is actualisation. For a person, who is a very devoted, dedicated, simple Indian, say in India, he just gets the joy, he is laughing within himself, "I have found it! I have found out", he goes on. And for an intellectual, say in England, he first starts verifying, analysing what he has got. He doesn't accept the joy part of it because his heart is closed. So he starts finding out what is in this centre, what is in this centre, what is in this centre.

By this happening what you get, first and foremost, is your physical fitness. You are physically completely cured through Sahaj Yog. For example cancer is a disease which is a modern disease. We are exhausting all our energy and that's why we are getting cancer.

Cancer can only be cured by Sahaj Yog. And I have cured cancer and many of the Sahaj Yogis have been cured of cancer, of leukaemia.

What happens and how it works out will need another lecture, but if you can read one of my pamphlets which I had spoke to the Medical Institute in India you will understand how cancer can be cured.

Most of the diseases can be cured by Sahaj Yog. Except that if you remove the bone, it cannot create it. But all the repairing work can be done through Sahaj Yog.

But once you get your Realisation you are amazed that you start curing people. Mental diseases can be easily cured by Sahaj

Yoga. You see, this is like giving castor oil with a chocolate! Unless and until you tell them some material benefit, people are not going to listen to you. As soon as you tell them your diseases can be cured, they prick their ears, they start listening. If you say your mental troubles will be over, then they say "Alright, listen to this!"

Now we have people here who have had mental troubles, they have all been cured of their mental troubles. They are leading a very normal life. This is the minimum that can happen to you. The third chocolate is that your material life improves. Because we have a centre there, just in the centre, where you see already the light is going, clearly - that's the place, if it is under any trouble then you have your financial problems. It's a very subtle thing why we have our financial problems. But you do not become a multi-millionaire with Sahaj Yog, no! That's another problem. Sahaj Yoga does not give you headaches. It gives you sufficient to be satisfied, to be generous, to be good. First of all it cures most of your evils.

Today only I was listening, in the television, that three million people of this country are under great trouble because of alcoholism. While some people, though [they] take little, they may get into the same problem. All such habits drop out without any trouble, just like that! Drug habits drop out. So many things happen, and you get alright. These things happen because you start enjoying your Self which resides in your heart. Because you are bored, that's why you are doing all these things.

People are talking now what to do about churches. It's such a lot of money to maintain them. Why? Because there is no Christ in those churches. Same with our temples in India. Same with all the mosques. They will all be finished because there is no light in it. This light has come now. One has to accept it, and kindle your heart through this simple method of Sahaja Yoga. Sahaja: 'Saha' means 'with', 'ja' means 'born'. It is born with you. It is within you. You are built-in with it. It is your right to get this union with God. You don't have to do anything about it - it's a fact - to begin with, to germinate it. To germinate is very easy. You all may get it in no time. But to maintain it is difficult.

I would say like this, that I am determined to germinate you, whatever may be the situation, conditions, anything. But you also must have some determination of your own. If I could do it on my own, I would not have asked you to be here. Sitting down at home I would have worked it out. But I have to begrudge you to be here, to get this germination, feel it, understand it, and go deep into it - by your asking. You have to knock at the door. Even [if] the door is ajar and you come inside, still you have to grow. And the growth part of it requires your attention. In this, only, Sahaja Yoga fails - in the beginning, not later - because as you start facing the reality, though it is so enjoyable and quiet, still you are tagged down through many things. I would say, if you can imagine: a person who is in a pond, and he is tagged down with all the kinds of growth in the pond, and the pond is dirty because people have not yet understood the essence of purity, they have not understood what auspiciousness means, they have not understood how important it is to be pure.

So, when they come up a little, the head comes out, they see the light, again they are sucked back. So you have to make an effort to keep the head up and to come out of it. This is what I call as a growth: where your determination is needed.

But human determination itself is another very funny stuff, which I have seen in thousands of people now. And I cannot understand that if you tell them that you have to run round the whole of England, and have a race, you will get at least [a] thousand people to do it, but if you tell them you have to just stick on to your experience of Realisation and you have to keep it going, in the beginning I find fifty percent people do not want to do it and they just drop out. They are so fagged out already perhaps, they are so tired, that even whatever love, whatever care I may bestow upon them, still they cannot stand up. And that is why Sahaja Yoga spreads very slowly.

In England, as you know, I have been here for six years, and for four years I was struggling with eight people. People who are real seekers will achieve it and will go very far, but the people who are seeking only material things, they have material wants, they finish off at the material want level because they get it, then finished.

Of course they'll have my photograph, they will say, "We are doing puja at home, Mother, yes, Your photograph is there, it's perfectly alright!" And there are people who are mixed up. They are the ones [who] even when they discover the Self within themselves, they get lost, because the webs of this pond are very strong and heavy and you have to struggle out of it to be there.

Then it's yours! Once you are completely victorious, it's yours! You have to get it and it has to happen - though slowly, doesn't matter. It is going to work out. And that joy which has been promised to you is going to be yours.

While struggling out, you have another very great help, that you actualise the experience - actualise again I am saying - of being collectively conscious. Sitting down here, you can feel another person's centres. You can start curing them. That's how those webs that are holding you down...say your father is a wrong type of a man, if he is a drunkard, you can give him vibrations and cure him, he can join hands with you. Say, your mother is wrong, or your brother is wrong, if there is no seeking in them, you can awaken that seeking in them and collectively, then, you come up. This collective consciousness is your own, is built-in within you, but manifests only after Realisation. Unless and until this machine is connected to the mains it won't manifest.

You are just to be connected to the mains, but the machine is not alright - sometimes it is fifth hand. So it has to be repaired and their wire people have to have. Despite all those I have had people who are I think, hundred of them they have been to me with various sorts of problems they have had - it is alright. I am all for you, but you have to be for yourself. Unless and until you have your self-esteem, it's not going to work out. I have, because I can see something in you sparkling. You cannot see that. I have to just open [it] out, and you have to start seeing it and feeling it and enjoying it, and to be that, because that has to be!

But my seeing is different from yours and that's why I understand the failing. I know why you are failing, because you are not seeing that what I am seeing. Once you start seeing and feeling that, then you flower into it.

Most of you are going to get it and are going to be that, that perfect being who is one with God and is manifesting His powers. No doubt.

But I have still some people in my Sahaja Yoga, I think, who are not yet alright. I am working hard on them and they'll be all alright. I have full hopes they'll be alright. There's nothing to feel dejected about it. But one has to know it's a serious thing.

It's not that you can achieve it through paying, or if you attend one programme you think you have done a great honour to me. It is for you to honour your Self. For I have esteem for you, while you do not yet have that esteem as I have. Once your esteem comes up to somewhere there, you will be amazed how beautiful you are and how much you have to gain and how much is still in store for you.

I think there's no end to it! I have speaking in this hall for, now, days together. And this is the time when we thought we should get some more people to work on and to give them this. It is working out. I am sure it will, but you must know that individually you should feel it. Now, if you go out and people start talking, that's not the way. Individually you should feel it. It is an individual experience. But say, five people coming, two persons get it, and three do not. Three will feel jealous of the two who got it. It's human nature. And they will start saying, "Oh, how can that be? It's not possible. It's all hallucination," this, that. Human nature is so funny that it doesn't sometimes allow others to enjoy what that person is enjoying because you cannot enjoy. Doesn't matter. Whatever may be the pranks of the children is, they can be corrected.

I hope all of you get the experience today, and then you'll get to it. Then first you become thoughtlessly aware. In this experience you become nirvichari - thoughtlessly aware. It is silent. Where two thoughts meet, a thought rises and falls off, another thought rises and falls off; in the centre is the place where you have to reside in the present. Not in the past or the future. Your attention resides in that, that's how you establish your thoughtless awareness, the first step, when the Kundalini transcends this centre of Christ here - Agnya chakra - is very important.

When it comes here, and starts beating, and when it pierces through that, then you receive the other state which we call as a nirvikalpa they say. But you get it, again you go down, you get it, again you go down. If you establish that constantly then you get a stage where it is doubtless awareness in which you start working it out. Only with this opening you can cure people, you can raise the Kundalini, but you cannot give Realisation. But if you have pierced your Sahasrara even once you can start giving Realisation to others.

It is such a pure energy. Whatever may be your instrument, whether it is junky or whatever type it is, the Realisation you can give in the purest form, the energy that flows from you is pure. It doesn't carry your impurities with it, it's absolutely pure because it is the radiation of the Spirit which cannot be spoiled, cannot be killed.

It may be stopped or covered but you cannot kill it. That pure Being is anxious to radiate in you. So let us have that experience now.

If you have any questions I would like you to ask me, but every time I have had a very bad experience with people who asked me questions. They will ask the question, delay everything and they will be the first to leave. It's the most amazing thing! Bizarre. So if you have to ask anything positive then it's good, otherwise you should not spoil everybody else's chances of getting Realisation.

I would like to have questions from you. Please. But don't be afraid.

Please.

It is a thing that is going to happen to you beyond thought, beyond rationality. Because the rationality takes you up to a point, it is limited. You have to go to unlimited. You have to be triggered out of that rationality.

Yes, please?

(unclear question)

Oh, so he is a sahaja yogi! Sit down. He is a Sahaja Yogi but I would say that that I will tell you later on for the Sahaja Yoga how to maintain it, because there are so many who have maintained it and have done. It's not difficult. Also I have been out of touch with you, otherwise those who have been doing it have been able to maintain it. In India there's a place called Rahuri where one single man has transformed five villages! Five villages! Absolutely. One person has done it. They have given up drinking, have given up everything, they are enjoying themselves and I mean, their life is a very different thing! The relationships are ??? . Everything is so beautiful now.

1980-0330, Seeking the Spirit

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...again, to Brighton. I always had a feeling there are lots of great souls in this place who are sincerely seeking. And long time back I had wished that sometime I may be able to come to this place to meet them, and I'm so happy to be here.

We have heard and learnt and read that we are not this body, that we are not this mind, we are not this ego or superego but transcending all this is the Spirit, is the Atma, which human beings have to seek. But even when you have not read these things, some of you

when you are born, you start feeling that there is something that we have to seek. You are not satisfied with what you have. You have a feeling of inadequacy, that you are not yet fulfilled, that you have not found your meaning. There is something much more one has to get. This feeling is very strong and today it is much stronger than it was ever before.

What are we seeking? We do not know. Actually, we have no idea what are we seeking as such, because that's an unknown thing, that is unknown to us. But we have a feeling, one definite feeling, that whatever we have is not complete, is not satisfy. It is not full with joy and bliss.

We start wondering about our lives that why are we on this Earth? Why God has created us, if He exists anywhere? Or why should we have a life just like, like an animal's life – like coming on this Earth, eating your food and having some children and then die. That you are aware, is itself is a big blessing. But why do you feel like that? What is the reason? Even some children feel it. Even people who are not at all introduced to any religious ideas feel it. From where does this feeling comes within us that we have to seek something much more within us, something much deeper within us. And we feel earnestly from within a revolt with whatever we have and we want to do something by which we reach that point.

This feeling comes to us from our unconscious, from our mind, which is not in our consciousness. But our Spirit is conscious of us. Our unconscious is conscious of us but you are not, you are not conscious of the Spirit. For example, if you are, say, going by a train and you are watching a beautiful scene, you are conscious of the whole scene that is before you. But the scene is not conscious of you. The scene cannot see or understand or is aware that there is somebody who is conscious of our beauty. In the same way this Spirit that exist within us in our heart, is conscious of us, it is guiding us, it is making us feel that there's something lacking in us. But we are not conscious of that, we are just conscious of the lacking.

And this seeking is the most important thing for human beings. Without the seeking human beings have no meaning for their existence. Say, in the animal stage, you are seeking food. When you evolve out of such seekings, even in human stage, you are seeking, say, power through politics or through conquering other countries. You are seeking also money, possessions, material things by which you think you will feel the fulfillment. But the basics of economics is that no want is satiable in general. In the sense one want may be satiable but in general the want itself is never satiable and this want is material want. So, material want is not satiable, your intellectual want is not satiable, your physical want is not satiable. Then which is the want that is satiable? – is the spiritual want.

And I must say there are so many beautiful people in this world, these days. So many beautiful people those who have found out that these adventures and these enterprises have led people into terrible mess and they have even lost their human feelings. They are not even human beings if you start judging them properly. You may feel that these people are not human beings. The

way they are treating each other, the way they are manifesting their own desires to gain power, money or other things. It is so ridiculous and so absurd that it doesn't behoove a human being to be like that. This realization is also very clear-cut amongst so many people who are born very beautifully. Who hate aggression, who do not like all the ugliness of life and they feel there should be something that should happen to us so that we all can face that beauty.

All this is already there, within us, if you read the literature, if you read these days many books and all that. I'm enthralled sometimes to read that how it's ready just now. Now what is it within us? If I tell you this, you need not believe Me. No! Not at all! I do not want any blind faith because your eyes are to be open more than what they are today. So, if you become blind, what's the use? You have to keep yourself open. Whatever I am saying just you have to see if it works, if it is so or not. It's just a hypothesis as any scientist would put before you. But the hypothesis must be seen from a very-very open angle and the hypothesis is this that within us resides that beautiful thing which you are seeking is the Spirit in our heart. Now which is shown here in the picture.

This is little bit bigger than actually what it is. You can see the whole figure itself is big. In this you see, find that in the triangular area which is the triangular bone in our body, which is called as sacrum. Now see, even the Greece, in the unconscious, they gave this bone the name of sacrum. Now in Greek language, sacrum means sacred. And when the body burns completely this bone doesn't burn. It never burns and this is the bone, sacrum bone, is the bone in which there is a Power, which is our germinating Power. Is the Power, which connects us with the Divine. This is again a hypothesis. Keep yourself open to this.

Now this Power resides there and they say that it is in a sleeping state, it is not yet awakened. And all these centers that are shown 1,2,3,4,5,6 and the 7, all of them are also placed within us, in our spinal cord partly and in our brain partly. These centers manifest outside the gross plexuses which we know them, we see them, we see them working also, which are known to our senses. But the subtle centers, which are manifesting those gross plexuses, we cannot see them, we cannot feel them, neither we can see them manifesting. These centers are within us, these subtle centers. The evolution within us has placed it there. It exists, they are there.

Now when will you see them manifesting? There is a time when you can, with your own eyes, see them manifesting. If you see them manifesting then you have to believe that there is such an such Power existing, something existing, in the triangular bone which is a sacrum. Because what we believe into, what we see, what we feel, whichever is felt through our senses is acceptable to us. In the same way, in our seeking we should know that what we can see and feel, if that thing happens then only, we can accept it as the truth otherwise we should not.

Supposing I give you big idea about something, why should you believe? Because whatever happens should manifest within you. It should be expressed to you in such a manner that you should be able to feel it and understand it. It's not brain washing. Why should we accept any brain washing in a free country? And this is what if you understand that you have to be fully independent and fully free to see this manifesting. Because what you have to achieve is your full freedom. We are not free at all, at this moment because we are ignorant. Say this room is completely dark, I can't see anything in this room. I am not free to walk. If I walk, I tumble down because I cannot see things. If it is enlightened and if there is complete light, I have the full freedom to move whatever way I like.

So, in these seven centers we have got the manifestation of our parasympathetic nervous system which is in the gross, doctors understand a little bit but not much, means the system by which we get our refueling, by which we get our balancing, by which we get our coordination. For example, now as we were coming to Brighton, if our petrol was over, we had to go to some place where we could get our fuel. But supposing there was no such place in between, we would have been stuck up. In the same way God has made those refueling stations within us, which give us energy to replace the energy that we are using every time through our sympathetic nervous system.

Now the sympathetic nervous system is working within us all the time. For example, if you want to run, you can run very fast but your heart will start breathing very fast, this is sympathetic. In emergency you use your sympathetic nervous system but automatically it goes back and it comes to a normal position, now this is para-sympathetic. You can make it work fast but you cannot make it slow. Where you fail to do anything, parasympathetic comes to your help and these are the centers, which supply

the parasympathetic energy to us, when we are existing without our realization. But without our realization we just exist. At the slightest point, we get upset. We get into tensions because our energies are over. We get tired; we don't know what to do? Here there is a seeking, a tremendous seeking coming, "We must have something, we must have something" and there it is you get so tired and fagged out, you don't know how to face it. There is such a gap. And this gap is to be covered. How do you cover this gap? 16;15///

Actually, if you think about yourself, how did you get this nose and how did you get these eyes? You'll be amazed; you just got it for nothing. You did nothing about it, you just got them. When you were born, you had them there. All stuck very nicely, breathing very nicely and talking very nicely and seeing very nicely. All those things were just there and they are your own. I mean you always say, "My eyes are paining." These are your eyes. They are very, your very own; these are your own eyes. You have not paid for it. You have done nothing about them but they are your own.

Now who owns those eyes, which part of you owns them, eyes? This is the point we have to find out because we have not yet found out the owner of this being, that's why we are worried. We have to find out that owner because that owner is you. That means you have not found out yourself and that's why you are worried. You are lost. You don't know if you are this body; you don't know if you are this mind or you are this ego. You don't know really what you are. And because you are lost like a child who gets lost, you want to know who are you and that is the finding one has to do. But for that also as you have got yourself, your being – free, you cannot do anything.

It is absolutely free, is the grace of the nature, which has given you – your nose, eyes everything, your breathing everything because it is so important, it is so vital that nobody can pay for it. Supposing you have to pay for your breathing, what will happen? Only the rich may breathe for a while and then they'll also collapse? Supposing you have to pay for your heart beating, what will happen? So, you cannot pay for it, you cannot work for it. It is spontaneous it is Sahaja. "Saha" means with, "ja" means born. It is born with you. The way your nose, your eyes, your lips everything is born with you, in the same way this yoga, this right – to be one with that Unconscious, that Divine Power, that All Pervading Power, is born with you. It is within you; it is in your right to get it. You have to get it, it is your own. As you have a right to have the eyes and nose and everything this is also your human right that you should get this yoga.

So, when it is your right, you don't pay for it, you don't pay for your dome, do you? In the same way you do not pay for your Kundalini awakening. The first thing one must understand you cannot pay for it; you cannot work for it. You may destroy it; you may destroy that yoga. For example, supposing a person has led a life which is not congenial to the Kundalini awakening or may have led a life which we can say – a man who has broken his, say, spinal cord. Then it is rather difficult, it will take time. One has to put the spinal cord in proper shape and then you can give realization to such a person. But you cannot say that every person also will get his realization because there are certain things like a person from lunatic asylum comes here and he says, "Give me realization immediately", it is not possible. Is given to people who deserve it.

Now people may say that, "Mother, maybe I am not deserving." It is not for you to judge. Thousands get their realization, no problem but as I said supposing Hitler comes and says, "Give me realization." He stands here; whatever he may try he cannot get it. He cannot be forgiven by God. He cannot be forgiven; he has to go to hell. That's what it is meant for him. So, one must understand [UNCLEAR] that and for that He has created this instrument, which triggers, which triggers your awareness to that point where you start understanding, where you start becoming aware of it. It's an actualization. It is not just talking, brainwashing or anything. It has to happen within you. If it does not happen, does not happen, you cannot give false certificate. It has to happen within you because it is reality and truth and you cannot play about with the truth. You cannot say, "No, no, no, it is white." If it is white – it is white, if it is not – it is not.

So, it should happen to all of you and it would happen also but truth must be accepted as it is, you cannot force on it. Like somebody came to Me and said that, "Mother, I have done so much, I have read so much, I have done this, I have done that. I have been to Himalayas, I've taken bath in the Ganges, I have been, all sorts of things I have done", but he doesn't get realization. I said, "Now you are not getting it". It's like sprouting the seed. You cannot force a seed to be sprouted. It will sprout spontaneously, no doubt, but if it is capable of sprouting then only, it sprouts.

But as I have told you that thousands of people have got it and you should also be. Now for this first of all you must know that I am not a guru that way, as you think of a guru, who dictates and does that because I cannot dictate. At the most, I can tell you what's the matter but I cannot dictate you. Say, for example, one light, which is not enlightened can enlighten another light but the light which is enlightened cannot dictate the another light, it cannot. It can only guide and tell that this would be better if you come this way, may be, that I may be able to enlighten you better. If you have come the another end, I cannot catch hold of your wick. So, the one light can tell the another light this much.

So, one should not feel that there is any obligation. I mean, it is obligatory for Me to give you realization. I cannot help it because it is too much for Me, I must distribute. I mean, I should say it is the funny situation of paradox that a person who has all the Powers is like a capitalist and such a person must distribute it because he is a, he is a communist. You cannot help but to distribute it. It's a, it's a the thing that you only enjoy when you distribute it otherwise you cannot enjoy.

Now can you think of such a situation? So, I have to come to Brighton, I have to go to America I may have to go to any village, any place, just to distribute. I have to go on distributing. This is My own life, My own nature. I have to do it. So, there is no obligation on Me, on the contrary it's obligation on you. But on the contrary, it's the obligation on Me because if you do not take it, I'll have to find some other people to get it. It has to go on and on and on.

Perhaps I don't know, people have lost the value of love. They don't know what love is these days, in modern times, because so many artificial things have been put in love. But actually, love is something, which cannot enjoy itself unless until it gives. Then think of Divine Love, unless and until it gives you, it is not going to be satisfied.

If you are seeking something for your own satisfaction you are most welcome, unless [UNCLEAR] you want to [UNCLEAR]. Now in that why should anybody feel that why [UNCLEAR] you? Same question could have been asked. Now God cannot ask everybody to do it. Supposing He has asked Me to do it, so what's the matter about it? I mean Iam willing to do it freely with all My patience, with all My love, with all My complete [UNCLEAR] record or a communication or you can say, give and take business like this [UNCLEAR]. This is just the enjoyment between the two parties. It is no question of obligation, it's no question of any ego coming in between [UNCLEAR] amount of happiness one can get [UNCLEAR] enjoys is the point. If you could have that attitude I think it would help much better.

For example, we have [UNCLEAR] newspaper and they came and they told Me that Mother [UNCLEAR] so they said, "There are so many gurus who have come here and have cheated us and this and that". I said, "All right, they have cheated you so I'm here to protect you." "And they have misled us". I said, "All right, I am here to accept all the things that they have done which is wrong, and to correct and to tell you what they have done." But I said, "You were also very naive to go to them. You were also very wrong to jump into that. You were really attracted by their circus. You were attracted by their artificial methods. You were attracted by their maneuvering because they used public relations. They used all your advertising. They used all your medias to impress you and that's how you went to them. You were naive about it. You must know that if it is from God it has to be extremely simple and that you cannot pay for it. Apart from payment you cannot put in effort for it. If it is the grace, it has to come to you free because it is your right to get that grace. You are made like this". Supposing somebody who has made this instrument with all care for ages together from amoeba to this stage up to this point.

Now it is the time [UNCLEAR] to be connected to the mains. It is something like that. It is God Himself wants you to have it and that's how you are going to get it. And why should pay for God? He doesn't have to build houses or anything. Why should [UNCLEAR]? I mean this is a very, very simple question one should understand. Because of your naiveness, because of your obstinacy, you have got into a wrong track. Moreover, I would say one thing as a Mother that I have seen when people become frank [UNCLEAR] if he can get this realization, if he can get there, what is our Spirit is, where it resides and which is the source of joy, knowledge and complete awareness. The awareness [UNCLEAR] feel them in the hand and not only that but if you try to find out about yourself, you will be able to find out which one is burning, which one is numb which one is giving cool breeze. And that's how you will be able to find out because now you are enlightened, because your Spirit is radiating through you, because it

is coming through unconscious mind. You can feel it within, on your fingers, what is wrong with you, where it is wrong, what are the centers? Now I am here just to decode it. [UNCLEAR] of the present [UNCLEAR] future or you think of the past in between is the present where this Kundalini takes you and connects you with the [AUDIO CUTS]

Like you can give realization to others, you can give them realization. Not only that but you can also cure other people. You can cure other people, you can give these vibrations, these radiations to flowers, you can give them to the Mother Earth. You can give it to the, say, you give it to the wheat field. The wheat yield would be at least twice what it is. The taste of the wheat would be different; it would be such a different thing. It is being now experimented in India very much, in a Agricultural University called as Rahuri University and they have were amazed, how even the cows – Indian cows, started giving milk double the amount they were giving and better the milk and a tastier milk.

So, for the first time, we have been taking from this nature such a lot, we have been using such a lot from the nature, and we start giving back to the nature. First time, a human being becomes capable of giving to the nature. It is a fantastic thing once it happens it is so tremendous. You can see, that supposing you have a very beautiful television and it is brought to your house and see it has a remote control and suddenly you find, you open it and you are amazed that how many [UNCLEAR] and have started working and with this remote control you are changing all the stations and you are getting all beautiful pictures one after another, so clear cut, as if it is happening before you.

In the same way, when your machinery starts working, you are amazed at your own beauty, at your own glory, at your own strength and power. With this realization, of course, as I told you, all the problems – physical, mental, emotional have to go out, no doubt about it. But the greatest thing that you achieve is your fulfillment. All [UNCLEAR] one can see the change in another person so clearly.

I had a disciple who's written a book on Me. When he came from America I was, I mean, I was thinking he's just going to land up in a lunatic asylum because he was so over read and was such a nitwit, I mean he could not concentrate on Me. And when he came to [UNCLEAR] what I'm going to do with this mess. But he got his realization, he got his realization [UNCLEAR]. Respectable boy because now he is he with the Foreign Service and all that. Apart from that his sister said, "Who has touched you? What a miracle! I can't believe." [UNCLEAR]

Now the problem is these people who get realization [UNCLEAR]. The reason is, the Kundalini just rises because She has been waiting and waiting and waiting. [UNCLEAR] All this happen to these people who were seeking but some of them did lose it.

Today only we had somebody and he told Me, "Mother, I have lost my vibrations." Now he has been to some wrong type of a person. So, all these mistakes that we have committed as well as our health is concerned, our habits are concerned, are inside us. They are also there.

Now somebody has lost his father, say, very suddenly. He has a shock and that shock is within you. It is absorbed but the system has not absorbed it, is the center that has absorbed it and you, that insecurity within you of losing your father or mother or somebody dear one is within you. You have felt it too much but you have not been able to express it or to say about it and that-wound is still within you. So, this Kundalini comes back from there and tries to supply those parts of wounds because She is your Mother and you are the only child She has. She has been having for all these years, She is your Mother and the Mother who loves you. So she goes back to all these places, to all these ditches, to all those wounds and looks after them, nourishes them, puts them right.

So some of the people though they lose the vibrations, again come back. So, you don't have to worry. One thing you don't have to worry after that – once you have touched your realization, it is there. Today, we had another gentleman who got his realization in Bombay and I met him here. He said, "Mother, I don't know, what to do? I went to some another man I got stuck up. This happened, that happened. Have I lost my realization?" I said, "No, you haven't. Put your hands towards Me." And he started getting the vibrations again. But I said, "Whatever mistakes you have done, have to be corrected." And they, you start correcting it yourself. I don't have to tell you because you get separated from yourself. You start seeing within yourself like the same

Gregoire, who was, who written this book came and told Me, "Mother, I think, I can see my colossal ego. Now tell me was I Napoleon in my last life? If I was, don't tell me, I will jump in the sea." I said, "You were not, what makes you think that way?" He said, "Because I can also draw very well and I am very egoistical. I have not seen anybody so full of ego, as I am. I see it like a colossal balloon in my head." But now he is all right.

Like that you start seeing those things and you start feeling them and you know how to get rid of them. It is simpler, if supposing there is a spot on My body or spot on My sari I cannot see, but if I take it out, I can see it and then I do not feel identified with it. I would like to wash it. In the same way, you get separated from yourself, you start seeing yourself and you correct yourself automatically. There is a method about it, there's a technique, is very simple and you have to be simple people, to get to Sahajayoga.

Sahajayoga is not meant for any extremist type of people, those who are very-very rich people or who are riding a very high horse or also not meant for people who are just a very [UNCLEAR] four years and then once they were established now it's becoming very easy. In your Brighton only, I don't know, I have not yet counted but there are quite a number of people who have got realization.

Now I have come all the way and I want that you also get your realization and then give others also this realization because when you will have this light, when you start enjoying it, you would like to give it to others. Now you cannot judge this through your thinking or through your rationality but you can go to a point and see for yourself that if I am talking of something that is beyond any limitations of the unlimited then with this limited rationality you cannot reach there. Like a space craft has to enter into the space you have to enter into the realm of thoughtless awareness where you become one with the present [UNCLEAR]

Such a beautiful world of beautiful people. Moreover, I think it is more the responsibility of you, young people who are tomorrow's citizens, who are going to tomorrow's people of affairs, those who are going to become the Prime Ministers and the Ministers and everything of this country and every country. It is the responsibility of you, to seek it and find it and become that and understand that God is a great being and we are all part and parcel of that being. You have to just get connected with Him and know that we also become that great, a drop falling into the ocean, that's what it has to happen to you. And then you will know that you become one with the desires of that ocean and just dance with the waves of that great ocean of love and compassion.

May God bless you.

I do not want to talk too much and tomorrow I think, I'll be able to do some more justice because tomorrow morning-evening I would like to meet you. I hope it is arranged by these people where I can talk to you personally, also your personal problems and all that and tomorrow evening I will give you more elaborately all about these chakras and everything I will tell you. Nothing is going to be kept secret from you, but to bear truth you have to come up a little that also very-very sometimes difficult for people to bear truth.

They could not bear the truth that Christ was the Son of God so they crucified Him. Imagine what [UNCLEAR] hundred times He was but they could not bear the truth. That's what is the weakness of human beings is that they cannot bear the truth.

But that's why you should not go to falsehood, doesn't matter, gradually you will grow your strength and you will be able to bear the truth. Not only that but a day will come when you will be the torchbearers of truth. It is you people who are going to change this Universe into a beautiful heaven. It is your own ambition in life. Many of you have this ambition but for that one should know that you have to come up to that. You have to get enlightenment fully and understand your Self, understand your powers, understand what you are capable of and what you have to do. Everything must be exposed to you. Unless and until you are enlightened, I cannot tell you much more about it.

So, I hope today it will work out and you will get your enlightenment and then tomorrow we will talk about it more and you settle down with it, with all the seriousness. This is the greatest thing that you have to achieve but you have to have that seriousness.

Frivolous people are useless for Sahajayoga. People who are egoistical are also difficult. So, try to understand, it is neither the ego, nor the fear, is going to give you. It is just standing where you are, you are going to get it because you have the right. Only have the dignity to receive it. That's all and you'll get it.

May God bless you.

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31 March 1980

What Is Seeking?

Public Program

Brighton Pavilion, Brighton (England)

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What is Seeking? Brighton Pavilion, Brighton (UK), 31 March 1980.

I told you yesterday how you feel your seeking, why you feel your seeking, what is in us that works out this seeking. And this yoga is spontaneous. There is no other way you can get your Realisation. Because if you have to germinate a seed it has to have germination! In the same way, if you are to be germinated into your new awareness, it has to be through your awakening of Kundalini, because that is what it is there for. If you have to plug in this one (microphone) to the mains, you have to use the chord, there's no other way about it.

As I told you yesterday that this beautiful instrument is made, all the effort has been put. You have passed through – how much, much we calculated for thirty-five crores?

Yogi: Three hundred and fifty million.

Shri Mataji: Three hundred and fifty-million types of lives. And now you have become a human being. So, after all, there must be some meaning to this beautiful human structure, this instrument [and] why it was created. There must be some reason for it.

And, as you have got your human Realisation, as you have got your human body, if you have to get to a more evolved personality it has to be spontaneous, you cannot work it out. Should be a simple logic. You have done nothing to be a human being and you are not to do anything to be higher.

But maybe you have harmed yourself a little bit, perhaps, by doing something wrong. And whatever wrong you have done to yourself also can be corrected if the seed has to germinate. You are made like that, God has made you specially for this purpose. He has made you from an amoeba, from a carbon atom. Whether you believe in Him or not doesn't matter.

But if you see yourself, whosoever achieved this human body and human mind must have been a fantastic artist. And it has been said that, if you had left it to the Law of Chance, you could not have even produced a small, little uni-cellular amoeba. So, in such a short time as that, if such a complex thing like Human Being is created, there is a General behind it. Whether you believe it or not, that's not important, the thing is, it exists, and it works.

Now within us we have this instrument placed. This very, very subtle instrument is placed with us. Now I will tell you about the Kundalini - how it works and what the different chakras are.

These are all very subtle centres as I told you yesterday. We cannot see them with your naked eyes, but when the Kundalini starts rising, when it starts ascending, then you can see with your naked eyes the pulsation of the Kundalini, and the pulsation at these chakras. Till it reaches here, you can feel the pulsation here and till it is pulsating you do not get your Realisation. Once the pulsation stops then you must know that it has ended into that All-pervading Divine power.

When that happens then you start feeling that cool breeze in your hand. You start feeling a cool radiation passing through you. That is the radiation of the Holy Spirit within yourself. That is the radiation you are feeling from your Spirit that resides in your heart. You can also feel your centres on your fingers because now they are enlightened.

Now all this, whatever I am telling you, you can feel and verify. The time has come for you to verify everything that I say. It has been said before, thousands of years back, that within us lies the Kundalini. Adi Shankaracharya, sixth century, he said it very, very clearly, openly, that there is this residual power which is awaiting in the triangular bone as you see there, in three and a half coils, which ultimately awakens and gives you your Realisation, your second birth. He had described it very clearly, all the other centres also. But even much before, much, much before that, thousands of years back, people have been working on the Kundalini awakening, but it was kept a secret. They started working on few people as we also, in our scientific research, first use it in a very guarded secret, try to find out the different ways and methods and then, when it becomes absolutely perfect, then we make it public and make it known to all of the people. Because unless and until any discovery is useful to the masses it has no meaning.

Today the time has come for you to know all about it and that's why now, here in Brighton, we are discussing it so openly and trying to understand it.

Now here, as you have seen, in the triangular bone, is the Kundalini - three and a half coiled energy. This energy is pure energy of desire of God. It is His desire which is within you, lying dormant. His desire has been throughout in His whole Creation that He should create His own children who will understand Him [and] when they understand Him, to give them all His powers for them to manifest. For them to enter into His Kingdom and to reside in complete bliss and happiness. That He is the Collective Being, He is the macrocosm and you are the microcosm. That you are cells in the big body, and these cells are to be awakened and have to become one with the Whole, by which you get your understanding of the Collective Being. The Collective Being is conscious of you but you are not conscious of That. And that's how the whole device was made within you — how you are going to get it and how you are going to achieve it.

You can see there are three lines which are placed parallel to each other. The first blue line depicts the power to desire — is the emotional side it looks after. This is manifested outside as left sympathetic nervous system. Now the doctors do not know that the left and right sympathetic nervous systems are there for doing two different types of work.

So the Left Side is the power by which you desire, is the energy by which you get yourself conditioned, by which you live in the past. This channel is called in the Sanskrit language as 'Ida Nadi'. The Right Side channel which you see there, yellow coloured channel, is the power by which you create, by which you can go to future, you think of the future. This is the one by which you plan for the future. This is the one with which you do your physical things, which you want to do for future also. All sorts of future planning for your physical, mental and your financial, or any such lives, is done through this energy of yours, which is on the right hand side, which is called, this channel is called, as the Pingala Channel.

Now the colours are of the left side is the deep blue colour, as you see there, actually amounting to black. And the one which is on the right hand side is the yellow colour. Now when these two energies start working within us, means one is of desiring another is of action. First we desire something and then we go into action. When these two energies start working we produce a bi-product in our head like the fumes in a factory. The fumes are called as ego and super-ego, as you see them crossed over. When you use the blue side, which is the desire, or iccha shakti as they call it, then you develop a super-ego and when you work on the right side, you develop the ego.

To understand ego and super-ego in a very simple way, is this way, that, say when a child is nursed by the mother, he is in complete bliss and joy. So the mother changes the sides for the boy, the child, and he feels very much hurt. When he feels hurt his ego rises, he thinks, "Why should she do it?" you see, in a very subtle way, and the ego starts rising. This is the ego, which you see there, starts rising on the right hand side. I mean there is nothing wrong in having ego, you have to have it. It works out that way. As every factory has to have a chimney, you don't have a chimney so it accumulates there in the head.

On the left hand side, when the child wants something, or he's told not to do this, the mother says, "Don't do like that!" So you are conditioned. By that conditioning your super-ego is developed. When your ego is hurt I would say, your ego develops. When your

desire is hurt then your super-ego develops. Gradually we start identifying ourselves with our ego or super-ego depending on what sort of a personality you are. Some people think that, "I do this!" "I am this!" you see. Some of them are frightened, "No, it's too aggressive." But whatever it may be, either you have ego or super-ego. Both of them develop just like this as you see in the thing, and if one becomes more heavy then it pushes down the other one. If this becomes more heavy it pushes down this way.

Now for Kundalini to pass in between you have to have a space like that. If a person is of an imbalanced personality, then Kundalini takes time to rise, She takes time.

Now you can see the centre below the Kundalini, which is a very, very important centre, we must know, about which I have to tell you, in short. This is the centre which is lying below the Kundalini. It's not above. That means when the Kundalini pierces through other centres it is not pierced through. But why is he there? Why is it there? It is there to give information to the Kundalini. It is the instrument which receives all the information as to what you are doing, what are you up to, what are your desires, what you are doing, what sort of people you are meeting, where you are going, what mistakes you are committing, what good things you are committing. Everything is recorded in that Kundalini, not only of this lifetime, but of many lives. Its collection of all that you have had with you is inside the Kundalini, recorded. Kundalini knows what you have been.

So this little thing that you see there is the centre which lies very near the prostate gland and is the one who generates innocence within us. If you are innocent, you are like a child, your Kundalini shoots off just like that, no problem! But if you are complicated then it takes time because the gentleman sitting there on that centre, informs the Kundalini that, "No, still he has to take time, he's not all right, there's something wrong with him." That's why this innocence is to be preserved and those who have not been able to preserve their innocence find it rather difficult.

But, after Realisation, you'll be surprised, those who have lost their innocence get it back. That's the only way you can get back your innocence. It's most surprising that after Realisation you get the same innocence that you had before, and you start enjoying that innocence within yourself. So this is the centre of innocence within us.

Now we have innocence, but who can tell? Which doctor can say, or psychologist can say where is this innocence that is coming to us? It exists in that part.

Now, we'll take the third centre, which is very important, within us, is called as the Nabhi Chakra, which is the navel point, about the navel point. You cannot definitely say where anybody's chakras lie because that's not a definite thing, it's an energy which moves up and down a little bit. But about at the back of the navel point. And it manifests outside, what we call the solar plexus, in the gross.

This centre, the centre that is in the Nabhi, is the navel, is responsible for all our seeking. We started when we were just amoebas you can call. That time our seeking was only for food. Then it grew up within us as we grew up. At human level we have seeking for food, of course, we have got seeking for possessions, money, we have got seeking for power, political or any way, and also we have got seeking for God. This starts manifesting in a human being alone. This seeking of God starts when a person starts realising, or seeing, that there must be something beyond, there must be something which is fulfilling, something that is really satisfying. And he starts finding that absolute point, from where there is no need to return, where there is no disgust, where there is no frustration, disappointment. And such a point resides within us in our heart as the Spirit. We call it Atma in Sanskrit language.

This Spirit in the heart is the witness: which witnesses us, which looks after us. But we are not we are not conscious of it. That means the Spirit is not flowing in our, is not radiating in our, central nervous system, that we are not conscious of it. We know there is someone, we know someone inside is there, we're aware of it, in a way, but it is not flowing through our conscious mind, through our central nervous system. And this is what is the seeking for. We are seeking our Spirit.

As I have told you yesterday, that you need not take me for granted. You should treat it as a hypothesis and sit here with an open mind, as a scientist would listen to something that is new.

Now the central, centre point, which we call as Nabhi, is connected to another point down below, which you see there, is the centre of creativity. This is the centre that creates. And this has got six sub-plexuses, which are manifested outside and the plexus which is gross, is called as aortic plexus and it also has got six sub-plexuses. In the spiritual language we do not say that these are sub-plexuses but we say these are the six petals of the lotus of Swadishthana chakra. This works out the Right Side creative power, as you can see it, that through it is connected to the brain.

Now the centre one is the one which is very important, which gives you the idea that there is a gap between you and the Absolute. And that gap is shown here as that green coloured Void, all that. Above that is the channel which is responsible for what we have achieved so far up to the human level. Whatever has come into our conscious mind, up to the human level, is expressed by that channel which is broken, and that gap we have to cover. Once we cover that gap we have finished with our evolution and we are there where we have to be. We have found out our use, we have found out our meaning. We become that.

This higher one, the one that is within us, is manifested, and is called as parasympathetic nervous system in the medical terminology. And also the broken, these parts, though these centres are there and that is also a part of the parasympathetic.

So we have these three energies shown here. The one which is for our desire, the another for our action, and the central one for our evolution.

That means in our awareness we have reached a certain point. For example there is a big difference between animals and human beings in their awareness. We sometimes condemn ourselves very much and think animals are better than us, because they are not that much messed up maybe; or they may not be in such a problems as we are. Because we are free, we can think, we can understand, we are much more sensitive than they are. But if you ask any animal how does he feel about the smell of a part, he's moving in the dirtiest lane, he doesn't feel disturbed at all, but we are. He's not bothered about what kind of colours and forms you have. He can live with any colour combination, with any kind of horrid aesthetic mistakes people must have made in that stable of his. He can live in there very happily, as long as he gets his food, he's perfectly all right!

So our evolution has brought us to a point where we have become much subtler, much more sensitive and understanding. And when we are more understanding and there is a gap, you become tensed up, "Oh, this must be covered!" You are also aware that your energy is exhausted. You are spending your energy through your sympathetic nervous system. Both of them they play, by your desiring and by your action. When it is exhausted it is like the petrol in a car, if it gets exhausted, you also get tensed up. In the same way, you get tensed up and you don't understand what to do with your tension. Then to release it you take to tranquillisers, you take to other things, escapes in life. All these escapes work out because you are so tensed up.

That tension comes to you because of the ego and super-ego in your head. It can be so strongly tensed up [that] you can get both the things overlapping each other and it can be extremely painful also for some people. And when such things happen you go for your relaxation, you try all these things. But still it's not opened out as yet. It has to open out. This gap has to be covered. And this gap only can be covered through the Kundalini awakening.

Now once people come to know that, "Yes, Kundalini awakening is the only way one has to do." All right, so they bring out a circus for you. "We'll do the Kundalini awakening for you!" "We'll give you Self-realisation, we'll give you this, we'll give you that." They promise you things. But it is the happening that is important. This they do for making money maybe, because they want to have power, because they are sadistic, maybe they are satanic, because they want that you should not get your Realisation, that they want to kill all your chances of Realisation. I don't know what their purpose is.

But you have got this Kundalini within you, which must be awakened, and it can be awakened in thousands of people. I have done that. You can do it. There is one gentleman who has given Realisation to ten thousand people! Who is just very young, and he has been moving from villages to villages. But you know as villagers are very simple people and they cannot be enticed by any such things which we call as elaborate circusing (sic) about religion. They know what it is. They are too simple to believe all this

nonsense of complication. So they know who is real and who is not. Their sensitivity is very great because they live with the nature. And they can make out a person who is real and who is unreal.

This third centre that you see here, or we can say the fourth centre, is the centre of heart. This centre of heart is the centre that is responsible for giving you security, is the centre of the Mother. This gives you the sense of security. When you feel insecure you must have seen that you start breathing very fast, the breathing starts. When you are a child till the age of twelve years, all the anti-bodies are built-in, in the sternum bone, which is here — you know the sternum bone? Which is here — and these anti-bodies are spread out throughout, in the body, to fight any invasion or attack on the personality. These anti-bodies are actually as we would say in Sahaj Yoga terminology, are the armies of the Mother. They are built up there, and this is the centre of the Mother of the Universe. Now the Deities we have on these centres also I will tell you, one by one.

Here is the another centre which is called as the Vishuddhi Chakra: is very important. At this point man has raised his head upward like that. He has raised his head with new aspirations, with new ideas. When he raised his head only, he started developing this ego and super-ego. When the head was down below, towards the Mother Earth, this could not be developed because the energy would pass into the Mother Earth. But when you raised your head, like this, then the ego and super-ego started developing very fast, by which you developed your own personality.

The meeting of ego and super-ego cuts you out from the All-pervading Power. When you are a child, if you remember, you had a very soft bone in the fontanelle bone area, and suddenly it becomes thick and thick and thick; ultimately it becomes thick like a stone in some people. Now this is the closing of the door to the All-pervading Power. Why it is done, why are you closed away from that: because you are given your own freedom, your own individuality. You become Mr. X, you become Mr. Y, you become Mr. Z, because you find out what is right and what is wrong through your own experimentation. You become independent.

Supposing I am making this instrument (microphone): first I'll have to test this separately, then I'll put it here, isn't it? In the same way you are separated. And you start experimenting with good and bad. You start understanding what is good and what is bad. Once you start discovering it, you start taking to the right path.

But, as you have seen, human beings have not been able to use their freedom properly. Their sense of freedom has been very much changed. And this changed attitude, or this changed behaviour towards freedom, is also due to freedom itself, because you are free to choose whether you want good or bad. And when this happens to you, that you become independent and you start choosing wrong things, then this becomes even stronger and stronger and stronger.

So, now you have seen the centres up to this point (Agnya). This is the centre where, in the centre of the brain, is the centre of Christ. Is the centre where our pineal body and our pituitary body, both are placed in the optic chiasma, it is placed in such a manner — it is very subtle — that it controls your ego and super-ego, both. And this centre is called as Agnya chakra. And it has only two petals by which you control your ego and super-ego.

On top of that, the centre you see is the Sahasrar, is the last centre, is of thousand petals and is called as Sahasrar, meaning, flow of the seven waterfalls, you can put it like that, not seven [but] thousand. Thousand is 'sahast' and 'Sahasrar' means: You can say, one thousand, the flow of one thousand, the flow of one thousand. These are one thousand petals there.

You can see them. Some people have seen them and you can also see them within yourself. They are placed in the brain and they cover the limbic area which is the vacant area there, is the limbic area which is very important nowadays because people have started experimenting with limbic area.

When the Kundalini crosses that and pierces this portion, this is the baptism. Then you find this place becomes soft, and suddenly you find the flow of Kundalini, the flow of the Grace, coming into you, when she pierces into the subtle thing.

Now there is this energy around us, it exists, but we have to feel it. We have not yet felt it that's why we are lost, that's why we are confused, we have problems. All our political problems are because we are dealing with something relative. Same with our

economics, same with all our problems is that we are...

(break in recording)

Now you are connected to the Absolute you can ask any question to the Absolute and you get the answer on your fingers, when your fingers are enlightened. And that's how you know that you are enlightened.

Then you start feeling yourself, and you feel you have expanded very much, you have become alive to yourself and to others, because you can start feeling others also! Sitting down here you can tell what's happening in America to a particular person if you just put your attention to it. Because now your attention is enlightened and that's how you feel it.

The problem is it is too fantastic to believe, really it is. But supposing I make this place extremely fantastic, and there is darkness, you can't see anything, and I tell you, "Now it's a fantastic place, you just come and see for yourself how things start working there. Every instrument is so nicely placed. It starts working. And you'll get great results. And you just come in and you switch on the light." It works! Because it is built-in! And the whole fantastic thing starts coming in to you and you start seeing it. Because it is inside it, only the light has to come, and once the light comes in you start seeing it. So why should you blame anyone for that or why should you be angry? After all it is all done for your joy and happiness. It's just a surprise I should say, like a Father Christmas coming in and delivering all the goods to you. It's all done before. It's all managed before.

Like we can say, first time I saw a television, for example, a colour television. And suddenly my husband, when he brought it to me he said, "Oh, you are going to see something very fantastic." I said, "What?" I had never seen it before. He said, "You can see the film show. You can see everybody moving in it!" I said, "Really? In the room?" he said, "Yes, you can." "Well how can that be?" "You just wait and see! You just wait. A minute is needed." And he prepared me very nicely to give me a big surprise. He said, "You can see people here, talking and everything." And he just opened it, and to my amazement it was working. It was not connected to anything as such, except for the electricity, and the whole thing started working, and I could see everything happening as he had said. It was really fantastic, one could not believe it! You start feeling it, "Really, it is true or not?"

First time I saw the telephone, in India, absolutely when I was very young, and I think, in our house it was remarkable that we got the phone, and were of the few, first people who had the telephone, very few people. And that was, when we got it you see. We just couldn't believe, "How can it be you can talk to someone on the phone like that? You can dial to someone and talk?" Immediately we knew one girl who had a telephone so we telephoned to her. She was not allowed to touch the phone and we telephoned to her. The father said, "What? You've got the telephone? Now we've had it! And now you are going to telephone to her!" She said, "I had told you once, if you remember, that there is an instrument like that on which you can speak. But you never believed me. Now see, there is a telephone, isn't it?" Then we had to believe it, because it was all done for us. It was just to be connected and we started seeing it. That is the main thing is, that it is all done. I have told you that three hundred and fifty-million lives you have passed through to get all this thing done and fixed into it; this is built-in.

Now if it's fantastic why not have it? We don't have to pay for it. You cannot! What can you pay? Can you pay for three hundred and fifty-million times you have passed through various lives? Can you pay for that? Can you pay for that love which made you a human being? It is too fantastic the whole thing is. And now what can we pay for it? Only thing is to accept it and take it and enjoy it, that's all.

We can't think, in modern times, that there could be someone who just invites you for nothing, gives you everything for nothing and enjoys only the giving part of it. We just can't think of such a beautiful person. That's why people are frightened. You invite them, they are frightened, "Why, what is it?" "Because I am dealing with some and something – must be that." We never trust. It is true, because we have had very bad experiences. But we have [also] had people like Christ who gave his life.

Today is very important – because we have started the week where he gave his life – to think of him. Will there be anyone like that who would sacrifice his life to say something that is the Truth? He gave his life for Truth. For what? Why did he? Because the giving has much more joy, much more bliss than anything else. If you reach that state of giving, you will also enjoy giving. That

has to happen. We have to discover that beauty within us which enjoys giving, which enjoys generosity, which enjoys fearlessness, which enjoys all the virtues of the world that reside within us. We have to just go deep down into ourselves. And it's all done for you, it's all done. It is there.

So I think we should go in for the experience, that's the best. Because what's the use of talking about it all the time. You see, the cake, if I have made it, better have it hot and enjoy it.

So many of them have enjoyed, and I want all the new people should enjoy. Because as I told you yesterday, you cannot give me anything. I don't need anything. I've not come here to do Sahaj Yoga. I've come in London because my husband got posted here and that's how I am here. I should say it's your own calling that I am here. So you are not to give anything to me, nothing is needed. Only thing is: accept it and just enjoy it. It's a gift. It's a gift that you deserve, it's your own right. You are the son of God and you have to become that.

May God bless you all. Let's have the experience.

Now, if you have any questions you can ask questions. No harm in asking questions. But I would say that first have the experience and then ask the question, would be a better idea.

Now you put your hands just like this towards me.

I would request you to clear out your forehead, is important for me, because, you see, sometimes there are problems on the forehead – mostly they are. So can you clear out your forehead for me? Just clear out. I mean, open it out. Remove your hair I mean, all the hair.

Can you also remove your hair a little bit? Ya, it's good. Just put your hands towards me like this.

This cures your ailments, your physical ailments, it cures cancer, it cures many diseases. We have cured. Cancer can only be cured by this. There's no other way out. But what's the use of coming to me after you have got cancer or you have got some serious disease? Better get rid of it beforehand.

It's working out.

Now close your eyes all of you, just close your eyes. Can you remove your red scarf a little? Yes, will be a good idea. You see the Kundalini has to pierce through and I would like to see here also.

First of all watch your mind: is there any thought coming into your mind. First of all watch your mind. Just ask your mind, "What are you thinking?" Don't put your attention anywhere fixed, into concentrated form, but just leave it loose, absolutely loose.

Do not concentrate anywhere.

Now, just see if you are feeling the cool breeze in your fingers, because these fingers, as I told you, at the end of it, are the sympathetic nervous systems which get enlightened. So you just start feeling on the tip of your fingers, if you are feeling the cool breeze.

If you cannot keep your attention steady you can put your attention to the top of your head where you have a soft bone in your childhood.

Thik hai? (ok?)

It's all right I think, it's working. Most of the chakras have cleared out.

I think you are getting cool breeze.

Now you can see, when you are getting cool breeze in your hand also there will be cool breeze from your head here, you can see it. Put your left hand on your head and see for yourself, if it is hot or cool. Could be cool, could be hot also. If it is cool it's all right, it's good.

Got it? You got the cool breeze too? Not yet? In the head in the hand? Not yet? It will work out don't you worry.

Now those who haven't got it please raise your hands.

All right. If you don't mind I'll ask them to look after you and I'll also come down to see them, all right?

Please raise your hands those who haven't got the cool breeze as yet. Just attend to them! Keep it like that so that somebody comes to you. Will you please?

I think best is the, if people from Brighton do it, it's better.

You also should, also you should also you should all come and help. But what I'm saying [is] basically because they will know who they are, what is their name and all that. It would be better for Brighton people to work it out. And also others.

Just see for yourself. And others should join them just to help them out, you see. What's the problem, let's see!

Is also left to the right. Most of them need sort of a balance from left to the right. Raise it from left to the right, with your left hand towards me, you just raise it from left to the right. It will work out.

John, you see, he's also same thing is, left to the right, you see.

Now this gentleman has got it? You've got the cool breeze? Good.

You can join, you can join John and see what it is. Just now you can see the whole fantasy of it. Come along. What's your name?

Yogi: Ross.

Shri Mataji: All right, you join John and let's see. John?

You can see yourself, your vibrations will know. Now come along! Call him!

Those who got Realisation yesterday also must work it out for themselves. Come along!

Just see. Is it cool breeze coming now? Are you feeling the cool breeze in the hand?

You are not feeling in the hand? It's coming out of your head all right.

Are you feeling now?

It's Vishuddhi. He's got a Vishuddhi, that's why.

You put your hand on his Vishuddhi. John?

Come along you also work it out, all of you who have got Realisation.

You've got the cool breeze?

All right, what about you? He's very good too!

(Mother continues to get Sahaj Yogis to work on people in the audience, giving them instructions as to how they should. She asks individuals whether they can feel the cool breeze, and instructs others to continue working on them until they do, with several people working on each person....She then leaves stage to work on people Herself...)

1980-0406, Easter Puja: The Meaning of Easter

View [online](#).

6 April 1980

The Meaning Of Easter

Easter Puja

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

...Like today I was talking to a Muslim boy and he said that "Mohammad Sahib was not an incarnation." "So what was He?" "He was a human being, but God has given Him special powers." I said, "Very good way!" Because if you say that He was a human being [then] for human beings, it is very good to say that "He was just a human being, He came on this earth and we are at par with that." Which you are not. So the awe and that shraddha as you call it, that doesn't come in. One starts thinking that you are at par with Christ, at par with Mohammad Sahib, at par with all these people! And where are they? And where are we?

Like, here, how people are playing around with Christ's life! They call themselves Christians, and they show no respect to His life at all, because it is the becoming He talked about. He didn't talk about all these nonsensical things. Secondly, we show no respect. There's no awe in our hearts that He's the one who has created universes after universes, and what are we, compared to Him? We sit down on Him like judges, judging Him. What ego human beings have! Like bubbles.

Of course, He was made of the Brahma Tattwa itself, the Divine love itself, so He could not be killed. Moreover He had to be born after Krishna because Krishna had said that, "This Divine power of God does not die. It is not killed." Just to prove that, He took this form, this gross form of Christ and came on this earth. But human beings, they have no eyes to see anything. They know what is a diamond, they know what is a precious cloth is, but they don't know what a precious thing it was that He came on this earth. Now think of it! The situation was horrible. No question of talking to anyone about God or about Realisation. But even to talk about dharma itself, the righteousness, was very difficult. I mean, what ignorance must have covered those people that they crucified Him!

Then, even the disciples never recognised Christ. When He was crucified they said, "Now He's dead." Then when He rose nobody would believe it. They have all kinds of theories even about the shroud that they have found out. Of course, there was a cloth which was tied on to His face which was pulled up, that's why His face looks that elongated and disfigured. But that cloth was left just there. I mean, what is so important about that shroud? I can't understand. It's the blood of Christ. One should be ashamed of oneself. The ignorance with which people looked at Him.

You can't imagine! If you see from that angle, how people are managing themselves with their ego and living in complete darkness and self-certifying themselves that they are the people who can judge even God!

And hardly they allowed Him to live for three or four years. He did not do any harm whatsoever to anyone. You cannot blame any community for that. If He was born in India, they might have done the same. What did they do to Mohammad Sahib? The same thing.

But why there are so many thieves, as shown in His life - only a contrast - [that] were allowed to get out? Why this compromise was possible and why it was not with Christ? Do we also do with us the same thing today? That we compromise ourselves with thieves, who are negative people, and we do not mind Christ being crucified.

Now, as you know that He created all the brahmandas. 'Brahmand' means 'an universe'. Now, the universe of the Sun, out of that universe, has come out this earth; out of that you have come out. And in your Agnya Chakra He has created a small Viraat, as they call it. He exists within your Agnya Chakra.

This sacrifice is very, very significant. And, though it is gross, in [the] subtle it has happened. To take the awareness through this centre of Agnya was done by Christ by His crucifixion. He came as a gross person, just like a gross human being. His body died, but did not die, because that body was also made of that imperishable Divine vibrations, as you call, the radiations of this Brahma. They did not die. And that's why the body did not die and He resurrected with His body. He had to die to show that, the body though [it] dies, can be saved. That's why He had to be crucified. Otherwise He could not have shown you.

But actually, it was experimented in the vaikuntha as you call it: that He died and then resurrected; to show that this does not die. Krishna has said, "Nainam chidanti shastrani, nainam dahati pavakah" (meaning) "It is not killed by any weapon, neither it is burned by any fires, nor it is blown by any wind." "Na chainam kledayantya apo, na shosayati marutah" (meaning) "Neither, nothing can suck in." That Spirit is He.

When they saw Him being resurrected then they started saying, "Oh! He was the one!" Then His disciples believed Him. What ignorance, what darkness! What darkness! It's like telling an ant about human civilisation.

And this gross happening took place when, in the subtle also, the same happening had to take place. Like when you say Moses crossed the river, this was the happening of Void being crossed by the Primordial Master. So, in the subtle, whatever is done is expressed in the gross in this manner. And this exactly what happened when Christ was crucified.

But again you cannot crucify Him. Now He has become Ekadasha Rudra, as described - the eleven Rudras as you know very well. These are all the powers of Shiva given to Him.

Up till now, till He was born, Krishna had given Him His powers, and [by] that He became Mahaviraat. He was even placed above Krishna. But now, when He will come, He'll be bestowed with the destructive powers of Shiva, eleven of them. One is sufficient to finish all the universes. And that's what is described as the coming of the Christ.

You cannot crucify Him anymore. And the time has come for all of us to be prepared for us to receive Him. We are not yet ready to receive Him. Unless and until you are Realised, you cannot receive Him, because if you remain un-Realised till He comes, you'll be finished, you'll be gone, you'll be destroyed. He'll just come to destroy all the nonsensical things. So this short time should be used for your emancipation and for your development.

But when we think of Christ, how human beings put up pretensions. All kinds of pretensions: like they act, enact how Christ was crucified. They'll wear all the beautiful jewels and everything and they will enact. It's mockery going on.

If you have to really come to resurrection then you must awaken Christ within yourself in the Agnya Chakra. If you cannot do it, all this enactment, even I have seen some people in Spain, they say, are enacting as crucified. I mean, this is mockery going on in this world. We are living with pretensions and falsehoods. All these things are going to take us nowhere. We have to face ourselves. We have to awaken Christ within ourselves. We have to bow to Him in full understanding of how great He is.

On the contrary, we always bend towards people who are pretentious, who make a circus out of Him. It's a mockery going on everywhere! This carrying the cross or any drama, I mean, it was such a miserable thing. And to enact it - I don't know why people want to do that. I just can't understand. I can't bear it.

But if you have feelings, you can see within yourself: it cannot be a ceremony, a ritual; to be sacrificed and to be resurrected. It's the actuality, is the becoming. It's not any drama. And people want to see a drama like that and be satisfied.

For us Sahaja Yogis it is important to understand the significance of Christ's life. That His body was the only body was made of these radiations. All other bodies were human bodies. All incarnations, even that of Krishna's, when He came on this earth were having human qualities - that Mother Earth existed in the body. Now the Mother Earth exists as a magnetic force, She's nothing but a magnetic force. If the magnetic force is the only part of the energy of Christ then it cannot be destroyed.

But as we human beings are, we are very gross. And the magnetic force of the Mother Earth also we do not know. We do not feel it within ourselves. The day we start feeling that magnetic force within us, we'll give up all these nonsensical movements of extremes. We'll settle down into our gravity. But we are not even [as] sensitive to that magnetic force as the birds are. After Realisation you do become subtle enough to feel that magnetic force. And you can ask the Mother Earth to take away your problems, to take away your sins - She'll suck in. Once you become that subtle, She'll work it out, no doubt. But you have to become that subtle.

Unless and until you become that evolved, you cannot touch Her subtler side, which is the magnetic force. While Christ's body was made of that magnetic force itself.

Now, when He was resurrected, they celebrate the Sunday, because as you have seen that He has millions and millions of suns and He is made of Sun. He is the essence of Sun. The Sun has got the force of oxygen within it, and this oxygen is responsible for creating brahmandas after brahmandas.

You see, when the Sun's rays fall on the tree - we take everything so [much] for granted - the tree blossoms, yield fruits; the fruits have seeds and then again they sprout into trees. Without the Sun nothing could exist on this Earth. And that is why we worship Him on a Sunday, because He was Sun. Actually, He resides in the Sun, we can say.

Now when we go to the Left, we actually go very much away from Him, to the negative side. We become very negative, like when we go to the Left Side, which you know, we go very much away from Him and our Agnya gets caught up, as you say, the back side of it. [If] you go to your Right extremes then you disown Him, you cross your limits. You cannot go beyond Him. And that is how when you go to the Right you cross all sense of decency, decorum and humility. So in both ways you go in the opposite directions, much away from Him.

Ego is the result of Right-hand movement, because the Christ essence does not create the necessary action on people who move too much to the Right and also on the Left. So on one side He fights the Left side, the superego. On the other He fights the ego in human beings.

That's why you have seen, if you are possessed, you have to take the name of Christ. Only His name can take you away from your possessions. Lord's prayer has got all the essences to take away the possessions. But not Lord's prayer said by any Dick, Tom and Harry. He is to be connected with Lord Jesus Christ, then only, if you say, it has an effect and such a mantra is an awakened mantra.

Right-hand side when you move, you have to be humble in your heart, because He resides in your heart as Spirit, because He is the Spirit. And this Spirit gets insulted when you go too much on the Right-hand side. And that's why ego-oriented people get a heart trouble.

On the left-hand side, in the superego area Christ is a terror! They are frightened of His name. They run away from Him because they know the Ekadasha Rudra that He is. So on one side He is mild, in the sense [that] He recedes away from the people who are egoistical, ego-oriented. He doesn't like buffoons and idiots. Donkeys that He was riding is the suggestion of these donkeys who are ego-oriented. He tried to control the donkey.

But the left-hand side are the people, these horrible negative people, they get frightened of Him. Absolutely frightened. You take Christ's name and they just run away, depart, "No, nothing doing, we are not going to face Him. Oh God, He's coming!"

Now this [bindi] mark is the sign of His blood actually. And that's why this sign is described as, the persons, even if you show this colour they run away. But one has to understand the significance of Christ with patience, with humility, because He is the one who has created universes after universes. Here you cannot just sit on a table, "Let's have it out!" or, you see, "Let's discuss." It's

no dogma going on. He's a living God, and living God cannot be discussed by human beings. You have to become superhuman beings to discuss Him, to understand Him. And the more you rise, the more you are filled with awe, "Oh God!" And when you realise that He's the support of the universe, He is our support, then you feel very powerful that - nobody can possess you if He is your support.

But you cannot just possess Christ as your own. You cannot say, "Alright, Christ is mine!" Nobody can possess Him. You have to surrender to Him so that you become His possessions, so that He looks after you.

His greatness cannot be described in words. As a child, as a son He's the giver of joy. One cannot describe how He looked after His mother - it's impossible. No words can describe the understanding of Christ for His Mother: His love, His gentleness, His care, His devotion, dedication, His Shraddha. It cannot be described.

And you know that He came as an evolved Shri Ganesh. And at the back He is Shri Ganesh; in front He's Kartikeya: very powerful, eleven Rudras. And this has given Him the highest position.

So, on this day, we have to think how He was resurrected for us. More than Him, His mother had to suffer His crucifixion. It was too much. Because She knew all about Him, She knew all this was going to happen and She was in a human form as a mother and Her only loving son being crucified in Her presence.

We should not glorify the cross for one reason: because Christ was crucified on that. But cross is the sign of the Agnya Chakra also. Because the same Swastika, which was tetravalent, equally distributed, is expressed as an evolved symbol that is a cross.

So when we glorify the cross, we are glorifying our Agnya, by which we accept the life of dedication and of sacrifice. And if we look forward after the cross we know that it is resurrection. And the resurrection that you are going to actualise in this lifetime.

But now give up all nonsensical ideas about your seekings and useless ramblings. Seeking means, not knowing about anything, but becoming something. For that Christ crucified Himself. He resurrected Himself so that you all could be resurrected. So you have to, today, thank Him for giving you the lead of resurrection. And in this lifetime only you are going to be resurrected and you are going to see with your own eyes your resurrection as the disciples saw the resurrection of Christ. This is being all promised and this must happen to all of you. So we should rejoice and be happy that the time has come for a mass resurrection. And [that] such a great event we are facing, we are such fortunate people.

Give up our small visions and our petty hankerings, our small, little lives in which we live like frogs. Expand yourself and think that today you are facing the drama of mass resurrection. Not only that, but you are manoeuvring it.

So rejoice and be happy that, what Christ did two thousand years back, today we are going to do it, and that's why Easter is a special day for all of us. It's really a very special day because in our lives the death has died and we are resurrected.

May God bless you all!

1980-0410, The Egg and Rebirth

View [online](#).

10 April 1980

Talk to Sahaja Yogis

Caxton Hall, London (England)

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The Egg and Rebirth, Caxton Hall, London (UK), 10 April 1980.

The other day at the ashram I spoke to you about Easter, about the birth of Christ and His resurrection and the message of Christianity that is resurrection. An egg is a very significant thing and it is written in one of the ancient scriptures in India why Easter should be celebrated with an egg. Is most surprising. It's very clear there if one can see how Christ is symbolized as an egg.

Now what is an egg? In Sanskrit language, a Brahmin is called as dwijaha. Dwihī jayeti means the one who is born twice. And a bird is also called, any bird, is called as a dwija, means twice born. Because first the bird is born as an egg and then reborn as a bird. In the same way a human being is born as an egg and then is born as a realized soul.

Now see how significant it is that both are called by the same name. No other animal is called as dwija unless and until it has an egg-form first and then it comes out as a... another thing. For example no mammals, none of the mammals, are called as dwija except for human beings.

It is remarkable in the zoology if you read that mammals do not lay their eggs, they give birth directly to their children. And we are also mammals. But despite that, human beings are called as dwijaha just like birds.

So that means human beings, when they are born are eggs, or they become eggs. How do they become eggs? Is the way our ego and superego develop within us.

Now you all being only Sahaj Yogis I think you understand what I'm saying. When the ego and superego... [ASIDE: What's this supposed to be?] When the ego and superego [ASIDE: - there's no chart is it?] develop in a human being, to the full extent and the fontanel bone area is completely calcified, then you become an egg. You get completely separated from your Mother, from all the pervading power of God and you are left to yourself as an egg till you mature within yourself inside the shell of the egg, in your freedom, to a point where you are ready for hatching. The Mother bird has to pierce on the head of the egg and you come out as birds. You're already there inside developed and then you fly out into the space of All Pervading Power of Divine Love.

So how significant is Easter, and why Christ? He came on this earth because He had learnt the idea, He had practiced the idea, or we can say that He was an expert on this. That He could Himself surpass that hurdle by which He becomes [vadija/the dweeja], but He was that already. But how are you to believe that you can be dweejahas, you can be reborn? It was said by every religion, by every prophet, that you are to be born again. Unless and until you are reborn - that means baptism, not this kind of baptism but the real one - unless and until this shell is broken on your fontanel area, you cannot become the dwijaha. Is written in all the scriptures, said by all the prophets; somebody had to show you that this can be done.

He being the divine power itself, the Pranava, He being the Brahma itself. His rebirth was resurrection, bodily resurrection, while yours is a resurrection which is in your consciousness. And you see it clearly.

This is what is Easter is.

Now we have to face in Sahaja Yoga ourselves in a full way. Christ was too great, but He came on this earth like an ordinary

human being, went through all the pains and pangs of life, overcome the hurdle and became the eternal life. He was eternal life and He became eternal life and He is eternal life.

But to show you that you have to also become eternal life, your consciousness must reside in that eternal life. That is only possible after realization if you know the value of that eternal life. If that is your priority, if that is the highest and you have to achieve that and nothing else.

But actually we have been identified with so many things, like we can say in the egg stage we had the yolk and all these things, and we got contaminated by all the surroundings, that even when we are resurrected we cannot identify our self with the open space, still our wings have to grow, still we are afraid to fly. And at that time you are to be looked after.

But if you are prone to go back into the egg stage, you can go back. This is the only difference between a human egg and a bird's egg. Though I would say a realized soul never loses his realization. But it can be so much overclouded that could be that the growth is stunted. The atmosphere in which you live is responsible for that.

You must have your own willpower. You must have your own understanding, your own character to stand up to it. You'll be amazed that the chicken that we eat cannot fly but if you want to see them in the forest you'll be surprised they are one of the fastest moving birds.

They are exactly the same as the chicken we have in the house. No difference if you put both of them together you'll find they are just the same - in the color, in their weight, in their appearances, in the way they walk, everything. But you put them together and at the slightest disturbance one will take off very high up while the other would not know where to run it will just [unclear onomatopoeia: parr] and go into a small place where it will be caught again and cut and finished.

So if human beings have to understand the importance of eternal life, they must know that they can change the atmosphere. They are much more powerful than chickens are, aren't they? Chickens can be dominated by the atmosphere. But a realized soul, through his vibratory awareness, through the radiations that are passing through him can change the atmosphere.

He can change his surroundings, he can change his friends, he can change his parents, his brothers, sisters, his relations, his surroundings - he can change his town, he can change his country and he can change the whole world.

Now the Sahaj Yogis have a special responsibility because they are the first to transform themselves.

I mean the modern ones. The old ones who are realized souls do not know Sahaj Yoga so they should not be called as Sahaj Yogis because they don't know about Kundalini, they don't know how to raise the Kundalini, they don't know anything.

Moreover because they have certain amount of consciousness that they are different from others, either they are cynical or egoistical. So the responsibility of the Sahaj Yogis of modern times is so great that they are the pivotal point, they are the turning point. They are going to turn the wave, a wave that can save or mar. One wave can mar, kill thousands of people by its upward thrust towards a wrong direction and the same wave can save them to the shore.

So the responsibility is very great and the importance of Sahaj Yogis is much greater than any saints who were born on this earth before. Because other saints did not know that if they were irresponsible what would happen to others. Some of them have written good books but I am sure, in between they have made mistakes.

Those saints who have been great and realized souls did not know even one thousandth of what you know about Kundalini and they did not even have the power to raise the Kundalini of others and give them realization.

Except for very few, like we can say John the Baptist, we had, who would make people [Laughingly:] go headlong into the water, into the water element to pierce them first... Dip them inside nicely again and again and with his vibrations would raise their

Kundalini, but still I don't know if he gave realization to anyone. He could give because none of the people at that time speak like realized souls, still they are seeking, their seeking has not come to an end. Still they are not knowing.

In India there are many people who have written about Self Realization. They were at a advantageous position because there are lots of books about it. While the disciples of Christ did not have that advantage otherwise they would have also written a lot.

But writing is not the main thing. You can make out a realized soul by the way he speaks. If he's not a realized soul, if he's still half-baked you can find out. You can very easily find out a half baked Sahaj Yogi, as you can find out an egg which is rotten. You don't have to break it to find out that it is smelling. You can see from the weight, you can make it out if the egg is all right or not, even by putting it in the water.

There are so many simple methods of finding out if the egg is rotten or not.

There are some eggs which are about to be rotten. Some are absolutely rotten and some are absolutely smelling. So forget about them.

Now one of the first things that happens to realized souls is that their attention goes to the most rotten ones, you see, and to oblige Me, they bring them down to Me - the most rotten ones which are incorrigible and I go on struggling with them.

I do not know why such a psychology should exist within us that we get the most difficult ones to Mother, to present Her with the most challenging task, to give Her the greatest holiest position. But, I have no regrets about it, neither I have any complaints, but time is wasted, time is really wasted quite a lot. So is better to find out people who are not that rotten, to get people who are just all right, not very much spoilt, otherwise if the shells are broken, if the whole yolk has fallen down then how are we to gather it?

Now we have most of the eggs quite safe but we have no way of approaching them, because the contamination that takes place on these eggs is because of heat: they get spoilt. The heat as you have seen in the body also is caused by diseases like cancer or anything that comes as heat from a Sahaj Yogi means there's something wrong.

And the warmth of the Mother bird only gives realization to the little eggs as birds. In the same way, it is the warmth of the divine love which does the job.

But still human beings do not realize the importance, best are those who fly at the first opening. Those who do not, sit down and sulk and think and analyze or afraid or frightened or start wondering their progress is very slow.

Because at the instant of their birth is a tremendous force behind him and they can easily go out. But if you sulk and think of your fears, the fear will settle down in your limbs and in your wings and you cannot fly.

The thinking and analysis that is going on after Realization makes the wings very heavy.

That's why I've seen people who get Realization in the villages of India, where the people are least complicated, take to their wings without any fear, just [they] I find they are flying in the air, and they manage to learn flying as if it is their birthright. They are just there - no problem.

Whenever they want they can come down, and again be there.

But those who become heavy with fears or with egos and their misidentifications, fly a little, again flop down - fly a little, again flop down. Every time they flop down something happens to them, they are hurt, they try to hurt Me by blaming Me for what has happened to them. This is the worst part of it.

Because they think I asked them to fly, that's why they have fallen down. I give even that much concession because they are still

young, still quite naive, but best thing is to take to your wings as soon as you get Realization.

Now why I'm telling you this, specially to the people who have already achieved quite a lot, because you took lot of time, most of you. So now when you bring new people, when you talk to new people, tell them that, "We have done all these mistakes and we were real slow masters. And we used to walk three paces forward and four paces backwards. Now we would request you to take to this flight and have the joy."

The third thing which is very important to be understood is that, that the mind which is so confused-a-terminology, I don't know what English word "mind" means, but if you think mind is your intellect by which you think, is the buddhi, then this mind has had many ramblings, in the West, specially.

So the complication is much worse because the mind has gone round and round and round. So the first impact of Realization, of this resurrection, is seldom of joy. And even if it is of joy, one comes down.

It may be in many cases that the joy comes only for an hour or so, and then you come back to your position. Then again you start rising, now when you start rising you face your complications and your complicated methods.

First of all ,your priorities have been wrong because of your intellectual ways of doing things. Priorities like wasting your energy on petty things as we do always. Say... "now this is not fixed properly." So... just to lose temper on that. Somebody comes late, then you are angry. The norms, you see, that are made as important, that you have to be in time, "time is very important" - for what?

Because we won the war, Waterloo war, because of time. But nobody's going to fight here a war, do you see?

We are not doing the same jobs what these people were doing, you see, we are not soldiers who had to fight a war, we are soldiers of patience.

So time is the... identification is too much with to-the-dot time business.

Then there are double forces which comes into play. One is your identification with the time and the other is My play of befooling you. You'll never get things in time after Realization. It will be all untimely, then you will realize that it was stupidity. Because straight away you do not understand.

Simple identification like time, if you go little further with it, see now in Kundalini what is the timing?

Can you say what time you are going to get your Realization? At what time exactly according to watch. My watch is... just now is 7:30 but it could be 7, could be quarter to 7, could be 6, could be 1. It's My own watch I'll have it the way I want to.

In the same way, you are not to be the slave of the watch.

Now, the timing... [Laughingly:] if you try other tricks also, any such things like foolish things like that. For example, people are very particular about the mannerism of others, not their own, but about others. If the other has a little peculiar mannerism, finished - then they have no patience for that person. It is so outside a person, because you are not seeing the inside of a person. And when these misidentifications stick onto you too much, then I have to do something about it, isn't it?

I mean what - there's no other way but to play tricks with you. Then you get confused with Sahaj Yoga. You think, "Oh, I was very much all right, what's the matter?"

There was a lady in America whom I gave Realization. She was an Indian lady running a shop, imagine, an Indian running a shop in America - had it.

Ah, I mean, she was nothing but a shop. She couldn't think of anything else but her shop. And she knew everything whatever was in the shop. She knew all the pricing, she knew everything, her profits, this thing, that thing. And when she got Realization she forgot all about it. She just forgot and she didn't know where she had things, you know. And she was quite worried, she said, "What has happened to me now? I am not worried about the shop and I don't remember where I have put the things and this things happens and all that..." But the result was, though she was so much worried and upset, that she was making a big profit, much bigger than it was before. And she couldn't understand what was the matter, how was it she was in such a mess. And she started telling Me, "Mother, I can't understand, this has happened and I was so confused that I lost all my sense of direction, of time and everything and I was making such a lot of profit. So how is it? What is happening to me? I mean, I don't understand how do work it now."

And she was very good at accounts, you see, but she could not do any accounting. And ultimately she found that without doing any accounting, the money she gathered was quite a lot. And the things started prospering. So I said, "Now leave it that way, why do you want to worry, to get back to the same position where you had to write every one dollar, two dollars?" Now she says, "I have to write by hundred dollars, see it's the thing is like that."

Now what happens really when this happens you go beyond thoughts. And when you go beyond thoughts, accept that as a blessing, accept that as your achievement, accept that as your resurrection.

Because you go beyond thoughts and with thoughts you have been doing all these meticulous things, you see, your thoughts disappear and you do not get those information, and those... complete efficiency, you see - recording by which you know you are efficient or not.

Your efficiency to look at goes down, but on the whole because you are in thoughtless awareness the whole dynamism of God's working starts working for you and you are amazed at the results and you are absolutely relaxed. As if all of them start working for you and you are just watching the way it is and wondering what it is.

But unless and until you understand the importance of that thoughtless awareness, that point as - this is the point where I have to speak - in the same way, you understand the importance of that thoughtless awareness, of your resurrection, of your entering into the realm of Divine blessings, you will stick onto your thoughts.

Then you start working out on your thoughts and there I play that nothing will work out according to your thoughts, and will be very obvious. You'll think of something, plan about something - it must fail. If it does not fail, you'll not give up your thoughts.

And then people again get confused that, "Mother, I wanted to do this but I wanted to do this, I believed in it." So all your beliefs and all your wants get absolutely neutralized and you are bewildered. Because you have to leave all these things in the hands of God. He does everything, you do not do anything. He is almighty.

When there is Almighty to do work for you, why do you want to do it unnecessarily? Just to pamper your ego and the ego is also wrong because you do not do anything. Just think of it. God only can have ego because He does everything while your ego has no meaning, it doesn't do anything. And because of these ramblings around, the way you have made your brain - you see, every time something comes up and then another...

00:31:17 MISSING

thing comes up and another thing comes up, the kind of a brain you have made here, you do not get to the joy part of it.

But first thing that happens to you that you start feeling the collective consciousness, minimum of that. That you start feeling what's wrong with others, you start understanding, then you want to know what are the deities are there, then you want to find

out [ALL or HOW...THESE?] are there, an' you want to find out all about the knowledge. You want to know about Sahaj Yog. Not so much of becoming is there. When becoming is there, only joy.

Then you want to verify the truth, so the truth also dawns upon you. "Is he a Realized soul? Yes, he is. Is he? No." Then, "This is... this book is correct? Yes," because the vibrations are coming. "Is this a place which has come [up - DEL] to us as the authentic thing? Yes.

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This is not, that is not." Like that you start verifying everything. Even people verify "whether I should buy this or not, should I buy that, should I do this," like that. They walk, you see, with their vibratory awareness all the time, using that.

So the truth is born to them, they know what is truth, what is not. They can verify through their attention, their chitta, the truth. First your chitta gets enlightened, then in that enlightenment you find the truth. But the joy is still missing because of your ramblings.

But to an uncomplicated person, if he gets his resurrection, he shoots off, he's not bother about these ramblings. Like a little birdie which is born out of the egg, starts thinking, "Now, how should I move my wings?" So it goes to a library and tries to find -[Laughter and Shri Mataji continues laughingly].

If not it will consult other little, little birds, "Let us sit down and find out how do we move our wings." The wings have the power to rise. Allow them to rise. And that's what happens, that's why all these ramblings are there.

So you go to the one side to the truth finding of everything.

Then the attention is on more on collective consciousness than on the truth. So naturally, finding out truth about others, you see, immediately you say, "Oh, he is catching this, he's catching that, that's wrong with that and that's wrong with that."

But if you are in the stage of joy, which I am - I don't know much about Sahaj Yoga, actually I come to know through you people - I am in complete joy. And there you see - you find, "Oh, he's catching like this, he's like this, some... this fellow has this problem and that fellow has that problem and that must be the reason that is there" - now they have all become birds. They are no more eggs now. Just a little bit of yolk here and there, you see, it's clinging to their body. Mother will cleanse them, finished.

But what happens is that we still think they are still in the egg because they, they - you see, still go back to the shell, they're afraid to fly. So how can it fly, you see, it is in the shell and still worried about raising the wings out, see? Doesn't want to come out. So the shell has to fall off fully. Instead of taking out the shell, you also enter into your shell thinking, "Oh God, why is he in the shell? I better get into my shell as well." And this happens, with that the resurrection is delayed. Resurrection is only complete when you reach to the state of joy.

But let's see what happens to a ordinary villager in India when I give him Realization. He just has joy and he doesn't want to know anything about it. Knowing is not his job. He just knows joy. At the most he knows about the chakras and how it works and all those things, I mean, his style is looking from there - everything he sees everything so clearly, you see.

We have some very big Sahaj Yogis in India, you know that, of a very great height. The other day I received a letter from one of them, and I was amazed the way he has - he's expressing himself, most amazed at it. He was talking just like Socrates. There's one fellow who met Me who was just an ordinary cart driver, you know these bullock carts we have, he was driving Me down in one of these processions we have there in a village. And I started talking to him. I was amazed, he was Kabira - just like that he was speaking to Me. He said, "The whole world is open to us now, the whole universe opens at me and wonders what a lotus I have become and my fragrance fills and -" I was amazed at him, the poetry he goes on with - a bullock cart driver. Because he didn't have any ramblings, he's there - he's reached there.

And you ask him, "What's the matter with this fellow, how is he?" "Oh, he's coming up, he's very well, he's, he's very well now, much better, much better."

Never would they tell Me that he's catching on this chakra or that chakra and all these details you see: "The schedule of the whole thing is that.... At 5 o'clock he was catching on his Nabhi. At 2 past 5 he was catching in his Heart. At 5 past 2 he was catching on his Agnya and then suddenly he was catching on his left Swadishthana. So now the answer, what he was he is suffering from?" Now you sit down for an examination. Because giving examination has been your habit. So you want to study the whole subject in a way as if you are appearing for your MBBS examination. And you want to write down the whole history of the patient and come down to a conclusion, and conclusion would be all wrong because by that time the person would have got Realization and would be checking your chakras. [Laughter.]

This is the topsy turvy of Sahaj Yoga is, is the most interesting thing the way it plays with you and makes you understand that it is not the way you people go about losing all your sense of humor, becoming such serious people, and getting frustrated and then losing your tempers. No, it is joy in which one has to get into. And that joy you can have if you give up those ramblings.

Like, some of them wrote a letter to Me saying that, "Mother, we went through Gregoire's book, it's very difficult for us, we just don't follow a word about it."

While they are very great Sahaj Yogis. He said, "We've given up, You see we knew English all right but this is too much for us, it's too much we just can't get into it, You see? And part of it was all right when he said about seeking and when he met You. After that we don't know what is all that written there, we don't understand anything. So next time when You come, why not write another book, You see, which just says what we've found."

So simple as they are, they are all educated people, not that they are not, but they do not have this complication. And these complications as we have in the West, we should be careful about it.

It's just - I tell you why because somehow the movement is set in, in the West, and in everything we go to extremes, in everything.

You give them anything, I mean, a simple thing you give them, you know. You tell them, "Now, I give you ten flowers, all right?" "You gave me ten flowers. All right." Then I take them to a vase put them there.

No. You give ten flowers to a Western fellow. He'll write a letter to you, "Thank you very much for the two daffodils and one Daisy and one this and one that" and more. "And I know from what shop you've got them." And then they will go in the shop and find out how much I must have paid. Then they'll find out, "Now how to repay it back?" You see, because you've given them ten flowers, "Must be one more, eleven at least. How much will it cost?" So the costing will be there. All right, then they will sit down and find out what are the aesthetics of particular things are and then "Which one thinks should we give? And -" I mean, it's a headache, I tell you. A simple thing like giving ten flowers, just. This is going to one extreme.

Now the problem is, with all this going, with all these happenings, where are we reduced to? What are we reduced to? Do you recognize? Do you see? What is the most important thing now for us? Not our economic activity. Is it? No? Even drinking activity is not important - of course, that is one of the second most, I think, or maybe the third most - or drugging? Nothing is important.

The very rudimentary activity that every animal knows, has become the most important activity for Western mind. I mean, as if we are reduced to a sex point. I mean, it's something madness, I tell you.

I mean you are resurrected now, you can see it so clearly but what about those who cannot see, what do you say to them? How do you talk to them? And this is the biggest problem. That you do not know where you are heading for, where are you, you have lost your moorings, you see, because of these ramblings. The moorings are lost. You cannot find out the depth where you are.

It's like going all over the places, you land back in the same place.

Like I'd seen a picture that some people who got drifted, you see, in an aeroplane and suddenly got fainted and all that, and they thought that they are going in the other outer space or something and landing in some new place. And they landed in a place, suddenly... and they found it was a very beautiful place. There was a river and a beautiful mountain - they thought they must have landed in moon or some planet which is such a beautiful, plentiful thing, you see?

And they were very happily settled they said, "Now we'll settle down here nicely, make our home, just like Robin Hood and be very happy people." And with that idea they slept. And in the morning, they were awakened by an English policeman saying, "HEY you, what are you doing here?" And they were in England only. They flew from India, England and flew back into this place and they did not know where they were.

In the imaginary world of this sex, you do not know that you are at the same rudimentary point, at the very base of it and you have done nothing, no advancement of any kind. Only thing you have created a hallucination, a very melodramatic stuff of the whole thing. And main basic problem is that.

This is to be pointed out. This is to be understood. And once you start understanding as Sahaj Yogis, then you will realize how important it is for you people who are in the West to take to Sahaj Yoga in a very big way.

And that is the reason also that joy is kept out of you for the time being. Because you must know those ramblings to explain to them.

Because supposing you meet an Western philosopher, intellectual, I meet many of them, headaches I tell you, because I'm not so good at these things, you know. And they just start, "Did you read Mr... Madcap?" I said, "Who is that?"

"Oh, he's PhD in that, M.A.D. in that."

"I didn't read him." "Oh, he says..." "All right." You have to read the whole library to talk to any one of them, you see. And then they will say that, "You see, your this-thing doesn't befit our culture, no."

Imagine, is that the culture of English or of Western people? The modern intellectuals, you see - what are they? The same rudimentary thing, that's all. Nothing more than that. They are telling you to retain your ego, just to do that. Everything ending up there. And here you have to confront such fools so is better that you know all analysis to talk to them.

They don't want to hear about God, they don't want to hear about Christ, they don't want to hear about anybody else but a man who tells them to become just that. They are devaluation [fv: Shri Mataji may prefer the word DEVOLUTION] you can call it, not evolution. They're degradation, such a person is accepted today and regarded as God.

So it is for Sahaj Yogis to understand and recognize the importance of their being Western people. How powerful they should be and how much willpower they should have to fight this, because this is the turning point.

And for Me also this is the turning point.

[Shri Mataji moves the mike.] You all have been... all Sahaja Yogis, there's nobody - ah have you come before, isn't it?

[Person in audience says:] No, I'm new.

Shri Mataji: Is it? I'm sorry. Can you, you give her her Realization today because today I, as usual, the time doesn't sit for Me and I don't sit for time. I have to go for something, which you understand.

You are all invited in My house for dinner and everything is cooked there for you, those who want to go. Because I invited some they came in the morning... for lunch but I couldn't tell all of them. But I am going out, though I'm there. Those who can go and would like to have something to eat can go to My house. There's, I hope, it's sufficient. If not, I hope, somebody will look after that side. [fv; the following "corrections" are done phonetically only.] Achar-vachar bhi bahot hai gharne. Sab nikal lena aur khurdi-wudi banwale nagan kaise. [translation: There are pickles and lot of stuff in the house, take it out and make some food out of it.]

Those who want to go to My house are welcome and can taste the food that I prepared, and enjoy yourself.

I'm sorry today, you see, I have to go but you'll get Realization, no problem. Did you get cool breeze in the hand? Nothing? Sure? Now just see that. Again the business of flying. Just see now, are you getting cool breeze or not.

[New lady:] Here and here.

Shri Mataji: Then it's all right, done. Now you fly. Fly out fast. Immediately. Fly out fast. If you settle down again back into the hole then it will be difficult, all right? She's got it. [This:]'s was nice, give her some papers. I didn't know you were new, you see, but still it's all right, doesn't matter. These things were meant for Sahaj Yogis, you see, because they are really great people here, all very knowledgeable. [Some laughter.] Actually I have to learn from you many things. I don't know so many things, I tell you, and it was such a knowledge, I tell you, I read too much of it.

So thank you very much and somebody has to guide them. [fv: phonetic correction:] Chaya? Unko leke jav aur itno ke liye to shayed nahi ho ga, lekin jarasa sotana chaval banalo. Aur kuch bana dega vo. aise kafi hai gharne, saman. Aj khanna de do sabko Jiten jana - [Chaya, take these people to home, there might not be sufficient food for so many of these, but you can make rice. And the other cook will also do something. Anyway there is lot of food in the house. Today give food to everyone.] Those who can go, would like to go, can go. All right? What's it?

[Yogini:] Your coat.

Shri Mataji: I have learnt some things in England, is to wear a coat. In the same way, you have to learn some things.

[Shri Mataji gets up and moves away from microphone. She speaks to individuals before leaving:]

May God bless you... Oh, thank you very much.

(UNCLEAR: The reason is the (5 indistinguishable words).) All kinds of (VISAS?) you are getting since I have come here. Only you used to have (WHITE?), soon and all that, do you remember? Do you remember that (unclear: PICTURE THAT) he could never seek a (unclear: QUEEN TAPEMENT?). Before I had recognised you.)

Beautiful.

Thank you. Shri Ganesh again. Just to compare. Now what did you give?

It's the sari which you gave Me if you remember, for Puja.

Thank you.

Have you found out the address?

Yogi: Yes, Mother.

Shri Mataji: Did he telephone?

Yogi: No well he's been... can't find out the telephone number, Mother.

Shri Mataji: Beg your pardon?

Yogi: He can't find out the telephone number. It's not in the book and the High Commission gave the wrong number.

Shri Mataji: Alright. So, we'll take about fifteen minutes. It's beautiful. So, shall we go now? Thank you! Thank you very much.

Yogini: How is Wilma?

Shri Mataji: Hello, how are you now? Better? You are looking much better now, much better, eh? Looking so much younger, see?

[Lady unclearly]:

Shri Mataji: Now don't be frightened of Me, all right? It's going to work out. Now. Alright.

Take a big one, Jeff (?) What do you call that?

Yogini: Nutties.

Shri Mataji: Hmm. We call it Nuggets.

You can take them to My house. Our drawing room is lying very much in an upset condition. I hope you don't mind seeing. ...is like that.

All right, Bye. May God bless you.

[Yogis:] Bye bye. (...)

1980-0412, The Force within

[View online.](#)

12 April 1980

The Force Within

Public Program

Birmingham (England)

Talk Language: English | Transcript (English) – Draft

Public Program, "Sahaja Yoga - The Force Within". Birmingham (UK), 12 April 1980.

[Introduction by Mr. Bala Kanayson]

Ladies and Gentlemen, I'm glad you could all come down this evening, we are all very glad, all of us in Birmingham and the other Sahaja Yogis who have come tonight, that Shri Mataji has graced us with Her presence and as you have probably noticed we have also had very good weather today and the sun has shone and kept it quite warm.

Now Shri Mataji has perfected a technique known as "Sahaja Yoga" whereby one attains one's Self-realisation. "Sahaja" means born with, so it is a technique whereby one achieves Realisation. Now for me to try and describe Shri Mataji's power and personality in words is impossible, so I'm not going to try, further more we only have a few hours this evening and I would like Shri Mataji to talk to you, so I won't take up too much of your time.

Now the technique deals with the Kundalini which is an energy within you and Shri Mataji through Her power, through Her Nature, is able to awaken it within each and every one of us. Now for this to happen tonight, because it will happen in you, all you have to do is to keep an open mind. Now you don't have to absolutely believe anything but also you don't have to reject it before it even happens. So I would ask you all first of all to place your hands towards Shri Mataji, like this, you can rest your hands on your laps, relax and listen to what Shri Mataji has to say with an open mind. Thank you.

Shri Mataji: I'm extremely happy that again I'm back here in Birmingham to meet you all. As Bala has already told you, "Sahaja" means born with you. There are many things which are born with us of which we are aware: We are aware of our eyes, we are aware of our nose, our hands, and we use them also with all our full awareness about it. But we have many other things within us about which we are not aware. Now the first part of it, that there is a residual force within us, which is called as Kundalini, is partly believed and partly not believed.

In India, because people accept what saints tell them, they have seen that saints have been able to give realisation to people, they absolutely believe that there is a residual force called as Kundalini within us. But in the West, where everything is analysed before it is found out, where everything is discussed before one has reached there. It's rather difficult to accept that there could exist something called as Kundalini as a residual force within us. Because of the habit of the mind, one immediately jumps into a discussion, an analysis about Kundalini, but the way to neutralise it is this way; that God has created us or whatsoever you may call it, Nature, from amoeba to this stage. He has taken so much trouble or the nature has taken so much trouble, to create this complex personality of a human being. What is the sense of creating someone like that, if it has no meaning? If it is not going to do anything better than what other animals have been doing? What is the need to create a human being who can even control nature and can use nature to its purpose, and sensible man who thinks his time is valuable would not create anything which is useless?

In the same way, we can deduct and conclude that if God is a sensible gentleman, then he would not spend his time, making us so beautifully assembled, evolved, to be human beings without any purpose. There must be some purpose behind it and if there is a purpose, He must have already arranged something by which we achieve that purpose. For example, if you purchase this instrument in the market, you will immediately look out for some sort of a cord which connects it to the mains, otherwise this has no meaning. In the same way, within us there must be something placed.

Such a power exists within us, is a fact and you can see with your naked eye this power pulsating in the sacrum bone. Sacrum bone is the triangular bone, white one that you ... see, at the base of our spine, which is a bone normally does not move even one thousand of an inch. Even one thousand of an inch, it's a fixed bone, and you see a complete heart-like movement of that bone when the Kundalini rises, with your naked eyes, whether you are a Sahaja Yogi or not makes no difference, whether you are a realised soul or not makes no difference. So, there is something inside that which pulsates. Then with a stethoscope you can feel the rising of the Kundalini. You can feel it, the throbbing, going into your spine, coming onto your head here in the fontanelle area, and making this bone soft and after some time that sound disappears, you feel absolutely blissful, relaxed and a radiation of cool breeze starts flowing from your fingers.

Now one can say that, the second part of it, that there is a Kundalini or not we have to treat it as if it is some hypothesis. Like only open-minded scientist we should look at it from a hypothetical angle that see this is the hypothesis somebody's putting forward, let's see if it works out or not. If it does then it proves the law, if it does not, it does not, because now we are talking about something unknown. But is it not that in the science also first when we hear of something new it is unknown to us because whatever is known is already outside and whatever is unknown is to be discovered and if there is some discovery then you must keep a very, very open mind about it.

Because of various experiences of mine I should say especially this year, I find people have become very sceptical about this word like new awareness, new dimension to your understanding and all those things, because all these words are used these days to befool people and float an enterprise. Now I would not blame them so much as I would blame people who take to them, because that they are that cunning, because they are making use of your simple nature, because you are seeking. It's not only blame, but I condemn all they, all of them for doing such a thing to seekers. It's the greatest sin that a person could do is to mislead a true seeker and if they are doing that you must also know that you have every way of finding out if a person is truthful or not.

First of all, one should know that if evolution has to take place it has to be absolutely spontaneous, and you cannot pay for your evolution. What did you pay to be a human being? You cannot pay for God's love if God's love has created you into this beautiful human being. It's absurd. Just look at it, it's absolutely absurd that you pay for anything like that. Now they may say that, "Yes, we have to pay for a hall". All right, that's not much. But why pay for the maintenance of these lethargic parasites? But when it comes to such horrible people, I find, that the seekers do not question. They just go headlong into it. The reason is they are mesmerized, there's not freedom in them and that's why I like it that you are open minded, but you are alert and that you are not going to take me for granted.

You have to get it, you have to feel it and you have to know it, then you do not believe me, that means you are adamant. That should not be so because you have been seeking not today, for ages you have been seeking. It was promised that you will be awarded. Long, long, long, many years back, NALA was, he was even before Krishna, before Rama, caught hold of Kali. Kali is the generator, generator of modern times and he asked him that, "I must kill you, or you, the horrible fellow, when your manifestation will start on this earth, you'll create such chaos that people will try to commit suicide to get out of that kind of a life that you will be creating". So, he was threatened. He said, "I must kill you". So, Kali said, "Now Listen, you must know my importance, 'mahatmi', you must know my importance. If you know my importance, you would not do that to me". So, he said, "What is your importance? Of all the things you are such a horrible man; you are going to create problems in families, in nations, everywhere you are going to create such wars and things when you will manifest, why shouldn't I kill you once for all so that nobody goes through all That?" He said, "Only, there's one great thing about me is this, that when I will be manifesting, when my Kali Yuga will be coming, then all those saints who are seeking God, in the jungles and forests and in the temples and in the churches and everywhere- at that time there were no churches but you say, places where they worshipped- all of them will be rewarded in Kali Yuga".

And it has been again and again promised that the time is going to come and you'll be amazed that fifty years back there were hardly any seekers whatsoever. There were people who just were born produced children and died with a big insurance or something and give lot of money to their children with complete satisfaction. They never had this feeling and hankering, this er, kind of an urge to know what they are, what is the purpose of life. Is in, only in the modern times we find that there are so many

seekers on one side and there are so many on the other side. It's a big battle of wits among people that they don't know.

Now we have here in Birmingham two persons who are very good Sahaja Yogis. When they came to me, they were very badly off. So, I asked one of them that, "Give me the list of gurus you have been". When he gave me the list it occupied two and a half pages with both the sides written down, horrible gurus [Laughter] he has been! But I must tell you that he's completely cured, and is back, in Sahaja Yoga with such a beautiful understanding of Sahaja Yoga. Enjoying the purpose for which he come on this earth.

So, what is the purpose of human beings? We come to that. Again, it is hypothetical. Don't start asking question because the mind is moving into a question. I'm trying to answer your questions in my lecture so keep your mind little silent to understand. What is our purpose in life? What is the purpose of this instrument? It has to carry my voice. So, what is the purpose of human beings is, that they are so created by God, that they are his beloved children, that He wants to bestow all his powers upon them, that He wants them to reign in His kingdom, that He wants to feel and carry the powers of their Father who is so generous, who is compassion, who is a Father who does not want anything for himself but would like to give everything that he has to his own children. We can't imagine of such a father in these modern times but He is an eternal Father. He doesn't change with timing and this is what He has decided long time back. He brought you up to this point and the time has come for you to get that power within you.

The spark is within you, resides in your heart as Spirit. This is the absolute point within. We are actually finding out our absolute. We live on relative terms all the time, relatively we start judging. That's why there is confusion. There is no absolute understanding about any problem whatsoever. If you ask them, "What do you think of, say, Khomeni?" They'll say, "Maybe right, maybe wrong, the Shah may be right, may be wrong". You ask them any other problem about inflation, they'll say, "Maybe right, maybe wrong". Nobody is sure about it, what the reason is, because we are living in a relative world. But there must be some method by which we get connected to this absolute and when these radiations start flowing from your own being you start verifying them by asking questions.

Say, you ask a question "Is there God?". Immediately, you'll feel a cool breeze flowing into you. A question just asked "Is there God?" is an absolute question and you'll feel a cool breeze "Yes" flowing. These are the radiations of your own Spirit which informs you, "Yes, there is God" and all absolute questions can be answered by your evolution into this new awareness. The term which is very badly used by so many false people. But when you believe them even seeing the way they are, you must know that you were mesmerized, that under that mesmerism you believed into it. You do not know what powers you have, you do not know where you are, you cannot find out your moorings, you move in them as if you are going blindly into some alley from where you cannot return, but in Sahaja Yoga you will know each and everything within yourself and within other people.

So, first of all, what you get is enlightenment of your attention, especially in places where people are more intellectual, where they are more rational people first thing that happens is not the joy. It's my experiences now. But you get your attention enlightened means wherever you put your attention you get an answer. For example, we had a Sahaja Yogi, not now, now it's very easy so don't worry, be worried. That was the time, so six people with whom I was struggling one of them when he got his Realisation still, he was sceptical, he said, "How can that be, I could be actualising collective consciousness?" So, one day his finger at this base, this finger started burning so he asked me "What is this finger, Mother?". I said, "This is the finger of the throat" or of the Vishuddhi Chakra which has got sixteen sub-plexuses you can see that. So, I said "This is the place of your father, these are his centres, must be your father is down with throat trouble, Bronchitis something like that." He telephoned home, in Scotland and his mother said that the father is very sick with Bronchitis. For this is just the beginning but then it becomes a system with you, you just start understanding. Now he believed that he was collectively conscious.

So, you become collectively conscious, you actualise it, it really happens to you. It's a happening that takes place. Not the experience like somebody said that you go to that guru and he gives you and how much did you pay. Three hundred pound for getting. And then hysteria ultimately ending into epilepsy. Not that way. It is- actually, you can feel a little burning to indicate, to report to you what's wrong with you or what's wrong with another person. Also, you know how to correct it. Cancer, now I have been saying for the last ten years or more, that cancer can only be cured by Sahaja Yoga. Of course, there are many other

diseases apart from cancer. Because there is seeing within and because one does not find it cancer is set in, because of the struggle, cancer is set in, now I will show you how we are within ourselves and then also I'll tell you how we contract cancer. (aside) Can you see it clearly? Hum.

Now this is a human being we have shown in a magnified way and that is the triangular bone, you can see there which has got the residual power, coiled together in three and a half coils called as Kundalini. Below that is a centre and above there are six centres, you see it for yourself. Now this Kundalini is the power which gets awakened and rises through these centres in the central path and opens here the area and you become collectively conscious because you reach the subtler awareness by which you become one with the All-pervading power.

Now whether there is All-pervading power or not. Whether there is God or not. Whether Christ was a liar or he told you the truth, everything could be found out through this happening. Unless and until you are connected to the mains nothing can, could be found out and you must be connected to your mains for which you cannot pay, for which you cannot stand on your head, you cannot do anything, is a spontaneous thing which happens, it is happening to you in my presence but later on it will happen to others in your presence. It is like one candle which is enlightened, can enlighten another candle. So, there is no give and take, there's no er, problem of saying that I have given you this and you give me that, it's already made there and you just have to be connected to that all pervading power by which you get those powers which are radiating from your Spirit. So, these seven centres are within us, about which I will be telling you tomorrow in detail.

So, what are these seven centres are but these centres exist within us and are manifesting outside on the gross as plexuses, on the gross only for our physical being. For example, the first centre which is down below is manifesting as pelvic plexus. Now you see there are four angles or four petals to this, in the same way in the pelvic plexus also there are four sub-plexuses but is only for the physical thing. Now the other one is. It has got six sub-plexuses, another one has got twelve, then you have got another one, the other, or, the one he showed green one has ten, the one he is showing now has twelve, the one that is there is sixteen, then two, and there are one thousand. Like that we have got a, these centres placed within us.

Now this is not important to know at all, what is important is that you should be first connected. Supposing you want to use this is it necessary to go into the whole machinery of it and opening it out so that you can never connect it? It is a very simple thing, is very simple, just like a primula, the germinating power in a seed takes its own course, it's that simple. For that do you go into the seed and find out how does it do, you pull it out, it just happens spontaneously. In the same way if God has made you that way it has to happen within you. It is your right to get it, you are made for it and that's how you are going to get it. For that God himself is anxious apart from your seeking you do not know what anxiety he has about it and how anxious he is because he known why you were made. You see that beauty within all those who are seeking and you understand what they are, what beautiful personalities are hidden under these so-called unhappy people and a person who knows that will work relentlessly to expose that beauty, because even supposing I have that, cannot enjoy it. Unless and until you all get it. It's something where I always say a capitalism and, or communism meet. That even if you have all the powers what's the use, you cannot enjoy them unless and until is shared. So, the whole thing becomes a sharing capitalism. And that's what one happens, it happens to all of you. You will have to do the same way and then you start living a very bigger life by which you understand what is your whole.

In our seeking we are actually finding out our whole...meness. We feel lost, we feel disintegrated. It's a situation when cancer develops within us. Same situation, that one cell starts growing, big, on their own, you see, naturally one cell becomes. A nose starts becoming big or the eyes start becoming big oppressing all other cells, not related to the whole. When that happens, cancer sets in. As you will see here there are three channels. The first, the blue channel represents the desiring within you, the power by which you desire. The second yellow one represents your power of action "Griha Shakti" and the centre one is the power of your evolution. Because of this central power you have evolved into a human being and because of the same power you are going to be higher human being.

Now these three powers are represented or we can say manifested outside in the gross as sympathetic and parasympathetic. The left one represents a left sympathetic, the right one the right sympathetic and the central as the parasympathetic. Now the parasympathetic nervous system gives us the balance, the coordination, the complete understanding and also the refuelling of

powers. The parasympathetic nervous system is not known much to medical sciences. They don't understand it, they call it autonomous. They say it is run by auto, now who is this auto? By giving a name of branding something, you do not solve the problem and this is the autonomous nervous system which comes into action.

For example, when say you are running you increase the beat of your heart but, after sometime, automatically your heart comes to normal. Now what acts to bring this heart to normal is the parasympathetic and this parasympathetic nervous system is beyond our conscious mind, we cannot handle it, we cannot reduce the rate of our heart. It is beyond our conscious effort but once this happens it becomes under our conscious effort so that you become a master of yourself. The idea, say, of liberty, of freedom is very relative today. We think supposing we are allowed to drink then we are very free, alright you are free in a way but you are not free in another way, because drinking will make you slave of drink. One way is that your ego feels satisfied. "Oh! I'm allowed, I'll want I'll drink otherwise I'll not drink no one can force me", but you start drinking the drink itself will sit on your head and make a slave out of you.

So, our idea of freedom is very much relative but once you get your realisation you just don't drink because you don't need any drink. It is not that I tell you "Don't drink" but you just don't drink. Why? Why do you drink? Because you are bored stiff. Why do you smoke? Because you are bored stiff. You get so bored of yourself but once you see yourself and feel yourself, which is such a beautiful thing to enjoy yourself and others. After Realisation, you forget about drinking, you forget about all these things you have not time to give and the love starts emitting through you. Then you are the master of yourself because nothing can dominate you.

Nothing can dominate you and you become master of yourself and this is what it is. What we call is the achievement of Sahaja Yoga. In Sahaja Yoga we do not say "Don't do" that's not done. But you just don't do it. We have people here who have been taking very heavy drugs. I mean some of them came to me and their conditions, well you can call them as absolutely gone cases, coma's. They could not understand me, I couldn't understand them, I couldn't talk to them, they couldn't talk to me, Their hands were so shaky that they could not hold even a big pencil. There were some who could not even write. After coming from Cambridge, they become drug addicts. Now they are free to be drug addicts all right, but what about the drugs? They are dangerous, they sit on your head. Now we don't say "Don't take drugs" no go ahead. But you will not, you'll just forget them because you get that drug which gives you what you are seeking. That's your power. That's what you are. That's what gives you dignity. That's automatically happening within you, you don't have to say "Oh I have to be dignified", no nothing. You just don't do it because there are no temptations anymore of anything; you are just a master of yourself. You start enjoying the nectar of that love within yourself. The joy comes on you, just like waterfall, the rain of waterfall and you don't know how to express yourself.

