

So anything that is expressed, you see, say in a dress, or in relationship with your children, in relationship with your teacher, in relationship with anyone, has to be so, and so, and so. You must say 'thank you' many a times, you must say 'sorry' many a times. So we are so much curbed into artificial expressions that I think after some time there will be no art produced. There's no exuberance. They cannot, they're afraid.

I don't know if you have noticed this or not, but those who go to see any museum, or go to see any exhibition, anything, think [themselves], all of them, to be great, divine personalities that they can judge everyone.

It's through the Agnya that we judge. That is what Hanumana wanted to eat once and for all. There's the movement of the Agnya which goes right and left you see, which makes us express our so-called nonsensical personality of the ego. It's the one that He tried to control and eat it off, as I eat bhoots, perhaps He was eating this sun. But for an angel it is important to know that there is no ego within you.

There are some Sahaja Yogis, who say, "Mother, I didn't want to do too much of Sahaja Yoga work because my ego will come up" - many. "I don't want my ego to express itself." But why do you want your ego to be destroyed, for what? For Sahaja Yoga work isn't it? What a vicious circle it is, that we say that we want to keep ourselves in the background because our ego should not develop. You are just thinking about yourself. What about Sahaja Yoga? So nowadays the trend is "Oh better be on the safe side." Because they have seen some people who were very egoistical, who were very dashing about Sahaja Yoga, who tried to show off - had to fall. So another trend has started, I feel, in Sahaja Yoga that "Better be on the safe side" - you see. Between these two, Sahaja Yoga will be lost.

So if you know you are angels you'll have no ego. Anybody who knows that it's his nature to do something. Like today my husband was praising Me saying that "It is You who has done it."

I said, 'Not Me. It's not Me.'

He said, "How do you say it is not You?"

"Because," I said, "It is innately built in them. A seed, if it is planted in the Mother Earth, then it sprouts. In the same way they have innately built within them their Kundalinis, it sprouts. So how is it I have done?"

But he said, "But the Mother Earth has done it."

I said, "No, it's the quality in Mother Earth which is built in has done it."

So he said, "Then who has done all this?"

So I said, "It's done by Adi Shakti - agreed!"

But, Sahaja Yoga is not done by Adi Shakti. She has created these powers in everyone which works out, but Sahaja Yoga is not. Sahaja Yoga works through the innate qualities that are in the Mother Earth and that are in the seed. So I'm here not as Adi Shakti. I'm here as their Mother, as their Holy Mother, and as Holy Mother I've guided them. You can say I'm like the Mother Earth who sprouts seeds, so then another detachment can come in, into you. That these are your powers within you which have been just enlightened by your innate nature of Kundalini. And that you are empowered yourself. And all this power that is within you, is only told by Me that it is within you, you see for yourself, only like a mirror I'm telling you, "You are this, see for yourself." So how can I take any credit for it?

So you can even have detachment to understand that, the powers that we have are for Sahaja Yoga. As Mother has powers to work for Sahaja Yoga, we too have powers to work for Sahaja Yoga, and as She works, we also have to work. But there is

attachment like this: "Mother is doing everything, what can we do?" No! You have to do it. This is a very important detachment which I'm trying to say, that you have to do this yourself. It's not that Mother will do – "After all, Mother is doing everything." It's correct, that is correct in a way, but you are the instrument. Electricity is doing everything here but this instrument has to work.

So the source may be there but the instrument is the one which delivers the goods. And, like Hanumana, you are the instrument, and you have to work, you have to do the job. It's in a very dynamic [way that] we should achieve. Another great quality of Hanumana was that He was very alert and that He was beyond time. When you eat off the sun where is the time? He was beyond time. Because of that, everything he did very fast. For example now, we are preparing a book of Sahaja Yoga, for the last sixteen years it's going on. "It's working out, Mother, working out." Then we are trying, to make some arrangements about having the recording of the sick people and being cured with Sahaja Yoga. "That's happening, very good, happening, happening."

Then we are going to go to Russia to spread Sahaja Yoga. "Ah, working out." All the devils have reached there, but the angels are still working it out. Very patient, very patient angels. So one of the qualities of Shri Hanumana was that He was a fast person. He would do the work before anybody could do it. He was out beat.

It's all right to fight in Trafalgar and win and defeat Napoleon, but in the field of dharma, and the field of Sahaja Yoga, I find people don't understand the importance of time. We are delay masters, and we have dilatory habits, "All right I'll telephone, I'll find out and it will happen." This is one of the greatest defects we have, which we have to learn from Hanumana, that Rama wanted to send word, so He sent His ring with Hanumana. Rama could not do that fast, so Hanumana went and did it.

Then Rama wanted to have this sanjivani, this kind of an herb. So He sent Him to get from a particular mountain. He said, "Now why to waste time finding it out, better take the whole thing." So He carried the whole mountain there. Better do it quickly, immediately, this is the time to do it.

But, "Next year we'll see. Mother, You know, after Ganapatipule we can consider. We'll have discussions, and then we'll have arguments," and this and that. This is one thing about his character one has to know that today, when we are worshipping Hanumana, we should have that quick-wittedness within us. It is to be done now. We cannot postpone it anymore. Already we are very much delayed. I saw the girls who were wearing frocks, small little things have grown into big girls now, about to be married. So I think all My life I'll be marrying only Sahaja Yogis.

To see the results you have to become quick people. Not to linger and be satisfied with other things. But positive things, what are we doing? For example it's nice, children have grown up, they had such a nice drama, play, all that I enjoyed very much, it was very good for everybody's enjoyment, but job is there, we have to do. We have to do the job.