Many people who came to my program suddenly got it and they were so happy that they started laughing loudly. They said "Mother, if you forget, forgive us, I said "Do it". Then they went outside and laughed aloud. One of them I asked "Why were you laughing?", he said "I was so cheated all these days and now I have beaten them". I said "Correct, that's what it is and it was so enjoyable to see them flowering to their beauty. To me it's so joyous like a gardener who sees the flowers blooming. It's very deep type of joy which so many Sahaja Yogis have felt and is such a promising thing that you just don't wait for anything. Just, just don't ask for anything. You are just there, for a light is to be enlightened; it is created for, created for enlightened. When this enlightenment takes place what does the light do? It gives light. When [?] over now. Everything is over, it just gives light it emits light. It just loves, loves in such a way that no-one can dominate you in that love, neither you dominate anyone but just enjoy each other. A complete ocean of enjoyment. You are made for that. God has not made you to suffer. Don't believe that he made you to suffer. Anybody may tell you, it's not true. He has made you to enjoy. But enjoy the bliss and not the curses and the enslavement. This is the difference in understand what is the freedom of your Spirit. Ask for the freedom of your Spirit and not for your ego. To say that "Oh I can do this of course I can do That".

Ego shouldn't be identified with yourself. Ego is not yourself. It's a very horrid stuff. That creates a veil between you and yourself you and your heart and people who are ego oriented could be absolutely devoid of all emotions, devoid of all enjoyment only thing they enjoy is the pampering of the ego. So, the new trend among the seekers is very good that they didn't want to have all that ego trip, they stopped that, no, no more of that ego trip, is a very good thing. But at this time when we have given up the ego trip we should not go to the other side of the super ego, which you see there in the blue. Where you start feeling guilty. Now

somebody dies. Say in Vietnam. We are guilty here. Or Lord Byron has written some stories and you are crying.

We have so many types of Sahaja Yogis some come with ego orientation, some come with super-ego and they are in such a miserable condition. I mean they feel so miserable sometimes that I tell them that there's not like that. It's just the shackles, just the covering of the ocean that you are. You dig down within yourself and you'll find the pearls of you belong and you'll be amazed what joy and what beauty lies within. Because this is all a drama, children also know that they are in a drama. They play with something then throw it away, but we do everything so seriously, so sincerely, getting involved into it, thinking that we are the ones who are either sufferers or who are the persons who have to do it. Both these things drop out. You see the Kundalini, when she rises, how she pushes ego and superego and that's how you get your mental problems solved.

Now as for things like cancer, when you start using too much power from your left- and right-hand side, for example, we can see here. The left-hand power and right-hand power pulled out of these chakras, the centres. Now when you start using them too much this side and that side, they are pulled out like that and because of that your connection with the mains is lost. You become on your own and malignancy sets in. Over activity of the sympathetic nervous system creates cancer. It can only be alright if you are connected to the mains by which the power starts flowing through you, your chakras are again re-established and you start enjoying a normal life. Every moment we are setting cancer within us because if it is activity of the sympathetic nervous system but because we are keeping and normalising it with our parasympathetic it is neutralised but if somebody allow it to work out that way then it can be that one. One chakra may be broken and by that the cells might become on their own and malignancy can be set in.

Then there are many other diseases which we can cure with Sahaja Yoga. One of them is diabetes and such like kidney, liver I mean many, so many of them can be cured because these are caused due to imbalances within us. There's only one centre which you see there. The yellow centre which goes round the green void within us which has to supply energy to our liver, to our pancreas to our spleen. To our kidneys and among ladies to the uterus all as well. Now the same centre acts through a plexus to convert the fat cells for the use of the brain. When you start thinking too much ahead, because this right side works for your future. You start planning too much then this poor centre does not know what to do and it suffers a setback. It does not know how to keep a balance between other activities which it has to perform. And the main activity of transforming these cells for your brain. And when it fails then it prefers to fail the system which are of these organs and that's how you get diabetes and all these things. By giving a balance one can cure these diseases.

This is one of the things which is not talked about in medical sciences, about balance. Now the heart attack also is due to imbalance. Now the heart is just shown like that in a yellow way but there remains the Spirit. Those people say, who are very ambitions, ego oriented, they want promotions in life and success in life and they run after too much of success, they have an imbalance because they have no attention towards the seeking, They do not seek God. If they go to church "Let us sing hymn no such and such", well dressed people will get up to that. Finished. All their spirituality's ended up there. Or for an Indian go to a temple, give about one rupee to the pundit, who may be a horrible fellow and come back home he thinks, oh, all his spirituality's over.

With all this kind of superficial action towards the seeking of the Spirit, the Spirit gets angry and when the Spirit gets angry, when it- down you get a heart attack and people die with that. So, the heart attack is also another imbalance. The heart attack, normally simple people you will find do not get, women seldom get. There's another kind of imbalance which is very much within us, is the mental imbalance we can say. Now the left side looks after the emotional side of human being. Now emotionally if you go on like er, some woman says she is in love with someone; now this carnal love can go to any limits, now she is pining for someone and all the time thinking about the other fellow and other fellow is a er, deceiver or whatever it is. He is very cruel, all the poetry that is written about such things, you know. If it happens to anyone out there and if they take to that kind of crying an and all the time making their lives miserable like that. Is a very big imbalance and surprisingly when it happens imbalance is created and now you have seen. I told you, when you work very hard or you put in too much of physical labour your heart stops.

Actually, the heart should not stop. The brain should stop. If you are thinking too much your brain should stop but brain does not stop. Your heart stops. In the same way when you are emotionally very much working then your brain stops and that's how

people become mad, lunatic, all the psychologists make money out of that and the psychology also is such a ... science and I think they have not right to be psychologist because they have not yet understood, the complete understand. The comprehension, understanding of a human being that, if you do not allow your psyche, that's the left side. To be fulfilled and if you just allow the right side to work as they say there should be no conditioning then you can become ego oriented and you could be a very speed person. You could be a real madcap because you may be thinking so fast that you would not be able to stop your thinking.

So, first thing that happens to you when Kundalini rises, that centre you see, which is placed behind this red mark of mine in the centre near the pituitary and the penial body, it sucks in the ego and super-ego so the thought which rises and falls and again thought that rises and falls. The space between them is increased and you become thoughtlessly aware, means you become blank. Some of you must have already become. There's no thought from inside. This is the first thing happens when the Kundalini rises. When She enters here and opens herself out to the All-pervading power then this radiation starts flowing through you and with this power, if you start using it you will know what you have achieved. Say to a villager from India if you give him pounds, what will he know. He has to go to the bank to cash it and see what it means. In the same way when you get these radiations so easily you do not value them.

The third thing which is a waring. I would say that people get Realisation here very fast, even in Birmingham. Many people have got Realisation. But when they go back home after two days the Kundalini comes bark. She has to supply to the other parts of the body. You get your Realisation because you have been seekers and as soon as Kundalini sees me or any Sahaja Yogi, she knows. She is in good hands and she suddenly shoots up and you get the experience. We had one boy who was educated in Cambridge and he was erm. He did computer and all that and a son of a very loving father and mother and all that. But he got his Realisation when his Kundalini was two feet high. You see, for two days he was in complete joy and they said, "See Mother, his Kundalini" I said, "My Child, this going to come down" because I know that this river has flown so fast that in that food you cannot see the ditches. But the ditches are to be filled. After two days he started like that and twitching and all that. I said, "What's the matter?".

Then he told me he has been to er, now what's the name? Angels? No, no, no. Hell's Angels. He's been to jail, he's been drugged, he's been this, he's been to this guru, that guru and all that was working, but then he can be cured again and he knows how to do it. He can be cured, he can come back to normal and he can achieve it. So, it can be done. For some people it's a permanent thing but some people do have this problem because Kundalini must look after you. There is nothing to be worried about it, if you little bit have patience with yourself. The patience that I have, is an ocean I can tell you. But if you have little patience with yourself your Kundalini could be perfected and could be all right.

So, this is what is Kundalini awakening. This is what Sahaja Yoga is. Of course, I have told you in very short all the things because you know I've been speaking now for, for six years, in London, still, I mean people say that every time Mother, there's something new coming up. I would request you to understand that Kundalini has nothing to do with the outside. It is inside happening. For example, a gentleman come to see me from B.B.C. and as they are, you know very rude people to begin with. I mean they are trained to be rude you see to er. Just blast a person so he. The person loses complete confidence, you see. So, the gentleman came down and he saw my house and this and that and he was saying that "Oh, what a nice house you have". And I said, "It's not er, er, anybody else, my husband earns a lot of money and he's elected to a post and he's come here and he's holding a big poot. And that's how we have got this house and is everything belongs to him so I've not taken a single pie from anyone!"

Then he was amazed and he said, "Now what about your organization?" And, "My organization also, I don't take any money from them, on the contrary, if necessary, sometimes I pay for things like that and they'll manage among themselves whatever it is. And we don't have any sort of accounting or anything. We live on the very minimum of money, er business because then again it creates a problem". You know. He did not know what to find with me because I said, "I'm not here as an immigrant, I've come here because my husband got elected with hundred and seven nations electing him her. Now it's all God's doing."

But he would not believe that there is God to do such a thing like that. You see, and that's how I'm here. "But maybe" I said "If I'm here then maybe that God wants me to solve some of your problems, maybe there are so many children who are seeking God

and maybe I'm here for them! So, then he came to the other problem he said that, "What about your poverty in India. Why don't you solve that?" I said, "It can be solved, no problem, You see, we are not that poor as you think us to be neither we complain so much, but moreover", I said, "Now if you are, have been rude quite a lot. And you "No I've been outspoken", He said. I said, "Can I be outspoken for a change?" You see. So, he said, "What is it you want to say?" I said, "Very humbly I would like to say because I am in England now, who is responsible for the poverty of India?" then he kept quiet. So, like that. You see, what I am saying, instead of getting to the point he was going on here and then he said, "What about your population problem?" You see, now I'm not here to solve population problem, poverty problem, not economic problems. I'm here to solve- what you call - the spiritual problem and at that time a modern mind starts going in. Here and there and not facing the truth as it is. So, he said, "What about population problem?" Then I said, "I would like to say one thing that India is the only place where children want to be born, they would not like to be born in any one of the western countries because now there are very few people who understand the value of children". Then he kept quiet. This is what it is. So, I have to warn you that this mind, is a revolting mind and I will not allow you to see the truth. So, be careful about it, because you have to find it.

You have to find that which is within you, which is absolutely about to bloom and just help me in understanding that the problems that are with us are not the real problems these problems can only be solved if human beings improve themselves if they are transformed if this world is transformed then.

1980-0414, Who is the other? (incomplete)

View [online](#).

14 April 1980

Who Is The Other? (incomplete)

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft

So we have our education which should teach us to share, which should teach us to help others. Somebody falls down? Just try to help that person. That should be the education. Somebody is knocked down? As if you are knocked down, the collectivity of it. It's part of you is knocked down. Somebody is drowning, you try to save that person. Actually you are saving that person because that person is within you which is getting drown and you are just trying to help yourself. It's the essence of all good work we do for others - is just your own being you are trying to save and help – nobody else is being helped. Who is the 'else'? Who is the other? Is all your own self after all whatever is our world is that we know of.

So who is the other? There's none. All that is there is yourself and the education should be such that we should understand the essence of our collective being which is present within us – which is manifesting all the time. Only after Sahaja Yoga it becomes evident. It becomes actual – you actualize it. As you call it : Pratyaksha. You get the Sakshat that you are a collective being who was manifesting it all your life. You were not aware of it but after getting Realization you start feeling them on your fingers.

You talk of someone, you get a headache : "Oh God!" That person has got a headache too. This is after Realization. So you'd better start curing your headache and his headache is also cure automatically. But this which is present within us – this collective being which is present within us, which is manifesting in a way which is vague - becomes absolutely clear-cut and you start seeing that you are a collective being. You exist as a collective being. You cannot exist as a separate entity somewhere on my own like a malignant personality creating cancer all over. And this is the actualization one receives through this Kundalini awakening.

God has made you like that so beautiful but so we see to our beauty? We do not nurture our beauty through our education, do we? Small, small acts of beauty such people who are nurtured on those lines express and you remember those small things.

Like a little child went to Brighton with Me and she said : "Brighton is a nice place." I said : "Why?"

- "Because there is sea".

I said : " Then what? Why sea is so nice?"

- "Oh! Then he can wash off all our problems and everybody can wash off their problems in the sea."

Now she is thinking of the whole collective problem. That we have problems and there is sea. So why not ask the sea to wash our problems? See, if there is little water it may be a problem because we have very very big problems and see... so there is a sea which can wash out all our problems. What a thing it is to think of it.

Like my two grand-children – two daughters, grand-daughters – they told me one day - and they were very young – they told me that : "We would like to be either an air-hostess or a nurse." So I said : "Why these two professions? What is so great about it?" She said : "Is there any profession in which you can give food to more people?" How sweet they are! This is the innocence we are fighting. This is what you are born and after education they know "My room, my cupboard then my keys and my this and my that [?]

So, I feel after Realization also it is very important that we have to educate ourselves. We have to become extremely kind – we can – and fearless to stand by the right, by the truth that we know. It is possible because now you are empowered – you have got your power of your Spirit flowing through you. You can face any problem with it because you have understood the essence of everything. You are not afraid.

But still there are many half-baked Sahaja Yogis I have seen. They fizzle out at such non-sensical things is most surprising. And their sympathies also can be very misplaced. For example say there was a gentleman [over the last?] who - supposing - married a lady. Now this lady is tortured by that man. And the lady comes and tell the Sahaja Yogis that : "See, now, he is torturing me." Instead of having sympathies with the lady if you have sympathies with that man then what should we say? "You are very wise people." ? It would be having sympathy with Russia vis-à-vis problem in Afghanistan. This is what happens. Our – you see- understanding of the essences of compassion and joy are so confused... so confused that we misplace them completely and we fizzle out. But if you put your light correct and start seeing in correct light the whole thing your sense of compassion will be so clear-cut that the compassion that could be harmful – could be very cruel – can be corrected immediately.

So many people who are compassionate – so-call – can be very cruel by their misplaced ideas. So the discrimination of reality and reality, of compassion and cruelty, of sharing and selfishness... the discrimination becomes absolutely clear-cut as you become more and more identified with your Spirit.

Awakening can be done. You know that it takes place. Sometimes it goes up to this point – the Kundalini you can see there - and you enjoy for two months and then again you go down. And then you start shaking before Me.

What have you done is the point to educate yourself? To retain that? You have to respect.

A river flows into a country which is a holy river is to be respected. If you start putting all kinds of filth into it and cover it with filth or put some heated [clings?] around the banks of the river whole thing can be completely soaked out, the water can be soaked out and the river will become absolutely barren. Like that the Kundalini can be soaked out. Instead of you prospering out of the life giving force of Kundalini you again go back to the same.

That is why for becoming one has to respect the Kundalini is to know that you have channelized more and more of that vital energy within your being to manifest your beauty so that everyone who comes in contact feels that magnet of love. And that soothing feeling which covers the entire world I look forward to that beautiful day when people will turn back and see their beauty and their depth that lies within their being which I see so clearly, which I see in everyone. And that's why I work hard. I labour hard dreaming all the time for that day to see this beautiful flower blooming into fragrance of eternal bliss and joy.

This is what is awakening and is becoming. You all know lot of it about awakening, you have seen Kundalini awakened into many people but becoming part of it is a slow process for which we have to be alert and see how much of this vital energy we are using to beautify the garden of our life or we are draining it out by our dumb foolery or by our so-called serious thinking how to destroy it.

Now, I will be going to Paris. Those who want to come with Me... I don't know. You should tell Gavin about it and it should be organized. I don't know Paris. What is in Paris, I just can't say. The vibrations were very bad last time when I went down. I tried. Let's see what happens in Paris. Maybe there maybe at least two three people coming up if not many. It is your desire that is going to work out because I have no desire, as I said, I'm just dreaming.

You have to desire that the whole world should change and transform itself. You are the ones who can do that.

I wish you all luck. Thanks you very much.

(...)

At 16'25"

There is no obligation on you neither there is any obligation on Me. But maybe there a little on Me, if any. Because I love you much more than you love yourself. So by accepting this you have honoured my love. So there is an obligation on Me.

Let's have your hands just like this and put your both the feet on the ground in such a manner, in a very relaxed manner. Just sit down in a very relaxed manner. Little far, little far would be better. Now, both the hands like this.

These are like antenna which receive the Shakti, the Power. And the Power goes inside from both the hands [?] and then invites your Kundalini. [you haven't brought the... alright, doesn't matter.] You will see in the chart.

And then this sleeping Kundalini, your premule, your germinating power rises and She pierces this area called as Brahma randhra which is the area where we have soft bone in our childhood. Fontanelle bone area.

First when the Kundalini crosses this point in the center, through the center of Agnya which is placed between the pituitary and the pineal body, you become thoughtlessly aware. You become thoughtlessly aware. You are aware but there is no thought. It is called as Nirvichara Samadhi. 'Samadhi' means enlightened awareness. It doesn't mean a dead condition or a [?] condition. Enlightened awareness : your awareness becomes enlightened and effective.

But when it pierces this fontanelle area, you start feeling the radiation of your Spirit passing through your hands. This is the first time your Spirit comes into your conscious mind. You start feeling it through your central nervous system.

1980-0416, The description of the Subtle System

View [online](#).

16 April 1980

The Description Of The Subtle System

Public Program

Paris (France)

Talk Language: English | Transcript (English) - Reviewed

Public Program Day 1, 16 April 1980, Paris, France

This bone is called sacrum by Greeks. That means "sacred". And this bone in medical profession is known that in the fire it never gets burnt. But you can see with your own eyes the pulsation in that bone and the pulsation going higher and higher in the backbone. And when it is awakened, you can also hear with the stethoscope the same sound as you hear... like the heart: lub-dub, lub-dub – till it comes to the fontanelle bone, here, in the fontanelle bone area, where the bone is very soft when you are a child; we call it as 'talu'. When it pierces that bone, then you start feeling a cool breeze flowing from your head. Now, that time you feel absolutely blissful and tranquil. This is the baptism. This is the real baptism, not the artificial one that theological college students can do. [Laughter]That is... that is unauthorized, that is unauthorized. That...

Now, in the medical terminology, you can understand that we've got left and right sympathetic nervous system within us. And in the centre is the parasympathetic. Now, they call it as autonomous nervous system. But who is this "auto"? Who works it out? Who works out the autonomous nervous system?

These... out of these, the left and the right sympathetic come into play when we go into some emergency. Left and right sympathetic. Supposing you want to run. Then sympathetic will come into activity, and your heartbeat will go up, your breathing will go up. But it is slowed down by parasympathetic. Automatically. Nobody can control parasympathetic. Now, this parasympathetic, whatever we have, is responsible for all kinds of coordination within us, all kinds of balances within us, and all kinds of supply of energy, vital energy to different centres within us.

Catherine [translator]: Hum. Is it possible that Marie continues?

Shri Mataji: Oh, it's all right, oh, it's all right. Yes. [Laughter] She's- Yes. Tomorrow. You did very well, thank you very much.

Marie: You really did very well.

Shri Mataji: Tomorrow Christine is coming. She's coming and, you see, and that is even better because she is a translator. Now, how do you do that?

Sahaja Yogini: Well, there's no other nail.

Shri Mataji: All right, you just put it on this. Make it short and put it down here, everybody can see.

Can you see, all of you, this one? Quite all right, now this way.

Very interesting how things work out, isn't it? I discovered that she [Catherine] was such a great translator. Yeah, she knows English so well, I mean, it's a difficult subject, isn't it, to translate. And you all have been so kind and patient. All right.

So we have here- All of you can see or is it, [name]?

Sahaja Yogini: Yes, Mother.

Shri Mataji: All Right?

Sahaja Yogini: Yes.

Shri Mataji: What are you doing?

Sahaja Yogini: Just stick it.

Shri Mataji: All Right.

Now, this, the sympathetic nervous system about which I spoke is in the gross, outside. You can see them along the spinal cord

with the ganglions, you can see with your naked eyes. But this sympathetic nervous system is worked out by two of the channels, here, which are subtle, inside the spinal cord. These two channels carry two types of energy within us: one, this, and another, this.

This energy that resides within us is the energy by which we desire. This energy is coming from our past, or it looks after our past; all your psyche, so-called psyche, and all the conditionings of the psyche, all that, works out on this line. This channel in the Sanskrit language is called as Ida. And this one is called as the Pingala, which is carrying on all the power for our creativity work, which also caters for our future planning and future thinking.

So most of the thinking is done by this, and the desiring is done by this.

Now, this is the one that gives rise to this parasympathetic outside, out of which, part of it is developed in the human beings, and there is a big gap left within us. This is called as the Void, as described in many scriptures that there is a void between us and God. Now, this is the Kundalini I was telling you about, in three and a half coils here, in the sacrum bone.

[To Marie, translator] Now, come along, tell all that.

[To Marie] What's it, first one? Which one? What do you want?

What's it?

Marie: He said I made a shortage.

Shri Mataji: It's all right now, but whatever it is, she said about the Kundalini, it's all right, [unclear] that it is in the triangular. I've already told them, it's in the sacrum bone, you see? You told them that.

Marie: Yes.

Shri Mataji: All right. So. Now, so I'll make short sentences. I thought you know all that, so I made big sentences. It's all right.

Now, this one is here, which is responsible for giving us our 'dvijaha', or second birth.

Can you see now? This is the one which is responsible for giving us the second birth. This is the one which awakens and passes through these one, two, three, four, five, six – six centres. Now, these six centres are subtle centres within ourselves, within the spinal cord, inside the spinal cord.

[To Marie] Translate.

Now, our Spirit is here in the heart, as shown in here. This resides in here. But actually, this Spirit is actually- resides on top of your head, there. But it has, what you call, the seat is there, but he resides here; the seat is here, and the governor seat is here – and he resides here.

We were talking about finding out our Spirit, absolute point, here. Now, this is all organized within us during our different evolutions, and they are like milestones within us. Now, this, for example, this one marks here our evolution, when we got carbon atom within us, carbon element. When the life started. Now we are at the end of our evolution. So the time has come for people to get mass Realization. And that's why there is such a great seeking.

The Kundalini sits there. She is your Mother, she, you are her only child waiting for that day when she can give you the second birth. In many of your lives, through evolution, she is there. But those who have the authority to raise the Kundalini, strong divine Power, can [unclear]. And those who try to just have some artificial method make the person suffer, and they also suffer. Because- like a villager who comes, say, from India, who has never seen electricity, puts his hand into the two holes of electrical plug and says that, "Electricity gives me a shock." In the Sahaja Yoga, so far, thousands of people have received their Realization, more in India and less abroad; none of them have got any bad experience.

On the contrary, when we are working through our sympathetic too much, then, because of this one, we develop our superego, and because of this one, we develop our ego. By over-conditioning we develop superego, and by boasting we develop ego. Because human beings do not do anything living. Everything is done by the Divine Power. We cannot convert one flower into a fruit. But the Divine Power converts billions and billions of them every day. So our ego is artificial. In the same way, when we fight our innocence, our conditioning also becomes artificial. With too much working of these systems, like this, on the left and the right, the movement of these systems breaks the chakras, centres.

[To Marie] Overactivity.

And thus we lose our connection with the whole. And cancer is setting. With the brain getting clouded with these, also you get terrible tension. Most of the human beings has come because of imbalances within ourselves and also our relationship with our atmosphere and other things. All these problems can be solved if you could reach your absolute point. Because, as soon as Kundalini pierces through the fontanelle bone area, the Spirit starts radiating. When the Spirit radiates, we can find out about every absolute purpose. Because first we jump into collective consciousness; we actualize it. It's not brainwashing, it just happens to you.

For example, these fingers showed here are showing, when these centres are enlightened by the Kundalini, are expressed on the fingers, on all these fingers. On your fingers, you start feeling the chakras. For example, there was a gentleman in Bombay- in London, who got his Realization. And he could not believe it. And his father was sick. He did not know that, but suddenly he started getting a pain here and a burning here. And I told him that this is the chakra for Vishuddhi. That means, he should now phone the father. So, it must be, your father must be sick of bronchitis. So he telephoned to his father in Scotland, and he found he was suffering from bronchitis.

[To Marie] Bronchitis.

This is the physical side, this is the emotional side.

Because you are connected with the All-pervading Power, that has got all telecommunication much better than human beings have. When I say there are lots of colours here and pictures, you won't believe it, but if I put a television here, immediately you'll start seeing it there. Like that, you are also a special instrument created by God. With great love and with very great care He has created you. And now you are to be put to the mains, as television needs to be put to the mains. And as soon as you are put to the mains, it starts working. And it is fantastic! When it starts working, one cannot even believe it; it is that fantastic!

But one must remember that thousands of years were spent creating this beautiful instrument of [unclear]. You cannot see that beauty within you, but I can see that very clearly. And that is the reason why you are still seeking. But in doing so, I do not do any obligation on you. Like one light which is enlightened can enlighten another candle. What is the obligation in that involved? You are made like that. And this is it you made for; you can say, the light, which is dormant, which can be enlightened. It is a very simple thing. But we are so complicated that we can't believe into anything that is simple. We want everything to be explained by books. It would be something like an egg becoming a bird going to the library to find out, to find out how to fly, while the power to fly is built in the wings.

The more complicated you are, the more it is difficult to accept yourself. The more simple you are, the more easy it is to understand. But whether you understand it or not, it works. Whether you believe in it, not, it's so. But in case you just deny it and disrespect it, it won't. You have to cooperate with it. Actually, you should ask for it. Because this is what you are seeking. The Divine is not going to fall at your feet and ask for your mercy to take it. If you want it, you should just ask for it, and you'll get it. Because the time has come, the blossom time has come. And that's why many, many flowers are getting transformed into fruits.

This was all prophesied long time back. That false prophets would be coming, also. And you see there are so many of them. They use the same language of "new awareness", "Self-realization", some sort of a meditation. But you cannot pay for God. He is not for sale. You cannot organize Him. Neither can you conceive it. You have to accept as He is. How much did you pay for getting this beautiful body? Why should you pay for getting the higher awareness?

But in the West people are spiritually very naive. They don't understand the simple thing like this. And they want to pay for everything. And those who want to cheat you can pamper your ego by taking money from you. But a realized soul of that level cannot take anything from you; you cannot give. It just flows one side. You have to just take from that. It's a very different thing. But there are so many "guru shops" going on, and the "supermarkets of spirituality"; and we think we can cash our own [unclear]. You can only cash your good deeds and your love, your compassion and your steadfastness, your honesty and your simplicity. [unclear] money. It is inconceivable that you can purchase God. So, whatever you are purchasing with money may be some spirits. Not the Spirit. It's surprising in English language for both they use the same word. And even for alcohol. But in Sanskrit

language it is called as 'atma', the one that is your Self.

When you say, "I like something," you do not know what you mean by that, because there is no way of knowing which one is this "I". Is it... is it my tradition, my conditioning, or my ego? There is no universal absolute by which you can judge it. For a Frenchman may say, "It's beautiful," but Englishman may say, "It's not." And Indian may not like it at all. But if we are all human beings, there should be a common denominator to find out the truth, which should be one.

When you get your Self-realization, means when you realize your Self, then the radiation that passes through your hands of these vibrations is the first time that your conscious mind is feeling the Spirit. That means first time your Self is flowing through your central nervous system. Now, your central nervous system is something that you have so far achieved up to a human point. Like the wirework, done. But when you're put to the mains, the energy of the Self starts flowing. That is how your awareness becomes absolute.

Now supposing these two children are Realized souls. There are many children who are born Realized. That little one is also born Realized. So Marie, translate.

There may be many French also.

Marie: Hum?

Shri Mataji: There may be many more French children born Realized.

Marie: Oh yes.

Shri Mataji: Now, how will you know that they are Realized souls or not? On the contrary, if somebody floats a big organization and makes a big circus, you may think that person is a Realized soul. But these children know out of you who is Realized and who is not, because they can feel it through their vibrations. They also know where is your Kundalini just now. They also know what diseases you've got, and they also know how to cure them. They also know what is your mental problem. And they also know how to give you Realization. They are very small. They are not intellectual, they have not been to school, but they know it. Because it becomes a subjective knowledge. It becomes a knowledge of the subject itself. Actualization. For actualization.

As you can say, "This is a rose," or, "This is a lotus," by its fragrance they can see your Kundalini on their fingertips.

In the older days, when Self-realization started working, only there were hardly one or two flowers on the tree of life. But people did not understand that. Because somebody is born on the tenth floor cannot be understood by people on the ground floor. That's why they crucified Christ. It was a fact that He was the only Son of God. It can be proved in Kundalini. Because He resides on this centre here where you see the red spot, at this crossing point called as the Agnya Chakra. This one is placed in a very subtle point between the pituitary and the pineal body in the brain.

Marie: Pineal?

Shri Mataji: Pituitary, pineal body. Out of which pituitary controls the ego, and the pineal body superego. So, these are all other centres, which have other leaders, who came to evolve on this earth, to help in our awareness — are placed there within us, all of them are within us. That gradually you will learn when you get your Realization and when you will go deeper into it, that there are all these deities there — and that can be proved.

For example, there was a doctor from Iran who was suffering from cancer; he came to see Me in London. He had the cancer of the stomach. In this part resides all the ten great Masters, or the Primordial Masters, the incarnations of the Primordial Master. He... I told... I asked him what religion was he following; he said he was a Muslim, an out and out Muslim. I said, "What does that mean?", so he said it means only Mohammed was the only last prophet, that cannot be any other prophets. I said, "How do you know? How are you so cocksure about it? How can you claim that he was the last prophet?" Moreover, his cancer was due to that kind of a fanaticism within his stomach. I told him, "You have to believe in other prophets also." We had a prophet in India called Guru Nanak, who was the incarnation of the same. Abraham, Moses — all of them were the incarnation of the same principle. But he would not accept it. I said, "I can't heal your cancer." So he went back. But when it comes to life, you understand. And he came back to Me. He said, "All right, I'll accept, and I'll take the name of Guru Nanak." I told him, "Mohammed Sahib himself is angry with you for behaving like this. Because he was hot a fanatic like you." And when he did that, he was all right.

It is very simple. But we are crazy people. We always go to the extremes, this way or that way. We go to the sympathetic side. You have to keep in the centre, for the parasympathetic, here. But, say, in London people are now crazy about football. So many are killed in that football ground. Imagine, the precious human life wasted for football! It's criminal to be like that.

So, those who are in the centre get Realization very easily. In India, I worked in the villages where thousands of them have got Realization. I don't work in the cities much. I'm not effective. Only the thugs can work in the cities. Because you can pay them money, they run to the cities. And you accept them because they take money perhaps. It is an insult of the Divine to talk of money. You know that Christ took a big hunter [kind of whip] to beat people who were selling things in the... in the church. We have to change all that.

Your young people have to understand it. Your responsibility is much greater than anybody else's. Because, when you are young, you- I have discovered this for you. If you do not take advantage of it, there would be a big problem later. We have to, we have to understand our own value; also understand how much God has worked hard to create us as the human beings. And we are not going to waste our precious life for these people full of greed and lust. We have to, we have to know ourselves, our own centres and the centres of others. If we, if we do not do it, then what's the purpose of our life?

But at the very outset, one must understand: there is no guru shopping on here. It's all right, we had to take a hall, and you have to seat on a chair, but it's a- it's just an invitation of a mother to her children. And God has decided to give you life, what is your own. Like any generous father, He wanted to enter you into His Kingdom and occupy that beautiful place that He's given to His own children. So there is no business involved in there. So, with a very relaxed mind if you sit down, we'll try to achieve this experience of actualization.

At this very outset, I must tell you My experience with the Western people is that there is a fashion that they feel guilty about everything. If something is happening in Vietnam, they think we have done it. Now, French are no exception. But it is an insult of the compassion of God. What, what guilt can you commit that cannot be washed by that ocean? When He loves you, the whole ocean is with you. And this little speck of a so-called mythical guilt, why should it be valuable to us?

[To Marie] Speck of it. The guilt.

This is one of the greatest problems I've faced, is the way people become melodramatic about their guilt. Even this morning I was clearing it out for at least one hour of so many people who are sitting at the back. You have to be only in a receptive mood and in a hearted mood because you are going to receive the source of your joy, your own fulfilment, and the meaning of this Creation. That will solve all the problems that look so great. To Me, they are nothing.

[Cut in the recording]

So he said, "I want to attend the ball, which is going to be for seven hours." I said, "Wonderful! That's how you are going to save time." That saving time, [unclear] has come to us through the unconscious within us. Because if you have no time, you will never see it.

[Cut in the recording]

And the seeking must have time, and you have desired to have time. So the time must be spent in seeking, and when you have got it, must be spent in giving others Self-realization. Once you get it, you can enlighten another person. But it is a living process that takes time. In London, I had to work on six people inclusive of Marie for four years! By chance, My husband got posted in London, and I was there. I had to struggle for six people, but now we have at least thousand people in England. And their lives are completely changed. For example, this Marie herself was in such a bad shape as if she was under coma. She couldn't understand Me, and I couldn't understand her. And when the Kundalini rose and gave her Realization, she got the blessings of all these centres in a bundle. And she's so much changed within these two years now that one cannot believe it.

We have some people here from Syria. This child's mother, who was really like a mad woman, screaming and shouting, epileptic. So many of them come to Me, they are all epilepsy patients. We have one Alan sitting here; he is also from the same lot. He was also very badly off. But now he is all right. They used to scream and shout. They were supposed to be flying. I said, "Ask your

teacher to fly first." And they paid three thousand pounds each for flying. There's another barrister sitting here who was very badly off herself. One of them came from lunatic asylum. And after Realization she went back; the lunatic asylum said that "You are absolutely normal, you go back, we don't need you here."

Like many other gurus also, those who are floating their enterprises – so many of them come to Me. It's a guru shopping going on, and I am somewhere sitting in the corner, giving the reality. And when I say, "You cannot pay Me," they all turn away. So by God's grace, by [unclear] well-off, and I come from a rich family; but if I was not, I would not have taken money for this from you, I'm not a parasite. I would avoid My [unclear life duty with] self-dignity, and would I have done this great work? Because this is My fulfilment.

Like a mother who nurses her child for her own satisfaction. In the same way, it should be worked out. I don't know with who, which gurus you have been involved, what you have been through, but doesn't matter. I have solved all their problems, and your problems we'll solve, too. But you must ask for aid to these problems, to tell Me that you have been to this guru or that guru; is easier for Me because I know all their tips and tricks. I'm sure it is going to work out.

This is the first meeting in France. And if you ask Me, French people need it very much. They need it because they are very unhappy people. Because they can see the gap between themselves and the Spirit. And they are seeking the reality.

I've read your many writers, like Maupassant, who was a Realized soul, I think. And many other French writers, I felt, were Realized souls, were not very much appreciated maybe. Realized souls are never appreciated. Because others want to rationalize the whole thing. And you cannot understand them through rationality. Because they are blessed by unlimited [unsure], and rationality is limited. Somebody has to trigger this to happen, to jump into that realm of unlimited eternal bliss.

Marie was very anxious always that I should come to Paris and start the work here. And today that day has come. She is a great Sahaja Yogini.

Marie: Do I have to say that?

[Laughter]

Shri Mataji: Yes, translate it.

She was the only one here. But she told Me there are very beautiful people in Paris and they will work it out. I've been to Paris before also, and I could feel that. I hope it will work out.

May God bless you all. Thank you.

[To somebody] Can you open the window?

If there are any questions, you may ask Me. And we'll have the experience also. Five, five minutes. Yes, please. Let's listen to his question please.

[To a seeker] Hmm? You ask, just ask.

Seeker: [L'ego vient-il de la creation du Soi?]

Marie: Does the ego come from Divine creation?

Shri Mataji: From the?

Marie: Does the ego come from the Divine creation?

Shri Mataji: No. It is a myth. As I told you that we, human beings, don't do anything. Anything that is dead, they convert it to another form. Like, a tree is dead: they make a furniture. They change, just transform the one form into another. But this transformation sometimes can sit on your head, because you can become slave of matter. Supposing you are used to a very comfortable chair, you can't sit on this. But the Divine Power liberates you. You become master of yourself.

Seeker: I wanted to ask, but going to ask in English.

Shri Mataji: Yes please, yes.

Seeker: Once one achieves Self-realization, then not to say that he is not going, or she, is not going to be frustrated, to have problems, when he suffers emotionally from time to time. Self-realization is just like a manner of dealing with unpleasantness

that has to be part of living.

Shri Mataji: No, it's not like that.

Seeker: Will you agree with that?

Shri Mataji: No, I would say like this: that when you get your Self-realization, then you become a different person. Like an egg becoming a bird. You become a witness of the drama. You see the drama and enjoy it.

Seeker: But you don't have to play.

Shri Mataji: You do not get entangled. The - like the, you see, one thought rises and falls down, another rises and falls down. In between the thought, there is a portion called 'vilamba', which is absolutely silent. You, that is the present. If this is the past and that is the future, in between is the silence. You jump into that silence, and you see everything around from that silence. All your priorities change.

Seeker: Values.

Shri Mataji: Absolutely, because they are absolute values. Now, say, you are sitting down here before Me. Now, I will value you spiritually, not that you are a king, or a servant, or a beggar, or a minister, that's not important. Spiritually where are you, that I will judge. The whole value system changes, absolutely.

Seeker: And consequently, you would suffer less or-

Shri Mataji: I mean, you don't suffer at all! I mean, you just see. You don't suffer, you just see. You become a witness.

Seeker: Reaction to difficulty changes.

Shri Mataji: Absolutely changes.

Marie: Complètement [French, completely]

Seeker: But there will be difficulty. You say, it's difficult here with men [unsure].

Shri Mataji: You see, difficulty is a myth.

Seeker: It's a myth.

Shri Mataji: It's a myth.

Now, I'll tell you how, I'll tell you, just now, the example is, a very good example is. Just now Marie didn't arrive here. For a general human being, it's a catastrophe, that she is the organizer and missing from the situation. But to Me it is not, I'm seeing the play.

Marie: [Unclear].

Shri Mataji: Oh, it's all right, I knew that. So you tell them.

[Laughter]

Just to correct you. Yes. Then you say it, say.

And the problems are really created to create some working of the Divine, so-called problems. For example, Catherine is a shy girl, and she would not take the responsibility. And also she has a little problem of smoking. And she was escaping from Sahaja Yoga. But today, she felt responsible. And how nicely she translated! That is how it is.

Seeker: [Est-ce que juste une méditation nous permet-elle de subvenir à nos besoins élémentaires?]

Marie: Do the effects of just a balanced meditation fulfil our elementary needs?

Shri Mataji: Oh, you become dynamic.

I mean, as far as financial side is concerned, you become better off. It's a fact. Because Krishna has said: "Yoga kshema vahamyam". First 'yoga', is union, and then the 'kshema', is the well-being, because of the Nabhi Chakra being enlightened here. Because you get your satisfaction easily. You get, the whole thing becomes a satiable temperament. And then you start enjoying earning, because you can share. Because you become sensitive to the joy of sharing. Then you like to share than to enjoy yourself.

Sahaja Yoga is a union of capitalism and communism. Because, see now, I have, supposing, all the powers, and I cannot enjoy them unless and until I share with you. So, I am a capitalist because I've all the powers here, and I am the greatest communist because I can't help it sharing it.

All your values about politics also get different. This is all artificial politics. Real politics is of love, which is so enjoyable that you don't know how the time passes. You give up drinking because you never feel bored. That's how you give up smoking. Now, fifty

percent people who have come here were drug addicts. [Laughter]

I used to call them druggists and chemists. [Laughter]

And today, they are beautiful people spreading beauty and love everywhere. That's what it is. Looks very fantastic, isn't it? It is. It is.

You are the luckiest because you are the first to come to this program.

Should we have the experience? Just put your hands like this, just like this, nothing is to be done. You have to take out your shoes because the Mother Earth must help us. Just take out your shoes, and both the hands should be like this.

Yes. Just like this. Be comfortable, absolutely comfortably you must sit. It's nothing external; it just works inside. You start feeling the cool breeze in your hands. First, you will feel there is no thought in your mind.

[To Marie] Tell them.

That is the time when Kundalini crosses the Agnya.

[To Marie] Please, tell them.

When she pierces this fontanelle bone area, then you start getting this cool breeze in the hands from Me. But when you'll turn away from Me, the cool breeze will flow from you. In the Bible, it is called as the cool breeze of the Holy Ghost. And in India, we had a great philosopher called as Shankaracharya, he has described, Adi Shankaracharya has described it as 'Chaitanya Lahari' or 'Saundarya Lahari'. Saundarya means "the beauty, the waves of beauty", and-

Marie: The Chaitanya?

Shri Mataji: Chaitanya means-

Marie: Bliss?

Shri Mataji: Enlightenment.

Marie: Enlightenment.

Shri Mataji: It's more than that, 'Chaitanya', hmm. See, I'm not good at translation of Chaitanya. Waves of the, of the enlightened. The waves of the enlightened. If you are an enlightened soul, you'll be emitting these waves. Like, you must have read, somebody touched the cloth of Christ, and he felt the energy flew into, went into her.

So, please, put your hands like this and close your eyes. The first experience will be really great, no doubt. But it is to be consolidated properly. Because the Kundalini rises as soon as she comes to know that there is somebody who is authorized. But then again she may go back to supply your physical being or mental being or emotional being which is wounded.

That is how she cures you. That's how she cures your physical, mental, and emotional problems. Also we have spiritual problems from fake gurus. They also must be corrected. In the Sahaja Yoga system, we know how to cure ourselves and cure others. And we know how to give Realization.

[Pause]

Ah! Depth.

Hum.

Linda, if you want to go, you can go. All right? It's all right, we'll manage. All right, you can go. You have the keys? John had it.

Marie: [To Linda] Marcus. Ask Marcus.

Shri Mataji: Marcus has gone.

Sahaja Yogi: I have a key.

Shri Mataji: Ah, better now. It's good, very good. New people again are feeling guilty. Please don't feel guilty. If you have been to some guru or anything, you just don't worry, that's nothing to worry about. Please don't feel guilty about it. Again, that's the only problem, as I have told you. Don't feel guilty; or you can say, "I'm not guilty." Thrice.

[Pause]

Left Vishuddhi still.

Sakshat Sarva Mantra Siddhi Sakshat. Sarva Mantra Siddhi Sakshat. Sarva Mantra Siddhi Sakshat. Sarva Mantra Siddhi. Sakshat
Sarva Mantra Siddhi Sakshat. Sarva Mantra Siddhi. Sakshat.

Don't put your attention to any particular place, but just let it be loose.

You got cool breeze in the hands? She's got, I think.

Her eyes are showing her Realization. You see? Well, I think she is OK.

Keep your eyes shut please.

Keep your eyes shut.

[Pause]

Left Heart. Please forgive everyone. It's a myth, not to forgive, also. Because you are just harming yourself by not forgiving. So you must say that, "I forgive all those who have made me miserable".

When you can forgive other, then only you can forgive yourself also. You have to forgive yourself. If you don't forgive, then you build up a mythical guilt that retards your Realization. When you forgive others, then only you can ask for forgiveness from God. Because you might have done some mistakes, so, that's the only way we can ask for forgiveness.

So, if you think you have done a mistake, so you don't build any guilt. Because Divine is the ocean of compassion and love and forgiveness. And it is anxious that you should get your Realization. Otherwise, it will have no meaning left. So, just to cooperate with it, you have to forgive.

Please keep your eyes shut, but don't keep your eyes in one place, or your attention in one place. Just keep them loose. At the most, you can take it to your fontanelle area, on top of your head.

[Pause]

Get it. Got it? She's got it, I think. Any one of you knowing French come up here. She's got it, I think. She's good.

[To Marie] Please say, "Those who are getting cool breeze, raise their hands."

Got it. Please raise them higher, I cannot see. All of you, those who have got cool breeze, raise your hands. Increases, good.

Now you raise their Kundalini on your own. Raise yours, and theirs will be raised. Let's raise like that.

She's got it. Good. You can feel it, your head.

[To a seeker] Have you got it, too? Cool breeze? Not yet? It'll work out, it'll work out, don't you worry. You've got it.

No, this lady in front. Huh? It's a cool breeze in the hands?

Seeker lady: [Je sens des picotements.]

Shri Mataji: What's it?

Marie: Itching.

Shri Mataji: Huh?

Marie: Itching.

Shri Mataji: Itching. Little bit, you rub it, a little bit you rub it. Some will get pins and needles.

Better. She's got it.

[To another seeker] Have you got it, there, cool breeze? Matthew, just here. Matthew! See her, this lady. See her. Come here. Is he going now? You're going to help Me a little, then you can go. Come here. Just see this lady.

She's got it? Good! She's good. Just works.

Ah, she's got it.

[

[To another seeker] It's all right, it will work out. Matthew, just see this lady here, with the blue.

No, no, no. Yes, this one. No, no, this one here, this with the blue. Yes, she's about to get it, yes. Just see on her head. Just feel it.

She's got it? She's got it.

Marie: She's got it. But she's coming here for a long time.

Shri Mataji: Yes, I know that. She's got it, yes. Very good.

[To another seeker] What about you? Not yet? Douglas you see both of them, what's the matter. Ann, what do you say of the gentleman in front of you? Vishuddhi? Aha. This gentleman, here? You've got it, too. Ladies are better in Paris, isn't it?

[Laughter]

They are getting faster. Now, what about this gentleman here? Hilary, just see the gentleman in front of you. Where is she? Come here. This one, this gentleman here. Yes, just see. Ah, [name unclear], I thought you were Hilary, I couldn't see her. Yeah, I'm sorry. Yes, two would be better in any case.

What about him, got it? You've got it, too. Yes, you've got it, I can see that. Aren't you feeling?

You know, Hilary you know French, you ask to them to come there.

Has he got it, this? Put him left to the right, he'll be all right. Have you got it now? Right, not the left, all right?

Now, can you put your right hand on your heart? Can you open your coat a little bit? Coat, if you can open? Yes. And if you could put your right hand on the heart. Yes, just, just, yes, yes, just a little.

She'll be all right, she's got it. Now see these two gentlemen, what's the problem.

Oh, he is all right.

Ann? Are you feeling?

Anne: Yes.

Shri Mataji: Are you?

He's very good, isn't he? Eh, Camilla? Excellent.

Left to the right, he's also, he's, he's a Vishuddhi.

You are all right, I [unclear] you. He's very nice, beautiful!

What do you say?

Sahaja Yogi: [Unclear].

Shri Mataji: Huh?

Sahaja Yogi: [Unclear].

Shri Mataji: Guillaume, did you go to any guru?

[To Marie] Ah, you know French, can you ask questions here?

Marie: She speaks French.

Shri Mataji: Who?

Marie: This lady. She speaks English, too.

Seeker: Yes.

Shri Mataji: That's it, that's why. Who was it? Clear? You must say it! After all, you want your Realization.

Sahaja Yogini: He says it's somebody who is the [unclear].

Shri Mataji: Doesn't matter. Just tell Me the name. That helps. Your Realization is more important than anything, isn't it?

She's got it.

She is all right, she's very good.

You are now better, too. She's better. She's improving. Still, you are better. You're coming first, I will see.

[To the seeker] What's the matter, why don't you tell?

She is good, she is extremely, yes.

Has he got it? This gentleman should get it.

Marie: He is catching on the left Nabhi.

Shri Mataji: Ask him about his marriage. Is he married? Is he married?

Marie: No.

Shri Mataji: No? Why?

Marie: [Speaks with the seeker in French]

Shri Mataji: Huh?

Marie: It never, never happened.

Shri Mataji: You see, because you're not married.

[No sound]

[End of audio]

1980-0417, The description of the chakras and plexuses within

View [online](#).

17 April 1980

The Description Of The Chakras And Plexuses Within

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

1980-04-17 Public Program Day 2, Paris

This is the first center called as Mooladhara center, is the subtle center which manifests outside, in the gross what we call as pelvic plexus. This has got four petals while in the same way the pelvic plexus also has got four sub plexuses. It looks after all our excretory functions. This is like a lotus in the mud of excretion. It looks after the sex activity, but this is innocence. Innocent do not understand sex. This is enthroned by Shri Ganesha who has the trunk of a... elephant. You can see it clearly within your center. May be in the beginning of time people misunderstood the trunk for the Kundalini. This is the support of all the Holy Scriptures, but it is below the Kundalini because it looks after the protocol of the Kundalini that is His Mother. This is you as a child and this is your mother Kundalini. You have (are) the only child she has, and she is born again and again with you waiting to give you Self-Realisation. So one should understand that sex plays no part in the spiritual evolution.

This one is the second center which arises from the third called as Nabhi Chakra which means the navel center. This has got ten petals, and this manifests outside as Solar Plexus. And the Solar plexus also has got ten sub plexuses. This represents our seeking. Tomorrow I'll tell you how we changed I mean we manifestate our seeking one after another. How hunger evolve into Divine seeking. And then I will talk about your material seeking.

This center comes out of this center here. Is the center which gives us this creative power. It goes around like this and can also bend. It gives us power to think in the sense that it converts the fat in the stomach to be transformed into the brain, because when we think we use the cells of the brain, grey cells of the brain. Apart from this, this center which is called as Swadishthana center has to look after many viscera, many organs. This manifests Aortic plexus outside. This supplies liver, higher portion of liver, and pancreas, then spleen, then kidneys and also the intestine and the part of the ascending descending colon. So this is a very important chakra, but when we think too much of the future, then this chakra goes crazy, it has to do too much work, and it cannot keep pace, so the brain which is receiving all the attention, does all the thinking, but all other organs which I have told you, suffer, so mostly those people who think too much have a bad liver. They have a bad pancreas. That's why they suffer from diabetes. Sahaja Yoga has cured many diabetes patients, hundred per cent by giving balance.

This center is surrounded by this Void, so far in our awareness we are up to this point, but this gap is to be covered. This gap is manifested by the principle of Primordial Master, the Guru, and we have ten of them who incarnated on this Earth, I'll tell about it tomorrow. There are ten sub plexuses, ten petals, so He is the deity which is the embodiment of our evolution, seeking and who is our protector, sustainer, is Guruly, is the deity of Vishnu, the deity who is the sustainer, he is the one who gives us evolution, is the one who protects us like a father, that aspect of God which gives us evolution resides in our stomach. He is called as Laxmi Narayana. Narayan is the male form and Laxmi is his power. He gives us the sustenance, for example, carbon has got four valences because of food. The gold cannot get tarnished, we get our character by this, we get our humanity through this which is religion. We have ten religions within us, if we do not have that, we are not a human being, that described in the Ten Commandments. Those who do not observe them falls from human level, there are ten incarnations of these great prophets. They are born again and again to sustain us.

This is the center of our heart. This one is called as the viddhaya chakra. It supplies on the left and the right the two centers which we call left and right heart centers. On the left it is connected with the heart. On the right it is connected with the lungs. In the center it is representing your sense of security. This center has got twelve petals. The ruler of this petal is the Mother of this

Universe. She gives you the sense of security. It manifests outside the cardiac plexus. When you are till twelve years of age, on the sternum bone the antibodies are prepared, they are her warriors. Attack on the whole body to fight. When your sense of security is disturbed the sternal bends backwards.

Now that is the center of Vishuddhi. It is governed by Shri Krishna. His power is Raddha. When a man lifts his head, he raises himself towards the Primordial Great Being. Then only the idea of God comes into him. Then only he thinks of the beyond. This is the evolutionary state of human being. By lifting the head he creates these two institutions called ego and superego by the over activity of these two.

The center controls the pineal and the pituitary within our brain, is called as Agnya Chakra. This is the door into the area which is called the Kingdom of God. In the medical terminology it is called as the limbic area. This Agnya Chakra is ruled by our Lord Jesus Christ. This is when he says:"I am the path and I am the door". This is the door he crossed when he was resurrected.

The last center here is called as Brahmarandra which is actually surrounded by a center called as Sahasrara. It is made of one thousand petals. They are nerves, just like the wick of the candle, when they are enlightened they look like flames. That's why in the Bible it is said "I will appear before you like tongues of flame."

I've told you about these centers, different centers, now this is the moon center and this is the sun center. When you cross beyond this limit, it starts going into the collective subconscious area. That's why the people who cross it are called as lunatic. Because they are under the influence of the Luna. Now, those who cross this side, on the right hand side become egoistical. They are under the influence of the Sun. They develop liver troubles. They are bilious. And they get also diabetes. Even then if they don't come to balance they get a heart attack. How this is how the balance is brought in. When ego and superego both of them meet, you get your likes, and your connection with the All Pervading Power is severed. At that time when you start going too much to the left or to the right, you create a problem for yourself. One should keep to the center. It's absolutely common sense. Imagine a car going on one wheel, one side wheel, we don't drive like that. Anything that is tilted we try to bring it to the center. But in our own mental life and emotional life we do not balance ourselves. We become so very crazy. That's the problem. But despite everything, today Sahaja Yoga has risen to such a state of maturity, that despite all these problems they are getting Realisation. And thousands are getting, because the blossom time has come. The God has to protect his creation and has to give meaning to it. So that he feels fulfilled about it. We should consider ourselves to be so fortunate to be born at this time which is promised long time that you'll get your Self Realisation en masse.

I'm so very happy to see the way it is working out. It is easy to mesmerize thousands of people, but it is also easy to make members in thousands by giving some money or some sort of an outside emblem. By pampering your ego, one can give you some dress or some sort of a thing to wear and give you a new name or to make you feel oh, you are great. Or making them jump or do some sort of conversions mesmerizing them, it's quite easy. This is all artificial. To create artificial flowers is very easy. But if there is artificial that means there is some real also. It has to have some absolute behind it. The Reality takes time to blossom, but when it blossoms, it's beautiful. It's enchanting and fascinating. There are no words in any language to describe its manifestation. You reach a stage you stop understanding it through words, as if the cup with which you are drinking breaks into that ocean and you get completely dissolved into it. Kabira has said that "then you are drunk and completely dissolved into that what are you going to say?" This clears out all about these saints...It explains everything about the saints and the prophets and the incarnations, all the Scriptures are explained and you become the master of their understanding.

Thank you very much, may God bless you.

1980-0418, The power of the Divine

View [online](#).

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The Power Of The Divine

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Yesterday I talked to you about Kundalini awakening, how it is awakened, and why it refuses to be awakened within us. Those who have come for the first time I would like to tell them that we have a force, a germinating force, a residual force within us in this triangular bone which is called as the Kundalini. This is the force which helps us which gives us our second birth called as Self Realization. You can see this Kundalini pulsating in this triangular bone, called a sacrum, very clearly in anyone of the programs of Sahaja Yoga. When there is obstruction in any person you can see it much more clearly. You can also see the rising of Kundalini in the spinal chord. When She arrives at the end here – the fontanelle bone area – you can also hear the throbbing. When it stops then you get your Realization, your baptism. Then your awareness gets a new dimension into all-pervading Power of divine love - then your attention or your awareness - it gets into new dimension of divine Power which is all-pervading- the Kundalini connects you with the divine Power.

Today the subject is : Divine Power and Innocence.

There is a great deal of discussion already available for us in our scriptures about the All-Pervading Power of God. But is is not easy to believe that there is such a Power which can think, which can organize, which can coordinate and which can act - coordinates, organizes and acts, because it loves.

Because of this ignorance human beings have denied even the existence of God Almighty. But the One who has created you, has also created the means to know Him.

When this Power here, which is a part of the divine Power around, awakens and connects you with that divine Power, you can start, you can start feeling from your hands the radiation of the same Power. When this Power -[Shri Mataji repeats to help the translator]- connects you. That is the time when you start radiating your own Spirit.

Now first of all at the very outset we have to know that all this knowledge is unknown to you and to see it you must have an open mind. As I have told you the very first day that if I tell you anything you should accept it as a hypothesis and if it confirms with the proof then you have to believe into it.

Now let us see what is all-pervading Power is. All Pervading Power is the Power of divine love of God. We can say it is the aura of God. When Allmighty God is reflected in our heart it is called as Spirit or Atma but its aura is not in our conscious mind. Because of – our conscious mind is not enlightened enough to see the aura.

When the Kundalini rises and touches the fontanelle bone or pierces the fontanelle bone the seat of the Spirit which is on top of your head gets enlightened. Then the Spirit gets illumined in our consciousness.

In the same manner we can feel the radiation of the Spirit passing through our central nervous system - the radiation –

Now these radiations are the radiations of the aura of the Spirit. So they are the Power of divine – divine Power which is all-pervading. The radiations are – that's how – are of the divine Power which is all-pervading.

Sometimes divine Power, also after Realisation starts flowing on us, on our sympathetic nervous system as grace --[Shri Mataji repeats to help the translator] the divine Power, all pervading divine Power also starts flowing on our head, on our sympathetic nervous system as grace. When this happens then you feel the joy and the bliss.

Shri Mataji : [To the translator]. Why should she be disturbing?

Sahaja Yogini : She has to, she has to .. [Inaudible]

Shri Mataji : Funny people. They come here for Realization and have no sense. Please close the door.

Shri Mataji : [Towards the audience]. Anybody has to go, please go now. It's not proper to disturb, it's a serious thing we are doing. If you are interested in your Self Realization, please be here. If you have no self-esteem, I do not want to force you. But this, nobody does in England! It's a serious thing, it's a solemn thing. We must understand that we must have self-esteem. We must respect ourselves.

This all-pervading Power is anxious all the time to guide us and help us through our unconscious.

This Power when it starts flowing through your hands after Realisation, can tell you about the absolute value of everything, because your Spirit is the absolute. The rest of it is all relative.

For example if I want to know if this thing is radiating absolute or not, I just have to just place my hands towards it. If it is emitting absolute, is correct, is vibrating with spiritual values or if vibrating with divine Power, it will emit vibrations towards Me.

For example if somebody is a Realised soul or not, you cannot make it. A thug or anybody who is a thief you might think him to be alright but he may be a horrible fellow. To make him out if you just put your hands towards the person and immediately you will know whether he is a Realised soul or not : by feeling the vibrations on your hands.

If you want to know about any absolute question, whether there is God or not, you just put your hands like this and ask the question : "Is there God or not?" If you ask : "Is there God?" vibrations will start flowing towards you with a tremendous speed, answering your question just like any – any very well built – uh, what you call that ? Which gives answers to everything by itself ?– Euh? computer : a very well build computer which answers all your questions. In the same way any question which is absolute if you ask you get the answer. Sitting down here you can find out about any friend what is the matter with his centers as shown here. Yesterday I talked about it.

If any problem you have - if you put it to the divine Power, She solves it. It is not a coincidence but it is a fact. You have to know how to put the question into the machinery of this all-pervading Power. If you know exact method how to do it you can solve any question. But after Realization your priorities change and your problems change.

For example we had another person who knows French very well our Régis who was with Me was doing his PHD for years together and he was very much troubled about it. He had finished his money and he was fed up – his patience was over and he could not even make a book bound. He brought that to Me and he said : "Mother, I don't know what to do with this now." I just put my hand on the book and put this problem into thoughtless awareness of mine. [interfering with the translation] Into thoughtless awareness. Awareness. No word no word? Awareness, you know awareness? Uh, without thought, you see, where there is no thought. In that area opens the mouth of this machinery. And third day he became a doctor. I never read the book nor did I give any advice to him but he was alright.

Like that so many problems – even material – can be worked out. But after Realization your priorities change so much that you want to ask for the highest. You don't waste your attention on trivial things nor do you ponder over something that is

unimportant. The attention then goes in searching a complete method of Sahaja Yoga which is the spontaneous evolutionary method. Because you become collectively conscious and you become compassionate. You feel for other human beings. Because you have achieved your bliss and your meaning you want others to achieve that. Your main attention is on giving others Realization.

For example till this light is not enlightened it can be used for anything else – the wax. But once it is enlightened then it just gives light. When you become the light you start emitting light to others.

Now, this all-pervading divine Power is the total Power within us. For example on the right hand side we have got this Power which works on the right sympathetic nervous system in the channel of Pingala which helps us to look after our body and think the future which gives us creativity. This power - this Pingala power - is made of five powers. These five powers come to us by five elements that have created us. The body of all the centers here is made of these five elements. The Power that is all-pervading controls all these five elements. All these five powers plus the power which gives us emotional life on the left hand – the desiring power – which gives us memory and our past, plus the power in the center which evolves us from amoeba to this stage, all synthesize properly integrated into that divine Power.

But divine Power has a power to control all these powers. After Realization if you move in a proper way you can control all these powers you become the master of them. Say, after Realization you can also enter into the subtleties of all the elements. For example, now, this is a lamp kept here; Now this has got a fire in it. This is from the light el... – from the fire element you can say. This can be awakened by putting hands towards it if you are a Realized soul. By awakening it you can make it burn the negative forces around. We have cured many mad people with a single candle.

You can cure yourself if you have any problem with your stomach by going into the sea and putting your hands towards the outside. After Realization if you soak your feet even in ordinary water with little salt in it and put your hand outside and ask the water to suck your negativity it will. Now, in this hall there are more Realized souls than unrealized. Those who have experimented with this and they also know that we have cured cancer with this method and so many diseases which are called as incurable. But for that it is important that you must get connected with the all-pervading Power.

The first thing is you must get your Self-Realization but in Ego-oriented societies people think their Ego is their Self and they have their arrogance about it. But Ego is just like a bubble you can see there like a big - uh, what you call it again? - balloon, you can see there that yellow stuff. When you do too much activity then this balloon goes on bloating up too much, so much so that it can cover the whole head. Until a person gets a heart attack he does not realize that there is something wrong with that person. This is the work of all-pervading Power to give you balance. Now, imagine how it gives you the balance.

You work with your right side – means your brain. You think too much, you plan too much and you do all the time thinking for the future. Means you use your brain but when you use your brain too much your heart goes out. But if you are very emotional – melodramatic and hysterical – then your brain goes out.

One doctor we have in London who is a Sahaja Yogi. When I told him this he was surprised because he said that : "We have some..." He is also a psychiatrist " We have some cardiograph machines in our hospital and it is never used because no mad man gets a heart attack. Because you have a limited energy within you. The Ego and Superego when they meet each other they give you the "I"ness then you get separated from the all-divine Power because at this stage the evolution has to be done through your own understanding and your asking. That is how you are given freedom because freedom that one has to seek. And if you have to be given absolute freedom you must know how to use freedom. That's why your freedom is respected.

You see, for example this lady who was sitting here if I had mesmerized her she would have been stuck there. That's what the fake gurus do : you have no freedom left but to succumb to their mesmerism. Till you end up into something catastrophic you do not find out that you were mesmerized.

This all-pervading Power is called as Brahma. Brahma is the truth. The rest is all illusion. We live with our illusions and myths

because of our ignorance. If you come in this room in darkness you will not be able to see anything in fulness. You may think the chair is the room or may think this mirror is the room. But if somebody can enlighten this room you can see the whole room and you can relate yourself to that room. You can also find out what is wrong with you and also what is wrong with others. This is enlightenment – but enlightenment of the innocence.

Innocence is the bud which gives the fragrance within us. That time we emit - the fragrance we emit is the all-pervading Power. Innocence is the very – very base of our being. It is placed in this lower center here and this center is looked after or is governed by a deity who is the embodiment of innocence. This deity is called as Shri Ganesh and He incarnates at that top center there as Lord Jesus Christ. Christ is the support of this universe because He is the embodiment of innocence. But what have we done of Christ? When He live we crucified Him and everyday we are crucifying Him when we are fighting our innocence.

It is very hard to say these things in modern times when people think that indulging in all kind of sex perversions is liberation. But to any – but it is very easy for us to see if you use your intelligence that it is no liberation but it is slavery of sex. A person who comes under every car cannot be called the driver of the car. In the same way a man who falls for every woman on the street cannot be called the master of himself. He is a slave of his lust. But it does not also mean that you should not have sex. That is absolutely another extreme. Sex is to be with a very sacred idea in a married life because marriage is a collective blessing. But people do not understand how to respect their marriage relationship.

In Sahaja Yoga we do not allow any sannyasi or any ascetic to come in and we do not also have funny ideas like people have that the sannyasis can have sex life. Or such perversion that you take sannyas and you can go to God through sex. Sannyas means complete abstinence. Any such funny ideas like marrying Krishna or Christ is absurd. If you want to marry, marry human beings. What's the use of marrying Christ who is an embodiment of childhood? He doesn't know sex. Why do such insulting things to him. This is like bringing your lew into the drawing room. We are very particular about designing our house but we are not particular about designing our life. We make a complete mess of it and we say : "What's wrong?". We say : "What's wrong?".

If there is no wrong in doing absurd sex then why there is people feel jealous? If it is a good thing people should feel happy about it. The society must prosper with it. But the society is going down. Nobody seems to be trusting anyone. Is it this kind of life or society is in any way enriching the children? Moreover this kind of life leads you to horrible diseases : the nature is against it. I was surprised that in U.S.A. sixty-five per cent young people suffer from horrible diseases due to sex perversions and sex habits. And in England where I thouhgth wise people lived there are two children killed every week by the mothers themselves.

What's wrong then in any such a society which is so decadent? There is some guru in India who cannot smell flowers but he does not mind, say, smelling the private parts of women and men and he is very attractive to western people – specially French. Is it our culture? Is it proper for us to do such things? Will our children have any respect for us? Why should the children respect here the parents who have no self-esteem? You see, when you talk about liberation you are just fighting you own innocence but you cannot get your liberation. It is "so-called". As soon as you will try to do these things you will be the unhappiest person ever living. You will be diseased, you will be impotent and joy will be lost. You will become a miserable person with the cheeks torn inside and there is no freshness on your face. The – Les Misérables!

Even Christ they have made Him look like that, like a lanky-panky person. So miserable! They had no sense at all to understand that : "How could a person who is so full of joy and happiness and innocence could be that miserable?" I think there is some sort of a sadism in it – egoistical approach to Him that you make such a great personnality into a [wretched?] uh, some TB patient. Can such a lanky-panky fellow carry a big cross like that?

One should not try to avoid the reality but face it with bravery because it is so beautiful. It is so grand. It is so majestic. So, why not achieve that and rise in your complete humanhood? [to translator] Rise in your – bloom... That's the way you are going to achieve it. [tape blank...] You were given freedom to test your intelligence, to know through your intelligence that rationality is limited, to know through your enterprises that matter is enslaving you, that matter is there just to reproduce the beauty within yourself. But you lost all your wisdom in your extreme behaviour.

At the time of Christ people were not that intelligent. They were naive but they were not seekers as you are. You are seekers of ages, do you know that? But you are satisfied with your Ego. You were not seeking your Ego because Ego you can find it everywhere in every shop. You go and buy a cigar and smoke it and you are in Ego. You drive in a big Rolls Royce : you are in a Ego. You just cross all the laws : you are in your Ego. Defy everyone : you are in your Ego. It is very easy to achieve your full bloom of your Ego covering the whole head and then you float very nicely in some imaginary world of yours which is called as "Fool's Paradise" till by some trick of this all-pervading Power the balloon is pricked and you come down [?] on the ground.

So, achievement of Ego has been of no use but achieving of all-pervading Power within you is the real expression of the Ego of God because His Ego is the truth while yours is a myth. Because He does everything you don't do anything whatsoever. And a little thing like making a chair you feel very great about it is all nonsense. You are made to be the instrument of that divine Power just like this instrument is made to carry our voices.

You are specially made with great care, love and respect to carry that divine Power which is all-pervading, which is very subtle. This is the Power that pulsates in every atom. [to translator] Pulsates, throbs, pulsates in every atom. The same power pulsates in our heart. But with Ego we actually cover our heart completely and Ego makes a person an idiot. There are such idiots who think themselves to be very clever that you do not know how to stop your laughing when they talk. Like an eighty year old man believes that an eighteen year old girl loves him. And you ask this idiot what is he doing. He says : "I've written already thirty books on one subject : on love and romance." He is an idiot and a stupid fool : what is he going to teach anyone? The girl makes fool of him and she has her own boyfriends and the old man is supplying the money for her fun. And the idiot think he is very generous. There is no end to idiocy.

A man who is not wise, he cannot be called intelligent. Intelligence unless and until it is wisdom has no value. Without wisdom the ungirdled- ungirdled intelligence can befool you. The all-pervading Power plays tricks and makes idiots of these people. They are respected for a short time then they die out as fools. So, our intelligence must tell us that truth can be only found through going into the unlimited area of all-pervading Power. And this rationality is a limited thing and we have to be triggered into that area which is unlimited. Some happening has to take place within us and all those great sages and prophets who have talked about your rebirth must mean something happening.

These things were said by many sages before also but they said it from the tenth storey. The rest of them were on the ground floor. They couldn't see what they were seeing at the tenth storey so they tried to torture or kill them. But this Sahaja Yoga, this modern Sahaja Yoga you can say, the Sahaja Yoga now is at a stage where it gives you Realization, to masses. So that you start seeing beyond that you start knowing that there is something beyond and feeling that you have become different. It its the actualisation of the experience which is important and you should ask for that. But it is not meant for mediocres.

If you are a real true seeker you will get it and you will retain it. If you are a true seeker I will give every drop of My blood for it. Because I am born for that. But the seeking has to be sincere and true. You cannot purchase Me with any money or with any show. Only through your sincerity of seeking you can buy Me permanently into yourself. This has to happen today or tomorrow to thousands of people. This is the breakthrough which we were expecting all these years and this is what is before you today.

As soon as you get your Self Realization the manifestation of the powers of Self - of your Self - starts acting but you have to know how it works and do it seriously. But most of the people they come to Me as if they are going for guru shopping. This is absolutely a different stuff. Here you have to receive your Self Realization you have to become Self Realized and you have to establish yourself. [to translator] To establish and to become fully the Self Realized, to manifest it. There is no other consideration. Supposing you are rich or poor, I don't want to know. Whether educated or uneducated is not necessary. Belonging to the labour class or to rich class it makes no difference. Whether you are from black race or a white or a brown or a blue race makes no difference.

As long as you are a human being who is seeking God you will get your Realization. That is My job. I will work hard because I am determined about it. But you also must have determination. Once you have achieved it you will be amazed how beautiful you are.

You will start seeing the beauty that I see in you. The other day we had somebody who was arguing with Me. He said : "Everybody is God". I said : "Who has told you that?" He said : "I believe in it." I said : "Who is this "I" ?" This is all mental. It is nice to believe that everybody is God and I am the God's Lord.

There is God in everything but God is to be discovered. There is God in a chicken but I am not going to give Realization to chickens. It is too far-fetched but that is how people escape the reality. Like the gentleman was saying that : "Hitler is also God." You cannot insult God like that. If there is somebody satanic then he is God is dicovered by punishing him. It would be like honouring people who crucified Christ. There is no discrimination, there is no sense of understanding. There should be some sense of propriety when you talk. The sympathy should be with the people who need your compassion but not with the people who are [probable mistake : agressed]. If you do all that then you will be punished and those who are cruel will be punished too. This is what the divine Power does to us.

In India the Rakshasas or the devils who were born on this earth used to beg for one thing that they should be killed by an incarnation so that their sins will be forgiven by one punishment - sort of compensated by that punishment. They would go to the extreme of sinful behaviour just to get to that point where incarnation would kill them. But a saint, a seeker is a sensible person. He achieves all that he wants through the grace of God because God wants him to have all the powers which are divine. Because God is your father and He wants to bestow all His powers onto you but these powers cannot be given by any elected body like a church or a theological college priest cannot give you baptism.

This authority has to come through a person which is born with this love. Such a person is a king. Nothing can tempt such a person. Nothing is higher or lower for this person. Such a person can sleep on the street or in the palaces. Such a person has no fear of any kind. When Christ supported Mary Magdalena He was not afraid of the crowds because He was sinless but He had compassion for her.

We should not confuse matters. Only after Realization when you get your vibrations you will know that you cannot confuse. As soon as you try to confuse you will lose your vibrations. And with this new vibratory awareness you will know what is the absolute and what is not and then only you will know how powerful you are. Your whole life will be filled with joy and first time you will enjoy another personnalitiy. We had taken some people to India from England. Simple indian villagers so overjoyed to see the foreigners coming in. They hugged all of them and kissed them, fed them and then they started feeling the vibrations of the foreigners and they were enjoying themselves as if they were sitting in a big lotus flower. For the first time you would find any Indian enjoying the foreigners. Otherwise they are frightened of them. They are literally afraid of seeing a foreigner, specially the women of India. But the women cooked for them, prepared their bath, arranged for them to have their food then prepared their beds, put oil in their heads and made them sleep. Such love that flows is the greatest thing a mother can enjoy. There is no rationality for this. It is sheer joy and bliss.

So we have to rise and become one with that all-pervading Power which resides in every heart of human beings. You feel it flowing from you and when you feel it you know what is happening to you. This is spontaneous. You cannot "do" it. It is within you. Built in. Built in. Innate and it works out. It works out. We have among us here some people who were in the lunatic asylum and they are completely cured. You cannot make them out. We had great alcoholics and drugists with us. They just gave up everything because they have become masters of themsleves and they enjoy themselves. You never get bored with yourself then. Whether you are alone or in their company it's all joy. This is going to change the whole universe. It is going to transform this world into the new world that is been talked about.

This is the first time I have come to Paris. The response has been nice. There have been people coming and getting Realization. Some are repeaters. Some are repeating, coming everyday. Some came only one day and went away. But as you know after germination of seed it must be looked after. Otherwise it could be wasted. So they should have at least attended these four days. But in any case we have here Marie. She is one of the first disciples I had in London and she has dedicated her life to this work. Now I would request you all to help her to spread Sahaja Yoga. Those who get Realization will be deepening their being and will be helping other on the periphery. So many are seeking. So many are decieved. So many are misguided. It is now our great duty to salvage all of them. This is very important. Don't be misguided by your Ego. You must think of people how they are lost. You

must learn how to swim and save others. It's all free, full of love, so take advantage of it. A river starts like a small stream. In other countries like India and England we have many Sahaj Yogis. We have to see now what French have to offer.

May God bless you all.

We will have the experience now. We will work it out.

Ah! If you have any questions you can ask today because yesterday I have said that if you have any questions for about five-ten minutes not more. And do not be argumentative. Please come here. These new people can come down. The gentleman who is there. Any question? Let this one sit there also. This one there. Any questions, please?

[Seeker] J'ai une question, oui. Est-ce que vous n'avez pas peur (...) quelque chose à découvrir l'occidental en fasse un avoir (...) spirituel au lieu de rechercher son être...

[Shri Mataji] What did he say?

[Translator] Don't you think that if you show the Western persons that there is something to be discovered, that he should appropriate it for himself instead of becoming it?

[Shri Mataji] Yes, you should. You should definitely. But what is your instrument? [Translator : You should?] Discover but what is your instrument?

[Seeker] Il y a plusieurs instrument, mais l'important c'est que ce ne soit pas justement l'Ego.

[Translator] He says there are several instruments but the important is that it should not be Ego.

[Shri Mataji] Shouldn't be Ego? Alright, then, uh, first of all you should know that you have nothing to offer Me. Alright? The second thing is that you have to ascertain it. Why? Are you afraid of Me? You are? He is not. Then it is very simple : you enter into that area and see for yourself. I'm saying you have to experiment. But with these eyes you cannot feel, with these hands you cannot feel that all-pervading Power. You have to get enlightened. This is a gap that you have to cross.

[Seeker] Là je suis d'accord avec ce champ de conscience. Il faut rentrer dedans pour en avoir l'expérience. Tout ça, je suis d'accord. Mais, la seule chose, c'est que j'ai peur que l'occidental reçoive votre enseignement comme un matérialisme spirituel et non pas comme un être spirituel.

[Shri Mataji] What did he say?

[Translator] But he is afraid that in the West it should be used – the becoming that you have to give – should be used materially and not for becoming inside.

[Shri Mataji laughs] Ah! Have you got... haven't you got sufficient material thing just to bother your heads? Already people are committing suicide in Sweden, even in Switzerland. You want to go to that limit?

[Seeker] Non, mais il y a aussi autour de nous une énorme vague de matérialisme spirituel qui après me donne un retour de matérialisme et qui crée aussi une vague de suicides et de chute.

[Shri Mataji] What?

[Translator] He says that there is among us a great wave of spiritual materialism which creates a come back of materialism and also suicides – which make it come back a sort of return of suicides and materialism.

[Shri Mataji] He means to say... Yeah, He means to say there is a very big grip of matter, isn't it? He means to say that. [Seeker : Aussi : That too.] Very correct. So you have to become a master of that. That's what I am doing.

[Seeker] Oui, oui, d'accord, ce n'est pas de votre enseignement dont je parle.

[Translator] He says he's not speaking about your teaching.

[Seeker] C'est de la façon dont c'est vu et reçu.

[Translator] He says : but the way with which it's read and received.

[Shri Mataji] Oh! People? People. No, there are many beautiful people also.

[Seeker] Bien sûr, mais il peut y avoir des chutes aussi.

[Translator] He says : yes of course but people can fall as well.

[Shri Mataji] They will... First few of you have to come up then the rest will see how happy you are, even materially enriched because it is : "Yoga kshema vahamyaham" [Bhagavad Geeta, 9.22] After Yoga you get your Kshema also – well being comes in to you. When people will see that they will also be transformed because satisfaction comes in. Tell him that.

[Seeker] Justement. Dès le moment où on dit : "Vous aurez la connaissance. Vous aurez par un meilleur équilibre plus de biens matériels." c'est faire du matérialisme spirituel car au contraire on doit être la Réalisation, on doit être soi. Peu importe qu'on soit pauvre ou riche... Peu importe la situation dans laquelle on se trouve. L'important c'est d'être.

[Shri Mataji] What is he telling?

[Translator] He says : yes but again this material well being is misguiding, because the important thing is to be that and not in a material style.

[Shri Mataji] You can overpower it by flowing all-pervading Power through your being. That is the only way you can do it. When the Kundalini awakens, you see. When the Kundalini which is here awakens your attention is attracted inside – is taken from outside attracted inside and when it goes through that center – this center here [obviously Nabhi], it gives you a sense of great satisfaction within which overcomes your material greed. [to translator : when awakening takes place the attention is attracted] May God bless you.

Not only that but the blessing of this center works out also your material needs in the sense that we have tried experimenting with the vibrations, say, on the wheat that grows in India and when we tried that we found it was five times more growing and sweeter and tastier than normal. In the university, the agricultural university. There are so many ways by which you are blessed by the grace of the divine Power. Very good question this one. I was very happy with your question.

Is there any other question? He is concerned, you know. He is concerned. That's the point is. What will happen to people? They are so much attracted by materialism. It's very good.

Will you please put your hands like this towards Me. Be comfortable, first of all be very comfortable. Now come along. Marie can come in here. Marie! Little, little, she has to tell her. Please ask them to put their hands straight like that towards Me. And close your eyes, please. Just like this, straight like this because these are the antenae I told you of receiving the Power. Just like this. Straight like this. On your lap like this.[.... short directions during meditation]

1980-0419, The Spiritual Evolution of Man

View [online](#).

19 April 1980

The Spiritual Evolution Of Man

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The Spiritual Evolution of Man, Paris, France 19-04-1980

[Today, the subject] is spiritual evolution of man. In my last three lectures, I've already explained about the residual force called as Kundalini that resides in the triangular bone here. This residual force gives us the second birth.

But how did we become human beings? Though known to us, we do not know why we became human beings. All the scientists must ask this question, "Why did we become human beings? Is there any meaning to this human life? Or are we born just to eat our food, produce children, keep money for them, and then die?"

If you make any instrument – for example, this instrument [mike] – you always have a purpose behind it. I've read a very good book by a gentleman, who was a French gentleman, whose name was Du Noüy – maybe I am not good at pronunciation – who wrote that, "It is impossible to produce a human being in this short time since the Earth seceded from the Sun." That means, if you use the law of chance, you cannot explain this fast movement of development of a small carbon atom into a human being in such a short time. According to him, there must be a juggler behind it to do this.

As I've told you before that this I put forward before you as a hypothesis and you must keep your mind open as any scientific personality does. If it comes true, then you have to believe into it. Yesterday I talked about the all-pervading power which is the Truth. Yesterday those who were here got their realization and they felt the power flowing from their hands, clearly. And they felt absolutely blissful. They also saw small children checking them, their vibrations. So, it is true that man has not yet discovered his meaning, so he has to become connected with the mains as any instrument has to.

This is what is the spiritual evolution of man. When a human consciousness gets enlightened or there is a breakthrough into the unconscious then only, we can say that we have evolved fully or it is only then that you have achieved your full meaning.

We can understand human evolution on the same way as we have the instruments set for spacecrafts. (6.27) In one spacecraft, an instrument is placed first, the lowest capsule, which explodes and accelerates the rate of the second capsule. One lower end capsule, and then there's another one, and there's another one and this one has the spacecraft in it. So, if this moves with the velocity of three, the explosion in this one (lower capsule) makes it three raises to the power, say, ten and this one makes it three raises to power, say, 20. It goes on like that. So, the acceleration is very fast. So ultimately this is thrown and triggered into the space.

This all comes as a bundle, to begin with. In the same way, a human being is, first of all, exploded into his physical. Then the physical expresses into his mental being, then into his emotional being, then into his spiritual being. And then he should stop into his Spirit. That is the space of the all-pervading power. In us exist all the physical, mental, emotional and spiritual beings. Today, as the time is, man is so matured that he is more spiritual than physical. But the matter is so much attached to the Spirit, that it is very difficult for him to understand that the gap between the matter, the spiritual and the physical and other things is not so much binding.

For example, all the affluent countries have a problem of suicide and the suicide is much more, the more you are affluent. I had some young girls from Sweden who came from Cambridge University, hardly about 20 years of age. And when I saw their vibrations, I was amazed; they were numb, just like a dead person's vibrations. Otherwise, they were alright, they were children of

rich people educating themselves.

So, I asked them what do you think all the time? What do you plan? They told me, to my amazement, that they are planning how to commit suicide. I was so surprised and so hurt and unhappy and pained. With what care God has created them from amoeba to this stage and they are here to destroy themselves? I asked them what do you want? Do you want money? Do you want love? What do you want? And I called them to my house and made them sit down and I talked to them. I felt that they didn't know what they wanted. But they said that we are very unhappy in life, as if there is some gap between us and ourselves. Perhaps we do not know what is our significance in this life. Then I told them that you can find your significance and why should you be that desperate? The God Almighty who has made you with this care, with this consistently working on you for ages, has made you a human being. He must have made some arrangement for you to find your own significance. And He has made all the arrangements, as we make for an instrument to have a cord to be attached to the mains. That is this Kundalini which is placed here.

Thousands of years back in India, people had discovered the existence of Kundalini. Search in the West started, after Rousseau, into outside. But they could not enter inside. They thought it is better to search outside. Because they could not enter inside, they thought it was better to search outside. But as you were searching outside, there was a search inside going on, too. In that search they discovered this Kundalini being the source of our breakthrough. We have evolved through a force that exists within us on this center called as the Nabhi center or the Navel center. By giving us sustenance, by giving us our quality, our nature, or our natural religion that we were made into a human being.

If you see in a chemical periodic law, you will be amazed how all these elements are arranged such a way, in a big beautiful chart, and how the carbon atom, when it came into existence, we started becoming alive. That carbon atom is placed within us here. Here is the innocence of the matter. Matter is innocent. Up to the animal stage we are absolutely innocent.

Even human children are innocent, mostly. But we lose our innocence when we start using these two powers, one of desiring and another of action. We create the ego and superego by which we've become a human being. That's how you become your Self. That means you become independent. You have all freedom to behave as you like. In that freedom only, you grasp the idea of the beyond. These ideas come to you through your dreams. Most of the paintings and the great arts are produced through the understanding of the unconscious. Our unconscious guides it all the time to warn us about our evolution.

Jung has described it very clearly. He has experimented with thousands of people of different parts of the world. He says this unconscious gives the balance, the coordination, the future guidance through your dreams. That means our guidance has been there, we have a desire and we have an idea that there is something beyond. That means that we have a desire that we have to rise and that there is something beyond. And also, there is guidance coming from the unconscious.

But there is another guidance which has come to us from God. This is very much believed into in India. Even in the Western world, if they follow Christianity or Judaism, they believe in it. It is believed that at that spot resides the power of God which evolves. This area according to Indian mythology is governed by a power called Lakshmi, which on one side gives us our sustenance and on the other side guides us how to behave.

And from the same power, the male form of that power incarnates, again and again, to guide the people, in human form. This incarnation, in the beginning, was a fish when we were fishes; when we were tortoises, it was a tortoise; when we were reptiles, it was a tortoise; when we were quadrupeds, it was a boar. Then, later on, it became half man and half lion. Then it became a small man, a short man. Then it became the very strong man – Parasuraman. Then he came as Shri Rama. At his completion, he came as Shri Krishna.

Now this center which has got the innocence, the incarnation of the innocence, the embodiment of innocence, was Shri Ganesh. This Shri Ganesh incarnated on this Earth as the only Son of God, our Lord Jesus Christ. And He is going to reincarnate again with eleven powers to destroy. Apart from that, there is a third type of incarnation which works in this gap to sustain us. These are ten Primordial Masters, the Adi Gurus. These people incarnated on this Earth to give us our sustenance, our religion, as they

call it. They gave us those ten religions, or sustenance, which is important for a human being. This principle of primordial masters incarnated as Abraham, as Moses, as Mohammad Sahab, as Janaka, as Nanaka, as Socrates and, till recently, the one who is no more now, is Shirdi Sainath.

Now, these people are incarnations of one principle, that is the Primordial Master. The energy, or the power with which they work, is either a sister or a daughter, is a very pure relationship. If you read their teachings, you will find they are saying the same things because they were worried about our sustenance. But Christ talked about our evolution, our resurrection. Krishna, in his incarnation, he said that divine life cannot be destroyed.

The life of Christ, or the body of Christ, was made of this divine power, absolute. In one of the very old scriptures, Devi Bhagawat from India, Christ is described as Mahavishnu. He is described as first being an egg; that's why on an Easter we give eggs. But Christians can't explain why they give eggs. They also cannot explain why he was called Christ and Jesus. When He talks of His father, it is Krishna He is talking about. It is said in the Devi Bhagawat, Krishna put His Son even above Him. And He gave Him such powers that He would be the support of the whole universe.

As an Indian, if you have read about Indian mythology, you will have much more respect for Christ and His Mother, who was nothing else but the Primordial Mother. Because India was a slave for 300 years and English became the main language, nobody tried to translate anything about Indian things. Moreover, the Western people were more interested in sexology and all dirty things of India. It is like entering into a house from the gutters of the backdoor. Even now the way they are interested in all these dirty things is most amazing for Indians.

We went to Nepal with my husband and children and we never noticed any erotic things. But I had a Swiss disciple in Nepal. When I went again to Nepal, he told me that it was full of erotics at the top of the temples. And all the Japanese and all such people were busy with zoom lenses watching all that with such minute details. I didn't know what was there to watch. It is difficult to understand this mind which takes you to these nonsensical things. If you have to evaluate a person, you must know how far spiritually he has gone and not how much he has debased himself, not by that. How much he has mastered his lust and greed is to be seen and not how much he has enslaved himself of these things.

If a person wants comfort and cannot live without comfort, he is not a spiritual man. He can live in comfort or discomfort; it makes no difference to him because he lives with his Spirit. Such a person is a king; nothing can dominate such a person; nobody can capture such a person or can make a parasite out of him. If one understands that spiritual life gives you the mastery of your being, then you would understand that those people who roam about as gurus are just parasites. (35:05)

Now, these incarnations who came on this Earth were manifesting the different aspects of God. Because God is Compassion, He is Love, He is your Father and He is Almighty. He wants to bestow all His blessings upon you and He wants to enlighten your awareness. For that He sends His own emissaries to guide you, to rise above the shackles of matter, the mind, the emotions and spiritual mistakes. For that, God has already placed a power there.

Many people have talked about this and have written big books of this kind. By reading books you cannot get the awakening of this Kundalini. It is a germinating force within us. It is a living force. You cannot germinate a seed by reading books. You have to have the Mother Earth to germinate.

In the same way, to raise this Kundalini, you need a person who is the mother of this Kundalini, or who is the master of this art, who is compassion, who is Love, who is holy, who is righteous.

But not a person who leads a funny life, a guru having seven women around, cannot be a master of Kundalini. A man who takes money from you cannot raise your Kundalini. A man who takes money from you has no self-respect. He cannot even talk of Kundalini. Such a person has to be higher than you. In that, he is humbler than you. He is full of love and patience and understanding; not of your purse, but of your beauty; not of your bank balance and your position, but your position within. If you find somebody coming with a circus, why should you be impressed by such a man? All important things, all vital things are

extremely simple.

For example, your own breathing. Supposing for your breathing if you have to read books and analyse it, will you breathe? For that, you don't have to read any books. It is spontaneous. All your evolution has been spontaneous. You got your body, face, nose, eyes, this human being, all for nothing. What did you do to get that? It's all given as a blessing to you because God wants his children to get all his blessings and all his powers. But in his freedom, man has become so egoistical that he is also denying God. It's alright, it's just the same as blind faith, just the same as denial of God. Even the people who believe in God, so-called, what have they achieved? That is the reason why people now are going to the other extreme of denying God.

For example, Algeria, where the people have been under French regime and who believed in God and everything, but the young people became communists. Because the young people do not believe in the old people who are blindly following some sort of an organization of God. Because they are so mythical; they have no proof of God and they are so fanatic. Fanaticism is a disease. It has nothing to do with God. That's one extreme and another extreme is denial of God. When you are in the center you can find God.

A boy from Algeria came and he got his realization in London with me. He went and told the young people in Algeria that, "No, there is God, but we have to find him within ourselves." He gave realization to five hundred young boys. With self-realization, your life is completely transformed. We have here about fifty-percent of people are realized souls. After realization, the power starts flowing from your hands. This is the power of your Spirit and you can use it and verify it.

The diseases like cancer cannot be cured without self-realization. We have cured many cancer patients. I have even cured the President of India of lung cancer. You may write to him and find out.

But it is very easy to approach a President in India if you're a saint. They respect you as a saint. For example, the President of India would stand up for me, though I am an Indian citizen. And he would not sit down till I have sat down. But in the West, people do not stand even for their own father. The ego makes a person so naive about spirituality and anybody who comes to pamper your ego, you accept it.

[Shri Mataji speaks to a seeker]: Are you taping my lecture? That's not allowed? It's alright? ... The organization, they say it should not be taped, but it's alright, because it has a little problem. There is a protocol about this. Only thing is for realized souls we allow, but not to non-realized souls because if you insult it, it will have an effect on you. Otherwise, there is no harm in recording me. There is no enterprise going on here, but there is a protocol. It's alright, you can tape it because, for example, my photograph has vibrations. If you put my photograph somewhere else it is not alright, then you fall from the grace. It should not be done. You understand my point? Because it is a holy thing. You can tape it.

The cancer and other such diseases can be cured through Self-realization as a by-product but it is not the main job of Sahaja Yoga. It is just a by-product. Like when God has to be realized within you, is to be established in your temple. Your temple has to be cleansed. If you do not get your realization, then there is no need to worry about it. You will get it, eventually and you must get it. This is your right to have it and you must assert your right. You cannot live without it. If you won't take in this life, you will be born again and ask for the same. Why not short-circuit it?

I said it is the easiest thing to do but very difficult for human beings to be easy. They can eat their food like this, but they want to eat the other way round. It is like a second birth of a bird. You become like an egg by that covering and when Kundalini pierces through, She breaks the shell here and you become a new person with a new awareness of collective consciousness. You become; you actualize. It is not just brainwashing. You just can feel it.

But even if you are born as a human being and again you will live with wolves, you may behave like wolves. Because you must mature like human beings to begin with. In the same way, you have to mature like a self-realized person. Like a seed can germinate but it has to be looked after till it completely becomes an independent tree. This is your own power within you. She is your mother and she has no other child; she knows everything about you; she loves you and she wants you to have your

self-realization. She is not going to give you any trouble. At the time of your birth, she takes all the troubles herself. It is a very smooth affair. At the first outset, it rushes very fast up there and you become one with the all-pervading power. You start feeling your own centres and the centres of others. I have shown here. All your centres are enlightened – seven of them.

For example, this is the center of Heart. If you place your hands towards me like this and if you find this one burning (pointing to her little finger), that means there is some pressure on your heart. Like that, one can diagnose any disease that you are suffering from. All these decodings could be done through Sahaja Yoga. All this knowledge is available free. So that you enjoy yourself thoroughly and you feel yourself and others, give realization to others and enjoy the being. First time the human beings enjoy other human beings as if the fragrance from the flower is enjoying the flower.

First time after Realization, you can repay back the nature which you have used. For example, if you give your vibrations to a tree, which is sick, it will improve, it will give more fruits, much more fruits. If you give vibrations to your wheat fields and paddy fields, you will have plenty of foods. You can even vibrate this water and give it to somebody and the person will feel perfectly alright in his stomach. When you become subtle, you can enter into the subtle of the elements. By entering into the subtle you can use them for your own purpose. Moreover, when you are in connection with the all-pervading power, there is a complete telecommunication working.

Sitting here, you can know what is the matter with another person who is thousands of miles away from you. You can also cure that person. These children can find out if a particular person, who is dead or living, is realized or not? For example, in England, there is a place called Stonehenge and the people have different theories about it. Like blind finding something and they are quarrelling about it.

Stonehenge is a miracle of the Mother Earth; it is Mother Earth who has created those stones. They have a particular pattern by which they emit vibrations. These vibrations are there to save London from getting drowned into materialism. The poor Mother Earth has to do all these things. (58:30)

In the Ten Commandments, it is said that you shall not reproduce anything that is created by the Mother Earth or by the sky and worship it. What is produced by the Mother Earth? These things which give you vibrations. In India, we have many places like this. And we have so many saints who have found them out. The province from where I come there are eight which represent the innocence. The stones that have come up are not touched by human beings but they look exactly like Shri Ganesha. There are 12 'Jyotirlingas' which represent the heart, the Spirit.

In Amarnath, in the Himalayas, there is a place in a cave where the water falls down and at a particular time, lunar date, the thing becomes a complete linga. In the Himalayas, one of the ranges of Himalayas, beyond the Kulu Valley, in the temple of Amarnath, there is a drop coming from the ceiling of a cave. It forms a complete Linga. At that date, it is completed and it gives vibrations.

We have a center in a place known as Musselwadi in India. They told me a story about a bund that was built across a lake. Bund should be straight, but at a point, it went like that and again like that with a circular movement. I asked them what is the reason? So, they told me, about a hundred years back, an English engineer had come to build this barrage. This, he wrote, was a very unique phenomenon. He said that he tried to build a wall on that part but he could not raise it. Every night it used to fall back. Even the horses would refuse to go near that to put the mud over that. And he could not understand it, so he had to cross that point in a circular way. I went and saw that place. It was all vibrating and giving the vibrations as they would come from this center called as Sahasrara. The whole atmosphere was filled with that.

Once I went to Kashmir with my husband and I had gone just for a drive with him a little further away from the city. And I felt tremendous vibrations in that area and I asked the driver if there was any temple or anything here? He said that it is all wilderness so I asked him to go in the direction from where the vibrations were coming. When we reached a particular area, we found some Muslim houses were settled there. They told us that there is one hair of Mohammad Sahab kept in that mosque, known as Hazrat Ekbal. (Ekbal means one hair. Hazrat means respect.) But for that hair, these useless people there fought among themselves and killed each other. Such shameless people they are. They do not understand the protocol of that hair.

They don't understand the vibrations.

For example, in Paris, the statue of Mary in 'Notre Dame' is extremely vibrating. Imagine, a man committed suicide from such a beautiful holy place. What a shame. It is an insult of the deities. How will he understand? Because he is not a realized soul. That is why they crucified Christ. They could not understand him and they did not want to understand.

Today I am faced with intellectuals. Intellectuals move like this, come like this, go like this, come like this, go like this, come like this – finished. They are a little bit this way. The other day one man told me that Hitler was also God. I asked him, "Who told you that?" He said that I believe that way. I asked him, "Who is this I who believes and on what premises?" He could not answer that question. If you can feel the vibrations of that horrid Hitler, you would know who he was. He was a demon. He not only destroyed people but he destroyed all the values of sustenance. He disturbed the sense of security so much in human beings that today we find all these kinds of problems in the West.

How can you call a demon a God? From what intellectual angle? I do not know how one can see upside down things with your intellect? There is another guru in India who is teaching people how to use sex to go to God. Have you forgotten Christ? He said, "Thou shalt not commit adultery," was the commandment, but I say, "Thou shalt not have adulterous eyes," because the eyes are possessed when you do that. It's a joyless effort, so tiring and so boring. It has no meaning. It fritters away your energy completely. When will you enjoy yourself with all the beauty of Paris? I find people just going like this. They have no time to enjoy beauty. They have no sensitivity to suck that beauty.

Beautiful within that I can see. But because of these atmospheres and these great people writing books, you are lost in the opinion of others. (1:10:07) You are not to be found. What you say is somebody else's opinion. You have known your own experience. Why should you listen to anybody else? Form your own opinion. But where are you? You are lost in the crowd. That's why get your realization. That is your absolute and by that absolute you will know that this is all relative. Then only you will get answers to all your absolute questions.

With this Yoga, with this communion, you become one with that Truth. It's like a connection of a very beautifully built computer. Now this computer is very nicely made in thousands of years and a rapport is established that you can ask any question. You can ask the question, "Is there God?" And this question you will start getting lots of vibrations.

But there is another type of things which are also called by negative people as vibrations. One should not confuse. If you get possessed, also, you start shaking. You'll get convulsions. People pay thousands of pounds to get convulsions. We had here some people from TM, some from others, Rajneesh and this and that. They all have paid thousands of rupees just to get convulsions. Some of them were lunatics and some of them were epileptics. So many people like this are dying on the streets with epilepsy.

You must know if you have got your own powers. If you are manifesting your own power, if you can feel your own chakras (centres), that's your Self, and you must feel the chakras of others. You must improve in your health, in your wealth and in your temperament. The complete priorities must change and you should be a transformed personality. Otherwise, people pay them for convulsions or for epilepsy, or for getting sick and headaches? Most of these people have a terrible headache here, ending up in lunatic asylum. But they're not telling each other because some mafia is going on; nobody knows what is going wrong with the others. You are told to keep complete secret. So that you do not know how far you are rotten and a competition is set in secretly.

Some people are saying they are teaching flying. How can you believe with your intelligence such nonsense? With your evolution are you going to be become birds now and then frogs? You have to become something else which is described in all the scriptures, supported by all the incarnations and the prophets. Imagine, some people started flying. What would happen? God, will He make you such absurd things? Why do you want to fly? I just can't understand?

Some scientists came from America to see me, specially, because they wanted to fly in the air. They wanted to leave their body

and go somewhere else. I told them, you have already landed on the moon. Why do you want to fly?" They said," Because Russia is doing that." I said," Which Russian is flying?" They said," They are doing parapsychology and ESP." I said," That is all possession of the spirits. Do you want domination of the spirits?" They said," We want to fly." But I said," You will be enslaved by those spirits." They said," Still we want to do it because Russia is doing it." I said," If Russia is going to hell, will you go to hell, also?" Surprisingly, they said," Yes." I said," Then go faster there."

I can't understand these human beings, intelligent people. Intelligence is not wisdom. When wisdom is enlightened, then you become complete. Because this power controls the whole universe. It is the complete knowledge. It is the bliss. It is the attention of God which is completely enlightened. We have to enter into the kingdom of God and not to waste our life like this.

This is very fantastic. People cannot believe that you cannot pay for your realization. We can't believe we can get anything without paying. But how can you pay for your realization? That is an insult, a debasement. It is a very different thing I am telling you about, which cannot be sold, which just permeates. It permeates everywhere. It wants to be shared by everyone. It wants to elevate everyone, to that height where you are suddenly shot off into the space, where you become the master of yourself and one with God.

I think for today I have spoken quite a lot and there are so many things to be said on this subject. We must first have the experience to understand what I am saying. Then use your vibrations on others to see how you work it out. If somebody gives me, say, French francs and I don't use them, how will I know their value? And then establish it within yourself and enjoy your dignity. Till this light is not enlightened it is seeking. But once it is enlightened it is just giving light. The position changes from that to this. Then you become the giver. It is that simple and innate within you.

The time has come for this. En masse evolution has started in India. Even in England there are thousands who have got realization. I have to see now how far Paris is going to come up. This is the first time I am here. Only through your wisdom and understanding you can expedite this evolution and transform the whole world into a new age.

The time is short. As I told you Christ is going to come back with His eleven destructive forces. He is going to destroy all that is useless. This is your last judgement. Kundalini awakening is the way you are going to be judged. The last judgment has started; you just face it. All grace is with you. I'll work very hard but you must also have determination. We all have to work hard and share the duty.

May God Bless you all.

[To a Sahaja Yogi] Can you ask them to take out the shoes and put both their feet on the ground?

Christ's Mother was the embodiment of that incarnation. But She was kept completely in the dark because Christ did not want that Her protocol should be disturbed. If anybody had troubled Her, He would come down on this Earth with eleven destructive powers. But He wore his cross because He had to show that resurrection is the aim of life.

Put your hands like this. Straight like this.

Now ask them to close their eyes

1980-0420, Shri Lalita Puja

View [online](#).

20 April 1980

Devi Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) - Reviewed

Shri Lalita puja, the significance of puja, Paris, 20.04.1980

I have told you before also but again today I want to tell you the significance of puja. The significance is this, that when you do the puja you recognize Me. By your recognition and your surrendering the deities get happy. They're overjoyed that you have recognized it. You are fully identified yourself that you are understanding Me in My full form, that you are coming closer to them. And I tell the like elder brothers feel happy when the younger ones are coming to meet. So, they start releasing My vibrations with a greater force – much greater force.

You have seen that after puja sometimes when you do not absorb the vibrations, I get little tired because the vibrations start coming out of all the chakras and you do not absorb, so the give and take process is not balanced. The identification in the west is very slow because of mental activity. Your attachment to your mental activity and to your rationality is very great. With puja, the vibrations try to detach you from your mental activity, from your rationality and then you are stationed into the realm of divine existence.

Anything else, even My lecture, which is really mantra – but even that gives you a mental activity. You start thinking about it. Then by thinking about it, you think, you know about Sahaja Yoga. Then by thinking that you know, you become egoistical. You think you know such a lot about Sahaja Yoga. That again it, in a way, helps to bloat your ego. That you start thinking that you know so much about Sahaja Yoga. The greatest grip on the western being is that of rationality – analysing. You start analysing everything. Which is only through puja you just you are blown off, like when the fruit is ready, the petals of the flower out of which the fruit has come out, blow off and the fruit remains.

This complete detachment is possible in even one puja. But that too takes time, because even puja is rationalized; puja should be done with your heart, feeling the love within you, that you are worshipping your Mother, who is an incarnation of Adi Shakti, is a very great thing. Do it with your heart, not with your mind. That's why you know we do not allow many people to come for puja, because that creates another whirlwind of rationality.

Once you are detached from yourself, all your problems become so tiny as you see from the sky, from the aeroplane all the farfetched things which are not so important. And the problems that are going in the houses down below do not touch you. You go beyond clouds and you live in the area of that space of divine love. Then all your petty things irritating things, all your so called problems of life, all disappear and then only you can be effective more, much more effective, because you become a source of divine love. Puja is the only way I feel you can stop your mental activity. Sahaja Yoga cannot be understood through rationality. Mentally it may be, but to become you have to detach yourself completely. You have to go beyond it, because this limits your movement.

Everything that you are doing here is significant, but it's not a mental significance, it has a divine significance. For example, even painting My feet now. What you do is to recognize Me first of all. Then the importance of these feet. These feet have been working, have been dancing for thousands and thousands and thousands of years.

Shri Mataji: Where is she gone? Linda? She must be missing at the right moment. Where is she gone? She's not yet here?

Like we use lemons. Rationally we cannot explain how lemons can cure a person, but they do, you have seen. People being cured of mental troubles, of possessions. You cannot explain rationally. In the divine way one can explain, that it has got a coefficient which can absorb the possessions which are foreign. But why and how? That's beyond your mind. You do not understand, you do not have that instrument. So, it comes that Sahaja Yoga is to be accepted. It's the only way you can be a Sahaja Yogi.

Acceptance is the only way. Go on accepting it, so that you can develop. Like a little plant starts accepting whatever the Mother Earth gives it and grows. It does not try to understand the Mother Earth. It does not. It just wants to grow on the riches of the Mother Earth.

That is what is puja by which you are blessed by the Divine so that you shoot off should of from all your physical, mental, emotional and the so-called spiritual being, which was seeking into the realm where you have sought.

So, today we must determine that we'll have no rational activity about it, otherwise you want won't have the joy of Sahaja Yoga, which is your achievement. Stop rationalizing it. With your heart you do the puja. All these things that you are going to do has very, very great significance, which I'll explain to you some other time, but that explanation cannot take you too far. It is too minute to enter into the gross understanding. So, best is to absorb it and absorb it and enjoy it. Why do you want to enter into the whole machinery of electricity? You just use the electricity. All machinery is done for you, is prepared for you. Don't try to envisage it, to conceive it in your little mind. You must know that you have to become the ocean and not try to understand the ocean with the drop of your brain. If you realize that, then you can become the ocean. Your limits are broken by puja and you become one with the unlimited. It blasts you limits and your limitations. Tell your mind not to come and trouble you during puja, then it will work out.

May God bless you!

[Shri Mataji gives order to somebody]

But you're small children, so it does no matter.

It's a pleasant task. Little understanding must be developed, that there is a protocol of this Incarnation and you should not try to pass over it.

The greatest protocol is humility, is humbleness. Humility is the only way you are given this great opportunity to worship Me. If you are not humble, you cannot worship Me. It's not a ritual, it's the growing within ourselves. Stop your mental activity now, just don't think, then only it will start working.

May God bless you!

Sit down, sit down, sitting down will be, sit down, you need not stand up. Now, you put your hand outside and stay.

[Hindi] [Shri Mataji starts reading]

This name stresses the excellence of Dakshinat chara [?] by implication, all right. It's all right for them. The names 99 to 108 describe the Kundalini Yoga briefly, you see. The individual soul which has used a form of 'Jiva' loses its sense of identity with the cosmic soul and identifies itself with the body and mind. The Kundalini Yoga helps the individual soul to regain its identity with the Divine Mother, which is the Cosmic Consciousness.

Individual consciousness in its lower state is the wakeful state. The Jiva's name in this state is 'vishwa'. In this, the individual is mostly body conscious. It is normally difficult for the individual to transcend this state consciously.

The next one is the state of consciousness of the individual in a dream: 'sushupti'. Here the impressions are all mental. The body consciousness is mostly replaced by mental configuration or ordinarily an individual cannot get into this state or transcend to higher levels of consciousness through one's will. The Jiva is here called 'tejasa'. Tejasa is the light.

The next higher state of consciousness is one in dreamlessly. Here Jiva is beyond both, the body and mind and is called as 'pragnya', which is enlightened. Here the body and mind are both inactive. The Jiva be freed of body and mental activity has reached a higher level of consciousness. But here, though this consciousness is nearer the cosmic, it is still limited. It is only when he transcends this 'pragnya state' and becomes 'turiya' – turiya means the fourth – that he regains his identity with cosmic consciousness.

In Kundalini Yoga, the devotee through the grace of guru and Shri Lalita as Iccha Shakti [Power of desire]– as the Desire Power of the guru. But actually, here Shri Lalita is sitting before you. So, it's such a great thing for you.

Stays dormant Kundalini coiled up as body consciousness in Mooladhara and by conscious effort of will makes her pierce

through the six chakras from Mooladhara to Agnya. Once the Kundalini rises and goes beyond Agnya the devotee becomes cosmic conscious or turiya [fourth dimension]. The transition from one state to the next higher state seems to be similar to opening a difficult gate or undergoing a tied-up knot: granthi.

The body consciousness of vishwa seems to extend up to Swadishthana and there is placed the Brahma-Granthi or knot. Brahma-Granthi is there. From this the next state of consciousness of Jiva called Tejasa extends above Anahata, where the Vishnu-Granthi is placed. See, Brahma- Granthi and then Vishnu-Granthi is placed. 'Granthi' means when two things bind together. So, it is between Vishuddhi and Heart this Granthi takes place – Vishnu-Granthi.

This state of consciousness of Jiva called pragnya, similar to dreamless, extends up to Agnya, above which is Rudra-Granthi. Between this is 'turiya state', where individual and Cosmic Consciousness unite.

Now see, all this three you cross and then the last granthi you cross also. The Kundalini rises just like a jet as you know in this, because of Me. But the gurus have to do it one by one. They have to open every granthi, they have to work it out and put it up there and keep it down, then again and this, this.

But, will you stop that now or you go out? Everybody is catching on the heart now! Why do you do like that every time?

Sahaja Yagini: [Inaudible]

Shri Mataji: There's no explanation for it; Just the possession and you get into it very easily. It's just a possession that you have. Why do you get into it? You should have put some will power. You're so anxious to go out always. You should not have gone. You should have asked somebody else to go and do that for you. Must you go in the market every time? There's nobody else who can go? And then come back with a problem for everyone, it's not a good thing. Now, put a bandhan onto yourself, that's all. And now you don't cry, just stop crying. And tell yourself that, I'm not going to cry anymore. Everybody is catching on the heart, in the centre. You can't spoil everybody's puja.

Sahaja Yagini: [Inaudible]

Shri Mataji: Was he?

Sahaja Yagini: [Inaudible]

Shri Mataji: But why did you go? You should not have gone. You could have sent somebody else. You must always jump for a market. I've seen you, what is the need? You should not go. First day, you have suffered. Then also I was watching. Second day, you wanted to go. Third day you wanted to go. Every time, why do you want to go to market? There is some bhoot there, sitting down. At least today, you could have asked somebody else to go and get it. But you never do that! If you ask, anybody will go and get it for you. [Inaudible]. It's all right. You could have asked Douglas. He's all right. Just now you are still sick. Be careful. And you sicken everybody. Everybody is catching on the heart. Is it the way to behave? Now hold your breath. No, not to feel bad now please, for heaven sake, hold your breath.

Just it's all right, it's all forgiven, washed off, clean out [unsure]. See, this flower was absolutely dead yesterday. When I touched it, it's coming back to life. I can do everything except for giving you sense, that you'd better leave. Every time you go and catch, every time you come back here, catching. So, when are you going to give up? I was just watching.

I play on you to see how far sensible you have become. All right? Doesn't matter, it's little bit my fault too. Now, smile it. It's all right. Now everybody's heart is catching. Now, don't be silly, there is nothing serious. Ah, look at that! Now, better. You are better. By scolding, the bhoot has run away. You should be alert that's the main point is. Why should you go out for shopping every time and you are catching? All right now. I feel sorry the way you people are not wise. Now, you have understood this or not?

From this the next state of consciousness of Jiva, called – I hope you have not recorded My scolding [Shri Mataji laughs].

Sahaja Yogi: This, I've done [unsure]

Shri Mataji: All right. – where the Vishnu-Granthi is placed.

You give her a bandhan all of you. Give yourself a bandhan. Finished. Just give her a bandhan. She'll be all right. Every time she goes, she catches. [Shri Mataji laughs].

And where you have to go, you try to avoid. Ah! All right. It's better? Now, don't cry.

[Hindi]

So, beyond this is 'turiya state', where individual and cosmic consciousness unite.

Now all this from 99 to 108 is Kundalini Yoga. You should remember these names by heart, it's good idea. It's not much from 99 to 108 how many they make?

Sahaja Yogis: Nine names.

Shri Mataji: None names, so, not difficult for you to know. And all the- they have given the chakras on this, you see. Now, nobody knows Hindi. She can read it.

[Shri Mataji speaks in Hindi]

Shri Mataji give something to the Yogis: Give it to Linda. You all put it too, is good for all of you. Better put it. Just put it in your eyes and also smell a little bit of that, the badha will run away. [Shri Mataji laughs].

Now, smell it, come along! See, if you have ladies as your disciples, at the slightest, they start crying, it's the big problem. [Shri Mataji laughs]

Sahaja Yogini: It's my love for my child which makes me cry.

Shri Mataji: Love for your?

Sahaja Yogi: Child.

Shri Mataji: Why? What's the problem? Your child is perfectly all right. And he's going to put you right and many other so don't you worry. I put a solid stuff there. You don't worry about your child. You'd better cry for yourself, not for him.

All right. It's correct? Now

Now, read it. Read it, it's not so difficult. And just the meaning of it. Keep it there.

[Shri Mataji speaks in Hindi]

Ganesha puja. I think you'd better say about Ganesha, the mantra of Ganesha because of that, you see, this Vigana starts. Vigana is the [?] between you and the puja. You take the nae of Ganesha. Om twame wa sakshat shri Ganesha. All of you.

[Twice]

Shri Mataji: Again.

Now, better?

[Somebody reads the Names of Shri Lalita from the Lalita Sahasranama Stotra]

99 Mooladhara nilaya: She dwells in Mooladhara Chakra as Kundalini Mahim Mooladhara.

100 Brahma granthi vibhedini: She cuts the knot of Brahma. She helps the devotee to consciously transcend his wakeful state.

101 Manipuratha rudita: After cutting the Brahma-Granthi Shri Lalita appears in Manipura to the devotee. Here the devotee feels the unreality of a wakeful state.

102 Vishnu granthi vibhedini: She cuts the knot of Vishnu. If this is done, the devotees perceive the unreality of his individuality as body, mind and life. He loses their consciousness.

103 Agnya chakranta-ralastha: She is inside the Agnya chakra at the junction of the eyebrows. Here the devotee loses most of the sense of individuality, which act is completed in the next name.

104 Rudra granthi vibhedini: She cuts the knot of Rudra. Here after the Jiva loses his individual consciousness and becomes one with the cosmic consciousness Shiva in Sahasrara.

105 Sahasrarambuja rudha: She is the essence of Sahasrara Chakra. She dwells there as Sakshi or Chitkala. In the liberated soul this is Moksha.

106 Sudha sarabhi varshini: She reigns the quietness of the nectar. The devotee feels incomparable bliss in his state. Here culminates the Kundalini-Sadhana.

107 Tatillata samaruchih: She is dwelling like a lightning. This is how She appears to devotees in the sadhana.

108 Shad chakropari samsthita: She is above the six chakras.

109 Mahashakti: Fond of the feast of her union with Shiva as She is his great power.

110 Kundalini: She's coiled like the serpent. She stays to assume three and half coils, the form in which Shri Lalita resides in each individual in the potential state.

111 Bisa thanthu thaniyasi: As slender as the lotus' stock.

112 Bhavani: Queen of Bhava, Shiva. The one who gives life to samsara [or Bhavasagara] of Shiva, the universe.

113 Bhavana gamya: Realized by the mental. Here, it may be dhyana.

114 Bhavarani kudariga.

[Cut in audio]

[Shri Mataji explains this name; inaudible] Verify through... how she acts. Like you have seen the flower, how it is formed. You have seen the movement of Kundalini; you have seen how it rises. All these things start making impression on your mind. [Inaudible]

I mean it is not that nothing is happening if you cannot understand rationally [Inaudible]. So, by your rational conclusion, you reach the point. But this rationality can give you the knowledge, it's not difficult, it's very easy. So, that this knowledge is called as Dhyana. [Inaudible] There is a confusion, does not matter. Whatever it may be, "dhyana" means you are there, you are born [Inaudible]. But according to them, "dhyana" means mentally to understand the thing. Mentally you accept Me, mentally you accept but the heart you accept Me. When you accept Me with your heart, it's even better. [Inaudible].

115 Bhadra Priya: She loves to be benevolent.

116 Bhadra murthy: She who is personification of benevolence

117 Bhaktha sowbhAgnya dhayini: Her devotees get all good things and also the best, that is moksha

118 Bhakthi priya: Fond of devotees.

There are various forms of bhakti.

119 Bhakthi gamya: She's realised by devotion

120 Bhakthi vasya: She gives the swarupa janana rasp of ultimate reality

Shri Mataji: Bhakthi gamya means she's only knowledgeable through devotion. Gamya. [Inaudible]. We can only go into her through bhakti, there's no other way.

121 Bhayapaha: She dispels fear. Fear is the motive of many of our actions that obscure the vision of truth.

Shri Mataji: She's done [inaudible] that show that you are afraid, it's very good. You always use: "I'm afraid, I'm afraid" What are you afraid of? [Inaudible].

122 Sambhavya: Queen of Shambhu, the Shiva.

123 Saradha radya: She is worshipped by Saradha.

Shri Mataji: Saradha is the Sarasvati. Sarasvati herself worships her because she's Mahashakti.

124 Sarvani: Queen of Sarvar that is Shiva.

125 Sarmadhayini: Giver of happiness including divine bliss.

126 Shankari: Queen of Shankara, that is the Shiva

127 Srikari: Beneficent.

128 Sadhwii: Inseparable from Lord Shiva

Shri Mataji: [Inaudible] In the left, Lalita, give you Realization, with the right, she can give benevolence.

129 Sarat chandra nibhanana: Her face is beautiful like the full moon in "saratru" (autumn)

[...]

1980-0421, What is Second Birth?

View [online](#).

21 April 1980

What Is Second Birth?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft

I again see today some new faces, who have come here, and I have to explain again today, for the first time to them, what is Sahaja Yog, which has been promised in various scriptures that you have to get your second birth. You have to be born again. It is said. Christ has said too, the same thing. But people have not been able to ponder on this subject: what is that mean – our second birth? Are we not already born as human beings? We are born but the human beings, which are born, are told that you are to be born again. Now what are we going to do?

So they asked, "Are we to enter into our mothers' womb again? Am I to be born again."

He said, "You'll be born of the Holy Ghost, of the Holy Spirit."

The Holy Ghost that He talked about is the Kundalini within us. She is the part of the Holy Ghost, or you can say the reflection of the Holy Ghost, which exists as all-pervading power. Actually, the all-pervading power of divine love is the love of Holy Ghost or Her aura. This is reflected within us as the power of desire as shown in the picture in the triangular bone of sacrum and coils itself in three and a half rounds. This force, which is called residual force, is the desire of God which resides within us in a dormant way.

We actually do not know what is the desire of God is. We have our own conclusions, our own conceptions, our own ideas that I am doing the work of God. But you are not yet connected with God, how can you do the work of God? There is no way of really establishing any actual rapport with God, and how can you say that you are related to God or you are doing the work of God? It's all right that God is looking after you, He is managing you, He has given you this life – is correct. But there is no way of finding God in your conscious mind.

It's just your mental activity, maybe your Ego –which says, "I am God."

Some people say, "I like it!"

But why do you like it? Because I think, I like it. Then, why, whatever you think is your own. It is not God's, how do you say with such cock-sure attitude that you are connected with God? Then they will start discussing about it. They sit down and talk about it. Yesterday only we had a very funny visitor in Paris and he started it like a tape record and he just started telling Me what he thinks. But your thinking is your own imagination. There is no actual experience in it. There is no actuality. I said, "This is fanaticism."

When you start thinking about something and accept it as real, then it is fanaticism, of any kind. You can be a football fanatic. You think that a particular person must win. It becomes sort of your thinking. Then that person must win, if he does not win then you are going to kill everybody else. If you go a little further with it, you think that you are a great benevolent person. Then whatever you think, you feel that this is the thing that is going to bring benevolence to people. But what is the proof?

That what you think is the thing wanted by God. All your thinking is based either on your conditioning, whatever you have read, if you are born a Christian all your thinking will be Christian thinking means church's thinking, not God's thinking. If you are a Hindu, you will think like a Hindu – of a temple or some sort of a Guru or somebody who has taught you something. If you are a Muslim

you might become Khomeini – anything is possible! Are we going in the same direction with our thinking, or are we related to God? First, relationship with God must be established. That is extremely important before we talk of God because all our thinking is our conditioning or else our imagination. There are some people who met Me, they said they have met God.

I said, "Really? How, how does He look like?"

"Oh, I met Him on the street."

I said, "Very good."

And somebody says, "I am Christ."

Somebody says, "I am Krishna."

But what is the proof? I mean, supposing I say this is gold. Then gold has a density? You can find out whether it is gold or silver or something but you cannot just go on saying, "I think it is gold. So it becomes gold, can it? In the same way our faith, because we think we have a belief in it, is mythical – as far as you are concerned, as far as anybody else is concerned. Unless and until you give the proof of God, nobody is going to believe in God any further, I can tell you this much. And this is the reason another mythical stuff is coming up is that there is no God. This is another myth. Either to believe that you are connected with God is equally mythical as to say there is no God. Because if you have not met Him how do you say, there is not? There may be, may not be – is a better situation. Just to denounce Him that there is no God, is another myth.

We some or other managed to live with a myth. It's very comfortable to live with myth. It's a comfortable life; we do not want to give up our comforts. As just now, I was telling someone that a little shell contains a little oyster in it. Now, the oyster doesn't want to get out of the shell. It's quite comfortable. And a little bit of a sand comes in and is said troubling the comfort of the oyster. So, oyster takes out his saliva goes round it, makes it softer, puts it there, curls up a little bit of its body and says, "Now I am comfortable, now I am very satisfied, it's all right. The shell is the thing for me."

And that's how we go on living with the shell, avoiding understanding that this shell is not the thing we are seeking. So, one has to get out of that comfortable feeling one has. If you have a house, very nice! I've got children, very nice! I've got a wife, I've got a car – it's all right. I am very comfortable, I am very satisfied. But then, certain calamities come in. You are faced with them. Problems come in – and then you think, "I never waited for this, it was more sun expected."

There are another set of people, who think – who 'think', again! – that they have to search God. And that's how they jump into sea. They jump into fire, they jump into water, they jump into all kinds of things without understanding what danger it entails. So one side we have a comfortably coiled-up an oyster and another is a oyster which is burnt up, which is either drowned or something.

So what should a human being do? He should be comfortable, but all the time he should think that, "I have not yet met God, I must meet. I have to watch and see. I have to understand." Oyster in the shell is better sometimes than the oyster, which is completely fried out. But the oyster in the shell will die its own death. But there is a possibility about the oyster which has come out that he might meet something. Because he is a seeker God also looks after him, God also wants to help. If he could listen to his own unconscious, he could work it out.

Sahaja Yoga is not a new thing. Sahaja means 'spontaneous'. Everything that happens in life is spontaneous. From amoeba to this state, you have come spontaneously, sahaja – born with you. It is within you! Gradually, as a seed sprouts into a flower and then the fragrance starts emitting out from the flower, in the same way it is all built in you. You don't have to go anywhere, it is between your own thinking and your desiring it resides. You desire something and you don't think about it – that is the best way you can do it. We have two capacities within us, one is to desire. With this left side, the deep blue coloured channel within us, we desire. It manifests outside as left sympathetic nervous system, which is our emotional side, which is responsible for collecting

all our past, all our experiences, all our conditioning. This is the psyche about which the psychologists are worried. So we desire.

And the right side one, the yellow coloured line represents the power by which we maintain our physical being and ultimately we start thinking. Between these two resides the power of our evolution. So we have left side and right side sympathetic nervous system, manifested in the gross, and in the center is the parasympathetic. Parasympathetic is a system which shows how much we have evolved so far. How much we have achieved so far up to human level.

Only human beings think that they have to achieve God, not animals. They have reached that state that they think that they have to achieve God, they desire that they have to achieve God. There is a gap between their achievement and there is the desire. This is to be crossed. But their desire cannot work it out, only their desire can call for the help from God, and the God's desire is within you in this triangular bone lying dormant. This God's desire is called as Kundalini. That God's desire has to rise within you, and it is He who has to give you the second birth or you can say that the She, the Mother, has to give you the second birth.

This is the Holy Ghost about which Christ could not talk to those mad people who really crucified Him. They were mad that they thought that Christ was blasphemous. Just think of it! And today we have churches and people, and this and that. When He lived nobody accepted Him, nobody recognized Him. When He came, they talked of Moses, Abraham. It is very nice to handle Christ, better talk about them, so that we don't have to face reality. Because if they had recognized Christ, then Christ would have said, "All right, if you are recognizing Me, then get your Realization and understand yourself." They were not prepared for this. Only twelve people somehow – you see – managed to be there, somehow. They would not accept Him either. Till He was resurrected then they accepted Him, in a way. And then, what are you going to do but to create a myth around it. And to say that, "Of course, we believed in Christ." Now what, which Christ did you believe in? Because that Christ, whom you had to face, you did not face. And now you live in imaginary world, you have your own paradise about it. Where does He live within us? Has He created any position within us? Is there any meaning to His life, which has left a permanent mark within us? Was He even one of the mile-stones within us? If so – where does He reside within us? How can we be connected to Him?

Nobody made any exploration about it. Again the comfortable shell started. It has happened not once, thousands of years it has been happening, whenever an Incarnation came on this earth that's how they behaved.

When Rama came they said, "We believe in Parashurama", when Krishna came they said, "We believe in Rama".

Same thing with Christ, with everyone. But you better now recognize and know yourself, and face it once for all, the time has come. How long are you going to live with your myths? The time has come.

It has nothing to do with East, West or North and South. Most amazing is that in the West people are afraid that this is Eastern knowledge. The other day only one lady who is a realized soul, her son is a realized soul – they said their teacher was very anxious about my son.

Because he said, "Why are you giving this Eastern knowledge to him?"

How can it be Eastern? It is universal knowledge.

I said, "Why don't you go and ask the teacher that was Christ born in England or in America?

His cross is even, you can find it on the airport of London. Because I think that Christ was an Englishman. So it's all right, he has to – poor thing – has to become an Englishman. What to do? His knowledge cannot be limited to Indians or to English or to anyone. It is God's knowledge, it is for anyone of you, it is your right to know it.

All of you have got Kundalini. You can see with your naked eyes its pulsation; you can see its rising. You can see its piercing through, you can feel it throbbing here. You can see the piercing. You can see, when it pierces through, how you become actually collectively conscious – you do become. It's a fact! And how can you avoid fact? And why should you avoid? Because

reality is so beautiful, why should we be afraid of facing reality which is so beautiful?

There was a gentleman in Paris who got his Realization and two days he was just laughing out of joy. and he said, "I've never laughed all my life as I have laughed now" – and just out of joy he was laughing; is so joyous.

He said, "Mother let me laugh now and enjoy myself, I'm willing [??]."

Actually he told Me that he never believed in God, to begin with. He thought he was a very rational being. I said, rational beings are still half because they are dealing with something so limited, is rationality. We have to cross these barriers of rationality, and something is already within you, God has placed within you, because it is His desire that you should know Him, that His power should flow through you and that you should be the citizen of His kingdom, that He is your generous Father and He has made all these arrangements for you.

Now, 75% people sitting here are Realized souls. I'm so very happy, because I struggled with six of them for four years. It is such a remarkable thing but it is very, very hard for people to believe that you have to get an experience of God, you have to feel Him within yourself. As an actualisation, you have to feel Him in your conscious mind. Because if religion gets organized you also get believes organized. Then, whatever they say becomes perfect. Blind leading the blind. You cannot organize God, you cannot. He will organize. You cannot conceive Him – He has to conceive you. His graze must come on you; you have to ask for His graze.

He has already placed His desire within you. And this desire resides as Kundalini. You have heard so much about Kundalini before also, I believe. Maybe you must have read some horrible books, which are shown, to Me, that this Kundalini gives you jerks, and you start jumping and you start making noises and things like that. At the very outset, I must tell you that it is a desire of God, which is your Mother. And this Mother is your own Mother. You do not have any other Mother but this Mother and She does not have any child but you. Do you think such a Mother who has been waiting to give you this rebirth would be in any way troublesome to you? Even your physical mother bore all the pains upon herself to give you birth. Then why should this Mother try to trouble you?

Then people asked Me, "Then how did these people talk of these things?"

I mean you can talk of anything if you want to befool people. If you want to befool people, can't you? I mean, if you indulge into such a thing you can. You can get possessed by somebody also, that you start writing all these nonsensical things. So many mythical things have been written - apart from that, those who write that Kundalini gives you jerks and all that maybe the people who were something like villagers coming and touching the electricity at a wrong point and getting a shock and maligning the electricity, maybe the unauthorized people who did not know anything about Kundalini. For Kundalini can only be awakened by an authorised person who is authorised by God, not by theological college or by any Pandit or by any ayurved school or anything. Christ never went to any theological college. It cannot be done by any such person who says he will read books and raise the Kundalini. It's not the mechanism that works out that way.

You cannot even sprout a seed by reading, can you? You have done nothing living by reading. How can you raise Kundalini by reading? This is in your every day-to-day life we really lack sometimes common sense. We go and read something, we think by reading something we are going to go to God, or we then sit down and discuss about it. You cannot do anything by this reading, which is just a dead thing! All your arguments, everything is dead.

It is not yet enlightened; otherwise every word could be living. That's the Mantra. The word that is living is the Mantra. These holy words, is spoken by a person who is not enlightened, has no meaning at all. If it is spoken by a person who is enlightened – because enlightenment means he is related to God, and he can address to God, like you get connected. All right, if it is done, done, nothing to worry. Nothing to feel bad, if some people have been very fanatically involved into it, it doesn't matter. Makes no difference at all today, I feel. All kinds of things, whatever are done are done in the past, finished. We have to get our Realization. We have to actualise ourselves. This is the main point.

We are seeking ourselves. Unless and until you realize yourself you don't have to even believe in Me – but you should not deny Me. I would not like anybody to believe in Me blindly because blind people cannot get it. But you should not be also closed because closed people also cannot get it. When you get it then you must believe – that is what is called as Shraddha. In Sanskrit-language there are two things are – one is blind faith and another is Shraddha, that is faith, pure faith. But in English we have to use an adjective, that blind faith and faith. But people are so confused that they forget the adjective of blind, and they think my faith is. If your faith is that, one has to accept it. But your faith should be such that is based on the truth. Then you become an enlightened person.

After all God has made us into human beings, He has given us this nose, eyes, everything. We have done nothing about it. And if He has made us for a purpose, He is going to connect us, He is going to do it. It's His job. If He does not do it, He will have no meaning, His creation will have no meaning. It is His job! And decides that somebody else wants to do it for you, why should you worry? Once you get it, you can do it, too. Like one light enlightened can enlighten another light, you can do it.

Today I wanted to talk a little bit because 75 % are Sahaja Yogis, who are Realized souls and who know Sahaja Yoga, they have given Realization to so many, they have cured people, and I mean they are just there. And I am very happy that in Paris there was so many of them achieved their Nirvikalpa which is we called as the doubtless awareness. The first state is the thoughtless awareness. Awareness means enlightened awareness you can say, Samathi is the one where your awareness becomes enlightened. The first state is of thoughtless awareness. And then you jump into your Realization, but still the state is not established. You mature then as doubtless awareness, and this doubtless awareness is a state, is not a thing. "Now I have no doubts about Sahaja Yoga", that's not the way. It's a state where the rhythm of these vibrations, or the rhythm of these radiations achieve a certain depth and a rhythm which then you yourself start seeing that these doubts are something separate and you build up your own reserve against them. It's not mental state, it is the state of the being.

You can say a seed becoming a fruit and maturing, or you can say a flower becoming a fruit and then the fruit maturing. In this way, first you get your Self-Realization and you get your thoughtless-awareness. And then you get your doubtless awareness. But people who are not complicated so much, uncomplicated people, simple people with proper life, not extremist, not crazy about anything, such simple people can get doubtless awareness at the first shot. They get both things together. We have many people like that but because in the West we have had too much of rambling in our thinking we go a little round about way. We get our realization, after realization we start verifying it. Mother has said all right, these vibrations, let me try and then let me see the Kundalini rises and let me see the Mantras, what She has said about the deities whether it's correct or not, whether these Chakras are all right or not you start verifying it through your brain, you go round and round and round. That's why the first thing you get is your attention gets enlightened. You put your attention to someone and you know about that person on your fingers, you can feel their centers and then you know through decoding what centers ... – Supposing somebody is having a heart-attack or something, you can feel it on this finger a heat or a kind of a spasm sometimes and sometimes numbness.

If a person is going to die, you feel numbness in all your fingers. There are many things which decode it. Apart from physical, you have got also emotional problems which can be found out. The left side suggest the emotional problem and the right side the physical and the mental problem. If a person is egoistical, if his ego is hurt, anyway if there is a problem with his ego, somehow or other, in any way then you get this finger catching very much. But after getting Realization you don't feel bad, if somebody says, "Mother, my Agnya here is catching". All right, you say it, you don't feel bad about it.

You say, "All right, clear it out!"

This center is that of Christ. Even many people who call themselves Christians have the same Agnya as the Jews have and as the Muslims have. One because they are unauthorized, that's why Christ is angry, another because they are criticizing Christ. Both ways is just the same. Christ wants, or anyone of them, they want that you should realize them, you should feel them, you should know them.

Today specially for the Sahaja Yogis I wanted to discuss the right side very much because so far, we have not dealt with it very

much. Normally, we got people who were on the left side, on the emotional problem. The right side is called also as prana shakti, means the vital power of life. And the left side is called as mana shakti. Now, this prana shakti, which is on the right-hand side, the prana shakti within us comes to us through five elements. The five elements are, as you know, is, one of them is the earth, then we have got the water, then we have got the air, then we have got the light, and then we have got the ether. These five elements are there.

Out of these five elements our body is made. These five elements create five cocoons around us. And that's how we have got five auras within us. These five auras can be detected by some machines because these machines are able to detect only the right side as they deal with matter. The whole of the matter is created by these five energies and they have also a causal energy behind it. And these causal energies actually make that.

For example: the causal energy of earth is fragrance. From the fragrance earth is created. Now, within us all these five centers that you see these are, these five up to here, are made of five elements. The body of those centres are made of – only the body-part, I am saying – of those five elements. And the Deities residing in those centers are also born from those five elements. Because they were born of a particular element, they concentrated more on that and maintained the knowledge more limited to that area, which dealt with that particular element.

For example, we can say the green thing is the one that represents the water, water element. This center in the stomach is the water element within us. It is called as Nabhi Chakra and around it is called as the Bhavasaghara - you can say the Void, or you can say the Gap, or whatever you may say, the whole world as such, within us. So the people who were born on this center, around this center, were born out of water element. In this Bhavasaghra, Bhavasaghra means the ocean of this world were born through this ocean of the world were born all the primordial masters one after another, we can say Abraham, Moses, we had Janaka, were Adi Nath and Socrates and so many others like that Nanaka and also very recently we had about hundred years back a very great saint born in India known as Sainath. They all represent the same element that is the water element, be responsible or being born out of that they are anxious to maintain water element as the one which is within us for sustaining ourselves. We are sustained by water so they help us to sustain ourselves. They are the sustainers, tell us how to sustain us as a human being. And all of them have tried to establish religion within us. A religion doesn't mean outside, but the religion as a man means the capacity of a man or you can say, the quality of a man. What a human being should be like, what is the way to know if he is a human being or not – which is described in the Ten Commandments.

Now the way they have said it is all misinterpreted and all wrong things have come. But one thing is definite, that they have never talked of fanaticism. They are against fanaticism. They are against alcoholism because alcohol spoils the water element very much. If you see the effect of alcohol on water in the blood of human beings, you will be amazed how the neutral position of hydrogen and oxygen, or OH ion, is absolutely imbalanced by alcohol. And water cannot absorb any heat from the liver, which sorts out all your poisons.

And that's how people get bad livers, bad troubles, and then people would say, "What's wrong?"

There is nothing wrong as such because even nothing wrong in that. "What's wrong according to theory of wrong and right of human beings, I think nothing is wrong. You can kill yourself. You can jump from anything. You can do whatever you like. There is nothing wrong. If you break this, if you break that, if you break anybody, do anything, there is nothing wrong what's wrong with it. But there is fundamentally wrong is that you are created for a purpose. You have not created yourself. God has created you with such difficulty. He has taken you out of so many evolutionary processes and brought you to this stage and now you have no business to kill yourself and destroy yourself.

This is wrong is that you are destroying yourself, you are destroying your community, you are destroying others and you are destroying yourself. If you are destroying yourself also because you are on your own you think what's wrong. You are a part and parcel of the whole. You are a cell in the whole and being created to know the whole and if you destroy yourself you are destroying the whole as well. You become malignant. You become cancerous and that's why it's all wrong. In anyway if you destroy others or destroy yourself you have no right to do that. God has given you freedom, no doubt. By creating ego and

superego within yourself with these activities, you become separated from the whole. And then you think you are Mr such and such. And then you stand and say "I believe in this, I believe in, actually who are you? You are made by God. You are His own child. Still you are a child. It's like a baby saying "I believe in it, I believe in it."

You have not known the whole so far. How can you say that? You have to grow! And when you grow, your freedom is complete, absolute. But the ideas about this freedom are such that you are fighting your own innocence, you are fighting your own sustenance. And this sustenance was completely supported, protected by these great incarnations of Primordial Masters. That's why they talked against alcohol. Christ did not talk about alcohol, all right – because He was at another point. But He did not say that you take alcohols, never. People said that He drank wine but wine means grape juice in that country, it doesn't mean alcohol. How can Christ say, you drink wine, which is fermented, which will go against your awareness? Just think of it! It goes against your awareness, isn't it? Your awareness is to be enlightened, He came on this earth to enlighten that awareness, do you think He will say that you get foggy with it? Does it not fog your attention and your awareness, is a fact. But He wants to do something else because He came as divine power itself. He was the embodiment of Pranava – not Prana – all powers put together. He was the embodiment of OM itself, the Brahma. That's why He came to prove what Krishna has said, that it cannot be killed by anyone. It cannot be blown off, it cannot be destroyed. His body was made out of that, and that's why He could be resurrected. All these things are knowledgeable only if you are a realized soul, otherwise you cannot understand this.

Because you have not yet gone into the depth of your own understanding, you are still children as I say, you have to be born again, and then you can find out for these vibrations. You have to ask just a question, "Was Christ embodied with Pranava, or the OM, or the Brahma? Or was He made of Brahma itself?" You will get the cool breeze in the hand – and that is the sign that He was. It is much deeper but the whole knowledge exists as experience to you. The whole of it, it is an experience within us. And one has to get that experience of oneself, which is knowledge itself – and then everything trickles down just like actual thing within us, as we see white as white and red as red. Animals do not see, perhaps, but human beings do see. Thus, our awareness is enlightened.

I will be talking to other Sahaja Yogis in the Ashram about the right side later on because we have new people, and they are to be looked after. And I think, next time when I meet, I don't know when, maybe.

[DISCUSSION ABOUT THE DATE OF THE NEXT PROGRAM]

So just now, let's have the experience for the new ones, and for the others also to deepen themselves.

May God bless you!

All of you should put your hands just like this, before Me, and close your eyes, just close your eyes! Put the hands like this, and just close your eyes. You have to close your eyes because the Kundalini, when She rises on the Agnya Chakra the dilatation of the pupil takes place. And if your eyes are open the dilatation doesn't take place. When people mesmerize they keep your eyes open because they put you on the sides. I will tell one day how they mesmerize, also.

1980-0424, Sympathetic and Parasympathetic

View [online](#).

24 April 1980

Conversation

London (England)

Talk Language: English | Transcript (English) – VERIFIED

"Sympathetic And Parasympathetic", Dollis Hill ashram. London (UK), 24 April 1980.

Acupuncture is actually is the tapping of the power which is already within us. Now for example, you have a certain power in your stomach, all right? Now this power is continuously supplied to your other organs in the stomach, is used for that, through the sympathetic nervous system. The parasympathetic stores it and the sympathetic uses it.

Now supposing there is a disease in the stomach. So now the energy in that, vital energy in that particular centre is sort of exhausted or is much less. So what do they do? How to get well that person? They take from another centre, divert it, and put it there. And that's how they try to cure that. But by that they create an imbalance, because you have a limited energy; you have a limited, absolutely limited, energy. Now supposing you have a limited petrol and another car you find whose petrol is all finished. Now if you push the petrol into another car, maybe that car will go half way and you will also go half way and finished. You understand my point? So both of them reduce your longevity. So it is the extraction of the energy which is within us which is limited.

Sahaj Yoga is a very different thing: in Sahaj Yog your Kundalini rises and connects you with the All-pervading Power. So all the time you are getting power, the vital power within you flowing, and there is no death of that power. It's all the time flowing, the grace.

But here when you tap one energy into another there's no proper understanding [of] how much to give, how much to balance and there is no need at all. Once you are a realised-soul, supposing somebody has a stomach trouble, you have to just put your hand on the stomach, finished. The person you can cure. You can cure cancer, you can cure anything because you become the source of that energy and your energy is not limited. You are getting energy from the All-pervading Power, you are connected with it. So whatever you are doing it's just flowing like that and you just become a witness of that power which is flowing.

So you don't have to mismanage, mishandle, anybody. You just look after that part which requires energy and you raise the Kundalini and give Realisation to that sick person also, so that he can give it to another. He gets cured, then he can cure others. It is like that.

So tapping this energy was first started in China when Zen system came into action, Zen. Now Zen is nothing but Sahaj Yoga, same thing as it. But Zen had only twenty-six Kashyapas in six centuries. Kashyapa means realised-soul. Only twenty-six in six centuries. And now there are none.

I have met the chairman of the Zen who came here. He is a chairman, I don't know how he is a chairman. His Kundalini is just frozen there. He cannot get Realisation I tell you! He's beyond Realisation. He was sick so they took me to him. And he said that, "Yes You have healed me, this, that give me your healing power." I said, "You'll have to take your Realisation!" He said, "How can I be a Kashyapa? There were only so many, how can I be a Kashyapa? I'm not still the..." I said, "You will become. Why don't you take it?" But he was on like this. He wouldn't take Realisation. They want to live in ignorance. So, main thing is you first get your Realisation, you get your power within yourself and manifest it into another person.

But no use putting oil from here to here and there to there. At least let one oil burn: you will have only stomach trouble. And otherwise the whole body will collapse. [That] which was to collapse - say, the stomach trouble is there - then it's it is all right.

You can continue with the stomach trouble; but if you remove it from your head there, then within say five days everybody is finished. Moreover it attacks heart, it attacks heart that's the main point.

And acupuncture is one thing I have seen: those who take acupuncture are difficult to get Realisation. Even if they get it, it's difficult to maintain it, because of the imbalances created in the body. We should not create any imbalance ourself. Already we have created it. At the most if you have to do anything, balance it. Do not create more imbalances. And this is what is happening with all these things which are done in ignorance. They do not tell you what you do really, they never tell you. Like TM they don't tell you what it is. It is nothing but possession. They are possessing you, absolutely they are possessing you. They mesmerise you. They don't tell you, "We mesmerise and put a possession on you." If they tell you won't pay money to this fellow. Isn't it? So they won't tell you. They say it is "transcendental meditation". How do you go to trance? Ask any Indian, he'll tell you. You can only go into trance through mesmerism. Mesmerism comes through only spirits. By spirits, when you get possessed, then only you get into trance. That's why they are behaving like this, jumping like this.

Now people are paying for getting convulsions and epilepsy. This look at this Bernard Levin: such an educated man! He writes that if you go to Rajneesh you get convulsions. I mean, then there is even more reason you should not go! You pay to get convulsions and to get epilepsy?

First of all you cannot pay, first of all, if it is real, because it is too real to be bought. All right? First of all. The first thing is this.

And the second thing is that, whatever you get should transform you completely into a beautiful person. Your health must improve, your mind must improve, you should be a fine person, your temperament must change, your habits must change, your priorities must change, you should be a person who is a master of yourself.

Instead of going to this man means or to that guru means you become a worse person. That's what is happening. How can that be?

And this is not to be achieved through rationality because rationality is limited. It's a state of mind where you jump into. It's an actualisation; it happens to you. Something that is actual should happen to you. You cannot just rationalise it sitting down, "Oh I am I am God, I am Brahma!" How do you become? Supposing sitting down here, I say: "I am Queen Elisabeth!" They'll arrest me and put it in the jail. (Laughter)

You see my point? So all these gurus are doing the same thing. And now see you are having problems with that. You can see that. Sitting and all that you are getting all these problems are because of that. Now will you please take to something real (laughing).

Woman: What should I take to?

Shri Mataji: You should take to Sahaj Yog! All right??

Now give up that Acupuncture for a while, it's a horrible stuff. It's sinful, I tell you. It spoils Kundalini of others. Their chance to Realisation is diminished. You would not like to do something like that. It's very wrong. It's very wrong. It attacks the base of human beings. Any one of these, any one of them is just the same.

You can learn Homeopathy. Homeopathy is better; thousand times better than this. If you want to cure people, homeopathy is better. It is much more congenial to human nature. You can learn Ayurvedic you can learn any one of these things. But, I cannot understand this acupuncture at all. Chinese don't use it in China, can you imagine? In China they don't.

Woman: I think they do.

Shri Mataji: No they are telling you lies. They never do it. I have been to China mainland. They never do it in China. All telling you

lies.

They don't believe in Lao Tse. They don't believe in him at all in mainland China.. They don't believe in Lao Tse. Just they don't have it. They have other teas and this and that and they use certain roots, a more ayurvedic style, but not acupuncture, they don't have. And I have been in China, myself.

I asked them about it. They say, "Lao Tse, useless fellow!" like that. Because after LaoTse very few people got Realisation. And this one has to know what are the centres in the hand, where they are. They are also using all wrong points all sympathetic points they are not using the right points which are the parasympathetic. But that you need not do with Realisation, now why should you do it? It's all right. All right?

It's a tremendous task. One side so many people are ruined; they are seekers they have to seek. And so many people have come round with all kinds of ignorant stuff. It's absolutely naive, absolutely naive and dangerous. The other side is the society is going down: political people are mad. If you see the whole world, I don't know what's happening. In America people are so mad! The other day I saw a picture; I don't know if you saw that BBC thing: it was horrible. I mean, I don't know. And then one of the interviewers even asked that, "Don't you think this is too much you are going too far with this kind of mass nonsense? And why should you do it? Is it not that because of all these sinful acts the pressure is mounting up in this area and there will be a big earthquake?" They said, "We don't believe in all that. We have a lot of enjoyment," and this and that, and they looked horrid. I mean you could see from their faces that they were telling lies. There was no enjoyment, nothing. You could see sick people, absolutely sick, horrible looking. All their Agnya catching, Vishuddhi catching and Mooladhara catching. What are they happy [about]? How can they be happy?

They believe in telling lies and believing in myth and living with it because they think that is going to help their ego.

We must ask for reality; we must face it, see it ourselves, accept it and be one with it. That's just like a warrior. Otherwise we'll be cowardly people.

And you can see it, reality: clearly you can see. It's very easy. The time has come. It's for you people. You are all seekers of ages. It's for you only this is discovered. All right?

How are you now? Are you getting the cool breeze? Lost it? Don't think about it. If you start thinking you'll lose it. Don't think about it. Don't think. If you think about it, you'll lose it. It is beyond thought. By thinking you cannot reach there. All right? It's again started.

Another lady: I have to go. I have to go now. Excuse me.

Shri Mataji: How are you? Look after your son. He's very good. He's a good boy, very good boy. Nice you brought him.

He's alright now is he?

Sahaj Yogi: Yes.

Shri Mataji: You go and stay with them or you stay away?

Sahaj Yogi: I was staying with them up to going away to France.

Shri Mataji: Ah.

Sahaj Yogi: Been there since the death of my wife.

Shri Mataji: No but you must go back.

Sahaj Yogi: Eventually.

Shri Mataji: She misses you very much.

So beautiful. You gave her the present you brought for her, from there.

How is your father?

Sahaj Yogi: Now he's still misbehaving.

Shri Mataji: True?

Sahaj Yogi: Yes.

Shri Mataji: You should try. You are the only one around.

He's caught up here. Imagine! How old is he?

(14: 36 Hindi conversation up to 17:42)

Break in recording

(Laughter)

Shri Mataji: Is it on or off?

Sahaj Yogi: It's on now. (Laughter)

Shri Mataji: It's a very good question. You see, when you meditate; how do you meditate on different chakras?

Say you have to meditate on Mooladhara, now you pay attention towards Mooladhara and take the name of Shri Ganesha. Say the mantra. You know there are four petals; so every – that mantra should be every time should be four times should be said. Four into four you can say. Pay attention there.

Now physically also say we have a Nabhi Chakra, so many of you catch at Nabhi. If you have a liver problem, you can rub a little sugar on your Nabhi, will be a good idea. Or if you have the left hand side problem of Nabhi, if you rub a little oil or ghee or something it will be a good idea. And then concentrate on that. Try to put attention onto that, specially the chakras which are not all right. You just pay attention to it and meditate on them. Pay attention to it is the main point. If you pay attention with the mantras saying, that's how you can meditate on every chakra.

And if two people can do it, is a better idea. Is, you see, in your back, on your back; if you show the spinal chord, you can see what chakras are bulging out. Other person can tell you these are the portions which are bulging out. So you go on saying the mantras of that chakra paying attention and the other person can tell you whether it is all right or not. For every chakra there is a mantra, which you know. Apart from mantra, you must know what things should be used, which element should be used for which chakra.

For example, for using Mooladhara chakra: the best way to clear out Mooladhara chakra is sit on the ground; it's the best way. I

have told you how to do the exercise to be able to sit on the ground straight. It's a very good idea of asking the Mother Earth to clear out your Mooladhara.

For example, if you have to clear out your Nabhi: Nabhi is made out of the water element and that's why you have to ask the water element to help you. And for Nabhi water element is the best. If you can use the water element to clear your Nabhi it will be a very good idea.

Like that, every chakra is made from some element as it is.

Swadishthana is made of earth and water; so the sea is the best for Swadishthana. If you could go to the sea and work out on Swadishthana it will be the best for you; any ocean. Or you can use salt and water for Swadishthana, will be very good.

Then we can say that for the heart chakra: heart chakra is, has to do with the, what you call, the akash, firmament. With the firmament, this heart chakra is with the...no not firmament. Akash? Akash nahi (Hindi: Not ether). It's made out of air. Air is called...Hindi me kya hai? Vayu! Vayu! Vayu! Is air. Air or you call it air, as an element you call the word air? Or firmament? Firmament is ether in English, isn't it? So air, you can say air. Air element is for the heart chakra.

So for that I have told you how to do breathing. Breathing is the best way: to hold your breath before the photograph. Or you can take the breath in, deep breathing, and releasing it for a longer period; cleaning it. All these exercises are there. Then you see the mantra is of raksha, is the protection, to ask for the protection, is all with the air. All right?

Then we come to this one is here is the, English me shabd kya ho gaya? (Hindi: 'what is the English word?') Tej, Vayu, Akash...Akash ko kya shabd hai, angrezi me? (Hindi: What is the word for akash in English?) Must be firmament. What is a 'firmament' in English?

Yogi: Ether.

Shri Mataji: Ether? Firmament is ether? All right, so this is the firmament then. I have read one translation but I was not sure. This (Vishuddhi) is the akash, is the sky. This is the sky, here. All right? This is made out of the sky, firmament. And this (Agnya) is made out of the light.

Firmament is sky, is it?

Yogi: Yeah.

Shri Mataji: So this is sky. That's why it is Virata this thing. And this [Agyna] is your light.

So for Agnya chakra you have to use the light.

For this [Vishuddhi] you have to use the sky. If you put your hands up like this, if you say, "Allah hu Akbar" [and] put both the hands towards the sky, like that. There are so many ways of using the sky, watching the sky, looking at the sky.

And for this [Agnya] the sun and the light is to be used.

Now supposing you are suffering from a left side problem, if you're possessed or something, then you can use the sun because the sun will give you the balance.

But if you have the right side problems, like ego and all that, you should use the moon, put the left hand towards the moon.

But always people do the other way round: these dramatic melodramatic people, all of them will go to the lunar side: they like the

moonlight. And those who are egoistical will go in the sun and burn themselves off. So other way round it should be. Like that if you use, you can work it out. All right? You yourself can manage it.

So these are different centres which must be cleansed and meditated onto, or to be dissolved into their own [elements]. I mean, if you dissolve them into their own element, then you get more strength into that particular body. It's like that.

Sahaj Yogi: Could you tell us a bit about sunset. Are we not to look at the sunset?

Shri Mataji: Sunset is not very good. Sunrise [is better]. Sunset is not good. That's the time the sun is taking away all the energies from this earth, so it's not such a good time to see. But it depends on [your nature]. For example, ego-oriented people if they see the sun[set] would be better I think. A little bit of their ego might be drawn out. But people who have got a left side problem should see the sunrise, will be good. It's only the other way round. You see now? Good question! Now any other question?

Grazyna Anslow: When the Kundalini rises can you feel the Kundalini in each chakra, I mean lower chakras, or it can rise to the third chakra at once?

Shri Mataji: Actually normally if your instrument is perfect you don't feel it anywhere, it just runs through, and you just feel the cool breeze from your head and you can feel the Kundalini's fountain coming out, as cool breeze.

But if your chakras are closed or there's some problem or they are defective or sick or anything is there, then the Kundalini goes there and hits it. Like specially Void, if you have a Void this thing (catch) you can see it clearly at the back of a person. If the Void is caught up, you can see that, at the end of the Void here it will go on pushing like that. And if the Sushumna, the central path, is absolutely clearcut, a person is absolutely in the centre, then the Kundalini just goes like that straight and they also never have any problem later on.

Grazyna Anslow: What about the heat that we feel in our chakras?

Shri Mataji: Heat? Heat comes in if you have a liver problem or a right side problem.

In the right side is too much of heat. In the left side it is too much of cold.

Some people feel very cold and they perspire and this and that. If you have the left side problem then you get perspiration, especially with the heart. Or some people who have very low low blood pressure or who have left side problem, can feel very cold also.

The heat comes because of liver mainly. Those who have too much of sun in them, the heat starts coming up. Also heat is a sign of over-activity in a person, a person is overactive. Cancer gives too much heat I have seen. Cancer also gives too much heat. It gives so much heat that one cancer patient can really make the whole house heated up. You don't need any heater with a cancer patient if you know how to raise the Kundalini. And the left side is... (Laughter) It's a common experience. It's very interesting you know. Sahaj Yoga is very interesting. Even cancer makes you laugh, the way the things are.

But surprisingly, you'll be amazed that, I have not come across one cancer patient, so far, who is just right sided: always he ends up in the left, [this] means he must have had some sort of a problem with a black magic or some bad guru, or some sort of a thing which is unauthorised against God; something like that.

Cancer is always, I have seen it, always: leukemia, [I have] treated cancer of the peritoneum, cancer of kidneys, cancer of lungs: all of them had this. That means somewhere a guru or somebody or some black magic or spiritualists or something like that has intervened with the personality, and then you get this cancer business. It's a remarkable thing.

Grazyna Anslow: Does the heat always indicate the cancer problem?

Shri Mataji: Cancer? No, no, no, no. No, no, no, no, no, no, no. Heat indicates liver, mainly liver. All right? And cancer also is when the cells become ego-oriented. A person who is ego oriented, they think too much, they work very hard then they get liver. Because one centre has to do the liver, the pancreas, the spleen, the kidneys and uterus - imagine! And the same has to make, look after, the cells for the brain, the same centre, Swadishthana. When it has to work both the things, naturally, if you start thinking too much, then what happens is that these are neglected. So you develop liver, you develop kidney; you develop diabetes, you develop uterus troubles, all these things come. Apart from that, it goes further: by that time, when you overdo it then your left side starts freezing.

(break in the recording)

Ego orientation of any society will give you more heart attacks. But when ego develops too much in a society people start seeing it; then they get frightened of the ego, then they must drink. Because just to run away from the ego that they can't bear themselves that egoistical, so they drink, they take to drugs, these things, to run away because they can't just bear the ego of people. They find they are really silly idiots you see going around. So they don't want to be like them; so they take the other side of it.

When they go to the other side they go to the left side. Now when going to the left side both things being sort of very much fought out, there's a wobbling going on in your brain. With that you develop all these problems.

But if you are only left sided you may be absolutely reading only Lord Byron and you can land up in lunatic asylum. You can. I have seen one like that. Only reading Lord Byron could be possible. Because he just makes you miserable. He, himself, was a very funny man but he wants everybody to be miserable. And he always sings songs of such crying. I mean, such a man, I don't know how he developed this kind of a melodramatic stuff. But I have known people who came to me who have been just crying reading this Lord Byron. He himself enjoyed life very well!

So one has to take a very, very wise and sane attitude towards life: that you are the eternal life, that you are the eternal being and you have come on this Earth to enjoy all the blessings that God has created for you, and not for weeping and crying and feeling guilty. That's not your job. First thing is that. This is wisdom. And you are not going to make miserable about small, small things of life also.

Like the other day I saw a very interesting story of a husband [and] wife quarreling ending up into a divorce and poor husband had no house so he went to his brother's place. The brother's wife was very particular about everything. She had three pets, so he could not put the box anywhere because she would say. "No no no no no! There's another pet!" Like that. Again, poor thing would leave the box, then, "No no no no no, not there! There's another pet." Then another there. Like that, all the time worried about small, small petty things of life. Also that can create a problem of ego-orientation. Live in a very carefree manner. It's not so important.

But that doesn't mean laziness. I must tell you that doesn't mean LA-ZI-NESS! Spell it with capital letters, all of you! By any chance it doesn't mean that! It means hard work. But [to] enjoy it and not to be involved into things which are of no importance at all, useless things.

Here it is joy spread for you so why are you bothered about these things? They are not meant for you. Isn't it? Ha!

Ha! David, thank God you told me about it because I found, I remembered, that the Secretary of our Health Ministry in Delhi, himself came to see me. He was there for three hours because our President has told him that Mataji has cured him, and he's very anxious to verify it, that saying particular sounds, say for the Vishuddhi, like there are sixteen (bija mantras): uh, ah, e, ee, u, oo lu, glu, gloo, loo, a, l, o ,ou, , um aha – sixteen. Now all these sixteen sounds are for sixteen petals. But you need not do all that. If you just say the innermost thing is Virat. There is no need to have the sounds or anything. Just you say 'Virat', it opens out.

No use knowing, unnecessary, because we have gone to the centre most part, called as the Brahmanadi. If you have to go from the leaf to the root, then you have to know all the way. But if you are coming from the root, inside the root, then what is the need? When they moved that way, then only they knew all these things.

Say, in this house, or in any building, you have a lift just in the centre and moving you upward, you don't have to know, you just move. But, if you have to come from outside every time, every chakra, you will never be able to enter inside the lift. But you'll be doing all, you will know everything about that particular chakra from outside. But you'll never get in with all the sympathetic movement. So there is no need to know.

Like this I was telling you, this is the centre and this is the left and this is the right. You can come from the left and go back to the left or you can come from the left and go to the right. But, you cannot get inside. And this inside getting is the point. That's the way you do it. All right?

So there is no need to. This is all again rambling.

Better now? Better she is. What do you think? Is she better?

1980-0426, Demystification of False Gurus

View [online](#).

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Demystification Of False Gurus

Public Program

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First of all, I'm very grateful to Gregoire's family and him specially, for inviting Me to come to Switzerland to meet seekers of Truth. According to him, there are many, many seekers in this country, who are frightened of the fake gurus and are not venturing to find out much about God.

Today he has selected a subject for Me to speak to you about the false gurus; how to find out who is false and who is true. It is very important because now the Judgement time, the Last Judgement has started already. This is the time it will be found out whether you have used your understanding wisely or not.

We have to think that when somebody has to judge us, how will he organise the judgement. First of all, there will be good and bad placed before you. In your freedom, in human freedom, you have been seeking truth for many lives. But sometimes you are misled, you try to seek it in money or in power also, and sometimes also the romanticism of love. And every time you have made some mistakes also. Mistakes are not so important because those who are not yet there are, have to make mistakes. Moreover, if mistakes are committed by your spiritual naivety, it is to be forgiven. After you have understood what is reality and when you have achieved reality, then only one can judge you whether you are all right or not. It would not be a fair chance to a person if you ask him to enter into a dark room and then start judging his seeing power. He must be given a full understanding and also an awakening to see what is around. That means you have to achieve a better understanding through evolutionary method. That also means that your consciousness at human level is not sufficient enough to see the whole.

So there is an urge to find out your wholesomeness all over the world. I find in the West there are many saints born who are seeking. But they are lost in the confusion of materialism. If they could understand what is reality and could feel it, I'm sure, they'll go in for reality and not for fake.

By self-realisation you see your reality, you feel your reality, your absolute, that is your self. Because before that you lived in the realm of relativity. All human enterprises in political, or economic field are all relative. You have to find the absolute and that is your only urge behind all the other urges. When this urge is very great and when people understand that there is a market for such an urge, people come with their own economic enterprises in the field. It is but natural for evil to react like that. Apart from that, if human beings have to rise to a higher consciousness, there must be a satanic effort also to pull them down. As self-realisation is the last jump into your reality.

It's all right, leave it, they are playing, all right. It's all right. What's wrong? Let him play.

As realisation is the last jump into your awareness in this Last Judgement, it is a very, very important event in the whole universe. Because of this emergency there is a cropping up of very cunning, hypocritical forces which will try to retard this process of realisation. There were demons born before also, demonic forces came into being, but one by one, not at the time. But in modern times you find them so many, somehow or other, born like mushrooms. Some of them are really poisonous, dangerous and some of them are useless. I've been saying about it since 1970, but people did not like it.

Now, one thing you must understand: a person who is of a higher consciousness can never accept a parasitic life, he cannot depend on anybody for his maintenance. That means you cannot sell God in the market. You cannot pay even a single paisa for that, it is so invaluable that you cannot insult it by talking about His sale. This is one of the tests one should put to anything that

is selling in the name of God. A person who is holy only gives. He may not give you material things but he gives the supreme. Shri Krishna has said: Yoga-khema vahāmyaham – when you get your yoga, when you get union with God, you also get your well-being after that, after that. So you cannot give anything to a person who calls himself to be holy or anything to do with meditation, and you cannot have a course of God's realisation. You cannot go to a college to get a course on God's realisation. It would be like a seed going to a school to learn how to sprout, or an egg going to a school to learn how to become a bird. It is that absurd. You cannot learn, it is the becoming, what you become. You cannot learn what you become.

For example, you cannot go to a school... if monkeys are sent to a school they cannot become human beings. In education you can at the most change the outer being, but not the base of a particular gene or... if you are a human being, you'll remain a human being. We have become, from amoeba to this stage, a human being. What did we do, to what school did we go, how much money did we pay, how many times did we stand on our heads? We have got everything spontaneously, it's all spontaneous, it is all God's grace which works it out. You cannot do it. In the same way you cannot get your realisation by standing on your heads or paying money for it.

But some of the horrible people, who decided to exploit the market, first studied the people who are the seekers. They divided seekers into three groups: those who have money, those who don't have much money, means who are seeking in money, and those who are seeking power. And they came out in three groups. First of all they said that, "unless and until you take money from the people who have money, they will have no value for this". It was a psychological trick. They say that, "they will feel that they have paid for it so they must go through it." Like you go to a theatre and you pay a lot of money and it's horrible drama, but still you have to go through because you paid for it. And you just don't complain to each other lest one may get up and go away, and continue with it. So they have used this psychological question of impressing on you that you have to pay money. And because we are also – have been doing all such things – paying money for religion, we understood it very well. We should see how much money did we pay to Christ. He was just sold for thirty rupees and was crucified. This is what we gave to Him, this is what we gave to Him. And these people are taking money from us. There's one guru who is taking money and having a bed full of diamonds, how can he be anywhere near God? That's why Christ took a hunter and hit all those people who were having a sale in the church.

It's all kinds of funny jugglery going on, has been, since long, about religion, because it pampers your ego. I met a gentleman who was a Jew, and he told Me that he wants Me to get him a small little box from India, of gold, with diamonds embedded, and he was a rich man, he would like to pay any amount for that. So I asked him, "what are you going to do about it?" He said, "I have got a very expensive Bible which is minutely written, you can only read it with a magnifying glass, which I'm going to put here in that and going to tie to my hand – arm." So I told him, "what will you do with that?" He said, "oh, that's how God is going to forgive all my sins." I asked him, "do you think God wants some bribery for it?". He was shocked at My remark. He said, "this is blasphemous. Don't say like that." So conditioned we are to this money that we cannot separate God from money. When we meet such people, we go to the other side and say there is no God and deny it. That is also the act of ego. If you have not known God, you should say, "let's see and wait: if it is there, we'll accept, if it is not there we'll not say anything." There are many others, I've seen, who are paying lot of money to churches and temples in India while they are doing no God's work except, for all kinds of social services they are providing. I lived near a cathedral in London and the only activity the whole day there is going on, is the emptying of the barrels of beer. I feel London has gone down so much in drinks that even if you go to listen to any carols, you don't know where they are going, where the tune is moving. Everything is so shrill out of tune and they cannot correlate with each other that you don't know what to do.

So many young people all over the world have denounced all these traditional religions, because they see to the shell of religion but not to the spirit of religion. I had a disciple from Algeria who got his realisation, who is a young man, who is a Muslim; he went back to his country and he gave realisation to five hundred of his age group who were all a communist, atheist.

So it happens that when we think money is very important, we go to a guru who charges the most. As if people go to races which is the most expensive. So the most expensive guru makes the most of the disciples also.

Now the other thing they do is to, apart from courses, they give some sort of a funny mantra. In a country where, I mean, in India,

where people know what mantras are really, nobody can befooled them. They are befooled by something else. If some juggler takes out a diamond out of his hand, Indians will be very much excited. And in the villages, even if they distribute some few coins, they'll be over excited about that.

But in the West people are more impressed if somebody can take their money, where they can spend some money, because that is the expression of ego. As you have got Saint Tropez, where people just go to spend their money, because they don't know what to do with their money. They can also believe that they are doing some spiritual work there. It is something on that basis when the money is involved in spiritual life.

Then one must understand that you cannot do anything about your self realisation. There is a candle here which is enlightened, and can enlighten many other candles. And the best enlightened candle cannot, best candle cannot get enlightened unless and until it is enlightened by an enlightened light. Whatever the candle may try, stand on its head or do whatever it can or pay any amount, it cannot get enlightened. The unenlightened light is also, about to be enlightened, is just ready for it. But something has to happen within. This is what we should know, that when you go to any fake guru what happening takes place. I'm having samples of all kinds of funny happenings that these gurus are producing through their disciples. Only about eight days back there was a gentleman from some very expensive guru and he showed Me what happens to him: all his eyes became stuck and his hands started going and feet started going on both the sides and he came on the edge of the chair and he put his mouth, puffed his mouth and as if he is about to breath out, but he would not. So I thought he'll collapse. I said breath in, breath in. He could not breath in even. So it was a horrible condition and we all were shocked at his condition.

In India there were three-four people who came in an Indian gathering and they started taking out all their clothes and becoming naked. For Indian society it is too much to see anybody nude, most embarrassing it was. And they were about to remove the last of their dresses, I said, now what are you up to? So they said, "to show our health, spiritual happening we have to become nude and dance.

The other day in Paris I met somebody whose every muscle was twisting in every way and he was going into funny convulsions. I have cured the cancer of many people in this work of Mine, I've even cured the cancer of our president of India and I have seen that most of these cancer patients come from this black magic or left sided, what we call, the gurus and all sorts of infections. Apart from that so many I have seen from other gurus who teach them under courses and take a lot of money, they suffer from epilepsy of a very serious nature. Some of them who came to Me got such a shock that it was all wrong because they had all become bankrupt, they were very rich people. They went to see the doctors and the doctors said that there is a theta wave in their brain. And they said yes, this is what sect theta wave. So the doctors said this is only for the epilepsy patients you get this wave. There was a lady, daughter of a Duke in London, who had become absolutely mad and her head was pulled backward and she would sit like this, screaming loudly for hours together. She had lost all her money and every hope to comeback. Even her husband, in the same condition, not so bad, came to Me, both of them screaming, shouting and jumping. So they told, I asked them, what have you been doing? They told Me, "we have been learning flying." I said, why don't you ask your guru to fly, for a change. At least if he can fly than he can teach you.

So we come to this point that we must verify from others what have they achieved through their practices and spending of money. They may just tell you that they feel very nice, they feel very happy as the drunkard says after taking some drink. But this is of no value. You should exactly know what is happening to him and whether there is any transformation in his temperament. I have seen some gurus put such speed into human beings that you cannot understand them what they are speaking. Their words go telescopically into each other, and some of them make them so mild that they become like worms. They cannot explain how it happened. Now I will tell you what they do.

You can see here a human being.

Aside: Can you, all of you...

This is what you are, in the subtle form. These centres exist within you. These centres manifest outside the gross plexuses: this

one is pelvic plexus, aortic plexus, solar plexus, this is cardiac plexus, this is cervical plexus. This centre is between the pituitary and the pineal which controls them and vis a vis controls the ego and the superego. This is the central part of your ascent. Already God has placed the energy within you called as Kundalini here, like a germinating power in a seed. This has to rise, go through all these centres and open out here giving you the real baptism. The children have a soft area here at first, but when your ego and superego both develop it becomes calcified. This is what you can see with your naked eyes, the pulsation of this Kundalini in the triangular bone, sacrum, and the raising of it and breaking here. This you cannot do like jumping and all standing on your head or taking out your clothes.

Aside: He's enjoying the joke...

So there is already a force within us which has to come up, which has to, here to here, and you have to feel that collectivity within yourself, actualising on your fingers. Evolution is a living force, you cannot pay dead money for that. You cannot pay money for sprouting a seed and it sprouts through its primule, the germinating force. In the same way you will only through your Kundalini awakening get your realisation, there is no other way out. These two forces give rise to the left and the right sympathetic, and the central one what you have achieved here, up to this point, is the parasympathetic, gives rise to. Now, these things you cannot create by paying money, by standing on your head, or asking to fly. By the way, why do you want to fly? Do you want to become now birds? You are already flying with your brain so, so well equipped.

Now the person, who says he is a holy person, as I told you, doesn't take anything from you. He has to be an absolutely a pure person. If he lives on your money or on the passions and the greed and the lust on which you are living, what is so great about it? He has to be the master of himself at least, and not a slave of lust and greed. Such a person can only give you realisation, that mastery which he has got. It is like learning driving for a person who has never seen a car. They play upon your psyche by taking you to the right or to the left. Left side is all your subconscious area, and the collective subconscious. On the right hand side is your supraconscious area, and beyond is your collective supraconscious. And here is in superconsciousness in which you have to jump, so that you become subtler to become one with the all aperavading subtle power of God which is Divine Love. So what they do is to throw you onto your collective subconscious or collective supraconscious, collective subconscious on this side, or collective supraconscious on the other side, on the right side. That is, they mesmerise you. All your mesmerism, ESP, all those things are nothing but possession by spirit. I've had enough experience of that. There was a little petite girl in America, from Cuba who used to drink a complete neat whiskey bottle, direct like that. And her husband brought her to Me to be cured, and I saw on her the possession. I asked her, do you know any very well built negro? She said "I see him, he is in me, he comes on me, and he drinks this whiskey and I get the bad name." When I removed that possession she was a normal person. All mental cases are due to this kind of a possession. Many people do not want to believe in ghosts. Is a very healthy attitude, but if they exist I have to work on them.

Now, these people become experts on inviting this possession onto you. They mesmerise you through these possessions which are in their hands. Some of them are the greatest demons born long time back in India, about whom lots have been written. They have powers to mesmerise thousands of people through their eyes, through their talks, through their image. And they have practised new methods of attacking the saints and that is all they have practising to bring about all this kind of a nonsense which we call as the fake gurudom.

I came to Switzerland last year with my husband, and Gregoire took Me to one of the centres here, showing that Mother, please, make something out of this centre, it's doing very wrong things for the Swiss people. And within eight days the nurse who was helping this man to murder and give injections to people fell in love with a policeman, and the fellow was caught up and he was sent to jail for fourteen years.

I must say you people are really very clever. In India they are trying their level best to catch these gurus, but not easy because they do not fall into the frames of law. There is a guru in India who makes Indian women naked with his mesmerism, takes their photo, blows them up and sells them in America. And he is making a big money and he had one broken cycle, now he has a Mercedes and all kinds of things. He calls himself god and he cannot smell a flower. And when you go to meet him, everybody, they smell you to find out if there is any good perfume you are wearing. There are thousand names of God in Indian scriptures, at

least eleven of them are that He is fond of very good fragrance, He is fond of flowers, He is fond of lotus, He is fond of all that the Mother Earth is offering, take flowers to Him, these are the names. We also here in the churches, we take flowers. Can you imagine we are not allowed to take flowers in a church?

There is one who cannot stand the light of a candle. Another one is afraid of the garlic. If they are afraid of garlic, the vegetable, what are they going to do in this life? Still people are so mad, they go prostrate before them. It's a big joke going on. They give you a name, and a dress. One of them wants you to wear suits which are worn by bureaucrats. He carries people in a gold, gilded chair, saying they are great, you see. And people are quite befooled by that, they think they are great people. So just imagine how foolish people are. If you are really foolish then what can you do about it? But you are so beautiful inside, why are you carried away by these people, I can't understand. There are so many types that I cannot describe all of them.

But going to these gurus you get heart attacks, epilepsy and cancer and so many such diseases which I am curing, Myself. And if you tell a word against those gurus they don't like it, because they are so much hypnotised. We had a girl who had multiple sclerosis and when we asked her to give up her guru she got all right. Of course, we, there are some ways by which you can raise the Kundalini and all that. But again she fell back to the same guru, and she had a funny romanticism about this man; horrible looking fellow, at least fifty years older than her. I don't know how to explain to this foolish girl, she will never see the point, she is very much mesmerised. She is a young girl of sixteen years. Imagine thousands of them are like this, paying for their stupidity.

My work is tremendous. We are finding it impossible because they come to My program and they come out with all their funny fits and tantrums. But when the Kundalini rises there is no outer expression of it, except that you become first thoughtlessly aware when She crosses the Agnya chakra, and that when She crosses this you start feeling the radiation of your Spirit flowing through you as cool breeze of the Holy Ghost. You feel your peace and silence within yourself, and then when you start using this power that is flowing through you, you realise that it is all activated on your fingers, and on your palms. You can feel your own centres whichever are not all right. That is self realisation, to know about your centres.

I'll tell you the story of Gregoire. He had a very bad Agnya. Agnya means ego. But if you tell somebody he has ego, he'll hit you hard. That time he had this ego problem and then he went to mountains or some place where he saw his colossal ego. And he came to Me frightened, he said, Mother, was I Napoleon in my last life? If I was, don't tell me, otherwise I'll jump in the sea. I said, what makes you think like that? He said he used to draw from his childhood very well and it intrigued him. Moreover, he had a bad Agnya. But then he saw the colossal ego. All these combinations are dangerous. I told him that you were not Napoleon, don't worry.

That's how you start seeing your ego and superego, means your conditionings. Then you learn how to clear them. The power that we have is limited here. When you use any one of these methods, even acupuncture or any method, you exhaust this power, whatever is there available. It is done through the sympathetic activity, over activity of the sympathetic nervous system. For example, this is the centre and the left and the right are pulling energy, whatever is stored here. And when the energy is too much pulled, these separate and no connection is left with the main, with the whole. They become on their own. And once they become on their own, they start growing more than the rest. That is how malignancies set in, become cancer. That's how we become cancer. Like our nose starts growing more than our body. So to compensate this, we have to get this energy flowing all the time. Supposing you are going in the car and the petrol is about to be finished, you'll have tension. But supposing you have some means by which you have unlimited energy flowing through you, you will be perfect. That is how it cures cancer. It is very simple. All vital things are very simple because they are so important.

If you have to read books for breathing, what will happen to the people? Reading has nothing to do whatsoever with your self realisation. Then those who cannot read you mean to say they will not get their realisation? Whether we read or not, we laugh the same way, eat the same way, digest the food same way. In the same way we'll have our self realisation also.

Actually, our spirit resides in our heart. But in the ego-oriented societies, the ego developed so high and the heart is here, it is completely clogged with ego. And when, when ego is too much, then you cannot even feel the heart. Then you start developing a new method of heart imaginary feeling, hearts imaginary feeling. And even at the age of eighty years they'll have Romeos and

Juliettes, and as far as their married life is concerned is absurd.

So this self realisation takes place, because it is free thing that has to happen to every human being. But somebody has to tell you about it. Because only in human condition you are going to get it, when you understand everything. First time evolution is taking in one's awareness. When fish became a tortoise it was not aware of its transformation. But you will be aware of your transformation, and it will happen in your conscious effort, conscious mind. That means, first time in your conscious mind the spirit will be emitting its forces. So far you have not felt the spirit, but spirit knows you. By Kundalini awakening the spirit starts radiating through your conscious mind, so everything absolute starts manifesting. Now, if you want to know there is God or not, you just ask the question and the vibrations will come like a big wave at your hands. Ask for anyone who is a person, as a guru whether he is fake, if he is a fake your vibrations will stop completely. If you, he is a realised soul you'll get vibrations coming in. All absolute questions can be answered.

In India, where people are not that intelligent or so much their rationality is not so overdeveloped as it is in the West, it is very easy for them to feel the joy of their spirit. Because rationality takes you away from wisdom. You can rationalise even murdering. Because of rationality and because of rational rambling, when people get realisation in the West they first become more aware of their attention. They want to know more about chakras and everything. They want to study all about it, and verify it with vibrations. But a simple person just gets the joy and the vibrations, and he is so happy he doesn't want to know anything about it. He is at such a level that wherever he stands, he emits vibrations. We have one person in India, who is about I think eighty eight years of age, and he is very active. He told Me, "I want to go and cure one of the persons who was very sick." So I said, how will you treat that person? He said, "I will take him in my lap and put his heart to mine and he'll be all right." And he was all right. It is so simple.

So self realisation everyone has to get because the time has come, the blossom time has come. Many will have to have. I'm happy I'm in Switzerland, I hope the beginning may be small but I'm sure many will get it, and it will spread fast.

Tomorrow what am I speaking about? Tomorrow I'll give you more idea about all these chakras and the collective consciousness and everything.

Thank you very much.

If they have any questions you can ask Me.

Question: (inaudible)

Shri Mataji: The medicine has recognised, not I wouldn't say they have not because that wouldn't be justified. They have, but if curing cancer with whatever human awareness you have, you cannot do it. You have to become a realised soul. Now, the doctors are not realised souls, you see. We have a doctor here with us. We have many doctors also in Sahaja Yoga.. And another thing is that, for example in India, when I cured our President, he told our Health Secretary to come and see Me, and he came and saw Me for three hours, and he said that "we want it to be started through our Government". He wanted to spread it because we have seven hundred million people, and we cannot even give them homeopathic medicine because it is such a vast majority. But because it works en-masse so if you can start your Sahaja Yoga, we are willing to go all out for it and help you. I told them, I will. On one condition, I don't want any Parliament question. Because I am not having any money for it, nothing, everybody will do free work. Only thing what you can help Me is publicity, that's all. Nothing more is needed, or a place where I can do it. And I do not want any Parliament question about it, because our Parliament is bound by all the things, in which we have got there (check please). Anything extra curricular, they will jump on us. Though I'm not taking any money, I don't need anything. I will spend My own money, everything. Now it is in a little, I would say, in a melting pot because for Me I am not interested in only curing cancer. Because there is no end to it, isn't it? What's the use of curing the cancer, (inaudible) If the people are sick, if they want realisation, then there is some sense.

Now think from my point of view. Now supposing a person is not willing to take realisation. If I cure, what is the use? God can

make many people, human beings in this world. What is the use? But if he is taking realisation, automatically his cancer is be cured. There are many patients whose cancer is cured, who are with us, already Sahaja Yogis. But we do not want to go to the hospital and do the job. Moreover the doctors may not accept because you are not supposed to pay any money. They will not. They are taking up as a profession. This is a very noble thing which maybe doctors will not accept, at all. But things are working out. I am sure within two years it would be accepted by some method, but one thing I do not know that they can charge money. They cannot. If they charge money, their vibrations would be lost. It's definite. So it has to be a very pure person who can do it. Now how many persons I can attend in cancer? I can attend thousands of them. I can cure them, no doubt. But for that also a proper organisation has to be done. If I do that, it should not sort of be another headache. Because I'm only interested in giving realisation, not cancer curing. That's not my job. It's just a byproduct, and as a byproduct if it does, well and good. But not only on cancer patients, because what's the use you just tell me? You see, you want to improve this instrument, if it is not going to be used, isn't it? In the same way God doesn't want to improve people who are used.

Question: inaudible ?

Shri Mataji: I don't understand them. I talked to the doctors in India, we had a big conference with medical professions and in the medical institute, and they were all enamoured by it, they said, we should do it, and all that. But I said, for that, first of all you will have to become Sahaja Yogis, you will have to become realised. And that takes no money, nothing. But they are so ego-oriented, I tell you, you will be amazed. Even scientists are very ego-oriented. You will be amazed how they are, even psychologists are very ego-oriented. They cannot understand a ordinary housewife like Me can say this can happen. Though, when they get sick they come to Me. There is a very well known psychologist, this professor Adler, you must have heard about his name, he is the chief of the Jung. You see, the whole of Jung, and he had some problem with an artery he came to me for treatment, but he said treatment is different and the other is different. No, he is not interested.

Question: ?

Shri Mataji: Yes, they can become very good people also. We have so many people now coming in London who are spiritualists. They get it and they are all right, they are out of it. Because, I have to tell them the truth, you see, this is not good for you. Because this is not your power, it's the power of some spirit. So you should have your own powers. So they are very nice and they are improved. They are so many like that. In London, I have so many people who are, and in India also we have quite a lot of them. They come to Me, they get cured completely and they become self realised, you see, because this is your own power. Why to take the power of any dead personality? Yes, all of them, all of them. But first of all, it's better to handle simpler things in a situation like this.

Now we have just started in Switzerland, so I would like to work more on Switzerland and, I mean people can get realisation and we can work it out. And then we can go to difficult (inaudible). Now we are having very permutations and combinations of all kinds no coming to me.

Yes. Any others questions? It was good of you. I really tell you, I am Myself amazed why don't they come. I have been saying this for the last, so many, ten years. Ten of them, but it vacates it when they come. Many come.

Microbiology? Will you please write to him, and tell him that somebody like this exists? And will he ever, whenever he wants I can go and see him personally and do whatever he wants.

Impossible. Impossible. Impossible. It's all. You see, by what you eat is not the point. It's not the point at all, what you eat, how you live. Then all the vegetables. You see, the cows in India eat only vegetables. You see, has he shown anybody getting realisation? I can show so many of them here who have got realisation. Who are feeling vibrations, who are transformed, who are giving realisation to others, who have seen kundalini rising, who I have cured of cancer.

Now has he done anyone like that? You see, the proof of the pudding is in the

1980-0427, Sahaja Yoga the force within

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27 April 1980

Sahaja Yoga The Force Within

Public Program

Hotel de la Paix, Lausanne (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Public Program. Lausanne (Switzerland), 27 April 1980.

[un-transcribed Q&A; section]

Sorry, I do not know how to speak in French language. But Christine knows both the languages very well and I'm sure, she'll be able to translate what I say very well. (Laughs...) Very shy, alright...I'm thankful to Grégoire for organising this program, and for the nice introductory lecture he gave. I think I could not follow the whole of it, but quiet [quite] a lot I could understand what he is saying.

I admire his bravery. I wish they [there] were such brave people at the time of Christ. But I am the only lucky person I think who has got such brave people around, who are not afraid to give the message of the truth. People don't like the truth at all. We are so identified with our ignorance that anybody tries to tell something else, we just defy it. But that is the source of joy. That is the source of bliss. In ignorance we live in confusion and in turbulence of our emotions. When we face truth, and achieve it, and become it, then it becomes a beautiful blossoming for us.

The fear comes to us through our conditioning within us. We have been told many things which never came true. And sometimes the denial comes to us because we are very much identified with our ego. Ego actually delimits us. Because it thinks and we think that what we think that we are. If we think we are the king, do we become kings? People will call us a stupid fool, if we announce that we are kings. So...think...sorry... So, one should not believe that what we think...that we are. Ego can take you to a very imaginary flight of stupidity. The worst thing about ego is that one does not recognise that he is having a ego trip.

On the contrary, if you are pestered by your conditioning, you recognise, because it gives you some physical pain, maybe some mental torture. And if you recognise also there is ego, and you start fighting it, it starts bloating like a balloon which is hit back. So, no use also condemning ourselves for our ego or superego...our conditioning. Both of them have their purpose in our life. When their purpose is served, they are sucked into your being. ([My cup? Marcus] If you put it there, I will be better off. Can you see Me?)

In this picture, we have drawn to show what we are in a deeper way. But you need not accept whatever I say because I do not want any blind faith to prosper. But you must keep yourself open, because this is a deeper, subtler knowledge. You should accept as a hypothesis, like a scientist accepts any hypothesis that is put forward. But later on, if it is proved alright, then you have to accept it as a law.

Fortunately I'm facing you at a time when we can prove it. Say, at the time of Christ, they were no people who would sit like this and listen to him, who were intellectuals. They were ordinary fishermen. But today I'm so lucky, that I can face you and tell you what exactly is within you. Because human beings are now matured to that state, where they can understand it and can achieve it. I call it: it is the Blossom Time. And that is how many people – thousands, can be transformed into a new being.

When God made you, brought you to this state of human beings, He worked it very beautifully through your evolutionary process. Now, we have to think why God has made us – sometimes we must think what is the purpose of our existence? And also all the scientists must ask a question: "How did we evolve, how did we evolve from amoeba stage to this?"

I will in brief tell you, how the whole thing has worked out. All these centres you see here, which are seven in number, are the milestones of our evolution. As I have told you yesterday, they manifest the gross plexuses within us. But just now I'm talking about the subtle centres which are in our middle [medulla] oblongata, or you can call it the spinal cord, and partly in the brain.

Here, in the triangular bone is placed your germinating power which is going to give you your second birth. This bone is called as sacrum. Sacrum means sacred. Because this bone cannot be burned, even if a person dies, ...dies and is burnt. That means even the Greeks knew about it. This germinating power resides within us, which rises on these centres, and gives us our second birth. This is how you are going to breakthrough into a new awareness. This second birth gives you a second birth.

This is a happening, which is spontaneous, which cannot be manoeuvred by you. It's a living process, that works out within you: as you have become a human being, you become the other, by this process. Sahaja means "born with you". Means spontaneous. Yoga means: "the union with the Divine". Also yoga means deftness -Kaushalam- Ah... the deftness is the... the technique of...yes...the spiritual, or we can say the Divine technique.

So, Sahaja Yoga means: "The spontaneous union with God". Spontaneous means living process. So you cannot put in any effort for it, but it just works like the way a seed sprouts. As I told you yesterday, only in the human beings, we know of our evolution in our awareness. So far you have not known how you evolve from amoeba to this state of a human being! Now: why ego and superego come into us I will try to explain.

On the left hand-side, this left-hand side channel, which is called as Ida Nadi in Sanskrit language, is the one which gives you the desiring power, or the desiring capacity. This Nadi gives you your past. This Nadi on the right-hand side, which is shown here in yellow colour, called as Pingala Nadi, which is responsible for your creative power. You use the power of this Nadi, when you live in the future, when you plan about the future. The centre Nadi is called as Sushumna. And this represents your evolution so far, up to this point. So, up to this point you are a human being, and there is a gap in between.

Whatever you are, is expressed through your central nervous system. For example, human beings understand beauty of nature. They can discriminate filth and dirt, and also clean place like Lausanne. But, if you ask an animal to pass through filth and dirt, he doesn't mind. Now, when you are not realised, that time when you start working with your left side, then you develop a pouch here like a balloon, which is called as superego, is all the conditionings. You read books, you condition yourself. people say: "Don't do, don't do". All those things accumulate here as superego.

For example... (Sorry...sorry)...For example, if a mother is nursing the child, and is... the child is removed from one to another side, then the child feels hurt about that, and his ego rises. And when she says: "Don't do like that!", his conditioning rises, superego. People like Freud started about the psyche which is the left side. He was not at all aware that there is also the right side we have. If you start de-conditioning your left side, by saying that: "What's wrong, what's wrong?" in anything, your right side will increase, and you will get a big ego just like that. In addition to that, some of the psychologists impress that we must nurture our ego.

Apart from that, industrial revolution has brought in a more ego-oriented society. Materialism has given a greater push to that ego. People are known by what they dress and what they talk about. The sophisticated and the "elite" are the people who, who determine the norms of life. Then those who try to follow these norms get into a whirlpool of competition. It is a very big headache. To live in a ego-oriented society is not very easy.

For example, I came from India for the first time to live in London, and in India we never used to serve drinks in My house. But My husband said: "Here nobody will come to your house if you have no drinks." So I said: "They will come to meet us or to drink?" And in drunk condition, how will they know us? He said: "You will learn about them very soon".

Then he said we have to arrange for their drinks and we have to buy some tumblers. I was amazed that you have got tumblers for everything they are separate. The first lot of six tumblers and six sets we bought, we had to shell out about nine hundred pounds.

It had to be first class because he is a...he is a diplomat you can say.

I just couldn't understand the justification; you can drink from one cup the same thing! Then for the pastry you must have a different fork, for another...another fork, like that it was a huge stuff! My house was so filled with things that I thought I'll have to live outside. And amazed how people also were so much worried as to whether we have used things up to the norms or not. He had to buy a dictionary about all the alcohols you drink. My husband said he would have to go to a college to learn all about it. While in India he had never even served a glass of water to himself.

It was a very big mess, and then I realised how people are torn off by these so-called traditions. And that's what I found with my neighbours, they were so nervous when they invited people to dinner; they were frantic for two days before and five days later. This is the problem of ego-oriented societies. And when the ego grows, it covers the whole of your brain. It presses onto completely, onto this superego.

When the young people of these societies, western societies, discovered that it was too much, they could not go any further with it, they revolted against it. And they started a thing known as anti-culture. And they went into the other end. They pressed their ego so much down, and brought out their superego by drinking, drugs. This was the escape from your ego. Both things are wrong.

You live in the centre. The development should be in the centre. If you go to one extreme or to the other extreme, we just get torn. Imbalance is created in our being. If you use too much of this side, then you get diseases like heart trouble, diabetes, kidney...also your uterus trouble, also sometimes you develop very great diseases like cancer.

Now, cancer can be only cured by the Kundalini awakening. This I've been saying for the last ten years. Now, when I cured the cancer of our president in India, then they started thinking about it seriously. Otherwise, they would not listen to Me, they thought: This housewife, how can she cure cancer?

On the other side, if you use your left side too much, like crying too much, weeping as the women always do...and the drugs that people use...you get into terrible mental problems and you may land up into mental homes.

The nature gives you a control by checking it. For example, a person who is working very hard, he gets a heart attack. Now, imagine the heart is not for your mental activity. Your brain does the mental activity. But the heart goes out. They understand each other heart and brain. As friends, they control.

Now, those who go too much onto the left hand-side, is like crying, weeping and hysterics, get into a problem where the brain goes off. Actually, sorry. Actually, the heart does all this emotional activity, but the brain goes out. I have a disciple, who is a psychiatrist, and he told me...amazingly he has found...that all the mental hospitals he has worked, the cardiograph machine has never been used. But medical science doesn't see it comprehensively, because every science analyses.

If you have temperature, you'll have to go to the tooth...doctor...dental surgeon, then to the eye, then one other for the other eye. They'll remove all your teeth, your eyes, to give you a certificate that you're perfectly healthy. This is the condition of our medical science. Same about psychology. Even the psychologists get very much involved into the patients, and they get the same troubles as their patients have. Because they never deal with normal people, they always deal with pathological cases; ultimately they become pathological.

In London now, I'm treating many psychologists. They do not understand how they get these things, but they just talk like lunatics. How are they going to cure anyone? They do not know how to protect themselves. Sahaja Yoga gives you the knowledge from within. When these centres are enlightened through Kundalini awakening, a new dimension is opening to you. When the Kundalini rises into this...above this...this centre, which is called as Agnya Chakra, where Christ resides, you become thoughtlessly aware.

And when it pierces this point, which is called as Brahmaṇḍa, then you become collectively conscious, and your hands starts radiating the spirit. The radiation of the spirit can be felt as cool breeze, as described in the Bible: "The cool breeze of the Holy Ghost". The Kundalini is the reflection of the Holy Ghost within us. Even if you go to the realm of religion, people are so absurd and blind, that you cannot just talk to them.

The other day, I met somebody in Paris, and when I started talking to him, he started giving me a sermon. He said that Immaculate Conception is such a fantastic thing that I cannot get over it. I said: "What is so...What is so fantastic? It is God! God can do anything!". And if you cannot get over it, then you have really done a great harm to the whole, whole process of Immaculate Conception and to yourself.

But he was telling me all kinds of stories which it was not relevance [relevant to] with the present. It is a human nature to escape the present. It either lives in the future or in the past, never in the present. A thought rises and falls down, again rises and falls down. The attention remains only on the [custs? cusps] of these waves of thought. Between the thoughts, there is...between these two thoughts, there is a space called as "Vilamba". That is the present.

But by brain-washing anybody, that: "You remain in present!"...you cannot do it. For that Kundalini has to rise. When she rises, then you steady yourself in thoughtless awareness. But this awareness is enlightened. So, in the religion area also, people believe in all kinds of artificiality. Because they will go into theosophical college, and come and give you baptism! How can you learn this in theosophical college? I said yesterday, that a egg will have to theosophical college to learn how to become a bird.

It is not to know about it, but the becoming of it is important. You have to become. Becoming is the point you have to achieve. Not knowing about it. For example, Grégoire has written a book about Sahaja Yoga, about two hundred fifty pages, very beautiful. By reading that [book?], you will know all the names of all these centres, you will know everything what they have, how they manifest and all that. But you, by knowing that, you do not become. While becoming is the living thing that should happen to you.

For that, God has already placed the germinating power within you. We all have to jump into this new awareness. It is the actualization of the experience which is important. Nowadays in the market, there are many people they are saying the same words that I am saying. In 1970, when I went to America, they were many who came with their tape recorder who were taping my speech. And the organisers...sorry...And the organiser objected to it, but I said "Let them do it." He said: "But, after all they will use your terminology." I said: "Let them use the terminology, they cannot give realisation."

Then they said that they will be misleading other people. And I said: "It's alright." But if you know the words, "awareness" and all that, you just start thinking about it and a new wave of curiosity starts. So, talking is not the point. The Kundalini has to rise. You can see with your naked eye the Kundalini rising. You can see the force moving up, with your naked eyes. You can also feel the softening of this bone here, the fontanel bone. You can also feel the cool breeze in your hand. When you start using this cool breeze, you know that your hands are enlightened.

In the hand you get all the centres, this is the first, this is the second, and, this is the third, this is the fourth, fourth...I'm just getting confused here...The first, second, then third, then fourth, then fifth, sixth, six centres, and the seventh here. These centres get enlightened in your fingers on left and right hand side. And you feel in collective consciousness, you feel it; it is an actualization, the problem with you. The centres which are in problem.

You can also feel what is the problem with others is. You can also see if there is imbalance. You can also give a balance to that person. Only if the Kundalini rises above this you can cure the person. Just by placing your hand on the person you can cure. But if the Kundalini rises above this and stays there. Then the Kundalini starts moving under your fingers. It is fantastic!

But supposing I say, there are lots of pictures in this room, you won't believe me. But if I bring a TV, and put it to the mains, you will see all that working. In the same way you are an instrument created very beautifully, and very delicately. As soon as you are put to the mains, then the whole instrument starts working beautifully. And you become fantastically powerful. Powerful in your

Divine Love, in your own purity. In your own innocence. You develop your security. You become the master of yourself. You are not enslaved by lust and greed. You become a magnetic loving personality.

Wherever you go, you emit peace and love. Wherever you touch, you make it Divine. This is what is going to happen to many of you in this country, as the work has now started. This happening is very important from the God's point of view. He has created you because He loved you so much. He is your Father who is Almighty. Any ordinary father also wants whatever he has to his children; gives all that he has to give to his children. And this Father, who is an ocean of compassion and love...

[End of first part of the tape, maybe some small part missing...]

...He wants to grant you the citizenship of His Kingdom. When you become that, His powers starts flowing through you and you can feel it. Now the time has come to prove God's existence. You can feel it within yourself working it. But unfortunately, people are still very ego-oriented. Doesn't matter, this Kundalini is your mother, and she works out, once she's awakened, she works out and removes the ego on one side, and pierces through..

Now the purpose of ego and superego is that you become a shell. Like an egg. You develop your "I"-ness. This freedom is given to you, because you have to recognise what is good and what is bad in your search. But, invariably, and unfortunately, they go either this side or that side bit too much. I feel it is like children sitting in a boat, trying to jump in the sea all the time. If they sit in the centre of the boat, it can be managed better.

When you mature in your awareness, then this shell is broken, and the bird comes out. We see such fantastic things in this world, like a egg becoming a bird. We are not surprised, we take it for granted. A flower becoming a fruit. [If?] Thousands and thousands of things like this are happening in this world. What human beings have done is nothing, but dead work! If a tree is dead, they make a furniture and think no end of themselves.

You cannot even transform one flower into a fruit! When The One who does that so many of them! How great He must be! But when He grants you His powers, then you are empowered to do the living work of Kundalini awakening. First time you start doing that kind of a work, even if you give vibrations to a field of wheat, you'll be amazed that the... such a field of wheat will give you at least five times more yield! No use to put these dirty fertilisers. And the taste of the wheat would be also very nice and nourishing.

In India, we have a...some disciples who are professors in agricultural universities of Maharashtra. They have done lots of such experiments and they were amazed how even cows yielded so much of milk. So now, instead of getting so much from the Mother Earth for making your tumblers and things, we start giving to the Mother Earth. The Mother Earth is represented by this centre within us, and also partly of this centre. The essence of Mother Earth is fragrance, and when you get your Realisation, so many of them feel her fragrance.

And after Realisation only, you start enjoying other human beings, in the real sense. Once, I was in Calcutta in a hotel, where a man came to see me, and he fell at My Feet. And he got his Realisation with such a tremendous speed, that the people who had gone with Me, my disciples in the other room, came rushing to find out what was there. Like telecommunication it was working. I said: "What happened?" They said: "We felt a tremendous grace falling on us. So we just wanted to see who was facing you". So, I said: "You just feel him!" And his vibrations were radiating so beautifully that they were enthralled! And they were feeling it, for fifteen minutes they would not budge out.

But now, know that you are beauty. You are the truth and that resides within you. I see that, that's why I love you very much. Only thing is it should be allowed to be cleared. That absolute point must come into your conscious mind. You must feel it in your central nervous system. So that you'll have your self-esteem. And the self-esteem of others, and the concern. It's such a beautiful thing to see. I do not see any filth around. I see the fragrant diamonds in you sparkling. I work day and night to expose it. I'm sure one day this world will be full of such beautiful diamonds sparkling all over. All human problems will end at that point. All this imaginary relative world will disappear, and you'll stand in the truth.

I'm thankful to you for this opportunity to be here, to meet you all, and I hope we'll work out the realisation, and it will work out. Thank you very much. Thank you very much.

[Little pause, then questions and answers, it seems...]

When you are approximately all right, it rises fast, and you get your Realisation. But, first of all, you must remember that by rationality you cannot reach there. So, don't think about it. Rationality is limited, and you are to be triggered to the unlimited space. And the whole thing works out so beautifully, there's no problem. So, have no fear about it. Sit in a very light mood. Not it's not a serious thing, it's just a game for Me.

Sometimes, I have to tell my disciples that, "Now you say 'cheese'!" It's very simple. But it's very important. Very important to life, and to the creation itself. This is how you find your meaning, and the creation finds its own meaning. Your purpose and the purpose of the creation.

Now, please, place your hands before Me just like this. And both feet on the ground. In a little "apart" way. Little apart. Not close to each other, yes. Please, close your eyes.

(Pause/ speech of Grégoire in French)

1980-0429, Pure Intelligence

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Pure Intelligence

Public Program

Geneva (Switzerland)

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"(...) Even by blindly accepting it you have not been able to solve your problems. If we could put our attention to this question that there must be some meaning to us and that there must be some arrangement within us to manifest that meaning: you are with Me. It is very easy to deny and defy everything intellectually and intelligence gives you a capacity to cheat yourself all the time. Not only that: a capacity to avoid if you are facing the Truth. It can provide any argument – which may be absurd if you see it later on – to convince you that reality is this, what you see with your gross attention.

But the pure intelligence is that which sees the game of this intellect and that which sees the limited function of rationality.

I am here talking to you about unlimited space.

I am going to put forward before you a hypothesis, which, as good scientists or intelligent people you must keep your mind open and try to absorb it. If it is proved then you have to accept.

There lies the real bravery of intellect. If intellect teaches you cowardice it is not intellect.

So I have to put forward before you: what is within us, which resides as our subtle being?

First of all, let us understand that we are made something like a spacecraft. You can also see how a seed sprouts: that from a seed the whole tree comes one after another. Spacecraft is not a living process but it gives you some idea as to how this living process of evolution takes place.

There are containers in the spacecraft. In the same way, we can say, we have got physical, emotional, mental and spiritual containers placed inside each other. The spacecraft, when it rises, first with the outer shell contains all the other shells within it and when it reaches a certain height, a certain velocity, it is triggered into an explosion and you get a much higher speed.

In this way, within us, when our physical being is exploded we get accelerated velocity of our evolutionary process and we then explode our emotional being, then the mental being and then the spiritual being is exploded. [to translator: emotional, mental ... and then the spiritual]

Now, the spiritual being within you is placed in the bone called sacrum, in our triangular bone. Imagine the Greeks called it 'sacrum' because it is a sacred bone and if the human body burns this bone does not get burnt. How, from the unconscious, they got these ideas? Now, when this spiritual being within you is placed on the sacrum bone you are a human being and your awareness is at human level.

When the last blasting takes place within you then you jump into the realm of Divine Power, which is subtle, which is all-pervading, about which all the great saints and all the great incarnations have spoken. [to translator: into the Divine Power ... which is all-pervading ... which all the prophets and...] Now, when you jump into that awareness, your attention becomes one with that space.

If you know that in space Newton's law does not act - because you reach an absolute state. In the same way this Kundalini rises and travels all the way to this position called as the fontanelle bone area – in Sanskrit it is called as 'Talu' – which is very soft, as a child. When the Kundalini pierces this area you get your baptism and you become one with the all-pervading Power. Your attention becomes enlightened. This is enlightenment.

As I would say that there are lots of pictures and beautiful scenes over here: you would not believe. But if you bring a good television set and put it to the mains: you will start seeing them there. In the same way: you are to be connected with the mains. We are not yet connected with the mains and that's why we live in the world of relativity. All our political and economic and all other enterprises are nothing but relative.

For example: here we have on one side the power of desiring. And the other side is the power of creating, creativity. These powers are manifested outside as left and right sympathetic nervous system and the central power of evolution as parasympathetic nervous system. For our day to day work we use the energy from the parasympathetic on both the sides – either from the left or from the right. As a by-product of these two activities we develop an Ego on our head or a Superego on your left.

When the Ego and Superego, both of them, meet on the head and there is calcification you manifest your 'I-ness'. So you become Mr X, Mr Y, Mr Z. You feel your independence and freedom. This freedom is given to you because you have to seek the balance between life and death, good and bad, righteous and unrighteous, holy and unholy - in your freedom. But mistakes do not matter.

We actually learn by errors, but this freedom is given to you because you have to become the citizens of God's kingdom - which is complete freedom. Because when you become one of the citizens, then you become really the master of yourself. Nobody need tell you: "Do this !" or "Do that !" You don't need any correction.

On the whole we can say that on the left hand side, those who work form very orthodox religions and all the things that go with all the melodramatic poems and poetry and all emotional stuff. By this, you live in your past, in your subconscious.

And the other side, when you denied it, you started all your denials by accepting science as the means of achievement and you come to the right-hand side, you start creating, as you feel you are creating - but you don't create anything. You do not create, but it is a false notion human beings have - that we create – because whatever is dead you only transform into another dead [thing]. We cannot even sprout one single seed. We cannot even make one flower into a fruit – even one!

With all our scientific development, we have not been able to do one single thing like that. Only through science you discover what exists, but you cannot say the 'why ?' of it. For example you cannot say « why there is magnetism in the Mother Earth? ». In the medical science – for example – they cannot explain many things. It is the nature of the body to repel everything that is foreign, but when a child is conceived in the body, not only it is retained but also nurtured and looked after and repelled at the right time. Say, for example, adrenaline and acetylcholine – two chemicals – when they act in the human body, from these sympathetic activities: they may augment, they may contract or they may relax.

Thus we can see there are a thousand and one things, we cannot explain how it works out.

Jung, who was a great psychologist in My view, tried to experiment with dreams of people and he reached a conclusion where he found that there are some universal symbols, which appear in dreams, suggesting something for our guidance or for our correction from somewhere which he called as the unconscious. Jung also gave just a name, as "unconscious", as the doctors gave this area of medicine as "autonomous nervous system". But: "Who is this Auto?" We should ask this question.

For example if you run fast then the sympathetic nervous system can increase your rate of heart, but the one that depresses and brings it to normal is the parasympathetic in the centre. This is done effortlessly.

Now, I say there is a power within us which is our germinating power, which is just waiting to give us our second birth. We call it as Sahaja Yoga, means 'spontaneous union with the divine'. You cannot pay for this happening of baptism. You cannot do it by any theological college personality. All these decorums and all these decorations are of no use to that Kundalini. No need for you to stand on your heads or do any such tricks: She won't rise. She understands everything. She won't rise for a person who is unholy and taking money to raise the Kundalini. God does not understand money at all. He will have to come to Switzerland to learn banking (laughing).

This is one thing we must know, that it is a spontaneous thing within us and the energy which is put there by God Almighty, which is going to work it out by itself. It has been described in various scriptures, very clearly. While in the Bible it is described as: "I will appear before you like tongues of flames". All these petals of these centres which are very subtle appear like tongues of flames when you see them. But when people start living with the shells and organizing the shells which are dead, the whole that is the essence of that religion is absolutely dead.

All the great religions of the world are the flowers of the great tree of life. They are nurtured by the same Shakti, by the same Power. But we remove the flowers, call them as our own, organize them and after a few days they die out. So, the quarrels of religion are also very detrimental to our spiritual growth. God is going to look after our own spiritual growth and that's why He has placed all these centres within us, which have gross manifestations as plexuses.

Now, we have seen here seven of these and two here – nine of these – the basic centres within us. These centres relate to our different beings like emotional, physical and all those. They are the milestones of our evolution.

Now, the first centre that you see there is the basis that we have, is the matter, is the Mother Earth itself, is the carbon atom in us.

The second centre you see with six petals is the centre which goes round and round over this area of void by which it creates the Sun. This nourishes our attention. Also, it transforms the fat cells for the use of the brain – when we think too much. By doing too much thinking we do not allow this centre to do the other work it has to do, which is to look after the liver, the kidneys, the pancreas, spleen and other important organs of the viscera. In the West, the action of movement on this is so intense that people cannot stop thinking. Yesterday, in Lausanne, there was a doctor who was looking very miserable. He came to Me after the programme and he said: "You can cut my throat, you can take out my brain, but stop thinking."

Actually, like this is the left and the right sympathetic and in the centre is the parasympathetic. When we start taking too much from our left or right sympathetic – using too much energy – we get dislocated in the centre. So, it starts working on its own, you cannot control your thinking. Then, it has no connection with the whole. If such a thing happens to any cell because of some irritation or any excitement to a particular cell, it becomes malignant. It becomes on its own.

We too, in the Ego oriented societies, believe: "What's wrong?" Because you're having an Ego trip on our own we think there's nothing wrong in getting out of the whole. That is the reason in the affluent societies today the families are breaking and people are planning only one thing: how to commit suicide. It is shocking, but I have seen girls of seventeen years in London, who came from Sweden. They were just like giving vibrations like dead bodies. And I took them home and was very sweet to them and asked "What are you thinking all the time?". They said: "We are thinking how to commit suicide and plan it out.". They are seventeen year old young girls, think of it! Just blooming with dew, they should be cheerful, chirping like birds!

I'm told Switzerland is also following Sweden or has out-beaten them in this. You are so much being blessed by God. Such a beautiful country you have got. How much He has given you, bountiful. Instead of enjoying the gratefulness and the gratitude for that bounties, why are you committing suicide? You are very free people compared to thousands of them in the world who are not even free to talk. According to all the norms of development, you should be the most happiest people living. But I see the state of confusion everywhere. Then I start thinking: "What sort of development you are going to bestow upon poor countries like India?".

Are you also going to give us the plans how to commit suicide?

We must understand we have made a mistake. We have gone too far on the right – in future planning and future thinking. Future does not exist: it is imaginary. Some people have gone to the left too much, like romanticism, artificial some sort of a stuff and committing suicide for that. Both ways, you move and you commit suicide.

You have to stay in the centre. In the centre is the present. But this cannot be done by brainwashing. Your attention is so much outside that to attract it inside there has to be a happening.

That is why there is an arrangement of a happening within you. Without the happening your attention cannot be drawn in. It's like a spring that rises and your attention is suddenly withdrawn inside.

Now, for this enlightenment, one must know that whatever you have achieved so far as a human being was not done in your awareness. But first time in your human awareness you are going to see your evolution taking place. This is an actualisation. It should happen to you. If it has not happened, no use paying money for it. Or doing anything else, is of no use. For example, some people are paying lot of money to fly in the air. Do you want to become now birds and then frogs and then amoeba?

These are anti-natural processes which may lead you to something like collective subconscious or collective supraconscious and you may become a demon. I've seen people doing all such kinds of extracurricular activities landing with epilepsy, cancer and all kinds of horrible diseases. Leave alone the bankruptcy. And then I'm supposed to cure all these things, inclusive of bankruptcy. Now, this happening within us takes place, as you have got pamphlets now, you can go home and read it, but you must see that you get it. If you do not get it that doesn't mean that I am wrong because thousands have got it from Me. Many people who are My disciples, apart from Me, have cured cancer. They have become beautiful people now and they have become masters of themselves, not slaves of greed and lust. They have become peaceful and they have understood the meaning of their life.

When you put this machine with the mains, it gets its meaning: it starts emitting My voice. When you enlighten a light it gets its meaning that it has to enlighten others and give enlightenment. Like somebody said: "Now I'm enlightened, Mother, what should I do?". I said: " You give light now. What should you do now?". So, we have to remember that an enlightened light can only enlighten another light.

If I am an enlightened light then I can enlighten your light and you can enlighten another light. You just act as a catalytic agent. Why should the Ego be challenged at this point? Because I am doing it? You could have done it? I wish you could take My place. Last night I could not sleep till three o'clock – working on difficult people. I go to the Indian villages and live in such conditions you cannot live. Because there lies the real seekers' essence – I think – in these simple people. But complicated people can take hours of My hard work. When you get enlightened, you can also give enlightenment. Now, there are thousands of Sahaja Yogis we have got, in the West also, in India we have many more. All their patience put together is nowhere compared to mine, because I see your beauty much more.

I see the diamond of that Spirit in your heart sparkling, the precious thing that you are. I don't see anything else, while they see other things. They get tired and fed up. They don't want to argue with any intellectuals. Grégoire was a big intellectual (laughing). All his brain was developing like horns on both sides. It took a lot of time to give him Realization. He was very argumentative, very over-read. He has read all sorts of books. I felt I am facing a library (laughing). But he got his Realization because he is a seeker and he is an ardent, honest seeker. If you have self-esteem, if you know that there is a Spirit within you: you will cooperate with Me.

That is how you achieve your meaning. You don't have to pay anything for Me or [be] grateful to Me at all, because this is My nature and My job: I'm doing My job. I cannot rest without giving love to you. My nature is to give. And why should you feel hurt about it? I can't understand human beings: even if you give them tuppence-worth of thing they feel so grateful. But if you say you want to give you the absolute that is within you: they'll jump on you, like a tiger.

The Ego behaviour is very interesting. When you will get your Realization and see how people behave: you will have a lot of laughing stock for you. Our Sahaja Yogis are all the time laughing with the stupidity in which we indulge with our Ego. So, now, this intellect is given you to understand that to go beyond you have to give up the limited rationality. But that does not mean that you become irrational.

Supposing you come by car to this hall and you leave your car outside to enter inside this hall : is pure rationality. But if you are so much identified with your car that is rationality and bring it inside: what is that? But once you have received your Realization, then you will go back to your car in an enlightened manner and understand the rationality which is all-pervading.

Now, when the Kundalini rises above this point, you become thoughtlessly aware, awareness that is enlightened. That's called in Sanskrit 'Nirvichara Samadhi'. 'Dhi' means awareness and 'Samadhi' means enlightened awareness. [to translator: awareness... 'sama' means enlightened... awareness.]

But when you jump to this, you jump into a new state: you become – I mean – you become collectively conscious. Like we have U.N. system and all these systems saying that: "We are all one. We are brothers and sisters." and all this, but doesn't go inside. But, by this happening you become collectively conscious, means: you start feeling the collective around. For example, now, you have seen here all these colours are shown on these centres and these are the centres – here - which are enlightened on the fingers. For example, this is the centre for your heart. Left side represents the emotional side and the right side your physical and the mental side.

The discovery is fantastic, because your machinery, which is so fantastic, starts working-out its miracle.

There was one gentleman who got his Realization and when I told him that: "You can feel your father, mother on your hands and anybody on your hands" - he could not believe it. Suddenly, one day he told Me: "Mother, I'm getting a burning here, in this area". I told him : "Right side is of your father, all these centres are of your father and this is that of this centre -Vishuddhi – so you find out what's the matter with him: some throat trouble or bronchitis.". His father was in Scotland. He telephoned and his mother said that: "I am alright, but father is down with very bad bronchitis.". Sitting down in London we knew what was happening to Nixon.

There is a tremendous telecommunication in this all-pervading Power. As if like a computer you get connected with the divine and you can ask any question - like "Is there God?". On such as absolute question - immediately you'll get tremendous vibrations flowing in your hand. You ask about any fake guru: whether it is true or not. You'll be amazed : there will be no vibrations, it will stop. That means: your instrument becomes so sensitive that you can feel your own centre – where is the problem – and you start seeing the centres of others.

Instantaneously, Self-Realization also means the Realization of the whole. But there are different levels of this Realization. For example, in places where – like in Nepal or say India – where people are not yet on the trip of their intellect so much. We can say they are not yet so developed. They jump first into the realm of doubtless awareness.

In that awareness you just feel the joy of being. But in the West - because you have had so many ramblings of your intellect - you go around finding whether it is correct or not, verifying whether it is what Mataji has said is correct or not. Decoding everything. Catching from other people. Then, again, you come to Me for correction.

My husband once said that: "When you have given them Realization everyday, what are you doing about it? Why do you have to work on them again and again?" So that time we had another disciple from Paris. She said – because My husband deals with marine – so she said: "Sir, there are some ships which are second hand, which are to be repaired from time to time.". So they reach the space of doubtless awareness - that is a state of mind, state-of-mind – by understanding a circuitous way. They don't want to [UNCLEAR it] like this: they go round and [UNCLEAR it] like that.

So, when you are developed, still you see the Kundalini rising: you see the pulsation in the triangular bone. You can see with your naked eye - the pulsation here. You can, with stethoscope you can see the pulsation just like heart - "Lap, lap" - going up to that point and you can see the breaking of this, because the bone here becomes soft. You see it with your naked eye, but still you go on doubting about it. You still start analysing it. It would be something like - I give you a nice cake to eat and you sit down with your analysis. It's so absurd, as if an egg has to go to the library to find out how to fly or become a bird.

We had a great poet, Kabira, he said : [UNCLEAR "Padi, Padi pandit murakh kab hai"] meaning: "By reading, these great educated people have become stupid.". He was very, very straight. He has said: by shaving your head or wearing your crown if you can go to God, then what about the sheep, which is shaved twice a year? All sorts of beautiful things he has said and then you start understanding – these great poets like Khalil Gibran and all such poets, which have reached the state of oneness with God. After Realization you share their joy and understand.

When I was born, My father told Me - very clearly - that people are born on the ground floor and, if you are born on the tenth floor, they cannot understand you. That's why they crucified Christ. What a mistake it was! When Krishna came, they said they believed in Rama. Same here when Christ came in, they said: " We believe in Abraham." Or when Moses came they said: "We believe in Abraham.". That's how they avoided to accept someone who was telling the truth. It is nice to have somebody believe into someone who is dead, because you can do whatever you like with it. He is not going to sit on your head and even, if he comes back, you will say he is not the same or kill him or crucify him or give him poison and torture him.

But for false people: we will give them money, they will have beds made out of diamonds. Because they pamper your Ego. You want to pay for that pampering. But reality does not pamper you with falsehood.

When you will get your reality, you will know that it is the most beautiful thing that you should have. It is the source of all the joy and happiness. There is nothing else more pervading and all-consuming than this beautiful bliss of meeting the Divine.

Now, I have to say that it is such a big subject, that in London I must have given at least two hundred speeches. Everytime something new and still they are not satisfied. I've been speaking and speaking and speaking. But now, I would say that in this short time whatever is possible I have tried to put you through - so that you can see that you are that beautiful thing which [UNCLEAR is being/has been] promised by the saints of the ages and that, without finding it, you are not going to be happy – whatever you may have.

I have to work on you, like a swimmer has to work to save people who do not know how to swim. And once you start swimming, you have to save others. Unless and until you are a swimmer, you cannot enjoy the ocean. You are frightened of it. I just say that it is within you to know it.

So, for the time being forget what you have read, what you have thought, what you have conceived but receive what it is.

I hope it will work out today for all of you and then you have to maintain it by understanding it fully: your own problems of your centres. Because, as I told you, that the germination takes place with a big speed but you may lose it, again and again, because you have to know how to maintain it. This doesn't happen with everyone, but it happens with some, so I have to tell you the truth.

So, now let us sit down for our Realization and get our Realization and enjoy the bliss of the gift of our Father - who is God Almighty - and who is very anxious to give all that He has to us because He is the Generous, the Compassionate, the Ocean of Love.

Even if you have faith in God or not faith in God - makes no difference - He still gives you the Sun. So, it will make no difference to Me whether you believe in Him or not, but you should not insult Him. On the contrary, you must have an attitude that "We have not yet met Him, so let us keep us open and when we have to receive that within us, we have to be humble about it".

If you are arrogant and adamant, God is not going to fall at your feet. I am your Mother and I am concerned, that's why I request you and implore you to be humble, because there are Deities in you which will refuse to act if you are arrogant.

Please tell your mind to wait for a while and not to bother you just now. Through your mental activity you've not achieved anything. So, let the Kundalini act in you.

May God bless you.

1980-0430, The Blossom Time

View [online](#).

30 April 1980

The Blossom Time

Public Program

Zurich (Switzerland)

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Public Program (German translation). Zurich (Switzerland), 30 April 1980.

I'm grateful to this gentleman who is standing before you, Mr Arneau, to organise this program, especially in Zurich. It was so remarkable to find out that the five main cities of Switzerland have got five very great Sahaja Yogis (Laughter) and they have asked me to come to Switzerland and this is the first time I'm in this country for this work.

While all the other fake ones have been here to settle their bank accounts before Me (Laughing) but I have come in this country to find out which are the banks of spirituality, how many human beings there are who are really interested in the spiritual life. In My lifetime I have seen many rich people and also I'm told this country is very much blessed by them.

For example, a palace of a king may be very precious to human beings but a small little worm which is more aware than the palace is more precious to God. So the value system is very different in these two areas and till we understand the value of God and His working we cannot understand our innate nature.

Today I'm going to talk to you about something very, very subtle which is beyond all your gross computers. We have another computer within ourselves which is very subtle in nature and unless and until we understand it we cannot use it.

It is every time acting within us and decides for us everything that we do, whether it is good or bad. And the Computer Engineer is a very, very intelligent personality. He has worked out blossoming of billions and billions of flowers into fruits. He sprouts billions and billions of seeds. (Repeating for translator) Sprouts, germinates, germinates. The word German comes from germination (Laughs). The German itself word means germination, isn't it?

The one who does all these things has also given us a special capacity to evolve. He has given us a capacity to desire through a channel on the left hand side as shown. This capacity or this channel manifests outside as the left sympathetic nervous system within us in the gross. And the right hand side one is for the action of those desires. This channel is represented within us as the right sympathetic nervous system. In the centre lies the power to evolve ourselves.

The scientists never sit down to find out why did we evolve? Actually science does not answer the question, why. It only says it is so whatever it sees with the gross understanding. To answer the question why, one has to have a subtler awareness. For example, if you have to see a leaf properly, you have to use a microscope. In human beings, we have evolved to a point, the awareness has reached such a point that now we are all the time seeking, finding out ourselves. When we ask these questions to ourselves, we just know that we are physical, mental, emotional selves. We are only aware of all these things within us through our human, gross awareness.

Now if we have to go further with it we have to go about it in a very hypothetical manner. So for the people it is a hypothesis I put forward. This hypothesis must be accepted as you accept any scientific hypothesis. It is so fortunate that you are born at a time when I can prove this hypothesis. Earlier I could not have done it. Now we have to look at it from this angle that if evolution is a living process into which we are not involved we are not aware, then it is something beyond our mind, our rationality, we are not aware. We cannot accept that there could be anything beyond our mind, though we see every day that living processes anywhere act on their own.

For an egg does not have to think how it will become a bird and he does, it does not have to analyse about it. By analysing a flower you cannot make a fruit but you can just kill it. That is, analysis goes against life, against joy. Supposing I give you a bouquet of flowers to express My love and you start analysing how much I must have paid for it, from what shop I must have brought, you completely lose the point.

Freud brought out a point by saying that the desiring power, if you try to suppress it, then you get conditioned. But he did not understand that there is another power which may develop if you do not try to control your desiring power. By conditioning your desiring power you develop a superego in your head. But by acting on all your desires you develop another horrible thing called as ego. The conditioning can show its results on the physical side and mental side but ego doesn't show any such signs.

Ego-oriented societies on the whole from outside appear to be very affluent and happy. Now these ego-oriented society if they were really happy why there is such a big rate of suicide? If ego is the most satisfying thing why people who are ego-oriented drink so much or take to drugs? Why do they want to run away from reality? Why do they have problems with their families? They appear to be very serious and miserable, never cheerful.

When you have to talk to them also you have to bring in some sort of a alcohol to induce some conversation between two human beings. Supposing we had said that there is going to be a free drinking today, there would have been, this hall would have been all filled. (Mother laughs) But they have no time to face reality. So, ego is much more dangerous than superego is. It eats you up from within and when it reaches its peak it will start, it starts destroying the all the human race.

So we are placed between ego and superego. These two institutions were necessary to grow within us and to be calcified in our fontanelle area because that is how we felt our I'ness. These two institutions of ego and superego. Because we wanted to feel our "I"ness. When these two meet in the head here in your childhood and get calcified, you become Mr XYZ. This "I"ness is given to us to know our freedom and to choose the right and wrong by developing our sense of discrimination, to be XYZ, to be Mr XYZ, the freedom.

So an individuality is given to you. You become an individual. You become an individual. Now this little individual starts thinking that he is the lord of the universe and he just transforms something dead into another dead form and he thinks he's doing great works. Actually human beings don't do anything important. Even a small thing, our like our breathing, if we have to analyse it, we'll be all dead. This evolutionary power is within us in the centre as I told you, comes to us by giving us at different stages the, what you call, sustenance. Sustenance, sustenance. What is the word for sustenance in, no word? I mean the quality. You mean, you see, yes, I mean as in carbon you have got the tetravalent, it has four valences, it's a quality of carbon It's the qualiy of carbon, is it's tetravalent. Like the gold, it is untarnishable.

In the same way we get in our evolution a sustenance by which we rise gradually up to the stage of human beings. All these seven centres which I have shown you here are the milestones of our evolutionary process. In our evolution an incarnation came on this earth to help us to cross the ocean of ignorance. To cross the ocean of ignorance. That means every time our awareness was given a new dimension by these incarnations. For example, in the centre of our brain where the pineal body and the pituitary is placed there is a centre where resides the incarnation of Jesus Christ. Into the pineal and the pituitary body. All right, you can say, this is a universal word. It's a universal word. The pituitary, pituitary gland, yes. Resides, and there's no German word you see.

Now all that what I'm saying to you can be proved after your realisation, means your enlightenment. Means when you, you have... Now to get this (taking the German word from the translator) "erleuchtung", God has placed within us in the triangular bone called as sacrum a three and a half coiled energy which is called as Kundalini. The word sacrum itself is suggesting that it is sacred and it is amazing that the human body, when it burns, this bone does not get burnt.

Now this is our germinating power. You should say German power (Mother laughs).The word germ comes from German itself,

isn't it? And when this power receives the indication that there is a light which can guide it then it sprouts the same way as a seed sprouts. This Kundalini you can see pulsating with your naked eyes in the process of Sahaja Yoga. You can see it's rising with your naked eye and it reaches the height here. You can feel the throbbing just like a heart pulsating here on the fontanelle bone.

When it breaks through then you can feel the blissful state within yourself. This is your baptism, which is actualisation and it is described that when you get your realisation then you get the radiation of your spirit which resides in your heart, coming as cool breeze. This cannot be done by any other method. All other analytical and dogmatic methods are absolutely artificial. I find a big joke going on in this world in the name of religion and in the name of baptism. There is no transformation by these artificial dramas. People feel again through their ego that if they can pay for their evolution to some guru or somebody then they can achieve their realisation. I've already told you there is a very different value system.

God does not understand money and banking. He understands seeking and love.

So when it happens to you the transformation takes place first of all that your fingers get all enlightened with these different centres as shown in the picture. You can actually feel your own centres and centres of others on your fingers. So you can find out what's wrong with your centres and with others. And this power that is radiating from you can cure your centres. By this awakening you get rid of diseases like cancer and many incurable diseases like diabetes, heart and mental problems.

It is most surprising that so many people have come to me after contacting cancer. Some doctors and even our president of India have been cured of cancer and they are going to have now a regular method of establishing it through our government channels to control cancer and other diseases by Sahaja Yoga.

But for this gross work also I think it is not possible that we can pay full attention as we have very few Sahaja Yogis in the West for this gross work of curing also .And why should God cure people who are not interested in seeking Him? Of course, He is compassionate but in His compassion He thinks that He can recreate you later on when you have a better body you will seek Him better. For Him nobody dies. He can always recreate new people. So His main interest are the seekers. He's not bothered what money you have or degrees you have, what dress you wear. He judges you on this point, how much you are seeking Him. How much you are interested in your self evolution. How much you are genuinely, sincerely asking?

Now you may say that India is very much poorer compared to all these Western countries. But in Indian villages Sahaja Yoga is working marvels. But Indian big cities are useless. They are westernised and they have new values and they value gold more than their own spirit. They are interested in speculation with, speculation from (Laughing) Zurich. They sleep with their telephone next to their head.. They are all right for this world but they are not aware of the beauty within. They are becoming grosser and grosser. That's why they are better for these fake gurus to spoil them. They get impressed by the circus of the fake gurus very easily because they pamper the ego of these people.

No wonder Christ has said that it is easy to pass a camel through the nose of a needle but a rich man will not enter into the kingdom of God. (Laughter) Now I know why He said it because money also gives us all the methods of ruining our subtler being. There's no love between the mother and the child when they are rich. Everything is valued on money. Same thing is about power. Same thing is about all the talents that God has given to human beings. Anything God tried to give, they have made a mess out of it. Imagine how much you are blessed by God, by nature, and by all other abundance and imagine people are only busy planning their suicides. Unless and until you find your absolute in your heart or your wholesomeness you can never be happy.

The void you see here is the void between our awareness and God or Divine . All the Kundalini's effort is to give you your second birth. She is your loving Mother. In every life She has been born with you and has been waiting for this great chance to give you the boon of the heavens and this should work out within you so you get your enlightenment. Like this room if it is dark, you cannot understand it. At the most you can understand it as a chair, or a table in a disintegrated manner it's difficult isn't it? Laughing. Disintegration. You can explain. But once the light is put there you can see the complete integration. If there is light within you, you can see your own integration.

Then you can integrate your emotional, mental and your physical being. You can nourish it and correct it. When there is light within you, you can see the darkness also in others. As you can see your dark patches, you can also see the dark patches in others. And as you see your light and your beauty, you see the beauty in others also. With your brilliance you just see the beauty only. I just see your beauty and not your darkness. That's why I have to work day and night to manifest your beauty. We have a very beautiful festival in India called as Diwali. There are lights, there are lamps put with oil in the row and one enlightened lamp enlightens all of them in a row so that they start giving light, emitting light. But sometimes the wick is not all right and the oil is not sufficient maybe Someone has to have a store of that oil along with that work of enlightenment.

Sahaja Yoga means, Sahaja means born with you, is spontaneous union with God. That means you are already a readymade light of oil. Or a very good, beautifully made candle. A beautifully made candle. There is no obligation on anyone. This has to be done spontaneously because it is my job. I think I have told you in brief in my introduction about Sahaja Yoga, what actually happens to you when you get your realisation and also you have got books to read about it. But knowing about it is not the purpose. But becoming is the thing. I was surprised in Switzerland only it has happened that after giving the speech people just went away without the experiencing. And they were saying, "She speaks very well." I was thinking whether it was a compliment to Me or (laughing) an insult, because this is the introduction to the happening that you have to face.

Like as we say that, "You come inside and I'll give you cake to eat". and just come inside, and it's all cooked for you and you have all the computer within you and you have to switch to the mains, but after getting the message, they do not want to have it. I have all kinds of samples really around Me. (Laughing) I've all kinds of samples. I'm talking of very serious things. This is the only thing that you are in this world for. You are created from amoeba to this stage for your evolution. But you must have your self-esteem. If you do not respect yourself how can God respect you? You have time to waste for everything and you have no time for your only occupation. As a Mother I tell you that this is your coronation. Your Father is anxious to give you all your powers flowing, which are really His powers.

He wants you to enter into the Kingdom of God and you should get it because it is your right to have it. We will have now the experiencing. We are very few, luckily, it will work very fast. Just a split of a second if you are ready. But if you are not ready you have to look after your centres which may be sick. It should work out. I'll, I'll work every bit of my drops of blood for that because I see what mess you are in and without this happening the whole creation may be destroyed. So let us start a small nucleus in Zurich by which you start propagating this living process.

Please put your hands towards Me like this and take out your shoes, if possible. You enter into the realm of present. It is the area of thoughtless awareness, which is enlightened. If you are still thinking then it is better that you forgive all the people with whom you are angry or those who have harmed.

1980-0501, Opening the heart

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1 May 1980

Opening The Heart

Public Program

Zurich (Switzerland)

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Opening the heart.

Happy to see so many of you have been able to come to this programme of Sahaja Yoga. I am also very much thankful to Kalbermatten family, especially Gregoire and his brother, particularly Arnaud who insisted that I must come to Zurich and talk about Sahaja Yoga.

We are really blessed by nature today. I went and saw your beautiful lake and the beautiful scenes in the sunshine, the way everybody was bathing and enjoying.

Today, I am going to speak to you about something very subtle within you. Many German writers have written about the power, which sleeps within us to give us Self-realization, known as Kundalini. Unfortunately, none of them had the experience of Self-realization. So, the description falls very much short of the reality. If you have read any one of these books, you will think that Kundalini awakening is the most difficult thing. When we told our grandmother, that human beings have landed on the Moon, she could not believe it. As we have grown outside so much, also there has been an inner growth within us. Think at the time of Christ, the way people crucified Him; you can't do that to me now. He had twelve fishermen with whom He had to talk about Kundalini. It was impossible even to talk about divine power to them.

But today, at this time, I am facing intelligent people who will understand what I am going to tell them. Till Christ got his resurrection, they never believed Him. I am very fortunate. Now when you listen to me about Kundalini, you must know that it is a hypothesis put forward before you and you must keep your mind open like a scientist. Here you see in the triangular bone lies the Kundalini, the power which is going to give you your second birth. She awakens when there is somebody who has the authority to awaken Her from God. It cannot be awakened by giving money or by standing on your heads. It is absurd to believe in such things that by paying money you can sprout even a seed. Germinate. I said from German the word comes, germinate. Neither you can make any effort about it. God has made you beautifully from amoebic stage to this stage and has placed all your various milestones within you as these centres.

When the Kundalini arises, you can see with your naked eyes the pulsation in the triangular bone, which is called as sacrum, meaning sacred bone. There are all kinds of fake gurus who make you dance naked or, I don't know, they say they will fly, all sort of promises they make but nobody can make the Kundalini jump or pulsate. Whatever you can do like jumping, dancing, taking out clothes, standing on your heads, is not that God can do. God does something more than you can do. Something different. Jumping, taking out clothes, or shouting or flying and all that nonsense. Convulsions and all sorts of things. The Kundalini rises spontaneously and it passes through all these six centres, the seventh centre is down below and all these six centres it passes and pierces through the fontanelle bone area and connects you to the All-pervading Divine Power. The Kundalini awakening is very clearly described by Adi Shankaracharya. He has said it in one of his couplets, "Na yogya, na sankhya." By all these tricks and by reading about Kundalini, the Kundalini doesn't rise. Only through the Mother's grace, it will rise.

India has been a yoga-oriented country. Our attention and ultimate goal of life is to achieve union with the Divine. When I went to America in 1973, I felt so many saints are born in this country; they might have been Indians searching in ancient ages. They

were seekers – saint and seekers. I felt they might have been the saints, who were searching in the ancient ages in India. I find so many them, of them in England and Switzerland and all over the West. I am ashamed the way Indian horrible gurus have come to the West to make money and to loot you. They have taken advantage of your spiritual naivety. One has to understand first of all what are we and what we are to expect as our Self-realization?

These seven centres that are within you represent the different emotional, physical, mental and other selves, which are within you. They actually represent the different milestones in your living evolutionary process. Living. These centres within us are in the gross, some in the medulla oblongata, or you can call the spinal cord, and some in the brain. These centres are in a subtle way in our medulla oblongata or you can say the spinal cord, and some in the brain; two of them are in the brain. In the gross, they manifest the plexuses. These plexuses are like, the first one is manifesting the pelvic plexus. It's a general name. The second one is manifesting the aortic plexus. This yellow is the aortic plexus. The third one, which is the solar plexus, is manifesting the solar plexus. The third one, the cardiac plexus. The fourth one, cardiac plexus in the centre. The fifth one is the cervical plexus. And the sixth one is placed between the pituitary and the pineal body and the seventh one is placed on top here in the fontanelle bone area which actually is a big centre which we can call, which we call as limbic area. It lies in the limbic area inside the brain, inside, where the optic is, here on the fontanelle bone area, which is a soft bone when you are a child.

Now the left side that you see here of the blue colour channel which is called as Ida channel in the subtle form is expressing itself as the left sympathetic nervous system. The Ida channel on the left-hand side manifests itself as left sympathetic and the right-hand side, Pingala side channel manifests itself as right sympathetic. The left side is the one which is our past. Manifests all our past or collects all our past, is used for our conditioning. It is the power of our desire or a desiring power, you can call. Now as a by-product of the left side is created a that black or deep blue coloured pouch or you can call it a balloon-like structure, is the super ego which we develop by our conditioning. And from the right-hand side use, from the right side use, we produce our ego, which is shown in the yellow colour, that of the bile.

Now we have to understand how this happening takes place by giving you a simile of a spacecraft. By giving a simile of a space craft. Space craft, the Sputnik and that. Simile. A comparison. Example of. I'm sorry (laughs). Now the spacecraft as you know has got many, er, what you call, containers set in each other like a telescope. Spacecraft has got many containers fitted into each other like a telescope. So the whole stuff first flies out or goes out towards the space with a certain velocity. The whole of the machinery goes towards the space with a certain velocity, to a point, first, with certain velocity. Now when the first container explodes, the rest of it is triggered with a much higher velocity, say if it is the first is V, it is V raised to the power, say, X. Then the second one explodes and the third one explodes and the fourth one explodes. Maybe the velocity now becomes V raised to power 100 or VX raised to power 100. At the last stage, at the last stage, the last container explodes and releases the spacecraft into the space. Into the space. In the same way, your evolution takes place. It is all built in the seed. It is all built in your seed, in the seed. Like the seed has the complete tree and all the trees that are going to follow, in the same way from the matter you start growing into human level. It is very difficult for the biologist to explain how in this such a short time, a man is created out of a small, little amoeba. If you apply the law of chance, it is an impossibility.

So there has to be some juggler to do this job. Now when you want to run fast, the beat of your heart increases. So that means in emergency, you can act, ask the sympathetic to enact. But the reducing of the rate of the heart and of the respiration is done by parasympathetic. Slowing down. They call it autonomous nervous system. But who is this auto? The other question one can ask oneself that, "Why have I become a human being from amoeba stage?" The third question one should ask, "Have I found out the meaning of this instrument that is a human being?" The meaning of this instrument. For example, if I make this instrument, you will ask, "Why are you making this?" But once this is made, unless and until I put it to the mains, it doesn't work. It has no meaning. Supposing I say, "There is beautiful music on here", you cannot hear. But if I bring a beautiful radio and put it to the mains, you can hear the beautiful music and you are amazed.

I say verily the same way you are made a beautiful instrument just to be put to the mains. By the developing your ego and superego and by closing it down by calcification, you have become an individual to seek God. And at this stage in the modern times, you find that so many people are seeking. What are you seeking within yourself? You are seeking that absolute, which gives meaning to all that is relative. You are seeking your wholesomeness. You are seeking your relation of this microcosm into

the macrocosm, which is the higher being or the primordial being. Thanks to many psychologists like Jung and many biologists like De Nouy [French mathematician, biophysicist] and other people, we have heard the words like "collective consciousness".

But in India, it is a very well-known fact that you have to jump into your collective consciousness, that there has to be breakthrough into your unconscious so it becomes one with your conscious mind. There has to be the breakthrough into the unconscious so that the unconscious become conscious. It has to become, is an actualisation. It is not story telling or brain washing. It has to happen to you. Your instrument must start working. Means you should get the subjective knowledge. Means the spirit in your heart, which knows everything about you, must come into your conscious mind. That means your Spirit, the Atma, you must feel it on your central nervous system. Otherwise, all these tall stories had no meaning.

You meet, on broad base, two types of people who are seekers. On broad scale. On broad scale there are two types. The one who believe in all these prophets and are following some organized religion, they believe into something because they are born into it. If they are born in India, they believe in Hinduism. If they are born in England, they believe in Christianity. If they are born in, say, Switzerland, they believe in Catholicism. The other side is, the other people are the ones who have denied all these as absolutely false. They only believe in science and what they see with these gross eyes. But I say, there is God. He exists. And He exists in the centre, not on left or the right, not in blind faith, nor in denial, but in Being. The first one, the first type, close their eyes; the others turn their eyes. But the one who want to see can see now.

He resides within our heart and He manifests within us and we are aware of Him as somebody who is looking at us. So whether you believe in it or not, it exists. Like two stupid people saw the sun going down. Two stupid people, they started quarrelling whether it was a sun or a moon. The third stupid came in to help them out. So they asked him whether it is sun or moon. So the third stupid fellow says that, "I am a foreigner. I'm sorry". So all these things do not give any answer which is absolute. Everything, your political ideas, your economic ideas, are all absolutely relative. Some say Communism is good; some say Capitalism is good. First you discover your capital in your heart, as I have discovered. Once you discover that, you cannot help distributing it. So you become the greatest capitalist and the greatest communist; you become. You do not profess anything. You just become. Now as I have told you that it is already it is within you, just like a candle has its all preparation to be enlightened. When the Kundalini rises, She enlightens your candle. You start seeing the whole picture as an integrated being. Your physical being is enlightened, by which you are given your vital force and you overcome your physical problems. When your emotional being is enlightened, your emotional problems are solved. Same with a mental problem.

There is a very horrible guru living in your Switzerland who is making the big money, has created lots of epileptic patients around me. They say he has a bed made out of diamonds. He lives on other people's money like a parasite. You don't use your brains; that's the main thing. He is giving you flying exercises; you are falling on the streets as epileptic patients. So many such sick people come to me and give me a headache. I have to remove their mental problem. They're all hypnotized; they are crazy people. They have achieved nothing. They go to India and there they become naked and dance and finish all their money from Switzerland. In India, people think you have lost all your heads. The villagers cannot understand how you intelligent people could be befooled to that extent. They pamper your ego, or what do they do, God alone knows. You are seekers of the ages. All your good earnings of your seeking in previous lives, are you going to waste them like this on these parasites? They don't know where are they moving, just like in a tunnel. And there's a mafia on. Complete secrecy. A mantra is sold for 300 pounds. If there is any Indian, will know it means stupidity.

In Sahaja Yoga, after Realisation, you can coin all the mantras and you will know all the chakras and all the deities. Unless and until you are enlightened, no deity is going to know you. Unless or until you are enlightened. Even if you go to church or to a temple or do whatever you please, you cannot take any mantras. It would be like a toy telephone, which is not connected to the mains, you are telephoning.

I have come on this Earth, to give you the complete knowledge of your spirit and of your being. And to give you that enlightened dimension to your awareness by which you will be able to make out who is real, and who is unreal. After your enlightenment, you will know how to use this power which is radiating through you. You will know how to cure yourself and cure others, mentally and physically. You will know sitting down here what is wrong with a person about whom you are thinking. You will jump into the

realm of Brahma, that is the divine power, which is all-pervading. Will jump into the realm of Brahma, of the divine power. The divine power, which is all pervading. This power organises the whole universe. This changes these flowers into fruits and seeds. This power sprouts the seeds. Kundalini is the representative of the same power. That is your individual; everybody has their own Mother sitting down there. She loves you and She is waiting for an opportunity to give you this Realisation. She loves you. This has to be performed now and now, because the blossom time has come. Many beautiful flowers have to find their fruitful meaning. It will happen to all the nations.

But in the ego-oriented societies, it takes some time. Because this ego gentleman, he wants to keep us out of the reality. It is very much mis-identified from the very beginning. For example, to say that I am born of such a family or of such a country, everybody has to carry a passport, like a criminal branded with a number. God created this whole universe for your use and for your joy. When the Kundalini rises and makes you collectively conscious you become collectively conscious; then your identifications with all these nonsensical separation drops. All this mis-identification stops. You know your self-esteem and you understand your dignity. You become the master of yourself. It's a beautiful happening.

The ego collapses in the presence of reality, because human beings do not do anything. A tree dies; they make a chair. Dead from the dead. They sit on the chair; they can't sit on the ground. The chair sits on their head. After some time, you will find people carrying the chair with them. With all these enterprises we allow this matter to sit on our head. But the Holy Person who speaks in the name of God is not bothered about comforts of life. He can live in the greatest comforts or He can just sleep on the street. Because He is an Emperor, nobody can dominate. Emporer. No greed or lust can dominate such a person. You cannot give any money, nothing, to such a person. Such a person just gives. He emits love. And He fights the stand with courage. He protects the seekers. And He is joyous within Himself because He's the embodiment of joy and comfort.

We don't have to go too far. We had Christ for ourselves, only 2000 years back, Whom we crucified. The One who had only two robes in his life, now people have made clothes and buildings and the half of London is owned by the Church. This is not Christianity. In India, there is one Shankaracharya who is making a gold big umbrella studded with diamonds. While the Adi Shankaracharya used only a dhoti, one dhoti, to tie up. He never had stitched clothes to wear. He walked bare feet; he had no shoes. Now our Shankaracharya is trying to copy your Pope. How beautiful he is going to look with an umbrella of gold, when it will fall on his head! They have no shame. It is for you young people who are thinking about it, to rise today to reality, and not to be bowed down to any dogmas or any nonsensical ideas that have been so far ruling, nor you get possessed by science.

Science has only rationality, no heart. It is a heartless thing. So when you move away from your heart into science, you must remember that you are a human being and you are not a machine. All the human beings are planning to destroy each other. What a sensible class of people! Animals do not plan like this cold-blooded. We are either being dominated by others or we try to dominate others. When are we going to understand that we are the most important creation of God? We have much greater purposes than to create these horrible H-bombs and atom bombs. In Switzerland, I have heard that people, the rate of suicide is now more than Sweden. There is a big competition going on between these two countries [laughs]. With all the beautiful things God has given you, you are sitting down here how to commit suicide or to kill others. Everything seems to be in a mess! All intelligent people should understand that there are lots of complications created by our own complications. We have to get ourselves sorted out. When you are in the waves, you are afraid of drowning. The thought wave arises and falls down and another arises and falls down. Thought wave. Thought wave arises and falls down. Another arises and falls down. Thought. We live either in the past or in the future. By living in the past, we are frightened. And when we, in living in the future, we aggress. We have to be in the centre, in the present.

But again, I have to say that I cannot do it just by telling you. It is a happening that must take place. I have said it in 1970 that cancer cannot be cured by anything else but Kundalini awakening, because the Kundalini rises through the parasympathetic and connects you with the All-pervading Power, which is all the time flowing within you. Now for example, left and right are the two sympathetic, which are pulling the energy from the centre. Left and right are the two hands of mine are pulling the energy from the centre here. Left and right. For left what did you say? (?) Now when the energy gets exhausted, the deities sleep off and you get into two divided portions. And then the energy starts working on its own because it is not connected with the whole, and then the cell becomes malignant, on their own. Then the cells become malignant without any relationship to the whole. For example,

somebody will develop a big nose like that, out of proportion to the body, and will oppress other cells. And will oppress other cells. But by this happening, the complete linkage takes place of these centres.

Now luckily, I, by chance, I cured the President of India of cancer of lung. He sent his Secretary of Health to me to discuss how we can use Sahaja Yoga on a very large scale through government help. He has also received reports that Indian villages have been very much benefited by Sahaja Yoga, even in their agriculture. But I told them very frankly, "I don't understand red tape. I don't understand human laws. And I do not want that when I am doing this work absolutely free, you put Me to the Parliament to answer some question, because the human norms are so funny that everybody has to pass through it". So he is working it out and I'm sending Dr. David there and we have another doctor there to work it out so that there is no problem of facing the Parliament and the funny people (laughs). My brother also is a Member of Parliament (laughing), and he has had two heart attacks.

Heart attacks come to people because of imbalance. If you work out the right-hand side activity too much, mental activity, mental activity, then the left side is neglected and frozen. Now the nature is so balancing that when you do mental activity, your heart goes out. And when you do more activity of crying, weeping, all the melodramas of reading Byron and all that, all such horrible poets who, good for nothing, make everybody cry, your brain goes off. Your brain goes off. Actually, we had one case like that who just read these melodramatic poets and his brain is off. Surprisingly his name is Ronnie, which means in Indian language, a crying baby. Because of this imbalance you develop diabetes, liver, kidney trouble, uterus. Now according to Sahaja Yoga, the second centre, which is responsible for looking after all these centres, has to also convert the fat in the stomach for the use of the brain. But if you do all the time thinking and of the future and planning, all other organs are neglected. And when you start thinking too much, again the same sort of malignancy of thought starts. When you start saying "what's wrong?", you are in for it.

This gentleman, Mr Gregoire, came to me in a state where his thoughts were growing like horns. He could not stop his thinking. The other day, I told you, one doctor met me in Lausanne and he said, "Mother, you can cut my throat, you can take out my brain but stop thinking, for heaven's sake!" When the Kundalini rises up to, on this point here, in the centre, then you become thoughtlessly aware. You are alert, absolutely alert, and also you know what others are talking, or if you want you can think also, but you are in silence. There is no bombardment from your ego and superego of the thoughts on your head. On the contrary, the awareness becomes so dynamic that you start seeing the essence of everything. When the Kundalini jumps out of this fontanelle area, then your fingers start feeling the cool breeze all over. The whole hand feels the cool breeze. This gentleman who came to see me yesterday, only through an advertisement, he just got it in a second. He said "I just saw your advertisement. I have seen the first time such a great experience". Then on the fingers you get all these centres enlightened of the sympathetic and you can feel them in your hands.

With this feeling developed, you can tell what diseases the person is suffering; you don't have to go to pathological tests. One need not even go to any X-ray and starve yourself for the ordeal of X-ray. You also learn how to improve or to cure your problems in Sahaja Yoga. The greatest thing is that your computer starts working. You can ask any question which is of absolute nature. You get the answer as cool breeze in the hand. I think this gentleman seems to be a very uncomplicated man. So, in his realisation, he has also felt the bliss and joy. But normally, the people who use their rationality too much and had their ramblings in too much reading, they first try verify. They sometimes doubt about it also. I have seen some people getting up and finding out if there was a draught coming from the window. But if this draught coming from window can cure your answer, then it is a miracle.

Sahaja Yoga cures most of the diseases, even arthritis, except for the diseases which are caused - and er the organ has stopped functioning or is dead. But one has to know that God must have also little interest in you. If you are very arrogant and if you think no end of yourself, God said, "All right, have some little another chance". He is not interested in curing bodies, as I told you yesterday, because He can create thousands of them. But He is very much concerned about the sincere, truthful, humble seekers. He is the ocean of compassion. He is your Father, God Almighty. He wants to bestow all his powers to his children and He wants you to be the citizen of his Kingdom. He has made all the arrangements within you, and the time has come for you to get it. It is your right to get it. I'm here to tell you all about it, all the code and decoding of it.

May God bless you.

I hope most of you will get your Realisation today. And that you will become your Self by maturing into it. The Kundalini matures you, gradually. I hope it will work out but don't think about it. It will work out. I'm sure.

May God bless you. Thank you.

I don't mind answering some of your questions but there isn't much time. If you don't mind, better have the cake and eat it. If you are really hungry, you will not ask me how I have cooked it. Better have it. But if there is any sensible question, I would like to answer it. Thank you very much.

[Cut in the audio]

See for yourself, if you are thinking still. If there is a thinking coming from inside, if there is still thought in your mind coming in, then you must forgive everyone. You have to say, "I forgive everyone." The mantra on this centre is Our Lord's Prayer. But unless and until you are Realised, this mantra has no meaning.

Christ resides in this centre here. This is the door He has talked about. You need not argue about Him; you will know everything about Him very soon. [To the translator]: they need not argue. So, you can now close your eyes, please. When the Kundalini rises in this area, there is a dilatation of the pupil. It is better to keep your eyes shut, so the Kundalini rises without any problem. Kundalini awakening is just the opposite of mesmerism. In mesmerism and hypnosis, you become somebody else. But in Realisation, you become yourself.

Now just put your hands towards me and wait for the moment when you start feeling a little cool breeze in your hands. Some of you may feel pins and needles, a little bit. And some of you may feel a little heat.

[End of audio]

1980-0505, Sahasrara Puja: Sincerity Is The Key Of Your Success

View [online](#).

5 May 1980

Sincerity Is The Key Of Your Success

Sahasrara Puja

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"Sincerity is the key of your success", Sahasrara Puja, Dollis Hill ashram, London (England), 5 May 1980.

We can say, in 1970, 5th May, [for the] first time, the collective Spirit of God opened out.

So far the blessings of God came to human beings individually as grace. And they received their Self-realisation individually, one by one. And the method for individual realisation was just the opposite of the collective. First they had to establish their dharma, cleanse themselves fully, desiring all the time for their salvation, putting their attention to their salvation, as you call it Ishwara Pranidhan (desire for God), thinking of God, asking for His grace and acting in a scrupulous, dharmic ways to keep themselves pure. They had to control their mind, control their desires, control their action in such a manner that they absolutely kept to the centre path. And when they could get through all that testing and immunity, and when they deserved [it], then only the grace of Mother gave them realisation.

This pattern was on for some time. These few people who got realisation did lots of wonderful things to prepare for Sahaj Yog. They were in every field of life, but very few and unique. For example, in India and in many other places in ancient times, they discovered the unique gifts of the Mother Earth; what you call as the swayambhus - created by themselves. These stones or stone images, which were thrown out by the Mother Earth, were discovered by these saints. They put shrines there, they worshipped them and, by worshipping, they made these images vibrate - more of vibrations and vibrate that area. All over the world there are such stones, but only the saints could discover them.

Then they established the importance of virtue in life: how virtue can give you health, wealth and prosperity which is glorifying and not which is degrading or which is destructive. They established schools and universities, specially in India. And today, even today, in India, the families which belong to one university carry the name of that university as their gotras. And even today the families belonging to one (the same) gotra cannot marry. They prepared young children, educated them, in such a manner that they led a very dharmic life, enjoyed their married life fully and then they matured in such a manner that they got their realisation and lived a life of complete enjoyment. Thus they distracted the attention of people which was outside, to inner, deeper values, by their own example, by their own behaviour, by their own style of enjoyment, by leading a very cheerful and a happy life. All this permeated a kind of confidence in God, religion, and a very good, balanced life. They have really done a great job of first building the scaffoldings of the huge, great building of Sahaja Yoga which is going to come now. They are just like nuts and bolts in our whole working. Their desire to establish dharma was so great that complete Divine force of Mahakali was working through them. Then they put it to the action with such understanding and such wisdom. Great scriptures were written by them and for many years, thousands of years, they were the guiding lines (guidelines) for people.

Only in the modern times, if you say about a thousand years or so, people started doubting them. Before that people used to doubt themselves. They used to doubt that, "We are not yet capable. We are not good enough. We cannot do it better, but they are perfect. Whatever they have said is all right." There was no doubting about the incarnations or about these saints, what they said. But the doubting was about themselves that, "How is it that this is the good path, we know, this is the real path, we know; still we are going in the wrong direction?"

If you read the poems of those days, it's all the time [expressing] that, "Why, despite the desire to be good, to be upright, to be righteous, why am I roaming into wrong paths and wilderness?" The writers in those days always showed that a good righteous

man was rewarded by God's blessings, but all this started toppling down with the ego developing and the super-ego challenging. Confusion started coming into the minds of people and they started doubting those great realised souls instead of doubting themselves. Because they could not reach anywhere near these great saints, some of them were influenced by many satanic forces around and played into their hands and started doubting those realised people and all these great scriptures.

So, [on] the one side we have the doubting people, the another side the fanatics. Those who tried to adhere more and more to the teachings had to become fanatics, so they became fanatics. And those who started doubting also could not show any benefits of doubting, could not convince the fanatics that they were wrong. So on one side we had fanatics and another side the doubting people - it's like standing between the two stools - the real religion in man collapsed. There cannot be a new religion. Religion is a continuous living process within us which is our sustenance. It's like a ladder on which we climb, leaving one by one, step by step, but not leaving the ladder. All others are required. So the ultimate had to be established because of these two types of emergence, one doubting, another fanatics. Both had not known God, both had not achieved Reality, and they criticised each other because both of them did not know what Truth was.

I took my birth at a point where these confusions had started showing its results even on the physical plane. All imbalances of life react - physically, mentally, emotionally, also spiritually. When I started looking around I was amazed how ignorance had made people naïve, like a cloud of ignorance which came on them. Formerly people had this much understanding, this much sensitivity to know what is right and what is wrong. Even if they were wrong they knew that wrong was wrong and right was right. But in this [world's] confused state I was born, and I knew I was to open the Sahasrara. So I started my work after my first shocks. I decided not to talk about it to anyone and lead a very, very normal life of a very ordinary person, not to be very striking. Because, like Christ when He was born, a star came up. That's how the king Herod came to know about Him, and his forces worked and you know the story what happened. If you are born with any striking signs the negativity immediately finds you out. As it is it found me out and just after the 15th day of my birth there was a very big accident as you know.

I had to really, really work, very, very, very hard to enter into your being to find out the different permutations and combination. First of all I had to find out your basic problems, what are your basic problems are. Once you handle the basics then you can handle the permutations and combinations. After finding the basic problems I started finding out your permutations and combinations and I was amazed how human beings were placed to their outside world and how they reacted to their outside world. And I identified that these permutations and combinations which formed within themselves were also capped by their other identifications, like the society in which they were born, like the nation in which they were born, like the ideas that were there. All these things became much more important than the Original Being, which is Universal, within you. And every individual had taken a very odd, funny, awkward type of a shape which I didn't know how to reduce and how to bring it to proper growth level by which they start their growth.

It was a very, very hard work and the nights after nights I used to work, while leading a very, very ordinary life of a very normal person. I used to deliberately behave like a very simple ordinary student and show all my ignorance about things, but sometimes, you know, Truth has an awkward habit of slipping out and it used to show itself.

Then this working started and one of the biggest major problems of human beings I found was the family life and that's why I married. I wanted to study what are the problems of family life. And then I started facing these problems as if they were my own and started understanding why people behave in this manner and that manner. Because these connections are to be done, of course by you, but much more by the Divine Force and if I could know what are your problems I would be able to act.

Then other problems like political, economic and all these problems also I tried to study because they became so important for human beings, which are of absolutely artificial value, but they did. So I had to see to that, what makes them do this and what makes them do that. Sort of a Human Behaviour Science I had to study for years. And then as you start unfolding or you can say unentangling or disentangling, or taking out the knots of a bundle, you reach a point where all the knots are opened out and one knot is still left, you see, which is to be opened out. And that was done on the 5th of May 1970. And once that had [been] done, the collective phenomena started working. And the greatest collective phenomena was that the Shri Chakra being on this Earth, could be felt through your fingers. This was never before so, nobody felt the fingers enlightened, nobody felt the vibrations on the

fingers as such, but they felt it within themselves because the rising of the Kundalini and everything and the way they developed themselves inside, they were more concerned about one individual. They developed their inner being much more than their collective being.

But now because the Sahasrara of the Universe was opened out, everybody started feeling the vibrations around them with their own hands. That means the chakras themselves were feeling before [but] now the fingers, which are manifested from the power of a particular chakra or chakras, could feel the vibrations. That means the sensitivity of the Divine, which was in the chakras, spread out to peripheries to such an extent that the human being could feel it on the fingers. This was fantastic!

So my job was to move from the centre to the periphery. While moving that, whatever are the obstacles I met, I had to clear them out, one after another. And then, once all the obstacles are cleared out and all the network is properly done, then to generate the energy through this happening of Sahastrar Day. So you can imagine how important is this day!

Now this much is for Myself. I don't know how many of you really know how much the Divine had to work and how many of you are really thankful to the Divine for this tremendous work, which was done through ages and now specially for these forty seven years of my life. Relentlessly it worked, keeping up the facade of a very normal, ordinary person. Because it had to reach to the ordinary, not to the extraordinary but to the ordinary. And one had to take out the extraordinary qualities in the ordinary by making them deeper. This was the tremendous task. But then I must say, that the Sahaj Yoga, when it started working out, I also was given very great workers, tools of Sahaj Yoga, who took it up upon themselves as their own responsibility. And you all should be thankful to them because they really worked very hard with Me, taking [it] up upon themselves as their own responsibility. Very few, but they did.

The rest of them can be divided into many categories:

Some of them just came for their own treatment or something like that, of a very low level.

Or for their relations; when they got realisation they got all their sick relations to me.

Then some of them came for their financial and all sorts of mental problems.

Then some of them came for their family and spiritual problems, for getting rid of that.

But the ones who took it up as their own responsibility, that this is what they have to do, this is their life, this is what their complete meaning is, they put entirely their attention to it and they worked it out, whatever was possible, on their own level.

So today we have to understand one thing that we really need those brave people and those people who feel responsible, which is a very important virtue of Sahaj yogis. While personal things, your own chakras and your own problems and all that is not important because if the whole improves you are going to improve too. If the whole of the body improves you are going to improve. But if one finger improves [and] the rest of the body is suffering, you see, you are not going to be happy either.

So the main thing is what are you doing for Sahaj Yoga? What you can do? How far you can go? How you are going to work it out? In every walk of life and field of life, those who really work it out as a great responsibility upon themselves, are the ones [who] will be given more and more powers and chances.

Then in Sahaja Yoga you will find it's so simple and clean, absolutely clean. There is nothing hanky-panky about it. Right from money up to the point of you people [who] are confiding things into me. You have been telling me all about you, and I know everything about you, which I have taken into my Ocean of Love, and have tried to help you in every way, outside inside solving your problems.

It is so transparent to see how Sahaj Yoga is so much a Mother to you. But whilst taking all the advantage with it, still you are

more identified with your own enjoyments and your own idea of enjoyment. You people still do not enjoy that collective Spirit which was opened on the 5th May 1970. You still, in companionship, in company with each other, you enjoy it more like people who are not Sahaj yogis.

Now today is the day to make a big determination that you will start enjoying your collective Spirit. Everything for the collectivity. Then the enjoyment will be maximum. You will never feel that you have sacrificed anything. But unless and until we have more of such people, the other dishwashers are of no use. Just dishwashers or of a very low grade Sahaj yogis are absolutely useless, who just want to take advantage and have a nice time, and all that, type of people. They are not going to make much mark for us. You don't need much intelligence for that, you don't need much money for that. You don't need anything but a complete desire. And one should know that, here, we are going to gain our own flowering, the flowering of the whole, of which we are the part and parcel.

So you must make a determination not to bring Sahaj Yoga to your personal level or to your limited problems, or to your own relationships. It is the relationship of the Creation with God. It's not your relationship or anybody else's relationship. As in any machine, all the wires must be connected to the mains through one main wire, in the same way you all must be connected to God individually so that you all are connected among yourselves. I've been saying this again and again and again because at Sahasrara you are being blessed of this collective Spirit.

The second very important point is of complete integration within and without. Within, unless and until there is integration, we cannot bring forth the outside integration. The complete integration within, comes by dedicating yourself to your own improvement. First and foremost is: time must be given for your development. Not to show me or not to show anyone! It is between you and yourself. You have to work hard to cleanse yourself. Easy to live comfortably with all the horrible chakras within us, but it is easier also and the best, most enjoyable is, to have very clean chakras.

And it comes [by], first of all, is sincerity. First of all is complete sincerity. Are we sincere to ourselves? Sometimes it is misunderstood. People think if you have to be sincere to yourself we should deny Sahaj Yoga. Sahaj Yog is the union between you and God, and the sincerity must be full, must be complete. Any kind of insincerity which comes into you is extremely detrimental. So you must know that, as your Mother has sincerity about you, you must also have sincerity about yourself. Then you will start enjoying Sahaj Yoga. That is very important to create integration within you because if it is sincerity, it comes from your heart. If it is coming from your heart then your body, your mind, your intelligence, everything will work hard to fulfil it. But if it is not coming from your heart it is going to be a superficial thing.

So you try to feel it from your heart. That's what it means: sincerity. Do not depend on anyone - your wife, husband, children – nothing - mother, father. It's your own. So you have to work in such a way that you get complete integration and the driving force towards integration is a very simple one: is sincerity. Thus you will know that automatically you are getting integrated.

The another factor [which] is important is patience. You must have patience with others, because if you do not have patience your sincerity will start doubting itself. So you must have patience and to get patience you must know what you have been so far and where are you. When you will know what you were, you will have patience with others, tremendous patience. And by having patience with others your sincerity will be all the time complete. By your sincerity you will be completely integrated.

So we come to the point of sincerity. Now let us go deeper into it: how the sincerity is to be maintained. First of all we have to make some determinations, sankalpas (vows), of being sincere. Then we have to act by finding out how do we get insincere on what points. You are good at analysing [so] you can find it out: how do you get insincere, on what points you get insincere, what are the correcting points. Keep a control on your mind to see how does it become insincere.

You'll be amazed that it's simple to be sincere than to be insincere. Is the easiest thing is to be sincere than to be deceiving because you don't have to think. To be sincere you don't have to think. If you have to be insincere you have to think, plan out and to find out methods, all the loopholes and escapes, by which you have to run away. If you have to be captive of your sincerity you don't have to worry about anything and that sincerity itself is rewarding. This principle must be written down in your hearts that

sincerity itself is rewarding. You don't have to go to anybody else to ask for the reward of sincerity, sincerity itself rewards you. And that's why you start enjoying your own sincerity. If you start seeing all these things as a witness, that how your sincerity has made you so beautiful, so dignified and how you have started rising in your self-esteem, you'll be amazed how sincerity itself is a big force which will manifest its living dynamism in you and you'll be a transformed person.

This transformation within you is going to change the whole world. People are going to see that you are no more a confused person, you are not a person who is doubting and neither you are a person who is a fanatic. You are not a blind person and you are a person who is alert and aware and who can see things better than others. So, Divine is only interested in such people. As I have told you before that Divine is more interested in a little worm which is alert and aware than in a palace of a king which is dead. The more alert you become the more Divine takes interest in you. But this alertness is nothing but the enlightenment of your sincerity. You'll be amazed how sincerity is the thing. That means you are loyal to yourself. You have to be loyal and not disloyal. The loyalty to yourself is sincerity and that is how I have managed Sahaj Yoga. But sincerity is my nature, I don't have to strive for it. I cannot get out of it. While, if I am your ideal you should try to imbibe my nature, within yourself. And then you will be amazed how you are connected with me. Then we all move like one wave, one being, one personality. That is the achievement of this Sahastrar Day. Sincerity of purpose brought in action, not theory and philosophy, but in action, active sincerity, in every way, and patience - all these things will bring forth the complete integration within.

Once your transformation starts working out, if human beings start getting transformed, tomorrow you will be placed at the helm of affairs everywhere in the society. Try to contact other people at your own level. Whatever may be the category of life you are leading please try to contact them. By doing so you create an atmosphere which starts another circle of evolution which is the outside integration where the societies get integrated. All the people who profess different religions come to this Sahaj Yoga which is today the fruit of all the religions. The integration between political and economic situations, complete ideologies, will integrate because the source of all these is the same. It has gone into disintegration because of its artificial identifications. That's how we'll integrate the whole world into a beautiful integrated Creation, with the purpose of blissful existence for all of us to enjoy!

Good times are ahead now. Maybe next Sahastrar Day, if I am with you, we will start seeing what I have said today. But today all of you must know that you are the base of Sahaj Yoga in UK and in Europe. Try to become sincere and sincere and sincere and enjoy your sincerity.

I bless you all with your sincerity and today I have to tell you a few more secrets about Sahaj Yog is that, for the puja we should not get people who are of mediocre nature because to bear up puja is very difficult. People [who] have not yet understood the value of my Being, of my feet of my hands they cannot, they do not deserve to be here. So do not get anybody because he is your friend, or a sister, or a brother just down here. Is wrong. You are spoiling the chances of the poor person because it is too much for him, he cannot bear it. It is meant for very few people. So remember that it is not meant for many people.

Now what we call as the charan-amrut is, means the ambrose of my feet, or you can say ambrose of my feet, is not meant for everyone. Neither the blessings of the puja are not meant for everyone. So try to avoid people who are not yet fully equipped. First thing they will start is doubting. If they do not doubt, also, there will be a problem with the protocol. They won't be able to accept it with that protocol.

It's a very great privilege to be here and this privilege cannot be granted to every person. If you could understand this is the secret of Sahaj Yoga and in this secret you have to get very few people to begin with. Everything is going to be exposed one day, but not to everyone. If you can recognise this that you are privileged, then you will behave in a way that you have been given this privilege.

Today's day there are many people in the whole world who are meditating. I am thinking of all those people. You have to also think [of] all of them and know that they are part and parcel of my Being as you all are and you are the alert ones. So, at this time in this puja, you are not only doing puja for yourself, for London people, but for the whole world. Not only for Sahaj yogis who are all over, of course for them also, but in this puja you are expressing yourself as Sahaj yogis, you have recognised Me, and are

requesting to bless the rest of the people so that they also recognise me as you have recognised.

By this puja I hope recognition will be much more clearer. By my recognition only you will recognise yourself and the whole thing will work out in a very, very beautiful manner. As I have said, next year, on 5th of May, we'll see the results of what I am saying today.

Only thing [is] I want you to be sincere, not to play games in Sahaj Yoga. It will harm you very much and harm also other Sahaj yogis, so don't try to play games. It will harm you because you will be harming the path of emancipation and as a result you will be punished, as a result you will be the loser. So please try to be sincere. It is not difficult. This is not the way to be taken: many people I have seen, they think I am chastising and all these words are wrong for Mataji it should not be used, [that] there are many words which should not be used for me.

It is just your privilege to be here and [you] must understand that privileges are given to people who are deserving. I am telling you these things because you are deserving. And in that condition you must understand that this is a great privilege that I am telling you all these things and that you should feel enamoured that I am telling you that: sincerity is the key of your success.

It's a privilege. I am giving you the key. While as it is, you see, the Western mind is, people think that, if you tell somebody something like that they can use a word like 'chastise' (sic) and all these words are not to be. "Must use words which are protocolish. [It's] not proper." If in your protocol you are not alright, you know how you start fitting wrong bolts into wrong nuts and spoil the whole joke, so be careful as to how you take it. Take it as a privilege. It's a VIP treatment for you. You are all VIP's. I cannot talk like this to the multitudes but I can tell you this because I want to give you the complete keys.

If you can look at yourself as how privileged you are and understanding it, understanding what all Sahaj Yoga is, then you will understand that - what a privilege it is for you to be here, what [good] fortune, what reward for what you have done. How many lives have been completely rewarded by being here. This will help you to do puja in a more sincere manner.

May God bless you!

Now we must meditate, also, after puja, because my vibrations you do not suck in without meditation I have seen. And always it happens - so far I have had very few pujas in which my whole vibrations were sucked in. If you have sincerity about it, really the sincerity part of it, you'll suck all my vibrations. Tell your mind not to ask questions and to misbehave but to suck the vibrations clearly. This is for your own nourishment, for your own growth, for your own enjoyment.

May God bless you.

Today I am so heavy laden already, that I can't open my eyes.

May God bless you.

Let us start the puja. Alright?

Shri Mataji: You can start.

Yogis: Om Twameva Sakshat Shri Nirmala Vidya Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Shri Mataji: Again.

Yogis: Om Twameva Sakshat Shri Nirmala Vidya Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Shri Mataji: Again.

Yogis: Om Twameva Sakshat Shri Nirmala Vidya Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Shri Mataji: The Swadishthana is better now. Come along. Are you feeling alright too? (Person: "Yes...".)

Good. Alright? Are you feeling the cool now, cool? Haven't you? Cool breeze.

Yogi: Heart.

Shri Mataji: Right heart?

Yogi: Left heart.

Shri Mataji: Left heart. Is he better? Swadishthana is better...

Alright? (laughing). Now come along.

You see, if you can take out your coat you come along. I'll just see your ??... How many days did he...

Yogi: I think maybe since two years

Shri Mataji: Two years. Everything works out...

There. That's alright.

How are you now John, are you better? Better, relaxed? Alright. Now, one thing is you are not to feel guilty about anything. Whatever has happened has happened. Done, so done. Not to feel guilty, because that makes things much worse. Alright? Things like that, just don't worry.

Yogi: Yes. Mother.

Shri Mataji: Don't worry. That's the point.

Now. John? Yes. Left Vishuddhi is cleared out.

Yogi: Thank You, Shri Mataji

Shri Mataji: See. Give it. See? Here... You can give bandhan for this... Give her a bandhan. Yes.

Now. See your reflection, I'm not sure (laughter). Ha!

Yogini: Thank You

Shri Mataji: What is you don't know? What is to be said. It works. Here? Here you are.

Yogi: Yes

Shri Mataji: Are you cured? John, how are you? Alright. Now you don't put your neck here and there, or anything, you sit straight!

Because when the Kundalini rises you should be quiet, and you should be steady. Steadiness is one of the signs of Realisation. Should become very steady. I can sit on one posture from nine to ten – I mean I have sat, I don't know how much I can still! (Laughter) - But I have sat on one posture. Alright?

Bala? Yes. Hang on... (inaudible words due to bad quality audio) Thank you.

Yogi: Just a bit of right heart.

Shri Mataji: Rama's mantra did you take that?

Yogi: Pardon?

Shri Mataji: I said, Ramachandra. Did you do Rama?

Yogi: I think he doesn't know, Mother

Shri Mataji: Eh? Did you do any mantras, Rama's mantras? You don't know.

Yogi: I just don't understand.

Shri Mataji: You don't know.

Yogi: No

Yogi: So it is - so it is the right heart.

Shri Mataji: You are? What is it?

Yogi: Kidding, kidding

Shri Mataji: You really are?

Yogi: Yes, very much so.

Shri Mataji: This is only for England or for anybody else? (Laughter) Because this "ing" – the only sound of England, you know? Not in Sanskrit – [that is] wrong - there's nothing like 'ing' – of any kind (laughter)

(Long unclear section due to bad quality audio – conversation about sounds in different languages continues)

Shri Mataji seems to say "Ing is not there". Then Shri Mataji says that in Sanskrit there is a sound, which sounds like Igan, "a very big combination" between "I"(pronounced I) who is the Mother of the Universe and 'Gan' who is Ganesha, so it's a very big combination". The sound would be something like "Igan" – nasal sound – "in Sanskrit".

The yogi repeats the words 'kidding, kidding' accentuating the final 'ing')

Put the attention to him instead. He'll be alright... just can't be negative. Really he understands... that what is going to happen to

him... Good. Better now.

(Shri Mataji says some mantras) Ha! ...

Ha. It is a left problem ... with his Agnya. You just say the name of Mahavira, the deity of you know, left side. When you just can't take it out, it is Mahavira, because... his Agnya, Vishuddhi... formulate the mantras ... Mahavira. Say: Twameva Sakshat Shri...

Yogis: Mahavira. Om Twameva Sakshat Shri Mahavira Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Om Twameva Sakshat Shri Mahavira Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Shri Mataji: Are you ok? Are you alright? Should believe Me. You'll be very good. Should be alright John? Good. Better?

Catching completely on his Agnya.

Yogi: Gruha Lakshmi

Shri Mataji: Hm?

Yogi: Gruha Lakshmi

Shri Mataji: Alright. Say the mantra.

Yogis: Om Twameva Sakshat Shri Gruha Lakshmi Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat Shri Mataji Shri Nirmala Devi Namoh Namaha.

Om Twameva Sakshat Shri Gruha Lakshmi Sakshat Shri Adi Shakti Sakshat Shri Bhagawati Sakshat (Shri Mataji Shri Nirmala Devi Namoh Namaha).

(End of recording)

1980-0511, Transcendental Meditation and Ashram Behavior

View [online](#).

11 May 1980

Talk to Sahaja Yogis
London (England)

Talk Language: English | Transcript (English) – Draft

...very guilty, becomes absolutely passive, docile, and just like a cabbage. Because when you are released from that thing, you go into sleep. And when you start getting into sleep and all that, then the subconscious takes over and then you become the other side. So simultaneously you become a sadist as well as a masochist. All right? So you go into two roles. Now, it's very cunning. If he had put you on the one side only, you would have run away. So better kept just [lead/lean] you from one to another side. So you never get out of it. This is cunningness. While this fellow, he has taken you to the right side by which espionage, this, that, you do. Then you are caught up. But if you, supposing you go as a, say, somewhere to attack first as a king, then they recognize you. So then second time you go as a beggar. You see, you play all the time into double. This is his trick, all right? So, then he started these courses. First he made you supraconscious and he started your courses. Means you became ambitious, you see.

Sahaja Yogi: Yes.

Shri Mataji: By that you became ambitious. You wanted to fly. That was a flying sort. All right. So he said you can fly. Now, this idea can only appeal to people who are on the supraconscious. Otherwise, who would like to fly? See, you have no way of landing also. And the flying was nothing but an excitement that you must jump, you must jump, and the competition was set in. We were all jumping, breaking our Mooladharas every time, and we were absolutely unconscious as to why we were jumping, like hopping all the time on the thing and the mattress. And nobody was taken off or anything, nothing of the kind. We absolutely were sort of possessed and we all started hopping. And we were not in ourselves. The thing was like hypnotized we were, just jumping. You see, these people if they are [sent in the trances], you can make a person hypnotized. You can ask him to take the milk just like a little baby. It will start sucking the bottle even.

Sahaja Yogi: The fascinating thing is that whenever the course started and they were again doing the flying technique, before they did anything they always had someone [who was ready] who was able to hop around in the room.

Shri Mataji: So he introduced the ideas.

Sahaja Yogi: Yes.

Shri Mataji: He is the setter of the competition.

Sahaja Yogi: Right. Yes, he is.

Shri Mataji: You see, mass, this is a mass hypnosis, he is. He is the setter of the idea, you see. So you try to follow and compete.

Sahaja Yogi: Right, right, right. But you, you didn't know, I mean if you haven't seen the person actually do it, you know, and do what he did do they you would just sit there and maybe, you know, have a just [excitement].

Shri Mataji: Sure.

Sahaja Yogi: But I mean, the whole thing is that you have to see what was being done.

Shri Mataji: It's something like jumping on a horse in a circus, you see. If you train people you can just jump, you know, and it's a

more [abhyasa]. It's also practice.

Sahaja Yogi: Yes, right, [I've done] that time.

Shri Mataji: If practicing one can do it. You see, by pressing your knees on the thing can just start jumping a little like that. So you put that on, that this kind of a jumping started. But now, these courses started. First of all mantras, and then the courses. So first and foremost thing, it stated with God to begin with, all right?

Sahaja Yogi: Yes.

Shri Mataji: Now, you, later on he stopped about God. But all these mantras like [Sanskrit] and all these in Sanskrit are all about Shiva who is the God Almighty according to Indian philosophy. [Hindi] God name? Then what are all these mantras are? To whom you are doing Havanas? See, to which one? It's not to [agony] or anything. You are doing it to Shiva.

Sahaja Yogi: Yes.

Shri Mataji: These mantras are for Shiva.

Sahaja Yogi: And then, most of [them] have mentioned about the reading that, reading the [unclear] and [Ten Commandments].

Shri Mataji: Yes, and then he asked us to read a particular thing, which has no meaning. You can read anything. It is all unauthorized, comes out from the other side, make no impression on us, nothing. On the contrary, by reading that, God knows what he did to us. We became more nervous.

Sahaja Yogi: And the other thing is that I should imagine that here is the ninety per cent of the people who pulled us free and this is very nice.

Shri Mataji: Because it was boring, it was Greek and Latin to English people, you see. Write it down. It was all Greek and Latin; for that we were supposed to pay. He never translated it to us and only that is the thing we had to read. We could not read anything else. But by reading it we did not understand, and by understanding we did not become. So you bring in Sahaja Yoga.

Sahaja Yogi: Yes.

Shri Mataji: We were just the same. Then he said that there were certain rules and regulations about having a celibate life but he was never bothered. People led all kinds of horrible lives, had all kinds of bad relationships, all sorts of perversions. Everything was going on. But everybody was deceiving. He himself never led a celibate life. He's the biggest, what is the word for such a man is – there's some word.

Sahaja Yogi: Hypocrite, Mataji.

Shri Mataji: No, no there's a bad word. I don't know. In English language you have very selected words also. A man who has relations with many women, what do you call?

Sahaja Yogi: Adulterous. [Licentious], or licentious. Or [depraved].

Shri Mataji: No, no, no, no. Debaucher.

Sahaja Yogi: No, debaucher it's, no [it's a lovely name]. It's the [unclear]. That could be a debaucher, that's why I looked.

Shri Mataji: See, I know English better than you. I actually looked into [the/this] meaning of Sanskrit into English and I found out

the word. All right? I worked really very hard. And the cost of all these things you have to mention, different costs. And what did you get out of it? You did not know what you were doing. He already told you there was, everything was a secret. He said that, this is, you are not to know the meanings, first of all. Secondly, he did not tell us how it was going to affect us. Thirdly, we did not know where it is going to work, what is, what is the results to be expected, except for everybody getting headaches, migraines, madness, lunacy, epilepsy, shouting, screaming, cabbage-like existence. Nothing else happened to anyone whatsoever. And not one person flew there.

Sahaja Yogi: Also couldn't we bring into some fact that how did, you know, there one actually had any [vague indication/verification] of where he was.

Shri Mataji: You see, that you, you can say after Sahaja Yoga, you [see/say] but you can say that we were sorts, as if we entered into some sort of a blanket, which was all dark and every time we moved any direction you see, as in the military they'll give this training. You know what sort of a training they give? They put people inside a cover and that cover is all dark. And there are [poky], what you call wires, which have got thorns coming out. So if you raise your body a little bit higher, you get those thorns into you. And you have to move straight, just like that. That sort of a thing it was. And if you moved backward, you didn't know where you would go. You didn't know which way to move. You were just moving forward into it. It was, there was no way out.

Sahaja Yogi: And the fear they have it. The fear.

Shri Mataji: Achcha now. So the first one was that. Then the fear was injected to us. Now what sort of fear was injected? First of all, first of all, ego. You see, you will be this, you will become a, that we are doing enlightenment. Nobody seemed to be enlightened, by any chance. They were all dirty people, doing dirty things. They were, of course, some of them were Nobel Prize winners, this, that. But they didn't have a good life. They came and stayed nicely. You can also mention Indian officers, how they came and stayed and enjoyed women in Switzerland, how they were paid for, free money and all that. They stayed there, and that's how now he is blackmailing also Indian officers. All right. How he, he, he asked some people to smuggle cameras and those things to India just to help some Indian officers there. So these things can be brought in there. So now for the courses of flying, you see, what you do exactly you must show them. You must tell them the mantras, what are the different mantras are and how these courses are done, then your yagnyas are. Yagnyas are nonsense that he has thought, you see. It has no meaning. People just laugh [and say] when we tell the Indians the, it's, it's just a joke of a mantra and everything. There is no sense. God knows to what they think he was doing. We had no idea. They told us, "These are few mantras that every Indian knows." There's nothing great about it. And then he said, "You do this," all rituals made by him to befool us. Then you should also say, whatever the, what is the effect because of their, you see, vegetarianism, forced on us, you see.

Sahaja Yogi: Yes.

Shri Mataji: Vegetarianism forced on us. And the starvation and the way they gave you the water of the potatoes to drink first, and then the rind and then the boiled potatoes.

Sahaja Yogi: Then what else?

Shri Mataji: They will write this, the diet that they give them. Physically you were ruined because you had to jump like that, eat nothing, live in a Spartan way and supposed to be ascetics, you see. And he said this is trusty. You see, the thing is, he had an explanation for everything. If somebody died or committed suicide he would say that's, not his thing.

Sahaja Yogi: He's very un-stressing.

Shri Mataji: He's un-stressing. Or he would say that he is now gone to Heaven. According to him is to certify now he's gone to Heaven. God knows how he knew all these. Or else somebody became very restless, unhappy; then they would, they would say that, "You go to psychologist," and they, ultimately they would land up in lunatic asylum.

Sahaja Yogi: There is one [beautiful nobody] who had lot of the [heavy un-stressing] and that was putting people in hot and cold baths.

Shri Mataji: See, hot and cold baths. And what else?

Sahaja Yogi: Tearing clothes, [often] cold clothes and putting them on your spine. And running cold water you were getting there showered, have a Scottish showers you could and then you get into [cold] and then you have.

Shri Mataji: To develop immunity, they might say.

Sahaja Yogi: So this is first to help the heavy un-stressing begin.

Shri Mataji: And nobody felt really un-stressed. On the contrary, we had screwing pins continuously.

Sahaja Yogi: There was a, there was a, the question was asked by someone on our course because we've been reading, crest of the issue was, "Look what happened to [our God]". He was the appraiser. They were the appraisers. And...

Shri Mataji [Aside, maybe to the mother of a child]: Rub it, rub it. Come.

Sahaja Yogi: And, Chapter three, verse thirty one.

Shri Mataji: You want to take the children? Yeah...

Sahaja Yogi: We must go.

Shri Mataji: Yes, poor things, they must be tired.

Sahaja Yogi: And it says that...

Shri Mataji: May God bless you [as others/Isidor]. Your children are so beautiful and your wife is all right and everything is fine. I'm very happy about it. May God bless you.

Sahaja Yogi: There was this passage about that one had to be careful because one could get if [one who had] the desire of doing these things for their own game. Then one, you can put up with these, [any kind of godly services]. In other words does yogis who had gone to the [poor], were themselves been caught up with the ego, and have died, you can get possessed by these things, so... it's says in this book and we asked him about that. And he said, "Oh, it's only mistranslation." Then why about it? And this is one of his major things, and then he always said that books were not translated properly.

Shri Mataji: That's why, you put it in one this thing, whole thing is misguidance. And like this, you see, anything you told them, they will say, it is un-stressing; they would say it is mistranslation, it was this, it was that. Like that, you see, explanation was ready for everything, you see.

Sahaja Yogi: Always.

Shri Mataji: Always. There was a no [dirt; GW: dearth?] of explanation, you see. And it always would repel on you. They would say that it was your karmas. That's why you are suffering. Then why are you there?

Sahaja Yogi: Yeah, right.

Shri Mataji: You see. Why are you taking money? If we have to pay for our karmas, what are you doing there? And no, no knowledge of any kind, nothing, you see. Then for physical problems, you should tell how physically you worked with possessions, what happened to you, that suddenly the body would become absolutely heavy, and this and that, and all these would happen. Physically you should say that a very big, this thing would come, what you call, a kind of a pulling on the Vishuddhi, means you can say the pulling on the....

Sahaja Yogi: The headache...

Shri Mataji: Headache...Nei, nei, the whole, whole, whatever you call about, becomes suddenly very stiff.

Sahaja Yogi: Yes, something stiff.

Shri Mataji: Or in the body suddenly somewhere it would become just stiff like a cancer patient, you see. And people would vomit and just do all kinds of things, receded physically, you can say. Then emotionally you can say...

Sahaja Yogi: Depressions.

Shri Mataji: Ha, depressions and also suicidal tendencies, you see. What he did, by creating you like that, docile people, naturally such people cannot be aggressive, see. So he said that the criminality is less. But you see, either you destroy others or destroy yourself. So he pointed out. He's a clever man. So he said, "Why do espionage? Better make them horrible."

Sahaja Yogi: One of the tasks.

Shri Mataji: So he was destroying. He was just like Hitler. He made you so weak, so weak, that after all these, after ten years with him, nobody can raise his head. You are left without any money. You are left without any physical strength. Nothing is left to you and you just have to face it. All right? So this is the thing is. So first you have written speedy thinking and all those things and aggressiveness in the beginning.

Sahaja Yogi: Egotism.

Shri Mataji: And then, you see, fogginess came. Then the fogginess came, the sleep came, we used to sleep for hours together. We could not get out of our beds and, I mean, we just became like cabbages. All right? Now in women he created romantic pseudo-feelings, you see, feelings of pseudo-romanticism and all that. It's all junk. Through his hypnosis, otherwise look at this face. I mean, which woman would feel any attachment for a junk like him? But you see, he did it, you see. He's no hero by any chance or anything, you see. Now, then, then he give you epilepsy, ending into lunacy. You can quote the names of the people, you see, what happen. People, did they get heart attacks, exactly?

Sahaja Yogi: A person at first did the research on [classing] documentation. He was called Dr. John Alison and he died in. Yeah, he did the research on heart, in the [aneurysm] and the heart [auricle]. And he did [it that's why] best way. He died in '76 [with] Mahatma Gandhi.

Sahaja Yogini: He was about fifty.

Shri Mataji: You see, in the beginning, the first half of it, if you had not entered into the second half, you see, the first half, where you were just aggressive, that time you will get heart attacks. So some people died with that aggressiveness. It is always combined with aggressiveness or ego-oriented it is. Heart attacks come to people who are more on the ego-oriented or who, who also over-exert their body. They get their heart attacks. So these people must have got it. But those who become mad do not get heart attacks, you see. So, so somewhere finished with heart attacks and somewhere brought to the, if the survived such a thing, then they became lunatic. Nervousness, nervous tension, and biting the nails.

Sahaja Yogi: The person who is depressed [unclear] demand the treatments. Nails are down to the [ungues].

Shri Mataji: You should put all this point. Then apart from that, you should also say about this thinking. Thinking became very foggy, you see, or could go to a point only and could not go any further.

Sahaja Yogi: One will talk and yet forget what one was talking about.

Shri Mataji: Yes. All right. So physically, mentally, emotionally, you are ruined. Then the best part was the financially. Financially people, the screwing pin and all that you have written, isn't it?

Sahaja Yogi: Yes, Mother.

Shri Mataji: And about, yes, financially, financially most of them became bankrupt, those who are senior people. They have no money. They sold their houses for the children, had no place to go to. They could not send their children to schools. They didn't have money to give food to their children, some of them, which you should name. Some of the people are like this, you see. So the money part of it, you should say financial ruined as you have suffered, you see. While he himself, his lifestyle is that he has a bed with a diamond, these things and all that. He lives, he has got his own air hostesses and he has got his own aeroplanes and this and that and all those things. And he calls it charity, all right? Then, now he has deposited his money in various banks. See, he's a yogi. Why should he worry about saving income tax? He's such an expert on all these, you see?

Sahaja Yogi: Or this educational...

Shri Mataji: Now, what is educational?

Sahaja Yogi: He kept that charity on educational, charity is [unclear].

Shri Mataji: Moreover, whatever money you paid, you see, and then you became teachers. So whatever you earned was taken by another course, you see, sort of a feedback.

Sahaja Yogi: Oh, yes, constantly.

Shri Mataji: Constant payments. So ultimately everybody landed without any money, you see. There was one tap from which you were getting, and another big tap which was flowing out. The whole life was joyless, powerless. You see, you were like morons, you can say. Either you were sadist or masochist. Nobody was normal. And you were completely incapacitated as human beings, frightened, full of fear. People had arthritis also.

Sahaja Yogi: [unclear]

Shri Mataji: Is it? Arthritis. People had arthritis and stomach troubles and all....

Sahaja Yogi: Migraines, incredible migraines.

Shri Mataji: All kinds of migraines, and all kinds of troubles.

Sahaja Yogi: Is, is a headline about TM migraines, terrible migraines?

Shri Mataji: Pay for getting migraines.

Sahaja Yogi: That is a true fact. Starvation also. Many, last year some [really starved].

Shri Mataji: Really? Now...What's there?

Sahaja Yogi: There's a very interesting [unclear] clear, Mother, although I thought there we should...

Shri Mataji: Now from there only he had taken hard labor you were put to.

Sahaja Yogi: Yes.

Shri Mataji: You were given prisoner's food. You see, he is a little foolish.

Sahaja Yogi: Yes. There was something very interesting here as [marvel failure singer] University of California has [unclear] to interview July and many more. And more than four hundred former members were various cults. I wonder if we shouldn't write to her and find out if she hadn't, had any of the TM people to the...

Shri Mataji: That's the, that's the side issue. But just now, you see, for these people now....

Sahaja Yogi: This one?

Shri Mataji: No, no. the way they put hard labor, given you hard labor, eat like a prisoner's food. You were all the time on the run. Nobody was bothered about your conveniences. With children you were running about. It was such a torturesome life, you see. And you didn't know where to stay. He charged for children such a lot. And children we used to scream and shout to. They had a very bad time. Then, he charged money for children and all that, all right? Then...

Sahaja Yogi: Without specially [movement] he could [unclear].

Shri Mataji: So ultimately what happened to people is that they got diseases, they got hysteria, they've done psychotic, suicides and deaths. This is what is the end of. Now, will he not know where the money was going, how it was spend? Nobody knows anything about it. And how the money was collected, how it was given. Only what we know that from here lot of cash money, and those days when it was not allowed, was taken by bags by some people. You should, you could also say that, "Once I carried a bag to Switzerland and later on I discovered that it had money," like that. Then, the greatest thing was that, the, the character, you see, he did not allow us to built up our character. We had to give up all our values, we had to tell lies, you had to make stories and you had to tell all kinds of things. Otherwise, he said you cannot go ahead.

Sahaja Yogi: He doesn't like [the perfect truth].

Shri Mataji: Everything was money-oriented. He said, "Now you learn these things and earn lot of money, again join new courses." But the best part of it, you see, we should say here now that we have found out that he talks [out]. He doesn't want to talk of God but the Sanskrit slokas are addressed to Shiva who is a Hindu God, who is a Hindu God of existence. And when we talked to some people who are authorized in this, I mean those who are very well-known, real people, you see, who live in the forest, and when we found out, we found out that these, the persons who has to give mantras, has to be a realized soul. While, most of these ones we gave also to, these mantras and we were not at all realized, nothing. We did not know and he just gave us authority because we paid more money.

Sahaja Yogi: If you wanted to join a certain [kink], the inner [kink] you had to have, he's saying how much money you had?

Shri Mataji: Yes. All inquiries were made: how much money we had, how much we owned, how much...

Sahaja Yogi: [unclear]

Shri Mataji: Yes, fill in. And what you were doing, you see, also. This is the most important thing, how much money you had. What spiritual strength you had, that was not necessary.

Sahaja Yogi: Yes, has nothing to do with it.

Shri Mataji: Nothing to do with it. Exactly. And neither he ever corrected anyone on that point.

Sahaja Yogi: Never.

Shri Mataji: Never said. He said, "Go ahead. If you have three women, have five. Doesn't matter, as long as you give me the money." He was least worried about your spiritual life or your character. This is the point you must make out. And this is not Indian style because Indian style of things is that in that you, your character is the most important thing.

Sahaja Yogi: Never interested in the individual's progress. Only he's interested in the [unclear].

Shri Mataji: I mean, he made you lose all your values also. Whatever character you had, that also he made you lose, you see. Now, you have to talk about their tantra, that this is something like a, what you call, witchcraft. That is, is a tantra is an old cult of India which is, which is done in this way that they offer Puja, unauthorized these people, to a deity. And because they are unauthorized that they don't know how to do it, it is said that the deities, they go from there. Their attention goes away, it is said. And in that, in that area then appear all these horrible people because there is no attention of Divine there or of God. So they come and then they capture this and then they handle it. It's a very old cult, it has been there for years together and this really came into being after, after Adi Shankaracharya.

Sahaja Yogi: Yes, Mother.

Shri Mataji: Because just to harm his pure Kundalini Yoga, you see. And he said Kundalini is the one. Just to finish off, really these people came like satanic, they are very satanic forces. Well, this is the point, [you see]. Now, he's, we have heard that he is doing blackmail of Indian officers. He's got their, all their, what you call the, past and all that, confessions. He gets confessions from people. Then he used to call high officers for entertainment in Switzerland and his fares used to be paid and they were supplied with other things, whatever they needed, all right? They, they kept the government in good mood.

Sahaja Yogi: When we came here could Mr. what was his name...

Shri Mataji: [unclear name; Kemillal?]

Sahaja Yogi: And through [unclear] and he was asked, he was asked to go then, that they would pay him that time to stay here.

Shri Mataji: No, that's very common. Everybody knows. All these people went to there without paying any fare. They were given free these things. OK, we can find out who were those. OK? And why should they mind? You see, what I am saying, that government won't [be in/give any concern] about it. Now the whole thing is, you should say [it was such a mismanagement. Now [from] what else to what else we used to go? We did not know what was happening and all that, and we had no idea, just like sheep, you see, sheep. And they were just driving us mad. We did not know what they were doing, and they raped women and the children become mad, mad screaming and shouting.

Now the last part of it you should say that they took...

[Part missing]

Now the last...

Sahaja Yogini: Esther received, Esther received some calls when [she left from TM people].

Shri Mataji: Yes, everybody is receiving [calls/colds] and this thing and he's giving all funny, this thing, when they came to know that we [have, are] disappeared. But the other thing which I have to tell you about, your personal thing, now your case is on. And I don't know whether if your name just now appears will be good or not. But this is just a preparation. You should say that, "My case is on." So only this should take place when the case is declared within, say, fifteen days or so. Then it would be all right. Because it's under jurist, you see. So whether your name should be brought in or not, it's not proper.

Sahaja Yogini: Mother, I think, this very subject scares some people.

Shri Mataji: Aaa?

Sahaja Yogi: We have to find out whether this subject it is [safe] for her.

Sahaja Yogini: Scottish Law is different. We may miss...

Shri Mataji: No, no, don't play with it. What I am saying is that we are not going to lose that money because of this. So be careful. Better, it's only fifteen days more for this thing to act, isn't it?

Sahaja Yogini: Are we talking about the [unclear]?

Sahaja Yogi: No, no, no, no.

Shri Mataji: Or we, the sound that's gone out?

Sahaja Yogi: The sound that's gone out.

Sahaja Yogini: We have to check out tomorrow.

Shri Mataji: That's what I am saying. So you find out if see, if see, if it's a substitute, then you should tell these people, BBC people, that, "We'll come to you little later." Or whatever it is, you should not take, you don't give your names just now. All right? Just find out. This is I am giving you a question about it. And then you have to tell all about it, what happened about that. And there are some here... You did also TM? Hello. You did also TM?

Sahaja Yogi: Yes, Mother.

Shri Mataji: He did, these two children. Who else did? Marco. She did TM. And...

Sahaja Yogi: Hannah, Marco's ...

Another Sahaja Yogi: David Spiro.

Sahaja Yogi: David Spiro.

Another Sahaja Yogi: He had problems.

Shri Mataji: Marco.

Sahaja Yogi: Marco. Mark [unclear] and [unclear].

Shri Mataji: Did you go to all, [Ethan/lann]? Did you go to?

Sahaja Yogi: No, but I lived with somebody that, that is doing TM. And now, he wants to meditate in my room. And when he first started the TM, I, I didn't [mind] about what he was doing, anything, but I had [him] in my room at that time. And he had changed; his whole character changed when he started doing.

Shri Mataji: Hey, you can tell these things, you see. He can also join and say that, "Because of him I landed up in a lunatic asylum for some TM." It's a better idea. Because you see, so many like Angie and all those, I mean, they did. God knows how you got into this also, is it? But best is Allan.

Sahaja Yogi: Well it's Allan, and then it's John Pierson.

Shri Mataji: Yes, living with such people one can, you know, because they're mad and there's no way of protecting yourselves from madness. You see, if supposing a lunatic [slave] lives with you, you can become lunatic. Now you see how he shares the bhoots. You see, from Sahaja Yoga you can see. But to tell them, you have to tell that maybe that living with him I got also lunatic. That's the only way you can say. But you know how you share bhoots, you know. You can't tell them about bhoots but you can say that, "As if we were possessed and a sort of a possession came onto us, we absolutely became blind. We didn't think. Our thinking was zero." Yes, what is it?

Sahaja Yogi: And there's one point about them, about their civic [unclear] Mother, for they, they require that any evidence is given must be clear fireboard because they [have to able] to [unclear] before [completing the Puja].

Shri Mataji: What is?

Sahaja Yogi: Mother, he asks more evidence or evidence for other aspects in the movement.

Shri Mataji: What is it?

Sahaja Yogi: They want that the evidence should be able to be verified...

Shri Mataji: First, I mean, what is more evidence if they want? You have been there...

Sahaja Yogi: Mother, they just want to have the concrete case of the evidence.

Shri Mataji: Aaaa?

Sahaja Yogi: They want to have the concrete case of the evidence.

Shri Mataji: Concrete or what more do you want? Allan has landed in the lunatic asylum. And she used to be full lunatic. You were half. All kinds. And you had to go through, [through various] improvements. That's how you got improved. And you should say what it used to happen to you, you see.

Sahaja Yogini: Mother, what about point that a lot of people are still evils and they can't see there's anything wrong with them.

Shri Mataji: That's what I am saying: the thinking becomes foggy, you were possessed, you see, and they will say, "How it happened?" You should say, "You were hypnotized." Because anybody you tell them, they'll say, "We cannot believe such a nonsense." So then you should say, "Because you were hypnotized you could not see anything wrong in anything." Whatever he said, you see, we just tried to. We don't know how he overpowered us.

Sahaja Yogi: Could we be able to do a demonstration to them how is like?

Shri Mataji: Yes, you should. You should tell them, "We'll demonstrate you." Actually, this was actually happening to us, but still we could never understand that this is all happening to us and why should we go on paying. You see, there was no more of money. You see, it's a kind of a hypnosis. It's a charismatic sort of thing, you see.

Sahaja Yogi: I think that would be a very good proof is to ask the validity about what they say about their flying.

Shri Mataji: But you should say, "Hey, Dick." You should ask him to fly. You see, we would say, "All right." At least he should show us flying.

Sahaja Yogi: Right.

Shri Mataji: It's all right. You see if you want you can use my fifth floor. Could drop him down floor. You should give one circle at least to that [pigeon]. You should put this point. See the best thing would be to ask at least one man to fly. Or else he should fly. Like they broke the sandy layer of the ground, you see, floor, jumping here. And they would say the man [land] the ground floor just up to the sandy layer. Giving false these pictures and this and that and all that it was nothing but a... But these are, these BBCs are very good people. So you be prepared. They'll say, "But why did you want to fly?" So he said, "You, then you will only fly when your spiritual life is all right." So we were seeking. We wanted to improve our spiritual life. And that's what he said. Whatever he told us that, "Your spiritual life is going to improve. You are all going to get enlightened." We got only one enlightenment, that we are saved from lunacy.

Sahaja Yogi: He said you could take a post-enlightenment after the six months course.

Shri Mataji: Aaaa?

Sahaja Yogi: After doing the, after doing the six month course you could even take a post-enlightenment.

Shri Mataji: Post?

Sahaja Yogi: He said that...

Shri Mataji: No, that part I know. What will you take?

Sahaja Yogi: You could even take a post [during/doing] enlightenment.

Shri Mataji: Really?

Sahaja Yogi: That was his dream and...

Shri Mataji: But now they will come on you. How did you believe such stories? You should say that, "When you go there you will become the same. We can assure you." You should tell them.

Sahaja Yogi: It's really something. Right.

Shri Mataji: Now what?

Sahaja Yogi: And especially if someone [unclear].

Shri Mataji: And when they, you see, well, the main thing is that they put up such a big show with these Nobel Prize winners, TV camera and everything and the video and everything in a big... You just get enamored. It's a circus, you see.

Sahaja Yogi: When we were sitting there in [Petersburg] and suddenly the phones going mad, and the fan's [own peril] was the television staff, three cameras and oh, all the gearing of the [unclear] as a....

Shri Mataji: And if, say, if you have ten bhoots, so ten bhooty people, all right? You put the in twenty-five, the twenty-five will get bhootish.

Sahaja Yogi: Oh, right, just like that.

Shri Mataji: Isn't it? So this is how the things spread. And you should say that it is written by you that a physician gets sick with this thing. You see, a psychologist gets sick going nearer a mad person. You should say, "You go near any mad person, you'll become mad. In the same way, we became."

Sahaja Yogi: Right. And that when they were [aroused] the rumors about flying around, they were actually photographing people flying and then they [brought/bought] up these photographs of people in media but only in photographs. And that's all they showed us. They said they see it happening.

Shri Mataji: Now what you should say, that they are showing in media all these photographs. Why don't they show in real, you see? A live show, you see. Let them do it. Come along. Let's have it. And we can have this fellow, Mr. Mahesh Yogi....

Sahaja Yogi: Mr. Yogi.

Shri Mataji: Mr. Yogi to brought down from there.

Sahaja Yogini: Mother, there was another very clever at flying [or it was supposed that]. It was that reason how we were [unclear]. Because this one is not fit for doing in the city. And if there were more people doing in the cities, the world consciousness will be so upraised that we'll all be [in Heavens] and it was dark. So it remained [unclear] money and [unclear].

Shri Mataji: But again they will ask you, "Why did you believe such a nonsense?" you see. Aaaa? You were possessed; it's the main point.

Sahaja Yogi: Oh, yes.

Shri Mataji: You see, anybody stands up like that, what a face he has. Just see his face. Does he look enlightened? He looks like a goat to Me. Such a short fellow, four foot six inches. All these women falling in love with that four foot six inches pygmy. What, how do you explain? It is only hypnosis, you understand? Everything is possible with hypnosis. It is simple hypnosis. Because you were desiring your evolution he can tell you anything and you will have to believe it. I've seen hypnosis Myself, how the people hypnotized. And you can make anything out of hypnosis. You can tell him to talk like a little baby, cry like a little baby. "Swim now. There is water." The person will start swimming.

Sahaja Yogi: It happened to me.

Shri Mataji: Aaa?

Sahaja Yogi: Now when I was saying, [Tina] was hypnotized....

Another Sahaja Yogi: [Give her some toys].

Shri Mataji: So this is it. Come here. This is the letter which I want to send to [unclear] Prasad that I would like to, to... this thing is to be tide, you see, it is difficult payment to the Madras agents that you have....[missing part]

You can write it down another way. So, you see, what I am saying that tomorrow I can tell you on the phone, you don't mind, because I have no typewriter. Yes, all these things.

Sahaja Yogi: [unclear] Because I don't have [typewriters].

Shri Mataji: And, and I need some... This one also. I'll tell you the address and on the phone we'll talk about it. And then we'll have to send it. All right? This could just... Put it in that [thing Or tape]. So, this is how it is. All right? And all the money that he has, deposits and all that....

Sahaja Yogi: Yes, Mother.

Another Sahaja Yogi: Mother.

Shri Mataji: Ha.

Sahaja Yogi: When would you like to work out the program for England?

Shri Mataji: Which one? Sahaja Yoga?

Sahaja Yogi: I told July, June 15th, no.

Sahaja Yogi: June 16th, Mother.

Shri Mataji: No, no, June 24th, I think.

Sahaja Yogi: No, June 16th You leave, and You come back a week later.

Shri Mataji: All right. So I will be. Twenty-fourth I'll be back.

Sahaja Yogi: Yes, so we organize one [program]. You can suggest, if you like.

Shri Mataji: Yes, yes. And also till August, till August I am here, 15th of August. So June, July and August. I'm sorry for this, but I didn't know exactly when I was going. What is it, [Colleen]? Void. All right.

Sahaja Yogi: Mother, are You going to give us this routine?

Shri Mataji: Yes, routine is, routine is, in the morning you get up at 5.30. Let us put here that. Sleep at, earlier. Sleep much earlier, doesn't matter. But get up at 5.30 in the morning. Then wash yourself nicely, come down, take your cup of tea in the kitchen, not in this place. Take your cup of tea and all that. Within half an hour you should all come here by six o'clock. Sit down for meditation, with one hand towards the photograph, with lights and all that, and another hand outside. And the another hand

again, right hand and left hand, and work it out with lights and all those things.

Sahaja Yogi: First the left hand [forth/forward] and then the right hand.

Shri Mataji: Yes, first left hand and then right hand. All right. Then the, when you, then you, after that you don't talk to people too much. And go and have your bath, or whatever it is. Then go to work. Come back home as soon as possible. Take a shower, clean yourself properly, and then you eat something, whatever you have to do, and then meditate, and then clean these photographs, show them Aarti and all that. You put them right. That is very important. Not, they are not decorations in the house. See, every photograph is so powerful; you have no idea. They are all one power each. So put them in a proper place. Do all the worship that you have to do, properly, and then meditate and sleep properly. If you want, you can put, soak your feet in the water and sleep properly. Read something of "The Advent". "Advent" also is very good. You can also My, in the ashram, you can get My book from [Colleen] and read it, part of it, like that. And every evening try to do it. And then eat your food and sleep early. Then again do it at 5.30. You have to do it like that. Otherwise, you are not going to work out. All of you should get to it. Otherwise, it's not going to work out.

You must know that your background has been very funny because of all social problems and other problems in this country, and these bhoots again. All these put together, you see, your background has been very, very wrong. We have to work it out very fast. And that's how it would be. All right. Then, is, the main thing is respect. Respect is the main. And that's what I find because, you see, I'm prideless. That's My nature: I have no pride. I cannot have pride as others have. So people start sort of taking advantage sometimes, not advantage but when they talk to Me and all that. Apart from that, when you even talk about Me to others or anything, you must know that respect is the only way. That's the solution. That's all. Nothing else is to be given. Respect. And I am telling you as your Mother, because you know I am just like a bubble. I have nothing to say. But you must all flower, and you must blossom, and that's why you must understand that these deities respect Me hundred per cent, absolutely. And they can't allow you to be disrespectful. And they will be kind and then hit you. So be careful. I'm warning you, never to be disrespectful, not to be argumentative, not to talk in a way that is not proper, because these gurus, see, how they keep you down. I do not. I keep you equal because you have a freedom to talk to Me. But you must know that you have to be careful. What's the matter? Are you all right?

Sahaja Yogini: No, that's to be dropped to [Ethan/Iann].

Shri Mataji: [You are all] here. Everything all right. May God bless you.

Sahaja Yogi: Should we, should we have a routine for mantras, Mother?

Shri Mataji: Mantras?

Sahaja Yogi: Or should we just say that it's same [unclear]...

Shri Mataji: You see, what you do, mantra is a very good thing. I mean, if you want to work it out, you see now, you all have different, different problems. All right? Supposing somebody has heart, somebody has this, somebody has that. So you combine it with Nirmala and it will work out. I will tell you about that, how to make mantras. But you see, mantra, it's the only way you can really consolidate your chakras, isn't it? Now, for example, I told you today your combination, and that combination, if you have worked out, you've done it. But you see, you must know that you have to become very enthusiastic about it, extremely enthusiastic. There is no enthusiasm. How can you work it out?

Iann, how do you spell your name?

Sahaja Yogi: I A N N

Shri Mataji: I

Sahaja Yogi: I A N N

Another Sahaja Yogi: No, the surname.

Shri Mataji: I E

Sahaja Yogi: My surname?

Shri Mataji: No, I E.

Sahaja Yogi: I A N N

Shri Mataji: I A N N. And what is your surname?

Sahaja Yogi: Lewis. L E W I S.

Shri Mataji: I A N N L E W I S. Hmm. It's good. May God bless you.

1980-0512, Being Born Again

View [online](#).

12 May 1980

Being Born Again

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft I think those who have come for the first time should be on the first row. It will be better for Me. All those who have come for the first time, please [sit down here.]

Yes, good. You may take out your cloth - it's very warm - if you think so, or it's all right whatever you wear.

It is said that in us lies the power to be reborn. In all the Scriptures it has been said very clearly that you have to be born again, that you have to be baptized, that you have to become a pir, you have to become a brahmin. All these descriptions have come to us from all the great Scriptures.

It is very easy to say that we don't believe in God, we don't believe in any incarnations, we don't believe in Jesus, we don't believe in any religion, we don't believe in anything. It is very easy to say. Even it is easy to say that we believe in them; we believe in God, we believe in Christ, we believe in incarnations, we believe in Krishna, Rama, all that.

Both things are equally the same. When you believe in God, you believe in darkness and ignorance. And when you do not believe in Him, also you are in ignorance. By believing into Him, you close your eyes, accept the faith and go along with it.

Of course, it shows that you're conscious of some power which is beyond. Such people have a great chance. But in case, if you go to the extremes of these kind of things, then you start only believing in Christ, only believing in Mohammed, only believing in Krishna, I mean, depending on where you are born. Imagine, how human beings are narrow-minded. If you are born in England, then either you will be a Catholic or a Protestant or maybe one of these witchcraft people. You believe into anything because you are localized in a place. There have been some identifications, because your mother believed into something, or father believed into something, or you paid for something.

And then this faith can really become such a blinding effect on people that you develop absurd type of groups which [we] call them as Christians, Hindus, Muslims or whatever you may say, and are extremely, extremely exclusive, blind and fanatic.

Today one of the problems of our times, of these modern times is fanaticism. Now this fanaticism has been growing. The more people try to get out of fanaticism it grows more. For example, people who gave up religion, who gave up God, I mean in the sense they never gave up, we cannot give Him up. He has to give you up. But those who felt that they have been able to deny God, have done nothing good, they are equally useless. I mean they had, [think] by giving up God, they have given up all ideas of any control by divinity or anything. And what have they achieved? Suicides, bad societies, sick people. They have achieved nothing. So one side is this fanaticism growing deeper and deeper into people who remain in fanatic ideas, while the other side to prove that they were correct the other side also is growing also deeper and deeper; and both are wrong.

The main thing is that you have to feel God within you. You have to become something more by which you can feel the Divine, not through your rationality, not through your rationality by any chance, neither through your faith. If the faith is blind, you cannot know God. You'll become a fanatic.

If people could just remain faithful and do not become fanatic, then there is no harm. Or else even if you deny God and you do not become egoistical, then there is no harm. But that's not possible. We are [progressive, progressing]. We cannot stand at a point. Once we start moving, we start moving in that directions. Either we have to be fanatics or we have to be absolutely egoistical and terrible. That's how we finish off ourselves.

And all these extreme behavior of human beings have brought such a shame to God, to His creation and to the beauty and joy that He wants to bestow upon you. Rationally, I can prove the existence of God, no doubt, but rationally I can also disapprove, because rationality is an illusion. It is an illusion, like the people in the West say, "You just can't say which way [it is]." With rationality you go about anything, like you can say, "What's wrong? What's wrong in denying God? Nothing is wrong." What is wrong itself, how are you going to [define, detect], is the point.

Through rationality, you cannot say what is right and wrong, because rationality speaks on relative terminology, on a limited sphere. Now, whether to tell the truth is right or not. How can you say? Supposing somebody is about to murder someone and he is asking where [is, then] the person has gone. If you tell that person the truth that, "That person has gone this side," through your rationality because you think truth telling is good, the person is killed.

If you see today's atmosphere, you'll find there's such a confusion. People do not know who is right, who is wrong. To some people it is great to be a fanatic; they think they are doing a great honor to themselves because they are fanatics. They are so confused that they do not know how far to go in obeying the religious warnings and religious, we can say, the saints. And how far not to go they do not know. It is such a confusion. In this confusion you the seekers are [there]. You are seekers of truth of ages. If you are not, Sahaja Yoga is not going to help you much. If you have come here just to rationalize something, this is not a place where you can discuss, argue it out or anything. It has to work in you. It has to give you that blessing. If it cannot bestow that blessing in you, then Sahaja Yoga is useless, useless for you.

So this is the central point where you recognize within yourself by becoming something else, that there is God. Not only that He is there, but His power is all-pervading, that He organizes, cooperates the whole universe, and that He is the all-powerful, all-knowing. All these things you feel within yourself. You recognize Him not through your rationality but through your feeling. Like if I put My finger to this [plate/plane] it will be burnt. This is My feeling. It's My subjective knowledge. Somebody tells Me it is hot, I'll say, "What's wrong? Let Me put My hand on it." But the feeling is such an absolute thing that when you will touch it, even a child can say that, "It is hot."

So that absolute feeling within us which makes us feel through our organs, sensory organs, the hot and cold by which we hear and we see clearly, that subjective knowledge, whatever language you speak, whatever religion you follow, whether you are an atheist, or egoistical, or whatever [it is], that feeling when it gets enlightened, then you start feeling God, God Almighty. Then you can also rationalize it in the sense that when I burnt My finger I'll say, "Yes, what they said it's correct. It burns your finger. It's a fact."

But unless and until this happens to you, all other arguments and discussions are of no value, anyone whatsoever. I was amazed Myself when I was born, to see such ignorant people quarrelling over something which they do not know at all, nothing of the kind. They are so ignorant. They don't know that there is power of God working. They cannot feel it. And what are they doing, whether they are church people or temple people, or these scientists?

When they talk about God, they are at the level from where they cannot talk. But they are not even conscious that they are at that level. This is why we have to know that despite all effort to destroy our Scriptures, this knowledge that you have to become something else, that you are to be reborn, this knowledge they could not destroy. They have tried to maneuver it for their own advantage. They have tried to use it for their own building up because they must have big, big buildings, they must have big, big money projects and sometimes they also have some business. Well, how can you do all these things in the name of God? Just think of it. But they are doing all these mad things and they call it God, and the seeker gets absolutely shocked and surprised. But then he also gets into the whole whirlpool, he just cannot get out of it because he is a seeker. He says, "Let me go and see for myself what it is. Let me burn my finger here and there and find out for myself."

Now I say again, like all these people have said, that you have to be born again. They have said [it] to prepare you all for this happening. It's My fortune that I have to do it. It has to happen. If they have said all these things, either they were all false and

wrong. So I am here to prove it. Not that they were wrong in any way. But they were the only people who were right. They were the only people who knew. They were the only people who were enlightened. They had an eyesight to see much deeper than what you can see.

So within us lies that power ,and that power is anxious to give you your second birth. That power lies as shown lies in the triangular bone of sacrum. And you can see with your naked eyes the rising of this power. It has nothing to do what nationality you come from, what sort of cloths you are wearing, what sort of hair dress you have. It has nothing to do [with it]. But it has to do something with your inner being. And why in the inner being there are certain problems which you have created out of your ignorance. And this power is being your Mother, your sweet loving Mother who has been born again and again with you, knows your problems and She knows also how to correct [it, them.]

So I say that you don't have to do anything about it. It just works, has to work. But for human beings to understand that their evolution has to come spontaneously is very difficult, especially in the West. They think that they'll have to do something about God to fix Him up, appoint Him, pay for Him to give you Realization.

It is that absurd. Of course it makes you laugh. But we are sometimes [ourselves] like that. We think that we can pay for Him, then He'll come down and bestow His grace upon us. We can purchase Him or we can honor Him by which He'll give us. No, it is His grace. It is His own compassion that He's going to do it, as it has been done before when we became human beings from amoeba stage. It is His Love, His own ambition, you can call it in human understanding, that He wants to bestow His Powers onto His own children, onto His own creation.

And as you are the flowers, human beings are the flowers of His creation. He wants to transform you into this beautiful fulfillment of your own being. These are the fruits of His creation, His garden. But all these words can sound very poetic and very enchanting, and it should be so. The Kundalini is awakened within us, all the time to help us.

I have seen to My very great sorrow that we have really hurt our Kundalini and last we have really tortured Her. I've seen big, big holes, wounds in Her being. In our ego, in our useless ideas, we have really wounded our Kundalini. I've seen this poor Kundalini in a mess and I soothe Her. I soothe Her and tell Her that, "You, the Mother of this child, be contented that this child has got desire to know."

So, the first stage has to be the desire, desire to know about God. If you have no desire to [unclear] know [about] God, God is not going to fall at your feet. At least you should be mature so much that you want to know God. That is why Sahaja Yoga is a slow process; it does not work out on people who do not want it. You have to be interested in knowing yourself. This is the only thing that is required in Sahaja Yoga, that you should be ardently desirous of becoming that. Then it will happen. This is the first basic thing; you must have desire.

Then also there are other things which are very important, which I've seen. Because now I've been traveling and I've been meeting people and I've been seeing that there are problems which have touched the path of Kundalini also. The path of Kundalini can be quiet rugged, and Kundalini may refuse to come up. And even if She comes up, out of pain She may drop out. The path of Kundalini we have ruined by so many things. And these wounds we have caused to the path, in the central path by not remaining in the center but going to extremes. We have harmed ourselves. You, you have not harmed anybody else but you have harmed yourself. You have harmed your own chances. But even that can be cured because God is Compassion. He is Love, and He understands that you have been childish, you have been immature and that you should be helped. But maybe that you still do not know the desire of this Kundalini within you, and that you may not be on the same level as She is. Still, She will work it [out].

All kinds of grace is given; grace marks, as you call. It is actually the meaning of your life. All your lives, what have you been? You might have been a Roman soldier. All right, then? You might have been Caesar. So what? You might have been Napoleon. All right, so what? You might have been Louis the XIV or could be one of these horrible kings [who] killed his seven wives. You could have been the bloody Mary or someone like that, or you could have been a, some gracious woman. All right, so what? You have

not known God so [far]. You might have been the mightiest of mighty. You might have been [Ouzoo/ "Who is who"] or you might have been in the history. Your photograph may be there. So what? So far you have not known God. Till you have not known that absolute within you, you cannot know God. Only by knowing your Spirit, you will know God.

Like, without My Eyes, I cannot see you. In the same way, without knowing your Spirit, you cannot feel God. And you have to know your Spirit. But when I say, "You have to know you..." that doesn't mean by jumping or by doing anything that you will do. But you have to get it. Now when you have to get it also, I don't know human beings understand or not, that you don't have to do anything about it. Now there is no way of saying it that you just don't have to do anything and it will happen to you that you have to become that. As soon as I say that you have to become that, you'll say, "Then we have to do something." Any sentence you use like that, you think we have to put in some effort or some money or something else. But it is an effortless [being/thing]. It is the effortless happening which is beyond human understanding.

We cannot understand that we can do something effortlessly, but we do. We digest our food without putting an effort. We breathe without any effort. We've become human being without any effort. We've got the whole sky before us, the whole universe before us, without any effort. All things that are important are without any effort. These unimportant things like getting a chair or a car and all that, of course for that you might have put an effort, but to what [avail/other thing]?

Whatever is vital you've got it without effort, and that's why this is going to happen to you without any effort. But try to bring your mind to a position where you must accept that it is effortless. The happening is absolutely effortless, and after that happening your efforts have to be to neutralize your previous efforts. This is the problem which is even worse than anything else. Happening is an easy thing, happening within [you]. But you have already finished off many things within you which must be corrected. And to really become effortlessly thoughtless, will be your main problem.

But there are so many here, as you know, who have got it, who have found it and are managing it. So you all should get it. But as I said, that as I've traveled a lot and I've seen that people have problems of a different nature according to the society they live in, according to the countries they live in, according to the ideas on which they have lived. All these things do create a problem in your centers. And these problems are best solved if through your happening, if you would like to dissociate from all this misidentification. And this misidentification itself will start troubling you, then you'll have to give up. I'll tell you a simple example of such a thing. We have people from all kinds. Say we have a bureaucrat who comes to us and he has a problem, because the bureaucrats have a problem on the Nabhi. And they could be very horrid. Their Kundalini can be absolutely frozen you know. It's terrible to raise their Kundalini. I get such a headache, and the whole force has to be put in for a bureaucrat. One bureaucrat is equal to one thousand small children, I can tell you. Horrible they are, and if they say there are bureaucrats or so I just prepare Myself, you see. And if you have to shake a hand with a bureaucrat you have to massage your hand properly, you see, before you shake it. But if you have to raise the Kundalini, oh God, you, before and after you are just finished [within.]

So, now supposing there is a bureaucrat. He is misidentified with his problems. He comes to Me. I think he gets his Realization, all right. But he cannot forget that he is a bureaucrat. He goes on identifying with himself, bureaucracy. Then he'll talk, "I believe." Then I look at him, "Still?" Still it is there. Still it is there.

Like we can take the case of now hippies who are another bureaucrats, I tell you. They are no less. Hippies thought no end of themselves. They thought, "Whatever we do to ourselves is our own. Who is [who/ this] anyone to tell us?" you see. So they had a real drugstore within them, you see. They created a real problem for themselves. Spoiling their brains, spoiling their whole Kundalini, everything, Oh, they've got themselves into a real mess.

You see, if freedom means nonsense, then one can only conclude that people have no sense of freedom. Like, you put some children in a room to play, and there they start eating. First of all, if they get some sweets, they'll eat. Then they'll eat the tea. Then the tea is finished. Then they'll say, "All right, eat some [ashes/ ice-creams]." Then they'll eat ashes. Then they'll eat some cow dung. It is like that. It is so stupid and foolish to ruin yourself like this. But they have done it.

Now you are given Realization, and after Realization, still you go back to the same serious state of becoming great wise people

who have been taking drugs. You cannot get out of it, you see. It's very difficult. That "this was wrong I did it. It was wrong, I've done it. I should get out of it." There is no wisdom in it. So all these misidentifications, [and/or] there are so many others like that. Like somebody has been to some guru. Now that guru is a crook. He has made money out of them, all right? He has befooled them completely. He's been telling them stories. All right. They have become bankrupt giving money to him. Everything has happened. Now they have come out of it. Now you must understand that you were befooled, and he was useless fellow and "I have nothing to do with him." But the misidentification still works out.

Once you get your Realization, still you cling on together to all the people who come from the same guru and you share all the nonsense. Now you have no more belonging to any group now. You have become universal. All these misidentifications are useless. They give you angularities. They do not give you individuality. They give you angularities ,and these angularities are troublesome to the society and to yourself. They have given you demise. Your normal life has become extremely abnormal or subnormal.

So, normalize yourself in Sahaja Yoga, and you will be amazed that you are no more belonging to any country, no more belonging to any group, any democracy, bureaucracy or communism or anything, but you become a human being who is on absolute values as a human being. This is a tremendous thing. This is what today we need in this world: human beings who have jumped onto the absolute values. Absolute does not compromise. It does not aggress, nor takes any aggression because it is absolute. It is not afraid of anyone. Because absolute is compassion, absolute is love and absolute is truth. When your attention becomes enlightened by that absolute, it's a very limited again terminology to explain that it gets enlightened. But to understand it, one has to become. As one would say to a blind man, "When your eyes will be opened, you will know what is what." That's all one can say.

And when the people said like that, people did not like it. They crucified them, they killed them, they finished them [off/out]. They are not [even/ in nothing] human beings. I mean, just think of that. That a person who told them that this has to happen to you, this should happen to you, was killed. Imagine!

And the people who say, "No , you must give us money. You must give us palaces. You must give us big cars and your women and everything." Such people we worship. We fall at their feet. And those people who were telling you the real, we have killed, crucified them and poisoned them. They bore it all; they bore it all. Not because they were not powerful. Not because they didn't have the powers. They had tremendous powers. If they had just lifted their finger once, the whole world could have been destroyed. But that's not the game. The game is to make the whole world aware of God's Kingdom, and to make them blissful with the powers of God Almighty; this is the job.

So you have to show tremendous patience with stupid and foolish people who want to crucify [you]. Because they are so ignorant. But now the time has come for all of us to achieve for which we are created, to be what we have desired.

This is the time, the blossom time as they call it, for which you cannot pay. You cannot appoint Me; I have to appoint you. It is the other way round business. You cannot demand. It's the grace. Otherwise it doesn't work out. It's the grace and compassion of God, which should be asked. Here the faith plays the part that, "Yes, it is God who has to bestow His blessing." That's why faith was there.

And rationality should play the part. To say that this is wrong, this is falsehood, these are fake gurus, these are fake people. But you never used to [both/bolt] the things properly. If you had faith, you would have never organized religion. Because you would have known that it is God's Hand, it is God's Grace which has to bestow us and not this theological, college people and these self-appointed people. They cannot give us the grace of God.

And the other side of rationality, you never used it properly, because if you had used it you would not have become slaves of these horrible fake gurus. So both ways, mistakes have [occurred/ been put within]. But doesn't matter. The time has come to get your enlightenment. Now when I tell you all this first and foremost thing is I request you not to feel guilty. Because when I say that, it is very easy to become guilty and finish off [everything/with Me]. There is nothing to feel guilty; you are all in My heart and I love you very much. Whatever you have done it is finished now for Me. As soon as I am facing you, it is all done. Whatever

mistakes have been done can be cured. If a child goes and soils his clothes, mother has to clean it, that's her job, she is paid for it you can say. She is paid by other things not by money. I don't know what is the payment of feeling your love for others. It is such a tremendous joy that you love so many of them and all of them, despite all their defects and all their mistakes. It is such a tremendous feeling of peace and bliss; that with that feeling you do not consider any, any pain or any effort, being mentioned [to you/ even].

I wish you all get your Realization, fully establish yourself. And you instead of facing Me come and stand with Me.

And also feel what I [have/ am] feeling. Once you start feeling that, then you will know the joy of Sahaja Yoga in the real sense. Still you keep yourself limited to your problems, all of you. Now direct your attention to the problems of others. As soon as you do that, you'll be amazed the transformation will be very, very quick and fast.

Today there is no chart and all that, doesn't matter. Chart is of no use. As long as you'll get your Realization, then settle down [in it].

In Sahaja Yoga you cannot just come to one of the rooms of Caxton Hall, first you are visiting that room and then you say, "Let's see what is going on here. Oh! So there is One Mataji has come, all right, you come in, just sit down here." Then walk off into another room, it is not like that. Here you have to get it. Your search must end, you have to find it, that's what it is. It's very different from others. Here you must get your light. This is the point.

May God bless you all. Now instead of counting whatever mistakes you have committed, please count your blessings. That's a better attitude: count your blessings. That's a much better attitude for Sahaja Yoga. You have to be cheerful. I would request all of you to put your hands towards Me. Now close your eyes. Watch your mind. See if there are some thoughts coming in. Ask your mind, "What are you thinking? Please stop thinking." You tell him that, "Now is the time for me to become." If you pray for God that way or if you just watch your mind, "What are you thinking?" if the thoughts are still coming, then you have to do one thing; is to forgive. Forgive everyone who has harmed you. Mostly [those/ that] thoughts that are coming to our mind are about the people, how they have tortured us. So just forgive them; forgiveness, forgive, forgive. Is the greatest weapon to get rid of your thoughts. Just say, "I forgive." Now some people say, "It is difficult, Mother ,to forgive", but I tell you it is a myth, another myth. What are you doing by not forgiving? So just say, "I forgive." Just say, "I forgive." Forgive everyone. Try to forgive. Just trying to harm yourself by not forgiving. Please put both your legs straight on the ground, touching the ground properly, with a pressure, little, yes. That's a good idea. Forgive yourself. Try to love and understand yourself. This is the temple of God. Even if I say that you have committed mistakes, you have committed mistakes against yourself. But by not loving this temple, you are going to commit more mistakes. So please forgive yourself. Forgive yourself for whatever you have done. Just forgive it. First forgive others, and then forgive yourself. That's even more important, I think, for some people. If you do not forgive yourself, you are doing no good to yourself at all. This is, first of all it is wrong to harm yourself, and then not to forgive. It's all right; in ignorance you have done it, in seeking you have done it. All right, finish it off. You are going to be a different person now. So forget the past. Just forget it. When the flower becomes the fruit, it doesn't think of its flower stage or its earlier stages. Close your eyes. Close your eyes. Try to close your eyes. There would be some who cannot close their eyes because of the flickering in the eyes. If so, then you can open your eyes. If your eyes are not flickering, then better. [Interrupted here.] Try to forgive. Know that you are the Spirit, the eternal [life/light]. All these small things of life are not important to the Divine. Whatever has happened, has happened, forget it. Your inner being cannot be spoiled or ruined. And the most apart to know it might be little bit harmed. All right, doesn't matter. That can be corrected. But you are the Spirit. [Aside: "Douglas, have you got any lemons or something? Badhas.] How are you? How is she feeling? She's got it? She's got it now. Just enjoy. You've got it. She's got it. You just enjoy. That's a good thing. Now, how do you feel it, ha? The new lady: Pardon? Shri Mataji: After getting [it], you just laugh for three days at least. It happens out of joy. It happens. It's nice you got it. What's the matter, My child? Are you feeling hot in the hand? Is it hot? How are you feeling? Nothing? Are you not feeling anything? New person: Yes. Shri Mataji: Are you feeling the cool breeze? Hotness? I know. You are not well, are you? Are you keeping good health? New person: Yes. Shri Mataji: Something wrong with you? New person: Yes, Mother. Shri Mataji: All right, it doesn't matter. That also is to be corrected. That's all My job. What to do? Got it? Got cool breeze in the hands? Close your eyes. Yes, yes, you got it. Close your eyes. It is there. Close your eyes; just see. [Hindi] Close your eyes. It will work out. You've been to some guru, or someone? Seeker: [No/Nothing]. Shri Mataji: No? [Then] you are not well at

all. Come, come, just come. Here, what's the matter? Come. Were you not feeling [well/ with her] at all? What happen? Heh, yes? That's all? What's wrong? The lady (whispering): [unclear] Shri Mataji: What's wrong with you? All right, but... something else? You get temperature with that? Do you get your temperature with that? What? You get rid of all that, all right? The lady: Yes, Mother. Shri Mataji: All right, doesn't matter. Put [the/ your] left hand towards the back. Put left hand towards the back, all right? Left hand. Put your left hand towards [the back], [good]. In a way it is good because [otherwise] you would not give up that nonsense. All right? It's nice that these drugs have bad effect; otherwise people won't give them up. You must get people of your age group, Indians here. What are they doing? Fighting the British and British fighting them? You have to rise above all these things, all right? You better get some more, heh? There are many of your age group here. They are doing very well here. They are architects this, that. And still they are not looking after themselves. I mean, this is, this is becoming your own country. And we are all becoming British. And British, [they/ you] are becoming Indian. It's not proper. Hai na, 'must get more people [Hindi words]. Let them get it. They are all being really, all of them are the only for walking on Oxford Street with Arabs. Imagine! Indians walking on Arab streets. Can you think? And that's Arabs are all right, but what about Indians? What a heritage, what a country! We are all becoming British, you see? More than British. After some time I'll find Indians wearing tailcoats here, when walking on Oxford Street. Sale and purchase going on. Huh! Better? Now put your hand down, you are going to get cool breeze from the [plane], all right? A lady: Yes Shri Mataji: That's the best way to understand. Got it. You got it, too? Not yet? A lady: She'll work out [for sure/ don't You worry]. She'll work out. Shri Mataji: Achcha? [All] right? The lady: Yes, yes. Shri Mataji: Yeah, it is working out. Now come this side; it's better. Come this side. Give Me your left hand. [Ha!] Now put that hand towards Me. In a way, I am happy that drugs are becoming very expensive. I wish they make all the alcohols also expensive, [this kind]. Inflation should work on alcohol, cigarettes and drugs, and fashions. Ah! You've got it! What about you? Not yet? Started? Good, good it will work out. It's going to work out. You see [her vibrations/ how are they feeling]. Get? See hers. Got it? Not yet? All right, it's working. Keep your eyes open a little, all right? Just a little. Now close your eyes, more over. Don't feel guilty about anything, all right? You just say, "I am not guilty." As you, many people feel guilty about everything here, you know? It is so silly sometimes; sometimes so silly, you can't imagine. Once a lady was wearing a black coat, you know. And she, she told me she's feeling very guilty. I said, "Why?" We came home. I said, "Why are you feeling so guilty?" She said, "I must tell you now. You see, I was feeling very shy." I said, "What happened?" She said, "I was wearing, by mistake, I was wearing a brown shoes, you see. [I should be] wearing a black." I said, "I didn't see it." What is there to feel guilty? All right? You get it? Right, that's what you get. These are the centers you catch, all right? The right finger? Is the one here, it's liver. Sahaja Yogis should go deeper, [well], each day. Go deep into yourself. Where is he going to, Peter? Peter: Getting something for food. Shri Mataji: Ah? Sahaja Yogi: Getting something for the food. Shri Mataji: Getting what? Ah? Another Sahaja Yogi: Means, I can get sweets for the [ladies but]... Shri Mataji: No, no, you better get into your meditation. This is the time you should be there. What are you all doing? All organizing. Come along. Go into meditation. You needed the most. At this time you don't organize. Linda, you better sit separately with him. That's better. Peter, come this side. Come along. Don't organize at this time. You organize yourself. Come along. This is the time to organize? All My Powers are flowing and what are you doing at this time, to get some sweets? Just think of it. Ha! Close your eyes. Just feel, just now; it is all flowing out. Go deep into yourself. You have to go deep now. [Shri Mataji aside]: Is it cooler? Sahaja Yagini: Yes. Shri Mataji: Sit down. Sit down. You sit that side. Just can you take [out your coat]. Shri Mataji: Yes, I'll carry my [unclear]. Shri Mataji: Sit down. Sit down. [unclear] Enjoy yourself. Close your eyes. Close your eyes. Just go deep into yourself. Every time you must go [into] deep meditation. [And enjoying yourself/ When you are in there, you know]. Don't allow any thoughts to come in and just go deep. [Shri Mataji]: Douglas, Douglas, give Me another one, another one also. [Unclear]. He's going to come. All right, working it out. [Talk interrupted here.] Now if you all say Sahasrara Mantra, [till Sahasrara opens/ then Sahasrara's opening]. May God Bless you. [Yogis chanting Sahasrara Mantra] I think you all put your Sahasrara towards Me. [It] will be a good idea to open it out. Yes, towards Me, not too low, not too high. Up, you are all right. Those who have got [it] today, it's all right. You've got it now? Not yet? Now you work it out. Keep your attention on Me, here. You got cold? Get sign of [trouble/ struggle?] Lady: Me? No. Shri Mataji: [Who is she? Do you know? / Not she? No?] You got cold? Just now? No? What is the problem here? Can you remove your hair from your head? Yes, from here, [from your] forehead, just this side. Bend your head a little. Bend your head in such a manner that the Sahasrara faces Me. All of you, please bend you head, little more, little more, little more, that's all. Hmm, little, so that your Sahasrara... [Talk interrupted here] Can you tell her problem to Me? Who is there? Behind him? Yeh? Jim? Jim is sitting there. Just tell. Just see what's the problem. Linda, just see what chakras she's catching. Do like that, pressure on your eyes. Do it; put a pressure on your eyes, hard, hard. Now, once more, once more. Just see now. Where? Here? Why, you know her? You don't know? Start it. You are very good. Why not? Start it. Just see. She knows also. Yes, come along. Esther, you come in front and see, tell them how to do it. Hmm! These two can. Can't you feel these two? Why? Come along. Just start feeling it, all of you.

Ah, of course! Just see her. What's the problem? Hmm! You see? Hmm! Now this lady, somebody has to see. Jane or someone, anybody? Linda, someone? The lady you can come. See her, here. One or two person should see her. Got Realisation... [Hindi] [Shri Mataji mentioned while talking in Hindi: "Agnya, Hatha Yoga, left Vishuddhi, left problem"] What's the matter? Sahaja Yogi: A bit right Nabhi. Shri Mataji: Ah? Sahaja Yogi: Right Nabhi. Right Nabhi. Shri Mataji: [What's that? Achcha, Well] she looks thin [now/ enough]. Put your hands like that, just like that. She looks weak. It's all right. We'll work out. A lady: [Unclear] Shri Mataji: Yes, you see, liver, and you have a little liver problem. You don't know but it is so. Symptoms of the liver is that you feel very lethargic in the morning; you don't feel like getting up sometimes. Sometimes you feel like vomiting. You feel giddy. Liver. The lady: [Unclear question]. Shri Mataji: This is liver. You see, in the liver if the digestion is not all right. It's the liver, you see. It sorts out all your poisons in the body and all unwanted things and [when/ then] it is not healthy, then it will change within itself. You get heated up and it's a problem also like that. Body gets heated up; you feel heat in [your/ the] body with that. But you, you have been to some gurus also, isn't it? No. You didn't you go to any spiritualist, or nothing of the kind? So the problem can be less. Are you a housewife or what are you doing? Heh? Lady: [Unclear answer] Shri Mataji: You are a nun. Ah? The lady: I work on liver worms. Shri Mataji: You have worked on the? What she's saying? What did she say? A lady: She works on the liver worms. Shri Mataji: You have brought the liver of all the people here, you see. You are representing their liver here, that's why. Can you imagine? I have to work on all of them now. Just think of it. Very strong liver [I think/ can tingle]. Can you imagine? Better now, isn't she? Treating the liver patient, you get liver trouble. Treating the mad people, people become mad, absolutely. They don't know, psychologists all are patients are of psychology, even those who study. We have had all kinds of permutations and combinations, all kinds of samples. [Hindi] Ah! [Extraordinary!] Feeling it in the hand, yes? Good. Now put your left hand on your liver, here. Yes, that's all. Yes, for all the liver patients, all right? And I'll teach you how to treat them. The lady: [The patients]? Shri Mataji: Yeah, you can, you can cure them. You know, fifty percent of these people were liverish. Yes, it's a very common disease in the West. Better now, you see? Thank you! Got it? The lady: Yes, it's cool. Shri Mataji: Good, good, on the head, just see, it is cool? Good! This lady is very good. She has got it. What about you? Not yet? Seeker: Not yet, Mother. Must be coming for [several/ seven] times. Shri Mataji: You start thinking, it will become hot. You just stop thinking, it will be cold, all right? You watch Me without thinking. Now what about this lady, just here. Is [it] better? Sahaja Yogini: [To a certain point.] Shri Mataji: Yes, good, good, good, it's working out. [Ryan/ Lynn] are you all right now? Good, your [wife/ voice] sounds very good? John, you come here. Just come here. Hmm! [Agnya?] [Hindi] Just [starts no doubt. May God bless you.] And put your hand here, left towards Me, right [over here]. May God bless you. How are you? A man: [How are you?] I have a problem with my Agnya, Mother. I see a light. Shri Mataji: Ah! The man: I was sitting over there. I can't see You clearly. I see a light around You. Ah! Very fuzzy light, I don't know what's going on... Shri Mataji: What's going on? It is drug? What else is there? It happened to so many people, to Pat and all these people. So you see Me as I am. The man: No, I don't see you in any different form, Mother just a... Shri Mataji : Aura? The man : A circular light. Shri Mataji: Where? The man: Coming, just there. It's like after You look a candle and You look white, something like that. Mother: Aura or something. All right, now put your [hands] [unclear], left towards Me. I think if you start wearing the dress suit that will be good. They will all run away. Must be some hippie coming around. And those who are wearing suits all the time should wear little hippie dress so that's [how/ out]. That's how it is going to solve the problem. I don't understand. Ha, all right? Sahaja Yogis: Yes. [unclear] Shri Mataji: All right. What was your mantra? Mantra? That horrible? Sahaja Yogi (to somebody): Then Shri Mataji will tell you [unclear] back side [unclear]. Shri Mataji: No, no what was, what did he give you as a mantra? Lady: Aim. Shri Mataji : Aim?.. Ah! Better? A person: Ha. Shri Mataji: Ha! What about him, John? Sahaja Yogi: He's on the left. Shri Mataji: Left? Weak? Sahaja Yogi: Yeah, that's a lot. Shri Mataji: Why? Have you been to some Guru? Seeker: Maharishi. Shri Mataji: Ah! Better? Maharishi? Useless fellow. Such a useless man – I was calling him useless, I wish I could call him much more. What is that about? Hello. How are you?

1980-0517, What is a Sahaja Yogi, Morning Seminar

View [online](#).

17 May 1980

Talk to Sahaja Yogis

Old Alresford Place, Alresford (England)

Talk Language: English | Transcript (English) – VERIFIED

What is a Sahaja Yogi, Morning of Seminar, Old Alresford (England), 17 May 1980.

We must know that Sahaja Yoga is a living process. It is the same type of a process by which a seed sprouts into a tree. It is a living process. So it is God's job. I mean He has to do it. It is not your job. To sprout the seed is His job.

But the problem comes in because, at this stage where human being is the seed, he has freedom, they have freedom. With that freedom they can spoil His manifestation, His working.

So the first thing one has to remember that we must have wisdom about it. The first point of wisdom is that it is God Almighty who is going to do this job. We are not doing it. You cannot sprout the seed, then how can you sprout your seed also? And in that wisdom we must learn one thing and know, within ourselves, that you are part and parcel of the whole process. Though you have your own freedom, freedom also is a part and parcel of the same process. You are not separated from God. You do not have any separated entity. You are part and parcel of that whole process. Alright? So to think that you have to decide something about it is also wrong. You are in the same machinery, brought to this stage when you are given freedom for your further evolution.

So at this stage, when you have your freedom, you must know that freedom wants to be given to you to understand the value of freedom. And in that freedom, you must understand what is glorious for you. Once you understand that, then you tell yourself that, "Now, see: I have to become something more. That's why God has done this, only thing I have to do is to completely coordinate, cooperate and surrender to His will, so that I become." This is the first preparation we have to make. In that surrendering, you will do the greatest thing because by that you do not interfere with His work.

Unless and until you surrender you cannot have the wisdom. So first of all you understand this, through your little wisdom that you have, and then you'll have the full wisdom. First of all, understand this with the little wisdom that you have, that, without surrendering you will be obstructing the ways of God. He knows what is good for you. He wants to give you the highest which you cannot achieve yourself. He's going to give you the highest. If you want to achieve it, you cannot achieve it. It is His doing. It is His daan (), as you call it, His gift to you. In that case you must know that [the] best way to achieve it is to allow His working to work out.

Now when you think of surrendering, first of all the brain wave starts working. "What do I surrender?" You think by surrendering, say, your material wealth. That's not what He wants. It's all wealth He has given to you. What is He going to do [with that]? It's [not] equal to even a dust particle of His feet. So that one is not going to help.

Sometimes you may feel that, "I should give my intelligence," or that is what is asked. Nobody wants to have your idiots and stupid people! So you don't give up your intelligence.

Then some people think that, "I give up my heart." Some people say it. We don't want heartless people either.

Then some people will say that, "Mother, we'll give up our relationships with others." That also is not needed. Because your heart should be there where it is and the light has to come in your heart.

What can you give your heart to whom? When the One who has given you the heart, what's the use of giving Him back the heart?

Isn't it? The One who has given you intelligence, what's the use of giving Him [it back]?

Something that you have achieved yourself has to be given. What have you achieved is your ego and your super-ego. What you have achieved is nothing but your ego. And this ego you have to give up, which is a difficult task.

Ego, if it comes out of money, material things, it is better you give up some material things, not to God but somebody else. It's better. If the material things are creating that ego. If your intelligence is creating ego that you think you have a very high IQ, it's better to bring it down a little. It is for you to judge. Watch yourself: what makes your ego bloated up?

If you could start looking at your ego you will be amazed that any useless thing can bloat it and can also deflate it. It can get hurt from nothing at all. It becomes so important.

Then the superego part of it also comes. That is what also you have to give up. And in superego you can have your conditionings due to your gurus and wrong types of doings and wrong types of conditionings [that] you have had from childhood. Like, for example, somebody is a Catholic: for him, Pope is everything. Or somebody is a Hindu: for him a particular temple is everything. All these are conditionings. Why they are conditionings [is] that, without finding out the truth about them, you have just accepted them as it is. This is the simple thing.

So if you can find out the truth about all these things, you will give it up. You may, may not. There are many people who know the truth, still they do not give up. You see, human beings are complicated stuff. Even if they know the truth they will not give up. But supposing you try to find the truth about all these things: then you may give, may not give.

But going back into the whole thing, to find out each and every thing, make a schedule of the whole thing that, "Morning time I'll find out about this, and evening time about this," The whole [of] your life you will go on finding one by one, and ultimately you will find that you have gone now up to the grave. So that procedure also is not going to help you.

By God's grace you are Realised-souls and you can find out in a second whether you are on the conditioning side or not. If your left is catching you are conditioned. If your right is catching you are on ego trip. Alright. So now you know very simple method is to know that, through vibrations, you can find out [if] Mr Ego is there or superego is there or you are wobbly.

This is the biggest thing we have got because this is my preparation.

My preparation is this, that, first give you Realisation. First give you Realisation. Once you are Realised then I won't have to say much. If you are conditioned on the left side you will get pains, this, that. If you are conditioned [on] right-hand side you'll have problems with health or something. So you will come to me and I will be able to tell you. This is my own preparation: is to make you alert and aware so that you have light to see things.

Now your preparation should be to use this awareness all the time. Further I will go to say that: to use this knowledge within you all the time. That people forget. So the first [thing] we must know is that this preparation has been done for us. We have got the vibrations. We have got the knowledge to verify and we must use this.

That you are in a new dimension is the first acceptance. If you have that acceptance within you then your judgement will be better. But this acceptance is missing. Now there is, in Sanskrit, a word, 'abhyas', that every day doing the same thing in that manner you will remember that you are Realised and that your awareness is not that of the awareness of ordinary people.

So, first preparation is to prepare yourself, to tell yourself that you have this new awareness within you, is to make yourself known. You see, in the University when you graduate, there is a ceremony held for that. You have to go with a gown and they give you a proper roll and all that. Why is it necessary? Because you may forget you are a graduate. (laughter) Yes! And that's exactly what happens to you, that you forget you are Realised-souls. I mean, we have had a ceremony in the sense that everything we have done to prove that you are Realised-souls. But this is what is missing from our people, that they cannot understand that

they are Realised-souls, that they are people who are on a level that nobody [else] is.

You are twice-born people, who are very, very rare. Very rarely you will find people who are twice-born. I mean, I found nobody - can you imagine? – all my lifetime, except for my father and a few here and there. I mean they are not to be counted because my father I chose and that's how.

So, first of all if you make yourself known to your own intelligence that, "I am a Realised-soul!" you'll be seeing that your priorities will be changing very fast. Supposing somebody gives you a huge big property or a huge big wealth. Immediately you become conscious of it. You start walking like this. When you are a student you walk like this. Suddenly you get the degree and walk like this. (laughter) What about Realisation?

So happy to see you here, very happy. May God Bless.

What about your Realisation? You haven't got your Realisation? Then what are you doing about it? This is the first preparation: is of identifying that you are a Realised-soul.

We have to talk in a different way - we are Realised-souls now. We are people of a different knowledge. We are people of a different awareness. As I told you. Now see this beautiful building: we all are enamoured by it and it looks very beautiful. It's done so well, beautifully and is very important for human beings. Alright? But for the Divine even this green leaf is more important than the whole building put together and all such buildings put together. For the Divine. Because that leaf is living and a bird which is more aware than that leaf is, is much more important to the Divine. So you, the human beings who are now aware to this extent how much important you must be to Divine? How much God Himself must be interested in you? Just think of it! Once you recognise this point, then relatively you will also know that you are very important in God's plan. Not world's plan I am talking. (laughter) It is God's plan. So all the forces of his blessings and all his loftiness, all of them are with to help you, to support you, to give you whatever you like. You are on the stage and they are looking after you. I mean, now you have entered on the stage.

But I find Sahaja Yogis, once they get Realisation, I don't know what happens to them. If they give up their ego then they become like, absolutely, I don't know what you call them...bananas? (laughter)

Each one of you is the special one created by God. Now you see for yourself, just think of yourself. I mean, you are the ones who know such a lot about life. Even if you get a little bit possessed, doesn't matter. But you know that you are possessed. Now think of it.

This is the second preparation one has to have - is understanding that it is God Almighty Himself [who is] worried about you. He's sent everybody to help you, "Go ahead!" So you don't have to worry about your money, you don't have to worry about all other things. The third thing comes automatically that you don't have to worry about all these things at all. They'll be looked after. You all have been looked after, you know that. Everyone has been helped. But if you know that He is Almighty and He's compassion and that you have fallen into His grace - think of it! Establish yourself at that point. This is the preparation one has to have, that He is the one who has given all this.

Then, the modern Sahaja Yogis are specially blessed because they have a 'walkie-talkie' with them. Any problem that they have are handled in form, in person! There was never such a blessing before. But ego is the point. To begin with it is ego. You have seen it. If you have ego you will not accept you are a Realised-soul. Imagine, how silly it is! If you have a superego also you will not recognise it. You will go back to the same position as you were. You will never accept that you are a Realised-soul if you have a superego. You'll never accept, "Oh, how can it be, Mother? After all I am an ordinary human being." You'll go on like that, "How can I cure others? How can I give Realisation? It is not possible." You see this kind of a humility, nonsensical. I mean, it's alright, I mean it's like a ?? saying, "Oh, how can I cure you?" It's like that. It's like no meaning. This kind of a humility has no meaning for you. "How can I do it, Mother? What can I do? Oh, I am no good. I'm of no use." This language must be given up.

When it is ego then it is even worse. You can harm yourself and you can harm Sahaja Yoga, at the extreme point. Egoistical people are extremely difficult, they are such a drag, because they try to do everything through their intelligence and understanding and this and that, and such a rambling goes on and on and on, and you try to pull them back again and they go back. It's so boring, you know. Very boring. Because you know, I see the stuff, supposing, I know this is it (a cup of tea) and I want you to have it. And between taking this cup to the lip, [if] every time you are pulling it out, every time you are pulling it out, then how am I to take it to your lip? It's very boring!

And this egoistical temperament is very prevalent in the West, surprisingly. And I just don't understand. They can take to all kinds of filth, all kinds of perversions without arguing about it! Just take to it! Any kind of perversion - "What's wrong?" But it is for them the most wrong thing is to be accepting the fact that you are a Realised-soul through Sahaja Yoga. They'll take anything else but not the truth.

This ego is like a horse sitting on your head. You have to sit on the horse, and the horse is sitting on your head. You are carrying the load of the horse - imagine! what is the sense in such a thing?

If you start analysing yourself, again you will go into another trip. You have been such 'trippers' like [a] Jack in the box, you see. Because you have been taking trips after trips, there's a sort of a spring. You try to see your ego, you go on a trip of superego. You try to see your superego and you go on a trip of [ego]. I mean, a person who has been bouncing all the time to this trip or that trip or that trip is just like a person travelling all the time, doesn't know whether he has to get down or has to go further. It's like that! The habit of the mind is so egoistical that you just take the ride on the thing. But the thing is [that] it is not that you take the ride, but the ego takes you on a ride. And whenever there is any such a thing coming up, it grabs you. And the progress is extremely slow.

Now the trouble with the Divine is that it has its own protocol and if the King has to come to your house, you have to go and invite the King. The King doesn't write to you that, "Please invite me to your house," does he? That's why he's King, after all! And he doesn't implore people that, "Please invite me."

This Mr. Ego expects that you should be invited by the Divine. That the Divine must go out of the way to fetch you out. Ego, in simple words, is nothing but absolutely wrong ideas about one's own value: by which you think that, "I am everything." What are you? Now don't go on a superego trip. What are we? Nothing! We cannot even sprout the seed.

Every day-to-day life you can see this clearly: how ego jumps up. Supposing somebody says that, "British have these qualities," one feels very happy. "Oh, what a praise it is! What a praise for British! Oh, we are British!" immediately. Somebody says that, "British lack these qualities," finished! You are absolutely...then that person is the worst person in the whole world. First of all, you must know that neither you are British, nor Indian nor anything. You are just human beings.

Ignorance is responsible for this ego. It is complete ignorance about yourself gives you this ego. So once we are going towards light we must know what are our hurdles. [This] is the preparation. Is the ignorance that we have about ourselves that's why we are going to see ourselves. And because of the ignorance, ego and super-go both have come onto us, so at least we'll have nothing to do with them. Supposing you have to go on the Himalayas where you are going for an expedition. You are supposed to carry the lightest things that you have. You don't carry three luggage of tiffin carriers, four luggage of this, and five things of that, to have a nice little bed there and sleep over. All that you leave here. In the same way when you are going on the expedition of knowing yourself, all that is loading up yourself must be put down.

So again we come to ego and superego. Actually, these two are terrible elephants which must be kept down on the ground. So we make our own study. These preparations are needed because we have already gone on this side too much or that side too much. So the preparation is to bring you down, "Come along here. Now you stand in the centre!" or we bring you down here and stand in the centre. The preparation is nothing but is just to bring you down here, that's all.

So with ego we move on and see what the ego has subtler and subtler and subtler forms. Even in superego you have subtler and subtler and subtler forms. To understand ego you must see what do you plan about your life? It's very easy. What are your plans about future life? To understand your superego you must know what affects you very much, what makes you very unhappy. Or you can say, what makes you more happy and what makes you more unhappy. Both things, happiness and unhappiness, are the shadows of these two trees. One is ego, another is superego. Just watch yourself. What makes you very happy? Good clothes? Good living? Or when your name appears in "Who's who?" (book) or all such nonsensical things which make you laugh, you see! All that. You just see that. What makes you unhappy? When [there is] some sort of a heartbreak and this and that. All this kind of a nonsense.

Both things are not yourself. They are just outside. So what is inside, if you have to find out, first the outside must be taken away. If you have to taste the fruit you take out the outside, you peel it out. In the same way, this must be peeled out.

Now this you should see within yourself and without also. You can see it very clearly without. It's very easy. How you deal with others is the point - what is your relationship with others. It is easier to know this outside than inside, perhaps. When you talk to others, what is the impact they have from you? Are you appreciated by others or not? Among Sahaja Yogis. Do you respect another Sahaja Yogi as a Sahaja Yogi or not? Do you expect that whatever stage you are, the other Sahaja Yogi will also come up and he must be given the due respect?

Also you must see that when any Sahaja Yogi, who has achieved something or who is at a better level, tries to pull you up - [do] you like it or resist it or get upset about it? If somebody tells you, "This should be done, that should be done," do you take it as if he has abused you? If he is telling you about Sahaja Yoga you should be thankful in all normal way. I feel thankful to you if you tell me something that concerns Sahaja Yoga. Anything! Even if you tell me, "Mother this may not be alright if You say. You see, the human beings are like this," I accept it and I do it according to your wishes.

Or do you like it or not? This is how you will judge your ego. This is only your Mr. Ego. Actually, it is better to have another person to fight your ego and yourself; both put together.

If somebody tells you that, "This should be done," "Oh, I see, I have been doing that. Yes, alright. You come and help me. You pull me out. Work it out. Try and help me. I am horrible!" That's the way, if you do it, [that] you can get over this ego. But the other person should say, "You are very nice. Alright, do what you please," and then you feel happy. This person is not so alright and you are also not so alright. Because you have to pull out people. For example, if you understand that you are in a crisis, you are in an emergency, people are getting drowned and some people are trying to pull them out, they themselves are halfway down, halfway up, they are trying to pull you out, at that time if they say, "Hold my hand now!" If you feel upset about it then you are not wise.

Now in Sahaja Yoga there is no leader as such. I mean, nobody is appointed as leader. Anybody tries to do that, he goes down. But there is an innate leadership within, and such a person is extremely humble and congenial and appealing and commanding too, has to be commanding. And one should not feel bad at that time, because if he says, "Go and steal something," or "You go and join some- one of these nonsensical things", then of course he is wrong! But if he is saying that, "In Sahaja Yoga you have to come up!" Even dominantly (sic) if he says, I mean, it's a very good thing, I would say.

Supposing somebody is in your neighbourhood who is always criticising. In a way it's a blessing because [if] there's somebody who is criticising us he's trying to perfect us. I mean, we should take it. Not to feel bad about it.

Supposing somebody is saying something about you, if it is not true, then what is there to feel bad? If he is telling lies about you, there is nothing to be frightened about. If he is telling the truth, then you have to be thankful. Though sometimes the truth could be very unpalatable, could be very, very bad. But it is a good thing. There is a saying in Marathi, "Keep the house of the person who is a backbiter, the one who backbites. Keep the house of such a man who is your backbiter next to you. Next door." That you know your defects, you see, you correct yourself. Is the wise attitude. Because you cannot correct yourself, so have a mirror by which you correct yourself.

I mean, you should thank such a man that he is criticising you. By pampering you if he is going to completely destroy you, what's the use? This is what the gurus are doing. They are all pampering you and destroying you and ultimately you find out that you have been befooled.

So if you accept the situation in which you say, "Alright, if this is what is going to be the truth, it's very much better for my ego and if it is not the truth then what is so important?"

This attitude helps in Sahaja Yoga very much, a very wise attitude towards oneself is. And you will be surprised as you'll grow with this attitude, you won't be easily hurt by what people say to you. You won't bother. You know how much people criticise me and say all kinds of things, argue with me, and I'm not bothered because I know they are foolish. What is there? They are stupid people. What is there? Even if they praise me, what is it? After all, whatever they praise me is my nature, nothing so great. See, it makes no difference. I am just watching my chakras working. I am not bothered. In the same way, it will happen to you and you will not be bothered. But this will help your unloading. This will help your unloading.

And, the unhappy part of it: in that we should prepare ourselves in a way that , "Nothing can make me unhappy. What can make me unhappy if I am a Realised-soul?" Supposing you want to marry someone - take a concrete thing - and you find the person has sort of misbehaved or you cannot marry. So what? "I am there. My value is myself I know." So your value, your self-esteem should be such that nothing should make you unhappy. It's all a drama going on. It's all a drama. But these things must be accepted by your great intelligence because what I find here is the difficulty with the Western mind is this that - it has too much of IQ, too much over-developed. So it is such a polished surface that nothing stays there, everything.

The first simple thing is that you are a Realised-soul itself should settled down there somehow, and to your intelligence that you are a Realised-soul now. All of you believe in the heart, not in the brain. That you are a Realised-soul, is first thing you must tell your intelligence. And then you must tell your intelligence also that, "Nothing can make me unhappy and nothing can befool me."

If these three points settle down on your intelligence I will see the rest of it. You just fix these three points on your intelligence then you will be amazed [that] you will become a very loving person, extremely considerate of others. It will all work out automatically. Because when your intelligence is like that nothing goes in. You are all the time worried about others. Either you are afraid of others or you are aggressive on others. You cannot go straight forward. This is what happens. If you could understand these three points clearly.

(laughing).

Yogini: Nobody does that.

Shri Mataji: She says that "Nobody does that. That's the problem." Absolutely. She's so practical. (laughing). She is so practical, you see. Just now in the car she said, "Everybody does something other [than they should]. They do not do what is the first to be done." Like she said, "They'll marry, you have to marry and enjoy your wife and your husband and your children. They'll do everything else but that."

(laughing) It is that. You see, nobody does that. It's so practical if you do it. Listening to Mataji is not the thing I want you to do, but doing of it is. Sit down and tell your intelligence, your IQ, that, "Mr IQ, now please listen. This is what has happened to me, and this is what I am. I am a Realised-soul and nothing should pamper me and nothing should make me unhappy." That's all. "Nobody can hurt me." Otherwise you are, "Aaahahhahaa, aahhaahah," like that, it goes in two ways. Never in a straight way. Where you are just compassion and you are love. Absolutely relying upon yourself, absolutely. And then you have me with you. And you think of those sages who had nobody to guide, nobody to tell, nobody to talk to. All your granthis and all that, I am breaking. You don't have to do anything. But only thing you don't create your own granthis, your own knots. If you do not create, things will work out.

This is a very simple preparation. So I don't have to tell you, "Love your brothers and sisters," and this and that. That's going the other way around. But you just tell your intelligence. This is enlightenment of the intelligence. If that intelligence comes into you then it is wisdom. "That anybody is laughing at me or everybody's making fun of me or anybody is trying to dominate me," all these fears or all these aggressiveness, all this will disappear just like that.

That now you are a flower and you are fragrant and the fragrance is blowing, and many bees are going to come to you, that's what you are! This is the beginning.

Go on telling yourself like that. If you could do that, if you can bring your intelligence to this level, not too high, not too low, but in the centre, everything can be solved in no time. When I am now living with you people, going through your Kundalinis, all that, I have found out at this point only: that you just don't tell your intelligence this.

So that you start giving up all kinds of fanaticism, all fears and this, and superstitions and all nonsense. Because nothing can harm you. No stars can harm you, not your science can harm you, what time you were born. Nothing can harm you now! You are beyond it.

So astrology is finished. Horoscopes are finished. All other...what other things you had like this?

Sahaja Yogi: Karma.

Shri Mataji: Karmas are finished.

Sahaja Yogini: Palmistry

Shri Mataji: Palmistry is finished.

Sahaja Yogi: Biorhythm. (Big laughter)

Shri Mataji: Biorhythm's finished! Biorhythm's finished! All that. I mean, you are beyond that. Now all these things, all such things.

Then the other side of it. All love affairs finished. All fear of love affairs finished. Everything finished, nonsense. It's only love. Now whosoever you will get, you will love that person, that person will love you. If he doesn't care or loves you, it doesn't matter. As long as you love, finished!

All expectations finished, all expectations finished. All expectations for happiness. Joy is single and absolute. When you are in joy you are at a state when there is no movement. You are just there.

So get rid of this both feelings of, "I am very happy now!"

"I am now in joy. I am established in joy and that's what I have to grow within me not that my old stuffs. That's dead, finished." When the trees drop out their leaves, people don't expect them to again rise and get attached to the trees? (Laughter). In the same way whatever is gone and finished is finished now.

Now let us grow what is new coming in us, and this is to be nurtured now - is the joy, is that dignified majestic, that beauty within ourselves. Then you don't get upset. Not bothered what others have to say about you. It will happen. It will happen if you put it down on your intelligence. And people will see that in you because you don't do anything funny, you don't do anything wrong. People like you. Even those who are not Realised will see that dignity in you, that you are so dignified because you have your own understanding of yourself. It's a very simple thing, but as she has said it, nobody does it. Tell your intelligence.

Even now I find that some people do have that joy within them trickling in. But you have to prosper into that. You have to come into that. Dropping out all that is nonsensical. Otherwise you will go off like that.

And it takes hardly any time or hardly anything. Whatever is done wrong, is done wrong, finished! Just to be finished off because it's dead now, so why bother about it? Just to finish off. Because if I tell you something with a harsh tone it will not stick on there. If I do it delicately also it will not work out, because, what I told you, there's a polish. Take out the polish, and what is the polish? The polish is the all understanding of norms, the all understanding of norms of life. Because you thought [that] if you were in this condition you would be happy, that's why you are doing it. Because you thought, if you do like this, there is a fear this, the left-side problem. But if this all understanding of the mind, if you clear it out with your light, with your own wisdom, then you'll be amazed [that] this thing will stick into you, completely. This wisdom will stick into you.

Forget that old nonsense. So many things you have already sorted out yourself, you know, so many things which were nonsensical before. But the identification of all these ideas should be achieved, should be achieved, is the point. You know that this is all nonsensical. But is to be achieved. That's the preparation. You have the light, you have the movement now. you are moving into it, but the light is not here. [It] dangles, sometimes falls like this, falls like that. If you can fix your light properly, just by this understanding that whatever were the norms before were due to ignorance and we have to have our norms of our own now [regarding] what is a Sahaja Yogi.

And these norms, I am going to tell you how these norms are going to come to you like faith, like entire dependence on spirituality, entire dependence on your vibrations. All these norms of the new life, we have to accept. But to be achieved, I mean to say to be achieved, you see. Not just to be understood in a lecture. So I'll tell you about that in the evening, and tomorrow I will tell you [about] the real becoming, alright? Thank you.

May God bless you.

Shri Mataji: Just go on saying, now are you opening?

Sahaja Yogi: (inaudible)

Shri Mataji: You do not want to assume your position, that's the problem. Better?

This is what I am saying, you see. It's moving out. Just say that, "Nothing can happen. No bhoot can catch me. I can catch the bhoots." That's the truth.

Douglas Fry: Lunch is served.

Shri Mataji: Hah?

Sahaja Yogini: Do you want to take your lunch in here?

Shri Mataji: Or else?

Sahaja Yogini: In the dining room. It's very nice..

Shri Mataji: Nice or not, I will have it with you people.

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Face yourself for becoming. Then the preparation is done to become something and on the whole, when you know that it is your ego and superego which are loading you up, you have to scan them out with vibratory awareness.

Now there are two types of attention we have to pay. First is a constant attention that is a routine of a Sahaja Yogi, and the second one is the emergency attention.

I have been saying that all the Sahaja Yogis must start writing their diaries: one with every day's experiences, if you know that you have to write a diary, you'll keep your mind alert, and another one whenever you get any special idea of the past or of the future, also to jot it down. So, like that, you should have two diaries.

For your constant attention, you have to fix up your mind on certain pegs. The first one, as I said, that if you keep a diary then you will know that you have to remember what important things have happened. So your attention will be alert and you will be looking out for such points, where, what is the thing you see. And you'll be amazed, if you make your attention alert, what new things come to you – very brilliant ideas. And the miracles of life and the miracles of God's beauty and His auspiciousness, His greatness, His kindness, His blessings – how they work out if you start writing every day even two lines about it. It will make your mind constantly involved with it. That's a human style of doing things.

Also you can mention in the diary what happened: did you, could you do your meditation? Did you get your time for meditation or not? A little bit as if you are appearing for some sort of a examination or something, you prepare a little note like that: "Did I get up in the morning? Did I?" Then any special path or any special movement in the centre or left or right also should be mentioned so that you keep a watch on your mind. It's a very good thing to maintain a diary.

Also, you will see progressively how your ideas are changing, how new priorities are settling down, how you give more importance to real things and very little to unreal things. I think this is a very, very practical side of human beings that one should have a diary. [The] same diaries, after some times, will become historical things and people would like to see what you all have written. Not to be hypocritical about it or deceptive about it, but quite truthful and understanding. You should jot down few lines just before sleeping.

Now we have to see that we have problems for superego and ego. Now superego is the left side, is darkness, tamo guna and our past. Those who have left side problems should think of the future, it gives them balancing if they think of the future. For example, a person who is lethargic should take to working. Put your mind into working for the future planning: what to do, where to go, how to do. That will keep you away from [the] drag of the left side and gradually then you can balance yourself also.

Now the right side of a person, when it is activated very much, he has to balance it not with the left side but with the centre. That is, a person who is very hard-working must develop a witness state. You try to do a work, any work, indulge into work in thoughtless awareness, as a witness. Whatever work you are doing you just say that: "I am not doing it." This you can do it after Realisation. You become thoughtlessly aware and start doing your work.

So the compensation of the left side is done by movement to the right, and of the right side [by] movement in the centre. Left side is the tamo guna, right side is the rajo guna, the centre is the sattwo guna. But still these are three gunas. That's not the state which we have to achieve. About this I'll tell you tomorrow more, how to go further then.

After scanning out which side is weak, you should plan out your style of life.

For example, if you are extremely lethargic, you cannot get up in the morning, you feel very sleepy in the night, you do not feel alerted then start planning as to what will you do. How will you get up? Even puja is a good idea, homa (havan) is a good idea. Do something like that, so that you have to do something, what you call the kriya, is the action, get into the action. Some sort of a action you go into in Sahaja Yoga as well as in your daily life [then] you'll be able to change that mood and come to the right side and then you'll go to the, your movement should be towards the sattwa guna, is to watch everything.

Now at the sattwa guna point where you are in the centre you have to see how much you are misidentified. Say, supposing you are at the first stage of left side, then you will just do daydreaming, "Oh! This person is so much identified, that one is so much identified," as if you are the best. It's just human nature, you see. "Oh, that person is like that, he is like that, this is very bad in the society, that is going bad in the society. It's better..." Then we can also go to this limit is to, "That guru is very bad and that one is another madcap." Like that, you see, all daydreaming going on. How far it is affecting you, how far are you improving by that is not....It's just, you see, thinking, analysing. It is, it's a lazy stuff, sitting down and just analysing, it's a lazy stuff.

The second thing could be when you come to the second side of it, is the kriya. Then what happens when you start doing it, then at least your attention is on what you are doing. It's not allowed to drift into something and which goes into any nonsense and can, I mean, then you don't know from where the funny thoughts are coming. So, you start doing something. You can go and plant some trees or you can go and plant some flowers or if you want you can do some cooking, you can do some work.

Take to work! That will help you. Any work. But while doing the work the problem will be, you'll develop ego. That's why when you are developing the ego you have to tell yourself, "You are not doing, mister! This you are not doing, this is not doing, you are not doing." If you go on suggesting to yourself [like this] Mr. Ego will not come up. And then many things, you see, which normally trouble you and trouble others – like you have cleaned the room, alright. Then [if] somebody comes and spoils it you get angry with that person. Naturally! Because you think 'you' have done. First of all you don't clean the room. If you clean the room then you be prepared, it will be dirtied, otherwise why should you clean? Now, if it is dirty, well and good; if it is not dirtied, well and good.

This type of a attitude you should take to jump on to sattwa guna. On sattwa guna you start accepting it. You become extremely mild. You become a mild personality. Then at that time you do not discuss as to, "Oh, I don't like it; this was wrong; this should not have been." All these things do not come to you in sattwa guna. You start seeing it. That time you see it that, "Alright, doesn't matter. It's done, it's done."

On the contrary, you feel hurt if you are a sattwa guni, that by any suggestion you have suggested your ego. Can you get that point? You feel ashamed of your ego, I mean to say, if you are a sattwa guni. For example, even to say that "This is my car," you will feel shy. That's a sattwa guni type. Or even to say, "Why did you spoil my carpet?" I mean in India nobody will say, I can tell you this! Is regarded [as] bad manners, absolute bad manners. If anybody comes to your house and the carpet is spoiled they say, "Let it be, doesn't matter." Even it is burnt, "I don't know. Let it be. Are you burnt?" They'll never say that, "You have burnt my carpet, or done anything to my..." Is regarded [as] bad manners.

Like here, you see, if somebody's sleeping [and] somebody makes the noise. The person who is sleeping will never say that "You are making noise," He'll just get up and ask, "Do you need anything?" That's difficult for people here to understand because ego is just sitting on the head. But is bad manners there. You will find when you'll go to India you'll find this. These are bad manners to say that. Or to say, "Oh, I, I feel very comfortable." I mean, to say "I feel comfortable" is bad manners. I mean, they never say. "I like it." So what? All these words are not to be said. If you are a sattwa guni then you just don't say, you will say, "Do you like it? Is it comfortable? Would you like to have this?" The whole attention goes from your side. Do you understand that?

That is the style one has to develop. Then you are a sattwa guni. Otherwise, you are still on ego trip. You see, whatever you may think, "I don't like that, I don't..." "I"- who are you? First of all ask the question, "Who are you?" If God says, "I don't like you," I can understand, with good reasons, but for you to say, "I don't like it" ...After all, how did you come on this earth? How did you get a human birth? How did you get all these things? Now think like that. "Who am I? I am nothing." Anybody who thinks, "I am something," he should know that he's nothing; makes no difference to God whether he exists or does not exist, you see, he's

nothing, he's just a drop.

So, this point if you understand, that even if you do something, any work you do or anything you are doing: you are just doing it because you want to do it. That is how you come on to sattwa guna. But normally it doesn't happen. It happens the other way round. For example a person is, say, doing something [if] by any chance he feels hurt or he thinks that whatever he has done is no good. People don't appreciate, or maybe he might think that, "Oh, it's not up to the point," or whatever it is, then the reaction for him is not that he does not try to rise to sattwa guna, but he goes back to tamoguna. "Alright, I'll not do it. I'll sleep over it. Let them do it, why should I do it?"

So the training that you have to have through your rajo guna goes a waste. It's just a training period that you are with rajo guna. You are doing something. Now in that training period you have to learn only how to come in the centre. For example now, water is required for you to swim. If there is no water you cannot swim. All right? In the same way, rajo guna is required for you to come to sattwa guna. If you do not do any work you cannot come to sattwa guna. So you are just working just to train yourself to be a witness. Now do you follow that point? You are not doing it because you like particular thing, you are used to particular thing, because you want to be this. This is not the way it is. You are just doing it to learn how to be patient. To practice your patience. To see how much patient you are.

Once you start doing it, you'll be amazed that you will never feel the burden of the work. But it never happens. Most of the people, if they find their work is not effective, they'll go back to tamoguna. There are many attitudes. Say, somebody's working, then he thinks, "Why should I do all the work? Others are not doing!" He'll go back to their stage. But those who are not working will not think that, "This person is working, let me also work." It's other way round, you see. This can be an attitude of some people that "if this person is working, let him work." This is even a meaner stuff, [to] avoid, just. You go to a restaurant and somebody takes out the purse, others start looking this side – is very mean, it's a very mean thing to do. Everybody should come forward and once you have paid, you have paid it, finished.

Then you just don't start counting, "Why did I pay?" Once you try [to do this]. Or any work has to be done, go forward with it, do it with your heart. Don't worry if others have not done it. Just do it for its pleasure and the pleasure only you will get when you will do it with the understanding that it's a training period, you are better trained than the other one is. You are at a higher class than the other one is. So we have to be at a higher class. For that this is just a training on. And that's how we can really put our preparation into practice, into all details to see how we work out our ego and superego.

Today, in the morning, I have told you that your intellect must imbibe this within itself, all right? And now I'm telling you that your action, action that you do, must be every time branded by you as just your training – any action you do. Supposing you have to drive for miles together, you are trying your patience. You see they'll do in everything. Say they have to go for say helicopter, or say if they have to drop from the...what you call them, they drop down?

Sahaja Yogis: Parachutes.

Shri Mataji: Parachuters! Or helicopter you take away or whatever it is. You go on doing it again and again, isn't it? You practice it again and again. You drop many-a-times, you break your legs, you break your hands, you do this and do that till you become a master. You understand My point? Driving – same way, till you become a master, you go on. In the same way, you are doing this work just to master your patience.

And then your love, is your love – how much you love really. If you really love someone, you are never tired of working. You are never upset with work. But if you don't love, you start counting, "How much money, how much work, how many hours, how much to be paid?" All artificiality comes because there is no love involved in your work. Whatever you don't want to do, you don't do it, to begin with. To begin with you just don't do what you don't like – to begin with. But once you have mastered that, then you have to master it that you do something that you don't like. Like meeting some bhooties, for example. You don't want to meet, you want to run away, but you go little nearer it, you see. Then develop a immunity for these bhooties. After some time you'll not catch them. We have to develop the immunity, isn't it? Otherwise one person comes here and everybody's head goes out. Instead of the fellow improving, you all go out.

So, all these things are, all these events are for your training, your immunity. Your immunity is to be trained and when it is so,

when we are training ourselves we should take it as a job. But the attitude should be extremely positive, extremely positive and all that should be expressed in your notebook: whether you got dejected or you got upset and disgusted, you want to run away from it – all sorts of things. It's just a training to your mind. Whatever is the situation, wherever one has to live, whatever one has to do, we should do. Whatever may be the circumstances, conditions, you'll be amazed, you will not even know what you have eaten in the morning, what you have eaten in the evening, whether you have eaten or not you will not know. You'll not fuss about it, you'll not worry about it, you'll not think about it. But this being, the aim, is to reach to sattwa guna, every other thing becomes zero.

It's the greatest hurdle comes to Sahaja Yogis I've seen, when they start organising. They start organising something. Now somebody wants something, so they'll run up to get the thing for that person. Now just now I've said that you must look after the needs of others, but if I am sitting here and there's a lecture on then you'd better be just listening to Me. You see, this also is there that: how to have your priorities, at this time when something [is] working on you. This is the first thing you have to do. Not that at this time you go and cook. You have known the story of two sisters attending on Christ. Alright? So at this time, what is your first job is to try to be more exposed to Me so that automatically you'll go into your sattwa guna. This is the best! But if I am not there and when you are alone or when you are with other Sahaja Yogis you must now compete in rising higher and higher: from tamo guna to rajo guna and from rajo guna to sattwo guna.

But actually by Realisation you have gone beyond these three gunas. You have gone beyond it. Actually that is what has happened to you. But, like clouds, they cover you again and again. And when the sky is covered with those clouds, you cannot see the sun, you cannot see the moon, you cannot see the stars. So we have to know how these clouds are coming into us and that's how we go into our complete analysis. How these clouds are coming to us, you find out about our different chakras. What are the chakras we are catching? Here comes the another constant attention towards our chakras. Are our vibrations alright or not? Are we getting our vibrations? If not, what chakra am I catching, what must be the catch? I must raise my Kundalini, see for myself, where is the catch. Do I do my meditation or not? If I do it, am I doing it just dozingly or am I really in it? Am I really feeling it or not? Am I alert or not?

All this is to be assiduously, sincerely, absolutely, truthfully should be worked out. Because it is a process between your self – 'Atamanyeva Atmana tushta' [The Spirit is satisfied with Itself]. You see it's a very funny, it is so funny relationship that it is the Atma is satisfied with Atma! You have to be satisfied with your Self. There's nobody, Mataji is not concerned, nobody is concerned. It is you who is concerned with your Self.

For example, you ask somebody and he says, "I am like this, Mother." Now think that you are Mother, one personality, another is, say, Mr. Don or Kingsley or someone X. You are two personalities. So when you are telling your Self, means that is Mataji, that, "I am not alright," then Mataji must come up and say, "What do you mean by this? Why should you say like that? What's wrong?" When you say that to your self which is outside, then the attention starts moving towards your Self which is Mataji and you start becoming that and you start seeing through your Atma. So your Atma is to be satisfied by your Atma only. There is nothing in between. It is you only in this dual personality has to satisfy your Self. One is in ignorance, one is in knowledge.

Now try to identify yourself with that Mataji, call it, or any Xyz whatever you call it, Atma. And just for, just a drama, say. You just think that you are the Self, Spirit. So how will you address your Self? Let's see. Supposing you have to sit in My seat, yes, take it like that, a position. And then you are sitting in front of Me also, alright? So you are sitting here and sitting there. Take a position like that. Now you put up your Self in a drama and you start addressing your self, "So Bala, how are you?" so Bala says, "Better," So if you are identified now with Mataji, gradually Bala will diminish, alright? But if you are still identified with Bala, he'll grow and this [Mataji] will diminish. You have to try to address your self as if you are Mataji. It's a drama. You sit before the mirror. In the mirror you see this outside of yours and here you are sitting, whatever you are, Mr. Don for example. Now Mr. Don is addressing the other Don there, and let him take up a role that, "I am the Spirit." He'll say, "I am the Spirit and I am eternal. I am this. Nobody can destroy me. I am above everything." That thing will go down. "I am a realised soul. I know what Spirit is. What are you talking?" It will go down.

This is how you start moving. But is only possible that first you become a sattwa guni. If you are not a sattwa guni, with ego, "I am this," then you become a guru and you start minting money!

First the ego is to be brought down. If there is still ego, then without becoming Atma you become an ego. So first this journey should be brought in to the centre of sattwa guna. That is why I say that when you are talking or doing anything, you must know that it is your Spirit which is doing it. That's how you put your Spirit in charge or say at the pedestal – first stage.

Then when the Spirit is there, then from this stage to that stage, then you say that, "Now I am the Spirit." For example, if you have a prime minister and a deputy minister and a minister – three persons, alright? Now, if the prime minister is your Self and the minister has to become the prime minister, so he has to first become deputy minister. After becoming deputy minister he has to become prime minister; but deputy prime minister and then the prime minister. But supposing this fellow starts to jump over this, this will come up and hit him and he'll say, "I'm the one!" and this one is E-G-O.

Do you understand My point?

So you cannot surpass it. You have to merge this into this and then this into this. The movement has to be like that. But if you try to just become this, actually you will become this, not this, because you cannot become this. Do you understand My point?

So, even when doing this exercise of sitting before a mirror and telling yourself that you are the Spirit, you are the part of Viraat, that you are the Ocean because your drop has fallen into the Ocean. Then you must know that your drop has fallen into the Ocean. That's why you've become an Ocean. If that stage is missing, then you're saying that you are an Ocean is absolutely bombastic. And that is why one has to be very steady and careful, absolutely steady as far as dealing with oneself. Because you know how this intelligence can cheat you.

So be very, very careful and when you are dealing with you, you must know that you have to first overcome this ego. The best thing to overcome ego is to change your language style, is to speak in the third person. Is a very good way. Like you must say, when you are talking about yourself, "This Mataji won't listen to Me. This Mataji won't do this," you see, so what happens, this 'Mataji' means the ego part of it, you see. And once you start separating this Mataji away from your self, then that ego Mataji disappears. You understand?

Like you can say, "This Bala is like that. He won't listen." So whatever the real Bala is left in you is alright. That's how you get rid of your ego and by understanding your centres, what you are catching, where you are catching, how you are catching; it would be very easy for you to get rid of your problems.

Now, see what Sahaja Yogis do. Supposing there are five Sahaja Yogis sitting. I mean you know that I know about everyone, everything. I don't have to ask, "Where is catching?" Now why do I ask? I show complete ignorance. Because perhaps I never catch also, to be very frank. But if I want to know where I'm catching I can find out but I don't want to. So what I say, "Alright, Chaya, tell Me where is he catching." At this time one attitude could be that, "I must tell, otherwise Mataji won't know." This is very funny. (Laughter) The second one could be, and the second one could be that, that, "I know where she is catching and, and I must tell, and Mataji also knows but She wants to test me. So I should be careful." At this point people make mistakes. If I ask them, "Where is it catching?" "I am catching on left heart but very mildly!" Finished then! You, you'll get less marks. [Laughter]

You get less marks. You tell Me whatever you think, because at least you're honest. Whatever you think. Supposing the fellow is not catching heart but you are feeling the heart. You say, "Heart" That's being honest. Then I will tell you who is catching the heart. But if you are, "Perhaps yes, Mataji. No, Mataji," then you get less marks. It's not a very good answer. "I am not alright, I don't know," that's not a good answer. You have to tell Me who is catching where. Then you pay more attention that you have to pass this test. This is just testing. Why? Because tomorrow you have to give Realisation. You have to become the gurus. You have to know all this. So this is all training period. I'm just training you by asking you to tell Me, but I have seen people even getting ego with this. It's surprisingly sometimes. That also gives the ego to people that I say, "Alright, you tell Me where is he catching?" "I told correctly!" Finished!

You see, it is just a very, very, I can say, razor stage I tell you, where one has to see clearly. So be a simple person like children are. They just come. This one, that one, finished. Then they'll go and sit down, "Now I'm tired, I'm sitting down!" They are not bothered that they should ... they must say something or something show off, nothing. Whatever they see, they say. But only

grownups will say that, "Maybe I'm catching, maybe it is his. I don't know." All this is done by grownup people because still the sensitivity is alright but they are not sure of themselves. Children are very sure. They are cocksure of everything. You ask them anything, they'll tell you, "Yes, this is this, this is this." But you ask anyone, "What is the colour of this thing?" They'll say, "Maybe green, maybe red." [Laughter.]

Like we had one old gentleman, not very old, as old as Myself – but he was to come to My house. And he telephoned to Me. He said, "I want to come to Your house so how should I come?" I said, "This place is Oxted, you can come there but if you don't get a taxi then it's very difficult, better come to Hurst Green."

He said, "Where?"

I said, "Hurst Green."

So, he said, "Hurse Blue?" How he is saying blue to green, I don't know.

I said, "No, it's Hurst Green."

He said, "What did you say?"

I said, "Hurst Green."

So, he couldn't understand. "What is the second one?"

I said, "What is the colour of the leaves?" He said, "Blue." [Laughter]

So, I said it to Gregoire, I said, "Now listen to him, what is he saying? Colour of the leaves is blue?"

So, Gregoire lifted the phone he said, "All right, you come to Hurst Blue." [Laughter]

So, he said, "Now at least..."

I said, "What are you telling?"

He said, "At least, now he won't come up". That botheration is gone." Such a confused personality, thinking blue and green. You are fighting. That's what it is. The attention drifts. So, try to see that if you are confused, there is confusion, clear it out by clearing out your chakras.

Now every chakra, let's have a little testing of it alright, let's see? One by one. So who are going to answer the questions? Let's see. Simple questions. Not 'Mastermind' (a British TV competition of 1970s and 80s). Very simple questions.

Now, say your Hamsa Chakra is catching, what should we do? Who will answer the question? Hamsa Chakra is catching, what should we do? Let's see, one by one.

Sahaja Yogi: Hamsa, Hamsa.

Shri Mataji: That's the name of the chakra.

Sahaja Yogi: Someone said to me that you say Hamsa.

Shri Mataji: No...you see this is the Hamsa Chakra so you have to say that, "Twameva sakshat, Hamsa Chakra Swamini sakshat, Shri Mataji Nirmala Devi namoh, namah."

See, opened now. Now say it, all of you, because just now you are catching. Now put your finger like this and now say it. (Everyone says the mantra). Say it again. Say it thrice. [Everyone repeats twice more] See? Better.

Now, what happens in this centre that both the Nadis, Ha and Tha, Ida and Pingala, they come and meet and they cross over. So, for the right Nadi, right side, this one, the left Nadi flows and from the right side, the one which comes from the right side flows into left side. These two centres meet here, I mean two Nadis meet here actually, below the Agnya, it's below the Agnya at Hamsa, you see, and the problems come to you either from the right or from the left.

Most of you catch on Hamsa here, because of cold or whatever it is. Now, I have told you many things by which you control your cold. But if it is due to the left side, left side catching is there, then for left side Hamsa what should you do? Tell Me.

Sahaja Yogi: Keep your eyes on the ground, on the green.

Shri Mataji: That's one of them, but another thing, I mean as far as mantra is concerned what mantra will you say...

Sahaja Yogi: Ekadasha Rudra.

Shri Mataji: No that's much higher, that's even above the Agnya.

Sahaja Yogi: Mahakali.

Shri Mataji: Mahakali, correct. But you can say Ida, Ida Nadi. Now see just now I have told you that it is the Ida Nadi which comes

from the left and goes to the right side. So, you have to say Mahakali or Ida Nadi, Ida Nadi Swamini. Now say it. Just now you are catching on the left.

[Sahaja Yogis take mantra of 'Ida Nadi Swamini'.]

Shri Mataji: Again.

[Everyone says the mantra.]

Shri Mataji: Again.

Now, then another thing, that supposing your right side is catching, or you have a liver problem, then what should be used – light, sun's rays or water?

Sahaja Yogi: Water.

Shri Mataji: See, right side is heat, is Surya Nadi. So you have problem of Surya Nadi – right side. So to neutralize it you have to use something else. So then that time what you have to say, is to – you can say, you can take the name of Chandra, you'll cool down. If there is heat on the right hand side, you should take the name of Chandra.

If it is the left side catching, then you have to take the name of Surya.

For example you are possessed, then go and sit in the Sun – all the bhoots will run away. They run away from Sun. But supposing you are an egoistical person then go and sit in the moonlight. May be you'll be little lunatic. (Laughter) It comes from the word 'luna', you see? But if you are a crying type and all the time over-romantic [it's] better not look at the moon and better see the sun. See the compensations. This is absolutely understanding that many people, if they have liver they put in this [fire]. What can the fire do now? There's already fire here. Adding fire to the fire again, you see? But, also, what one can do is to take out this fire and give it to this one.

Now, how do you do that?

Sahaja Yogi: Lemon?

Shri Mataji: No, no. to fire. Supposing I want to treat My liver with fire. How do I do it?

Sahaja Yogi: You put your finger actually to the flame so that it burns off.

Shri Mataji: No.

Sahaja Yogi: It'll take too much a week! [Laughter]

Shri Mataji: Yes, that's correct but something takes some times about it.

Think it over then, think it over, take it over. You see, you have to take out your heat and give it to these lights. How do you do it? Think it over.

I'll tell you simple thing is: this left hand is minus, this [right hand] is plus, you can take like that, alright? So whatever you do with left hand you suck in. Whatever you do with right hand, say, for example, you give out. Alright? So now if you want to now give out, what you do is to put left hand on you here and right hand outside. So this is cooling it here actually and the heat is going there. But if you do the other way round, you are sucking heat.

Sahaja Yogi : Hum

Shri Mataji: But from the left hand side you do it like that. Just electrons, alright, then?

Now if you burn here is a good idea, very good idea for Left Nabhi. So the Left Nabhi gets heated up.

This side needs heat. This side needs cooling. This is the basics.

If something wrong with this side (right) you have to give it the cool. If something wrong this side, you have to give it the heat. Some people get too much cool vibrations. They'll perspire and cool, means left is finished. Now what should they do as far as fire is concerned? Let's see.

Sahaj Yagini: [inaudible] right hand here

Shri Mataji: He perspires. Right hand on the heart, left hand here. If anyone perspires, it means his heart is weak. So put right hand here at the time on the heart. The heat comes in. Are you following the electronics, no, the electrical?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: So the basics if you know that the left side is the cool side, the right side is the hot side. And about the hand, this is the minus side, this is the plus side. Even you can do like this and you are balancing yourself. Just like in India we do, especially if you see a great bhootish [person] then you'll do like this, fully. You see?

So, these two sides are: one is the hot side, one is a cold side, while the Sattwa Guna is the meeting point, is lukewarm. The Sattwa Guna gives you the temperature that you have. Alright? And these two give you either very cold or very hot.

So we come back to now sinus again. It is which side problem?

Sahaja Yogis: Left hand side.

Shri Mataji: Correct! Left side, because there are three things now in our bodies. One is...what do you say to that? Bulgam. Another is the bile and the third one is the gas or Vayu. All right? So the left side is the Kapha. All these colds and things are due to left side. And the right side is the bile. The fat is created from bulgam, which doctors do not know. Do you know that? When fat is heated up by the right hand side, then it dissolves and the gas movement is in the centre. When these five types of gases which are within us, when they all combine together and get enlightened by the Spirit, you get the Cool Breeze coming out.

So the centre path is the prana. When it gets absolutely heated up then diseases like tuberculosis, all these things can come in. And when it gets heated up on the left hand side you get tuberculosis and all these things due to too much heat. When it gets heated too much, then it comes to the right hand side and you get diseases like liver and all these heating things on the right hand side. So though the left hand side is cold, if it is heated up then also diseases are caused.

Now we have to go into details sometimes to find out what, basically, are our diseases within our body. We should know what is our disease. Sometimes even if you have ordinary cold, it is a disease, according to Sahaja Yoga. You should be a normal person. Supposing you are suffering from, say, the terrible disease, the greatest nuisance and the blessing of London and England put together – is cold. Call it hay fever, day fever, or anything! So, it is due to what? It is due to basically within us less resistance, no immunity. Less resistance come to us because of lack of calcium within us. Those people who have taken proper care in childhood, taken vitamin A and D and good massage, say with cod liver oil or olive oil and things like that, and proper sunning of the body is done, such people suffer less from cold. Specially the Vishuddhi Chakra problem it is.

Now those people who have not been careful about their Vishuddhi Chakra get the disease settled within themselves, but when this disease is settled, what happens actually? What is the reason, as we said that it is the left hand side problem. Cold is a left hand side problem. That means cold has something to do with your emotional side. That means there's something also wrong emotionally with you. So, it indicates that you have some emotional problem. According to Sahaj Yog, to overcome cold one should see into this emotional life of oneself. What are you doing about your emotions? For example as soon as you're affected by emotions, you will start crying or sneezing. [Laughter]

This is a fact. If these are girls, they'll start crying. If they are men, they'll start coughing or sneezing. They'll cough for nothing at all. You see [Shri Mataji coughs] they will go.

[Laughter]

Isn't it a fact? Unnecessarily they'll be doing like this.

Is an emotional thing, to attract the attention maybe or whatever it is. To say that how pitiable they are, you see, is a thing by which we show our pitiable condition. You see, is a thing, we reduce ourselves to a position by which we try to, you see, excite the pity in other person.

So, this cold is due to our emotional problem. Now so we should see what is our emotional problem. We should find out how much 'Romeos' we are [Shri burst into laughs]. And how much delight of life we miss by that. Once you start understanding that you are your own Romeo and you are your own Juliet – most of you will get rid of your colds. Take it from Me.

It is some sort of an emotional problem. Could be with your father. A person who is very attached to his father. 'Attached' is the word best is, gets also attached to cold. Attached to mother is even worse. If somebody is very attached to her mother, you see, then all reasoning fails and then the mother misbehaves or does something and the child feels very hurt, the child cries, he gets the cold. Any such attachment which makes you foolish should be given up, to get rid of your cold, I mean to say. Whatever makes you stupid, foolish or hankering after someone, creates troubles like colds. 'Romeos' specially. Then very beloved children, beloved fathers, beloved mothers, you see, the ones for them their daughter is important, their son is important. Some people just don't love their children and if some love they'll dump them onto everybody else.

So, these two types of it. You must know that you are just a trustee of your child and as far as your 'Romeo-ness' is concerned, you are just to see drama of your Romeo, that's all. Then this detachment will take place and a simple disease like cold which looks so horrible, incurable, can be cured. As long as you people have cold, without having any romantic feelings Myself, I also get it. So I request you to rise above these things and become more sensible, and your attitude should be of enhancing mutual

understanding, mutual love, and not romantic feelings.

But worse than that is dry feelings, on the right hand side you know. Then if you have a dry throat you cannot even speak. Suddenly you find -finished- [laughs] you just can't speak because you are dried. So the other side is where some people try some psychological tricks with their wives or husbands – like "I will not speak". This I'm telling you just an emotional side of life. "I'll not talk to her. I'll not speak. I'll behave like this." Dryness. That also kills the delight. The one is overdoing of it and one is not doing of it. You see, either you'll take sugar which is one ton in one glass, or you will not take sugar at all. Not more, not less, you see, to have the optimum delight of tea. In the same way, in life also, you should not take too much of something and too little of another thing. Now somebody who's married now, for that person, Indian women specially, husband becomes last one, then everything else is zero. Then such women are useless. Or men that I've seen here, they are just mad on their women. For them also, life is useless.

So, take a balanced attitude of the whole thing is that. It is in you is the person who is loving your wife, who is also within you. You are your wife, you are your husband. Now the wife who is your wife outside, if she just does not tally with the wife that you have within your mind, that should not upset you, because that wife is always with you. Once this understanding develops, you see your partnership -[Shri Mataji aside: by the way I found your letter]- the partnership of husband and wife could be absolutely perfect.

Now with the children as I said -

Hello, by what train did you come?

Sahaja Yogi: The late one. [Laughter]

Shri Mataji: Real late one this one was! What about your food?

Sahaja Yogi: We both had some.

Shri Mataji: Really? Where?

Sahaja Yogi: In Winchester.

Shri Mataji: Though you were telling something else. Where? I mean if you are telling the truth you'll tell the same thing.

Sahaja Yogi: We had some chicken from the Fish & chip shop.

Shri Mataji: All right. There is some food if you want, please have. Go, have something, you see it's very late. Let them have, come along, let them have. You know? Who knows?

Good idea. Please Let them have. Very nice you both could come. We were just missing you all. Yes, very good, very cool and nice (vibrations), Let me see when have you food, both of you. Now it's very good. May God bless you. So you go and have your food. Go and then come in.

Now, why make it so light: for you to understand that marriage is not a serious problem. [laughter] As long as you have your ideal with yourself and you don't try to impose that on your wife, or the wife does not try to impose that on your husband.

Let the wife be a wife and husband be a husband. But the wife should not become the husband and the husband should not become wife. If that happens, then I don't know how to correct it, because that's something absurd if that happens. Now, on that the main thing one has to know is that you are married to have children, not to be Romeo and Juliet anymore. You better have your children. And then the children that will be born to Sahaja Yogis are going to be realized souls, tremendous source of energy. That's why you are married, that's why you are going to have children. Then look after your children with respect, regard. Don't spoil them! And develop [them] in that love of Sahaja Yoga.

Now this started with our Hamsa Chakra. Now see the Hamsa Chakra is the left and the right. The left is the woman, the right is the man. They meet at Hamsa. So this is the wedding place of your left and right. If there is no balance between the two, there is a problem. They have to be equal. But they are not similar. Left is left. Right is right. So the right must be on the right hand side, left must be on the left hand side and here when they come, they marry, and this is the point one must know that, whatever is the function of a wife is, she should do that first whatever is the function of the husband is, he should do that first. And then the secondary functions of life can be shared and understood. But it's not possible that the wife goes to work and husband starts producing children. You cannot do it! [Laughter] And the other way round.

So whatever is the work is so important. To be a mother, I think, is the most important. Today if you didn't have a mother, which father would have done this work, you tell Me. Which one? Can you think of anyone? There may be 'Father in Heaven', but Father on this Earth working with all Sahaja Yogis, let Me see which one is there. Anyone of these fathers, you call them. Nicely to sit down on Heaven and watch the whole stuff. But who's going to do the work? Washing the dirty linen and washing all the napkins and things is done by Mother. She does this with love and attention and with care, and She is the one who knows how to grow Her children. Is the job of a mother. So Mother's job Mother can do. Father can sit in the Heaven very nicely. All thanks goes to the Father. While the Mother is doing a thankless job here! Alright, doesn't matter. It is so, so should be accepted, whatever may be the situation, whatever may be the position.

Now at Hamsa Chakra, this understanding must come that you must balance both the nadis, the left and the right. Now to balance the left and the right, the best way is to do some breathing, is to take the air through one nostril and keep it waiting here for a while and then allow it to go out of the other. Then you breathe in with this one, allow it to stay here for a while and then allow it to go down. But it is to be done very slowly. Not in a hurry, not too much. Only thrice (3 times).

Best thing as I've told you is neti. If not that, another thing I have seen that those inhalers, you see that you get, are very good. The neti thing that I've given you. If you fill the water below the spout and fill it, put in some two, three drops of one of those things that you get for inhaling and put that neti thing in one nose only, and with another nose it goes up. Then you come, bring it here, it goes up and clears it out. It's a very good thing. If you do it every night before sleeping, in three, four days you'll be absolutely cleared out.

But the main thing is: it comes because of imbalances in our temperaments. Like a man is a man, woman is a woman, alright, so the woman starts dominating a man or a man starts dominating the woman. The balance is broken. Once you understand the woman is very important – without the woman you cannot, could not have been here. Alright? Without a woman you cannot be here. Man is very important that woman has no meaning without a man. You see, Shakti has no meaning without God. For whom is She working? For whom is She doing all this? For God to be pleased. If there's nobody to see the job, why should She do it? So both have great meaning. And if you understand that both beings within us are balanced, understood, respected in their proper ways and shared and coordinated, the personalities in proper understanding, respect and love, your Hamsa will be alright. You'll feel better.

So you have to correct your ideas about marriage, about women, about men, about yourself. That's very important because it is a very big emotional thing and, as the left side is weak, all people who have left side weak get cold. And all the things that has to do with your – they call it bulgam, is it? What's it called?

Sahaja Yogi: Phlegm.

Shri Mataji: Phlegm. Phlegm. Phlegm. It has to do with your phlegm.

So emotional side is to be properly nourished and looked after and one has to know that your dignity is the most important. Anything indignified is not love. Love is very dignified. And if you keep your dignity, you'll be amazed how you will be able to solve certain problems.

Now, again I'll ask you a question. Now, how many have answered the questions? Most of them you answered very well. Now one more question I will ask. Very simple, not so difficult. That: what is a difference between a baddha and a bhoot? How will you make out? A hindrance and a bhoot.

Sahaja Yogi: Bhoots will move around.

Shri Mataji: And baddha?

Sahaja Yogi: Stays there. Just describing, it's a block at that point.

Shri Mataji: Though it's correct, [what] you said is correct, but it is not absolutely precise. It is like this, I tell you. It's correct. I mean what he says is the correct answer but it's not so precise. Baddha will also move. I'll tell you how. Baddha is always on the centres or on your organs, say. If it is, say, in your, for example in the liver, this baddha may come in the centre and then it will start moving from your here to here as the Kundalini will move. Alright? But baddha doesn't have its arbitrary movement. As you move the Kundalini, the baddha moves. 'Baddha' means the hindrance. Alright?

But a bhoot is arbitrary. It moves. It will be one moment here, it will be one moment there. It will move this side, it will move that side. It will go to the right heart, then it will come to the left heart. If it is arbitrary behaviour, that means it is not controlled by

your movement of your fingers through the Kundalini awakening then you must know it is a bhoot. Alright? Now understand what I'm saying by decisive thing, that, one thing is arbitrary, works on its own, and the another is in your control. You're taking it out yourself.

Like you can say that if there's some lump in the body, it may start moving with the, say, bloodstream or something, some force acting upon it. But by itself, it does not. But if there's a worm, living worm, it will move by itself.

So the last question is then, how do you manage the baddha and the bhoot? How will you take out the bhoot of other people without getting yourself into it? Otherwise the person whose bhoot has to be taken out will put three bhoots in you and five in the others. (laughing) I have seen many a times they'll come and tell Me, "Mother, he's possessed." Alright. And they themselves are! (laughter) How do you take out? Come along.

Sahaja Yogini: Bandhan

Sahaja Yogi: You can throw the bhoot into a candle

Shri Mataji: What? Bandhan? No!

Sahaja Yogi: You can throw the bhoot into a candle.

Shri Mataji: I mean, I'm saying a real one. He's not even afraid of candle.

Sahaja Yogini 2: Say the mantra to Mukti Dayini

Sahaja Yogini 3: The Lord's Prayer

Shri Mataji: There's no general thing about it. All right? All answers are correct but they are not complete. There are ways and method according to different bhoots...[aside in Marathi with a Sahaja Yogini] ... They are trying to solve the problems but [she] said it's rather difficult!

Now, first of all, you see a person who is possessed. I mean you are sure he is possessed, so you do like this, you see. [Laughter]. Take a form, you have to take a form because you have to fight it. You take an aggressive form.

Sahaja Yogi: Karate, Tony's Karate [Tony Cooly].

Shri Mataji: Karate, yes. Something like that. So then, I mean inside you become higher than that person. Otherwise if you go like (laughter from yogis). After some time (more laughter). So you go with a great force on that person. You put a bandhan and say, "Now sit down." Talk to him like this. You don't go and say, "Please sit down," because the thing will come and sit in you. Just say, "Now sit down." Alright. There you have to say as if you are not compromising on this. No compromises. Then you ask the person various questions, after giving yourself a bandhan and do that to verify what sort of a bhoot it could be. That's the best.

First of all you ask that person, "Have you been to any guru?" So now you know at least sixteen of them. And you know how to take them out, also. So you find out which bhoot he has been to. If it is a guru, you just ask the person does he still believe in that guru. If so, you have nothing to do with that person. You have no business. You say, "I'm sorry, sir" Not sorry. You say, "Please go away." If you say "sorry" it will come inside. Any inviting word you should not use. Just say, "Alright, finished!" you get out from that one. But in case he says, "I am possessed. I know I am in trouble, I've got this thing" and all that, then you tell that person that "What is the name of your guru? What is the mantra you got? How many years you have been?"

Like that, you ask the question. If he is truthful and if he tells you that, then you exactly know where the mantra is, what has happened to him. If it is a guru, then it has to be in the Void. If it is in the Void you tell him to say the mantra of Adi Guru, or ask the question, "Mother, are You the real...[guru]?" on the photograph. Keep the photograph in front of your face like a mask if possible. Don't allow you yourself to be exposed but give the photograph to the man. You say, "Now ask the question to this photograph."

Now if the person asks the question, the Kundalini will start coming here doing "gragaral gagal." He'll also see the thing there, you see, bubbling up. Then you should say that, after asking the question, "Now you say that, 'You are the guru'!"

If the person is possessed by a guru, then if you know the name of the guru, then you know the mantra. When he's doing all these things, you go on saying "Narakasura Mardini" or "Mahishasura Mardini" or anything like that, whatever you have to do. Or "Sarva-asura Mardini" For guru this thing, best thing is salt, vibrated salt. You give some vibrated salt with water to that person to drink. It's not easy to get rid of the guru, so you tell him very firmly that he's one of the horrible ones we have ever known, so you have to work very hard to get rid of it. You give him salt, give him all that, let him do it. And do not hurry up. Tell him it is going to take time, it will be alright, and what troubles people had with this, and [that] he'll have to work hard. This is one type of bhoots

you will find. Then you find these are guru bhoots and which takes time, which are very difficult and they can take you up, it can be very dangerous.

But say, somebody becomes blind with a bhoot. His eyes are open and he's blind. That's sure shot [that] he is blind because of a bhoot. Two types of blindness are possible. The Left Swadishthana will be catching and you will see it is due to bhoot. But it can be also Left Swadishthana catching and becoming blind could be with diabetes. Could be the combination of both. So you ask him if he has diabetes or not. If the person has no diabetes, then definitely it is the bhoot.

Now what do you do to take out that kind of a bhoot?

Sahaja Yogi: You use a candle enlightened.

Shri Mataji: Not only candle, won't work. You take My hand. Photograph, only hand. You have photographs of My hand, and put a candle before that photograph. All these photographs that you have separately have meanings. Put the candle and behind that is the hand and ask the person to see the light, if he can see the light. Gradually, you'll be amazed he will start seeing. This is to be used.

You see, in Sahaja Yoga, one has also to be precise just like the English words [laws?]. If you are precise, it comes out. If you are not precise then you try this, you try that, it won't work out. But if you have a photograph of My hands you should ask the person to see the photograph of the hand. By seeing the light, gradually the person will start seeing the hand, and then gradually the person will become alright.

I've seen one person getting the eyes within ten minutes time. But in that, if the Left Swadishthana is catching, if the person has no diabetes and eyes are open, then it is definitely a bhoot, nothing else. Even if some people might say, "She lost her eyes because of, this girl lost her eyes because there was a fire in the house." But she got frightened and the bhoots sat in here and she became blind. They are connected both things. Actually eyes cannot remain open if the eyes are burned out. So if the eyes are open and absolutely normal to look at and the person cannot see, the light is out, that means there's a bhoot. So these things can be very easily done.

Sahaja Yogini [in Hindi]: How do you do it?

Shri Mataji: Photograph like this, and the light in front. It will improve your eyesight also. My hands should be used, very good for the eyes. My hands are extremely good for your eyes. If you can see My hands with the light, very good for your eyes.

Shri Mataji: Now what are good My feet for?

Shri Mataji: Ha?

Shri Mataji: Feet photograph, what it is good for?

Sahaja Yogi: Agnya.

Shri Mataji: Very good for ego. And also superego. Is very good for people who suffer from ego or superego, My feet. Because, such people are very gross. And the feet solve the problem. So just use My feet.

If they see My Face, the ego will start working, "This face is like that, it should be like that – this, that." Superego might give problems. Even supraconscious will give you problems. But feet, even if you are supraconscious, they'll correct your problems. Feet are not only powerful but they go up to the grossest point where you are. Any type of person. Say, a drunkard and all the bad things which are, a criminal, some sort of a man, you just use My Feet, You'll be alright. Face won't work for him.

Face is for the seekers. But for all such people who are absolutely incorrigible types, feet is the best. Those who have extreme ego, those who have extreme superego – extreme. Feet are very important. You also sometimes watch My feet. That's a very good way, exercise. Just watch My Feet to get rid of your grossness. Just watch with your eyes. How are you going to watch through your Sahasrara? (laughter) But also with Sahasrara you can see.

Sahaja Yogi: Mother, do You think if we used Your feet in the photo in the newspaper advertising we'd get more people?

Shri Mataji: Will be better idea.

Sahaja Yogi: We'll try that.

Shri Mataji: But you see I don't know. (laughter) Try. Very good idea. You see on My books and all that we have tried. On so many

things I have tried, put My feet. Indians understand it.

Sahaja Yogi: Do you think they'd understand in the US?

Sahaja Yogi: Well, you don't have to say Your name in the same thing.

Shri Mataji: Just put My feet.

Sahaja Yogi: Will just let it work through. We'll put Sahaja Yoga, we won't say anything about Whose feet they are.

Shri Mataji: Try. It is very good. They're tremendous. See all the lights reacting.

You see?

[Shri Mataji speaks in Hindi.]

[Some yogis start rubbing Shri Mataji's feet.]

Putting on the feet. Come bring it here. I would like to give him there, alright, give him there so he can do it better.

[Shri Mataji speaks in Hindi.]

Mmm. See the face. Now give chance to others also.

May God bless you.

Come along.

1980-0518, The Real Becoming, Seminar

View [online](#).

18 May 1980

Talk to Sahaja Yogis

Old Alresford Place, Alresford (England)

Talk Language: English | Transcript (English) – VERIFIED

The Real Becoming Old Arlesford Seminar, Near Winchester, Hampshire, England, 1980

These mixtures, now think of it. This is only because I have given you birth. Nobody could have done before this, I tell you. You can cure others; you can give speeches on Sahaja Yoga. You can know your own problems; you can cure your own parents. You can cure your own surroundings. You can clean yourself and others. Only with Realization it starts. It's all in a bundle. What a jump it is from the first awareness where it was just a desire and here you started. But all these things that were looking quite funny in the first one when you had desire, form a very subtler beautiful forms and they come into you.

At this time, you do feel your chakras, their problems. You start again analysing them. The biggest problem in the West is they start analysing. You give them a cake, they'll analyse it. Give them anything, they'll analyse it. Analysis they think is the biggest thing and that's how this analysis business is so maddening for them. Here it is they're clinging on to their Realization, the other side is everything analysing. You see, the legs are analyzed, feet are analysed, nails are analysed, then they're taken in the microscope and seen to. Here the legs are to be used for climbing up, and here you're analysing the legs and the feet.

See, the whole purpose is lost when you start identifying with whatever was hanging on to you. So now you should say, "Now finished, done! Now I'm another person." The greatest thing is, in this awareness of yours when you are realized, you must accept that, that person who was there is dead and finished and gone. "I'm a different person." Even that acceptance, people find it difficult because shri Ego is there. It doesn't allow you. It says, "Oh God, how can that be? I mean to say that I'm absolutely transformed." You are transformed absolutely. Can you imagine you can give Realization to people! You tell somebody, they'll say, "Oh, I know this." They'll all run away! Nobody will believe. But you know you can give Realization. Nobody will believe.

That Mahajan Yogi who gave you Realization, first he said, "Mother, how can it be?" He couldn't believe that he could give Realization. Poor fellow has been working as a 'yogi' for so many years, he couldn't believe it to begin with. Same fellow who has given Realization. Even if, I mean to believe that you can give Realization, it takes time for people. They cannot believe it. So, what have you to do about becoming? That is to at least believe – yes, you are giving Realization after all. You see it like a white cloth before you, still you say it is black Hurst Blue! So, these dealings with these 'Hurst Blues' is the worst case. You are giving Realization. See now, Ian, who is supposed to be going to a psychiatrist, he can give Realization to that psychiatrist! The doctor who is going to treat you, can give him Realization. Believe it, you can. But when he says this to him, he thinks, "Oh, he's one of these!" But at least you believe into yourself.

This is the place where you must have faith, this faith that you have got Realization through Sahaja Yoga. That it's a tremendous power, and that there is All-Pervading Power which is absolutely dynamic, and that you have that power flowing through you, and that you are giving Realization, and that's your Mother is something special.

Faith, not faith because I'm saying because it's blind, but you have seen it. But this is what it is! When you see it, also you don't believe it, then what should I call it? You know for definite that this is happening but you don't believe into it then what should I say? If you believe that it is so, that is faith. Imagine, faith means blindness. It's opening your eyes much more to what it is and accepting that it is so.

And then the faith must grow. At this stage, is the power of faith that helps you, nothing but power of faith. And power of faith is the greatest becoming power, I should say, because then you realize that whatever you had known so far has been of no value.

This is something so great and so gigantic and so dynamic. It is something so much out of the blue which you have never known before, that you get really bewildered and then you start having faith. Now, then, when I say that you just put your hands like this and put a bandhan – it works, it does work. Then also you start seeing that when Mother does like this just to herself, we all feel it. When she blows on her hand then we start feeling it that we are in her and she is in us – and that we are aware of her wholesomeness and she is our wholesomeness. Then the faith starts growing. You cannot analyse it because this is beyond analysis, beyond thought. So, the surrendering starts. If you analyse now, you cannot. You cannot analyse it anymore. Only dead things you can analyse, living you cannot. And this is beyond living. The thing that gives life to living – this is what it is. So, you cannot analyse it. So, you start surrendering.

When you start surrendering and the faith comes in then your awareness rises higher than this. And these small, small, little, little things which have become subtler, they start departing. This is the third state where your trigunas you can see, but they do not affect you.

So, in the first state you have desire. In the second state, which is a very big thing, you see the desire being fulfilled but all these subtle things are mixed up.

In the third state you see them, third stage, but they do not affect you. This is the third stage when one has to see that they do not affect you. You do see catching, but then you do not call 'catching', you say 'recording'. You think you are an instrument, you are just recording. The effect of that becomes very small, very small. You become so powerful within that the effect of this catching is very little. You just record as an effect. This is the third state of your ascent aside yes keep it for a while, doesn't matter, keep it with you. It's alright. It's alright keep it. Now this, at this third state. To rise up to this third state, the only way is complete faith. Faith is, first of all you have to learn certain things about faith: one of them is the protocol. But with faith, if you learn protocol, then you will not feel bad about it. But if you are forced onto it, you'll feel bad. You see, the mixture state is still on.

So to develop faith you have to first of all tell yourself rationally, clearly, "Don't you see this is happening? Can't you see this? Can't you see it is rising? Can't you understand?" Tell yourself. Isn't it dynamic. Just sit down, think how wonderful it is, how great it is. Just talk to the trees, talk to the ocean, talk to flowers, talk to these walls, they are better than many human beings! And tell them, "Don't you think so?" Go in the museum and tell all the statues, "I've found it, I've got it!" Tell yourself. You see, telling yourself, you'll develop this faith. There's no way out.

Many people have asked me this question: "How to develop the faith?" Now, it is such a absurd thing. Here you are moving the Kundalini, you are giving Realization and turn round and ask, "Mother, how do we develop faith?" It is beyond me to understand that...I mean, what is happening here? Now what are you doing?

This faith then starts encompassing also what I say: means absorbing, not criticizing, not repelling back, but absorbing it. This absorption can be hindered by many other ways also. Absorption is the only way you grow. How does a tree grow? By absorption. What is the mouth of absorption? Is Nirvichara. What is Nirvichara? Where you do not think about it.

Now when I say you are not to think, at a lower stage, people will say, "Oh, you know, she's very dominating, she's very dominating, I must say!" This is the idea will come in. But absorption is only possible when you have the faith. And the whole thing goes into you. You just go on sucking it like a child. The whole thing goes into. Just like a lake which is without any ripple, it reflects the complete, entire creation in it, complete. If there are ripples, then there's diffusion, there's confusion.

So this is the stage of faith which starts from the second to go to the third. For example now, we'll take a simple case of my photograph. There were no photographs before. Only in My lifetime the photographs have started, for your information. This photography also you have developed yourself on your own. Of course, with the help of the Holy Ghost, no doubt, of course, that goes without saying. But, you have developed it. I myself did not know that, that this photograph will catch me so much. I did not know myself. You'll be amazed, that I started seeing that these photographs are more powerful than a statue which is made according to what I was before. Because this is the present thing. This is how I'm existing. I was amazed myself that it is emitting vibrations and light, and that my photograph can act so well.

You see the main problem was that, how to approach so many people? You can have, say, hundred Sahaja Yogis, you can have two hundred, you can have at the most two thousand. You see for these thugs it is very easy – you just have a registration, you fill the money and you're there. But Sahaja Yoga is becoming, is awakening and Realization. How is it going to work out? It was a very big problem for me. It's not that I can just give you a book and just sit and read it and say that, "Yes, I have got it, I have become." It's real becoming, ripening, maturing, living process. Now how am I to do it? And here is the answer – is a photograph. Then your TV, that's also modern. Of course, the TV people have not allowed me to go on the screen, so far, but I've gone on the screen in India. Only in Poona, not here – rather difficult. First, let them have all the thugs, then I'll go, that always has been. So this is what it is, that all your Medias can be used through my photograph. What a blessing it is! And the photograph, if you think, is representing Me, I think you are not expressing it fully. I was amazed that my photographs are much more powerful than any statues put together – even produced by Mother Earth! Because photograph has got so many elements in it. For example, you see, it has got light element, it has got water element, it has got earth element, it has got also air element. If the air is not all right, you cannot get a photograph. And also it has got the ether element. With all these five elements, you cannot produce a statue. Ether element it has got because if you have a photograph here, you can transcend it to any other place you can – what do you call that? – transmit it to any place. Photograph can be transmitted. But you cannot transmit the statue as it is anywhere, only the photograph of a statue you can. So it has also got ether element.

So photograph is much more powerful than any other statue. Moreover, it is a reproduction, no doubt, but reproduction of reality, with five elements. So I shouldn't call it just a representative, it's quite me. Because my attention is there. We have experimented with this. The Sharayu Gadkary had a photograph of mine and her relation came to her and she used to mock at the photograph and say all kinds of things. She brought the photograph to me showing that it had become all dark, black. So I said, "Who was there?" She said, "It's my, some relation who had come she used to do like this. It has become black." I said, "You'd better put it in the sea now. My attention is not there, no vibrations. My attention has come away, receded from there, I can see that. You should not have put the photograph like that." So there's a very big difference between a statue and a photograph, because my attention is there. Of course, even the statues which are, I mean the ones which are Swayambhu, which are created by Mother Earth, also has vibrations and they also show that they have vibrations, but they cannot give you awakening of the Kundalini, because My photograph has got My desire, also, in it. They cannot. If they could have, Stonehenge would have.

If you go to these statues, and if I am standing there, they emit no vibrations. Only you have to put one hand towards me and towards them, then they start emitting and then it starts. But you have to accept my permission. Even the statue you have got of Ganesha, now it's all right, but in the beginning, it never used to give vibrations till it was worked out this way. But they do not lack authority.

So the protocol of these photographs also is important to start developing that faith. You should keep one photograph with you all the time in your pocket. Respect it. As many as possible, respect them. Not for decoration, but to be respected. In the morning you see the photograph. Now I'm telling you because of faith problem. I have to tell it myself, the whole thing, that's the worst part of this Incarnation is! Because other things you have done, for example, those who follow Christ, they will have His photograph in the morning. Especially if they are Hindus, then they'll touch the feet morning time, evening time, before singing, going out, coming in, they'll do that. In the same way, when you have a photograph, you work on that with that understanding, "It's Mother's with us." You'll be amazed how things work out.

One of My nephews, Sarvesh, you know him. He is a great believer of Mother, that's me, and he always carries a photograph with him. He lost his diamond ring in our train here in London and he came back. He said, "I know I'll get it back because I had your photograph in my thing, it cannot be lost." And he found it. Somebody deposited it in the police station and he found it, he got it. The credit goes to the honesty of British people, doesn't matter. But what I'm saying, that that's how you have to develop your faith and that love. Faith will help you, to just act as ointment on all these catches. You won't be such a person all the time going like this "Oh, I'm catching, oooh, weeeaa, oooh, weeeaa" You'll be just seeing, you see, like an elephant walking and all the dogs barking at it, it just goes on. It's like that.

So the third awareness comes in where you start seeing all these, recording it. This is the third state. Then the fourth state comes in. In the fourth state, is called as the Turya Dasha, is the fourth state.

Yogi: Can you repeat that Mother?

Shri Mataji: pardon?

Yogi: What did you say?

Shri Mataji: Turya – is the fourth state. In the fourth state you dominate these three gunas. You control all the elements. At this stage, you just say and it works. You have seen yesterday what happened with me. It just works. You become master of these three gunas.

Like I used to describe that: first you are sitting in the car and somebody's driving you. He uses your left and right side, or you can say, the brake and accelerator, and the car is driven. Then he starts teaching you how to drive. Then you start learning by using your left and right – accelerator and your brake. Then the third stage comes in where you become a driver but still you are worried about the master who is sitting behind, that still you are doing a mistake, you are doing wrong. But then the fourth stage come, you become the master, you make others drive. Order here, anyone, order the Sun, order the Moon, order. Order means just tell them, I mean not question of any domination is there. Just desire it, just say it, it works out.

Now this fourth stage is called as Turya Dasha. Then comes the fifth stage in which, I don't want to give you names you'll stick on to those. They are not so clear cut, they mingle from each other you see, and they are mixtures. But in Turya state when you mature properly then you jump into the fifth state, in which you do not even, you do 'sankalpa' [act by will], you do not even determine or say anything. You just, anything slips out of your mouth, may not even slip out, it works. Is a state. Where you handle the whole situation, sitting down here. Sitting down here, you know each and every thing. Then not only you mastered it but in that you can enter into it. Now, for example, I'll tell you what: I can enter into your subconscious, into your collective subconscious, into your supraconscious, into all the areas, you see, I can go, if I want to. This is when you have mastered it completely, then you enter into it. When you are the master then you enter into it. When you are master of this house you can enter into any place.

Then comes the seventh state and that is the state where you, just you are. Your being there is sufficient. Just being there. Nothing exists but you – for yourself.

Now all these seven states you can reach because I stand beyond them and I have come down to the first state and I'm trying to pull you out. If you do not drag me down I can pull you up very fast. So only request is don't drag me down.

That's how the becoming is going to be. Now this is the basics, you can call the basic structure. Now you are filling all the beautiful things in between – how to do it. And all the things can be nicely, again, arranged and re-decorated and can be done properly. But this is the basic structure of becoming. Now do not try to fix up yourself at this stage or that stage because that's very common with people who are still thinking about it. Then, "Mother, at what stage I am?" It is, you see, it's common in you. When you grow yourself, it will happen to you. You don't have to determine anything. It should happen to you, that's all. Allow it to grow. Allow it to grow.

But at least you are at a place where you are doubtlessly aware, most of you. But still I would say the basic desire is still not that strong. The force of Kundalini is not that strong, the basic desire is not. That should be cleared out. You see, sometimes it happens the house can be demolished because basics are not all right. Sometimes in the basics there are mistakes. So you go down into yourself, dive down, and find out. "Oh, this is the still there." Take it out. You have to weed out these things. And that weeding out requires real alertness. But don't get into self-pity or don't get into, what you call this 'guilt' business. But a very positive attitude towards yourself that, "All right, that's my car, I have to put it right."

Even if you become the master of the car and the car is useless, what's the use? Desire is the car. Kundalini, Kundalini is that desire. If your Kundalini is weak, try to sustain it, try to improve it, try to raise it, Feed it. Feed your Kundalini with desires of becoming. You neutralize all other desires with one desire. Before you say something, think of it, what are you saying? Are you saying of one desire? You have the greatest fortune that you have someone here who loves you very much and who can give you all this. You are extremely fortunate people. So make use of it.

May God bless you.

But at this stage, where you are, you have to develop faith. All of you require more faith and more faith, that's all. And as soon as this faith – this is the source, this is how you absorb, this is the sap in you which is going to grow this tree. More faith and more faith and more faith. Because you have crossed the limit of doubts now, so the faith is going to work it out. We have time for mantras.

Sahaja Yogi: And you can see where they're sitting on this. Every thought we have moves around and you can see every thought we're having by ... by me saying that you can see that it's sitting there.

Shri Mataji: If you see the bhoots sitting there, just get rid of them – very simple. You just tell them, "In the name of Mataji, get out!" All right? And they'll all take a flight. But when you say that "in the name," what is the strength of your faith in that name? What is your authority? Do you see my point?

Sahaja Yogini: Desire, that's to pull us up. You say 'you have one desire'.

Shri Mataji: It's also your desire. You see, it's only your desire. I have no desire. It's your desire; it is like your good will has come as your Mother, all right? Your highest Self has come as your Mother. That's also your own. When I say that, "I want to pull you out", I mean that's your desire is, that's why. If you do not have this desire, I'll not do it, all right? If you don't want, I'll not do it.

Sahaja Yogini: No, I do!

Sahaja Yogini: Mother, what did you mean when you said, "Please don't pull me down" or something like that?

Shri Mataji: No, no you drag me down in the sense, that you see the pressure I have to put in to bring you up, you see? And while you have still your attention into something old. So, when somebody's trying to take you out of that, try to disentangle yourself. Because then you drag down the effort of the person who's trying to take you out. Do you see my point? Because I'm attached to you and you have loads, so drop them! All right?

No? Are you better now Ian?

It is only going to work out how much faith you have. Faith is the only word you have which is not good as 'Shraddha' is. So, I must use the word 'faith'. Faith is the recognition – that's why.

Give them also one paper. You all share it.

Come along what about you share it

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26 May 1980

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Today I am going to talk to you about attention: what is attention, what is the movement of attention and what are the ways and methods of raising our attention. Keep it in broad ways. Alright? But when I am saying all these things you must know that I am talking to you individually - it's not about others. Always the first thing human beings do is, when I am speaking to you, you try to find out about who Mataji is speaking! This is the best way of putting your attention onto something else. If you put your attention to yourself that, "This is for me and me and me alone," then it will have an effect, because these [words of mine] are mantras. And that's why it is wasted because whatever is given to you is thrown onto another person.

So the attention, that you have, is the only way to know the reality. Your own attention is important, not the attention of others or your attention on others! This must be clearly understood. If you understand this point that the whole thing is to be consumed by you, through your attention to raise yourself to a higher situation, it will work out. Otherwise, it is like giving food to you and going to another person who is getting nourished, while you are getting nothing. And that person also may not be able get nourished, because he doesn't know that you are throwing it to that person.

So today, as I am going to speak to you about attention, you should know that your attention should absorb all that I am saying. It is not meant for anybody else. You better sit in thoughtless awareness, that's the best way, so that it goes into you. Otherwise it's like a lecture, you know. That you listen to me has no effect. Every lecture will transform you because, after all, I am speaking.

But because you always think of others and you think of your problems all the time - something nonsensical is going on, about which you are worried - and the attention is so overloaded that whatever is said to you doesn't go into you. So, just now, utilise it by being attentive and knowing that all these nonsensical things have no value. It's your attention that has to come up and has to grow.

So, attention is the whole of the canvas of your being - is a complete canvas, is the attention. Complete canvas of your being is the attention. How much you have gone into it, how much you have discovered it, how far you have raised it is a different point.

Attention is chitta and God is attention.

How far your attention has been enlightened is a different point. But your attention is God - if you become enlightened to that extent. It is like a canvas. You can say it is like a canvas which is spread out for a film, and whatever aptitudes or, you can say, the drags or movements, your attention has, shows on that canvas. I don't know what is the word for 'vritti' in English language. It's not aptitude, but a person gets prone to, or his attention is dragged to - I don't know [if] there is a word like that in English language - vritti. Can you suggest any word?

So our attention is just a pure, completely pure canvas and is acted upon by the three gunas we have, to begin with. And the three gunas come to you, as you know, one from your past, one from your future sense and one from the present. Now, whatever have been your experiences about a particular thing or a particular occasion, so far, is completely recorded in your memory.

For example, if you see the black colour: all that goes with the black colour is recorded in your memory. As soon as you see this black colour, quite a lot of it comes up. That means, as soon as you see this with your attention, the attention gets muddled up, or you can say the attention gets coloured with all the memories about this black colour. And then your action takes place according to the way your attention is affected.

For example, just now something was burned by these flames. Now, all of you became aware of it. Next time whenever you will see a flame, first thing [that] will happen will be that you will be cautious about it. It is not going to happen again, but the whole memory will come to you and you will try to be cautious or warn others, because your attention will become aware of that as soon as you will see that, because that canvas of your attention itself will start throwing out these pictures, out of itself, through your past experiences, on to the canvas. This is a living canvas.

Or may be that if you have got some ideas which you have premeditated, or thought of, of the future. For example, you must have thought of somebody that, "If I meet that man I will tell him like this." As soon as you will meet that man, your attention will start bubbling out with those ideas that are coming about this man, and you will start addressing to him accordingly.

It's all stored up within you, whether it is about the future or about the past. It's given out of the attention through that bubbling process which depends on your dragging nature, where are you dragged. That's called as vritti, but I don't know what you call it in English language. I do not know what is the, what you are prone to (tendency).

Vritti is a very neutral word. It doesn't mean anything bad. It means where you are drawn to. Vritti means a temperament by which you are drawn to. And whatever is your temperament, it acts like that. For example, if you see a man walking, say, blindly - he cannot see things - one person may get angry with that person, another may have pity for that person, third may come forward to help him out. It's the vritti, it's the temperament, that you have developed through your three gunas. That's why this attention becomes identified with you. And when you are identified with this, your vritti, your temperaments, then you are still in a misidentified area.

Let us take a case of somebody who has been possessed before. Now, coming to Sahaja Yoga his possession goes away. But the memory remains in the brain that he was possessed. And [if] the memory is stronger in a person, left side is stronger, then that memory lingers on, and as soon as that person comes in contact with anyone which has got something to do with the past possession, it clicks. And the whole thing starts coming into you bubbling out and you think you are again possessed. It is the memory which gives you [this reaction]. It's a myth. It's the memory that tells you, "Oh, you are again possessed!" Because your left side is weak, means you always live in your memory. Your memory is stronger than yourself. If you could make yourself stronger than your memory, nothing can possess you.

But after you get your Realisation, you are not still identified with that state of mind in which you see your ego and superego as myths. Still you get caught up into your ego and superego, and that's why your attention is still in a mess. In a pure simple way of attention in an innocent child, he sees everything in pratyaksha, means in actual experiencing of something - for a child - because he has no memory. So he'll have to burn his hand to feel that this burns. He has to touch something cold to know that it is cold. His memory is not yet built up. So into the actual experiencing of it he lives. But that actual experiencing becomes memory. And once the memory is built up stronger, the whole personality is affected by memory.

All the conditioning of all kinds come through that; your reading, even the whole atmosphere can come to you. You see, sometimes you smell a particular soap, or say a rose, you smell it - then all the memories of smelling such a rose, sometimes, comes to you and you may feel really elated sometimes, maybe sometimes, maybe, or sometimes very unhappy, whatever may be the situation. So you may feel happy or unhappy. Because, whatever experiences you have had, has given you a memory.

This memory might have given you a superego, or might have given you a ego. This scanning might have taken place. If it has been a ego and a superego, then may be that, if it was ego you must have felt happy. If it is satisfying to your ego you feel very happy. If it is not, if it is superego, if you are suppressed by this, then you feel very unhappy. So both things like happiness or unhappiness are the states where you are still in the myth, still the myth exists. You have to still go beyond.

So if you feel happy about some situation, you should know you are only happy before Realisation, because it is giving some support to your ego to bloat. And if you are unhappy, then you should know that there is some sort of a suppression on your ego

and there's a superego developing.

So both the situations have been of no help to you, of no help to you for your growth, except that both these institutions develop so much that you are away from the real experiencing. The real experiencing stops because your attention is so much muddled up.

So on one side if you move - on the left hand side - your attention is muddled up with fear, with pain, with unhappiness, with hopelessness, dejection. The other side, if you indulge too much on to the right hand side - little bit also - you start getting elated, excited, over-dominating.

The colour of the left side is blue. And the blue colour starts changing to the black. While on the right hand side it is, to begin with, yellow, light yellow or you can say golden, then yellow, then orange and then red.

So you go to aggression on the right hand side. On the left hand side you go into a complete state of entropy, you can call it, or a state where you are separated from yourself into a complete frozen state. So [on] one side you become completely frozen, on the other side you become completely heated up. Both these things are, again, movement on the wrong direction.

Even in the centre when the attention is kept - that you keep your attention more in the centre - there also, because it's a very sensitive point, it doesn't stay there. For example, when we, say, use fire, we can use it for burning the house. In the same way we can use it for creating smoke. But we can also use this fire in its proper way, if we use it, in its proper proportion, for cooking the food [or] for giving us light. If it is too much, it can burn like a big fire. If it is too little, it can burn like smoke. But in the centre when you know how to balance it, then you can use it for your own purpose - for cooking or for giving light, and then for a puja too.

So in the same way when we really balance our gunas properly, then we become gradually the master of the whole situation. The attention doesn't get dragged into things that we have been doing or that we have understood through our memories or through our experiences or whatever it is, and is not also dragged towards, too much, on the right hand side that we try to overpower, or try to dominate someone. Because if you move too much that side you have seen [that] it becomes blood. It is difficult for people to understand how, when people become very religious-minded, like now Iran, the movement is on the right - all the austerities, all that, everything - now bloodshed. Christians also did the same. Brahmins did the same in India. Buddhists did the same, even [though] they talked of nonviolence they got to bloodshed, because movement started [on the] right hand side.

Left hand side movement will take you to very sly and dark methods. So right-handed sided people - like big nations who are supposed to be developed nations - they justify war. "We must have weapons to face each other." But you all, each other, are the same people from God's point of view! Why are you fighting? When God asks you, "Why are you fighting, what is the need? Why don't you sit down properly and listen to each other? What are you fighting about? You are fighting about land. Is it your father's land? It belongs to God! God has created this land. Why are you fighting?"

But your attention is such that immediately you think, "Oh, this is my land, this is my motherland, this is my fatherland, this is my brotherland." But what about your land which is within you? It's not your own!

So if you go on telling these people that we should have no war they will not listen. Realisation is the only way. By Realisation your attention gets higher and gets separated from that strata from where these things bubble in. Do you understand my point now? The strata goes higher, the attention goes higher, at a higher state.

By right side movement you get vikshepa, confusion. First you get confusion. Every intellectual, whatever brilliant he may be, he is confused. And the more confused he is, the more he asserts himself because he is confused, he's not sure of himself, so he asserts, "This is the thing; this is the thing." I mean, if it is so, why should you assert it? But he goes on asserting, "This is the thing!" Then understand that now he is going towards lunatic asylum - absolutely! And the way he asserts, and goes on talking about it, all the time, that means he is not sure. He becomes like a possessed personality. When he explains everything through

his brains that "This is the thing. This is correct. We must all do, this is what..." and he convinces many others who are confused like him. They depend on him. He becomes a leader because, you see, they are much more confused and they find somebody who is not so much confused outwardly [so] they stick on to him, and all of them get to war or some sort of a bloodshed or some sort of - they want to see blood. They become heartless, passionless, compassionless, you can say - compassionless, loveless people.

The other movement is the blue side, is like the blue moonlight. So, for the romanticism starts. Sitting in the moonlight, you see! The ideas start coming from Lord Byron (laughter). And they come into your attention - then it becomes very strong passion with you. You think, "Oh, I am still, I have to find out my loves!" And you go on in search of your loves and this and that. These things are not really giving joy. That's why so many poems have been written that, "Love is the most painful thing, it's worse than death," and all sorts of poems are written like that so why did you get into it? I mean, it's already written down, books after books, still why do you get into it? (laughing) You are already warned about it that, "Don't go after love, love is deception, love is this, that, it is very temporary, it is for the little while you get that."

By chance, if somebody could stop at a point by marrying somebody who is sweet enough and realise that love and marriage and all these things are in the centre, are like the fire in the kitchen, are like the fire in the temple: looks after it and doesn't overdo something about it. Then may be that this maybe utilised.

In the same way the right side movement of the Sun line. If people think that, yes, the sun is important, we have to have sun in the house, but you are not to become naked and insult the Sun and get your skin cancer! Sun is not for your skin cancer! But if you overdo it, also it is dangerous. A person who exposes himself too much to planning and doing that, and doing this, and doing all this, can land up into very great difficulties. So you have to balance that side also and this side and you have to be in the centre, in the equilibrium. Now this word 'equilibrium' doesn't exist in our day-to-day life. It exists only in the fiction or may be in the so-called scientific research. But as far as human beings are concerned, they do not know what is equilibrium is. Because of this, the attention, though after Realisation comes up, still on the sides they just go down, this side or that side according to your vrittis. And when these identifications still act in them, they are prone to go down again in their attention and again start bubbling out the same thing as they had.

Now one has to become lighter in one's own mind and should think that, "We have dropped all that now why are we there?" One should become lighter with all that load flowing out, because you are here to raise your attention higher and higher so that you come up to a point where you become one with the attention of God.

Already your attention is sparkled because through your attention you can see what's wrong with you, you can see what's wrong with others and you can see how far you are going with yourself. But the progress is retarded because you do not know that this attention is pure form and all that you get into this attention is a mythical stuff, is a myth. If you drop this myth gradually, treat everything as a myth and not depend on becoming unhappy or happy - just seeing the thing - [then] your attention will take a flight and it will be at a much higher level residing there. Instead of that, every moment you go this way or that way - it goes on like that - and the movement upwards is much less.

Even in Sattvoguna, when you rise, you can go much worse in that condition also. For example, if you say that, "I am trying to be Sattwoguni." In Sattwoguni it is that you start seeing everything, discriminating through your understanding - not through vibrations - through understanding: "Oh! Should we not somehow or the other take out our attention from here?" "Should we not give up this?" "Should we be charitable?" "Should we go and serve the people?" There are people who think, "Oh, we are going to do something great!" - like your Salvation Army. Let them be salvaged by themselves! I don't know what salvation they are going to do. So these ideas - ideas, I am saying - of Sattvoguna, can also immobilise you and can really freeze you down once for all, and that also can work in you in such a sly manner, we can say, in such a secretive manner, that you won't feel it.

All these ideas of helping others, being charitable, "Let's have a charity association!" - finished! Once you work in a charity association, your attention is finished there. But if your attention goes higher - say [as] my attention is. I am only nothing but charity! I mean what am I? It just flows. You just become the charity.

So the difference between a person who is a realised and a not realised is this that the attention which was giving myth as reality to you is gone now, is gone higher. It can see that it is myth. Attention can clearly see that it is myth, and you can see that yourself and you can remove yourself from them. That, of course, I have to give you a push, no doubt, and I am working hard on that to give you a push. But you should also know that mythical things must be dropped out, otherwise you will not grow. All mythical things must be dropped out. And the best way to do it is to be in thoughtless awareness because as soon as you transcend these three gunas you become thoughtlessly aware. You have to cross Agnya. Once you cross Agnya, these three gunas, absolutely you go into a state where you are gunateet, you are beyond gunas.

So you do not deliberately do anything, but it just works out.

But analysis is one of the diseases of the West. What are you analysing? What are you analysing? You ask yourself. I feel like laughing at the whole analysis that goes on. See, they'll sit down, take out a hair, splitting the hair into hundred! And great analysers are sitting down there! They cannot even say how the chromosomes have that spindle action and, I mean at that minute level the things are worked out. They cannot say how a cell divides. What are they analysing sitting down here?

Now, they have analysed for a purpose - also done for God. Through their analysis now my things are recorded. Through their analysis I can go to the TV, if they allow me any time, because of analysis [it] doesn't fit into me, they won't allow, they may not, it might be expedited. But say, for example, if you had not discovered these things - for example take it like that - and the science was not discovered, your attention would have been at least better off. Because of science, your attention is also very much in confusion. So I don't know which one to praise, whether the science or the primitiveness. When you raised yourself to science also, you got to another extreme as usual. Till you burnt out your complete attention, you were not satisfied. I mean if you had kept your balance in science also it would have helped, but the balance was lost there. Give anything to human beings and they know how to make the worst out of it. They will go to the extreme. You give them a horse, they cannot go ordinary trotting or galloping, they must have a double gallop, till they fall and die! Everything you see, they just are on the run all the time.

So first thing is needed is to steady down yourself and tell yourself that, "Now all these mythical things I am not going to allow to come to my attention." All these things are nothing but myths. But you are giving too much importance to myths. You are taking them bit so seriously.

They are just mythical. Now, I mean, when you are realised now you laugh at people who just go mad over say, a moonlit night. Alright? But ask the fellow who is doing that, he'll say, "You are heartless, you have no feelings!" (laughter) He'll give you a big poetry out of it. You go and see anyone of these people who are riding a high horse, who are at the helm of affairs, and you will feel like laughing at them. But they will think that, "You are useless, you are doing no work, you are good for nothing, you are just wasters."

So now for you, because you are enlightened now, is to understand that our attention has to move higher and higher, at a higher space. Now actually what has happened in Realisation? Your Kundalini has risen and has come up, just like, you can say, a small, thin hair, one hair, and that has broken your Sahasrara and now the grace is flowing into you. But it's a very small movement that has taken place, of course which is a very difficult movement no doubt, but it has taken place. Now you have not expanded like this. Your chakras are only pierced in the centre, but the rest of the attention is still intact. Actually it is so intact, that you don't even feel that it is pierced. Now you have to expand that, open it out, so that more strands of Kundalini can rise and your attention, which is in these centres, expands. By expansion it drives out all that is mythical on the sides. On every centre we have our attention, which is being enlightened in the centre through this Light passing through. But the Light is too small for the darkness that you have collected.

Specially for the people of the West, I would say, your confusions, you must get rid of them. But still you identify. Because if I ask you anything [like], "How are you?" Means what? Means you are still confused. Alright?

Confusion should go. One confusion was there that, "This is Realisation or not?" I hope that's over now with you people. At least now you believe it is Self-realisation. I had to tell people, "No, you are self-realised now, you are!" Still they would jump up like [a] jack-in-the-box, you see. They'll say, "No, we're not Mother! How do you say this is Realisation?" "We expect this out of Realisation and that out of Realisation - that we'll be flying out of the door if we are Realised," or something nonsensical like that. Thank God, these ideas have gone away.

But when we are Realised, there is Light that has come in us, we have to grow it only by separating our attention from the myths. It's all mythical. I also play with you, because unless and until you are sure, I am not going to give you a wrong idea about yourself. I want to see how far still your attention is moving, and I know [that] still you are not sure, still you are not sure of yourself, that's why the confidence is not there.

First of all you have to learn how to drive, then you are tested. There will be five stones put together, the distance will be only that hardly a car can pass through and the fellow will say, "You bring it zigzag!" And you cannot do it. Why? That's how he makes you a master. The mastery of your attention will come when you will start seeing that it is all a myth that upsets you. It's all a myth that upsets you. Just throw it away. Just throw it away and understand that you are the eternal attention, that you are the eternal life, that [the] only thing that keeps you away from it is ignorance, and the ignorance is too simple to understand: that you have accepted myth as Truth.

Just drop it! It's all myth! You'll be amazed how your attention will rise and you'll see all these nonsensical things which used to frighten you or to elate you, will drop out, and you will just smile at it. And then only you are going to enjoy yourself fully because your attention will be completely drenched into the bliss of Self. I am saying you will, I say you are already drenched into that bliss. Keep it up.

Now, how to do it? Actually, in every day-to-day life, how to kill the memory of the past? To kill the memory of the past is to have new memories. You must remember when you got your first Realisation - always think of it. Whenever any such memory comes to you, you [should] try to think how you got your Realisation. Any memory that is troublesome or even so-called elating, you just try to remember how Realisation has come to you. When you feel aggressive about something or angry [about] something, just try to remember how you felt the joy of surrendering. Just think of that joy of surrendering, of dissolving yourself.

So the new memories must be built up. If you start building up new memories, then you will start collecting moments to establish other moments which have such memories. Like a memory when you tried to help somebody, you raised the Kundalini of someone.

Now the problem would be when you will be raising the Kundalini of others, you will be in thoughtless awareness - there won't be any thought - and thought is the only thing which impresses. But [at] that time you can record the joy of raising the Kundalini.

If you could record the joy of raising the Kundalini of others, you will feel [that] a new wealth of these beautiful moments will be accumulated. And all those moments which were giving you confusion or fear or so-called unhappiness and happiness will drop out and pure joy will remain. Because now most of the experiences you have had are more of joy. Joy has no thoughts. It's just an experience, a pratyaksha. That's why I said you keep your eyes open.

I hope you will understand what I mean by that.

May God bless you all.

I think let us meditate today. Maybe this meditation will help us.

Please close your eyes.

(break in recording)

..all of you, these things, put it on the fire. Douglas [Fry], take these two, these things, and take them on the fire.

(break in recording)

...without paying attention here or there or without worrying. Worry and all these things are vikshepas, are all confusions, comes from confusion. You have known about me that I can sit for nine hours in one pose. I mean I have done that but I can do even more. So one has to develop a baithak, is a sitting posture, for some time. You must settle down in some position. Alright? Should try to do that, and whatever is required for that is to be done because that's the only way you can do it. If you are walking, still your attention will be moving about. Anyway, if there's a movement then the time, space comes into play. But if you can settle down, if you can have a place where you can sit down.

And that's why the photograph helps. If you can see the photograph continuously, with a relaxed eyes, not all the time staring but relaxed eyes. You can close your eyes with respect [then] again you can open your eyes. This settling down of the position - you will be surprised how your attention will gradually rise, you will feel it.

Just now you are all in thoughtless awareness so go into meditation.

No, if you cannot sit you can take a seat, you see, down below. But as I said it, clothes should be a little lighter.

Alright, put your hands towards me.

You have to sit for about now, five minutes. I will not make you [sit] much. But I hope you will develop it next time your sitting.

Right hand on the heart I think will help. Right hand on the heart.

Now do it with your heart. Do - it - with - your - heart. Right hand on the heart. Think within that, "I am the Eternal Life, I am the Spirit"

Hold your breath. Leave it.

This time when you hold your breath you should know that I am the Mother of the Universe and the most powerful personality. And I am your Mother and you are all protected.

Hold your breath. Haa! Leave it. Good.

Hmmm. You are still children I must say. Don't you know that I'm very powerful? Have I to tell you? Even the small children know that.

Alright? Relax. Let's have some music and something. Now, any questions anywhere?

Yogi: I have a question. Could you explain the difference between joy and happiness?

Shri Mataji: Oh! Very simple you know. Joy doesn't have a double thing like happiness and unhappiness. Joy is singular, absolute. It's absolute. It is thoughtless. It's fulfilment. Happiness is always shadowed by unhappiness, is the double coined stuff, double faces of a coin. Happiness will be followed by unhappiness, unhappiness by happiness. It's a relative terminology. But joy is absolute, absolute. It's beyond thought. It's bliss.

Yogi: It's more like contentment.

Shri Mataji: Contentment can be relative still. But it's all that in one. Joy is where you do not ask anything anymore, you're just there. It just emits then. Just emits. You don't want anything, it just goes overflowing. It has nothing to do with your rationality, cannot be perceived through your rationality. It's beyond, you just feel it.

Hmm. Jeremy?

Jeremy: Why do we dream? What makes us dream?

Shri Mataji: Dreams? Now dreams are you see: there are three stages of our consciousness in the normal way - not the fourth one (turiya) that, now, you are in the fourth one - but normally there are three stages. And the third stage is called as shushupti, where you are in a stage where you are deep asleep. That time you come in contact with the unconscious, Unconscious actually enters your attention, and you start getting the information from that. But a person who is not yet Realised is not yet quite awake in that state, in the sense that, whatever he records gets again clouded when he is coming back through those stages of...he comes through subconscious areas, lots of areas we can say, that he comes out of all the subconscious areas that he has got within him, and the supraconscious areas within him, and then he comes to conscious mind.

So lots of things cloud it, like covered it, so the interpretation or even the memory of the dream could be quite confused. But after Realisation you touch even deeper because you enter into unconscious. Not that The unconscious has to do anything, but you enter into the unconscious. Your attention goes into the attention and it records what it sees. The more you become Realised, the dream state will go away. For example I never dream. I mean actually I am in dream. I never dream in the sense that when I am so-called dreaming, I am actually there working it out. And I can verify it with others that I was that time with you. He says, "Yes, this happened." So, you see, it's a different state of mine. But actually this happens, you never have a dream, you are always in reality. But that's a different thing. But at least whatever you record in that from the unconscious, at least should be your own. But mostly the dreams of the people are clouded, so the dream doesn't have much meaning.

But with Sahaja Yoga you are enlightened so much that, in your dreams also, you see what unconscious has to say actually. Which is not confused, which is not clouded, which is absolutely with that you are awakened. I mean, for example, you might see Me, many a times, in dreams. And suggestions you will get from Me. I mean, I work through dreams only, through the unconscious. But some people always will say, "Oh, I have seen you somewhere. I have seen you many a times. I don't know where I have seen. Were you in New York?" I said, "No." "Then where did I see you?" They saw Me in their sleep, you see. But they cannot connect that it was in the sleep [that] they had seen Me. They are not Realised people but they have seen Me.

Sahaja Yogini: Can you give people Realisation in their sleep?

Shri Mataji: No. No. I cannot. I do not even want to give Realisation to people when they are not facing Me, either my photograph or Sahaja Yogis. That should not be. Because recognition is the only point in Sahaja Yoga. Modern Sahaja Yoga is only going to work out if you recognise Me. If you do not recognise Me, it's not going to work out. This is the only way. This is the only key. Because so far you have never recognised. Only on recognition all your past things will be forgiven, everything will be done. But if you refuse to recognise Me or you go slow with it, your progress will be slow. Which I have told you frankly. Though it's rather [an] embarrassing job, but I have to tell you. This is a fact.

So, in dream you cannot give Realisation. But in dream you might see the situation in which will be giving thing, how you should give. Your solutions will be suggested to you, how to approach a particular person. But you cannot give Realisation to anyone. They have to know that they have got Realisation through Mataji Nirmala Devi. As it is, when you give them Realisation, they have no value [for it]. If they don't know Me, they will have no value.

But I would still suggest that one should not go on analysing the dreams too much.

Again, the same problem will start. Because I know Jung and all these people did that. But that was all right at that stage

because they were not Realised people, or they were Realised of a very confused manner, in the sense that they were not sure of themselves. But you people do not go on bothering about dreams so much. The dreams are coming to you to give you a solution of a problem. The unconscious is helping you in dreams. For example, when I go to India most of them dream that Mother is coming. I mean it's like, acts like, what you call, television?

Sahaja Yogi: I dreamt of you after the first time I came here.

Shri Mataji: After you came here? Not before? But there are people who have come to Me because they dreamt about Me also. Now, that's a good thing. To dream about Me means you've gone very deep. You see, the verification comes in.

Sahaja Yogi: When I was here, you put your hand over on this eye, when I dreamt about it. It was as though something was pulled out of it, something like crystal. And this fell on the floor and this sort of grew legs and ran away. (laughter).

Shri Mataji: What happened? You felt?

Sahaja Yogi: I used to suffer from headaches and since that time I haven't.

Shri Mataji: You see! That's true. That's true. I mean, actually it is done like that. I'll tell you another example, a very concrete example of this.

One man who used to come to Sahaja Yoga and was very deep into it. One day he was- you see some of the Rajneesh's disciples wanted to sort of harm him. So, they called him and they said, "We'll offer you a paan (leaf)" – you see, that we eat and all that. And they really mesmerised him and gave him a paan. He ate the paan and all that. That was after the programme, say about 10.30 or so and he went into his subconscious areas. But he was coming to consciousness little bit.

And then they took him in the taxi and beat him. But they could not beat, you see? He could see that they used to come and beat him and their hands were held by somebody. He could not feel the beating on him at all. And he used to come to consciousness, again unconscious, and then he became absolutely conscious, you see.

He saw them beating him and they said they were getting the pain as if beaten but he was never beaten up. And then they left him in one place. And they took out his chain, a gold chain, and he had one ring of a real ruby in his fingers, they took out all that, and they left him in one place somewhere.

And then he walked all the way from there to his house. So, I saw all this happening to him and that I was trying to slap, bang these people and all that. I saw all that, I was doing it, you see. So, early in the morning I got up at six o'clock and I telephoned to his house and I said that, "How is he now?" His wife said, "He came very late. I mean he came really in the morning time about five o'clock. And now he's sleeping." I said, "Let him sleep. He has had a very bad time last night and he suffered a lot and these Rajneesh people have troubled him a lot," I told her.

She was quite surprised, you see. She didn't know all these things! When he got up she asked, "Where did you go?" And he told all the story about it. Then he telephoned to Me and he said, "Mother, you were there to save Me!" I said, "All right." I told him, but normally I don't tell you, you see, but that day, I just wanted to find out.

Then he said that, "I've lost my ring that was given to me by my father and I really feel sad about it." So, I said, "All right you will find it. Both the things you are going to get it." And when he was getting down from the staircase, he found a red kind of a bundle lying there. And his wife said, "What is this red bundle lying here for?" So, he picked it up. Inside was the ring and inside was his chain. Then he immediately telephoned to Me, "Mother I have found both the things, how did you manage?" You see it can be done.

So, all that was done for them because, you see, one can work it out. It can happen like that. But you must know that everything is done through the power of Brahma, that's the glow of Adi Shakti. It's all done through that. The rest is all myth! If you are not frightened of the myth, and if you do not recognise the myth, you are above it! But you still recognise it. This is the problem.

Sahaja Yogi: If you are a scientist say, are you saying that you shouldn't continue scientific work?

Shri Mataji: No, no, no. If you are a scientist then, after Realisation, what you should do is to bring science and Realisation together. You can explain science and Realisation together. You have to explain Realisation through scientific method. This should be your effort, a new direction, because you have found out that you are Realised, you have found out that there is All-pervading Power, now, if you can put it in the scientific language you can talk to them. So that knowledge is not wasted. Supposing you are a geologist, you can explain many things of geology which you have not explained so far, through Realisation.

So you give actually the science it's fulfilment itself! There are so many questions they cannot answer.

Every thing, politics, everything - why it has failed, what has happened, what is the reason - everything can be explained through science of Sahaja Yoga. Everything! why it works out, why it doesn't work out, what's the thing, what is the failure is - everything can be explained. Human behaviour, everything. So use your knowledge to enlighten the knowledge which is covered with ignorance.

For example, see now, you have developed films, cinemas, this, that - use it for Sahaja Yoga. How can you use it for Sahaja Yoga you should try to find out ways and methods. Supposing you are a dramatist: use that drama. Make a drama on Sahaja Yoga. Put your mind to that and you can do it.

For example, supposing somebody is doing a course in journalism, then he should use his journalism for to propagate Sahaja Yoga.

You should try to find out in geology also, or in any subject whatsoever: the light of Sahaja Yoga which is being missed so far by the scientists, by the geologists, by the psychiatrists, by everyone, because it's all a science which is secluded, which is in darkness, which has no connection with the whole.

Now you see your fire is here alright? Now, when I put my hand there, what happens is this fire is enlightened. This power sucks in from you, or any one of you who are Realised-souls, whatever is within you which can be burnt away by fire, and it burns it off. This fire you have analysed in ignorance but now you are enlightened. I gave realisation in India to some scientists who were working on the agriculture. They started using vibrations for agriculture and they were surprised that they could produce ten times more yield. I mean, you can see the difference between the types of things that are being produced and they are doing tremendous work on that. They'll be publishing papers and things and they are doing that.

You can see also how vibrations work on say a nucleus of an atom. They will be acted through mesotrons (an elementary particle responsible for the forces in the atomic nucleus). If you see that, mesotrons will immediately react to it because they are arbitrary and you will be amazed you can handle them and manoeuvre them through your vibrations, if you see them under microscope. If you want to go into it you can go into it, because first of all you have to convince these horrible people what else could be, and give up everything else and just accept it, be within it. We are curing people without any science with us. We are curing mad people without any science. After all, everything is for the betterment of human beings. We are improving food problem. We are improving even material problem, I mean, Lakshmi tattwa is improved in them. All these things can be done. And scientists can show that science taken to extreme can take [us] to destruction, which is not related to the whole.

If you move in one direction, a linear movement, it just coils back and comes back to you. But if you are related to the whole then you know how to balance it, otherwise the nose starts growing or the ears start [growing] - it's malignant. The growth of science, the modern science, is malignant. Even on Earth, if part of Earth starts growing, for example, on one side, the whole balance and equilibrium will be gone of the Earth, isn't it! I mean if you see The Nature in its real completeness then you will see there's such a balance existing. Science just moves like a blind horse in one direction. What is the use? Then you go to atom and from atom you go to atomic energy and from there to the destruction part.

But if you had kept to the truth and to the complete, then you would not have gone that far. Alright, it's useful for us, use it. Analysis destroys you, destroys all our character, everything. If you start analysing you, yourself, you'll be destroyed. Take yourself as a whole. There are people I have known who analyse me also. Such silly fools I have seen. Haa, there are. It's so fantastic, the way human beings go about with their small little brain! Anything they cannot explain in Sahaja Yoga. When you have the higher science to discover, forget the lower sciences. I mean, when you were a frog, you were only worried about the well where you lived but now today you are a human being, you are worried about other things. Now, if you become a super-human being, you should be worried about higher sciences.

Now what have you achieved through science we can achieve in a second through Sahaja Yoga. Your material welfare can be, in

a second we can improve it. If you get your Realisation, materially you will be better off.

Most of the people they declare as coma and dead or lunatic and gone cases...they have not been able to cure any lunatic whatsoever. Once he goes to the lunatic asylum he just comes [out] as a corpse. He never comes back as a sane person. What your science has achieved so far? And in which way? Take to anything: political problems, anything. You try to have political, say democracy - you have created demonocracy. You wanted to have communism - it is nothing but killing everyone. Everything is a topsy turvy.

Hello! How are you? Come here you come here! You're daddy has come?

Child: Yes.

Shri Mataji: Where is he?

Child: In there.

Shri Mataji: Oh, I see, I see. Sit down, sit down, sit down. Good!

Now any other question?

Should we have some music?

Yogi: Mother, what is the true meaning of your name 'Shri Bhagawati'? I have seen several different translations of the name entirely different to each other.

Shri Mataji: You see, 'Bh' 'ga': "Bhaga" means six things all together. They are the six attributes of God and Bhagawati is the power of God, that's why She's called that. Six basic attributes of God. First is innocence, second is creativity, third is...fatherliness, you can say, but is the one which nourishes. You see if you put the gardener and the Mother Earth together then what is the quality of them, is nourishment to grow, looking after, called as 'palanhaar'. In English must be a word somewhere. The 'Patron'? But 'patron' doesn't mean all that, isn't it.

Yogi: Husbandry?

Shri Mataji: Husbandry? 'Husbandry' is a funny word! (laughter)

Yogi: 'Paternal' Mother. 'Paternal'

Shri Mataji: But it is also maternal, you see.

Yogini: Guardian?

Shri Mataji: Guardian is only in control. You see all these things put together is 'palanhaar'.

Yogi: Sustainer.

Shri Mataji: Sustenance is also there. But the kindness, the control, the looking after, the weeding out. All the beauties of that and the enjoyment of seeing your creation. The growth. The One who makes our growth possible. Then He is Almighty. Almighty. Nobody is more powerful than Him. He's the most powerful. And He encompasses everything. He's All-pervading and He knows everything - Sarvarupa. He knows everything, omniscient. This is 'Bhaga'. And Bhagawati is the power of God. Without Bhagawati, God has no meaning. It's like moon and moonlight, it's like sun and sunlight. You cannot differentiate. They are just

one and the same.

Yogi: Is Bhagawati Adi Shakti then?

Shri Mataji: Adi Shakti is the same as Bhagawati. She's called by many names. One of them is Nirmala also.

1980-0601, Message (THE LIFE ETERNAL, 1980 ISSUE, PAGE 1)

View [online](#).

1 June 1980

Quote

London (England)

Talk Language: English | Transcript (English) – Draft

Message

As prophesied in the scriptures, the phase of 'Last Judgement' has started. The testing ground is of great "illusion (Mahamaya) . Kundalini is the indicator of our balance and wisdom. She will evaluate, correct and evolve us. Sahaja Yoga gives you a chance to be fully your meaning. Take Full advantage of it. Establish your attention in the Absolute (Atman) and achieve the eternal life in the Kingdom of God. This lies more in the capacities and subtleties of subtler people. Later on the gross may follow. The early Sahaja Yogis are the foundation of this Empire of God.

May God bless you all.

London, June, 1980

1980-0606, The Purpose of Our Living

View [online](#).

6 June 1980

Why Are We Here?

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

Very beautiful personality. You've got awareness which is much higher than that of anything that is living created. For example, an animal doesn't understand any beauty anywhere. An animal doesn't understand if there is anything filthy or dirty or something smelling awfully. Animal doesn't understand cleanliness, but human beings are so well created by God. They are so evolved that they can feel all these things, much, much more than animals or any other thing that is ever created before.

At this point of awareness also we start thinking about something that is of the beyond. We start thinking that this is not the end of life. Why God has created us? Why did He create us out of amoeba with such care, with such love, with such delicacy? Why has he created us to be a human being? Is there any purpose in our life? Or are we just here to exist like animals then die, at the most, having some insurances to be paid for our children? Is that the end of this human life which is being created with such care? For thousands of years a little cell of amoeba or, say, a little unicellular animal has gone through such a tremendous change to become a human being with this fantastic awareness. Why? Why has he come on this Earth? Such a question must arise in every intelligent mind. And when such a question arises, the search starts in the real way.

Before this all the search we have had as animals, I would say, has been up to a point, we can say, that it was for our preservation, for our food, for our excretion and all such things. But the real search has started in a very deeper way – which manifested at the human stage – was "what is the purpose of our living?" We are seeking our wholesomeness. We are trying to find out our significance in the whole. Why do we exist in this world as an entity? And this search has really taken up very, very seriously all over the world during the last fifty to sixty years. Can you imagine? It was never that widely acclaimed or asked for as it is today. There were few people; in a million, one would come up to ask a question like that. For example, at the time of Raja Janaka, who was a great saint and a great Sahaja Yogi, we can call it, one man called as Nachiketa came to him and asked him, "Sir, what am I?" So, Raja Janaka who was a householder, who had not renounced the world, he told him, "My child, don't ask me this question. The time has not come. But if you want to know the question then you have to pass through certain tests." It's a big story about Raja Janaka, how he gave him realization. So, there was one man mentioned at that time who came to ask, "Who am I?"

But today the situation is very different? Very, very different. And there are thousands of people who are seeking, even in this country, in a very sincere way. Not only in this country – all over the world, as I said it. But in the West the quest is much more evident. Because the quest that started earlier in the human mind was first about the knowledge, about the knowledge of all the elements around us. And they wanted to know what these elements can provide us. When they started seeking, then they discovered science, they discovered all the utility of the elements for our day-to-day life. By doing all that it happened that we have overcome most of our problems to exist. We have lots of time. We didn't know what to do. Except that if you do not spend them in the pubs and things like that, I mean, we have really lot of time. And a feeling that we must save time started growing very strong in the modern human being.

This came to us because there was an urge to seek. The time we needed to meditate to find out "what are we". Now, when I'm speaking to you about something? What we are and what we have to be? You are not to take me for granted either. That would be very wrong, because if there is blind faith it's not going to help you at all. If it is also a deny, it is not going to help you. It's a very simple, practical, common sense. I can tell you how. For example, I say that there is a room, a big room, beyond there. Now, if you sit in this room and say, "Oh, I do believe you." You do not go and see the room. Secondly, if you say, "No, I deny. I don't believe you," still you don't see the room. So both ways it's just the same. So, what you have to do, that is to see the room. And

this is how you are going to see about the Kundalini, all these forces that are existing within us, with that open mind that, "Let us see. If it is so, it's a very great thing."

Actually, human beings should be really very much thankful that there is a purpose in their life, that God has created them for a very great purpose. He has created them so that He can bestow His kingdom to them. So that as a very, very loving and compassionate Father, He could manifest His light, His whole, entire desire by giving you what He has, is His kingdom, is a fact. That's why He has created us. And for that He has made all the arrangements within us. As you would know that we have done nothing whatsoever to become human being. I mean, nothing at all. And we cannot do. I mean, if you ask any one of the scientists to evolve a monkey into a human being, they cannot do it. You try anything. You cannot do it. That evolution has come to us effortlessly. We have done nothing about it. Let us accept this much, that we have done nothing about it. So, we have to know also that if we have to go further with it, if there is something missing still within us, we cannot do it, anything. It has to work out by His Will. It is His plan that is going to work it out. If we accept that, is a very big acceptance. Because once you accept such a situation then you know that you have to just watch and see.

For example, when I tell you that within us lies all these three forces that are showing here, you have to see for yourself if they are there. Now we have shown here these three forces within us working, one which you can see, the left side one, which comes from brain on the left hand and goes right hand and goes to the left hand. The another force that comes from the left hand and goes to the right hand. What is the reason for movement and all that? Is a very big argument and, I mean, it's a very big subject which, you can say, is a thing that works here, is the refraction of the energy. Now, the energy that comes to us first from the right to the left is the energy of our existence. Unless and until we exist, there is no, nothing can work out. It's just existence, your emotional being, is just what you are, created by your past. Is your desire to exist. The greatest desire in the human being is to exist. If this desire diminishes then one should know that that person is a gone case.

This desire comes to us, within us, as I showed you here, and exists on our left-hand side mostly and is responsible for collecting and manifesting all our past, all our psychic effects and what you call the psychic itself. So, all that is our conditioning. All that we have gone through in the past is all there. This is the power of desire. When a desire comes into us then we act on it. So we have to have the power to act. And the second one, the one you see on the right-hand side, which comes to us from the left-hand side, is the power of acting. The power of acting comes to us because we have to act, and we have to learn through making mistakes, the right things. Because the evolution in a human being has reached such a stage that he has to have his freedom, a complete freedom to develop himself fully, as he has to enter into the Kingdom of God.

For animals, they are one with the Divine Power. They do not have any freedom. They, for them you see, if a tiger eats a man he doesn't feel guilty about it. In the same way, you see, anything that they do, they think it is their nature, it is their swabhava, it's the manifestation of themselves. So they do not feel responsible about it. They do not feel responsible for living or dying and they are not bothered about it. But for human being when they are acting, they act even for the future. Most of them do. Most of them only think about the future. "I will do this, I will do that, I have to go to Hampstead. Then I must start at five o'clock and I must reach there a little late, because if I go too early it won't be all right," and all these things we plan out.

All this planning comes to us because we can do it. We can think of the future and we plan it out. But mostly these plans fail and these plans fail so funny that we start wondering, "Now, is there any sense in planning about it or is there some another plan working and we are not fitting our plan into it?" Now, this planning capacity comes to us, or thinking capacity comes to us, from the right-side power which is called as the power of action – Kriya Shakti. These two manifest the central power, is the power by which we evolve. By desiring, by acting on it, we start evolving by learning the methods which are proper for us. So, the first thing human beings discovered was that going to extremes in anything is a wrong thing. That is the wisdom, not intelligence, but wisdom. When a person starts developing wisdom he understands that, "I'm going to extremes in everything." But when there is no wisdom yet awakened in a person he says, "What's wrong?" If you want to jump from the house top, "What's wrong?" If you want to kill yourself, "What's wrong?" If you want to do any harm to yourself you can ask the question, "What's wrong?" Because if you go on rationalizing everything, everything seems to be all right. Even robbing the bank, "What's wrong?" Even, even any kind of harm or war or anything, "What's wrong?" if the point comes in, because there is no wisdom to judge that it is all wrong.

This power of action is very, very powerful in the West. Because we are now standing in the soil of England and that because we have to deal with the Western problem, I'll be more referring to the Western people and I hope you won't mind. Because when I'm in England I'm absolutely English. And when I'm in the West Country, I'm absolutely Western. But when I'm in India I think I'm Indian. Actually, the person of my type is so abandoned that I really cannot identify myself with anything whatsoever. But please do not feel hurt if I say that in the West the problem is because of over-thinking. We cannot stop our thinking. There was the doctor, the other day I met in Switzerland. He told me, "Mother, You cut my throat or take out my brains? I don't care? But stop thinking."

Our basic problem is that we have put our mind onto thinking process. And it is like a mad horse going straight forward into God knows as where, and it is dragging us along with us, and we really get tired thinking about it. In this action business, when thinking takes over, action is much less. It's only thinking. You see, we sometimes think, "All right, we've made a file out of everything. Now it is in the file." We think it's done. Nothing is done, but it would be as far as we are concern we've finished the job and we are sitting idly enjoying ourselves because you've put it down in the file and thought of it.

Actually, the evolution only starts when you start seeing the results of what you have done. And thank God today that is the situation in the West. If you tell this to the people who are developing today they will not believe, but this you can understand. When you have developed yourself economically so much, materially you have gone up so much, then you'll find that the peace is lost somewhere in the whole run. We have lost the joy somewhere. We have lost our heart somewhere. We have become unhappy. Not that does not mean by any chance those who are ignorant of this fact are also happy. They will also go through the same circle because they are getting sophisticated, while you are already over-sophisticated and you realized that all this so-called sophistication has given us nothing but complete torture. We have alienated ourselves from others, we cannot communicate with others and some sort of a funny individual we are and we do not know how to face ourselves and we look at ourselves and laugh and know, "Now, what it is happening to us, we just don't know."

This is a situation when we find ourselves and then we start seeking again our wholesomeness because we think we have lost it. Actually, the whole machinery is so well-developed and so beautifully placed that whatever you may try, it cannot break permanently. I've seen all types, you see, and all kinds who thought that suicide is the only way they can get out of it. I've seen they are all being put right. So this machinery is a special made, much better than English machinery and any other machinery that you think is the best? Like Germany, you may say. But is, I must say, surprisingly is such a fantastic machinery, despite that it is such a delicate thing inside us. And I've seen certain people who have got this Kundalini, this residual force, just trying to express its anger and its anguish, the way it has been ill-treated by individuals. Despite all that, she is there.

Now, this is the power of germination within us called as Kundalini in Sanskrit language. I don't think there is any word for it in English language. But they say it is a residual energy, is the energy which has produced the whole being and still exists there. That's why it is called as a residual energy. And she exists in that sacrum bone. Now, this bone is called as sacrum even by Greeks – sacrum means sacred. Why? Because when the body burns, this bone does not get burned. This is one bone which you cannot burn. It remains. And that's why it is called as sacred bone, maybe. But that shows how nicely this bone is specially made to preserve this delicate energy within us. Though it looks very delicate it's a fantastic energy. This is placed there just for our connection with the Divine. Just as you have seen here, there are cords which are connected with this, which are to be put to the mains. In the same way God has also put those cords in you which are to be connected with the mains. It is there. You can see with your naked eyes that it pulsates. Thousands of people have seen it. Here are, there are at least fifty per cent people who have seen it – this Kundalini pulsating in the sacrum bone.

So, when you talk of realization, about God, of a higher life, one should know one thing for definite: it cannot be something that you can already do. For example, some people think if they can jump they are becoming God. I mean, there are myths like this. Some people, say, think that if they can fly they have become God. Some people think if they can take out their clothes they have become God. I mean, all sorts of nonsense exist with human beings as they are. I don't know. How they can accept such a thing? Whatever you can do, cannot be Divine. You cannot make this bone pulsate by anything else but Kundalini. When she starts wriggling, then you can see with your naked eyes the pulsation of this Kundalini. You can see the rising of the Kundalini, with your

naked eye. May not in all people. If there is no obstruction then the landing is so beautiful. Then the rising of the Kundalini is so beautiful, it happens in a second? Just split of a second. And you are not even aware and you are just there. Immediately you say, "Mother, I am so relaxed, absolutely." The whole load has fallen down. The load is that of myth. It's a myth within you. You are living with a very, very big myth.

The biggest myth is that we are doing something. We actually don't do anything. Nothing we do. What we do is to change one dead thing into another dead thing, playing like children. But can you transform one flower into a fruit? One. It's too much to accept but its fact. We cannot sprout one seed, pull out those things, can you? It has to be a living force, and all that is living is done by God, or I call it God, you call it Nature, whatever you may call it. But there is something else that works it out. So we do not do anything whatsoever. Whatever we do is of no significance. But the One who does billions and billions of these things every moment, whosoever, He may be, has to do also this job for you. And this is what first of all we have to accept that we are not going to do it.

Now I must tell you something about Kundalini because I know what you are thinking about? That you must have read some books about Kundalini. There are books about everything in this country, I've seen, and in every country. Surprisingly, I can't understand that how can you do Kundalini awakening through books? I mean, you can't even cure a person through books. You have to take the medicine. How can you make this living process work out through a book? Supposing you have to light this. If you start reading before it, "for lighting this, you do it like that", so will it get ignited? You have to do the ignition itself. Otherwise, how will you do it? And when people write books also we have to know how many of them are really authorized to do it. Now, for other things, even if you do not have certain authorities, doesn't matter. For example, if a doctor is there, say, if he is not a very holy person, it's all right. He can make some underhand money, doesn't matter. If he wants to take some more charge from people for operating or something or he's a greedy man, doesn't matter so much. He might have the debt that has to do it. Still, he can commercialize that. But Kundalini awakening is one thing one cannot commercialize. You cannot pay for it. You cannot pay, because it doesn't understand money. It doesn't.

For example, if you go to a tree. I tell you very simple example, common sense it is. You go to a tree and say, "Hey, I want some fruits. You know, I'll give you five hundred pounds." It is that simple. You cannot pay for it. It is stupid people to pay that. It's absolutely stupid, as if it would be stupid to pay the tree. Not only stupid but it is insulting. Because what is money? These all human beings have created money, this, that. See, it is not even the dust of God's feet. What is money for Him? And a person who talks of Kundalini or who talks of higher life cannot be guided by material things, Cannot be, such a person has to be above this. Those people who have been taking money in the name of God or in the name of thing are all absolutely wrong. You have no business to make any private earnings out of His name. Who has given you authority? I mean, when Christ lived here, He worked as a carpenter, because His father was a carpenter. He had disciples; did He ask them to pay them three hundred pounds for something and then ten thousand pounds for something else? Did He? He lived with two robes.

And it must be understood by all the Western people very clearly that you cannot purchase God. You can purchase the whole world but you cannot purchase God. One thing you cannot do is that you cannot purchase God. This is only they pamper your ego and befool you. You cannot purchase a godly person and you cannot purchase God. That is one thing we have to accept. And once we accept that, you'll be surprised, our ego will come down. And people have exploited this ego in such a subtle way that I'm really ashamed, very much ashamed, the way they have come to these Western people. They are so sweet and beautiful seekers, so wonderful things, nice; they have exploited them. But I've been saying thing, this from 1970, loudly. I even took their names and told what they are doing, how they are mesmerizing, how they're hypnotizing. This is not God. But nobody listened to me. They all built empires after empires and people were running after them. They wouldn't care for me. When I went to America, they suggested to me that I should ask some money. Can you imagine? I said, "How much can you pay it? Let's see. What have you got?" And this is what it is. This is the only thing that has really enticed the people, this befooling.

So, one thing one has to know in Sahaja Yoga, that in Sahaja Yoga whatever you may be, you might be the king or you, whatever you may be, in the presence of Divine you are just the same as anybody else is. And that if you want to become, then only you are a member of Sahaja Yoga, Nothing else. We have no membership, as you know. We have no regular anything. But so-called organization we have got which is not even registered or anything is so called, is the organization of love and understanding. If

you want to become, if you are genuinely wanting to become only then we are here. Because that is what all of us are here for. Why are we human beings? To become something. So beautiful, I wish you could have the vision of what God has in His mind for you and He has made all the arrangements within you, as I told you, how beautifully He has made you. It all exists within you. All these seven centers are within you. And as soon as the Kundalini rises and pierces this fontanel bone, which is the real Baptism, not the artificial one. Like you go to a theological college and you start baptizing. You cannot learn about it in the school. No, you cannot! It is an authority; comes through the grace of God.

Such people cannot belong to any such organization, whether it is church, temple or anything. They cannot belong to anything. Everything belongs to them. So you must first have correct ideas as to what to expect, as to what to get within yourself and what you should find and what you should become. In this, naturally, you will be faced with many problems. And the greatest problem I've seen with people is that they are definitely misguided by the circus and the whole big platform, these so-called gurus and the fake people have floated in the market. So, first thing if you understand that there is no shopping in here. Finish off your shopping; leave it outside. And if you are still inclined towards one of the shoppers, you better go back. Here it is only open to people who are really seeking.

Many people have criticized me for this that, "Mother, when you keep it free any Dick, Tom, Harry can walk in." I said, "As far as God is concerned money doesn't decide about the quality of a person". If anything comes in like that, also goes out by the other door. So, we do not have to worry about this. Our job is to see that they receive for which they have come. Now it is impossible to believe in this modern times that there could be somebody who is doing this just for doing sake, because there is a person who just wants to love the whole world, because there is somebody who is nothing but love, and giving love is the only thing that satisfies the person. And there could be many like this, is an impossible situation for people to believe into.

So we have to keep ourselves open. That this is what it is going to happen to us that we are going to jump into our collectiveness. It is going to be an experience and not a lecture that, "We are all brothers and sisters", and all that. No. "Let us form a United Nations or a world government." Nothing of the kind. We are going to become, again I say, is an experience, means that is going to be awakened within us in our awareness; we are going to feel it, subject it. Means, when the Kundalini rises out of these seven chakras? The seventh one is just to guard? The six chakras are pierced in. Then from your hands a cool breeze starts flowing. This cool breeze is the Breeze of the Holy Ghost. We called her as the Adishakti, is the breeze of the Spirit, the Holy Spirit, which is flowing on our central nervous system, and we can feel it. It is an experience which we can feel it and is a permanent experience. You can feel it, what are the fingers that are burning. You can feel it, what are the fingers that are giving cool breeze. And all these fingers denote your different centers. And these centers are within us. You can see here clearly how they are denoting the first center is here. Then the second center is here. Then the third center is here. The fourth one here, is the heart and the fifth one is the one which is here, is expressed in this one. And the sixth one, which is in the center of pituitary and a pineal body, you can say, at the optic chiasma point, is this one and this is the center here, is the limbic area or what we call as the Brahmarandra, means the hole to the Divine.

Actually, you start feeling it. Now, if you have ten realized children, you put these ten realized children in a room and bring a new person inside, cover their heads with some sort of a, whatever they like, you know – you cannot force children to do something horrid – but if you can, cover their eyes. Now, ask them, "What is the problem with this person?" Immediately they will show you the same finger. For example, they show you this finger, means the person is suffering from bronchitis, because this is the finger of the throat on the right-hand side, means this is the finger of the throat on the physical level. Left-hand side is the emotional and the right-hand side is the physical. But it must happen to you. First this must happen. If it does not happen nobody can help you. You shouldn't be angry because it has not happened to you. One can work, one can work hard. I have been working for days [UNCLEAR] and nights together. You can ask these people, I've been really working very hard. But this love sometimes is not received properly. Maybe you have some physical problem that has to be cured and as a result of this many, many ailments are cured which are supposed to be incurable.

Now, I'm not a healer by any chance. Because I've seen some of the people immediately must be thinking about a third aunt, of the fourth husband, of the fifth son, like that, who is down with cancer. Unless and until you get your realization, you do not get the blessings of the Divine. First thing is your realization. Once you get your realization you'll be amazed that automatically your

ailments will go away, because when you start using your energy through your sympathetic system, you start using your left or the right side. When you use your left and right side too much then the center suffers the exhaustion. When the exhaustion is established, then you might get even malignancy, you might get cancer. You can get any disease due to that. But when the Kundalini rises through these centers she nourishes them, she integrates them and when she pierces this Brahmarandra the grace starts flowing. And it fills you completely. The whole, the whole integrated vital energy starts flowing within you and you feel absolutely blessed, cleansed, and light, and beautiful.

That is just the feeling I'm talking about, but the main thing is that you become empowered with your own powers by which you can give realization to others and you can raise their Kundalini. It is too fantastic to believe. Really, it is too fantastic. But I will tell you an example how it will work out. Supposing, I say, there are lots of pictures and things in here and a music, in this room, you will be amazed. You won't believe me. But if I bring a television and put it to the mains, it will start manifesting and then you'll have to believe into that. It is just the same, your instrument is made that beautifully. I have to just prove it to you that you are a beautiful person and not only that but when it manifests, it manifests all its beauty and all its dimension and the new dimension of collectivity, of collective consciousness. This is the solution of the problems of the world.

For example, even on political level, if you see that when you have your powers you are the greatest capitalist because you have all the powers. I must say, I am the great capitalist because I've lots of powers about it. But I cannot help it enjoying unless and until I give it to others. So I'm the greatest communist as well. Unless and until you share it, you cannot enjoy it. But this is not on the mental level. It is the level of actuality. This is the level at which you are. And that is the level I'm talking about which will be. In that you jump into a new awareness. For this you must know that thousands of years back, people have worked it out. Of course, maybe there were one or two people. At the time of Christ also very few people might have been realized souls. John the Baptist was a realized soul and He tried his best, even putting people into the water to cleanse them and did everything. But I don't think he could succeed with that, because perhaps the time had not come. For example, when there, the tree is planted you get one or two fruits coming out of it. But when there is a blossom time, so many of them, thousands of them, you see them getting converted into a new thing. It's not conversion of words, is not transformation of just giving a big lecture to you. It's a transformation which is an actuality. By finding out your absolute, by finding out your meaning, all other nonsensical things just drop out like that.

There are many here who have given up drugs. There were some horrible drug addicts. We had horrible drug addicts. They couldn't even see me when they came to me. They were under coma conditions when they started seeing me. You see, they could only see light coming out of me and all kinds of experiences they had. But today they are sensible people. I didn't tell them to give up. It just works out because when you have found out yourself you don't care for all these things. If you have found out the gold will you put on these false ornaments on your body? When you have found out the nectar are you going to drink this dirty water? That is what happens to you, should happen, is being promised before and that promise is to be fulfilled.

Now the question comes in, "Then why you?" That's very true. Why? Somebody has to do it, isn't it? Someone has to do it. Supposing you want to do it, please do it. I'll be very happy because I'm really tired. Can you do it? No. That's why Me. I really tell you: there is no way out for me because I have to do it. But for this why should you feel hurt, so hurt? I mean, so many people do things for you, don't they? I mean, you feel thankful to them for anything if they do for you. But for this if I do it, why should you be angry and unhappy about it? I mean, you just think of it. If somebody is doing something for you, at least you should be thankful. I mean, this is my job, you know. I don't know many things. For example, if this goes out I cannot correct it. I cannot put on anything that is electrical. I don't understand your laws. I don't understand many things. Economics I'll read, but I'll never know. I don't understand your politics. I don't understand human beings of all the persons. But something I do. And that is this. I mean, you know so many things. I have to ask you. For example, I don't know how to drive. I mean, there's somebody who drives me down, always. I do not feel hurt if somebody has to drive me and I cannot drive. In the same way, you should see in this way, in a very simple way, that this lady knows this job. And I'm paid for it because I see the smiles on your faces, because I see the joy rising. I see you finding that which I have within me. It's the greatest thing, the greatest thing that one can see. There's nothing more joy-giving, nothing more fulfilling than this.

I want to invite you to this beautiful experience. I mean, on Kundalini I must have so spoken, I don't know, hundreds of times in

London, and there are at least more than hundred tapes they have got on this, into very detailed things. I've talked about ego, about superego. You can see the ego, that yellow stuff there. It's the ego, you see, which through our action works out and it's there in the head, you know. Sometimes can be very big. I've seen in some of them, you know, like a big turban, yellow turban coming up. Can be horrible. And, yeah, and you don't know how to put it down and you have to be very, very careful with that. With this superego is on the other side where, by which you could be a possessed person, or you could be, just be a melancholic person. Like we had one gentleman who used to all the time cry in my program. I said, "What's the matter?" He said "You know, I've read Lord Byron." I said, "Now, what to do with this Lord Byron? Can't you read somebody better?" He said "No, Mother, I'm absolutely infatuated by him." "Now," I said, "all right, you take another life. Forget this man, Lord Byron. Then we'll see what to do." Because he would not stop crying.

Both the things are just the same, whether it is ego or superego. Both can affect your realization. But still, I must say, I have worked out most of the permutations and combinations so far. Let's see if I find something new this time, is an experience. It's quite challenging also. But one should not feel in any way diffident, because you might have read some books about Kundalini, that when you have a Kundalini rising you start jumping like a frog. I mean, are you going to become frogs now, in your evolution? A simple question. You start jumping like a frog. How can you be jumping like a frog? Or you start flying like a bird. Are you going to become a bird? Or else they say that you get a shock. How can that be? Now think: this is your Mother. And she is your Mother only. And she has been your Mother throughout. Is she give you a shock? I mean, I've not known mothers who are waiting for ages together for the birth of the child, start giving shock to the child. I mean, you don't think God could be that cruel as to create something like that.

This is because people are absolutely unauthorized. So many of them are absolutely naive. I would say, I do not want to condemn them much more than that. But I would say it is condemnable to get into something which they do not know about. For example, a villager comes to a city and he puts both the hands in the, say, into the plug and says, "Oh, I got a shock." An electricity means "shock". What will you say to such a man? Who asked him to put both the hands in the plug? In the same way a person who doesn't have the authority, means that purity of heart, that purity of sense, that purity of dedication, has nothing to do with Kundalini. They are not realized souls. They're absolutely unauthorized. And if they have got these experiences are, just to warn them that they should behave themselves properly.

Kundalini can never, can never trouble you. At the most a little heat some people feel. Especially I've seen in certain cases and certain diseases, you feel the heat. Now, the fantastic cures of Kundalini awakening have been mostly of cancer. Cancer can only be cured through Kundalini awakening. Now, this I have been saying from 1970. Now I've done this miracle in the sense that it has worked out that I've been able to convince our government about it. And they want to have a regular, sort of a working out of this special method through our Health Ministry. But I told them I don't understand Parliament, I don't understand any of that such nonsense, I don't want to have any questioning in the Parliament. I don't know how will you make me meet because so far always governments have been against all the saints. They crucified Christ. Anybody who came in was crucified very nicely. And all the horrible people were given great welcome in this world. See Hitler, see Napoleon, see all these people. While Christ was crucified. So I told them, "I don't understand your Parliament. I don't understand all these things." So, for us it's a task now to establish it in such a way that it doesn't collide with the norms of the things that people have created for us. We do not know anything about the political differences and all these human created problems. These are all foolish things just created by the foolish ideas of human beings. It's so mythical and so stupid that they, I don't understand why should anyone pay attention to it. They will all drop out, you'll be amazed.

When you come in this room, supposing it is all dark you'll be fumbling here and fumbling there. You might say that this room is just a book, if you feel a book there. But if you see everything in the light you think, "What foolishness they are doing and making everybody mad with their idea. They are all blind." Sahaja Yoga is the one that says, "You get your light first of all." You must get your light. If you get your light, then only you will be able to see what is the truth. First you see the Truth, is the main point. Now, in that there is no argument. By arguing I cannot give you. I've seen people standing with the sword in one hand, "Give me Realization." Now, how, what am I to do, you see? You cannot argue it out. It has to work. It works out for people who are thought to be the absolutely gone cases, you see, absolutely wretched, horrible he is, useless, good for nothing and he is the first one to get the realization. What am I to do? Now you may say, "Mother, how can it be possible?" If some people look very, you see,

gracious and very helpful type, they are running three, four organizations of charities and feeling guilty for, say, Vietnam, where people were killed, and all sorts of nonsense that goes on like this, may not get any realization and one who is just standing near the street and says, "Mother," he might get it.

This is the Last Judgment of your quality. This is the Last Judgment. And one must know that the Last Judgment is not going to come with a big weighing machine. How are we going to know? Through Kundalini awakening the judgment has to take place. And you are judged and judged and judged. But this judgment is so beautiful that you are not damned with anything, you are not completely imprisoned. But you are given a chance to improve, to reform, to be perfect, and to enjoy the beauty that is promised, the beauty that is described, the beauty that we are, the beauty that is Truth, that is bliss, that's Heaven. That's what it is. I'm talking about Sahaja Yoga. It sounds very fantastic. Everybody has used my words. I went to America and for that, I was the first to go there, and I was speaking; they had all tape recorders, everything they taped it and those people who were there they told me, "Mother, what are you doing? Why do you allow them to tape it?" I said "Why?" They said, "They will use your words." I said, "Let them use." "And they will use your ideas." I said, "Let them use, very good idea. It will spread." Then they said, "They will make money out of these." I said, "Let them make." But they cannot give realization. They have to come to me for realization. They have to take their Realization and then only they can work it out. It will be all talk, talk, talk, talk, talk. What does it matter? I'm in no danger. On the contrary I feel better. Some ideas will trickle into. It has worked. It has worked, no doubt.

So, if somebody talks about Divine and talks about God, everything, then one must know that by talking you do not get to God. It's a happening. If it works out, you are the most fortunate person, most fortunate person and we have had so many people in this great country. I think England is the heart of the Universe. It is the heart. India has the Kundalini but England is the heart. I've said it many a times. People are not that shifty, neither that arrogant, in the center, but like rather hard nuts, you see. They take time. They take time. They are little bit skeptical and could be quite wondering because it is too much for them. But still, they are very steady people and it goes down very deep into them. I've seen, I've always said it also, that the best young people are in England. I don't know for what reason because I have now experience from Russia onwards to Australia I go round, and everywhere. But most surprising thing is that even Australia which is supposed to be they were convicts and things like that, is taking it up just like that. Only two people came from Australia and the way they are doing it, it is amazing.

So, let's see what happens today in this beautiful place, Hampstead. If it works out, very good and it should. I'm going to be here with you for six years at least, I hope so and I'm sure within that period, many, many should get it. But you must know that here is only your dedication and understanding which is going to keep you persisting into it and nothing else. Because our habit is, if you pay ten pounds, say, to see a play and the play is horrid, absolutely you can't bear it, but you go through it. You see, you paid ten pounds so you can't go back. Because you have not paid any money here, there is no binding force. You have to little bit bind yourself and come down a little onto it and work it out yourself. Because you are in complete freedom, complete freedom to stick on or go away. Nobody is going to force. It is for you to decide. Nobody is going to decide for you. At the most the other Sahaja Yogis may tell you that "please", you see, this is a tricky stage. You just see now, you are just going to slip out." They may tell you because they all have slipped out like that. Can you imagine, I was working only on six hippies for four years in London? Then, by chance, they all got all right, everything was fine, and they are today very great Sahaja yogis. So, it can work out with everyone. And once it started triggering it is triggering very fast.

I would like you to ask me any questions, if you have any and answer them. But for meditation you must know you have to dedicate yourself with the idea that you have to get it. The time has come. The moment may be today. Today is the time for giving meaning to all your lives and to all your seeking.

May God bless you. Thank you.

Shri Mataji: Is there any question? Any question? Please, ask me. You can read this also.

Seeker:[UNCLEAR] Mother, to a person who has lost the desire? It's something that I've been carrying, I shouldn't mention that.

Shri Mataji: Forget it. Have you lost your desire to exist? Ha?

Seeker: All right, I think I don't desire to live much. Some other time, not to kill myself, but.

Shri Mataji: You see, I know it's desperate sometimes, you know, the things are. But that is the sign of a great saint also, is a sign of a seeking, you know. You feel, "What's the meaning?" After all, you have not found the meaning. So you feel that way. It's all right. But not for Sahaja Yoga, I didn't say you are a gone case for Sahaja Yoga. All right? May God bless you. Like I met two girls, one was eighteen, another was nineteen, from Sweden, Sweden. Now, just imagine, Sweden. The people are so very rich there. And both of them had vibrations like a dead body, absolutely numbed out. I called them, "Is it true?" I mean, my heart was pounding, absolutely. I couldn't understand. Such love and such compassion started flowing and I said "You, the young people just now blooming out. What's the matter? What do you think about death?" They said, "We are all the time doing nothing but planning about death." Can you imagine? How miserable it is, how horrible it is. But for Sahaja Yoga that's a good sign because you are really desperately seeking it.

But on the whole one should be a cheerful person, is a good idea to be cheerful. After all, you are entering into the Kingdom of God. Now if you are, say, even going to 10 Downing Street and if you have a very long face, you see, people will say, "Put, put up a little smile." So we have, I have told them that if you have to say the first mantra is "cheese". All right? What about you saying "cheese" once or twice? Will be good idea. Mmm. Good idea. It will work out. Mmm. Is there any other question? Please.

Seeker: Mother, we have a small talk from somebody before you, an any, he said you were prophesied in all the Scriptures, that, that he'd [UNCLEAR].

Shri Mataji: Oh, did they say so? I told him not to say this. We'll get these problems, you see. Now, forget it, forget it. You better find out later on. All right? Who said that, Marcus? How dare you? No, no, no. Forget it. Forget it. You see, this is all to be found out later. It would be something like telling someone, you see, that as soon as you get inside the room you will find somebody like that and you just don't want to get in, you see. So, please, forget all that. If he has said all this. Did you?

Sahaja yogi: [UNCLEAR]

Shri Mataji: Could be frightening.

Sahaja yogi: It's reality. This is reality. [UNCLEAR] and it is so nice to settle down and then these things really works. And he told me this and this and [UNCLEAR].

Shri Mataji: Thank you very much. Now, the fragrance you will get because, because this is your own fragrance, for your information. Because you are made of the, one of the centers – the lowest one – is made from the Mother Earth, you see, the soil. And the soil, the essence of the Mother Earth, is fragrance. So, it starts breaking up. You see, you come into your subtler being. So first sometimes you get a tremendous fragrance also. Sometimes you may just see a little light also coming in you or maybe you might see all these things. But what I would say, that when we have to go to the airport you don't see all these thing around. It's nice to see it, isn't it? But best is to go to the airport. All right? I'm happy you are having a comfortable journey. That's a good thing. Yes, it is just to give you some comfort that, and it is fragrance you'll get many a times, whenever you think of me. It's true.

Seeker 1: So us to improve is the main reason you have to come [UNCLEAR]

Shri Mataji: Yes, I have. I have. We have...

Seeker 1: [UNCLEAR]

Shri Mataji: Yes, in Caxton Hall we have the program every Monday. Caxton Hall. And otherwise also they are organizing my program all over. We have been to many places. Like Chiswick in, lots of, Enfield and lots of places I've been to. And also all over England, I have tried to cover as many places as possible.

Seeker1: How do we come to progress?

Shri Mataji: How to progress? Yes, that is.

Seeker 1: Not to be concernedly about.

Shri Mataji: No, we have also a little ashram which is rented by some of the Sahaja yogis where we meet every Sunday in the afternoon, where we tell people how to progress, how to go further, and how to work it out. And there the greater intimate relationship is established among all of you to understand it. And they look after also some personal problems and things. Yes?

Seeker 2: Nothing, I have turned actually, I am a bit cold because, you see, that's my position. Unless..... [UNCLEAR] I was going to sit down there.

Shri Mataji: All right. I think... I would suggest...

Seeker 2: I also wouldn't stop it, stubborn for that, but then it keeps on my nerves.

Shri Mataji: All right, please, sit down. Here.

Seeker 2: Its one way open.

Shri Mataji: All right. Just is all right. Now, what I would suggest, that if you want to have a tape of this my speech you can just... Please.

Seeker 2: [UNCLEAR] If I had like [UNCLEAR] then I would shut it down as I came in. That's what is all right. It looks as he only does it for me.

Shri Mataji: All right, all right. Now it's all right. You can take the tape. I mean, if you give a tape to these people, they will tape it for you and give it to you as much as you like, as many as you want. So, just... you have to just give a tape to them because, you see, as I told, we don't take any money or anything but we shouldn't expect others to pay for our tapes also. I mean, it should not be the other way round.

Seeker 3: I know that also [UNCLEAR] Shri Mataji, was healed and he was a doctor. [UNCLEAR], Shri Mataji what, what should be done to Western Europeans or this could also cure them?

Shri Mataji: What should we?

Sahaja yogini: What should be done to these Western Europeans well to cure them?

Shri Mataji: This is what I'm doing. It was necessary, you see, for you to progress that way, to see for yourself that there's something wrong. And this is what I'm doing here, is to raise your Kundalini. This is the solution of the problem. Not by running away from it, but just by facing it you will see that. It will happen. There are so many people already here who are all Western people with the Western brains, over-developed. They have become this. Sometimes, some of them do get this Mister Ego coming back onto them, but now they can see it. Unless and until you get out of your car you cannot see it, you cannot cure it. So to cure yourself you must get out of it. Then only you can cure it. Is it all right now? To cure it, all of you must get out of the car to

see it.

Seeker 3: And once we see it?

Shri Mataji: Beg your pardon.

Seeker 3: And once we see it, what do we do?

Sahaja yogi: Once we see it, what do we do?

Shri Mataji: Now, it is a question, is very simple and can be answered very simply that once it is lighted what does it do?

Seeker 3: It turns then on.

Shri Mataji: And it gives light.

Seeker 3: hence, it can also give darkness.

Shri Mataji: No, but you give light. All right? That's what happens. When you get it you give light to others. You become to others. You enjoy your own light. The light starts flowing through you. You enjoy that light. And you give light. A very good simile is given like a hollow flute. You become the hollow flute through which the melody flows. And others say that it is you who is playing but actually you see the melody flowing and enjoying it. You become that.

Seeker 3: But this light does not help us with our problems, the problems which influence my life.

Shri Mataji: The problems that influence your life are because of...

Seeker 3: They are important, too.

Shri Mataji: No, they are very much there, because you have not known yourself.

Seeker 3: Pardon?

Shri Mataji: Because you have not known yourself. You see, supposing I start driving the car I will jump into every problem. But if I, I know how to drive I'll manage it. You become the master.

Seeker 3: Not everybody.

Shri Mataji: Yes, it does. They have, necessarily. They do. It is necessary. That's why it happens.

Seeker 3: Not really, other people driving also know how to drive but keep it to their own; more often do not.

Shri Mataji: It is, it is not like that, the way you are taking analogy too far. It is that you become the master of your own problems. You start seeing the problems with a different angle. You see, now supposing you are – I'm giving analogy just to make you understand but you cannot pull it to that extend, you see, that confuses you. Try to understand it, not to confuse yourself more, but to understand. You see, to solve a problem you must try to face it and try to understand it. Now, for example, say, you are in the water. All right? Now, there are waves in the water and you are, you are in it and you don't know how to swim. So, you are bothered about it. But supposing you know how to swim, you'll enjoy it. All right? That's it. Now, is it all right?

Seeker 4: Yes. No, it's not. It's very bad, actually. Or I don't know if it's bad but it's also related to[UNCLEAR] more straight on

the Eastern theory[UNCLEAR] in the East.....[UNCLEAR].

Shri Mataji: What is he saying? All right. You see, these are all problems of dogmas and all out of ignorance. I have to tell you that Christ is living within us. He exists within us. We cannot deny Him. He is within us here, as I told you, behind, inside there. He is there. But you have not yet awakened Him. You are not connected with Him. That's the only problem. And we'll see ourselves how it works out. If all these deities are awakened within us, which are there, then they manifest their powers. Now, what is the power of Christ?

Seeker 4: [UNCLEAR]

Shri Mataji: What's the thing?

Sahaja yogini: It's something about meeting snakes.

Shri Mataji: Aha! Yes, yes. Yes, yes. The way he condemned, you mean to say. John had condemned them, is it? You are saying about that?

Seeker 4: [UNCLEAR]

Shri Mataji: It all comes out of ignorance about it, you see? People try to dominate others; some people try to take domination from others. It all comes out of ignorance. All these things have come out of ignorance. Is even sum total, I would say. Because in one lecture you cannot deal with such... so many varieties. But in the, on the whole I will say, it's all ignorance. See, when you are there you do not dominate anyone; neither you take domination from anyone. You are just standing, it happens, it happens, worth trying. Why not? All right? Worth trying, isn't it? It looks fantastic; that's all. If you forget that part, let's try.

Seeker 4: [UNCLEAR]

Shri Mataji: Left and right is he said?

Sahaja yogini: I don't know. He said that it's a different thing. It's a different part of the body when, when they said evolution from, from the centers there.

Shri Mataji: But the evolution is going out?

Sahaja yogini: When he said evolution and he said it yet means associate to different things which is expanded in different parts of the body.

Shri Mataji: Yes, that's all developed in our evolution. You see, the association comes like this that first our left side developed much more, you see, and then the right side developed. And at the time now, today where we are placed, we are developed in such a way that our right side is much more effective and it's much more dominating than the left side, especially in the West, you see. But how it relates, how it relates to our fingers and all that, that you can see yourself. Gradually you will see yourself. It is to be seen as I said it. You cannot by argument understand it. You should see it yourself.

Seeker 4: So assuming that, then [UNCLEAR] paralyzed on my right hand side. The thing is that if I am jealous about...

Shri Mataji: Not paralyzed. They were not. But if you take a primitive man. Take it like that, all right? The primitive man doesn't have his right side so much developed. And the, and the person who is over-developed his right side has a much more overpowering on the left-hand side in the sense that the, if you see the yellow side of that balloon oppresses the left side and the person becomes very dominating person. So, on the primitive person, say for example, some people who have taken to, say, primitive life, outside, they cannot become primitive, brain-wise. They cannot. You see, outside you might wear clothes of

primitive people but inside the brain has developed like that. So, by Sahaja Yoga what we do is to bring you to the balance. Both things are brought in the balance. Once they are brought to the balance, you get it.

Seeker 4: [UNCLEAR]

Shri Mataji: No, no, no.

Sahaja yogi: [UNCLEAR]

Shri Mataji: You see, whatever you have known. No, no listen, I'll answer this question, very simply. Now, whatever you have known or read about anything, or have been discovered, what has it produced? What has it produced? What is the effect? Nothing. But you will see yourself that it is so. Even people, you will be amazed, I'll tell you, I've seen people who are very, must have been very egoistical once upon a time, all right? But then they took to drugs which take them to the left side. There are many drugs, alcoholic especially, not LSD but things like hashish and all that, you develop, start developing your left-hand side. Specially people who go to spiritualists. They have a very strong left-hand side development and the big wobbling going on, you know. It's very unsteady condition. Sometimes this comes up this side, sometimes this comes up. And lots of permutations and combinations, but in a simple way I've told you. It works out in very, lots of permutations.

Seeker 4: [UNCLEAR]

Shri Mataji: No, no. I have seen that, but you see for yourself. What you are saying is out of your own knowledge which has no shown any results, but I've seen people who take LSD move more towards the right. They have supraconscious effects. They show more on the lights and all those things, its supraconscious. When you go deep into it you'll see yourself. You should see yourself. What I'm saying you should see yourself. Without that there is not assumption. I'm not saying you have to believe anything that I'm telling. But you see yourself. But if you have previous ideas, the fifteenth century ideas or something like that, that is not improved to you. Today I'm sitting before you, isn't it? Forget those fifteenth century things. Just now you should know that I'm sitting before you to show you something, which you see yourself.

Seeker 4: [UNCLEAR]

Shri Mataji: What is it? What do you suggest? What is he suggesting?

Seeker 4: [UNCLEAR]

Shri Mataji: Yes. I mean, you see, you people are – that is one thing about the West – too much rumbling into useless discussion. You see, even in Sahaja Yoga, they get realization and Indian, you see, if he gets a realization, he just get into it, He enjoys it. But a Western man, you see, he gets realization, then he starts thinking about it, he goes into this, and goes. Oh, God, he is such a headache to himself.

Shri Mataji: No, no, please, please. Now, Colleen, don't handle it. Please, sit down. Please, sit down. I'll handle the situation. No, please don't. You are not to handle the situation. These are not Sahaja yogis. You see, these are come for the first time. You must know that. They don't understand the importance. So you don't say anything to them, ha? Please.

Seeker 4: By going from the left-hand side, to the right side whatever the emotions and intuition, that is the left side of the body. And then left side of the brain and what does we next do [unclear] that more to go the right side.

Shri Mataji: He's got it. He's got it. He's got it.

Seeker 4: [Unclear]

Shri Mataji: He's got it.

Seeker 4: [UNCLEAR]

Shri Mataji: Correct.

Seeker 4: [UNCLEAR] and therefore more rational.

Shri Mataji: Very good. He's understood it better, Correct. But you don't worry about these things, my children. You don't worry. You see, we should see it, we should get it, we should become that, and experiment it. All right? That's what is there, you see, is a thing to be seen. It's nothing written in the book or some theory being propounded. I'm saying, "The proof of the pudding is in the eating of it." But, say, if I've done the cooking also, as a Mother has done it, no doubt, but if you are not hungry you will go on asking Me, "From where did You get it? From which supermarket?" That's true. All right. I understand that. But if you are hungry, you'll just get to it. You'll get it, I tell you. That's how it is.

I was traveling to America first and luckily I went to "Penang" and there's a very famous doctor Yang, very famous doctor. And he heard about my coming, you see. I was having my lunch. And it was a split-level area where I was sitting and I was eating my lunch. He came and sat down. He said, "I'm Doctor Yang. Mother, I've come." I said "Really?" I left my lunch. I came down. So, my hostess has said, "What is it? You left your lunch?" I said, "My child has come now, finished, done. I've taken my lunch." He got it. He got it in a minute. It is, it is that. What I'm saying is the quality, is that. That is the quality. And it's your own. You see, just see the common sense. Use your common sense. See, there is some chocolate here, all right? It's free for you. If you want to have it, you'll have it. Will you argue? But I find that there is diamond. And yet not diamond but a diamond which is invaluable. People will start coming from Australia. Will they argue? I say that, today it is there. Better have it. If you are fortunate, you will get it. Is for you to see the fortunes.

Seeker 3: And then listening, they say when it happens, it happens. And we don't have any control over the happenings. It's God's grace, and how to get it, well, that's the point.

Shri Mataji: He's very right person, Typical Indian. That's the difference, Tremendous. Yeah. That is the vibrations of the country of such. I must say I'm sorry but it is. We have to ask, "How? Mother, let's have it." What important thing is that by which we get it. "Let's have it, Mother." All right? I'm requesting you just to have it, can you imagine? Settle down your minds. "Why I ask questions?" Because this silly mind is like a mad horse, you see. It will start driving you. "Oh, you didn't ask this important question." That's why I said it. But there is nothing more important than becoming yourself. For this you don't need any education. Nothing. You have to just feel it from your heart that you have to have it. You'll understand it in no time as soon as you have it. That's what it is. It's simple.

We have to reconcile ourselves to one thing, we have not found it so far. With all our thinking and dogmas and arguments, and everything that we have done we have not yet found out the solution. If Mother says so, let's find out.

First thing is to experience yourself not by anybody else telling you. Just experience. You must change the role now. Then you will understand. There is no parliament going on here. All right? Like you can ask that I am responsible, that you have elected me. No, it's not that. There is somebody who is giving you something as a present. Something who loves you very much has cooked for you a beautiful meal and is requesting you to have it. It's very different. You change your role and you will get it. That's the different point. Because we have never been loved that much so far. We have never been cared that much. We have lost our self-esteem. Nobody has thought of us that way. Change that role, for you must know that God who has created us is love and affection, and compassion. He is the ocean of love. And all that is going to work for you. Why worry? It is His job, He is going to do for you. Just leave it into His hands. Let's see, if it works out. All right? Can we do it that?

Now, how do we do it, it's the best point, which he has asked the question. Is there, get to the point. How do we do it? Very

simple. As I have told you, these fingers are representing all our centers. So we have to get our centers ignited. How we do enlighten this light? Is bringing an enlightened thing near it and it enlightens, Simple. The light is its own, the power its own, the whole oil is its own, everything is its own. Only one light comes near it, which is enlightened and enlightens it. That's all.

Just put your hands towards me like this, Simple. Please, take out your shoes, because shoes sometimes obstruct the flow, that's all. Just put your feet straight on the ground. Just for a while. Just touching the ground will help you. It's very simple. Take out your shoes, please, all of you. Will you please take out this?

Seeker 3: I won't be able. I will get a problem.

Shri Mataji: Ha? You won't be able to? Please, take out. Please, take out, for five minutes. It's not much. The virtuous understand things better, faster as it is said. These munis can understand. In the same way, try to understand it more than repelling it. It's for your good. Just put your hands towards me just like that. Just like that. Now, close your eyes. I give explanation for whatever I tell you because without explanation you'll ask the question, "Why to close your eyes?" Because, when the Kundalini rises, in this center of Agnya, then there's a dilatation of the pupil, and to make the flow all right you better keep your eyes shut. There's no hypnosis on. Please, keep just your eyes and tell your mind that, "You have never helped me so far. Now please, for Heaven's sake, keep quiet." Tell your mind that, "You have not helped me so far. Let me keep quiet within myself." Keep your eyes shut and watch your thoughts. As soon as the Kundalini will cross this point you will find you are blank but you are aware, absolutely aware. You are thoughtless but you are aware. And when the Kundalini pierces this point you will find a cool breeze will start flowing towards you.

Some of you may be already awakened people. Please put both the hands straight on the ground. Must have self-esteem, must have self-respect, and of all the things is love for yourself. You are doing it because you have to love yourself. Not to condemn yourself anymore. Some people are having a fashion of condemning oneself, its feeling guilty business. One must know that He is the ocean of compassion and He is the ocean of cleansing. There is nothing that He cannot cleanse.

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Talk to Sahaja Yogis
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It is only possible for people who are of a subtler nature to understand the value of Sahaj Yog, to hold to the values of Sahaj Yog, and to retain it in this fragmented world.

The world is fragmented and everybody is acting towards one's own destruction. All the values which people follow are gross values. Most of the values are absolutely gross. So for Sahaj Yoga we have to have people who are trying to justify their subtleties.

Such subtler people have always been a little different from the mundane crowd; and these people always express themselves in such a manner that their existence itself suggests that they are trying to cement the whole world. Sort of you can feel that.

Those who can feel that there is an element within us which makes us laugh at the stupidity of others, who may appear to themselves [to be] very seriously doing certain things. But to us it seems as if it's rather stupid to waste their lives. This is a calibre of different people.

First these people, with that calibre and that dynamism within them, will be settled in Sahaja Yoga, not the ordinary gross type. But because our doors are open to everyone, because there is no charge or anything, for anything, all sorts of people come in. And when they come in they don't know what they want. Out of them some could be the grossest of all. Some might be just walking in to take out some things, just to steal something; possibly. I have seen all kinds of people coming to Sahaj Yog. Such people when they find that there's something available, they come in and go away.

Another kind, maybe, which is coming here, is the one which is extremely gross, but they can think that he can make some liaison work here; [that] by having connections with different people he can exploit it and make some money out of it.

So money mindedness is a very gross thing, is a very gross thing. If people are money minded then Sahaja Yoga doesn't work out well with them. If you always think about money, of your insurance, about how the carpet is spoiled, this has happened, that happened: such people are very difficult.

But lower than these are the people who come here to have some sort of an exploitation out of Sahaj Yog. Such gross people also come in, and when they find that they cannot work out their plans, they get out of it.

Now the third type of people who come here, they come for some material gain from Sahaj Yog, maybe physical gain also: like somebody is sick, so they come for their sickness. It's a very gross way of looking at things: is to come to Sahaj Yog for getting cured. So when they get cured they disappear. (laughing) Quite stupid isn't it!

Then some people come with the idea that, "Maybe, with Mother's blessings, our financial problems will be solved." Only with that idea! Then they also get their financial problems solved, and they get out. But some of them do not, some of them cannot manage what they want to have, then they get upset.

Now the best calibre, of the subtlest form, is that which is just seeking Sahaj Yog, which is just seeking union with God, nothing else; that's the best calibre. That calibre works hard. It has very concentrated effort. It understands Sahaj Yog very quick. [The] only thing is that, because of Western habit of thinking, some of the people, though they have a calibre, circulate around

themselves; they go on thinking about it, discussing about it, arguing about it, and then they become stationed at a point. (laughing) Otherwise it goes little round and round itself. They have a calibre, they have a height, they definitely have. They have that weight in them, they can feel their element, but still they go on, as a habit, because they are used to it; they go on encircling round and round and round. They have to steady themselves.

But the calibre of a person who just wants to be, to become, can never be deterred by anything, because he is subtle, in a way; in his lifetime he feels the subtleties of the unconscious. He has felt his archetype images of these Deities. He has known them. He had these eruptions within him. He identifies and he recognises the subtleties that he has felt and he tallies them with Sahaj Yog, and Sahaja Yoga gets him like that.

Now these subtleties which I am describing to you, come to you not through your mental effort of this lifetime, but comes to you from the experiences of many lives you have gone through and as soon as you come near Sahaja Yoga, you start sucking. That is the best calibre.

But, because the door is open ajar, the grossest of gross also can come in. But sometimes they come this way and go back the same way. Some of them, they come half way and rush back. Some of them come inside and get out from the other side. But those who stay are the people who are subtler by nature.

It is a very subtle happening. If you have lost your subtleties: say, some people as I said, even doing hard work with your fingers, you become insensitive. Even physical disrespect to your fingers, you become a little bit insensitive, [so that] even when you get your Realisation, you may not feel the vibrations that good. But that is not so important. Of course, vibrations you must feel for Realisation.

But maybe due to some external reasons also, or maybe due to some physical problem, you may get a situation where you may not feel the vibrations so much. But doubts would not rise in your minds because there are no vibrations. You would just think that, "Yes the vibrations are not there, I must get my Vishuddhi Chakra all right. But it is there." And even if the doubts come in, a subtle person will fight it, will argue it out, but a gross person won't. The subtle person is a brave man and his bravery comes from his built in capacity of those subtleties. He does not succumb to doubts. He just sees it [and] he fights it. He does not succumb to it. But Sahaja Yoga is such a wonderful thing [that] even those people who sometimes looked very gross, suddenly came out with such a beautiful manifestation of subtleties that it is surprising. But that is exceptional.

The mind, and the human brain, is subtle on certain points and gross on some points; it's most surprising. Maybe [due to the] background, maybe the...

(Aside to a parent)

Can you take her at the back. Because you know it's disturbing. Nah? Just now take her at the back all right? Good!

Just give her a seat to sit down all right? Sorry! Then I am going to take you in my lap, huh? She is very unhappy to leave the place!

It's a very subtle subject, you see. Please pay attention.

If a genius is created. They call it a prodigy, but I would call it a genius. There's a difference between a prodigy and a genius: prodigy is a person who, for a short time of their lifespan, suddenly becomes very talented, and after some time the talent goes away. And a prodigious person may be mentally absolutely very, very low; very low. So it is done by some sort of a spirit possession. But a person who is a genius is a person who has those sensitivities. The mind which is covered with thoughts, which is thickened, which is gross, can be thinned out at certain points and could be very sensitive to certain points. For example, some people could be very sensitive to music, some could be to art, some could be to human beings, some could be to other things which might make them rare people. But these subtler things, which create your personality, always indicate, in your

being, that there is something of the beyond, which is throwing some images within you. Such people are conscious of them: that there are some images which are throwing these subtle ideas within you, [and that] they are erupting some new commotion within you; and once you start feeling them you are compelled to put them down somewhere. That's how the poets are created, musicians are created [and] great masters are created.

Now the fashioning of these subtle ideas is another job. But the beauty of these subtle ideas is this: that they are universal in nature. If they were not, they would not be so much appealing to everyone. So there is something universal in those, and that universality, when manifested or fashioned into some expression, then it is absorbed universally.

Now it depends on the person how much he is closer to those images and to the image of his Spirit. If such a person is a realised-soul, then the expression is heavenly. The fashioning of those expressions, of course, is determined by the surroundings, the different atmosphere, the traditions, and all that, in which the people have lived. That is the fashioning part of it. But the universal essence of everything, that element which is universal, is manifested in a particular fashion.

The more a person is nearer to his Self - even the fashioning is very universal in nature. Then such a person doesn't try to be moulded by traditions so much. But the traditions which have come through meditativeness, or through realised-souls, definitely give him a better chance of expression.

So the fashioning also evolves, gradually, in every country, in every place, till it reaches the point where people start understanding them in meditation.

Now there are two types of fashioning: one is the fashioning that comes from outside, the other from inside. The fashioning that comes from inside could be the teachings of the great masters, who are realised-souls, and your own understanding of the work of these great masters. The other style could be that you see what people have been producing, all of them, and you gather out of that, and fashion your manifestation accordingly. In the second type of thing they may be realised, they may not be realised.

Now when we go to Sahaj Yoga, even a person who is not a genius, who has never been a genius, who had no idea of any special expression in life, can get Realisation and of the highest type. Maybe much more than a genius, because genius might have become a geni-ass by now! His ego must have bloated out, he might be a geni-ass instead of a genius!

But a Sahaj Yogi, when he gets his Realisation, his Realisation is a sign, not of his subtleties, but of his Kundalini - in what condition She is. If the Kundalini is absolutely frozen that means a person has no desire to have Realisation, he's coming to Sahaj Yog to make some money out of it or to make some name out of it, or he could be a burglar coming as a Sahaj Yogi to burgle away, say, my shoes! Such a person can be very difficult for Realisation. But maybe with some people, who have some basic problems also, can have their Kundalini completely frozen out.

But people of very ordinary appearances, of very ordinary life, could be very subtle, much more than all these geni-asses and geniuses put together - because they can feel their Self. Such people do not cheat themselves or others - no question. Their whole attitude towards Sahaj Yog is like a person who is dying and gasping for air. They are just struggling to get the Truth. They have no other interest in life, but to get to the Truth. Such people could be very strong headed, could be very different from normal. They may think many things [to be] stupid. Even just to have a wife and children and family is quite stupid isn't it? That's not the end of life. It's quite a stupid thing to do. I don't say that you give up that, but it's not the end of life. It's all right, it's a part of it, [but] you are not to be lost in it. We believe that marriage is important and we believe that, in the marriage, husband, wife should be very much understanding each other. There should be love between the two. There should be enjoyment, so that the children also feel the security of the family, so the society improves. All this is all right, but that's not the end of it. In India you will find many families like that: where a husband, wife are carrying on nicely, children are nice, their money is in the bank; when they die, the money goes to the children; then the children are married nicely, then they have their children, money goes to the bank; when they die, the money goes to them. It goes on day in and day out. [It's] nothing, it's so mundane. That doesn't mean I believe in divorces. Of course, that's something nonsensical. But to be married means just you have entered into life. At least you should enter into life! That is important as far as entering is concerned. But that is just the basic, that's not the end of life!

If you are a subtler person you will not think what is your advantage monetarily, or what you are doing, what is the thing, what gain you have got. Of course you will see that as yoga is established, your kshema will be established, your well-being will be established. You will see that, clearly. It is to be seen, to be thankful. And the kshema is all right, because you should not have worry akshema, but you should have free time to devote yourself to meditation and to Sahaj Yog: so that you don't have too much worry. That's how the kshema comes in.

But when the kshema comes in also, one may start going into the same circle of greediness, [of] having more and more money, more and more this, better clothes, better house, [of] how to get this: this circle may start. There's no end to it, so you have to cut it down. I am not saying that you just have one dress and all your life you end up with one dress; it doesn't mean that. Because you know if I say anything, people will shoot off to the other end. I am trying to keep it in the centre [so] that not too much attention will be required on one side or on the other; of indulgences or of asceticism - none of these. You are not to renounce anything or neither you have to indulge into anything: but feel your subtleties, feed them, nourish them, look after them. You should be proud of your subtleties: that you have these subtler values, while others don't have, and that itself will be so self-sustaining that you can withhold all those values that you get from your subtleties against the whole world.

Because the world is so fragmented, so cut off, that everybody feels lonely. But that does not, by any chance, mean you should be arrogant to others, you should be fighting with others - no! But in darkness a light shines. The whole is darkness. If the light accepts the darkness, then it becomes darkness! So the light must accept that: "I am the light, and I am the path," and should stand up. That does not in any way mean any arrogance to others, any showing-off to others, but it is the Light. And the Light, by itself, emits.

When this happens to you, you will not hate yourself first of all, but you will love and respect yourself and respect the virtues in you and not your grossness.

Kundalini Itself makes you subtler and subtler. But if you are a stone what can Kundalini do? Now it is for you to see where you are stone. There should be a lot of heart searching.

The greatest stone-age is nowadays (laughing). Heart is like a stone! It doesn't move. When talking to others, it doesn't move. It has no ripple in it, there's no joy in it. It's like a stone sitting there to hit everyone. You see anybody sees you, "Oh Bala! He's coming! Go from the other road!" "Who?" "That fellow with the stone heart!" And you feel you are all right, you are a very good person because you are stone hearted. You think you can dominate the whole world because you are stone hearted, you can give psychological treatments to others, keep quiet, don't talk to anyone, shout at others and do whatever you please, because you have a stone heart. Nothing happens to your stone there.

Now this stone heartedness is the sign that you should not be any more in Sahaj Yog. You must have a heart as your Mother has: pulsating with love, with compassion, with joy, with happiness, with giving. That should be the attitude, not rationality, nothing.

It is the feeling: feeling for the pains of others, feeling for their longings and feeling for their aspirations. Just feeling them within yourself their desire to be the Whole, to be the Ocean Itself, itself is so fulfilling.

We should not have our ideals among ourselves. Like, "She does this so why should I do?" "He does this so why should I do?" It's very mediocre. It's a very low-grade business to see others, to worry about others, to talk about others. It's extremely low grade.

A person who is of a calibre has his standards so much higher that he cannot compare himself with others. It's really true. So, if I start comparing myself with you, what will be my position? I mean, I can't do it! Then you will say, "It's all right for you Mother!" It's perfect, I agree, it's all right for me as I am. But you can be like me also. But if I start comparing and thinking, "Oh God, what is this?" then I should give up doing anything, thinking, "Where have I come?" But when you know that you are not comparing, you are just giving, the question of comparison should not arise at all, at all. It's just feeling. I just feel you.

In the same way you feel each other. Not in an artificial, courteous way: [like] some people think that if they have given their seat to someone they have been really the generous people, the greatest generous people!

Just be yourself now: let's see. Just be yourself, and that you are the Light. What is the comparison? The comparison exists when our calibre is low. If it is 24 carat gold, what is the comparison? It's absolute. If you are at an absolute point, there's no comparison. So try to see that your calibre is that, that you are of that calibre and don't worry about gross people. Gross are gross [and] will remain gross: you just don't worry about them. You [should] keep your calibre all right. And that is what is the most essential part of Sahaja Yoga.

Thank you very much.

Paul Winter: They always told me that You are actually God , the Father God Himself. Well I can't see that at all

Shri Mataji: All right, now put your hand towards me. Ask the question: the simplest computer. Work out your computer and ask the question, finished. That, "She is the 'E', means She is the One who is the desire of God Almighty. She is the power of God, and it is only She who incarnates." If you read the Vedas, it is said that She created Her child, and the first sound that was created was the child. And that sound is the sound that we call as Brahma, or the Logos, as they call it.

So now, what is the difference between God and God's desire? What is the difference between sun and sunlight? What is the difference between moon and moonlight? What is the difference between the word and the meaning?

So the God Almighty whom people understand, is just a witness.

The day these two things will meet, there won't be any world left. Till they are separated, all these things happened. When they meet, and merge into each other, there's nothing left, He just becomes the sound, Brahma.

We cannot understand these things, because we have never seen two things [which are] that merged together as God and His Power. We cannot understand anything like that because there is no parallel.

Now, you can rationally also see things, that: people, when they bend before me, their Kundalini starts moving. It is written in the scriptures [that] only at the feet of Adi Shakti this would happen. Not only that, but you people who have not been to any austere life or anything, have got Realisation and that your own power is giving them Realisation. Isn't it?

There is no one in the whole world today [even though] there may be some realised-souls, who can give, the way you give, Realisation. You go and talk to some great gurus: they are jealous of you. They know who I am, they have told people who I am, but they are jealous. They don't understand why of all the things I have given you these powers while they don't have. They can't give Realisation the way you give, in a second like this; nobody can. You can go and have a look at them. They are great people no doubt. But your Kundalini works like a jet. They move like elephants, from one chakra to another chakra. The Kundalini doesn't move that way as it moves [in you], because I have given you the authority.

You can go and meet them and they will tell you. There are thousands of people they have got [as] disciples, but they don't send them to me. They said, "Mother You will find your calibre [of people]. These gross people, you leave it to us. We'll manage them. We'll send them later on. Just now you find your subtle people."

Why Sahaja Yogis are few [is] because there are very few subtle people in this world of that calibre. That's why I am always requesting you that: do not divert your attention here and there. Settle down. Become good Sahaja Yogis. Unless and until you really become good Sahaja Yogis I cannot move to the second strata. Because the first strata is not yet settled down. They are worried about nonsensical things.

I mean I just, sometimes, feel very unhappy to see that you fight among yourselves. This is something so painful, that you say harsh words to each other. I mean you are the cream for me. You go and ask any one of the gurus, if they can move the Kundalini on their fingers as you do! These powers cannot be given by an ordinary person. I look ordinary, no doubt; I have to. But also you have seen me in other forms; that's not important. The important thing is [that] you should see your own transformation and how many powers are manifesting.

If you go and tell somebody that, "I have started giving Realisation and raising Kundalini." They will say, "You are mad! How can it be? Impossible!" Nobody is going to believe you at all. You have got it so easily: why? Because I recognise the subtleties in you. These gurus recognise me. They know about me. They know who I am. They are telling others. There are so many of them like that.

I told you the story of the lady here, American lady. She might come sometimes. I think you met her isn't it? Some of you have met her. She went to Rangoon and there she went to meet some very great, high soul who was living on a mountain and he would not meet many people. But she went there and he really respected her. And when she came in he said, "I am going to sit at a lower level than yours." So she could not understand. He said, "Because you have seen Mother with your own eyes. I haven't. I will have to die to come and see Her again." And then she was surprised.

But first of all, know that you have got these powers within you. Then know that you have got them because I have chosen you. All right? Good!

See now! Only thing: you get rid of your egos, which give you ideas. You see sometimes they come like big balloons! So tell yourself, "Oh mister ego, please get out! These powers I have got because Mother has chosen me, has loved me, has nourished me and has accepted me as Her child." It's a fact!

Nobody can believe that you can give Realisation I tell you. You go and tell anybody. You should! But they are not going to believe you. If this flower says that, "I can become the lamp in the lighthouse." Nobody's going to believe it, because the light in the lighthouse is made in a special factory with a special this, and a special that. But supposing this flower says so, or if this flower says that, "I can cure your diseases." Nobody would believe; but it may.

When something fantastic happens you have to believe that there is Divine acting and acting so dynamically. Only thing [is]: do not waste your energies in gross hankerings and gross wanderings and ramblings. Try to be subtler and subtler.

There is nothing that I have to ask for. Now you think about it from God's point of view. You are to be given Realisation: first job. It's a headache you know! Somebody has to take up the headache of giving Realisation. It is much easier to be crucified once, but to be giving Realisation [a] hundred times, to all kinds of funny Kundalinis to be raised, you cannot imagine! (laughing) And then after giving Realisation, to tell you all about it: to decode all the chakras, to show you all the chakras, to tell you all about Deities, these archetypes and everything. And every word of it is true and acts and works. You have experimented and found out.

Somebody has to come down. It has been my lot to come. I don't mind, as I told the other day, any one of you takes my seat I'll be very happy to be a Sahaja Yogi sitting down like that! Really, I tell you! I will be the happiest person. I'll give you five garlands like this and all the flowers from the market I will bring for you, if you could sit here and do the job for me. It's very easy to doubt, but can you do the job? No, you cannot. This is the trouble with the Western mind is, that it doubts. What are you doubting about? What is there to doubt? I cannot doubt myself, that's very difficult. When you know that this is the tea, how can you doubt? Now if you doubt, what can I do? How to prove it? Best way is to understand my love. Through that you will understand me better. It's much easier to understand me through your heart than through your brains, because I am very good at blasting them; and I play about with you, lots of things, by which I really give you a very difficult time. Because if you start thinking, I make you think more. If you start doubting, I make you doubt more. So best thing is to see. As I told the other day that, whatever is in the next room, it's better to go and see than to sit down here and doubt, or to accept it and sit down here. No! Go and see for yourself. And you have

seen it yourself.

But just think how tremendous it is. Just sit down and think, how great it is, how dynamic it is! That you have seen it with your own eyes! Just think, that you have felt it. That you are the people who have got it. You are the first few who have known it. There may be thousands and thousands later and the whole universe may take it up, but you are the first few. Improve your calibre. Come up!

I think if you can give me leave, I would like to go because the whole day I have been really working very hard. I did my cooking and did that.

Now, what's the matter with you? You, still more? Still more? Better! Keep like that!

All right. Now can I take your leave?

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The Subtlety Within

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[The other] day in the ashram I was telling you about our subtleties, the subtleties we have already within us which we do not understand. Could be from our sub-conscious mind, could be from our supra-conscious mind, could be from anywhere that is unknown to us; but the subtleties that lead us to our universal being is the one we should bother about.

We have sometimes heard about people who get a hunch. Like somebody says, "I must buy this house, I get a hunch that I should buy it." Or sometimes people say that, "I always hear something, somebody tells me that this should not be done." But all such suggestions must be judged that they come to you to tell you about something of the beyond or something that concerns the mundane life, like buying a house.

God is not interested, very much, in what house you buy, or how much money you make in a race: He is not! Because it is not important to God. One can understand that, isn't it.

Also that God is not interested in telling you against someone in the ear that, "Beware of this man, he is a dangerous guy!" For, if somebody is going to harm you physically, maybe to some part, we can say that God wants to preserve your body; but this body is also not so important to God, because He can create it again! The most important thing that God has to give us is His love, His connection with us, His Kingdom, His powers.

So, the subtleties which we should really accept within us, should be [those] which take you to the realm of joy, to the realm of collectivity. Like suddenly you see a little child weeping on the street and you feel [that] your heart is weeping. Not that you feel guilty about it but you feel one with the child and you feel you are weeping: then definitely that subtlety of compassion that God is, is felt within you. But you don't feel guilty about it, or you don't give him 2p (£0.02) or something to insult his ego. You do something very constructive about it, extremely constructive, and you do it secretly; you don't like to tell anybody about it because you think it is vulgar to talk about your compassion. You do it so sweetly that the other fellow doesn't feel it. The whole act is such a beautifying thing. You don't announce it in the paper and you don't publish it in "Who's Who" or you do not go for a Nobel Prize or something like that. This is all very vulgar for the Subtle Thing that you worship within yourself, because that element within you is so much higher than all these gross considerations that you just care for that.

That is what God is. That's how God shines within us, even before our Realisation, before our connection with God. He shines in some people even before they have been Realised. You see them, they are quiet people, they are not show-offs, but they are very sincere, extremely kind-hearted. Such people when they face Sahaja Yoga, immediately they get their vibrations. They are not people who are worried about money, or they are worried about the gross things of life, or achievements that are so stupid. Such people may exist as very ordinary people; they need not be at the helm of affairs [and] mostly they are not, because they are not ambitious. They do not want much success in life. They don't see any point in being very successful. They might be something very ordinary. They might be doing something very important also. But in their life, those who come in contact with them, remember that: "Yes! There was a life or there is a life. Definitely there is a spark."

Because such a person being so subtle does not assert. Such a person cannot be very dominating, assertive, argumentative. Such a person is quieter: his attention recedes from all quarrels and all squabbles of life. But such a person has a great position

in the domain of God. That you have seen, how in Sahaja Yoga suddenly you find people manifesting their divinity. Maybe such a person is too naïve for all practical purposes. He might have been cheated, might have been misled by some horrible people who try to exploit his seeking, but still it remains.

This element suddenly gets ignited in Sahaja Yoga and for such a person this is the most important thing: is to feel that Being which always kept him away from all the rest of the ideologies and 'great' things and have always given him strength and confidence and joy. He sees that clearly in Sahaj Yog. He adheres to it. And when he nourishes it, he's amazed that he has found himself. Then it becomes his life.

There are thousands and thousands of people everywhere. I say 'thousands', I don't say 'millions'. I am sorry, because they are not in millions. I am sorry for that. I wish they were. They could be counted in thousands only: maybe twenty-one thousand, altogether, of that quality. There won't be millions. But they will be making millions later on. They have to be a few! These are people of special calibre as I said.

But it is necessary that everybody must be given Self-realisation, every seed must be germinated. But how many would sprout into the trees and would render fruit is a different point altogether. First and foremost thing is that, first let them all be germinated. In due course, all those would come back. But some would prosper into their complete manifestation, in their full bloom in a very short time, and that's what matters the most.

The Divine is not interested in useless people, It is interested in that special calibre. As I have told you: such a person may not be at all rich, may be absolutely poor. That doesn't mean that rich cannot be so! [They] can be very rich also. The outward appearances and status and all these denominations do not matter at all. I am talking of the spark inside.

They can be called as gentlemen, in simple words, or if she is [female], a lady . A serene dignity manifests through their being. Sometimes it happens with their lives, also, that they find it very difficult to keep to the norms of the mad world, and they may be a little cynical sometimes, could be. But cynicism is not that subtlety, but they may appear to people a little cynical. But they have to be very delightful and extremely cheerful people. They cannot be morose, sad, emitting unhappiness all around, and big bores with a B capital and O capital, R and E, all capital. That cannot be possible. They are extremely enjoyable and magnetic and dynamic. They are complete in themselves because they feel their subtlety, they live on that. Still their seeking is there, and the meaning they try to find to their own being. And they want to identify their subtlety with something that is universal.

In their expression in any field that they are, they appeal to the Universal Being within every one of us. Maybe, they may not get a Nobel Prize, but [they have] a personality that appeals, that emits that kind of congenial behaviour. Now if somebody is a person who is absolutely satanic, he will abhor such a person, possibly. But this does not concern to the subtler being because he is at a level which is not tarnished by gross attacks. That is what one has to recognise in oneself and one should feel very proud and fortunate that that exists within us.

No more one has to feel lonely, because now we are so many of us, of the same creed and the same type. And so many of us who have found out what is the reason, what expresses it, what manifests it within us, what are the Deities that govern this subtlety within us: what you may call the archetype images; archetype images are there which are real, not imaginary, within us. And all these discoveries, then make you feel confident of all these vague subtleties you have been enjoying so far.

A long time back, I had given a simile like this: that a mother bird puts the little child, or you can call, the baby bird, away from her. And the baby bird feels the mother's warmth, and she wants that. And she is calling for the mother. That calling itself is the last thing it knows of. That's the highest thing for the baby bird, nothing else matters. You may give anything to the baby bird [but] it won't be happy, it needs that. It needs that warmth, that love. And then it expresses itself by spreading its tiny little wings around and tries to hop and to express it. And then out of complete joy of its hopping, the mother bird herself comes down and engulfs that child into the wings, giving all the warmth necessary.

It is that happening within us which takes place when the Kundalini rises. The Kundalini is the part of that warmth within us, of

that compassion. It's a part of that beauty, it's the part of that desire. Desire...

What's the matter? The door is open or not. Come in, come in! They are waiting because they [don't want to disturb].

What's the matter?

Yogi: Sorry we're late Shri Mataji.

Shri Mataji: No, it's all right. Come in!

So the desire of God is placed within us as Kundalini. And when all the external desires dim out within us and the real desire to be one with the Almighty remains, the Kundalini can rise spontaneously.

That has happened to few people, very few people: you can say like Buddha, Mahavira. These people were human beings and they achieved godliness: not by forcing yourself to get rid of your desires, but through wisdom, understanding that, "This is stupidity, this is foolishness. Where am I going?" Just the wisdom acting. Not a rational understanding, but the being itself rejecting. Such stages are achieved through one's own evolutionary forces. Also, there are so many other happenings, or the other supports, which bring forth this kind of spontaneous rising of the Kundalini.

There is somebody who wants to comes and see me because he said, "Mother you are an authority on Kundalini and there are many books written about Kundalini, and I have to write a criticism: that the Kundalini, when she rises, you start jumping and when she rises she gives you heat, or you burn off yourself or you jump through the roof or something like that." All sorts of horrifying things and nobody wants to listen to anything about Kundalini. If you read those books, you'll be really frightened. I think it is absolutely satanic. And he wants to know about the 'authentic description' of Kundalini. And I told him that, "These books, all of them, should be thrown away into the sea! Because they are written by people who have had no experience of Kundalini, of any kind." Because they were people who must have been doing some sort of an 'adventure' somewhere. Like some people believe that even finding of God is another job: if you have no job, better find God, at least He might help you to survive!

Some people do believe that instead of sitting idle, why not try to find God, would be a good idea. And when such a thing happens and they venture into the search of God then, first, they are hit by The Guard of Holiness. Because they are not entitled, they are not holy, they have no protocol about God Almighty, they have no respect, they are just doing it because they are ego-oriented, they want to have another ego-trip and they want to become 'great explorers' of Kundalini. But you cannot do it. You have to have proper protocol.

They lack all humility, all holiness, righteousness and all that is needed, to ask the help of the Kundalini. And they are hit by the first Deity, which sits in the triangular bone, which they can also see sometimes – they have seen him, with a temper; in red colour, they call it or maybe in orange colour.

Let him come, there's somebody waiting there.

This Deity is a very powerful Deity, and it is the wisest Deity, because it is the Deity which gives us wisdom. You need not argue with the gentleman: It knows you out and out. It knows every bit of you. If you tell some story, It would say, "All right, I have heard all this story before, now will you please keep to yourself!" It understands how genuine you are, how truthful you are. And this Deity is the one which has given these bad experiences to these Kundalini seekers and writers of Kundalini.

It's a sad thing that a thief comes to the town and he's caught up by the police, he's put in the jail, and when he goes back to the village, he tells them, "Oh God! Terrible! Never go to the city! They catch hold of you, put you in the jail, don't give you food to eat, and then you cannot meet anyone for three years, and then they send you back!" And [so] everybody is frightened of going to the city. It is like that.

Or the thief who goes to the bank from the back door, or sometimes they dig a tunnel or something like that: great people in this world, you know, they have time to do all kinds of nonsensical things, to dig a tunnel to get some gold pieces, or something and dig another tunnel to go to the jail directly. So, these stupid people, when they try to do all these gross things, like going to a bank through the back door and are caught up; if you go and ask them their experiences, they say, "Oh horrible experience! Never go near the bank! You don't put your money there, no, not at all!" You ask them, "Why, what's the matter?" They say, "No they catch hold of you! You know, terrible people in that bank!"

They could even go further with it to warn you. If they are cunning, they may come by the front door and tell you, "Why go and put money in the bank, you give it to me: I can look after it better. It's a better idea! And if you want, I can give you to twenty percent more than the bank does!" And if you trust their cunning faces, you just hand over the money and you are lost and the bank is lost to you. And then you may say that, "What is this bank?" In front of the bank there are people standing like this. What are these religions after all? What are these gurus in the name of God, standing in the front door, trying to rob others? What sort of a God is this? So you start blaming the bank for the thieves who have cheated you. You must learn to separate both. This discretion is important even when you try to know about Kundalini, that Kundalini is the desire of God to bestow upon you His kingdom. The prince has to become the king. And such a beautiful desire cannot be gross, cannot be ugly, cannot be painful, cannot be troublesome, cannot be hideous and heinous.

Once you understand this, then you will respect your Kundalini. She is your Mother because She is going to give you your second birth. And She has been with you for ages, in so many lives, just waiting for this great time when She is going to give you your Realisation.

I am telling you this because I know how beautiful She is. So many have really tortured Her, have frozen Her, made Her into a stone by cursing Her but still She is breathing feebly, with the hope that a day may come when She may be able to give you what She has been living for. This is Kundalini. This is Kundalini awakening.

We have to give up our gross understanding of Kundalini. Like you would see in Sahaja Yoga when you will be coming, you have seen it all your life – and you will see it more – that so many of them just come to me for getting all right in health, only for that. "I have got a back pain." "I have got a stomach trouble." "I have got arthritis," or, "I have got diabetes." There's nothing that is not there, and "I am sure you will cure me!"

It's quite a queer situation! Because the request that I should cure is all right, but what is the right for this request? Why do you want that Divine should cure you? For what? For what purpose? If Divine has to only cure people, It would open lots of hospitals and get some Nobel Prize or something. But it is not the desire of Divine to go on curing people. It would be stupid to just cure people who are good for nothing, useless, absolutely useless, thoroughly wasted. Why should It work [like this]? It has intelligence. It has wisdom. Is It going to waste Its energy on curing people who are good for nothing, useless? Are you going to clean this lamp if you cannot put any light in it? If you have no utility, in the Divine sense, why should Divine cure you?

So all those who believe, "Oh Mother, you must cure people," and that you should cure people, must know that all this is the work of Kundalini when She rises: She nourishes you, She cleanses you, because in this being of yours, God Himself is going to manifest, because this temple of your body is to be cleansed, because God has to enter into it. That's why the Divine respects and cleanses you and helps you. Even it may help yours, means say a mother is there and her child is not all right, she's worried, so the Divine may cure the child, just to give peace to the mother who is going to manifest God's powers. Because God's power is the integrated power of all the powers.

You can see here, on the left hand side: all the desires are manifested; the power of desire. That means all the desires you have can be fulfilled and blessed by this power. Can you believe it? It has the power to fulfil all your desires, but after Realisation, not before that.

And after Realisation, your priorities change and your desires become different. Then you do not ask for money or for children, or

something like that but you start asking for something of a very eternal nature. The priorities change. You start seeing your desire in a different aspect because light has come now.

For example, in the darkness when you are walking, you find that there's a big black band in front of you, you can't walk, so you desire, "Oh this band should be removed!" But when the light comes in you find there's no band, nothing! It's all open for you. So your desire is that you should be able to see everything. The whole priority changes.

So this Left Side has the power to fulfil all your desires. And the Right Side, where you see this yellow line, which looks so slender, has the power to act, to fulfil all your desires and the desires of God.

Here I take you a little subtler: What are these acting powers? Tremendous! For example, this side is manifesting all the five elements. All the five elements await your asking. You see this fire? You ask this fire, "Take away my problem!" It takes away. You have seen it. Water element: you go to the sea, and just go and stand in the sea, after Realisation. You find the whole thing is sucked in.

The Mother Earth sucks all your problems. It's so fantastic. I was in Kuala Lumpur, you may write to him and find out. He was the speaker of the assembly: [I was] at his residence, and there were at least thousand people. And sixty percent were sick, and forty were attending to them. I was alone: no Sahaja Yogi, nothing. Luckily, they had a big garden and it was quite warm day. I said, "All right, let's go in the garden!" I made them sit in the garden and I asked the Mother Earth: I said, "You better now do the job! And I am sitting down." And everybody started feeling better. One thing I had never before seen being cured was this polio. And a little boy, about eight years of age was sitting on the ground: his parents had brought him on their back and put him down there. He just got up and started walking! And the parents suddenly realised he's missing: "Where is he gone?" And he was running in the garden! It's a fact!

Some blind started seeing things. It's most remarkable. You may write to him, I will give you his address. It's a fact, it happened. And for everyone the whole miracle was so simple that they took it for granted; they didn't find that there was anything so fantastic: "After all Mother is here, so it has to work out!" They did not rationalise it or anything – took it for granted. And even today, if I go there, this may happen.

All the elements are waiting for your orders. So the great angels on the left hand side communicate to the right hand side angels: all the angels of the world. Though it may sound fantastic to many, but they exist, and you have to just ask their help. That is what is a mantra: is the awakened calling, or you can say, calling which has meaning. For example: a policeman blows his whistle, it has a meaning, but anybody else starts whistling, people will put him in the jail. In the same way, the mantra is the authority which is applied with the word. And with this you can awaken all these forces within you. They are so tremendous that I'll take at least seven lectures to describe [and] which I will describe some time; of which you are aware already, most of you: how they work and how they help you.

Even we take them for granted, Sahaja Yogis, because if you notice in life, has one great mystery, I don't know if you are aware of that mystery: that whatever fantastic we get, somehow or other, we get it in such a way that we take it for granted. It's very sweet, isn't it? Supposing every time we get a shock or we get frightened, and we say, "Oh God!" We would become neurotic, or funny people. But the way it settles down within us like a leaf falling from the tree and drying out and just touches the ground softly, and the ground also takes it for granted. In the same way, all this we take for granted. For example, our eyes, our nose, our forehead, everything we take for granted, our human bearing, everything we take it for granted. In the same way we take even Sahaj Yog for granted: and that's the best way.

But do we take it for granted, the way we take our being for granted? Is the question.

For example, we take it for granted our hand: so if I have to lift my purse, I lift my hand, like this. When we take Sahaja Yoga for granted, do we use our vibrations for everything? Because now in our vibratory awareness, if we have taken it for granted, we should completely stand in it and work it out. I mean, I do that way.

To me everything is nothing but vibrations. Everything I do is nothing but vibrations. All my movements and everything is nothing but vibrations.

I take for granted Myself very well. I wish you could take for granted all that is within you, the way we take [other things] for granted. Say, I give you a television and you just take it and you put it to the mains and you see the thing. You do not jump and say, "Oh God, look at the miracle! Imagine!" Nothing, you just take it for granted. Anything: computer or any marvellous thing that you see — you take it for granted.

In the same way, maybe in the beginning one feels, "How is it possible?" One may start thinking like that for a while. Too much thinking is also not good, because then you are not take it for granted. But afterwards, you must use it left and right! Just try! You are empowered. Now your television is open. It has started working. You are a great instrument and created [over] thousands of years with such care. You do not know what forces have been used: how delicately and how dynamically. You have no idea as to how all the stars and all the heavens are moved up and down to create this beautiful being that is the human personality. You have no idea of that. And now, when Sahaj Yoga takes place, also you must know that Sahaj Yoga's working has been worked out in a very dynamic manner.

There are tremendous subtle forces which are working it out. You cannot make your Kundalini pulsate without something special happening there. Just think of a remote control that works out your Kundalini! Just think of it! There must be a tremendous mechanism!

Why I say, take it for granted [is] because if you try first to open all your remote controls and see for yourself and then breaking all of them, you start starting your television, you will find the whole thing is finished and you have a headache, and you don't want to see anything. That's what happens to Sahaj Yogis, specially in the West, because as soon as they get their Realisation they go home and make a nice dissection by thinking about it. They didn't get Realisation by thinking! It's a simple thing! And then they go back. And then after seven months they come back and say, "Mother I have been to you seven months back, now I think I was wrong." So I say: why lose those seven months?

Today I hope you all will feel our subtleties flowering. Let us take ourselves down to those subtle points which we respected and the Kundalini will nourish it — the attention.

Wherever your attention goes now, this attention is enlightened attention.

Today I received a letter from Australia, somebody has written, "Mother, we had sent you a picture of someone, husband and wife, and they are better since you gave them bandhan." And they were very serious patients. And they are really better. But I did nothing! Really I don't do anything. I just looked at the photograph, that's all. I didn't even give bandhan, you know, to be very frank. I just looked at it, that's all. I didn't think, I just looked at it, and it worked.

Really I don't do anything! You people thank me for nothing at all, you know. When you don't do anything and people thank you, you don't know what to say so you go on saying, "All right, thank you for thanking!" (laughing)

So again, thank you for being here. And we'll have some meditation. I hope we'll touch some deeper stratas within yourselves.

May God bless you all!

You have come for the first time both of you? You have been once before? What about you?

Lady: It's my first time.

Shri Mataji: First time? Good. Are you feeling the cool breeze?

Seeker: Yes.

Shri Mataji: All right, so you haven't lost it!

And what about you, are you feeling the cool breeze in the hand?

Seeker: No

Shri Mataji: Not yet? All right, it will work out, it will work out. What about you? Are you feeling the cool breeze? No?

How are you?

Yogi: Feeling the cool breeze Mother.

Shri Mataji: Well good! Good! Good!

Are you all right? Good. What about you?

Lady: I don't feel today.

Shri Mataji: You are thinking! Now, please! Please!

You see, thinking stops it. How? Between the two thoughts – for example, a thought rises and falls off, and another thought rises and falls off – between these two thoughts there is a little gap, that gap has expanded. For example, the thought that was, is the past and that is going to come is the future. In between is the space called as vilamba. And when you start thinking about it you jump onto the cusp of these thoughts. You are beyond thought. An Indian will understand it faster, because it's called as Nirvichar Samadhi: is the state where you become thoughtlessly aware. They know that that's what it is. You cannot think about it, because rationality is a limited thing. So you have to jump into the space. When you are in the space then you are not in the capsule. But if you are in the capsule you are not in the space.

Better now?

Lady: Yes.

Shri Mataji: See how it works. Even your problems, I mean, I have given big lectures on this, how to solve your problems, in your thoughtless awareness. That's the mouth, that's the mouth where you have to put the problem in, and it works in your thoughtless awareness. It's the most precious thing, is to keep it up.

Are you getting now cool breeze?

Correct.

What about you, not yet? Now watch me here. Are you thinking still? All right, you watch me without thinking. That's another way you can do it. My face is such a funny thing that if you watch it for a long time, you will have no thoughts! Just it is something very funny you know! Today it happened: I went to the tailor and he just looked at me and he didn't know what he was trying to do. And my husband said, "Is he stunned or what happened?" (laughter)

Now watch me without thinking!

Better! See! This is the face! This is needed. What am I to do? I mean, this is the problem with me. I don't know how to explain myself!

Aap ka aa rahe thanda? Thik hai. (Hindi: Are you getting cool? Good!)

How are you now? Better? Everyday you will be better and better and better.

How are you?

Lady: A bit better. Not so good as yesterday. I felt a lot of cool breeze yesterday but not so much today.

Shri Mataji: So, that means you are going down a little. All right? So now keep it up.

You see, it is like a washing machine, I can say. It goes round and round, a little bit, for cleansing. All right?

They call it Mahamaya. They call it "The Great Illusion". Mother is a great illusion, because She puts us into illusion. I do not! We tell God, "Lead us not into temptation." Now why will He take you to temptation? But you do go. So you tell God that, "You keep us away from that!" That's all you tell God: that, "You keep us away from thinking!" And it works. Better?

Your face looks different immediately. Keep it up!

Now all right. Good, once it clicks! But you must come every Monday. See how people have gone up! How many people they are giving Realisation? All right?

You must come, this is the most pleasurable thing! You don't know. It is little bit you have to develop the taste. Because you are used to the gross stuff, you see. Like somebody who is used to wines cannot give up. But once the wine from within starts pouring in, you just don't want it!

Better.

Somebody has come I believe.

Hmmm! He's better now. All right?

What's happened Gavin?

I see that so clear! Why? You've been having a holiday or what? It's horrible, absolutely! Very badly caught up! What's the matter? You had a bad cold? Come here! I have never seen you being caught that much. You had exposed yourself I think [it was] the sunning or what happened? Terrible!

Better?

Be careful! You see, these days it's very sunny, looks sunny, but maybe...You have to look after yourself. This country is full of this problem.

Now better.

What's it? Vishuddhi. It rises from Vishuddhi to this. Haa! Better now. You sit or a while and it will work out in the...You see it rises from the Vishuddhi to the. I think you caught cold very badly. What happened?

Gavin Brown: I don't know.

Shri Mataji: I think you put your hand here. Sit down! Be careful.

Hmm! Better. Somebody with cold must have come or something you see, or the hay fever is there.

Gavin Brown: Might be that.

Shri Mataji: From Right Nabhi: it's on the right hand side the problem is.

How are you? Good!

Now close your eyes, close.

You put your hand here, the right, and the left there to work out the Vishuddhi. Right Nabhi also. Is it your liver coming up or what?

Gavin Brown: I don't think so.

Shri Mataji: Quite a lot eh?

Gavin Brown: Hmm.

Shri Mataji: All right, move from the left more, from the left. Keep your eyes shut and enjoy your Self, enjoy your Self. Just don't think. Just don't think. Just enjoy your Self. Don't think. Don't think.

Hmm! Better.

Where is it Mark? Whole Left?

Better now? Improving? Heart?

Better. Keep your eyes shut! Enjoy your Self. You are all going down into your Self. Just allow it. Relax, relax. Just relax. Don't think about anything just relax.

You are working it out. Now just relax. Don't think.

Better now. Tremendous! Haa? Giving out.

Better. Now, better now?

Now are you feeling? Better? Losing again? You are losing again? What? Come up, come here. Sit down. Sit down. See your liver comes back again: still treating your liver patients there is it? Come forward, come forward. I'll have to put my foot on your liver. Now just see how stone-like it has become. See now, what else do you expect but heat?

See? That's what it is. Now better?

Somebody's catching on the Back Agnya.

Hmm!

Gavin Brown: It's moving. It's moving now.

Shri Mataji: Better? Much better now. Sorry I have to use my feet but they are very powerful you know. For physical problems they are better than my hands are. Poor things, they go on working morning till evening!

Press it hard! Better!

Still you are working with the liver patients are they?

Doctor: Hmm.

Shri Mataji: What do you do about them? What treatments do you give for liver patients in the hospitals?

Doctor: Special drugs.

Shri Mataji: What drugs?

Doctor: Depends what the problem is with the liver.

Shri Mataji: But still what drugs normally you use?

Doctor: The main things they use are for someone who is alcoholic and they start to bleed.

Shri Mataji: Alcohol?

Doctor: They have alcoholic cirrhosis and they bleed and they vomit blood.

Shri Mataji: Really? That serious?

Doctor: So we have special drugs to help stop that.

Shri Mataji: Just look at this! Despite that, nobody publishes these things. You know, the other day in a very so-called important dinner table, there was a big argument [that] was on that, in France, the pubs are open all the time, while here they open very late, so people are very unhappy that you are not sufficiently alcoholic! A big discussion is on. Let them see these photographs! Why not show them how people vomit blood and how people do these things. It would be a good idea.

And the food they eat do they?

Doctor: Well, there's so many different problems we have with the liver. Say, they are alcoholic then they have intravenous therapy.

Shri Mataji: They cannot eat the food? They vomit?

Doctor: So they put special tubes down them to stop them vomiting, and then they give them blood because they are losing so

much.

(End of recording)

1980-0611, The Knowledge of Self Within

View [online](#).

11 June 1980

The Knowledge Of Self Within

Public Program

Kingston upon Thames, London (England)

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Public Program, "The Knowledge of Self Within". Kingston-on-Thames (UK), 11 June 1980.

Today we have gathered here to know something about ourselves. If the knowledge is from the books, or from some person who says that he knows about the self, how far will it reach us? It can only go up to mental level, and we can only understand it through our mental understanding. The mental understanding comes to us through our rationality, through our intellect, which in itself is a limited thing.

So we enter into another understanding which is still very limited. For example, if I tell you that there is a self within us, in our heart, which resides, and that there is a power within us which is all the time waiting for an occasion to give you your second birth; if I tell you that, then you will only understand me mentally. This is all being said already. What is so new about it? At the most I might give it in a very modern fashion, something quite intellectual, which will make you more have mental feats to go round and round, and sit down and analyze, and reach nowhere.

I say there is a power, no doubt, which is called as Kundalini, within us. So many say that, because it is written, long time back, thousands of years back. Christ has said it, that you are to be born again, that you are to be baptized, not by theological college people, but somebody like John the Baptist, who had the authority from the Divine. This power does lie dormant within you, but everybody writes differently about it. Very few really agree. This is another confusion one faces, that there is a power lying within us, and some say that it gives you electric shocks, some say you start jumping like a frog, and some say you start flying in the air. Such a confusion, while you are seekers, seekers of ages. You have been seeking. You are genuine seekers and then, while seeking, you don't know where to go, what to expect, and you jump into problems.

The other day, when I went to Switzerland, one of my children, who had arranged the program, he told me, 'Mother, here people are very skeptical about Indian gurus.' I am happy about it - really very, very happy. At least they have started thinking about them. Because they have been deluded, they have been deceived and now they're disillusioned completely, and they find it impossible to believe anyone who talks of God.

So the first topic that he wanted me to discuss in my stay there was de-mystification of gurus. Quite a challenging one! But this I said in 1970 in India, in 1973 in America, but nobody would like me for that. They said, 'Why should you criticize others?' Falsehood is falsehood and reality is reality. You will now know, through some of those people who are here, that how you have been misled, how you have been deceived, for money, which you cannot understand because you've gone beyond it now. You are seeking beyond money. You know that money's not going to give you joy. You know that very well. But those who have not yet known that, still they are, sort of climbing up the cusp, have not seen the ditch down below. Such people try to come up and give you some sort of a charm and receive a lot of money from you. It's a very shameful affair, I feel in myself, but that does not mean that there is no reality. If there is no reality, how can you have copies of that? If there are no flowers, how will you create plastic flowers?

So, if you find somebody so unreal you must know that you have to find out the real, and when you are finding the real, you must know that you must keep yourself absolutely alert about it, that we are not going to accept anything but real. But you can be hypnotized, you can be brainwashed, because you don't know all these things. Somebody says some words in Sanskrit language, you get so enamored by that, as if Sanskrit language is something out of the blue.

For example, some of the disciples who went to certain gurus got mantras, which, if you tell an Indian, he will laugh out his stomach. Like the mantra given 'ainga'. Now tell an Indian, he'll laugh. And that people have paid three hundred pounds for such a nonsense like that, which means nothing, which cannot be a mantra. And why do you need a guru for a mantra? There is a science about it. Because you do not go into the understanding of it and just jump onto it, because they want you, because they want money. Simple thing, it's an enterprise.

You have given up everything for the sake of your seeking. You have seen it that the value of these material things will not take you anywhere, you have seen beyond. Your value system is different, but if the value system of some people is different from you they can exploit you. So the natural reaction, I can understand very well, should be such. But there is reality, and that it exists within you, and that there is Self within you, and, once discovered, you find your absolute. To tell you that you should become a very quiet, serene person would be absurd. To tell you that you should be such a master over your passions and your lust and your greed, that nothing should sort of dominate you, this is just giving a big lecture to you. It has no meaning. You have gripped it yourself, these things, and how will you leave it when your grip is so strong? You have to grip something else. There's a simple common sense. If you find something much more valuable, much more dynamic, much more joy-giving, establishing your sense of security, you'll give up all these nonsensical things. But see how this works out.

A gentleman who came from a horrible guru to me, who was absolutely pestered and finished by that guru, he used to deliver only introductory lectures. I don't know if he's here, but, and he said, 'I used to get three hundred people for this introductory lecture, Mother, in the same hall where you were giving lectures.' What do you say to people then? Isn't it queer? He's a well-known person, who charges you money, who gives you courses, he has ruined so many people. It's like just now I was watching people going into the pub, and coming out of it all drunk, and others are attracted much more seeing them being drunk like that. Sometimes it's impossible to understand human nature. And when the reality stands before you, you crucify that. How do you explain all this?

And the acceptance of reality is your glorification. Are you going to add anything to reality? Supposing I wear a diamond necklace, it is going to adorn me, and not to the diamond necklace. But this is billions and billions times brilliant than all these things which adorn us. If you accept that, you will be glorious and you will be lustrous, isn't it? Think about it. Because we are charmed by these outside things, their deceptive ways, their cunning ways, and that we are hypnotized - that's the only explanation I can give. That's how they have managed so far, and one after another this hypnosis spreads like fire. You ask me what did you find. Don't ask us, we are very happy people. After three days you find the person has committed suicide.

We are not aware still that this is the most important, the most fatal and vital time in the history of human beings. The Last Judgment has started. We are facing the Last Judgment today. We are not aware of it, and all the satanic forces have come out, like the wolves in sheep's clothes. And they're trying to attract you, and you do not judge them. You only sit down and judge the reality. It has started. It's a fact. It has started.

Now let us see, from God's point of view, how he's going to judge you. It is easy to say that we don't believe in God, very easy to say that 'we don't believe in this government'; but if you do anything wrong then you know there is a government acting. In the same way, it is very easy to say that we do not believe in God. He's so compassionate, He's so loving, He's so kind, that He has given us our freedom to know ourselves. And we rely on it; we take Him for granted. He has made us human beings, from amoeba to this stage; He's spread out such beautiful world around us.

He's done all that, but there is a judgment which we have to face now. And the judgment that is going to come from God is not going to be the way we understand, that He sits like a magistrate, and calls you one by one, 'Come along', then you have a pleader there sitting. But, in a subtler way, He has already put the judging forces within you. See, in the evolution He has worked it out. In the evolution how beautifully He has worked it out. From amoeba to this stage that we have come, many people, I mean we can say many animals were discarded. He saved some animals, like from the mammoth families He saved elephant. He saved so many animals and so many were discarded, one by one, all these years. In the same way, human beings who have been

very much on the extremes have been discarded. You see the history. Now, I mean, you won't find anyone killing his seven wives these days; I mean, impossible, you cannot do it. Person like Hitler came up, finished. Anybody who came up with any extreme ideas of domination or anything, was finished by you. Those ideas die out; people are ashamed of them, and new ideas come up into human beings accepting balance, tranquility, peace. We are talking about it: people talk about peace, but are you really wanting peace within ourselves? And, if we are really wanting it, what are we doing about it?

Actually, the judgment has started, and to judge you God has already placed whole magistracy within you. All the magistrates are already sitting down there. Christ has said, 'Those who are not against Me are with Me'; these are the magistrates. And these magistrates are settled down within you on different centers in your spinal cord and in your brain.

I'm sorry we don't have any map to show you the magistrates and their seats. It's very interesting, and all these seats have like a panel sitting in your brain. And when the light of Kundalini rises through these centers, when these centers are enlightened within you, you start enlightenment being manifested on your fingers. The end of your fingers get enlightened. The sensitivity of your fingers tell you what centers are there affected within you.

This Kundalini rises and comes up to this point, the fontanel bone area, we can call it, or the 'taloo' as they say, the soft bone here in your childhood, and it breaks it, actually it breaks it. You can see in a person who doesn't have much hair here, the thing just going down like a little child. First it pulsates: you can see it with your own eyes. You can even see the pulsation of the Kundalini in the triangular bone, which is Sacrum. And when this Kundalini rises you can see even the movement of this Kundalini. Not in all - in some.

Because, if the person is first class, or you can say if the aeroplane is first class, the landing is first class, you see, this shooting off is first class, and in such a person there's no obstruction, you do not see the Kundalini pushing in. For example, when I came to this place, there was no problem on the traffic. So, we just smoothly came away - nobody noticed us. But if there was a traffic we would be jamming here and jamming there. In the same way, when this Kundalini rises in a person who has a little problem on his centers, it shows. You can see with your naked eyes.

This is what is Kundalini awakening. Not that some people say, 'We started jumping like a frog.' Now, we must use our brains. Brains have to be intact in modern times. Are we going to become frogs now, after becoming human beings? Are we going to become birds after becoming human beings? Your sciences, like psychology itself, I mean, many of them, believe that you have to jump into your unconscious, achieving your collective consciousness - very clearly it is being said, by these people. Then we must expect something of that nature where we jump into our collective consciousness. It's not that because I am saying it or anybody's saying to it, but it has to happen to you.

The other day I was in Hampstead. I know what is happening with someone. Some people did get their vibrations, did get, they did feel the cool breeze coming from their hands, but some did not. And they said, 'Yes, we've got it' and they just disappeared. This is not the way you are going to treat yourself, you have to love yourself, and you have to adore your seeking, and you have to get your fulfillment. As your Mother, I must tell you this is a very serious matter. There is no guru-shopping going on here. You have to get your realization. You have to get it. It's so fortunate that the time has come when you are living, and that you can have it. Because of that you took your birth during this time, because you are seekers of very ancient times, as I told you.

It is written in one of our scriptures in India, called as [SOUNDS LIKE Nalakhian or Nalah Khan?] when Nalah, one of the tortured souls, by Kali, got hold of the Kali. Now, they said, this is the rule of the Kali. Kali is the sinister fellow, is the one who brings all confusion, and confuses people. He confused Nalah; by that he was separated from his wife. So, when Nalah got hold of this Kali, he said, 'Now I'm going to kill you. I'm going to kill you once for all so you do not create confusion into people any more.' So Kali said, 'All right, you can kill me, I accept, but first you know my importance, [SOUNDS LIKE mahatmya] know my importance. I too have an importance.' He said, 'What importance can you have? You create confusion in the minds of people; what importance can you have?' He said, 'That when I am ruling,' means when he will be in these modern times, 'ruling' means creating confusion in our minds 'everything is become relative.' (Not sure whether "everything is become relative" is a continuation of what Kali said.)

We talk like that - 'Yes, may be alright, may not be alright, may be good, may not be good.' That is a time when the confusion will be reining on this earth, that's Kali Yuga, the modern times. Those great saints, and those people, the seekers, the Sadakhas, who were searching God in the hills and dales, and in the caves, will come back as ordinary householders and they will get the reality. In this confusion only, they are going to get the vision of reality. They are going to become the reality; they are going to get their self-realization. And Kali forgot all his vindictiveness, and his anger and what he had done to him. He said, 'On this point I forgive, because I respect them so much. For that collective good I give up all my personal problems. Let this happen, that only in Kali Yuga the son of Satya Yuga, the world of truth, the Age of Enlightenment, is going to come.'

And those saints who were seeking the reality in the forest are born today in this world. You can see them. They are saintly; they can see the joke of the artificial life so clearly. They know it's all absurd, but then they don't know what is the real. But the time has come, and it has to be worked out, and it will be worked out. It has worked out in your great country. Now, I would say at least thousand people are there, very much in it, we can say, who have understood it. There must be about at least three hundred people who are actively working it out at different places.

And I'm very happy to come to this old city of Kingston, where the stone for the enthroning of the king was put - must be something special about this place. But people have lost their sensitivity to reality, everywhere; not only in this country, much more in India, you'll be surprised, they are all getting sophisticated. They are getting 'developed'. They do not know what you have found by your development, and, anybody tells them, they think that, 'Oh you are - just want to enjoy all that fruit of development and you are just telling us lies.'

So it is very necessary for you to understand, for definite purposes, that the Judgment has started, and for that, Kundalini is placed within you. But She is a great judge, I must say. You will never find such a judge anywhere in the whole universe, because She's your own mother, and She's (Nirwajan?) She's just giving. She doesn't want anything from you, nothing whatsoever; She wants that you must get your property. You must get your Self. You must get all your powers. She doesn't want anything from you; that you should know yourself, that you should become your Absolute, that's what She wants. She is your mother, born again and again with you. She has recorded all the problems you have created for yourself, for Her ascent, She knows everything about you, and She judges you on this point - how much you are sincerely wishing your ascent. That's all. She knows you out and out.

When She rises, She shows those symptoms; She shows what's wrong with you. But She's your own, absolutely. There's no-one greater your own than She is. She is your friend, and She judges you because you must get the best, because She knows what is the best. For a child may like to put his hands into the socket, but the mother says, 'No, don't do it.' But the child doesn't listen; he gets angry. Still she says, 'No, you cannot do it.' She puts the hand aside because She loves you, loves in the purest form, where you do not expect anything from another person.

And such a power lies dormant within you, which is just waiting for an occasion, that, when She rises, when She sprouts like the germinating power in a seed, when She comes up, then there should be someone who should look after you. There should be someone who should guide. There should be someone who should decode and tell you that what you feel in your fingers means this, what you are happening, what is happening to you, means that. Otherwise you will not know your moorings, you will not know where you are going, and you can fall into a trap of ignorance, or maybe, you may be still there not knowing much. So She wants to use somebody as the mouthpiece for Her. It is necessary. The Unconscious has to speak to you through someone, and that someone has to be a person of the same nature as the Kundalini is. Those who make money from you and exploit you, and leave you in the lurch, how can they be called as 'gurus'? They are the thieves standing outside the door, and they're just waiting for an opportunity to catch hold of you, because they are already being judged, discarded, and they are going to the jail and they want more people to be there with them.

This Kundalini, when She rises, She first soothes you physically, really She soothes you physically, that's how, as, you can say, a by-product you get your health. For example, cancer cannot be cured without Kundalini awakening. This I've been saying. When the doctors get the cancer they come to Me and they get cured. But I'm not sitting down here to cure cancer patients at all. Nor

any Sahaj Yogis interested in cancer patients as it is, but if you want to have your realization, your cancer will be cured. Your troubles will be cured, your health will be all right.

I mean, those who have got realization who are sitting here, have been all, most of them, suffering something, physically or mentally. Some of them were even epileptic, and had very bad physical problems. There were some who had blood cancers, some of them had other type of physical problems.

With all these things, you are faced with the Divine Love of God: His desire. Kundalini is the representative of His Desire. Desire of the ocean of compassion and love, that He wants to bestow His Kingdom upon you, that He wants to make you the prince of His Kingdom.

This is a very, very serious thing and we have to concentrate upon this point: that the judgment has to be done and there is a power within us which is going to judge us. Now this power is the desire of God, of that God who is almighty, who has given us our freedom. He's not going to challenge it. His might, His strength and His powers are not going to stand against our freedom. But His desire is within you, existing on the Kundalini, and this desire rises within you. It enlightens you, but it doesn't force you; it doesn't take away your freedom. It enlightens you to see. You have freedom to be in this room. It is not forced that you sit here or there, or walk this way or that way - nothing is forced on you. But you are given a room (?) which is enlightened, so you use your freedom in a better way, with more understanding. Because you are enlightened you can see, then you know what to accept, what not to accept. First thing is to enlighten you. Unless and until you are enlightened you are in confusion and you cannot see through. Then it is left to your freedom to decide.

So, She cures you. She cures you; She improves you; She bestows all the blissful things upon you; She takes you away from the worries of grosser level, like after realization many people have solved their material problems, not that they have become Mr. Ford or someone like that, but the attitude changes and the material problems get solved. Yes, because there is a centre for that also within us. Your family problems get solved; husband, wife's problem gets solved; so that you are freed. Your grip over these things, that worries you, is released, and that now you can see it with greater freedom, for yourself, what you have to choose, and what course you have to take in your life.

After giving all these concessions and all these advantages and all the possible help, then you are judged. Can you think of any magistrate that generous? And such a thing exists within us. We have to be very thankful to God for what He's done for us. We have no idea. We have taken Him for granted; for everything that is within us we have taken Him for granted. We have not been able to thank Him for what He has done for us. And how kind He has been to us! For a small thing we try to get rid of Him from our hearts. Still He exists. The Kundalini exists within us. You try anything against it, She exists. I have seen some people having Kundalini which has been beaten up; there has been horrible marks of pain and anguish, and She's just turning Her sides in anguish. But still She exists for that moment where She will give you what She's there for. What a blessing! Where can you find all this? Is all within you, which has to work out.

But when they get it, also, realization, I find people just disappear. Even after realization - can you imagine? The progress in the West has been like that; you move three steps forward and four steps backwards. Really, you will be amazed at people. I don't know what's gone wrong with the Western mind, which is so disillusioned about material gains. When it comes to Sahaja Yoga, their caliber is just of the lowest type sometimes. You cannot understand how can these people have no self-esteem, when in villages in India people just get it (She snaps Her fingers) and they are just there. There's no rambling (?) nothing, they are just there. The complications are there, I agree, but you must have self-esteem. It is sometimes, sometimes, really, makes you feel sick.

Perhaps you do not know that in this country I have worked for four years on seven or eight people. Four years - can you believe it?! Not that, there is something wrong with you, you are seekers, you are saints born in this country. But what has happened to your saintliness? Why so flippant, why so superficial? Why don't you touch it deeply, why don't you understand yourself? I just fail to understand this. Why don't you respect yourself? I respect you and I love you very much because I know you, I know you for ages. You are the lost children, I know that, but I don't know how to establish that within you. And sometimes my condition is the

same as that of your Kundalini, I can tell you. You have to be in a great haste to get it. You have to become absolutely dynamic and blow it out and talk to people and tell them that this is the situation, an emergency. Can't you see what's happening in the world? Can't you see the confusion? But the situation is taken for granted, or, if it is even faced, it is faced in a very intellectual way, that you feel guilty about, say, Vietnam. Very good idea! Sit down here, easy chair politicians, thinking about Vietnam. All finely done(?) whole thing.

You are the chosen ones who have to receive it and who have to have it. But to take reality you will think a hundred times and to get into a dirty filthy circus, it just clicks. Whom should I blame for this, these horrible gurus or these horrible people who have put up a show for you? Or it is your naïve attitude toward spirituality? I shudder to see the way things are sometimes, and the way people are taking for granted all these things. It is your responsibility today, the ones who are supposed to be the seekers, to see that you bring forth the reality to the people and tell them that please see it and get it, because you are their fellow men, they are your kith and kin. How can you leave them even if you get your realization; and even if you enter into the Kingdom of Heaven you will not forget them, you will think of them. You cannot be happy with your realization also, unless and until all yours, all those saints, who out of ignorance are lost, you'll think of.

I have to work out through you. I cannot work it out alone. If I could, there would have been no difficulty. If God could work out just like this - give them realization, finished, establishment all right - it will not, because you have the freedom. Why do you have the freedom? Because without your freedom you cannot come to that caliber by which you are raised. We do not realize it, where are we today, we do not realize it.

Sometimes I feel I am talking to walls. For example, you will find that some people are slaves of watches. They have no time for ...'We have no time' - very busy people. Why are you saving time? Why this idea has come to you - our forefathers never did that. Why are you so much saving time, for what? You are saving time for the becoming, not for wasting it in the pubs or in the horrible places like races and all these things, not for that. You are saving time for becoming, because you are a diamond. You have to be chiseled out; you have to chisel out yourself. You are not saving it to waste it. I mean, the best advertisement will be 'Save fifty pounds to spend three thousand.' Something like that. You are saving your time not to waste it. Saving it for something extremely precious, extremely vital and important, something that you have been seeking, but I do not know how sometimes to keep you on that level of depth.

Of course, some of, some of the people are of such high caliber in this country, that even they are very satisfying. You do not know how much has been done in this country, also by God. For example, I went to see Stonehenge. Stonehenge is the creation of the Mother Earth. You can see the vibrations. You can feel it. There are so many things done in this country. Kingston itself is so vibrating, I was amazed.

And what do you find? At least hundred people went into that college and some came in here walking, going up and down, some walked in, some get out. They were deciding still. No still proximity to sensitivity, no sensitivity towards the reality. They cannot feel it. Maybe, maybe, it will work out. I'm sure it will. I'm the most optimistic person you can ever see. Really, optimism is My nature, I believe. It is going to work out. Only thing, your so-called 'freedom' comes in the way, so try to understand that this freedom is given to you so that you can become your self. Not that you should become an animal. An animal - what's the use of giving realization to a chicken?

Can I give also another point? Many people say, 'Mother, I've done lots of good things.' I said, 'What good things you have done?' 'I don't eat chicken.' I said, 'Now, why are you saving chickens for Me? You'd better save yourself.' All sorts of funny ideas they have. It is you, the seekers, the buds on this beautiful tree of life, they are the ones for whom this creation is created. They are the ones who have to get it. They are the ones who have to have it. The whole universe has blossomed into them, and they want to become what? Worms?

Just think about it. Just think about it - by God's grace we'll start the program of realization which will take even a split of a second - might have already worked out in you, because today I was a little trying too much, I think. Kingston is a good place. Maybe one day it will become a very great place, I feel, that's why I told Felicity that 'Felicitations for this - is a good thing that you

are in Kingston.' But let's see how much you use what power is flowing in the area. I hope something will work out. Now, after realization, you have to take it up seriously. You have to work it out, because after finding it, also, it is not that you suddenly jump onto the sun, or turn to the moon; even going to the moon, what did you get? You couldn't understand anything.

So you have to go into all the areas of your being, because the movement will start inside. You have to take your attention to all the areas within you. You have to settle down your attention, and now the attention will lose the grip over nonsensical things, all the priorities will change. The greatest thing is that Kundalini, when she pierces the Sahasrara, the joy starts pouring in, and you start feeling that cool breeze coming from your hand, the cool breeze of the Holy Ghost, and you start feeling it everywhere, and you can find out. Now you can judge others and yourself, and you can help others. Automatically - you don't have to go anywhere for that, you don't have to have medicine, you don't have to have anything, just you being there.

You help others in their salvation, as if the whole mechanism starts working, the whole technique starts acting like a television set you put in, you start seeing the whole thing. Just you are amazed at yourself. But you have to know the engineering, and you have to know how to work it out, on yourself and others. It's great fun! We are all in a great fun mood and you should also join us. It's wonderful! No time for miseries, only thing one feels that why these people are doing like this, you see, like grownups, the mature people look at little children, 'Oh why are they putting their hands into the fire?' and this and that.

May God bless you all.

Could I request you to put your hands towards Me in this way? Just like that, please, and please take out your shoes, also, because the Mother Earth, you see, sucks in our problems, very much, very nicely. What's this supposed to be? Aaaah! So thoughtful of you! Even when they are dry they are fragrant - see? This should be - even when a realized soul dies, he is fragrant. You can make him out. So many saints who have died, you can make it out he was a saint, because you do get those vibrations. Even from stones you can get vibrations, then what about human beings?

Can you ... You have come for the first time? [INAUDIBLE ...] When did you come? Mmm, may God bless you. How are you? That's right, much better, much better. How are you? Can you close your eyes and put your hands like this? Just like that. It will work out in no time. Just like that, and close your eyes. You'll be amazed to see that you have already not got any thoughts within you. There won't be any thoughts coming to you; just watch your thoughts. Because your Kundalini has risen, if it has crossed this point in your brain, between the pituitary and the pineal body, you will be thoughtless. Good. Ah! It's very good ... what's the matter? Mh-hm. All right? Good. Sit down now. You're all right. It disappears for a while because you think about it. All right? You've got it back? All right, may God bless you. You don't think about it. Just be there - you didn't get it by thinking, so why think about it? Just let it - now it's all right? Started, please close your eyes, please close your eyes. She was realized and she lost again. Close your eyes. Are you feeling the cool breeze in your hand? Not yet? Close your eyes, please, close. Eyes must be closed.

Don't say that 'I've got it' when you haven't got it - is a wrong thing. Do not deceive yourself. Put both the hands on the ... properly, both the feet properly on the ground. It's all right. You are nice. Are you happy? (laughing) Now you have more people today, isn't it, Felicity? Hmm (clicks fingers). It's good. Please try to keep your eyes shut. If you get flickering of the eyelids, then you can open, but if you can close them, then it's all right, it's nothing wrong.

Just wait - you will get it in no time. (comments aside to Felicity)

Hmm! What do you think, G? Right side? Yes. Please keep your eyes shut. Your attention will be attracted inside by itself. Keep the attention absolutely loose. Just keep it loose, it will be by itself, because the happening takes place. It's an effortless thing. Do not put in any effort, it just happens. It's all living, all living things happen effortlessly. Now, whatever I have said, you should not feel guilty about it, for heaven's sake. Just keep your eyes shut, that's all. (Comments aside to Felicity or G)

Are you getting the cool breeze in your hand? Are you getting any cool breeze in the hand? Not yet. Please keep your eyes shut, and please put your feet down on the ground, and do not cross them, on both the sides; yes, that's a better idea. Now please

keep your eyes shut. (Mother rubs Her hands together vigorously.)

The experience is so clear-cut that you are not going to doubt it, so you just wait for the experience.

Better, mmm. G, done. Ha! (Mother snaps Her fingers). First thing is that we must forgive others, we must forgive others because it's a myth that is working on us. We must forgive others, that is very important, is to forgive others. Just say, within our hearts, that we forgive all those who might have harmed us, because you are just torturing yourself for others' sake. You are not torturing them by remembering it, so best thing is to forgive others.

1980-0613, Seeking That Which Lies Beyond

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13 June 1980

Seeking That Which Lies Beyond

Public Program

Stratford (England)

Talk Language: English | Transcript (English) – VERIFIED

They could not have been false. They could not have lied to us. For example

let us take the case of Socrates. Socrates has told us that we have to leave our body for the second life and that when we live on this world, when we live as human beings on this earth, we have to keep ourselves in such a way that we do not spoil our being. That we have a sustenance within us, a quality which makes us human beings, by which we can be called as human beings.

What is the difference between human beings and animals? As so many others also have said the same thing, that we are human beings, because we are human beings we have to maintain a certain amount of sustenance. After Socrates we had people like Abraham and Moses, they also said the same thing. There isn't much difference in what they said and Socrates had said. Socrates had said one more thing, that there are Deities within us and we have to look after those deities, we have to keep them pleased.

Moses, when he found Ten Commandments, actually he found those ten methods by which he was telling us that we should be able to keep our existence as human beings by following those Ten Commandments. Sustenance means the one we sustain within us. In Sanskrit language, it is called as 'dharma'. "Dharayeti sa dharma": the one which sustains within ourselves.

For example, if you take a carbon atom, it has got four valences (tetravalent). Anywhere you go and find any carbon atom from any carbon compound, you will find it will have four valences. Every element has the same property in all its atoms. That is the dharma.

You can say gold has the capacity or a dharma that it is untarnishable. If you see animals, they too have their sustenance. For example, you would not find a horse behaving like a donkey, or a lion behaving like a scorpion. That's below the dignity of the lion to be a scorpion and a scorpion becoming a worm. The sustenance of these people [creatures] is kept up intact because they have not been given freedom to choose. Only at the human stage, God has given us freedom to choose our sustenance, to accept our sustenance as human beings. Only human beings have been given this freedom.

So a human being can be at a point, could be a scorpion or could be a lion. Human beings can be all animals put together, you don't know, almost unpredictable. You don't know which way they will react! He could be cunning like a wolf and he could be humble like a cow.

Human beings have capacity, because of their freedom, to show, whichever way they want to live. But all human beings were created by one God in the same manner, exactly the same manner. But variety that we see is superficial, absolutely outside. We all laugh the same way, whether we are Japanese, English or Indians. We cry the same way. Everything that we do is human. But if somebody wants to be artificial, he can be little funny, but he'll be called a joker, he won't be a normal person.

A normal behaviour of a human being, whether he is an American or a Japanese makes no difference. They are all just the same. That is the expression of their sustenance within. Within us lies the sustenance in this part where the green round thing is shown. Here the human beings have achieved their sustenance. They have to be there. They have to do these things. If they do not do these things, that they do not remain human beings anymore – is a fact.

But in modern times it's the most difficult to tell people that you have to be human beings. You can tell them to be donkeys or monkeys or tigers or anything but human beings. You can form cliques, groups, quarrel, fight, do all kinds of things, but not to be normal human beings. If you become a normal human being there will be no strife, no problem.

To normalise you, all these great saints were born on this earth, in this void of the Big Primordial Being. And they exist within us, though they are not awakened as yet. We have had mainly ten of them. In India we can call them, from a very long time as Adi

Nath who was thousands of years back. I've told you Socrates, Moses, Abraham then Raja Janaka. Then we had, later on, Mohammed Sahib, then Nanaka, then the last one of them was Shirdi Sai Nath. He was another Primordial Master, a great one.

They are the incarnations of the One personality. They said the same thing and same thing and same thing - how to sustain yourself. Their job was not to give you realisation but to sustain you. To make you capable of your realisation. To make you a proper recipient of God's blessings as realised souls. If the pot is not alright, if it has all the holes in it, what's the use of pouring Ganges into it? So they clogged all the points and said that "This should not be done." But as we have messed up everything we have messed up them also. All of us! Whether you are English, Indians or this thing doesn't matter. Whether you are Christians, Muslims or a Sikh or anything doesn't matter. All of us have made a mess of them by just disobeying them. We have really disobeyed them, because we have a freedom to disobey. We have moulded them as we liked.

I'll give you an example of Indians. How they have done it. And then about the Christians. It's very interesting to note. For example Mohammed Sahib has prohibited, absolutely prohibited drinking, absolutely! A Sikh is not supposed to touch a drink. Not supposed to even touch smoking. Ask anyone. Absolutely!! And I tell you, in this country, I was amazed, they drink more than even Scottish people do!! Horrible! Openly! They'll fight for a helmet, nonsensical things (Sikhs in UK don't have to wear a motorbike helmet on top of their turban!), but they will not understand the main thing that Nanaka has told them, they are doing.

Now take the Christians, the great! Christ has prohibited anything to be done with the dead. Not to use spirits. The number of spiritualists you have in all the Western countries you cannot find them even in Africa! Every church you go into you step into all the dead bodies! From where did you get these horrible ideas of putting all dead people among living? Your children treading over these dead people. Absurd it is! Taking help from spirits, ESP. The whole Western ideology is going to waste because they have taken to these spirits. After some time they'll become really aborigines I can tell you, the way they on. All kind of devils are possessing them. To add to that they have taken to drugs. That can even be much more killing.

But one should understand that these things go against our being.

For Mohammed Sahib is the person who said, in those days when there were so many women and very few men, he said "Alright, if that is the case you must get married. Even to four women you must get married. There should be no relationship without marriage." That's why they did it. Now the muslims think that unless and until they have four wives they are not muslims! But he had prohibited drinking, absolutely! Moses had prohibited completely too, all of them. But the muslims, the amount of alcohol they consume I tell you. When the alcohol will be over they will be drinking their petrol I believe! Which has been absolutely prohibited! You can't meet one muslim in this country, who has come, and who doesn't drink. Impossible! And who drinks till he goes to the airport, takes a bottle with him till he goes to his country and finishes all that before getting down. And never go to receive such a person at the airport, that you don't know what you are going to face!

This is the situation! Whatever was told was against you, we decided to do that.

Now take the Hindus the great! Who think no end of themselves as the greatest spiritual people ever going around. It is said that, in every human being resides God. In every heart resides God - is the basis of Hinduism. But they have started caste system!

Caste system was according to psychological aptitudes. If you are a seeker you are a brahmin, if you are seeking in money you are this, if you are seeking in power you are a shatriya. All politicians are shatriya! So they made it according to your birth. Divided the country according to caste system and the curse the horrible, freezing thing, fanatic, is working in that country. How can it be when you believe that in every human being resides God Almighty? How can somebody be higher and somebody be lower? There's a big camouflage that they are brahmins. How are they brahmins? I cannot understand how are they brahmins when they are not realised souls they cannot be brahmins at all?

Even a person like Valmiki who was a shudra caste in the sense that he was doing work like a thief and he was just a fisherman, but he is one of the greatest brahmins we have! Vyasa, his mother was a fisherwoman and he was an illegitimate child, he is another, the one who wrote [The Bhagavad] Geeta. And these people are saying - 'We are brahmins, you are non-brahmins, you

are this, you are that'. Living in artificial ideas and useless things. And fighting about these things which are nowhere near reality, in the name of God! Just think of it.

If we are all human beings, we are all created by Our Father. And think of Our Father how He must be thinking that His feet, hands and eyes are all fighting among themselves and every cell in the body is fighting with each other. Think of His compassion and His love, what He must feel. That is what we have done to our society. We have funny ideas about ourselves. To Me it's such a silly thing and so stupid, it's so stupid [that] I can't just understand. I cannot identify Myself with these ideas, find it impossible. You see, a beautiful map was created there had to be some trees and there had to be some gardens, there had to be some rivers and there had to be some mountains as well, in that map. Who asked you to divide into different countries and fight like fools and carry your prison number, prisoner's number as a, what you call, passport?

Why must you have passports I cannot understand? If we are human beings, if we are born of one Father we own the whole world, is ours. How can we possess anything? This all belongs to Him. To a person of my nature it is impossible to understand. To conceive this idea. I cannot play this drama. While you are this. Inside you God has made all these beautiful centres which Guru Nanaka and Kabira...even in the Bible it is said "I will appear before you like tongues of flames", these are the centres. They exist within you. They are there. And the Kundalini which is the residual power within us in three and a half coils, lies dormant in the bone called as Sacrum, the triangular bone. It resides there. When I say that, whatever emphasis I may put in you are not to believe. You are not to accept it, but you are not to close your eyes also, and you are not to deny. It exists. It is within us. Is your Mother, placed within every human being, whether you belong to West Ham or to London Centre, whether you belong to Asia or belong to America. In all of us this Kundalini is placed there, and She is the Mother within us. Everyone has a very beautiful Mother placed in the Kundalini.

This Mother is waiting for an occasion when She will give you your rebirth. Everyone of you have a right to have that. And this is 'sahaja', means is born with you, 'saha' means with, 'ja' means born. It is spontaneous. It is a living process. It is a process that is going to manifest, after this human evolution, into a new one; when you are going to become the person who is in contact with the Divine Power. This Divine Power is within you, means rises through these centres, six centres which are maybe the milestones of our evolution, and pierces this fontanelle bone here, which is called as brahmarandra in the sanskrit language and gives you your realisation, and yoga is established. The union with God is established.

This is the real baptism. Neither these priests who come from theological colleges or these horrible brahmins, so-called, they can give you this second birth. Is the only one who is authorised by God, who is a realised soul, can do it. Every Dick, Tom and Harry cannot do it. Once the Kundalini rises and you become one with the Universal Divine Power which is all-pervading, you start feeling a cool breeze of the Holy Ghost, which we call in sanskrit as 'Adi Shakti', starts flowing in the hand as cool breeze. And once that starts flowing, then all these fingers, which look so simple to us, get enlightened, and you find that in these fingers you get the enlightenment of these different centres. The left hand side and the right hand side have got five centres, six and seven, in the same way right and left. And then you can start seeing yourself what centres are suffering within you, and what centres are suffering in other people.

You become collectively conscious. I don't have to tell you [that] you are all human beings, children of one Father, you just become. Is actualisation. It's not lecturing or "Alright come along I'll baptise you", not all that. It just becomes an actual experience. But after that actual experience, you have to work it out.

Now in England we have two types of people I would say. Of course, we have third type also. But one type, that is ego-oriented. For example, if a guru comes in and says "Alright, if you get me 500 rupees I'll give you realisation," they'll sing "He's the great one!", you see, because he takes £500 from you. Because that inflates your ego. "You can give £500 to get your realisation." And there's a competition set in, you see, like a race horse. Somebody says "I gave him £500", he says "Oh what, only £500? I'll go and give £700!" These are thugs of the first order! Nobody who is of that quality will be a parasite. These are parasites of the worst type and I'm ashamed of them!

Never think you can buy such a person. Do not keep yourself on that ego level. You can only win over that person through love,

because that person has to be love. Nothing else is going to appeal, all kinds of artificiality should be dropped, and approach the person with love. And the love acts and the Kundalini rises.

This Divine Love works it out. How will you explain love in scientific terminology? You cannot. But ask them. So many questions we can ask to the scientists they cannot answer. Just ask them that "How this Mother Earth is keeping us down?" They'll say there is gravity. "That we know but how? And why?" They cannot answer any 'why'. They'll just say "This is this, this is this. There is a lamp burning there's a light coming." Nothing beyond. But why? They cannot answer that question because they are only one sided. They have no heart. Heart is finished there. There is no heart.

You have to combine the heart and the brain and the liver, three things together. You have to integrate a human being to get to know the answers to these absolute questions which is very difficult because you are so fragmented. This whole body is fragmented, they cannot have the idea of the whole. It's chaotic, confusing people. But at this time only, this great work had to take place and it is taking place. Slowly but steadily. It does work out. It has to work out. Without that you are not going to achieve anything. You are not going to achieve anything that is meaningful.

You have to know why you are here. Why you are created out of amoeba to this stage. What is the meaning of your life? Are you just born to be slave to your lust and greed and then die? Or is there greater meaning to it? We have to find out that. And that finding has been done in this great country by so many, and it should be done in this area also. Why not? That's why I have come just to meet you and talk to you about it and to give you the experience.

Of course, in one lecture such a big subject cannot be covered. I think I must have spoken at least 200 times all over the country and we also have also a book about it, but by reading you cannot get the experience the main thing is of experience which takes hardly any time. You must get the experience to begin with. Once you get the experience then you must know what that power is. Then you must use it.

Like, one gentleman came to see me, he's a big writer. He said "Yes Mother, I came to you, I had the cool breeze in the hand. I did feel better, I felt relaxed", but nothing! "I went home, I started thinking about it, I lost my cool breeze." That's all! No transformation! I said "It is like, I gave you a diamond and you don't know what diamond is! You go and put it somewhere. Cover it with something. There's no light coming in." You have to go and ask others. You have to test it. You have to understand Kundalini, you have to raise it in others. You have to value it by testing it.

You have to grow into it and you can see here there are many people who have got it and they have not only got it but they have got it in a very big way. It is your right to have it, you must get it. As the result, first thing, your health improves. This is the chocolate one has to offer, is a by-product. It cures also diseases also like cancer. It cures many diseases. I think 90% of diseases it cures. You don't have to go to doctor after that. It gives you mental peace, many mad people have been cured. Many alcoholics and drug addicts have become absolutely happy so that they don't need anything anymore now. Because the real alcohol starts flowing within you and you start enjoying that! Your absolute is born in you, your priorities change and you become a witness. The whole thing looks like a drama to you. Your attention becomes enlightened, your centres become enlightened. Sitting down here you start manifesting your powers. You can understand what's wrong with other people. You can understand what's wrong with you. As you grow in this new awareness, which we call as vibratory awareness, you become empowered with the power of raising the Kundalini of others and giving realisation just like this.

You can see, with your naked eye, the pulsating of the Kundalini, the rising of the Kundalini, the breaking of the Kundalini. All these things can be seen. Even small children who are realised souls can tell you where is your Kundalini.

This is the time, most chaotic and confusing. Confusion has to be there otherwise you do not seek. Out of confusion you have to find it, and the time has come, the blossom time has come for many flowers to blossom. This has to work out. This is going to solve all simpler problems, gross problems, material problems, family problems, social problems, political problems, racial problems, because you have found out the absolute.

All your problems are there because you live in a relative world. If you find your absolute, then you know what is right and what is wrong, because now you are connected with the mains and the rapport has started. You can ask any fundamental question and you will get the answer. Suppose you ask the question "Is there God?" ask a question, you'll find a cool breeze coming into you. But if you ask something else which is a wrong thing, there will be no breeze. So you jump into your understanding in such a manner that it becomes an absolute value. Your value system changes.

This is what you have been seeking, you will be seeking, you have to seek. And this is what you have to have. Have, because The Last Judgement has started and you are going to be judged through your Kundalini awakening. It's most surprising that, in this judgement, you are not given your punishment outright. You are given all that is needed. All the assistance, all the reformation that you need, all the transformation you need and all the information that you need. And once you accept in your own freedom this greatness, you are accepted as the citizen of the God's Kingdom and you enter as a prince to rule there!

It is difficult because people are so superficial, they do no want the depth.

The other day a lady told me she's doing hatha yoga. I said "That's very wrong, because there are hatha yoga asanas for different diseases and different problems, but if you do all the hatha yogas it is like taking all the medicine for your body. It's a wrong thing you must have discrimination. You must have the full idea about the scientific side of it, but you are doing that" She said "But you will be amazed, people don't come for meditation because they don't want to do it." Then I said "When will they come next life?" When are they going to seek themselves, why are they saving time? Just to seek themselves. We have to seek our Selves, there's no way out. You are not going to be in joy unless and until you seek your Self. Even if you take time, you'll come back to this. I know that and I'm here in this country specially because you deserved it and you wanted it.

Thank you very much. May God bless you.

1980-0623, Guru Tattwa

View [online](#).

23 June 1980

Talk to Sahaja Yogis

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The Essence Within: Innocence, Caxton Hall, London (UK), 23 June 1980. Public Program (short) and talk to Sahaja Yogis.

It's a fact. It's a thing you can see. It's an actualisation. And we are so much lost in our own imaginations, in our own hallucinations and misguidance, that we cannot believe that there could be something factual about God. But if God is a fact, then even this happening has to happen within us, otherwise He doesn't exist.

If somebody's an atheist it's better in a way. Because he has not accepted anything blindfolded. But if somebody has accepted God with an open mind and has not followed some conjectures, is even better.

But if you follow any conjecture like that, that there must be God - some people told me, "Yes Mother. God helps me a lot." I said, "Really? How does He help you?" So the lady tells me "I got up in the morning and I prayed to God, 'O God, look after my son!', " that's all she could think of! That God should be only busy looking after her son, [as if] He has no other job! "So then, what happened?"

"Then my son was coming by plane and there was some trouble in the plane, but he was saved. God helped me there! There is God." But if something had happened to the boy, then what she would have said, I don't know.

So, to say that you are getting help from God, that God has helped you this way and that way, is too much to assume, I think. God does look after all of us. He is compassion, He is love, He has created us, He has made a beautiful human being out of us, within us He has placed all these centres, He has placed the Kundalini within us, and the Kundalini has to rise, you have to get realisation, all that is so, no doubt.

All this has to work out. That's also the truth is. But still, one must know that He is not in your hand, you are in His hand. There are many people who pray to God, "Give me promotion. O God, you have to give me promotion". And then if He doesn't give, "This God is not helpful to me! Why has He not given me promotion?" You should not cheapen God like that. God is the one Who is Almighty, Who has created all this Universe. He has created you, and He has created you for a purpose. And that purpose is something Supreme. That's not ordinary purpose, the way you think Him to be, He is not an ordinary person. He is Supreme and He will give you something that is Supreme.

Supposing you go to see some king, he will not give you 1p, will he? He may give you a diamond. But if you want to ask anything from God then you must ask for the Supreme! And what is the Supreme? The Supreme is to know Him. Unless and until you know your Self, you are not going to know Him. He has placed within you that instrument by which you first know your Self. Once you know your Self, through your Self you know Him.

But the first important thing is that your attention has to be on Him. There's a very different thing to have attention on God and to have a blind faith in God. These two things are absolutely far apart. To have faith in God means – I've already told you all the silly things we do in the name of faith. But to have your attention on God is to ask, "When am I going to be my Self? When are You going to accept me as a citizen of Your Kingdom? When are You going to use me as Your instrument, O Lord?" This should be your attention. If your attention is like that, and if you are really of pure nature about it, it will work out, it works out. This is the only thing that is needed in Sahaja Yoga, is a clean heart to ask for it, to desire for it.

Those who have been ardently asking for it, they might have been misguided, gone to wrong path, they have done mistakes, they might have committed sins, whatever it is, but in the name of God, in the search of God, if they have been earnest, they have been granted realisation. They will get realisation, no doubt about it.

Even otherwise, you'll get Realisation. It's the Grace so overflowing these days. Even the worst sinners can get Realisation. But how to retain it, and how to ascend, is then your responsibility.

So, this is for the newcomers today, because to go into all the chakras and all the centres is going to be too much. These people have already printed about all these things. But today as there are more Sahaja Yogis here, I have to tell something important about their becoming. Already I have spoken to you about becoming. But today, we have to understand one thing: that the essences within us – for example innocence – is absolutely pure. Within us it is absolutely pure. In its own form it is absolutely pure. But, when it is reflected through our medium, it gets soiled. The way you are, the way you express it, it gets spoiled.

If you are a cunning person, the innocence cannot be manifested, it cannot be manifested. Your innocence, whatever God has placed within you is completely darkened because you cannot reflect it back. There is no manifestation about it. Why it happens? If you are pure, if you are all right, the innocence is all right, then why it is not manifested through you? Why this cunningness can stop that innocence or any other essences that are within you, which you know which exist on different chakras? We must think about it, why it happens. That even after Realisation, we cannot properly manifest our innocence, our primordial powers which are within us in absolute purest form. Why? What happens within us?

The trouble is with our attention. When you became human beings, you were given full freedom to put your attention onto anything you wanted. Say, if you want, you can put your attention onto any subject. Say, I receive a telephone call. So I put my attention to it. Now, I can go on identifying with it, thinking about it; all my attention will be enveloped and I will not pay attention to anything else that is happening. The attention is so mobile, it has no base as if the whole thing, like a jelly, goes and gets attached to a thing.

I mean, today, I received a letter from, say, Manila. And it's a funny letter to me, I must say. The lady writes to me that, "my problem comes from Mr. So-and-so". "All right, what is your problem?" "Is that, I have fallen in love with him, but he has fallen in love with another woman". She sends all the way to me this letter! And, "I am just very unhappy, Mother, what am I to do? All my life is wasted, I don't know what to do with myself, I'm just lost, he's left me, that woman has played a tricks," and all those things, etc, etc ... All right. So, I just thought – look at this woman. Where is her attention? Is this the meaning of her life to waste for any man who doesn't care for her? She has no self-esteem! Why doesn't she understand that God has not made her to waste her energy on these useless things? He has made her to enjoy life, to enjoy herself. Instead of knowing herself, why is she worried? Even if she marries such a wretched fellow who has run away with another woman, is he going to love her? I mean, it's rationality also can tell you that this attention that she is wasting, she is crying, weeping, she said, "I'll get tuberculosis." She will!

I mean if you waste your attention on foolish nonsensical things, what's going to happen? So, this is how we put our attention onto absolutely useless things; sometimes onto very depraved things also. We may put our attention to anything that we think requires our attention. But do you have your self-esteem? If you have, then where should be your attention? It should be on your Self. Where is your Self now? It is God Almighty. Is a part of that Great Primordial Being. Your attention should be on That.

After Realisation, your attention should be in your heart, on your Spirit, which is the part of God Almighty. If your attention is on your Spirit, you'll be amazed, how your attention will act. You see, like a jelly which is attached to a point. It may little bit get disturbed, again it will settle down. Again, it will get little bit disturbed, it will settle down. It will not hang on to any point, and will not bother you. So to put all your essences properly, first of all, put your attention to your heart and to your Spirit, because that's your absolute point which you have discovered. But it doesn't happen with many people.

The trouble is, when Kundalini rises, She gives two kinds of experiences. One is called as Shambhavi, another called as Shakti. Shambhavi is the feeling of the Shambhu, is the Shiva in the heart, means God Almighty. But the other is Shakti. Now with

western people it is the other, because you know your problems. You have used your powers for all kinds of ramblings in your mental efforts. Everything [Everyone] will sit down. "All right, let us discuss Realisation!" What are you going to discuss? What are you going to discuss about Realisation? Did you get your Realisation by discussion? You have to meditate! You have to go within yourselves. See your growth, work out within!

You cannot talk about it, you cannot discuss it, you cannot argue about it – it is within! Because of these ramblings, we go up to the shakti point. But Shambhu's we do not reach. But in the East where people are not that much intelligent, that well-educated and sophisticated, I would say - simple people, it goes just there. And they just enjoy.

If you show them any book, written about Sahaja Yoga – for example Gregoire's book (The Advent by Gregoire de Kalbermatten) – they'll say, "Mother, we don't want it, to read, we don't understand this." They are just there! They are now there. What is there now? It's flowing through our body, everything we know it's there. Why should we bother about these things and all the controversies and dogmas, and what all the Churches have told you, and why they have failed and why this religion has failed? Who is bothered? So these problems come up. Because their attention has been on the Spirit alone. Simple people have that capacity.

So now forgetting everything else, all your intelligence, all your books and education and all that you have had – forget it. And just put your attention to your heart, where lies the connection with God Almighty. If your attention is there, you will be surprised that your attention will be stabilised. Not only that it will be stabilised, but the source of joy is that and you will start feeling that joy. In essences, even the primordial Master's essence which is called as 'Guru Tattwa' is absolutely pure.

Now most of the Sahaja Yogis who are here, are very great Sahaja Yogis and I salute to them. But they must try to put their Guru Tattwa all right: means their manifestation of Guru Tattwa will be always affected by their own ramblings. So, they have to work very hard, in the beginning, to put it right. Ha! If you do not want to be of that level it's all right, you can go ahead. It's all right. But if you really want to do it, then you must know that after realisation you have to work hard, before realisation I will work hard. Even after I have to work hard. What to do?

You know that, I've been working very hard, even after Realisation. But if you want to co-operate and help yourself, then you have to put your attention in such a way that – every problem comes in – you go to your heart, not to your brain. Any question comes in, go to your heart, there resides the blessings of God. And you will be surprised how it will be solved. That's why I said, "Go into thoughtless awareness." That is the quality of heart, because heart doesn't think. You go to your heart, means you put your attention to your Spirit.

Now, if you become a Guru for example, as a Sahaj Yogi also. Supposing you are a Guru of Sahaj Yoga. You are, most of you, because the Kundalini moves under your hands, you have so many powers, you can raise others' Kundalini, you can give realisation to people and you can find out the problems of other people, you have cured many people. I agree, you are great people, no doubt, great saints. But to go further, to perfect yourself, we have to understand certain points, that Guru Tattwa itself can be manifested best if the Guru Himself realises the responsibility of being a Guru.

For example, a Guru is still, say, smoking. He cannot become a Guru, even after realisation. Because his disciple will also smoke. So Vishuddhi will never be all right. Supposing this Guru is so much worried about, still, about money matters. Say, attention is still hanging on, because this is like a jelly I said, still certain ramblings are there in money matters. So His disciples will be also all the time worried about money matters. I have found this!

There was a very good Sahaj Yogi, who gave realisation to at least a thousand people, at least a thousand. And he was very fond of taking tobacco. I knew he used to take tobacco, but I never told him, you see; whenever we walked from one centre to another centre he would go back and I knew he was taking that tobacco (laughter), I didn't say anything to him. I said, "Let us see now".

But Sahaja Yoga is a wonderful thing, it's a great corrector. So one day he came and told me - I said if I tell him, "Don't take tambaku!" He'll say somebody has told me and there will be a big guess work going on – "Who has reported to Mother? Why this

has happened, that has happened," so I just kept quiet.

One day he came and told me that, "Mother, I don't know what has happened. When I sit before Your photograph, my face starts becoming like a Hanumana. I feel it's becoming bigger, bigger, bigger and expanding, expanding like that. What is it?" I said, "Really? Surprising! (Laughter) Now must be some reason, must you be doing something wrong." "No, nothing like that!" "Vishuddhi!" I said, "This is Vishuddhi. You are going against the Viraat, so He is showing you His style!"

He said, "No Mother, I'm doing nothing wrong, You know, I'm sure of it!" "Are you sure?"

He said, "Now I must confess to You Mother, I take this tobacco". I said, "I knew that. Now try to give it up". He said, "How?"

I said, "It is very simple! You just try this: whenever you feel like smoking or taking the tobacco in, you look at your heart, you become thoughtless. After all, all habits are communicated to you through thought. If you just look at your habits - remember only this much! That watch your heart, watch your Spirit, or think of me or do whatever is Sahaj Yoga tells you. For one second even if you do it, you'll forget about it." And he got rid of it! Because you have to depend on that stability which is within you. Once you feel the stability, you just forget about it.

Because you feel unstable, that's why you take to these things. But if you can feel your stability then you'll say, "Go to hell! I don't care for all these things, why should I bother? I'm not going to enslave myself for these things". And he got rid of it.

So one has to work it out. It's very important for all the Sahaj Yogis to do it. Now I've seen many Sahaj Yogis who came to me were, I should say, they didn't believe in any work. They were anti-culture people.

For example I'm just saying, they were anti-culture. So they never believed in working, they said, "No, nothing doing, we are not going to work, we are not going to accumulate any money". All right. Then when they came to Sahaj Yoga, I said, "In Sahaja Yoga, you have to work. You cannot sit idle, you have to work. You have to be in the centre. You have to work for yourself. No Guru is going to earn any money in this and so you have to work. Everybody has to work".

So, when they started working, some of them, became so adheringly [adherently] possessive of their jobs that they had no time for meditation. They had no time for thinking about it. Then they became mad like that. Then it started reacting and they came to me, they said, "Mother, why is it happening?" I said, "I told you to work, but I didn't tell you that you become a workman! You are a Sahaj Yogi out and out. You have to work for your livelihood. Keep down that working speed". Now if somebody has to work for his livelihood, then you must think that you should be satisfied. No end to your working is there, to your accumulating of money. And what people have got out of money? You knew this, when you had given up all these nonsensical ideas about money, then you knew this. Then suddenly why have you taken it up again?

Anybody who is in Sahaja Yoga must know that you have to be temperate. That is the basis, that is the absolute fundamental thing of Sahaj Yoga. Nothing to be overdone in Sahaj Yoga. You have to be in absolutely temperance. For example, if I tell somebody, "You are very thin, you have to eat more, and have little weight in you." So then you will eat like an elephant and live like an elephant. If I tell them, "You are very fat, a little bit you can reduce your habits of food, reduce yourself a little," then he will come out like a TB patient. I mean, I must tell you that going to extremes should be only possible when you are not attached to something. But now you are attached to your Spirit! You are attached to your God! And how can you go to any extremes?

If I tell them, all right, even doing meditation, that, "Do meditation!" then the whole night they will sit down for meditation. I never said so! (Laughter) I said you must look after your health! But get up in the morning, do your meditation, think about God. All the time, you think about God as far as possible. But that doesn't mean the whole night you keep awake. You have to be temperate to begin with. Gradually the wisdom will be so powerful and so enlightening that you, yourself, will see what is right, what is wrong, how far you are going. It is so much necessary. Because the fruits of Sahaja Yoga, to me, is that you should feel joyous. To me it is - that's all! - that you should feel absolutely in the kingdom of heaven. That you should feel you are now absolutely secured and nobody can disturb you. There is within you, is all the power, there's nothing to look for.

For example, till this light is burnt, it is shaking, it is doing all kinds of things. Once it is lighted it gives light. It knows its responsibility. It gives light. In the same way, I want you to be absolutely contented within yourself so that you manifest that light outside. Give light to others, without any effort. It will emit, it will emit. Unless and until that happens, no use becoming a Guru in Sahaja Yoga. And I've seen with people. There are some people who are very ardent, extremely ardent and they feel very much about Sahaja Yoga that they have found out the truth, that the whole world should get it, they should have it and the whole world should manifest it, the whole world must be saved.

But I must tell you very frankly, the whole world is not going to be saved. Most of it will be. But how do you expect Hitler to be saved? We must accept that part that the whole world is not going to be saved. When the flower becomes a fruit, lot of it goes out of existence. That's the part of evolution. So there is no need to be frantic about it. But you have to face reality as it is and you have to solve the problem most radically, pragmatically, and not just to get frantic about it and get upset. As I had told you last time, that if there's a problem in the other room, better go, see for yourself, face it and solve it. Sitting down here, what's the use of jumping, "There's a problem in the other room"? (Laughter)

That's a typical way of escape of human beings is, that they'll be jumping in this room, or will be worried, or will lie down in their easy chairs and say "Oh! We are finished because there's a problem in the other room." (Laughter)

So, the best thing is to go in the other room, see for yourself what is the problem is, and face it like a human being, and then solve it. That is the way you have to look at things. Once you start facing it yourself the whole thing, you'll be amazed how powerful you are, because you have not used your powers so far. Any problem comes in, just face it yourself. Unless and until a ship is put to its test in the sea, how you will know how far it is seaworthy or not? In the same way after Sahaj Yoga, you test yourself, "Let's see what happens. Let's see what happens." And you'll be amazed at your own powers.

Actually people have faith in Sahaja Yoga, no doubt, but they do not have faith in themselves. This is what I'm telling you that you must have faith in yourself. You have got realisation, no doubt. You are Realised souls, no doubt. I say you are. Even if the king comes to me and says, "I'm Realised", I can tell on his face "No, you are not." But you are realised souls, and the whole Divine power, the All-pervading Power, all the powers of God and all the angels of the world are looking after you because you are aware. You are the most important thing for the Divine. The whole thing, all this, is all a waste and nothing, of no use, to the Divine. You are the people who are to be lifted up. So must know that we have to have faith in ourselves.

For doing anything, you must know that you must have faith in yourself, so that you stand up to it. And every time you'll be surprised, any waves comes up, you ride over it. Every wave comes up you ride over it. But just feel what powers you have got. These powers are within you already inherent. Say we'll take the question of now Guru tattwa because today I am more on Guru tattwa. There was a boy, a Sikh boy who came to see me. He was a very good boy. He came to see me and he said that, "Mother, we are all followers of Guru Nanak, but somehow I am not convinced about the way Sikhism is going on."

And Kabira has said in our Granth Sahib that you should get your realisation and I haven't got it. Then how long are we to go on taking the name of God?" And I was surprised at his alertness about things - that you have to have experience of God. I said, "All right, it's a very good idea." And he got his realisation. And he is a young boy, very young boy. But when he got it, just like, "Eureka! Eureka!" he went to his people.

He told all the Sikh people, "What are you doing here? Come along, there is a way, about what Nanaka has said. There is a way to get it. Why don't you get it all of you?" And he brought so many! And he used to speak! People said, "Mother, we could not believe this boy could speak". They said he used to speak so well and whatever he had heard you know, he said that really, they used to read Granth Sahib to him. "When" - he said - "I was half asleep, I used to be tired, they would read two and half days continuously I would be tired. But somehow, all these things that they read, they came to me." And he would recite all these poems and everything, and he was telling about how Nanaka was saying about Sahaja Yoga. People were amazed at his things and so many Sikh people came to me because of him. All, his own father, mother, everybody.

This is what one has to do! If you really care for other people also, you have to go and tell them, "This is not the way, find the real, find the real." Now if the time has come for us to get something - we have been praying, we have been going to Churches, we've been going to Temples, we have been doing all this – now why are, why are we doing it? But they get so much used to it, that [if] you tell them, "Now stop, you have done quite a lot, now you have your thing", they'll say, "No, we'll still do the same thing." It's a matter of habit.

For a Guru it is important to be higher than other people. If he is not, that cannot work out. You Sahaj Yogis have to be people of higher outward manifestation. Inside you are, but outward manifestation has to be higher. You have to be humbler people, kinder people, sweeter people, loving people, compassionate, understanding that you were there, where they are today; joyous people and cheerful people. Otherwise nobody is going to believe what is happening in the Kundalini inside, because whatever is happening is happening, you cannot see that.

It is important that it should be evident on your face, in your behaviour, in everything. For that you have to understand that you have to stabilise your attention at the lotus feet of God. This is called as 'Sharanagati' — surrendering. By surrendering, by worshipping, by bhakti, by singing songs, by absolutely settling yourself at the lotus feet of God Almighty, that's the only way you are going to achieve it. After Realisation only, you have the entry into the Kingdom of God. Before that, whatever you try has no meaning. Muslims do all the Namaz, morning till evening – do not get anything!

But we had some Muslims, you know that. Once he started after Realisation, he said, "Every time I bend I get vibrations. Every time I say Allah's name I get vibration." It has happened with all of them. Because God exists, He is there, it's a fact. And the time has come for all of us to feel Him and know Him.

By the way I went to Russia and the experiences of Russia, the whole thing, I won't be able to tell you just now, but one thing I'll tell you about that, that when I went there they said "We are also giving all freedom for people to worship." So, I went to see a Church that was there, a very famous Church they have got, where there was one, say, Greek gentleman who started the Church and all that, of the Orthodox - who lives here in there (laughing) - Orthodox Christian Church. And actually, I was quite amazed because the person, the chief man there was the Bishop and all that, he came to see us and receive us - his Kundalini was absolutely frozen! (Laughter)

And I was looking at all that. And very simple Russian people, all men and women, were there and praying you know, and there was some lights they had put up and all that. So, I also put up a light there - now all the lights started shaking with it (Laughter).

Then my husband said, "Why did you put up a light when you did not believe in it?". I said, "I did not believe in that gentleman, but the light, I believe in it". (Laughter, laughing)

And you see, I was amazed that this man was talking as if he was God! Actually! You know? (Laughter) That's the way he was talking to me! And he said that, "Our government has allowed us to follow this path" and this and that.

Now when I came out, one of the gentlemen who had invited us, he told us, "What do you think about it, Mrs. Shrivastava?" I said, "I'm not going to say anything about it, but what do you think about it?". He said, "Don't you think these are all silly people? They are doing no work. There are eighty monks. They are black coloured, they are black and white. The white are supposed to work and the black do not work. And these people do no work, they are parasites, they are sitting here, they are doing no work! And these poor Russians who are there - I mean, Russians are not that poor as we think them to be. They save their pocket money and give it to this institution to be run, and these eighty persons are saying that 'We are praying, we are doing this', and they are just doing no work and sitting there. We have allowed that. But do you think there is God in this place?".

I said, "God is everywhere". He said, "Do you really believe in God?" I said, "Now this is the mistake you have committed. If somebody misuses the name of God, if he misuses the Bible or Christ or if he misuses any Temple or Church...."

In India also, all these brahmins are thugs of the first order! Absolute thugs! Do you know what all things they are doing these days? Because now people have found them out. They are selling ganja! All of these people are thugs and most of these people who are preaching about religion have come to politics now. There's a big politics going on, you see! Among Hindus, there's a big fight, among Sikhs there's a big fight, among Muslims there's a big fight. Among themselves I'm telling you! On political basis. How can God be political?

And naturally, I think, by seeing all this, you see, even in London, though, I mean, I must say, even in London, where we believe in God, I was surprised that only 26% people believe in God in this country! Out of which they said about 16% are people from outside and 10% are only Britishers who believe in God. Imagine, this is the condition!

So, you have become atheist! And they are selling churches, and people are buying churches and making them into discotheques (laughter). Even in the church now, I was told, in front of our church they are going to put a discotheque there (laughter). So I asked, I said, "Why?" "Because they want to attract people". Means there is nothing living in that religion. There's nothing to offer.

Nothing wrong with God or Christ or any one of these essences which are pure, absolutely pure. But mistake comes with the people who are supposed to be following that religion, supposed to be ruining that religion.

And then when people see that, this is the reaction that "There is no God". I mean, this is the greatest foolishness and stupidity where, I say that people have not used their brains to understand that anything can be misused and misguided; but why not keep yourself open to see if there is God or not?

And there is! It's a fact! It's the only Truth. He is the only Truth, the rest is all illusion. One has to understand that this is so.

In His name those who earn money are firstly stupid and secondly cunning – both ways.

Stupid, because they don't know that this money they are not going to carry with them, and they'll be punished for that; and cunning, [because] from worldly ways they think they have been very clever. Very clever to go to hell faster! That's what they have been doing.

So all such people should not misguide you this way or that way.

For example, they should not misguide you to say that, "There is no God because these horrible people are talking of God, they are telling about God, and how can there be God? If these people are the followers [of] God then there cannot be God." This is one way of looking at it.

Another way is to blindly follow these horrible people and not to see that they are horrible, how can they be godly?

To confuse both these things I think is not wise. But to see that there is God and that you are the one who must get the experience of God, and you have to aspire for it and ask for it, for which He is working out Himself!

He is anxious to do it much more than you are. A little cooperation, little hand just to be put into His hand who is standing in the boat to pull you out. Just a little cooperation and little patience with yourself and faith in yourself that God has created you in His image so that you may receive His complete blessings in His compassion and in His love.

Thank you very much.

May God bless you.

Now for the people who have come for the first time, I would request them to come in the first or the second line so we can look after them and the rest of you please put your attention to your heart. That's all right. You sit down. Those who have come [new] can come further on.

Shri Mataji: How are you, David?

David: Happy to be here.

Shri Mataji: Hm?

David: Happy to be here.

Shri Mataji: What did he say?

Yogis: Happy to be here.

Shri Mataji: I'm also very happy.

Yogini: Mother, when you said 'Put your attention on your heart' do you mean the heart chakra?"

Shri Mataji: You cannot feel heart. You cannot know heart chakra, nothing!

When I say that, just say that, "I'm putting my attention to my Spirit," that's all. Your saying [that] is a mantra itself.

You know now you are a realised-soul.

You are an enlightened person, your desire is enlightened. And if you just say that 'my attention is on my Spirit in my heart, in the organ of heart...'

You see now, whatever you say has a meaning. Do you understand? Whatever you say is enlightened now, there's a light in it. Only thing is, if your attention is not all right still, then the light is still dim. If in the dim light, you see half things, but you do see. But if it is a bright light you can see it very clearly. So to brighten up the light, you just say that, "Let me be in my heart." It works out, settles down, you see? As if you order your attention to be there.

It just goes like a, like a sweet little baby you see. Sits down there, "All right, Mother, whatever you say." Just say like that. Just try to feel your powers. What you say, how it works out. Even when you say mantras, these mantras are also enlightened. Any other question?

Must ask me questions, you know. I don't know what to say, what you are thinking about. Now ask me questions."

Question: Are Russians also willing...

Shri Mataji: Hm?

Questioner: Russians are also willing to worship God?

Shri Mataji: Machines?

Questioner: Russians.

Yogini: Are the Russians willing...

Shri Mataji: Russians? I gave realisation to twelve of them. Now you see, that's a - thing is, even if they believe or not believe, has no meaning, isn't it? You have seen what's the use of believing in God.

Yogi: Yes.

Shri Mataji: But only thing I've seen in their system there's one advantage and even disadvantage. As here is one disadvantage that acts in a funny way.

For example, in their system, I have found out, whatever people may say, propagate, you see, whatever I've seen is that their material problems are very much solved, no doubt about it. You see? No doubt about it.

They have no inflation problem, nothing.

They are not worried about paying any taxation, anything. I mean...

Yogi: No unemployment, You know.

Shri Mataji: Hm?

Yogi: No unemployment.

Shri Mataji: No unemployment, no problem. Old age is solved, young age is solved.

That attention is at – at right (unclear). This is an advantage. But disadvantage is – to keep that thing going, they have taken away the freedom of people, you see? Because of that, what happens, that freedom to think about God doesn't exist. Though the attention is much looser.

Here the freedom to think about God is there. But the attention is – how to get a bread? Tomorrow [the bread is] 1p increasing.

What to do? How to pay your rates? How to pay this? All these problems. So the attention is more on these things.

Apart from that, another thing which is not so common there, which is here, is immorality. Immorality, in a way. I mean, here all kinds of immoralities. There is a restriction on that, you see. I didn't see anything [there], nudity and all that, all those things were not there. So our attention is even spoiled by that, you see.

And I didn't see men, women all the time looking at this, that, like that. I didn't see their eyes [roving]. Their eyes were quite steady. Here you cannot find anyone. Anyone you see on the road he'll be looking [everywhere]. I mean, I was a museum piece because with this, wearing a sari (laughing, laughter). So naturally they were looking at me and in a way [it's] good, because they were looking at my Agnya, so it was good for them! (Laughter)

But on the whole, on the whole, they didn't even have that kind of an attention looking at every woman who was passing by. Even if your neck breaks, see, they'll go on looking, you know (laughter).

All this stupidity was not there. It was quite a normal thing as a men and women do here, you see, and the women were not so much interested in keeping their figures, and to be attractive, and all that was not there. Nobody was extraordinarily clad like that. Very simple people, I must say: very simple, innocent. And moreover, the most of the things that they had, they were

satisfied.

A very cheap place, for everything it was very cheap. They don't have material problems as we have. But to control all that they have got this taboo.

Then, because of their foreign policies which people say is all wrong and all that they were I've not discussed that.

But whatever it is, that also might be a guilt on them.

May be. But the main thing is you have freedom to be nonsensical and they have no freedom to be sensible. Which one is better? Now you tell me. Sandor, what do you think?

Which side is better?

Sandor Elès (a Hungarian actor): I say it is most brilliant session that's what I am experiencing!

Shri Mataji: This is what it is, I really tell you.

Sahaj Yogi: A very good analysis, very good analysis.

Shri Mataji: So I don't know which one to choose. May be the whole of Russia will become sahaja Yogi one day, when it will be established, you see. They know this. I have cured their President. This they know and about ten people came to see me for that. They had heart trouble, this and I am going to work it in my own way but, we have to understand that with restrictions we fight. We don't like restriction. But, do we have sense to use our freedom? Do we have?"

Sahaj Yogi: We have the beast in us.

Shri Mataji: The beast in us you see.

Really there's a beast. Must be. The way it looks here and there. I just can't understand.

Moreover, everybody used to smile you know, smile at me. But when I first came to London, I must tell you they used to mock at Mine and I met many Indian Ladies who never wear this. I said, "Why are you not wearing?" they said, "We do not wear because everybody laughs at you." There [in Russia] they appreciated. They wanted to know why I was wearing another [dress]. But here, everybody reduces it to zero.

See everybody thinks they are wisest, you see. The dress they wear is the wisest, the face they have that is the best, everything they have is the best. They are not like that [in Russia].

But still, you have the freedom to choose. What a great thing it is? And also to choose the hell.

I think you have too much responsibility. I wonder if you realise that, as if you are grown up people. Very wise. Do we deserve that freedom? We have to ask ourselves. What do we do with our freedom?

They have restricted many things like alcohol by putting a very big taxation on them.

So they cannot drink much. Every, all of them are heavily taxed. Cigarettes, everything, tobacco, so heavily taxed that they cannot just afford it but you'll be amazed, for going five miles in on a tube it costs you four pennies, five miles in a tube and coming back any number of times. Once you buy the ticket you are in the tube, you can go one side any, any distance and if you see the tube stations, it's just like palaces, just like palaces, you'll be amazed.

Every tube station, I saw at least four, five and Leningrad is the cleanest port I have ever seen. I've seen now thousands you know. I've travelled such a long.

See, our sense of freedom is very funny also. For example, we'll fight whether you should wear a red sari or a black sari. I mean something like that you know, really absolutely useless.

So if you do not know how to use your freedom, it is too much. You see, if you put the load of an elephant on a donkey, what will happen? That's what it is.

Either we have to be elephants or we reduce our weights. This responsibility is too much.

But with Sahaj Yoga you can do it. Now Sahaj Yoga is spreading more in the West, naturally not in Russia. But once Russians come up I'll see in competition.

That would be the ideal day when we'll finish of all these problems of fear and quarrelling and all that, when I will see my Russian children and English and Americans, all of them, giving vibrations to each other that would be the greatest day of my life.

It will solve all the problems, international problems and these problems of politics and all this nonsense. And our politics also here is, you see, our freedom is what we are just fighting with each other [for]. What have we achieved out of it also? We waste so much of our energy on fighting, quarrelling.

Politics is all right as long as you correct each other and do something progressive.

But if it means static state you see everybody pulling one point. It is at a static point. What's the use of such a politics also?

So if freedom is given to you, you must know that there must be some reason and how are we using our freedom?

Anything else? They all will be believing one day in God because they will have the experience. I've already started it.

Sahaj Yogi: ...on the seed..

Shri Mataji: I have raised their Kundalinis. Worked very hard. No doubt, it will work out. Human beings are difficult things you know. You want to solve a problem without restrictions of these nature, cannot be solved. Only way is Sahaj Yoga for the West. That's the only way isn't it?

There's no other way left, because now they are feeling the pinch of the materialism, they are understanding that matter does not give them joy and they are now getting rid of it and they are feeling that they have to seek something deeper.

This is the advantage of it and this may also happen there. It is possible in a different way, it may happen. But now it has already happened to you, it's happening. Now what are we doing about it? To God all of you are just the same whether Russian, English or American makes no difference. All were created by one God. He just created a beautiful map. He didn't want you to make different countries and nations and act like criminals; this all your doing. You have done it. Now look at it!

He didn't do it.

Any other question?

Sahaj Yogi: Is God male or female?

Shri Mataji: Now God is both. How can He be one? All right? God is one as a male and when He becomes male and female then the female is His power and God is the witness of His power. All right? First they are together. When they separate they become two. One is God Almighty who is the witness and His power, which creates. And He is the witness of Her play. You must read my article on Creation and there's a lecture on Creation also. He must be having, you ask him to give you that. I used to speak about it long time back.

With Douglas [Fry] has got a tape. He has lots of tapes and if you give him a tape he will fill for you and give it to you. You see, he's got some arrangements. I don't know what arrangements he has got. But you can get my tape on Creation.

The Holy Ghost is a female.

So God, the Holy Ghost and His Son.

All this I have discussed in there. And when I was telling about the faith in God, what I was meaning is, that unless and until there is Yoga, you cannot get your kshema [well-being].

So those people who just tell you that, "Yes yes I have faith in God, God has been very helpful to me, He has done this for me and that for me." Then you must know that it is just a myth. They are living with a certain myth. Unless and until there is yoga, there is meeting with God, you cannot get your well-being [kshema]. A well-being that comes to you is just a coincidence. But deliberately when it works out on you, it is when you have got your realisation.

All right, let us have the new people and all of you. Please take out your shoes and put your feet, both of them, nicely on the ground. Now as I've told you it's a happening. It's not a thing that one can certify, "Yes yes you are realised." I cannot even certify my own children. It has to happen. Then secondly is that you have to, once it is done, you have to nourish it, you have to look after it.

You have to establish it, for which Sahaj Yoga is absolutely capable and I am working also very hard. I've cancelled my programme to America just to work on English people and also Europe.

So let's see how it works out. Please put your hands ...

You have to face it up to everything. There's nothing to frighten of, everybody can be transformed. Every one of you can be transformed. So not to feel dejected for anything. Not to feel bad about it.

Not to condemn yourself because this is the Temple created by God. Now close your eyes....

First of all you will feel thoughtlessly aware. means, there is no thought in your mind. But you are aware, coming from inside.

Are you feeling? Frank? Thoughts, now, close your eyes. Because if you don't close your eyes, the Kundalini won't rise above Agnya.

Without its rising above Agnya your thoughts cannot be stopped. So you have to close your eyes. There's no mesmerism about it you see. Be little patient with yourself, it will work out.

Now the second thing that happens when Kundalini pierces this fontanel bone area, that you start getting a cool breeze in your hands. You're getting it now?

Close your eyes, close your eyes, let it work out, let it work out. David, look at my Agnya... Just feel, is coming in your hand.

Shri Mataji: Not feeling? You will feel it. Have patience, have patience, you will feel. Close your eyes, I am working it out for all of you. Just a second. It will work out. If it is not coming, it will come. See it's a just a sprouting of your Kundalini. Isn't it?

It will take its own time. Are you getting it? Cool breeze in the hand? All right, close your eyes, close your eyes, just let it go.

Let it go. Keep your attention absolutely free. Do not fix it upon to any point.

1980-0629, Talk to Sahaja Yogis: How To Prove The Existence Of God

View [online](#).

29 June 1980

Talk to Sahaja Yogis

Dollis Hill Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Now the question he asked me was, in the nature of an enquiry of a person who wants to find out, what is the proof that there is God.

How are we to convince people, what is God? That we have to achieve something, as far as God is concerned? How are we to convince them that we have got all these centers within us and that you have to achieve that realization? And also how are we to prove to others that you have achieved your Realization? This is the question which everyone who is not yet a fully Sahaja Yogi would feel and ask you questions and you should have answers to it.

The first and foremost question is how do we prove that there is God? Because you assumed that there is God because somebody has said, "There is God." Now what are the ways of proving this, that there is God? So we have to attack the question, first from the reasoning point of view that we should be able to tell people that there is God through reason, not through experiencing because they are to be prepared for it. There will be many who really do not believe in God but just out of fashion they're saying, "All right we accept" because they want to keep up peace and the compromise. But how you start about convincing them rationally? Perhaps, I spoke in one of My lectures, if you have that, I don't know if you have got it. But we can prove it – the existence of God. You may call it God or nature or whatever it is, from many points of view. For example, in short we can say, "There are many scientific things we cannot explain".

We cannot explain how the periodic laws were established without somebody being there. Periodic laws of chemical substances or the elements that exist on this Earth is so regular and so properly plotted down that you can see there must be some plotter otherwise it cannot be done. I mean if you want to avoid it, you can avoid it but there must be someone. Say we come in this room and find everything properly organized, lit up and we should know there must be somebody who has done it.

Then a very good example is given by a very good French biologist [De Noüy], he says that if you use law of chance, the law of chance states that – if you have got fifty red pebbles and fifty white pebbles put in a jar and if you shake that jar it goes into a chaotic condition and the distribution of these pebbles is in a chaotic way. To bring them back to their normal condition of having the red on one side and the white on the other side, you go on shaking it as many times as you like and they have found out – there's minimum of minimum so many times it has to be done, otherwise it cannot be worked out. This is all done by chance. You see by chance when it has to come to normal condition. How many chances you have to take? There's a certain amount of a formula. Something raised to power 'n', call it 'n'.

So, as a biologist he tried to calculate that if matter has to become 'living,' then to get to that density, how many years are required by the law of chance to bring forth a living cell – one cell? And he found out that billions and billions and billions of years. If this law of chance works out then only one unicellular animal can be created. But in this short time from when the Earth receded from the Sun and then cooled down and then life came into being, then human beings were created who are very complicated. It is such a short time, compared to that time which is required by chance, that he has proved mathematically that it is an impossibility, it cannot happen. It is that fantastic. This is a scientific very good proof of a biologist that there is somebody, a juggler, who is doing that job. You may call Him 'God'; you may call Him 'Nature' whatever is, but the nature thinks.

People like Jung have proved the existence of collective consciousness. The existence of unconscious, which gives us dreams through which we get universal symbols all over the world, whether we are in India or in England or anywhere. The symbols are the same and he has done experiments with thousands of people. On the medical science also, one can say as you know that

one of the arguments we put in for is that acetylene and adrenaline which are two chemicals when they are in the body – human body, they act very arbitrarily. Means they have to augment – mean to contract or to relax. Those who relax must relax; those who have to contract must contract. But those who are supposed to be contracting relax, while those who are supposed to be relaxing contract. So they have not been able to explain and they have written, all of the doctors, they say that the mode of conduct of these chemicals in the body, one cannot say.

Another thing is that one of the very very important arguments that people have given is this that supposing a foreign body goes inside the human body, there's always a tendency to throw it out as soon as possible. Supposing something goes into your throat, you cough out. Supposing something goes in the blood, they will try to throw it away. That's the system it is. But when the fetus is formed in the body, then not only it is kept there, it is nurtured, looked after and thrown out at the right time. How can you explain that? There are thousand and one explanations people have tried to give but none of them are satisfactory.

Then this Earth is spinning with such a speed and we are kept glued to this Earth, we never even feel the speed. And so many things like that people have been able to say and the so many scientists have felt that, there is some force which is beyond us which is very dynamic, which acts in such dynamic ways that we cannot explain.

So we come to a point where we tell people that there is some force which we have to discover. Now then as Sahaja Yogis, you can say that this hankering to seek. After a certain level of evolution because some people do not have at all seeking, you know that. They are just seeking food – to eat just like animals. Some people are seeking power. Some people are seeking money also. But there are so many people who are seeking something beyond. This seeking has come to us and this seeking that has come to us has led us to some sort of a path by which we should find out.

Now you have seen with your naked eyes, a Kundalini rising at My Feet. You have seen the pulsation of the Kundalini taking place. That nobody can do. There is no mesmerism, nothing. When the Kundalini rises, with the stethoscope you can feel the rising of the Kundalini. With the rising of Kundalini you have known that we have cured people of different diseases. Even a person who was just dying, whom doctor had decided that they are dead and to be buried very soon, have been cured. And it is so dynamic, the dynamism I'll tell you. It's so dynamic – like we can take the case of Eddy's brother. That he was so very sick and they said, "He has got blood cancer, he's going to die within eight days". I mean he just told Me this, that's all and he's cured.

Then Linda told Me that her mother was always angry with Peter. [Mother speaks aside – "Where is she gone? Where is she? Linda!"] – So she told Me that the mother would never talk to Peter, she was very angry with him always, she would never talk to him. But she told Me all these things and suddenly she found that now she's become very good and congenial and nice and talking. You have seen such transformations coming among many, many, many people. How people are changing, transforming, this is absolutely dynamic; you cannot do it. So many sick people are suddenly cured only through attention you know. There must be something about it and that is how you have to convince people about Sahaja.

But after getting Realization, you just see the Kundalini, you see the rising of the Kundalini. You also feel the vibrating force of Kundalini. You also see how you got cured, how you got out of your problems. How you were in trouble? What problems you had? You had seen all these things and these things happen to you also.

Some of you were drug addicts, some of you were suffering from some mental troubles. Some were having physical problems. All these, you see, are cured and you are much better people now. This has happened to you very easily without much effort being put into. It is not possible to get rid of these things easily. Definitely you can raise the Kundalini, you can feel the Kundalini. You can, you know for definite that when you say that person has got this left Swadishthana or anything everybody says the same and you are sure of it. It is not possible for everyone to say the same thing, even the children saying the same thing about a person and he says also it is verified. So part of it comes to you in complete proof that there is something about it.

Second part also comes to you as a proof because now you know there are vibrations flowing into you. There's no jugglery about it. And then you can feel it very clearly. You have raised the Kundalini of many people. You have given them realization; even the photograph has given realization. You know for definite it is so. And also you know that if you want to ask any fundamental

questions, you get answer as a great flow of vibrations. So when you ask the question [Mother speaks aside]. When you ask the question, "Whether there is God?", Immediately you get tremendous vibrations proving that there is. You ask the some questions, which you know for definite and say, "Is it so?" And you know that it is not so, definitely you do not get any vibrations. That's how relatively you know when do you get vibrations when you don't get vibrations. If you ask a very big fundamental question, you get vibrations of a very strong nature. But in ordinary things you might get a little. So it proves that the vibrations speak to you as vibrations. This should prove that there is God because you have asked on vibrations and you have found that there are vibrations and that there is God.

Now what happened in the case of Buddha that He got Realization as you got it and He had no way of finding out whether there is God or not. So He said, "There is no God, only there is Self". But you have gone beyond it. So, if you find seventy percent of the proof through your own experiencing it and raising of the Kundalini and all that. Then the thirty percent, whatever it is, is to be ascertained through the vibrations. And when you ascertain it through the vibrations – for example I say, "This is hot". How do I know? By feeling it itself, it is hot. Now anything that makes Me hot is hot. But relatively I know this is hot, that is hot, that is cold. In the same way on vibrations also you can ask various questions and find out 'yes' and 'no' and then you can believe it – that there is God Almighty and this All-pervading Power exists, not only exists but operates, the rest of it is all a myth.

But when you rise in Sahaja Yoga being Sahaja, you take it for granted, as we take everything for granted. All the trees growing, the mango tree giving a mango, guava tree only gives guavas. We never try to find out how in one little seed so much is built in, so much is programmed. We take it for granted all these great miracles of the world. In the same way, we take this miracle also for granted.

This is what 'maya' is. That is makes everything look so simple and straight. And you just start taking it for granted. Then you have to understand that it is not to be taken for granted but is to be very much respected, worshipped and accepted. The amount of preparation you have, the amount of strength you have, that is the amount of truth you are going to get. Truth also weighs you very clearly, whether you can receive it or not. There is no diplomacy that can work this out. No cheating, nothing. Truth knows how far you are. The more you become stronger, the more the truth manifest through you and you receive the truth.

Just now some of you are still little babies of three months and four months and something like that. And still sometimes taken for granted. You do things which you should not do and harm yourself. Its only question of harming yourself not harming Me or harming Sahaja Yoga, which cannot be harmed, but you harm yourself.

So one has to be very careful one should understand the laws and regulations as Gavin had read the last time, the statutes of God's laws. You must understand how it works. You cannot take law into your hands by taking it for granted. Law operates and it knows everything. It is the law of love. That's why it allows you to make little mistakes to learn. But it will not protect you when you start saying that, 'all right I want to do it on my own'. "All right", it says, "All right go ahead". So one has to know that this law operates not blindly, 'lovingly' and it tries to teach you also sometimes that don't do this wrong and don't do that wrong.

But when it comes to real punishment, the punishment is that this law leaves you alone. It just lets you go; the attention recedes, that is the worst thing that can happen to anyone. That you are not in the attention of God is the worst thing. So even if you make mistakes doesn't matter. Pray for the attention of God always because the attention of God is the law – 'law of love'. You cannot cheat it. Everything is known. Every word you say is known, every word you don't say is known, every thought that comes in you is known. So purify yourself with love, understanding. Try to purify and tell yourself that, "I have to purify myself as much as possible". With purification only, you will have the proper strength. If you have not purified, then there won't be any strength for you to bear the truth.

Once you bear the truth, your own life will convince people that you are Divine. Your face will convince people. Everything that you do will convince people that you are Divine and whatever you say, people will know it is coming through Divine Force.

May God bless you all.

1980-0630, What is Happening In Other Lokas?

View [online](#).

30 June 1980

What Is Happening In Other Lokas?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

What is happening in other Lokas? Caxton Hall, London, England. 30 June 1980.

Today, I don't mind to tell you about what's happening in the other lokas, which we don't see, of which we are not aware. It may frighten you a little bit, but the time has come for us to know how are we placed in relation to the Whole, what are the plans of the Divine, and how are we going to fulfil them.

Now most of you are here Realised souls. Some of you have come first time; you will also get your realisation. But the common point is that you are all seekers, seekers of God, seekers of peace, seekers of love, that's a common thing. But this seeking has come to you not for your own sake, for an individual ascent or for some achievements of a place from where there is no return, but this is the Last Judgement that all the human beings have to face. They have to go through it and to achieve their last, achieve their place in the kingdom of God.

Today you are sitting before Me, you have been with Me before and much before. But today especially when you are with Me, you have come here to face up to it and to see for yourself that you are able to bear the Truth, the love, the blessings of God. That you can enter into the Kingdom of God and abide there, in His reign, with all His powers flowing through you. It has been promised before. All promises are to be fulfilled. All scriptures are to be supported and are to be proved.

But we must know that there is a great war going on between satanic forces and Divine forces and all the satanic forces who symbolised as devils - in Sanskrit language they are called as rakshasas, asuras and all that - have taken their birth on this earth to demolish the Kingdom of God. Imagine! What ambitions! But they want to demolish this kingdom of God in your hearts. The kingdom of God exists, will exist, it's eternal. It has created Universes after Universes. It has created human beings from amoeba to this stage. It has brought you to this position that today you are here to receive your ultimate goal. It all has happened now.

At this critical moment, at this precious moment when you are about to enter into the Kingdom of God, all these forces are built up to pull you down. It lies in your wisdom to understand that the forces are very subtle, extremely cunning, beyond your comprehension. Even after entering into Self-realised state you have noticed, how they act on you, try to drag you down, pull you down.

This war is played not on the conscious plane as it was played before. Say, one rakshasa coming in, was all right to kill him. He came as a rakshasa, he came as a devil, he was killed, finished. But today they have come as godly men, as god men – as they call them, as god women. They call themselves as god, gurus. They have come in the garb of religion. These ancient rakshasas have taken their birth and they have gone into the minds of the seekers. Thousands and thousands of seekers they have captured! Imagine the situation is so, so precarious and so dangerous. They have entered into the minds of the people who are the seekers, who are the ones who are to be bestowed with this Kingdom, who are to be enthroned, who are to be crowned, have been destroyed, tortured, by these horrible forces. And because it is not in your conscious plane, you cannot see them, you cannot feel them you cannot understand them, how dangerous they are. While they have learnt all the methods of coming into your ego or into your superego, to influence you.

That war we all have to fight. If we have to establish ourselves fully in the kingdom of God, we must know that we have to fight all those pulling forces.

Sahaja Yoga is not meant for useless people, is not meant for people who have no courage, is not meant for cowards. It's not meant for people who run after money and who run after all these material things. Especially the first people who are the foundation of Sahaja Yoga, they have to be people of great calibre and of great desire to achieve their state of emancipation, because they are the people who are going to save the whole humanity. They are the redeemers, they are the ones who are going to manifest the salvation of this doomed humanity.

Those who are weak can be strengthened because the energy lies within them. Those who are unhealthy can be cured. Those who are mentally disturbed can be brought round. But there is no place for cowards in this. You have to be courageous and cheerful people, for one thing, because you represent that force which is fighting for the Divine, for God Almighty, you are his hands. And you have to be wise, also. Stupid people are no good. Stupidity can never help you to rise, you have to be wise people. Useless people, those who run after nonsensical things, let them go wherever they like, they'll come back when their time and turn will come. We need not be many people for this. Very few can save the world, but they have to be strong and absolutely established in their understanding of the powers of their Spirit, powers of their Father who is Almighty.

Don't worry what happened to you before getting Realisation. Those who ponder over these things will not achieve much. Past is past, is finished now. Today, you are facing Me and I am facing you. This is the present. It is not possible for Me to give you the complete vision of the great war that is on and how you are to be saved. The tempest I feel. In a boat, I am putting My children in. Try to keep in the centre to keep the gravity all right. And when you will get strong enough, you will row the boat with Me.

Do not hate yourself. Do not torture yourself and don't feel guilty by which you become very, very weak. What is there to feel guilty? I don't understand. Imagine a warrior and a soldier feeling guilty at the time when the war is on. You have to be full of enthusiasm and full of valour. All these small, petty things, which destroy your Spirit, throw them away. No place for all these fashionable things of feeling guilty. This is the weakness of the West. If you have to progress fast and if you want all this to be achieved, time is very short. You have to realise that. There is no time for 'hanky-pankies' as you call it. But there is no time also for going round the places. You have to settle down now, you have to get to it.

So many Realised souls are born today as children in all the communities, even in Russia – can you imagine? Russians are going to come to Sahaja Yoga. I have been there. They may be the first because they have reasoned out all the nonsense of the so-called religious and the religiosities and all the nonsense of the false people who preach religion. There is no place for false gurus in Russia, no place. Also, for real gurus there is no place [laughter]. So you have to get, enter there through their children and children will recognise Sahaja Yoga. Within ten years' time everything has to spark.

It does not matter how you do it but you have to do it. For Me and for the Divine you are the most important things. Doesn't matter if there is an earthquake and few horrible buildings fall down. It makes no difference to the Divine. What is important is how many are aware, how many are progressing, how many are settling down. Those who are very frightened type have no place in Sahaja Yoga. That means you are still playing into the hands of these negative forces. Imagine, frightened people coming as soldiers for Sahaja Yoga! I mean... [Laughter]

All the powers that are within you will start manifesting when you show your valour. When you are not even willing to raise your hand, how your sword is going to work? In India, now there are thousands and thousands of Sahaja Yogis and they are progressing fast. You have to see now in the West, how are we going to progress and how are we going to settle down.

It takes time in the West, no doubt to settle down. Though Realisation is much quicker. Indians get, as I always say, that they are difficult nuts to be cracked. Even British are like that compared to other Europeans. But those who get Realisation also go down very fast, sometimes but British once they get it, they get it alright in their 'nuts', they are good. There's something about the tradition maybe. But still don't take too much time to get your Realisation. Why should you get too much time to get your realisation? You just desire it and it should work. It's only your desire that is going to awaken it. Desire it from your heart, not outwardly.

It's a fashion nowadays to be a seeker. No, it is an urge! You cannot live without it. You have to find it out. You try anything else. People are committing suicide because they have not been able to find out their own meanings. And that's why it is very important that you must take Sahaja Yoga, not just like a shopping centre, like guru shopping, but very seriously, because your meaning is there to be found out. But your purpose and then the manifestation of your purpose, that has to happen.

Sahaja Yoga started working in three phases in the West I think. First, that people got their Realisation to see that there is wrong with them, where they have got something wrong? The attention was taken inside by which they could see that they have problems. If you do not see your problems and somebody says that you have problems, you will hit that person very badly. It's better that you see for yourself that there is a problem. Once you see that problem within yourself you will be anxious to see that you get rid of it. But if you do not see your problem you think that you are doing very great jobs and you are very great and you are perfectly all right. Or else, if you see also some of the defects because some people write that, "This is wrong, that is wrong", then you become guilty. Both ways is wrong because one way you go towards ego, the other way you go towards superego.

So, through awakening, you start seeing yourself which side you lie, what's the problem. You start judging yourself. The first judgement starts by yourself, "Mr. so and so judge yourself. Here you are the mirror. Now see! This is what it is". So, you judge yourself and you want to get rid of it, you don't want it anymore within you.

Then the second trouble starts when you start judging others. First you judge others, you get frightened, "Oh God! Horrible vibrations, run away. We'll get caught up!" Gradually, you get immuned, "Ah, we've known this type, we've known that type, we've known that type, we've know that, all these types we know". Then you do not condemn anyone but you love and in that love you judge. Because you want others to get rid of their problems, you help, you share their problems to begin with. And the joy of giving Realisation starts working in you, to others.

Now the problem starts when you look around, Western society I am talking about. You find your society is in doldrum. What's the problem? Why the society is in the doldrum? What has happened? What basics have you lost? What part of the sustenance of human being is lost? Why? Why? So, you find about your marriage institutions, about your relationship with each other. That has to be settled. That has to give you joy, real joy, of companionship and love.

And in the third phase, the great who are trying to be born on this Earth, so many of them. They are around here, just here, watching. They have to be born. You have to be parents of those children. They are going to blast all these satanic forces because they know what these satans are like and how they are to be blasted. They are experts. I have seen so many of them and you have seen also. They know what is Kundalini, they know how to raise it and they know how to blast all these people. And then the whole society of realised souls is going to pull out this humanity. Everyone need not be brought to Sahaja Yoga. They'll be all pulled out. We must have sufficient pulling force within us.

So those who come to Me earlier have a greater responsibility than those who'll be coming much later, say after ten years. They'll be just jumping into it. You are the ones who are going to do that. So, judge your self-esteem and do not try to condemn yourself for anything. That's forbidden in Sahaja Yoga, you know that. You are all saints. So many saints sitting here. Imagine! The gods are singing, the angels are showering all their joy upon you. What a meeting it is! What a Force it is!

The auspiciousness of this meeting acts not only in England, not only in Europe, but in the whole Universe. But the channels have to be strong enough to manifest it. That's why today I said, "I have to say something really serious".

On the 27th we are going to have a big puja, you know that (Guru Purnima Puja, 1980-07-27) and I would like you to think about what I have said today. And I would like you also to proclaim within yourself that you will establish this Mahayoga on this Earth, that you will bring the blessings of this Golden Age on this earth, which was created for this. The whole creation will find its own meaning.

May God bless you.

I would request you to put your hands like this towards Me - just like that. Then the vibrations are so strong. Like this there is not going to be any difficulty in receiving realization.

Close your eyes. Put your feet straight on the ground as far as possible. It's better.

1980-0703, A Great Discovery of Modern Times

View [online](#).

3 July 1980

A Great Discovery Of Modern Times

Public Program

Kensington Town Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Today we are here to hear about something that I think is a very great discovery of modern times. We have made lots discovery in the modern times. If I told My grandmother that we have been to the moon, they would not believe. None of them. All these old ladies would not believe it. And when we showed them even the TV, they would say, "Oh, something made up story. We cannot believe it. How could they go to the moon?" But we have. Definitely, we have landed there. In the same way today we are here to hear about a very new discovery. Because when we are progressing outside, maybe some are progressing within. And there has to be some progress within. If you see a tree, which grows very high, you must know it must have very deep roots. Otherwise, it cannot grow that high. In the same way when you are growing so much outside, there must be some people finding out the roots to feed this over-developed civilization of ours. And this discovery is that the time has come for us to get en masse realization that very few people received before, our Self-realization, that is - to know ourselves, not through some brain washing or speech making, but a happening which has to take place within us in the course of our evolutionary process.

We have reached a certain state of evolution. We are human beings. All right, I hope nobody has doubts about that. But, still we do not know what is the meaning, why are we here? We have not found out our meaning. We have not found out our purpose of becoming a human being. Why not the scientists ask a question to themselves, "Why did we become a human being?" Why the evolutionary method has worked in such a way that a great thing like human beings are created? And then what are we going to do with this special personality of human being that has been incarnated on this earth? What is this specialty? What are they going to do? And what is their relationship with the whole, with the whole universe, with the whole creation? Where do they stand? What is the purpose of their being aware of many more things than the animals are? And why should this awareness be in such a condition that you cannot answer most of your questions? This question has never been asked by scientist because they are approaching outside, they have seen outside only not inside. This search is outside. For example, a doctor: he's searching outside. Whatever he does not know inside he says, "All right. We have that much, that far, not further." You ask them any question they say, "So far is all right. Whatever we see with our five senses, that much we can say," or at the most microscope or something that they use but nothing beyond. Because they cannot see, because their awareness is limited, they cannot go beyond.

Without the seeking you would not be here, no doubt. There is seeking every-where these days. Everybody's seeking. Some are genuinely seeking; some are in the fashion also. This is the fashion going on that you have to be a seeker. Otherwise, you are no more in the rank. But the seeking that is coming to us is also coming from His power to desire that. And if you are really seeking it, you should find it. But firstly we do not know what we are seeking. Secondly, we do not know whom to believe and whom to trust, naturally, because there are many people in the market afloat. You don't know which shop to go to. Thirdly, our ego stops us from accepting anything that can be beyond us. We are so much filled with ourselves, "I, I, I, I believe, I think, I go. This is my house, this is my town, this is my country." All this "my" and "I" business, it's too much in the head. And we are pumped up with it. I don't blame anyone. All this works together and stops us from getting to that point. But if you have to speak from God's point of view, He has done everything so remarkably within us. That if you just get rid of a little of your ego, a little of your ignorance, and a little of understanding, it will work out. It has worked with at least seventy percent people over here, and it should work with the rest of them.

Within us lies this power, Kundalini, about which you must have read many books. Also there are books of Yog. As soon as one start talking about Kundalini there are books Yoga, of anything. Whatever you say there are books of yog about it, whether they are upraised or not. Can you imagine Hitler used to talk about God? Can you imagine Napoleon used to talk about God? Who is

going to catch them? Which God is going to charge them? Anything fool men can come and say, "I'm God." What can you do about it? All right, at the most you will say that he is lunatic. That's all. In the same way anybody can write about Kundalini. And that's how so many people I've seen are frightened to know about Kundalini. But She is your mother. And She has been with you. Not in this life but many lives She has been there waiting for this chance to give you your rebirth. She is the one who has loved you throughout. She is the one who keeps a check on you. She is the one who knows all about you, what you have done, what you have been up to. Everything She knows. And She shows it up when you come for your realization.

But how we have treated Her is another point. I've seen people having Kundalini of such horrible nature you cannot imagine it. I yet to see Kundalini, the way we have treated our own Mother. It's wounded. It is so hard to describe even the agony of Kundalini within us. Our ego has ruined Her many a times. And all these things are there in the heart of that Mother of yours.

Every individual has a mother. That's why it is called as a rebirth, as we call it the baptism or we call it twice born. In India we say a "Brahmin." Now Brahmin cannot be born. It's a wrong idea. How can a Brahmin be born? He has to be re-realized soul. It is an absurd idea that a Brahmin can be born. It would be like saying that a realized soul can be born. But he cannot be a realized soul because, his parents are realized?

In the same way we have really misunderstood many things as far as religion is concerned. And the people who took charge of religion have also really misled us. I went to Russia recently. And their argument, really, they're fantastic.

What they said, "Now, look at this man. He's supposed to be the bishop here. He drinks, he smokes, he has all the weaknesses of the world. He collected lot of money for himself. He doesn't do any work. He is a parasite, and everybody pays money to him. And he stays there nicely. Now, how are we to believe that this man has anything to do with God?"

Naturally, I mean, we also feel the same way. But we have not rejected God. That's the difference. So they say, "With this kind of a man preaching about God, we don't want to believe in any of their say."

I said, "Why have you rejected God? Supposing somebody really brings you closer to God?"

"Then," they said, "We'll believe, of course."

And that is how we have lost faith in God. Now you have to forgive those people. And you have to see if you can really get to that position, if you can really feel it.

Now these chakras and all that, there are books you can read them, and you can go through all that. I need not every time tell you all about it. Only thing I have to tell you what happens really, when you get realization. That is important because sometimes I've seen people get confused.

First and foremost thing that happens when the Kundalini rises above this center which is placed inside the brain, we have pituitary and pineal body, which is called as - actually that place has no name in the medical terminology - but you can say at the crossing of the optic thalamus this very subtle center is placed. It controls your ego and superego, and when the Kundalini rises above that, you become thoughtlessly aware, means you are aware but there is no thought. You become blank, not that you become into a trance or you become something else. You're absolutely aware. But you find there are no thoughts coming from your ego or superego.

We always live on thoughts, the cusps of thoughts. From one to another we are jumping. Even for half a second we cannot become thoughtless unless and until we are possessed or we are drunk. So in your awareness you become thought-less. It's first thing happen. Then when Kundalini crosses from here, you start feeling the cool breeze coming from your hand, a cool vibrations. That means in your central nervous system you start feeling the pulsation of your spirit, first time. You start feeling. Sometimes you may feel a little hot in the beginning. Heat comes out, then the cool. And even from here you might feel the cool breeze coming out from your head here. Because a hole is created there, you are baptized. Sometimes people feel a big draft

coming out of you. And they're surprised, "How is this?" Like a cooler it comes out.

After this happening in the West I've seen there's a problem, not so much in India. Indians who are really Indians, living in the villages, there is no such problem as we have here. Because you are rational people, you have had rumbling in the rationality and thinking, analysis. Everything you give to them, they'll analyze. For example if they came to My house. If I make a cake for them, they sit down and analyze it. By that time, the cake will all be finished, and all the taste will be finished, and they'll be analyzing it. So the analysis starts and because of that. First they will feel vibrations of others.

They'll find out now what are the centers? Because I'm here to decode, I tell you, "This is this center, because of this center, this is the problem."

So they'll find out, "Now, what's the matter with you? Why you are catching on this thing? Are you suffering from this disease, or have you got a problem with your wife? Because this is wife's center."

Then they verify it. Then they are confirmed that "Yes. What Mataji has said is correct." Then they come round. Then real joy starts trickling in them. But for Indians, I mean, say the Indians, real Indians, there is no problem of this kind. They are just there. They start enjoying, laughing, "We found it," finished. They don't go round and round.

There is one book written. I don't know if they have got it here. Have you got the book? There's a big book written by one of the Western seekers. He's a very scholarly gentleman. And that book, when we gave it to these Indians, they said, "What is the need to read all the time? Now we have got it now. What is the need?" I mean, "We are feeling it, we have got it, we have changed now, we are transformed people. Why should we read all this? This is not necessary." But to a Western mind it's a nice food for thought. They must rumble a little bit here and there. But it works. Then they come round, and it works, and works in the real way.

So when the people are confused, I have to just tell them even if you get the realization. ...though the Western are very good at getting realization. I must say. Americans especially are very good at getting it and losing it too. They are such shifty people, you know. They'll come out of this house, get their realization, go to another. There five rupees now they would be sit down there then go to another. So that's a rather difficult situation.

Now, the English are rather difficult. They are. It doesn't crack easily. It does, sometimes, very easily also. But mostly takes little time. Then they start sitting, you see, with their English mind, you see, "Let's see now. What about this?" ... goes on a little bit. But it has worked and worked with so many of this beautiful people who are sitting here. And I always felt that England is the heart of the whole universe, no doubt about. Your laws have been taken away by all the countries, and they are using the laws, English laws. And in the same way God's laws and statutes have to circulate through London, England. I came here by chance. My husband got elected into a job, and that's how I'm here just by chance. And India, if it has got the Kundalini of the universe, I think, heart is here.

But in this ego business we have lost our heart. Ego covers the heart completely, and we become heartless. I met people who came to Me, they said, "Mother, we have no feelings. Now what to do?"

I mean you cannot think of a person who has no feelings at all. He has no feelings for his children.

I said, "How could it be? What have you been doing?"

"I've been very busy. I've been doing lot of social work."

I said, "You better do some social work to yourself. How can that be you have no feelings of any kind?" "You see, I've seen so much now. I have no feelings left."

It's all ego that "I'm doing so much good; I'm doing such good work, you see. My name must appear in Who is Who and it should,

I would like to contribute so much thing to that work." All that is nothing but is expression of ego.

But Kundalini is so great. She sucks in everything - your ego, your conditionings, your superego - everything She sucks in. And you become what you are. You are really beautiful. And you are the spirit. I see only your spirit. I don't see you - to be very frank. I just see your Kundalini and see the problems on her, on her movement on the centers. But I don't see what country you come from, what place you come from. But the way you react and respond then I know, "Oh, you must be from Holland." Or if they are from Sweden, I will immediately know they are from Sweden because they are all planning how to commit suicide in a proper way, you see, in the most prestigious manner. It's very easy to find out. And it's very easy to find out a Swiss gentleman from the way they respond to Sahaja Yoga. Their main problems are like that, and that's how you discover people.

But the best part is when you get connected with the whole, you start feeling yourself and also feeling the others. On your fingertips you start feeling your own centers. These are five, six, and seven on the left and right. Now the left is your power of desire, and the right is the power of your action, means this is your physical, and also your thinking, and your planning. These two powers you can feel it in your centers, you can feel it on your fingers. And that's how you can tell whether a person has got physical problem or a mental problem, whether the person has got his liver bad or his head is off. It's very simple to find out. Even children can do it.

Now we have many children in this country born as realized souls, which you are not aware of. How will you know? How will you know if a person is true or not? How will you know that person is realized or not? There's no way of knowing it. See, I have seen people they believe that the more you pay the better the guru. If you pay, say thousand, then "He's all right." But if you pay three thousand, they'll all compete for him. You see, it's like a race horse going on, you see. Who puts more money? And that's that how they think they are going to do about religion also. And there're some people... I mean, I don't want to describe all the horrible things that they work out, but only thing is that you are being befooled completely by all this jugglery going on. You cannot sell God, impossible. God has nothing to do with your money. You do it in Switzerland all these things. It's not meant for God and godly people. They have nothing to do with your money, with your purse, or anything. They are not bothered. What is riches to a man who is saint? He's nothing. What riches have you got? How can you purchase God? Can you? It just ego pampering. In Sahaja Yoga we just see what is your Kundalini, which is pure form of your problems, and your spirit which is the pure form which you have to achieve.

So, if there is a happening that takes place - which will I'm sure - it's happening to thousands, so it should happen to you also. In Kensington I've great hopes because I've [mow down?] here in this place quite a lot. I hope so. If it works out, then you have to first of all establish it. But what happens? As soon as it works out people start thinking. It's like eating the cake as I told you. It has not happen to you because of any thinking, by any rationality. Rationality is limited. Like if I came in the car, I have to leave it outside. I cannot bring it inside.

In the same way when you have to enter into the Kingdom of God, you have to know that it is beyond rationality. You land into a space where you just feel the joy coming within... Your thinking ends up here when the Kundalini goes above this red mark that I have, in the brain itself. Then your thinking will get over that thing. For example a thought rises and falls off. Then another thought rises and falls out. There's a space in between, a very little space which we cannot feel normally. We cannot remain there. We jump from one cusp of the thought to the other one. But there that space increases, and then your attention is in that space. That is the present. While the left is your past and the right is your future. Either you think of the past or of the future. But by this you come in the center, in the present, now at this time. You go beyond all the shekels of time. And then you start understanding that God's clock are different from ours. That's why I'm sometimes very early, sometimes very late. My clock doesn't go very well with that. And I find that there're still five minutes I'll have to speak more to prepare you for that. It is a very different thing. His plannings are very different. Our own plans fail because we don't know His plannings. If we know His planning, not a single plan will fail. And you'll be amazed how He helps you.

Now within us these seven centers that we have. The first center is the lowest, is called as Mooladhara Chakra. And Mooladhara Chakra is the center which represents our innocence which most of us have lost. Innocence is the thing, which keeps us pure, holy, and simple. The Kundalini is placed higher. The matter is innocent. Above that lies the Kundalini. We can say that when we

were carbon atoms, at that time we were at Mooladhara Chakra. When we became living car-bon atoms, we were at Mooladhara Chakra. Then we lost our innocence because we have freedom to loose it or to have it. Then comes the Kundalini, which is above it.

And above that is the center called as Swadishtana which goes round and round, and thinks, and plans, and works out for our future - is for our creativity. This center also transforms the fat cells from the stomach for the use of the brain. That's why when you plan too much you have a problem with your heart. Now you may say that "How is it heart gone?" I mean I've cured many heart patients. I've cured many, many diabetes patients. How did I do? Very simple. Because in medical science there is now talk of balance in life. I mean even doctors have no balance in their life. For example they are working, they are working like - I don't know how to call that - but really working very hard. They have no balance in their life. They have no love left in their heart because they think, they are doing such a lot of work themselves. They have no time for anything. Now this kind of too much work gives you the power to stretch your energy too much, and you start using our right side so much that the left side fails. You become really un-emotional. We do not love. You do not know you're happy. You neglect your emotional life. And that gives a pull to the heart I would say, because heart then puts down, put down, says, "Now better stop," and attack comes in. Diabetes also do such a thing. Diabetes is caused also by the same thing. Those who plan too much will get diabetes; if not, they'll get heart attack.

Planning too much, I explain that now. You have to go somewhere. All right, your planning starts. Now you have to go there tomorrow, not today. Now, supposing in everyday life if you plan like that, you really go mad. For example, now supposing I have to come to Kensington. I say, it's all right. I've planned that My car will move only right side, will I reach here? In the same way we plan everything. If I have to buy a ticket, I should go and buy it today. What is there to sit down and plan it? I can't understand. And once you sit down and plan it what happens, that the spontaneity of that thing is lost completely. You are not spontaneous. And that spontaneity is lost, and you become really a dead planner. No wonder these walls are made like this. I mean really look at this. I mean you look at them, you feel as if just like a, I mean, they make you very feel very dull. Don't you think so? I mean, who must have done this? You see, must have planned hundred times sit down that, nothing happens, when I will be buried or some-thing like that, then I will see all grey around. I mean, just think of it. And this planning has come from a brain who must have thought him to be a great plan-ner. But nothing bubbling out of it. You see no joy. I mean if there is anything, I would like to see. But there isn't any at all. This is so grave. You work on the street you find everybody [unknown]. What's the matter? They cannot smile at you. They cannot wish with a smile. Even if they wish, you feel, "God, are they going to a funeral? What's the matter?"

The man can become so full of this kind of tragedy because of our death planning I tell you. If you stop it a little bit, it would help you and help all the world round. With planning what have you got? Wars, problems, divorces, children running away, drugs - all this is planned out. If you have to do anything wrong, you have to plan it, for example, robbery in the bank. But they sit down and plan it nicely you can do it very well. But to give realization you cannot plan. I cannot say that -you will get it.[It may work out?]. Can you plan out a flowering of one flower? Can you plan out the fruits coming out of the tree? Can you? Not one single living thing you can plan out. And when you try all those tricks, the Kundalini sufferers. And what happens that your right side becomes very heavy, and the whole heaviness reduces you to nothing but that yellow stuff that you see in the head. It is something like your bile in the head, is Mr. E G O - ego. Every work that you do, you think that "I have done it."

Now this "I have done it" cannot go unless and until you get your realization.

Some people do tell Me, "Mother, whatever we do, we leave it at the feet of the Lord."

I said, "How can you?"

You cannot. There is a misunderstanding between yourself and your being be-cause it is not possible. As long as there is ego in your head, you are always knowing that you have done it. So you cannot leave it at the feet of the Lord. But when you get realization then what you say? "It's going. It's coming." Even if it is your father you say, "Mother, it doesn't come up. What to do? Kundalini doesn't come up." Even he may be your son, [your?] son. "I don't know what to do? He is all hot." You become a third

person. You say "It. It doesn't work out; it doesn't come up." Then really you become a person of non-act. You become a hollow person, and you start seeing the whole thing flowing through you. And you start seeing the beauty of God's divine love that flows through you. You become really the [tendon?] instrument of God, the meaning that you are the purpose for which you have become realized. You are the instrument.

Till you put something to the plug, it cannot work out. Say a, Take a television. First... But once you put it to the plug, you see the manifestation. You are amazed, a television, just imagine. It is recording everything. How is giving out I mean - one cannot understand. In the beginning when we saw television for the first time - we were all amazed. Look at this box! In the same way, we are the most beautiful instrument God has created, not only that but we are the one who have to enjoy our own being. Can you imagine what a thing God has done for us? To enjoy ourselves - this is what we got because He is the gracious Father. He is the most loving Father, and He wants us to be into His kingdom to be crowned as His children. Any Father would like to do that. But He's Father of all the fathers.

And that is what it is. It has to work out. It has to happen. We cannot talk about it. It's a [work? unknown] I'm sorry. It's a very different thing about which you have heard about. It's a very different thing. It's something so living. It is some-thing so acting. It's actualization, from you it flows. You feel it yourself. It is not My certificate. It is your own certificate that is going to work it out. I hope you all will get it today.. All the new people, it will work out. It's very great thing be-cause you find your absolute 'Self'. You become one with yourself.

Of course I must say as a by-product you all might get cured - completely. Your troubles get cured. Physical problems get cured as a result if you get realization. As a result, you get your mental problems... We have epileptic patients, and all of them got cured. There are some people sitting here were epileptic - are abso-lutely cured. These are the byproduct. But the main thing is you are to be real-ized. You have to get your realization, and then you have become the light. And what does the light do? Is to give light to others. And then you just give it. As in Sanskrit this is a [nirvachi?], really without any gain in it. The giving is the gain. You just flow with energy. You just feel heart after heart. It's so wonderful. Let us all enter into that wonderful land of complete purity and joy. May God bless you!

I would like one or two questions from you, but not too many. Sensible questions please, because later on when the realization starts, your mind will start coming out. So its better that you ask Me question before that.

Seeker: ...what is realization?

Shri Mataji: What's it?

Seeker: What is realization what You're talking about?

Shri Mataji: I'm talking about [noise?] or something [laughing].

Seeker: ...What You mean by realization.

Shri Mataji: Realization means you become one with yourself. If I say there is a spirit in your heart. All right. Now, I'm saying this a hypothesis for our practical purposes. But if I say so, then I have to prove it. And if you become one with that spirit, that I call as Self-realization. But in medical terminology I would say that on your central nervous system you can feel the existence of your spirit, to be very precise, or in psychological terminology you become connected with your universal unconscious.

Seeker: Is it some sort of a light come up?

Shri Mataji: Where?

Shri Mataji: No, no.

Seeker: How do you get your realization?

Shri Mataji: No, no. nothing. You don't see it

Seeker: [not understandable]

Shri Mataji: No, no, no you don't feel.

Seeker: [not understandable]

Shri Mataji: ...light, see.

Seeker: [not understandable]

Shri Mataji: You see.

Seeker: How do you get your realization [not understandable]?

Shri Mataji: No, no, no. It will just...

Seeker: [not understandable]

Shri Mataji: That I tell you later on, how to do it. But, it is, there is no light. Be-cause light is just a shortcut you see. You just become, you just... You start feel-ing it on your hands. You start feeling in your being. It's a happening in your awareness. Your awareness is [not understandable]. For example, how are we human beings, and how are they dog? Can you say? What is the difference? It's very easy to make out a dog and a human being. Now you put a dog in a dirty place, will settle down there. You put a human being, he'll run away.

In the awareness, in your awareness it will come, so that you become aware of it. You can feel... On vibrations you can say this is the center catching. Now those who are realized they can say what, where are you catching, what is your center catching. They know what center they are catching. They also know how to cure their centers. They know how to cure your centers. Ultimately, when you are cured, you are all right, then you start feeling that joy emitted from your heart. The complete balance is achieved. And you can give realization to others. You can raise their Kundalini. You can see it, raising it like that with your own fingers.

Seeker: How long does it take?

Shri Mataji: It takes just a split of a second, actually, actually. But if there are problems. You know there are second hand, fifth hand, its like an aircraft you see. Then it go rrrrrrrr, up like that and comes down, you must repair it again and it comes back. There are so many steps.

See like My husband was once saying that "What are You doing with them? Once You have given them realization, why are they coming to You again and again?"

So one of the disciples said, "You know, there are some second hand, can be fifth hand who be horrible cheat [unknown] lot of [cleaned up, so?]

It may be with some people it just falls off. Then again must prop it up, again it comes down. But once it is done, then it is there. Now you see so many people here are there who have got it. You can imagine when I started with one disciple, what must be My

condition? Now I'm much better off because those who have got it are more than those who haven't. Any questions?

Why are you so serious? Nothing? You must little bit smile before that otherwise, this is the seriousness I find. It's rather difficult. It's not a frivolous thing. But it's a joyous thing. There's a difference between frivolity and joyfulness, is the question of joy, no seriousness about it.

Seeker: That means that everybody could get this?

Shri Mataji: Sure, sure I mean that is My desire is, to be very frank that My desire is. But it doesn't work out. Because I've seen I give realization to people. Even some of them are such foolish things they run away. They never come back., because their Kundalini goes back. They think they are in business, then they get some disease, then they come back after six months. So, you see, there was... when I was in the school. They ask a funny question: a man goes five steps forward and three steps forward and then five steps forward and eight feet backward and when will he reach? He never reach. That time I never understood, what does it mean. but now I understand what does it mean. You see it happens. They are not, you see, they are not ardently seeking. They are not there. They are just, they just, by the way like, as I told you, shopping is going on.

1980-0704, Advice on marriage: The Joy of Life & Wedding

View [online](#).

4 July 1980

Talk to Sahaja Yogis

Abbey Lodge, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Advice on marriage on the occasion of Tony (Cooly) Paniotou's wedding at Hesta Spiro's mother's house, Abbey Lodge, London (England), 4 July 1980.

For today, specially I am very happy with Cooly (Tony Paniotou), Cooly is such an ardent Sahaja Yogi, and Dawn has done so much spreading of Sahaja Yoga, brought so many people from Brighton. Both of them are great Sahaja Yogis. You all have to be really thankful for all these great occasions. Because of her people have Sahaja Yoga and because of him many have stayed in Sahaja Yoga and consolidated it. So it's a very great day for us to feel very proud.

Moreover, I think this marriages seldom have been performed before, where so many realised souls have attended a wedding! So the grace of God has descended on this earth in such a beautiful way. It has many dimensions of beauty and joy [that is] very hard to express beyond this feeling, understanding. It's really great.

My only advice is that, we must learn to enjoy, this capacity we have lost. That's the only thing we have lost is the method of enjoyment, everything [else] is there. Just you have to try to find out ways and methods of enjoyment so you will not get into arguments, will not try to criticise, will not try to find faults with each other. Just try to enjoy each other.

Enjoyment comes out of whatever is good. Say, if a fruit has got some part which is sour and some part which is rotten, you take out that part of the fruit which is alright and enjoy it. In the same way when you are dealing with your partners and friends, then other Sahaja Yogis you must put your attention to the good points of other Sahaja Yogis and then you will imbibe those good points within you. But your attention should be on good points because that is what is enjoyable in the other person. By seeing the bad points you become a miserable creature and make the other fellow also miserable. By that you do not help yourself neither you help the other person. So the best thing to do is to enjoy the best part in others, and you'll be amazed [that], by that enjoyment, the other feels very secured, happy, joyous and that goodness starts spreading to other parts of the body, to other parts of the being, other parts of the mind and the whole can be made very beautiful.

And enjoyment can give you the real insight into the understanding of others. If you cannot enjoy another person that means something wrong with you, not with that person. After realisation, specially, it should be very easy. Before realisation of course I don't say - that could be very difficult. But after realisation one should try to see the good points. Like, in a room there is light, in another room there is no light so we take the light from one room to another, to another, and another. We cannot bring light from the dark room. In the same way we have to go, move, from the part that is enjoyable to other parts and this has very subtle effect, extremely subtle. When you start enjoying another person he develops self-esteem and he tries to be enjoyable also.

But the relationship between husband and wife is very, very intimate, and the enjoyment should be maximum between them when they are Sahaja Yogis. But they should give up the old patterns of married lives as there are, like: husband can do whatever he likes and he's free. And the wife is free to do whatever she likes, she's on her own and he's on his own and nobody should object and that sort of a nonsensical life. Because you're not on your own. You are part of the Whole. You're all joined together. You all have to work in such a way that you feel that unity within yourself. This is what one does not realise that we cannot be on our own.

Your freedom is in enjoying the freedom of others, not abandonment. After realisation the freedom lies in understanding the freedom of others not your own freedom, the so-called. That is how you'll get over your aggressiveness. And for small, small

things, for petty things, for useless things a Sahaja Yogi is not going to argue because he's found out something so high, so absolute.

I'll give you an example, how a Sahaja Yogi can behave and a non-sahaja yogi. For example, a non-sahaja yogi comes to a room which is decorated say by a wife and now, he comes says, "Oh I don't like this colour, I, I don't like that colour." You see, "Why did you put that? And this could have been cheaper," some sort of thing like that. 'I'. Or the wife can do the same. But when a Sahaja Yogi marries a non-sahaja yogi he says, "Do you like it? Then I like it. Did you like it? Really you liked it, then I like it. If you have liked it, I would like. Whatever you believe, I will believe into it." This "I believe", "I believe, I like" - these words go away.

Third is, "I think". We do not think. Sahaja Yogis do not think, we are beyond thinking (laughing), so you should say, "I enjoy being with you." "I enjoy being your wife, or your husband." Our terminology has to change because now we have become the suckers of joy, not of misery. The whole priorities must be changed in life. How to please others should be the priority. How to make the other person feel the trust. How much can you give, not take. Who out beats the other in giving, who is more generous between the two.

For example, say, one Sahaja Yogi has a friend and another is her husband or wife, whatever it is, then [if] the friend is coming, then the husband or wife who is not the friend must go all out to help the wife or the husband to make the friendship stronger, purer, beautiful, just to please your companion but not to pamper the ego. This is a very subtle thing one should understand for which one should ask for wisdom, that you are not pampering the ego of the person, because you know what is ego. But if you think by saying something it hurts another person better not say.

Sahaja Yoga takes its own course and works out all those corrections; you don't have to worry about correcting others but just enjoying others. That you leave it to Me, that's My job. If you just enjoy each other and love each other, you have really returned all My love. That's all I want that, as I have loved you have to love each other, with all your heart with all your soul. Without expecting any return except that, the feeling that you have loved.

May God bless this marriage and all other marriages that are going to come forward.

As a Mother it is so fulfilling. Now I can retire gradually, I think I can. The great souls are going to be born, so we must await their coming. That's why it is necessary that establish good relationship and harmony because we all have to work together not separately on our own. Try to be harmonious as far as possible. We are thankful to Hesta (Spiro) for inviting us to this place, she was very kind. Really she's been always very, very kind, extremely kind. Very sweet of you to have invited us here, all of us, and we are going to have a very nice time now, very nice time. You wanted me to be here in the night and we're all going to enjoy ourselves the whole night and it's going to be wonderful.

So what are you going to sing to the bride and the bridegroom? I would like them to sit on some chair at least. Ah, this is good for Cooly (Tony Paniotou) and both of them can sit together, come along. He's feeling more shy than the bride now give him a veil! Is better that he has a veil on him (laughing).

Hesta is looking so sweet in that saree , very sweet (laughing).

I'm missing Malcom (Murdoch) very much, he wrote such a sweet letter today, he's very sweet. I'm happy Alan is here, you have to arrange also Alan's marriage one day, alright?

Here sit down, yes, sit down, sit down there. Sit down, sit down. First the bride has to sit you see, after marriage bride is important. Sit down. So how did the ceremony went off? Good? So what is the program?

Yogini: "We had tea Mother"

Shri Mataji: "Tea, alright."

Yogini: "Not very original suggestion."

Shri Mataji: Whatever I think let's finish the dinner alright? Would be a good idea. All Harley Street is now looking out for patients because Arabs are going away! Who's going to pay them? They are spoilt really, poor things.

What beautiful flowers uh? Beautiful.

About the petrol?

Yogini: Well we went shopping today in Houndsditch (a market road in the City of London near Petticoat Lane where there are many Indian/Bangladeshi shops) today to buy some sweets and things and when Hari was driving and when we went to start the car to come back it wouldn't start, we couldn't do a thing. So first we thought it was the petrol so we went looking for petrol. So we walked and walked then we got to the petrol station and they didn't do diesel so we stood around for ages waiting for a taxi and nothing came, then Hari said we better pray to Mother. And just that minute, somebody called him over and asked him to start their car, to push it. And they ended up taking us to some place where we got diesel, taking us all the way back, and the car still wouldn't start (laughter)

Shri Mataji: No, but tell the, then the petrol was brought but still the car would not start. Then they had to go and get the oil, so they went and bought the oil. Then it would not open the bonnet you see so poor Hari was to learn everything about, so he learnt everything about the car and I was sitting quietly, sitting and watching everybody passing and coming down. Still it would not start. So then they said, "It's automatic it cannot start." So I said, "Then it's alright." I was sitting at that point, at that place throughout, you see, and then we had to take a train and both of us came by train, still I was enjoying Myself thoroughly. So then what I said you should say, because Christine said, "Mother aren't you tired, sitting in one place and sitting just there doing nothing, aren't you tired." And it was such a negative, I mean there was negative forces and I had to sit there. But what I told her was the thing, you just listen. So what did I say?

Yogini: "That you had to be there."

Shri Mataji: I had to be there, that's all. What is there to be tired, I mean that's My job? I enjoyed every minute of it, and I had to come by train, that was also so, everything has to be, so you have to do it.

Linda Williams: And then Peter (Pierce) went there and just started the car just like that!

Shri Mataji: Whole thing was like a drama. But you can make it very laborious, horrible, boring stuff you see. Whole thing was such a beautiful drama and I saw all kinds of people coming, walking. Most of them I think had either a limb missing, or a hand missing or a finger missing. All sorts of faces coming up that road and all kinds of women, all types I think all funny also and very, very, very adharmic women were passing that way and I had to do something about them. I think that is the spot I had to go. Which Marcus has said that, "Mother I know why you had to go to Houndsditch now, it's a hound's ditch!" You see.

Yogini presents Mother with something.

"Oh, thank you very much. Oh My God, how many things!"

Yogini: Everybody has brought something.

Shri Mataji: Except for Me, I brought Myself (laughter). Thank you.

Yogini: You brought everything Mother!

Shri Mataji: Can you push this in a little so that I can put it alright? Such a nice idea, you know, to have a foot, rest. Very good, thank you. What about these Maharastrian ladies were coming, they said they were going to come

Yoginis: They were going to come we don't know where they are.

Shri Mataji: She has been asking Me to.... Now Chaya (Camille) is going to tell another story. Chaya, come along get up and say. First of all tell how I got it so cheap for them.

(Chaya Camille tells a story about buying a saree at a very cheap price and getting a border stitched and needing red thread and having to go to an unwell yogis place to get the red thread).

Shri Mataji: See because of the red thread. Now there are three or four sarees selected out of which Cooly selected the red one and the red thread was with Patricia (Proenza), who was sick. If these people had not gone there she would not have been here and I would have missed her. Because they had to go and get the red thread from her and that's why she got cured and she's here. All these stories must be written down, isn't it? Just imagine what a small thing it is. But the saree's a miracle, absolutely because we had a big fight. I said, "I'll not take any sarees nothing, you're not going to waste your money, all that." Then ultimately I think Peter was on my back all the time. "Mother please, please you must accept, you must accept." I said, "Alright." Then Maureen (Rossi) followed Me up to My house, she said, "Fifteen pounds is not, we have put twenty one between both of us, not much. Twenty one is good, twenty one You must accept, twenty one." Big fight was on. I told her, "In twenty one you'll get a nylon saree, I don't wear nylon. So what's the use of giving Me a nylon? You can't get cotton here, nothing, so forget it." And there it is £22, I gave in, really this is the miracle of your love, absolutely. This is not My miracle, you're going to out beat Me I can tell you, in miracles! Because I was arguing and I thought this argument is going to hit the point but that also you have managed.

Now, and for Guru Puja also same thing, I told him that, "I will not take a saree," and I said, "Don't give Me any shawl, because shawls I have many." But he found a shawl which I do not have for Guru Puja. Just because of his love, after all I don't need really anything. But just out of love things work out, just to suggest, you see, all these small things. How do you suggest. Red thread. That's why material things are just expressions of the movement of love, how the love works it out, how it puts it. Everything has that love pulsating.

It happened also once in Bombay: I had a big quarrel on this saree business. I said, "I'll take only khaadi sarees, you see, khaadi sarees. Don't give Me anything expensive, I won't take anything." So I said, "The price should not be more than five pounds, that's the limit. Five pounds now is about hundred rupees, and a cotton khaadi saree is alright." But they had discovered that all cotton sarees are lying in Bombay, they don't go with Me to London.

So Modi came to Me and he gave me a saree, silk saree. I said, "I've told you not to give me a silk saree, why did you give Me a silk saree?" He said, "Now Mother you really tell me, You won't believe the price of this is less than hundred rupees." I said, "How can that be, is an impossible." He said, "Just I was wondering now what to do, I have to again get this cotton saree, is Mother's instruction." A man knocked at my door and he said, "There are some saree's for sale would you like to see." He brought in these saree's and he said, "I have a very nice silk saree for you, if you want you can take it and I'll give it you very cheaply" And it was less than hundred, which you cannot get. And he said then, "I was so amazed that it fits into Mothers price and how is it, you see, won't believe, you ask my wife, you ask my children they were all there. But the fellow disappeared after that." I don't know if it's a made up story (laughter).

But it has happened with Me a many a times, small, small things like that. I went to Delhi once and I saw a very beautiful Ganesha made of stone, we call it serpentine, I don't know your serpentine is different from ours. It's a very expensive stone and I enquired in the shop I said, "How much for a Ganesha?" I thought I'll give to someone, some Sahaja Yogis I can give one. And he said it was five hundred rupees. I said, "If I give it to one then what will the others say, then I'll have to buy all of these and there aren't enough." When I came to Bombay, Gavin and all that is not here, you were there, I was amazed Modi gave you presents of

serpentine stone, this Ganesha. I just started looking at it. I said, "How did he get that?" He said he had gone to Rajasthan last year, he got them very cheap from there and he had kept them for the Sahaja Yogis from the England, coming from England. You know I was so much enamoured by the beauty of Sahaja that I just desired that I would like, and to each and every person he gave, he gave you also, you were there. He gave you, you've got that one with you, you should show them. And I just watched him, you know. If I wanted this is five hundred rupees worth, and to one person if I give I have to give to all of them what will happen. And here he is, all of them got. So the working of love is so clearly seen, how it works out.

That's why little bit giving to others and taking from others is important in Sahaja Yoga. There's nothing wrong if you give to someone and you take from. For example, you know that I also give lots of things. Because it's not the money that is important, it's not how much you have spent but how you expressed your love through little things like giving flowers or anything that you give with love. It has such a meaning, it is such a great thing. Otherwise what is all this matter, is useless. But it has a meaning when it has that feeling behind it, then it becomes great. It's like a mirror which is ah, that you put the mercury behind [the glass], then it becomes a mirror, it starts reflecting. In the same way anything which has that feeling it acts like a mirror and then it starts reflecting, the love and the beauty of that person, you see.

There are two nice stories about giving, and one [is] about Rama and one about Krishna but I don't know if I've told you about Rama stories and the Shabari an old aboriginal woman who was there and she gave the kind of a fruit (called ber - *Ziziphus mauritiana*) [that is] like berries, after testing them with her teeth, to Rama. Every fruit she took out, tested it nicely, I mean ate them in the sense that she pierced them with her teeth, to see they were sour or not and then they kept them collected in a bunch, I mean in a basket. And when He came, you see, she took them to Rama and she said to him, you see, I mean first she talked to all the leaves and all the trees and everyone that, "Give me the best fruits alright, He's coming now and I've adored Him, I have prayed for Him, now He's coming so you give me the best fruit." And then she collected all those things and she was waiting for Him to come and when He came she washed His feet and made Him sit down and then she offered this fruit. She said, "Every piece I have tested, so you can eat all of them because they're not at all sour." Oh Rama took that immediately, started eating it, "What a nice thing! Really I've never eaten such fruits, never in My life I have had such good fruits. What taste! Immensely delicious!" and Lakshman the brother was getting very angry with her that, "what is this?" In India what is regarded [as] *uttishta* (forbidden). You see, if somebody has eaten something except for [when] that person is a saint, you're not suppose to eat that, and this lady had done all that, eating and he was enjoying it.

So He told His wife, Sita, he said, "Oh, I cannot give you anything out of this, if you want to have more you should ask her to get some more. But I will never share anything!" So Sita says, "No, no, no, no. Little bit let me also enjoy. What is this? You're going to enjoy everything. It's no good after all I am your ardhani, I'm your half personality so you cannot eat the whole, You have to give Me little bit." Then she took some, and she started eating, then She tells Her brother-in-law, She says, you see, "I've never eaten really such nice fruits, so I'm not going to give You anything even if You ask for it, I'm not going to give You can ask Your brother." His brother said, "No I've shared with You but why should I share with Him, You can share with Him why should I share, this is so great," you see, and She was praising and praising, then Lakshman said, "Alright, let me also have a little." so She says, "Alright I will give you only few." Rama said, "Alright first you give, then I will see how much I can give." So She counted and gave Him, He ate. He said, "Really, there's something, something I don't know, it's like *amrutfal*," *Amrutfal* is the fruit of nectar, you see, "I just cannot imagine what a taste it is." He asked Rama, "After all You cannot be that selfish You are My elder brother You have to share Your things with Me. Better give me some," and they started, you see, quarreling about it. Such a beautiful description in the Ramayana, of Shabari ke ber, the bers of Shabari. This is one of the things (stories).

The second is when Krishna became the king He had a friend who was a, when He was a student, When Krishna was studying, this friend Sudama was studying with Him. You see, they both were great friends. Then Krishna became a great king and Sudama became a poor brahmin living in Dwarika. And so he said, "I must go and see the king, and though He's my friend He won't recognise me. So, doesn't matter, but I must go and meet him after so many years I'm going to meet Him, so I must go and meet Him. Somehow I'll find ways of meeting the king." So he said now he asked his wife, "Is there anything in the house that I can take for him to eat." She said, "We are so poor what do we have to give to a king, we don't have anything." He said, "Alright, if you don't have anything at least he'll be having" that we eat as called as something, "chiwda". That is made from the rice, pounded rice, and you see, he must have eaten that sort of a thing, it's very cheap stuff.

So he said, "Alright give me a little bit of that and I'll take this to him." She said, "Aren't you ashamed of yourself? You are going to see a king and here you are, you haven't got proper clothes and you are taking this chiwda for him which even you wouldn't take to a poor friend and to a king are you supposed to take this chiwda?" He said, "Whatever it is now then I must take something. I can't go like this after all I'm meeting My friend. For so many years I have not met him, after all I'm going as a friend and as children we used to enjoy everything. So I will take it."

So he tied it up in a small little bundle and put it in his covering cloth that we use. And he was a very poor man with all his bones and very thin body wearing a dhoti and little covering cloth, and he just hid it under that covering cloth and went to see Him.

And Krishna knew that he was going to come. He had told his wives, He had five wives that time, these were the five elements, you see. So He said, "My great friend is coming, you all have to make all the preparations for his bath, for his food and he's to be treated like the greatest VIP and there should be not mistake at all! And you plan it out properly, if there's any mistake and you have to wash his feet and wipe his feet with your hair, so clean you hair first of all." - To the Queens! Can you imagine? All these orders were on. And He had told all the people that, "There's a friend of mine who's going to come." So, all the people were informed, guards were informed that a friend of Shri Krishna is coming, everybody should be on his best behaviour(?). And they thought he'll come on a elephant, you see, with a big trumpet blowing in front, His friend [was] coming, after all, Sudama.

So here Sudama walks, you see, with his little thing hiding here. A thin, lean, short gentleman and knocks at the door. So the guard asked, "Who are you? Why are you coming here just now keep away, because Shri Krishna friend is coming and we are all waiting for Him and where are you going you look like a beggar?" He said, "Alright which friend is coming?" He said, "There's somebody coming so you don't worry now." He said, "Alright but please go and tell Shri Krishna that your friend Sudama has come, will you have some time to see me tomorrow?" He said, "Are you Sudama?" He Said, "Oh God, we are sorry!" You see, they all prostrated themselves before him. They opened the door, "Oh God you are Sudama why didn't you say, we are sorry sir, we are very sorry." And they all prostrated [before him]. They said, "We never knew you are Sudama." And then the news went that, "Sudama has come." Shri Krishna has gone for his retirement and there were, His wives were pressing His feet. He heard it is true. He ran, "Oh my friend has come." He ran all the way, He ran from the staircases, He ran, running with His whole this...He was wearing, that dhoti, as we call it. You see, it was all falling out and He was running and holding it and running that His friend has come and He went and embraced him, and the tears started flowing from His face. And He said, "Oh my friend, how many years you have not even remembered me? Now you come down. and He took him inside and He made him sit in his own place and sat next to him. And this fellow was feeling very shy with his torn clothes and all that, you know. So he said that, "Right now you have to tell me one thing first of all, my sister in law," is Sudama's wife, "must have give you something for Me?" He said, "No, no, you see, what can we bring for you are a king." He said, "No, no, that's not possible! Must be, there must be something.

(somebody gives some wedding cake to Shri Mataji)

Great! It's nice. Beautiful. Very well done. Very soft.

So Krishna got after him, he said, "No, no, you have tell me what has she sent for Me?" "No she has not given anything." He said, "Now what are you hiding under that cloth of yours?" He said, "You know nothing, nothing." So he pulled it out. He said, "Oh this is what she sent for Me," and he opened it, He said, "This I'm not going to give to anyone," and He started eating like a glutton, you see, whole thing started with both the hands. So Sudama said, "Still you are just the same the same, the same child." I said, "What do you mean, you want it? I'm not going to give you." So he looked at Him. Then He told his wife, "You don't look at him, don't feel jealous, I'm not going to give her anything out of it even a drop." So the Queen says, "Don't you think we deserve a little at least?" "Alright if something falls down you can have it, but not from my hand I will not give. It is such a precious thing, is sooo tasty, it is so beautifully done. You cannot get it in the whole world like this."

So the Queen knew what it was. She said. "Little bit if you give us as a prasad it will be good," So Sudama said, "Don't be so selfish, after all it's not that good you are just bluffing, why don't you give?" He said, "I am not bluffing." And then he gave it to

them and they said, "Really? We have never had such a thing! What is this precious? What is this beautiful thing?" And they really all enjoyed. And then he said, "Now you have had a bath you had a nice sleep now I want to show everyone my friend, so we are going to take you out in a procession.

So he made good clothes for him and He said, "Now we are all going to go out, celebrate." He said' "No Babaa, my cloths are alright." He said, "No, but, for my sake, it won't look nice you see. I'll wear your clothes, you wear mine." So he took his clothes and he made him wear His own clothes. He said, "Oh, no, no, no, now you wear your clothes and I can wear these," and they got into the procession.

Now there's a question in India that, when a procession is taken out, of a bride or a bridegroom, they put money or something just to take out the bad eyes, you see. That's called vicharo (?). They just start throwing on people like that. Coins and things and all kinds. So Krishna was throwing jewels and pearls just to take out his bad eye you see (laughing), there should not be any bad eye on His friend! So He had asked them to put. Now the poor brahmin, Sudama, was thinking, "Not even one has fallen into my lap and He's taking out my bad eye!" (Mother is laughing) "Look at Him, why doesn't he understand that at least one should fall in my lap and the rest He's throwing it to others taking out my bad eye, and that people should not have bad eyes on me. So He's distributing this to the poor, but I'm the poorest of poor I can't even get one out of that!!

And Krishna was smiling! Then after the whole procession was over and the meeting was over and then they had food and everything and next morning he said, "Now I must go back to my wife."

So when he went back he went in the same dress the he had come. And he couldn't recognise, his house was missing, everything was missing, he said, "What has happened?" There was a very, very beautiful palace there. He just stood there and they, all people started saluting him. He said, "You are our master. Please come in this is your own house, and his wife all decked up in jewellery and all that comes out. He started looking at it, "How is it that this is my house and you are my wife is it? And these are my children?" She said "This is all yours, Krishna Himself came here and did all this when you were sleeping there."

So you can imagine the love of God. For that. And then he was eating he said, "I cannot compensate this taste, this joy that I'm getting, even if I could give you palaces after palaces" So this is what is giving and taking. See the beauty and the joy.

(break in recording)

So you see the people living in this country, they said, "It's all right sir we don't mind but

as Cypriots, as called as from Cyprus, Cypriots, may be called as something else! (laughter) we are not prepared for that (laughing). For (?) the idiots you see. For he really is a real idiot I think! There's another one [Colonel] Gaddafi! Gadha means, in Hindi language means a donkey! (laughter) Really, it is. Gaddafi! (laughing)

Yogini: ...we were looking round and buying flowers and it was really nice.

Shri Mataji: There's another market which is of flowers, which is that called as?

Yogi: Covent Garden

Shri Mataji: Covent Garden, is the same thing, is a continuation, Covent Garden yes. Alright so?

(Yogini tells story about going to a market to buy flowers for the wedding and how they got a cheaper price for that and how sweet the flower sellers were.)

Shri Mataji: See now, they live with flowers you see, they live with flowers and they are so nice. But I knew something would happen even in the flower garden when you would go there, you see it works out. They are very simple people and it will work out

there much faster than anywhere else. I have to go one day. What beautiful flowers actually, they are really, I mean.

Ray Harris: I'll read the Hebrew first, read the chorus I'll just read it through because it's just such a beautiful poem.

Shri Mataji: Read loudly. Everybody should hear it

Ray Harris: (Reads out a poem in Hebrew from the Torah presumably)

Shri Mataji: Beautiful. It's like mantras. All these scriptures are nothing but mantras. Clears your left nabhi. That is Gruha Lakshmi.

(break in recording)

Who are not Sahaja Yogis and ones who are Sahaja Yogis, can you find any third (type)? I mean the second category includes all bhoots, everything put together, from rakshasas to anything. So all of them on one side, Sahaja Yogis on the other side. So any, any thing, which is so great as a scripture is debased because they're not authorised! If this is understood, you see, everybody's opening out, can you imagine what silence?

So to claim that you're a Sahaja Yogi as just now read out, to be awakened, to arise, and not be ashamed to say that. So go out, all out and say that you are realised souls. Like Pat (Anslove) told me, that they said if you are a realised soul you should be able to build a pyramid, are they mad? Why should we have pyramids now we have to build human beings. We have had enough of these nonsensical things. You have to build human beings now. Once it is understood that we have to build the human beings, and when you start talking like that then they will know that you are realised souls. Your faces show that, anybody can see that you are flowers of the Creation. On a tree people know where are the flowers; that the leaves are leaves and flowers are flowers. You look [like] flowers. Nobody has to doubt on that. You all look flowers but you have to tell them what to do now, these blind people, that we are flowers now, see our fragrance, they are blind.

(A child is singing innocently.)

Very good, come here.

Yogini: She's shy

Bhavasagara can be engulfed by these horrible crocodiles which are around so we feel sorry for that and we have to pull him back, because he's so precious. I know his greatness very much that's why he's so precious. We never did this for Mr. Sharma who wrote a very, what you call? Treatise, you see. Nobody bothered about him. [Dr.] Rustom of course we are bothered. I know him too well.

You are actually giving him strength to come out of that crocodile. (must be giving bandhan) Ha! You see better?

You see, here there is no such judgment you know? Like somebody is very nice, somebody's bad - that's not the point! Today, where are the vibrations just now at this moment? All that is past. At this moment if the vibrations are alright, not alright you must help him. Next moment he'll be helping you. It's the present point, at this point. Better now?

Ray Harris: A bit caught up on the left.

Shri Mataji: Left is. Huh? Put it in the centre.

1980-0707, Is There Truth In God?

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7 July 1980

Is There Truth In God?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft

"Is there truth in God?" Caxton Hall, London (UK) 7th July 1980

All kinds of organisation has suddenly started working out god [unclear]like mushrooms in the rainy season is suddenly appear. And we really get lost to find out if there is anything truthful about his heavenly power .We even doubt if Christ was great ,we doubt ourself many times as well .There is no way of finding out whether our scriptures have any meaning or not because we have also lost something in a modern times .Our sensitivity to spirituality is being completely dumped,stunt and various kind of pseudo-efforts by intellectuals ,you can say the psychologists ,spiritualist all sudge evch people who are entering into the realm of religion and god and trying to propagate their own theories .At this juncture even today the situation is such that w get confused ,even about our own confusion .At this time it is my luck to present to you something really sensitive . So the task is tremendous.

But you must find out the ways and methods to judge even the credibility of the person who talks about the god through our reasoning .You have to go with the beyond with thoughts . But even they accept something ,we use our rationality .And if ,if you are to be [unclear blindly] then there are many people who are following things ,absolutely blindly ,without thinking about it .

Both things are equally the same When you start denying to think about it ,to understand it and do not use your rationality or you accept something blindly . Though went to the way of rationality or you accept something blindly. Though went to the way of rationality you really wonder about too much And because of that ,the realisation though it take place ,takes time to its maturity . The rationality can be like this to begin with you must understand that you are not yet there ,where you should be.Why are we still very confused .

We are not found out our own meaning No doubt about it .

You are seeking definitely ,you are seeking .Some experience ,Somebody said that i met a guru and suddenly i saw a light .That is no experience .

So we see a thing clearly that ,experience that we talk off has to be related the experience as described by the great saints. It has to tell you with many things,even with psychology even with medicine .

In psychology ,it's described by the evolution has to ,being now ,into a new awareness of a new dimensions ,in which you become collectively conscious,In which there is a very fine line .

Some body came to me the other day ,he said that i went somewhere and i felt that -I am the ocean ,i am the mountain ,i am the flower But i said that how can you be that ?

Because you have come out of all that now ,you are human being at a highest stage .You are not going to become a flower again .Are you?

You are going to become something superior ,in you awareness ,in your evolution ,We have evolved not to experience but be in our awareness.

In our own awareness ,we are human beings but there are many things about which we do not know yet .But we feel that we have to find out something more, there is something else we have to find out [unclear]something [unclear]

So we go on saying no to this & no to that .That is a very beautiful sanskrit couplet -Naiti ,Naiti.....

Where you say this -Not this Not this This is one way of approaching .Because rationality can not take into it .So definitely we are not going to become frogs or chicken .

Some people think if they become vegetarians then what?

Even there are so many vegetarians .Even the people who think they are fasting have evolved.

I mean there are many people who are dying of starvation . They must be all going to heaven directly is it?

Some people think if they shave their heads they have evolved .Some people think if they broom their hairs they will [unclear evolve]

So we have to go on saying NO It's not outside .It is not by doing something outside So we disqualify all the things which suggest you by wearing this kind of dress or by changing or by dance or by jump,or the way whatever you do ,dress up like this ,dress up like that .All such outward expression are denied .All right .Because by denial only you start extracting all that, that is artificial, and reality will remain.So that is out of question .You go further .

Where people say that we give an experience I mean ,Now i am going to the subtler side of it .

Now the experience is your ,sitting here and suddenly you will find some water pouring into your head or say something stat moving from here to there.Put your rationality into it .

What business god has got to move this from here to there . I mean why he is interested .

Haven't you got your hands Or somebody say that you can fly in the air Now you are not going to become birds.Are you?Do you want to become birds .Then it is all right .That you are not going to become the bird.So that is also cut off .

You go further ,little further it,People might say that you will get the fragrance all right so What we get the fragrance otherwise also .You go to the shop of fragrance you get the fragrance .

Or somebody say that you will get a diamond so what you go to a shop and buy a diamond .

Somebody will say that you will see a light .So what we can see the light as it is .What is there in light . But you can see [unclear]

Then somebody might say that i am preparing for something then what is the surity.Then how are you preparing All these claims are to be on one side..Then some people ,can give big lectures ,they have a capacity to capture your attention ,they are greater lecturers then we have and could be much more [unclear].So then we come to a point to ask -what should we expect [unclear]

I felt very happy when i see [unclear]

If you take alcohol how do you feel happy Again you go to the same state what's the use .so we come to a point to understand that this if it is an evolution It is a living process..When we evolve our nervous system .Our awareness changes , transforms and the psychologist have said that you have to jump into the collective consciousness means our awareness should become

collective consciousness . now what is collective consciousness ?

Is it to know what kind of dress you are wearing .What is the interest of god in knowing what kind of dress you are wearing .Always put this question . What is the interest of the divine & then you will reach a point or to know how a person sits ,and talk and how should hold his knife and forks.or to know what kind of battle of [unclear]

Or to say that you belong a particular culture or that culture or this or he is a gentlemen or not .Is that the interest the interest of god!

It has to be something very much all pervading,must be common in everyone ,fix up that point .So it must be something within every one in every human being because god is not going to discriminate ..It has to be placed somewhere in the human being .Something special ,some sort of special thing must be there for its rebirth.It can't be outside .And it must be something that is happening by itself because it is spontaneous.

You have not worked it out .[unclear You have not globally has changed the monkey into men .All the medical sciences together]

Even a one monkey or chimpanzee for their convenience .So it is now ,the point before us to know that it is not possible .for us to be . If you has to become something else it has to be spontaneous ,sahaja .Just as your nose ,as your eyes,everything this has to be with in you .Now where in the body can you bear it could be placed?How are we to find out through rationality ?Let us go to the medical science Then say that sacrum bone is called as sacred by greeks first they did not know why but now they say that -It will not burn if even the whole body burns out.Because its sacred according to the greeks and it is such a secured bone may be there is something in there ..Then also a that point also you go subtle and subtle and negative people will go with you .so you said that there is a kundalini then . It is written in the shastras in all the books everywhere even in the bible it is written that -"i will appear before you like tongues of flames and you get subtler and subtler" . And they get subtler ,they said kundalini Alright yes we are masters of kundalini if you say we can make you fly we can also make you fly.

But now if you say that it is kundalini so they say alright [unclear]

Who will awaken the kundalini?

How will you awaken the kundalini ?What do you know about kundalini ?

Such big big books are written by some people about kundalini.I can tell you they do not know a word not a word.. They know no idea about what kundalini is .and what is depicted in books ?[unclear]

Can you imagine this kind of thing will work?

Now why we come to kundalini we have to know that that it is spontaneous thing ass kundalini is to be awakened by which you get the second birth is written in the scriptures .Now if you have not to believe scriptures It's all right you did not believe than at all. But why not give it a chance .

What, right ?

So when you say that you want to try kundalini awakening you will find at least hundreds master of kundalini arriving on the screen ,charges are different ,styles are different ,[unclear circumstances] are different ,whole approach different ,advertisement is great and everybody reaches there for kundalini awakening .[unclear]

Greater the circus greater the crowd .Then they said your kundalini is awakened and by that you get blisters on your body ,half of them run away ,half of them said doesn't matters we will have the blisters in our body and they get and live with that in their life .This is not evolution .By evolving you god is not going to give you blisters .He has some self there.For blisters you can't go for

kundalini awakening .Even you can get them by rubbing some DDT or something Whatever has to come ,has to be better .It has to better you ,improve you .Evolution means paying higher and higher not low.This point you must go on saying ,I am [unclear]

Now with this idea of kundalini many other things which are hanging around like some people may think the more you pay, the richer you are ,the grater you are for kundalini awakening [unclear.....]

Especially developing countries .Those who have got money now who are affluent are taken up by another nonsense ,and they think that if kundalini has to be awakened they have to indulge into free sex..so christ answered ,everybody understand because they indulge into free sex and they were absolutely against it .so now the new type of kundalini awakening is going to come by which you are going to become slaves of your greed ,and slave of your all these things .If evolution is meant for freedom you are not going to be enslaved .The power has to come with in you by which you start above all these things and you are the master of everything then only it is evolution .That's how we move further on We can say this also that you become the master ,you are the master of all the emotions and thoughts & everything .You are above it .

These things happen and people fall into all this one by one into some trap or something like that .

Its is your awareness which is to be enlightened .It is easy for people who have read about kundalini ,in the books ,of people who have been realised souls But it is very unfortunate ,that such books are very few ,out of which nobody bothers.The only fake ones are selling in the market .It is very unfortunate or so .

So here the kundalini rises I say kundalini can rise .It is awaken and it can be awakened by you people .All of you can not raise the kundalini But you have to be realised soul It is like what is before the egg of a hen somebody has t start it some body has to do it .say if i have to do it what can i do about itthat's not a crime.If somebody has chosen me to do this why you must be angry with me for that .Immediately as soon as you come to know somebody is doing it ego stands up like a big snake and comes up say why she ? why not me ? Then again use your rationality .I am doing s many things at different level .She is not doing all these things .

She is doing only this ,that is her job so why should i mind .what is there to be offended she is not going to harm you .If it is going to do good why not somebody has to do . I mean if you do well and good .I have said so many times please come

I will be very happy to sit down there and watch.

But you just can't do it unless and until you are realised souls .It's the fact . You have to accept .You see it would be like child to say that why should you nurse me I will nurse you! alright can you ? It is something like that ...It's stupid ..

Not to feel bad about it in any way .This is one of the deep problem i face . That people immediately start feeling very bad ,sad and angry sitting[unclear hushing].I am your mother .Am i not? I have no right to [unclear]

I am there to look after you what is there to get angry with me .I have t work hard .you don't have to .But remove your temperone point is ..you can't pay for your evolution how could you pay to become man from chimpanzee .Please see your account books .You don't pay for these things how much you have paid for the light you get , for the sun rays ,for the air you get ,for the mother, what have you paid .Its simple thing we can't pay for the love of god .It is in his love who is doing all these things . Only if we are little [unclear being] to thisSome times we have our problems but to receive it we have to be ready at least then comes the theory behind and i say that supposing i have done the cooking why don't you have it first .

Supposing you come in the room and ask a simple question - mother how to put the lights on and i said press the button It is sensible ...

Instead of that I give you the whole history of electricity who discovered it ,and how this [unclear]

If i know the job i can put on the light and then you see for yourself whether it's safe or not !

You are all these things before you and you have seen the place of kundalini

There is a book available which you can read and go through all the theories you want .There is a big one ..If you want you can pack one also . But just now i will say that just have the light .alright !

Question :[unclear]

Ans: The problem is after getting realisation your old habits ,try to pull you down you see.As I would say that ,we are going by traffic alright & we are worried about a traffic is.we are tensed . we are seeing this suddenly we find that there is very nice road ,no traffic problem .But it takes us time to relax,still we are thinking of the same traffic.Its in the same way .We are have these habits of thinking about everything ,analysing everything .The more you have done it the worse it is .

You will find many people here but

You give that a flower .Instead taking that fragrance of the flower they will be immediately find out whether you have brought it [unclear ChenseheveShower]or you must have paid

They will not even look at the flower .They will think which shop they have buyed ,better go that shop ,there is sale there .Why dont you gaveInstead of seeing that, this flower is given with so much joy to you they will immediately give some youo some sort of information about their big analysis .Its all the habit .Anything you like

Why she did it ? when she did it?

All this isMind is like that. Now to stop this mind is also the job of kundalini .

She stops .But for a short time .

Now we have many techniques .

Yoga also means techniques . In sahaja yoga by which you can change the habits of your mind

After sometime you will see that even if you are silent there is bombardment from both the sides .Ideas coming in ..But if you learn to misidentify ,or not to identify with them you get rid of them also .Gradually stops.

In no country it has worked out with many

Once it works out ,there are many people .This cristine is sitting in front of me 3 years she was like that ,now she is changed completely see that if this habit goes .Is gross .It is a living process like a tree Its grows in silence but it must be started isn't it ?

The seed must sprout to begin with .In some people it goes just like that in some it does

because more intelligent you are the more headache ,the more you are ready the worse it is because you start analysing your vertebra .

How can you analyse?

Now please analyse These things we take for granted .If we could see that realisation takes place and the kundalini rises &

reaches here and you become absolutely silent and the cool breeze starts flowing from you .It has happened to you.This you should remember and you felt peaceful.

Then again you have so many problems with you ,You and your kundalini supplies again It is the first thrash of the kundalini which takes you away into that .But how the [unclear world] is made

The first point has started .Its going to work out But there are certain techniques which you have to follow ,after sahaja yoga after realisation .If you can ,establish yourself it can be and it is a miracle

Because commonly people has to go to the jungles ,forests ,fight it all do all kinds of things and after years and years of complete seclusion the guru use to accept them and then he would initiate and still they use to use it.

There are so many cases like that of this kind.Yu are far from this example - The are who has written Gita .If you read his parashar who was a realised soul and who was going to himalaya he felt for a women and thats how this vyasa was born and then he repented and went away to the himalayas .So it has happened in many cases that where mis identification come up .But you dont have to go to the jungles ,you don't have to leave you families ,you have to stay here and work it out Its the miracle of the miracles .Those who have go to the banks can go to the banks ,you dont have to run away accept for this graveyard you cannot go to the graveyard .I have seen people working in the graveyard and all kinds of thing like that .We have one here john,who went from graveyard he use to shake ,but then he got rid of that .Then the friend of his ,has came to see him about 4 [unclear]

Somethings like that has to be avoided .So there is a certain amount of understanding is needed how to grow the streak of awareness because even it has happened it goes down because of our problems ,because of the problems of atmosphere.

I mean if you are not problematic ,kundalini will never goes down It simple thing to understand But there are problems .There are some people whose kundalini is permanent -2 never comes down .I know many like that. But there are problems say in the liver ,in your case its the liver so kundalini goes to the liver ,she is looking and acted Doesn't matter she will care the liver and again she will be back very soon alright . There is a problem with your liver Everybody has individual problems .But for that you should not be afraid It doesn't matter even if it is a fifth [unclear]So you did not worry about that it is alright .But don't feel guilty that's the biggest problem because as soon as i say that this chakra is catching immediately people start feeling guilty oh god this chakra is catching now what i have done .I must have done something .You have done nothing wrong.[unclear]

Clear it.

By feeling guilty you also make things very difficult .That's also little problem with people We must understand especially with the western mind. They are very good at feeling guilty .I don't know for what are they feeling guilty .They are such beautiful people .Those who have to feel guilty are arrogant those who do not have to feel guilty are [unclear]

It is a funny world

Alright any other questions ?

Question :

It's so answered that i can't tell you .It very -----from thousands and thousands Alright

Then you will know me better alight

Just now for the time being, think that i am really antique

What other questions are there.

Atleast when i do not want to answer the question i play tricks don't mind because you will know why it's alright Later on you will know I never got it from anyone It's my own alright .

[unclear]

Never want ego to come upthat' s why i do not want to say .Its better to say that i learnt it from you .

Everybody seems to be happy? Should we have now our realisation .Alright

Just put your hands like this towards me . Now the first thing that happen that your thoughts stop as soon as your kundalini crosses through the point , the Agnya.can somebody show .

No no i show you here . because the thoughts come to you from ego and superego .It travels between the two .

And you don't see any thoughts like between the two waves coming .

This silence .

And when the kundalini crosses this point of fontanel bone it you called as tallu where you get the baptism then you feel that throbbing here .And you get the cool breeze coming out from your hand . this is called realisation.That cool breeze is coming from your spirit .First time you start feeling the spirit on your hands in your centre nervous system and you actually feel it .

When this breeze comes in ,then even you start feeling others ,you can feel their chakras ,you can feel your chakras and you can know where the problem is ?

Once it is stationed here as i said it takes time in some people and some people it works all the time ,then you achieve that state of bliss and joy .In which you become a share instrument ,a hollow personality through which he divine power flows and you just see its manifestation.

Please close your eyes

Long pause

Just tell yourself let it go ...let it go ... Don't think about it Let it goThat is why you are here .

Are you getting cool breeze in your hands .

Good ,Joe just see this gentlemen .

Are you getting cool breeze

Are you getting cool breeze

Are you getting , good.

[unclear]

1980-0708, New Types of Problems in Our Time

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8 July 1980

New Types Of Problems In Our Time

Public Program

Oxford (England)

Talk Language: English | Transcript (English) - Reviewed

Public Program. Oxford (UK), 8 July 1980.

I must apologise for being late today because we were under a wrong impression.

We are today facing a new type of problem within our lives, which in the olden times people did not face. Most of them did not think of it; very few thought of it. They were contented people with their ignorance and they did not bother to find out what is beyond us. Perhaps that time we were trying to develop ourselves materially. We were trying to build our tubes and our trains and our hospitals but when that is all over, a new seeking starts in the being, the nature of which is an urge. But what we are seeking we do not know. It's the first time such an urge starts. Before this we had an urge, say, to eat our food; we knew we were hungry, we have to eat. Or we wanted some shelters, we wanted to build our houses; we wanted comfortable life; we wanted to build our great civilisations, you can say, of affluent countries. But all those wants, very well known to us (so) we could plan about them think about them, were all right till we reached a certain stage of evolution. Suddenly we got exposed to a new urge within us which wanted to know something of the beyond, which was really of the beyond. Because whatever is of the beyond is not conceivable from this end. It cannot be understood, one cannot plan about it, one cannot think about it. But you feel that dirth or, you can say, that kind of a gap within yourself which forces you to seek something. And great seekers were born in the west or in the east. Today I am facing you, I am with you, so for all practical purposes I am a Britisher and a western person because we have to face the problem as we are.

This urge within us comes from something we have known before and that is the urge which is given to us from our evolutionary process. We know about our evolution, that we have become human beings from chimpanzee as they say, or maybe from amoeba we have risen to this state; that we have come up to this state; that we feel that we are human beings today. And at this stage after the evolution, when we have finished with the so-called urges of our material wants and our mental wants, we can say in Oxford University... Naturally we wanted to read and know things and science and development and also many of our physical wants being completed, or sort of, we being satisfied about them.

Now at this stage of evolution, we are thinking of something else, a gap, there is a void. We feel the void within our lives. The nature of that is vaguely described, that we are seeking our wholesomeness. Some people say that we are seeking our absolute. Some are saying we are seeking our meaning. Some say, "What is the point of living like this?" Now I have had people of different types and different styles and the expression that they give is of this kind of vague attitude towards their seeking. But there is a kind of a seeking which is making them so depressed and so frustrated that they are willing to do anything to get to it. They have done all kinds of experimentation. For example, drugs – most of them have done it out of seeking only. I do not blame them, because it was just seeking. They have gone to gurus, they have gone to other funny places, they have read a lot, all kinds of books whatever is to be read or not read, they have read all kinds of books, sorted it out and found it was useless so thrown away.

All this has happened and then we start thinking. Is there any sense in this kind of seeking? Before you when I am sitting and I am telling you about something of the beyond, you have to take a very scientific attitude, scientific in the sense that you have to keep your mind very open. And that it is a hypothesis I am putting before you, which if proved you should give it a full chance to be proved and then accept it. Because here I am speaking about the statutes of divine laws, not of scientific laws, of divine laws, of divinity, of divinity within us, the Spirit within us. And whether it is there or not it is for you to experience, and by any brain

washing it is not going to be experienced. Neither by giving false certificates it can work out nor if I tell you, you change your dresses, shave your heads, or stands on your heads. All these outside things are not going to work it out because you must know that you have become a human being without doing anything about it. But we have taken ourselves so much for granted that we don't bother to even know how it must have happened, what must be the force that must have worked it out that today we are human beings. There must be something, some sort of a force within us, which must have brought forth this evolution within us.

So we have before us a chart. Now this again is a hypothesis; you need not accept me at all but you need not deny me because you are here to receive something. I am here just to give you something which you can yourself see and receive it. There is no compulsion of any kind and there is no conviction of any kind. It is something that is of a living nature – evolution, your evolution. The evolution has to take place still within us to know ourselves. We can say that unless and until it is put to the mains, it has no meaning. Unless and until we are connected with the whole, we have no meaning. And if there is something within us which really connects us to that, is there any sense that is written in the scriptures? Like Christ has said that you are to be born again. Is there any such happening that takes place among human beings? Because it is said that a brahmin is a person who is twice born. A brahmin is called a twice born and a bird is also called a twice born. Now a bird is born first as an egg and then as a bird, but how a human being is twice born, that we'll have to see ourselves. If it is so, if it exists, let us face it. The trouble is we must learn to face it. It is such a tremendous reality and we with our knowledge whatever we have, with our rationality, cannot see it. You have to go beyond this rationality that is so limited.

Like if I have come by car, I have to leave my car outside to enter inside this hall. It is something based, I would say, on the space craft style. For example in a space craft you have many cylinders put one into another and the lowest cylinder, we can say, is the cylinder which is just the matter, or the physical being, and then inside are placed other cylinders like the mental being, and the emotional being and the spiritual being. When the cylinder moves, or you should say the space craft moves, the lowest one blasts the rest of it by which it gives it a speed which is in a multiple proportions from which it has started. Then the second one explodes, then the third one explodes. In the same way today, at this stage, you have to be exploded into that last space where you have to reach. It is something on those lines the whole evolution works out.

Now within us, as you can see here... I am saying that you keep your mind open, not to accept anything that I say but to see for yourself if it works out.

If it does not work out, that is not my fault by any chance because it has worked out with many, many English people and with many, many Swiss and French people also. But it has worked out much more in India because Indian villagers are very simple people, they are not so complicated. They did not have the ramblings of the rationality. They have not gone into too much of thinking and planning and that's why I find that Indian villagers are very well suited for Sahaja Yoga, because they are very simple people and they get their realisation in thousands. It's changing the complete face of our Indian villages because people are transforming very fast with it.

Now within us is placed that connection in the triangular bone, which is called as the Kundalini. She is coiled in three and a half coils, for it's a mathematical relationship which I'll tell you later on, and She sleeps there as they call it because there are no words to say about your awareness, what it does, but you may say it sleeps. And when awakened by some authorised person, She ascends through those six centres which are shown here. Can you show, someone? And, six centres; the seventh is out of question. Six centres. In Sanskrit it is called as shatchakrabhed. [Shri Mataji speaks aside to someone] Start from Swadishthana, first then second, then third, then fourth, and fifth and sixth. Now these subtle centres reside within our spinal chord and in our brain. Now when you see these three powers, the first power which is in blue colour is the power of our desire, of our existence. It is expressed outside in the gross as left sympathetic nervous system. The right hand side power which comes to you is called as the power of action, kriya shakti and is expressing itself outside as the right sympathetic nervous system.

The central channel is called in Sanskrit language as Sushumna Nadi but it is very partly developed into human beings and is known as parasympathetic nervous system. Our growth within has been up to a point that we are human beings and our awareness has been up to the same point as we are human beings. Whatever we feel on our central nervous system is the achievement of our evolution and whatever we have not yet felt has to be achieved.

Now what do we have to achieve by this ascendance or by this Kundalini awakening? What are we expecting? Why Kundalini awakening has been kept there as the last thing that should happen in our evolution? As I said, that is like the chord which connects you to the mains, to the subtle, to the whole, to the universal unconscious. This Kundalini is the residual force which is waiting for a moment when some authority on the subject, not in the theological college but from the Divine, a person who is a realised soul and who has knowledge how to raise the Kundalini, can only raise it. It's a spontaneous process. It is effortless, like a seed. If you have to sprout it,

you cannot pull it out, the primule out of it and sprout it; It has to work out spontaneously. In the same way this Kundalini, when it finds the atmosphere congenial for its awakening, it rises. It passes through these centers and these centers are the landmarks of our evolution.

Now when you see that green centre, which is called as the Nabhi Chakra, which in the gross expresses your solar plexus, is responsible for your evolution. This centre has created you out of a carbon atom into amoeba and then to human being. This centre is again very, very important. When this centre becomes extremely powerful, then you get the higher urges of receiving higher heights in your awareness.

Now what do we have to become? You have to become the whole. You must have read Jung, and you must have read all these people, who has talked about the universal unconscious, that there is universal unconscious, that there is an all-pervading consciousness, which exists in every person, which is subtler than our consciousness. If we can touch somehow or other that consciousness, we can become aware of that universal unconscious. Jung has said that he has experimented with dreams of thousands of people and he was amazed that in the dream the same universal unconscious throws symbols which are very significant and absolutely universal in nature. For example, a person is to be murdered, then he sees a particular type of a triangle in a particular angle. And if such an angle appears then one must know that there is some indication coming to him that he is going to be murdered. But if he is going to murder someone, the same triangle appears in the opposite direction. He has verified it with thousands and thousands of cases and has said there is universal unconscious working.

Now we have scriptures on the other side which says that you are to be born again; you are to be baptised. Of course people think that by going to church you can be baptised. You can understand that is not possible. But you can be baptised through somebody who is a realised soul. And that, also, we have so many other proofs of saying that one has to be beyond. Like medical sciences if you take – in the medical sciences they say that we can manage the sympathetic nervous system, but the parasympathetic nervous system we cannot control, it is autonomous. What is auto? Who is auto? Who is controlling your heart? Supposing you want to run fast, you can increase the rate of your heart. But who can decrease the rate of your heart? Who does that? And they say it is autonomous. It is like saying something unknown and give it a name, finished. Autonomous nervous system; by saying auto they at least accept that there is someone who is controlling the heart, of which we are not aware. Now there is something more than that. For example a foetus is contained in the uterus. Now it is said that any foreign matter that enters into the human body has to be expelled. But it is retained. Not retained but it is nurtured. Not nurtured, it is expelled at the time when it is ready to go out. Who does that? Christ has said, "Those who are not against Me are with Me." Who are they?

There are many things like that, many, many things like that which human beings have not been able to answer. Now before you I say that there is the all-pervading Divine power. It exists. It is the most dynamic power which acts in every particle of this universe. When you see a sulfur dioxide vibrating, you must know that it is done through this power. Nothing moves without that power. It has got a special power by which it can communicate, it can control, it can love. And this power you can achieve through your Kundalini awakening. There is no other way out.

Sprouting of the seed has to be done through the sprouter and there is no other way out. And this has to work out within you. I mean, on this subject one can go on speaking for hours together. I must have spoken, I don't know, two hundred times at least in U.K. And so far they say that "Still, Mother, you have to speak about this subject and that subject". So the knowledge is vast but by getting realization you become one with your Spirit, one with yourself, and the Spirit is the knowledge, is the joy and is the

bliss. You have to achieve that state of self-realization.

By self-realisation, what happens to you? First of all when Kundalini rises and crosses over this centre here, what happens? You become thoughtless but you are aware, absolutely aware. Between the two thoughts there is a gap, and when you pass through that gap then your attention becomes silent. There is no thought coming to you from the ego and the super-ego. The yellow stuff is the ego and the left side, blue stuff is the super-ego. No thought comes from your attention, from your past or from the future. You just become silent, but it does not happen to everyone. It doesn't happen to people who are superficial, those who are just seeking because of fashion. It doesn't happen to people who think no end of themselves, who are full of ego, whose ego like a balloon covering their head and their heart. It doesn't happen to people who are full of super-ego, who are possessed. It doesn't happen to many people who are sick, who have got problems of the body, problems of the mind. But they can be corrected, they can be cured and it can happen. As a result of this, diseases like cancer also get cured. We have cured cancer in your country. We have cured cancer in India. Cancer can only be cured through Kundalini awakening. If you do not get your kundalini awakened today you are making cancer every day within you. Every minute the cancer is established. And once the Kundalini is awakened, the exhaustion of your energy, the over-use of your sympathetic nervous system is brought to balance and all the time there is the flow of the vital energy within you. And you feel absolutely blissful, joyful and that energy then starts flowing through your hands when the Kundalini pierces through your fontanel bone area called as Taloo, Sahasrara. It is called as the Brahmarandhra, means the hole to the brahma. Brahma is the all-pervading power. When it pierces that, then only you will find the cool breeze flowing from your hand, which is described by Adi Shankaracharya as Chaitanya Lahari. It is described by... in the Bible it is described as the breeze of the Holy Ghost. You start feeling your own spirit manifesting that cool breeze from you. And when this starts flowing, you start feeling them differently on different fingers. Now they have shown there how on these fingers you have different colours, the same colours which are in the centres. We have now here five fingers, six and seven. These are the seven centres within us and all these centres get enlightened. Then you start feeling yourself on these centres and you start feeling others on these centres at the very outset. You start feeling which is the problem. Now supposing I put my hand on someone and I get a sort of a pain or sometimes a little burning on this finger. This finger relates to the left side that is the heart and such a person must be having a problem with the heart in some way. But if this finger is combined with this finger, then such a person is full of ego. And if such a person is full of ego, his heart is gone into the balloon of the ego. But because of realisation, you start seeing it within you. Then you don't feel bad. You yourself say, "Mother, my ego, please put it down, it is colossal." You yourself start seeing your problems because you have got out of your outside self. You start seeing it so clearly. You start knowing them, cleansing them.

Once you have established your self-realisation you become a person who is called as nirvikalpa, means doubtless, become that and from your hand you can raise the Kundalini of people. It is so fantastic but unbelievable, people cannot believe it. It is too fantastic, but the fantastic times have come. For example if you take a television to a place where people have never seen a television and you tell them that there are lots of pictures around and you can see them, they will be quite surprised. How can that be? But as soon as a television is put to the mains, you can see those fantastic pictures. And this is what happens. It is exactly what happens to you because you are the instrument made for this specially. You are the one who has to become that instrument. Your fulfilment is in becoming that, in knowing that. It is not a thing which can be just told or could be read about. It is an experience. It has to happen. If it does not happen, it does not happen. You cannot force anybody. You cannot say it has happened. It is not possible. For this experience God has created you and all of you have to get this experience. Otherwise, you will be left behind in evolution and you can never be happy. There are many who do not bother about it. They do not even have any seeking in this world. There are so many who have no seeking, very superficial people, but they all have to come. But there are also very ardent, real seekers. I have found them, so many of them are real. And once we establish them, I am sure many others would join.

It is a slow process because it is a living process. You can create, as many as you want, plastic flowers but to create one flower, you have to wait. But once the blossom time comes, many can get realisation and it is happening in many places that en masse realisation has worked out. In America and other places it works out. Two persons came from Australia and now I am getting letters from them that they have given realisation to at least hundred people in Australia. It is most surprising that they themselves have given realisation to hundred persons. It is very much encouraging that the world is today ready to receive it and they are seeking it.

I do not know how far I should go and how much I should say but I would like to have some questions from you. It would be a good idea because this is a place of the University and must be some intellectuals sitting here and I would like to have their enquiries about Kundalini if they have to ask me any question I will be very happy to answer.

It's just an introduction.

[Question] I've seen this chakra in the person.... I've seen the white light, but I can't..... Unclear]

Moderator: He is saying he's had an experience.

Shri Mataji: Of the light here. You see, yes, that is a short circuiting. That is a short circuit. Your light has to come from here. There is nothing that you see. You become something. It is not perceived through these senses of a perception like seeing or hearing. Actually when the Kundalini rises, you might see some light. You might also get some fragrance, maybe. But the best Kundalini is that which doesn't see anything, just goes straightforward.

Supposing you are going to the airport, you may see some light, you may see something on the way. But what is the main thing is that you have to achieve at the airport isn't it? On the way whatever you see has no meaning. But you may see, but some people just do not see anything, just they get it, they are just there. The best aeroplane is that which lands most smoothly. This is what is the Kundalini. The persons should get the minimum of minimum obstructions on their way and then they get the Kundalini rising so smoothly. Suddenly you find oh you are there. You got it. It works. But can be; there could have been such an experience as a short circuiting. It is due to short circuit and also some people have described. I have seen some people such big, big books writing about Kundalini that it burns you and you start shouting and jumping and this and that. It is all unauthorised behaviour. Because supposing you do not know about electricity, you put both your fingers in the plugs and you get the shock and then you say the electricity, I know, it gives you a shock. It is something like that. It's very, I should say, naive attempt because you have not known what is Kundalini. She is your Mother. She is not going to trouble you. She has been waiting and waiting and waiting for ages and years together, so many lives, and now when the time has come do you think She will trouble you? She is there to give you the greatest blessings of life. Alright?

Any other question, please? No thinking. Thought has gone out. Your Kundalini has crossed. You cannot think also, very difficult because Kundalini has risen in many people. You cannot stop your thinking while being aware.

Any question? You must ask some questions to me, I don't know what to say. It's such a wide subject, isn't it? It's a very wide subject.

Alright, it's a nice thing that there are no questions. That means it's working out itself.

Now you have to do a very simple thing. First of all you have to take out your shoes because we are using the Earth to suck our problems also. She does suck. Take out your shoes. Just like this in a most relaxed manner, not to cross your feet. Just sit like this. There is nothing to be frightened. We have had thousands of people getting realisation and they have been cured and the other day I had a great miracle. A lady had come to see Me on a wheel chair, in a very bad condition, about eight days back, and I told her... Eight days back, did she come? When did we have our program? No, no, no, Thursday we had, Thursday. She came and met Me. Thursday she met Me there and Thursday I said, "Alright you put your hand" and this and that. Can you imagine – she came on Monday walking, just walking. And I saw her sitting down there. I mean I was rather surprised, looked at her; I said, "Are you there?"

She said, "Yes, very well," and she got up. I mean it worked that quickly, I mean it can. It can work that quick.

Now another lady I know of who was absolutely dead because doctors said that "She is dying, you better prepare for her funeral".

And they had removed all her oxygen and everything and that is the time when her grandson, who is a Sahaja Yogi, said, "Mother, you must come and bless her at the last moment." I said "Alright". Now if you say, I don't go to the hospital because my job is not to cure people but to give realisation. As a by-product they get cured, that's different. I went there, she was in coma, absolutely in coma and there she is. I saw her also yesterday there, walking into the hall, I don't know if you saw her. She came and then she went away. I was amazed but I mean I saw her before that. She got cured, she went to India, and the other day she came for the program.

So all these things can happen, this is nothing so great. The greatest thing is to become yourself... (inaudible) when all your powers start manifesting, you people can also cure and give realisation. That is how it is going to work. One light which is enlightened can enlighten another light, and the same light then can enlighten another light. Like that it goes on.

Just put your hands just like this, like this, in a simple way. Put both the feet straight, on the ground. (Shri Mataji speaks in Hindi) Please keep your feet like this, yes come on. With Indian people always it is so; it is very difficult. You remember one lady we had and she was so rude. They have no value for their own knowledge, not at all, and that is why they come here. Just think of it. This is very common. We went to Wales – on My way I came to Oxford also – there was one Indian lady and she started arguing about something so badly. There were some very good Indians see these women have come from India without any idea as to what they have to do and I said "Alright". And all the time she was disturbing, all the time.

Just put your hands like this, sorry. Put your both the feet on the ground.

It's very cold.

Working.

Close your eyes now, close your eyes please. Please put your hands like this, all of you, please. What does it take to put your hands? After all, you have come here to get your realisation. Even this much is not possible? just put your hands. Now as a Mother I would say "Be a nice boy, come along, put your hands like this". Are you putting your hands like this? Just close your eyes. Those who are hungry will get it, those who are not will be thinking still, what to do, what not to do.

[Shri Mataji speaks aside, encouraging, asking yogis to help, comments to people.]

Shri Mataji: So left is more, it's good. Let's see, there, (?) just see them, also here....(?) ..just close your eyes, close your eyes please, it's going to work out, just close your eyes. E G O. good, hmm there is another one also, most of them have (inaudible) this gentleman, are you getting the cool breeze in the hands, what...what's happening in the hands...it's stinging..is it...good good

Seeker: (inaudible)

Shri Mataji: Good, very good, just put your hands like this, it's going to work out...this gentleman has got it already. close your eyes it's going to work out give some time to yourself. (inaudible) please please just give some time it will work out (inaudible) Agnya, left surprisingly, educationality, (inaudible) surprisingly left, just see them. I don't know what to do..(Inaudible) better? If you started feeling cool breeze in the hands you will also feel the breeze coming out of your head on top, better now, moving? If there is shaking in the hands then keep your eyes open. If there is no shaking then please keep your eyes closed. If you cannot close your eyes then there is something wrong. Please close your eyes please do not watch others watch yourself. Today is the time to watch yourself, you have been watching others all your life. Why not watch yourself for a change?when are we going to see ourselves and face ourselves when we have been looking at other people never at ourselves.

Do not think about it, it has happened to you, so just keep it at that point, do not think about it, allow it to work out nicely so that it is established within you. Who is that girl in the back row....gradually (inaudible) shaking very much, she has a left side problem I think.it did not happen? Come along come here, I'll see let him come along

Shri Mataji comments on a seeker...he could not even keep his eyes shut for 5 minutes so what can you do? Have you got the cool breeze in the hands? Can you feel the cool breeze in the hands, huh, beg pardon.

(seeker speaks inaudible)

Shri Mataji: really? You get cool breeze? Good You have been meditating according to what? Huh?

Seeker speaks inaudible

Shri Mataji: who brought you the mantra? Beg pardon?

Seeker speaks inaudible

Shri Mataji: (inaudible)

Then go at the back will you wear your socks better wear your socks it's very cold. Are you getting cool breeze there? (These people have got it.) But sometimes you get it, sometimes you lose it, (inaudible)only when you meditate....there, that's something shows you are a realised soul but they are not there fully alright? You should get it all the time that's the point (inaudible) you see because you need not have gone to anyone to ask for anything you had it yourself, by going to them only you are caught up here and that's how you...if it only comes when you are meditating then you are your self and otherwise it goes out because the problem is there at the back? You feel the heaviness, the heat, that's it that is it you have acquired, (inaudible) huh?.....no no I'll tell you what I told you...the thing you see (?) getting the cool breeze is a good thing, you might have been a realised soul, a born realised soul you see but because you went to all these people you are caught up here very badly, it's very heavy here, and that's why you are also wearing specs huh?thats it because you catch here at the back you see and you got it because if you are a realised soul, you must know how to keep it up, how to give realisation to others and you must also know the whole technique about it. Any realised soul. Now these boys are realised, if they go to anyone like that immediately they'll have a catch here or a catch in the heart (inaudible) immediately they'll know that's what's happened with you. So now you'll learn the whole science of Sahaja yoga and absolutely clear out yourself. You'd better, you have to know that. I didn't follow, beg pardon, what's he saying? Wisdom? Beg pardon, mind is always there (inaudible)

Seeker speaks again (inaudible)

Shri Mataji: throw away. Somebody's saying like that, what is somebody saying with him?

Seeker speaks (inaudible)

Shri Mataji: Ah you felt that it was like an autosuggestion working?

Seeker: (inaudible)

Shri Mataji: It cannot work out that way you see when you suggest to someone you can put them into a trance...but not in awareness, not in awareness, you know it won't work out, that's only mesmerism, people do it with open eyes things like that..

H.H. Shri Mataji Nirmala Devi

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9 July 1980

Many People Are Seeking

Public Program

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Public Program. Bristol(UK), 9 July 1980.

Yesterday in Oxford I talked about the new way of seeking among human beings. There was seeking in ancient times also but not to this extent. Thousands and thousands of people all over the world are seeking. They are not satisfied with what they are. They have a feeling that there is something beyond they have to seek. There is some greater meaning to their being. They are not here only to earn, to live and die.

This comes out of some unknown self-esteem which dawns upon us and we start thinking, "What are we doing here? Why are we here?" All such questions haunt us and we take to seeking and as soon as this kind of news is out that people are seeking, markets get filled with people who are willing to give you some sort of a solution for your seeking.

Everything else can be solved through marketing, maybe, but not your evolution. For example, you have evolved from amoebic stage to this stage without going to any shop, without paying for anything. It is such a spontaneous thing. Though we have taken ourselves absolutely granted, as if human life is made by us, still if you think about it, we find that there is some force which resides within every being that helps to give this evolution to us. By what thinking can we become something higher? Because by not thinking that we became human beings from chimpanzees, we spontaneously became. But very difficult to accept this concept at a human stage, that you become spontaneously what you are because evolution is a living force. It is not a mechanical force. It is a living force and everything that is living acts spontaneously, for example, sprouting of a seed. We cannot even sprout a single seed. Transformation of a flower into a fruit, the growth of the trees, birth of a child - all these things happen to us absolutely spontaneously.

First of all we have to tell our mind that by the mind's effort you cannot achieve living process. Hence, you cannot achieve your realization.

Now it is very difficult in the West especially where people are thinkers and their mind is too much going very far sometimes to understand this little point, and if possible people might try even to sprout a seed by thinking, by projecting their mind into the seed. But you know for definite that we cannot do it. Moreover, no effort can bring forth human effort. There must be some effort but not human effort. So it is absolutely effortless. You do not have to put on any effort to bring forth the happening of this Self-realization. So we come to the point: what is Self-realization? What is self and what is ...What is Self-realization and what is Self?

When I tell you about it you do not have to deny Me, but keep a very open mind like a scientist does. It can be all proved whatever I am saying. If it is proved, then you have to accept this hypothesis. But for that you have to keep your mind absolutely open.

There is a force beyond us which does all these things, which brings forth the fruits that we see, which allows the trees to grow, which has made us human beings from amoebic stage. Self is within our heart. It is said so and I say the same thing. It is the reflection of God Almighty. Many people in modern times don't like the word "God" but He exists whether you like it or not. He does exist.

Now the time has come for us to prove the existence of God because people talked of God without any proof. They made money

in the name of God. They have used His name for such purposes that people are now angry with God. But one can use a good thing for their own purpose if they are not punishable by law.

On God everybody has spoken, even Napoleon, Hitler. Everyone had a right to speak about God and His powers. Without knowing anything about God they have taken everything into their hands and have spoken about it. What can you do about it? There is no law that forbids you that you cannot speak about God.

This spirit in our heart is the one which is the witness of our being. It is the witness that sees what's happening. In Gita is it called as KshetrAgnya, the one who knows the field, which knows the field. This knower of the field resides in our heart and watches us. He knows each and everything about us and He guides us. But we are not in contact with Him. We do not know Him. That means He is not acting through our central nervous system. For example, we know our eyes, we know our nose, we know our ears because we can feel them. We can see the use of all these organs. But we cannot feel that which is in our heart, you see. That is our absolute. That is the one we have to know. That is the source of joy.

We may say that we are very happy to have this, we are unhappy to do this. But this joy that we have has no double thing. It's just sheer joy. It is not happiness and unhappiness. This Spirit exists in our heart. When you all are seeking, actually you are seeking that Spirit. Through that Spirit you know the whole, the primordial being, the macrocosm of which you are just a part. Like the whole body has cells, you are cells in that body. You have to know because you are created for that. As we have created this instrument, it has to be plugged, otherwise it has no meaning. In the same way, unless and until you are plugged to that whole, you have no meaning at all. Whatever you are doing with this instrument without plugging is all a waste.

On the contrary you are spoiling this instrument by using it without plugging. In the same way, you are to be connected to the mains. Unless and until you are connected to the mains, your seeking will go on and on and on. It will never end. So I've come here...

[Shri Mataji talks to new seekers just arriving] Please come, they have no place. Please give them some chairs. Be comfortable. In Sahaja Yoga, comfort is the first thing you have to seek. Just come forward. It's all right.

We have been going on with our seeking, and in our seeking we started with so many things. People, as you know, have been seeking joy in material possessions. Now in affluent countries they are fed up. Then they are seeking joy in power. That is also over. So many people I've heard they say, "Stupid politics." Now they are seeking afterwards with that in some sort of a collective working. That also they get fed up.

The seeking is within and not without, is the point. You have to know yourself within and not without. Because whatever is known without is relative; it is not absolute. Unless and until you know yourself, everything that you do is a relative thing.

Today I was discussing this with someone who was very much sort of impressed by communism. I have been to Russia only very recently and I told him that whether you take to communism or democracy, both are relative things. They have not been able to achieve any proper results by which people are really joyous. The trouble is all these things we have discovered through our rationality which is limited.

We have to be triggered into the space of thoughtless awareness, into collective consciousness. Unless and until we are on that level we cannot understand what is guiding us, what is the force that has created this universe which is guiding every atom and every molecule, which is guiding our heart and looking after our deviation, and our whole constitution is managed by that force because we are not yet connected. But the time has come, and that's why the seeking.

At the time of Christ only two thousand years back, not much; you could hardly get twelve fishermen. Can you imagine the plight of talking to fishermen about Kundalini? How could you talk to them about these things? But today there are real seekers born. It's described in the ancient books of Nala Purana, very clearly that once Nala was very much tortured by Kali. Kali is the ruler of modern times because he is the one who creates confusion. That's why in the modern times we are in confusion. So this Nala

was so angry with Kali because he had made his wife separated from Nala. So he got hold of Kali and he said, "What do you mean by destroying my life like this? I'm going to destroy you completely!" And then Kali got a fright of his life and he said, "Please forgive me. First you listen to me and my importance, my mahatmya. I'll tell you what I am living for and after that if you want to kill me, I'll accept."

He said, "My importance is that when I will rule on this earth, Kaliyuga will come." This is, of course, the end of Kaliyuga has come now. "That time people will be confused, there will be problems, societies will be destroyed, there will be mental problems, people will be very upset. Agreed. All these will be there, but in those days only the great saints who are seeking me in the hills and dales, in the forests, will be born as ordinary householders and ordinary city dwellers and they will seek and they will achieve their Self-realization."

He said, "Is it so?"

He said, "It's a promise."

That is happening today. Thousands and thousands of people are city dwellers are seeking God. They are not in the forest. They are living into day-to-day mundane life, but they are seeking and they are not satisfied. They are not happy with what they are living.

These seekers have to be given their realization and they have to achieve that realization. This is their due. I am just like a bank manager cashing your checks - nothing more than that. Only thing I know how to cash it. This is your own property; it's your own earnings; it's your own sincerity with which you have done this and you have to have it. You have to get it. It's your own right to get it. You are born for this. Thousands will be realized later on by you. You will give them realization, no doubt. You are the foundations of that.

But in the beginning we have to have people who have been of that caliber. In the beginning we cannot worry about people who are still halfway this and halfway that; superficial people who go to the pub and come here for the program, on the way, because it is free. That kind of people may not get realization. But people of caliber, of sincerity, have to get their realization. It is their due, it is their right, and how can you charge for that? I mean, just think how absurd it is. I just cannot understand. How do you explain charging for a thing like that? It is love. Can you enjoy your love if you have to sell it? What's the price? Price of love is loving, is giving, your wage without any return. It just flows, it emits and it should happen to you because it is your due.

Today now I am going to tell you how it is placed within us, how beautifully the Divine has planned within us, among all of us who are actual seekers and saints. This is the sign of saintliness that we believe that material things are not going to give us joy, that belief that we have to find something of the beyond that we cannot be happy without finding that is the sign that we are saints.

Now see how you are beautifully made. There are now seven centers within us. One of them, the lowest, lies below the spinal cord. The rest of them, six of them one, two, three, four, five and six they lie within our spinal cord and our brain. These centers are subtle centers inside the spinal cord and they manifest outside, the gross plexuses which are used for physical manifestation. These subtle ones are giving energy to that part, that area of the body and the mind. These are actually the milestones of our evolution, especially the one which is the green one. Here you see is the third center as called as a Nabhi Chakra, means the navel center, is the one that is responsible for our seeking.

We start seeking through our Nabhi Chakra. First if you see an amoeba, it seeks food. We seek the food first. That is the first priority and that seeking starts from there. Then this seeking starts transforming as we grow into our evolution till we reach a certain stage where we start seeking Spirit, seeking God. And that stage if it has arrived, the Kundalini which is the residual force there, which is the One who is your Mother, who is waiting for this kind of a occasion where somebody who knows Her can raise Her, can awaken Her, She knows an invitation is sent to Her through your hands. That's why he was saying, "If you sit like this it will be better. It will work faster." Can you put both the feet like this, straight like that and hands like this? Would be better. Yes, like this, it will work much faster.

To raise this Kundalini someone who can do it, the job. But the person who raises the Kundalini has to have some sort of authority. And authority doesn't come from the governments or from the churches or from the temples. It comes from God, and such a person has to be a different type of a person, has to be the person who loves, who only loves and doesn't know anything else beyond. A person who is interested in your purse or in your women, how can such a person raise the Kundalini? A person who leads a licentious life and a filthy life and a sickly person who suffers from all kinds of diseases, how can he raise the Kundalini? Because you'll be amazed when the Kundalini rises, your physical problems will disappear.

Now cancer can only be cured through Kundalini awakening. We have done it, not only here but also in India. Cancer cannot be cured by anything else but Kundalini rising. I've cured even our President of India, Sanjeeva Reddy, of his cancer. You may write to his secretary and find out, but what I did was nothing but to raise his Kundalini because Kundalini goes into the parasympathetic nervous system and She builds up that force which is all the time flowing through different centers. For example, we can say that we have two left and right sympathetic nervous system manifested by left and right powers. Of one is the left side, is the power of desire, and the right side is the power of creativity. For that we use our physical side also. Now these two powers start acting on the centers like this. If you start using on any center a particular extreme flow of the power, if you start exhausting it, it breaks. When it breaks, the connection with the whole is disconnected, is broken. Because of that it becomes on its own, sort of, goes on, like a person on the motor bike. "What do I care? I can bang at anyone. Who can say anything to me? I'll bang at ten people. What do I care?" Once it starts, that means you are on your own. Once you are on your own you are spreading the malignancy of the society. You have no connection with the whole. You think, "What's wrong? So what?" You do not know that by breaking your relationship with the whole, you are a malignant cell and such people, you know, have to be sent to jail or some place where they settle down and their malignancy is cured.

In the same way in the body malignancy sets in, in the being, and the coordinated growth of the body becomes discoordinated. Like a person might get a big nose coming out because the nose says, "Why shouldn't I grow big compared to others?" Or an ear becoming big like that. All this nonsense is nothing but simply cancer and this kind of cancer is settling within us every moment because we do go to extremes. I've seen people if they are fond of tennis then morning till evening they are nothing but tennis racket. If they are fond of football they become footballs. I mean, you don't know they lose everything that is the whole and just become that and they are such crazy ones that they don't know what they are doing. So all these extreme behaviors of human beings can lead them to a, if not to the physical cancer to the social cancer or to the mental cancer. Cancer is nothing but the over-activity of the sympathetic nervous system on both the sides.

Now when the activity is too much within us and the whole cannot cope with it, it breaks the connection. When the connection is broken, then you become on your own and how to now connect is the problem.

Supposing you are going by car and the petrol is getting exhausted, attention mounts and when the petrol is finished, you are finished; you can't move. In the same way when your energy gets exhausted or is about to exhaust, you get tensions, you get heart attacks, you get diabetes because of this kind of over-activity. For example, diabetes can be easily cured by Sahaja Yoga. If there is only one side activity of the right hand side which is very much in the West you get liver problems, you get diabetes, you get heart attack. It starts with liver, goes up to diabetes. If you don't get diabetes you get heart because you are using too much of right side.

Right side is responsible for your future, for your planning, for your creativity. And your body also works that power of action. So when you act what you do that you start using your right side too much and the left side freezes by which your heart comes into action and it just stops. First, it sometimes gives one attack. Then you don't listen, you don't lie down, you don't rest, then second attack. Then the third, it finishes you.

It's just to create the balance within you. Another thing, in the heart, as I told you, resides the Spirit. When you go too much - I mean, some people I've seen they do karate and after karate, I don't know, they are all becoming wrestlers. Then they become wrestlers, I don't know. One fellow came to Me, all his backbone like this.

I said, "Now, what is this?"

He said, "Mother, I have done horse riding, Oh no. Then I have done motor racing, Grand Prix all that, jumping from the parachutes, You see, and all sorts of things."

And then, "Why did you do it? What was the need?" And he broke all his bones, I mean, nicely broken back he was, just like this.

I said, "Why were you after your life and after your backbone? What is the matter? Why did you do it?" I couldn't understand.

He said, "Mother, I wanted to know why am I living and I outlasted all these accidents. So there must be some meaning to my life. That's why I have come to You."

I said, "But for that, My child, what was the need to break this backbone of yours?" So I had to first put his backbone right and now he is a realized soul.

So this is what happens with human beings: that they do not pay attention to their Spirit which is in the heart. All the attention is outside; you are paying attention to, say, our physical being. For example, people are doing Hatha Yoga. Now Hatha Yoga is - I don't know who has brought this kind of Hatha Yoga to the West. Hatha Yoga, as you know, is Ashtanga. There are eight parts of Hatha Yoga. It used to be done till the age of only twenty-five years in the celibate condition. And the most important is the Ishwara Pranidana, means Self-realization. Ishwara is your Spirit, to achieve your Self-realization first. And the exercises are only meant if you have a problem on these centers. But the way we do it indiscriminately, every sort of exercise we do. It is like taking all the medicines from the medicine chest without finding what's the matter with you. And we say we are Hatha yogis. And such people catch on the heart. You'll be amazed, all the Hatha yogis, we can make out the way they catch their heart. We have three, four realized souls here, who were real Hatha yogis and also karate thing they did.

So My problems are like this, that all My children have been up to something and I have to first correct them. Then the Kundalini rises. She does. Actually, She is such a kind Mother, such an affectionate Mother, that She rises again and again, and She cures and controls and balances. You will get your realization, I know, today but again it will go down because you must have done something extreme.

Now don't feel guilty. That's another fashion because if I say anything there's another, this center catches on the left hand side, Vishuddhi, because you feel guilty. That's one thing please don't do. That idea of feeling guilty is very wrong, against your Self-realization. Because you must know that God is compassion of love. And what mistakes can you commit? What guilt can you have? He will wash off all your guilts and He will wash off all your problems. He is ocean of compassion. He is not just a drop somewhere. He is the complete ocean which is so powerful and which is going to work it out. So please do not develop this guilt when I am telling you about it. It's all right. Whatever has happened, it has happened. We have to think of today and not of what has happened and what we have been up to. All that would be forgotten once we are there, when we reach a certain point of achievement in life. Like when people climbed over to Mount Everest they forgot all that was they had to face on the way. So you forget all that had gone wrong with you, all that you did wrong to yourself and you just enjoy the achievement of your being.

After receiving realization, as he said, the Kundalini passes through your fontanel bone area. This is called as Talu and actually you can feel first the throbbing here. You can feel. You can see with your naked eyes the pulsation of the Kundalini, with your naked eyes, when you try it. You can see the rising of the Kundalini. Of course, some people are such a smooth sailing that you don't see anything. You are just there. But somehow obstruction in the Nabhi or the Swadishthana, is the second center, then you do see Kundalini trying to push, trying to push. You can see very clearly in many people. Then it rises. You can see, with stethoscope you can hear, "Lap tap, lap tap" going on, till it reaches here. Kabira has said that when it reaches to the silent point of triangle, means here, the Anahatha, the sound of the heart, sound like Anahathi, it is called the sound without the percussion, stops. That is the time when you get your realization. That is the time you get connected. That is the time you become subtler.

That is the time you become collectively conscious. You become. Now this is a very important word to understand - you become. You do not accept Me on mental level. It is a happening within you. Your own awareness becomes enlightened.

For example, I would say this room you come to and it's all dark. When you come inside you see this chair, you think is the room, you think this carpet is the room. But when you put on the light, the whole thing becomes enlightened. The room becomes enlightened. In the same way your awareness becomes enlightened, means your attention becomes enlightened. Your attention is outside. For example, you are paying attention to Me. But if I say, "Pay attention to yourself," you cannot. That's why this happening takes place. Because of this happening, your attention is sucked in. And then that attention becomes enlightened because that attention then enters into the realm of Spirit, the Spirit which is the light. I give an example of our gaslights. It's a very good example because we don't have them in India but here it is easy to give that example. If the gas light has got a little flicker going on, that supposing is the Spirit and the Kundalini is the force of gas that comes in. When that comes close to this flicker, it gets enlightened. In the same way your attention which is not enlightened becomes enlightened. That's how you become collectively conscious. Again I say, become.

For example, those who are realized here, they are just like you to look at. Maybe there's more glow on their faces, maybe. But they know where is your Kundalini. They can feel it within themselves. They know what chakras you are catching. You see on the hands. You start feeling all these centers are of the sympathetic.

For example, this is first, second third, fourth, fifth, sixth, that's seventh. These seven centers become enlightened. You can feel it on your fingers. If this is catching that means that there's something wrong with your throat. This is the center of Vishuddhi on the right hand side, this physical side.

Now here we have Alan's, his uncle got his realization long time back. He is a very great Sahaja yogi today, and he is an archeologist. He got his realization and as usual as the Western mind is, you see, there were about very few of them. So you start doubting whether it is correct or not; let's find out. So when I told him that "You have become," he could not believe. "How can that be? How can that be? I mean, how can I become like that?"

So he told Me, "Mother, just now I am feeling here lot of heat in this area."

I said, "This is all father's side and this is the throat or this area of bronchus. You ask, telephone to your house, your father must be down with bronchitis." So he telephoned. The mother came in.

He said, "How is Dad?"

"He is down with bronchitis."

Then I said, "All right, you rub it here. Rub it nicely." Because his hands are now vibrating. It's flowing. That's vibratory awareness.

I said, "You rub it."

Next day, the phone came, "He is all right, suddenly. We don't know what miracle has happened."

It is a miracle in such a way that, say, I show you a television set here and supposing you are villagers, you have never seen a television set. And I say, "Now there are lots of pictures over here and sound and music here."

You say, "Where?"

"It is there. I'll show you just now a magic."

And I put on, put it to the mains and you start seeing the television, and say, "Oh God, you are a magician!"

In the same way when your instrument starts manifesting, you become a magician. It is all there just to be awakened. It's all just waiting to be awakened. All this magic exists and it is such a wonderful world and then you become collectively conscious. When you become collectively conscious you start feeling others.

For example, you are going with somebody, a friend of yours who is not realized, and you are a realized soul. So you ask the other person, "Have you got a headache?"

He says, "Yes, why? How do you know?"

He says, "I know, I have a little headache." You see, there is an indication comes, little heaviness. All right, he'll be all right. He rubs his head and the fellow feels all right.

When you are realized you can raise the Kundalini of others. You can give them realization; all of them are giving realization. But we do not carry a circus with us, you see? Like some people carry a banner or some sort of a big thing or they stand on the streets and sing loudly or they have a name. We do not carry any circus whatsoever. You are absolutely normal because the happening is within and not without. It is not a cheap thing to do. It's a dignifying thing. It's your own dignity; you come up to your dignity to your glory.

And you don't do these cheap advertisements. All right, Sahaja Yoga has to spread slowly. It cannot spread just like that, that thousands of them will be there, because we cannot have only members; like we pay five pounds, you become a member. In Sahaja Yoga you cannot. We have no membership, nor organization whatsoever. You pay some money, you become member. "Oh, we have so many thousand members." So what's the use of having such members, foolish things? You are just making fool out of them. Like saying that we'll make you fly, all this kind of falsehood and all that. Are you going to become birds now? Or frogs?

Then another sort of things starts, "Let us be vegetarians." This is another madness. It's all right if you don't feel like eating; don't eat. But these things are not important. The way we become vegetarians, you see. Am I going to give realization to chickens? You have to be human beings. And they are the most important thing.

In the eyes of God all your big, big palaces are of no value. He doesn't value them. These are stones. All other material possessions you have, He doesn't value them. These are dust of His Feet. But to Him a little bird which is aware is more important, He will protect it. To Him a human being is much more, much more important than a bird. And to Him a realized soul is the thing for which all the angels, all the beauties and all the guidance and all the blessings of God are made. If you are told, "You come and receive your Self-realization," it looks really pretentious, I know. We've been trying all kinds of advertisement. I am a little, I should say, people say, "Mother, You are shy of publicity," whatever you may call it, but I said, "We cannot lose our dignity. Whatever you do, do it with dignity."

Everything has to be done with dignity, because we have to achieve our dignity. You are free to choose. There is no compulsion. But somebody said, "I take money because then it compels people to be here." But why compel? It's the main point. "Because if they pay for anything then they want to go through it. Whether, even if their legs are broken, doesn't matter." This is something very different, absolutely different. It is a living process. Only difference is that at the time of Christ, we never had such halls and such seekers. He just talked about God, for that He was crucified. That was to show how human beings were foolish and stupid not to accept the real. But falsehood, hypocrisy, nonsense, is garlanded, is paid for, has all the support of the kings and the queens and all that.

And the reality has to grow very slowly. All the saints who were real have been tortured. Nobody understood them. But how they were enamored by horrible people like Rasputin. Even today it is happening. You have to know that first you find out your Self. Then you will know who is real and who is not.

The credibility of the whole thing should be this way that those who are following any type of procedure, what have they achieved? Have they manifested anyone of their own power? You see, your guru may be a great. There's one gentleman who told Me that "My guru can remove this glass from here to there, sitting down here."

I said, "What is the use of removing this glass from here to there? I don't understand. And why should God do it from here to there?"

Or, "He gives me diamonds." I said, "Really? He's an Indian? Then he should solve all our financial problems in India. And why does he give you the diamond? Because you are a rich man. And how much you have given him?"

"Of course, I have all the shraddha for him."

He gets one diamond and he gives him the money which is worth hundred. Why should God give you diamonds? If He has to give you, He will give you the absolute, because He is Absolute. He'll give you something of the highest value. Of course, as a byproduct, you get your physical being all right, your mental being all right, even your material being all right.

Krishna has said, "Yoga kshema mahatmyam." When the Yoga takes place, then the well-being works out, not before. Not before, He didn't say, "Kshema Yoga." He said, "Yoga Kshema mahatmyam." First the Yoga. This is the union. When this takes place, then the well-being works out. How? Because there is the same center I was telling you. Is the center for our well-being and is the principle of Lakshmi. When it is awakened, our well-being is all right, but we do not become so rich that we end up in the casinos. We become sensible, wise people, materially all right, sufficient, satisfied, joyous, loving, understanding and a new race is to be born and a new type of life has to come. You are the seekers of that life. But you must know that you have to cooperate a little bit. [INAUDIBLE] horrid stuff

It just encircles your heart and you cannot see anything. And such colossal ones they are but unless and until you get realization you will not know that. There's a boy who has written a book about Me and before that, before he wrote that book, he came one day very much frightened to Me. He said, "Mother, I have a colossal ego. I can't see it. I am stupid. And this colossal ego I don't know how to get rid of it. It makes me stupid. But tell me one thing ..."

I said, "What?"

"Am I, was I Napoleon in previous lives?"

I said, "What makes you think that way?"

He said, "Because I am French, because I know how to draw and have such a colossal ego. These three combinations, does it mean that? And if it means don't tell me, otherwise I'll commit suicide." You start seeing all that. Once you start seeing all that, you start correcting it.

You have to repair your car by getting out of it. When you are inside it you cannot. That's what happens to you. You become the other, you become the Self and the Kundalini helps you to correct yourself and you correct it and you like to correct it. Because if this sari is not Me, if I am not identified with the sari, if it gets dirty, I want to get it cleaned. I don't feel bad if you tell Me there is something. I feel I want to clean it. That's what happens to you and this is what has to happen. As I said many a times and I say again that I must have given two hundreds lectures in England so far, maybe more, I don't know, I have not yet counted all of them. There are tapes. It tapes every time I speak. It goes on the knowledge. I don't know, I don't read much. I don't have time to read at all. It all comes from here somewhere.

But all this knowledge will come to you and you will be amazed how you will be manifesting your powers in so many ways. The

greatest power that you will be manifesting will be of love. You'll become such a loving person that all your seriousness will vanish into thin air and you'll be chirping like birds and blossoming like flowers. Please.

This is what one has to achieve and get it in one's self. There are all types of people and all types of flowers, but all of them can be blossomed because the blossom time has come. The time has come. That's how it is going to work out. Let us see how it works out within you.

Thank you very much.

Now I would like you to ask Me some questions. It would be a good thing, because as I told you it is a very vast subject. Maybe something you must be wanting to know which I may not have covered because I have not covered even this bit of the subject. Please ask Me questions.

Seeker: [Inaudible]

Shri Mataji: Not important, at all, it's not important because, you see, your attention should not be on food. Attention should be if you ask Me, I don't know what I had for My lunch, you see? It should be not there. Because you are vegetarians and all the time worried about vegetarianism, is all wrong, there is not necessarily. It is, I mean, I don't say that you be a glutton. It doesn't mean that either at all. You see, you have to be in the center. Eat as much as required for your body, not overeating. The attention should not be on the food.

See, vegetarianism was introduced by Brahmins in India, because first of all in India, the Brahmins were the only ones who knew the Brahma, means the ones who were realized souls. Realized souls were called as Brahmins. As Christian means baptized, you see? But then the Brahmins became a cult. They wouldn't accept that because - I'll tell you the example is Vyasa who has written Gita himself. He was a son, illegitimate son of a fisherwoman but he is a Brahmin because he was a realized soul.

So the Brahmin word means the person whose self has been achieved, is the Brahmin. Or the Brahmin jaati, jaati means the aptitude, a temperament, the one who has the temperament to go. You are all Brahmins because you are seekers of Brahma. You are the seekers of the Divine Power. So you are all Brahmins. And then these Brahmins, you see, they, when they wanted to start a cult that a Brahmin can be born to a Brahmin and like a prenatal achievement. Just to establish that they started all this nonsense that you should be a vegetarian, you should... because it's very easy. See if I say you are, "Be a vegetarian," very easy to be a vegetarian, what is difficult in becoming vegetarian? In India especially where, I mean mostly you have to eat vegetables. Nobody eats so much meat as you people eat here because we don't need it. It's very heating. Very little, people eat. So become vegetarians, very easy. So they took these things. Many nonsense they did. You see, like your priests have done it. It's like priests have said, "Become nuns." Now this is all nonsense. Christ Himself attended the weddings of people, His Mother was married. How can Christianity be against marriage? I can't understand.

So many things that Christ has absolutely said "No!" have been done. First and foremost thing which I see very clearly is that He said, "Have nothing to do with the spirits, with the dead." But you put all your dead in the church, just imagine, walk over them. I don't know they are not thinking about it, that don't put these dead bodies there. They might be hovering.

In the same way the essence of Hindu philosophy you can call - Dante here we have, say - but Indian philosophy is that in everybody resides the Atma, the Spirit. Now how can you have castes? Like you are a born Brahmin and all, how can you be born if everybody has the same? You just tell Me. It's such a contradiction. But nobody reads anything. You see, they just depend on a Brahmin, pay some money, call him for the wedding, finished. The only advantage we have in that country is that there is no organization that runs it, thanks God. There are some and one of them is now trying to compete with your Pope. He is trying to make a big umbrella jaded with diamonds, such a big umbrella of gold, can you imagine? If it falls on him, that would be the answer, useless thing as he is. Other people's money, you know. Very nice parasites. All of them are parasites, one and all. They are not religious people. They have nothing to do with God. Depending on other people's earnings, they are beggars. How can they be higher than you? They call themselves Brahmins. And they do... that's why they are vegetarians you see, such gall and