So attention should be on the job, and that's what, what are we doing about it? I was happy that a suggestion has come from America about making a video film and things like that. And then there are obstructions, how are we going to get money, what is going to happen. You just start it, you'll get it, you have powers. Everything will be synchronized properly, you just start doing it, but if you behave like human beings - first think then plan it out, and then cancel it - it's not going to work out.

Though Hanumana is running on the Pingala Nadi all the time, what He does is to spoil our plans. Because instead of Him, we run on the Pingala. "This is all right, you running it? I'll put you right!" So He sidetracks all our plans all the time, and that's how all our planning fails. We are particular about timing, about things of no importance, but we are not particular about timings of our progress in Sahaja Yoga.

We must have targets, we must have fixed times - all right by this time we have to achieve, but do it little faster is better. All other things can be managed, but this is your job, nobody's going to do it.

Nobody's going to do it, it's your job. I mean you are not going to run the train, you are not going to run aeroplanes and you don't have to run any administration and this stupid politics, but you have to do Sahaja Yoga. You have to spread it, you have to bring it to a level that people can see it.

Now eighteen years have passed, this is the nineteenth year. So today is the first day of Hanumana's Puja. I must say you have to venture. You have to venture without any fear, collectively and individually, forgetting as to what will happen, I mean you won't go to jails, you will not be crucified, be sure on that. I mean if you lose your job, you can get another, and if you don't get a job, you can get a dole all right. So you don't have to worry about all useless things which human beings sit down and worry [about]; but despite that they achieve work, they do their jobs, and how much they're wedded to it I'm surprised. I've seen it in my family, how much they're wedded, they have to do this work, they have to get up in the morning, do this, do that.

But you are not aware that you are angels and this is your work. You have to do this and nothing else is important. I hope by today's puja, that enthusiasm, that venturesome nature will vibrate your Pingala, and without feeling any ego about it, in the most humble manner as Hanumana was, you will do the jobs.

Hanumana, imagine, He was given a beautiful necklace of gold - with big, big balls for Him to wear - by Sita. And He opened all of them one by one, He said, "There is no Rama in this, what will I do with this gold?"

So She said, "Where is Rama?"

He opened His heart and showed it, "See, Rama is here."

If Rama is there, you cannot have ego. So, so much of dynamism and so much of humility – what a combination it was. And that's what you have to just manifest. The more you'll work, the more you'll assert yourself, you will find that humility is the only thing that helps. Obedience is the only thing that helps to carry out your work and you'll become humbler and humbler. But if you think, "Oh I am doing this" - then finished. But if you know that it's done by the Divine - "Paramchaitanya is doing everything, I am just an instrument" - the humility will be there and you will be an effective instrument.

In this country today, it was very necessary and it was so timely. It was all organized by angels that we should have this puja here. But it's good for all of you. You have to really go and see the media people, go and see these ministers, go and see, say, Prince of Wales, go and see another person, meet them, make committees, see what you can do. Put your mind to it, "What are we to do?"

But here only, "My mother is sick, my child is sick, my this thing is sick, my friend is sick my ..." - still going on with it. If you start doing God's work, your worries are taken over, you don't have to worry about anything – just taken over. But it's not self propagation, it's not! It's the propagation of the collective.

I hope today you have understood the subtle side of your being which is there, which is exhibiting, which I can see clearly and that you will, all of you will, in your meditation become aware of what you have within yourself. That's the greatest thing that will please the Divine, and Divine will look after you fully. With the same confidence as the angels like Hanumana you have to go further and work it out.

May God bless you all.

I have to say about the ego part is this, which is really the problem in the West, why people have so much ego than Indian people have. One of the things is that the right side, as I've told you many-a-times, is like an accelerator. The left side is like the brake. So if the Mooladhara is not in control, if the brake is not all right, naturally that accelerator cannot be controlled. So basically our Mooladhara should be brought round and must be put right. You should work very hard to do that. If your brake is established, then whatever work you do for Sahaja Yoga, you'll not get into ego practices, and ego cannot anymore control you.

So that is very important, especially in the West where it's being really dangerously destroyed, the idea of auspiciousness and of holiness. So that is the power of any angel and that has to be fully established within us, and then on that power will work out,

which gives you discretion, which gives you egolessness. I hope today both these things will work out within us in such a manner that we really become absolutely self confident realized souls whom I call as angels of modern times.

1989-0505, Speech held on board of the boat for Capri, Rejoice in disadvantages

View [online](#).

5 May 1989

Talk to Sahaja Yogis

Capri (Italy)

Talk Language: English | Transcript (English) – Draft

"Rejoice in disadvantages". Speech held on board of the boat for Capri, 5 May 1989.

First time I went to America, I also went by ship. Now the ship has one problem: that it cannot have any problem as such, because there are no solutions. It is so limited. Whatever is not on the ship is not there. Supposing you want to have a pair of scissors, it's not on the ship, so you cannot find it. So, there's no problem. [Laughter]

Because you have possibilities and you have choices, that's why there is a problem. So, on the ship you start understanding, "Whatever we have, we are happy".

In the same way a Sahaja Yogi should be: whatever we have we are very happy. So, there is no problem. Supposing you are lost on the way somewhere. Then you have to say, "I have to be here. That was God's desire, so I'm here. So, I'm not lost. Whatever is myself is with me, how can I be lost?"

There are all such things you see, because there are many people who write to me about their problems. And the problems are such that actually, there are no problems. Once you start thinking like that, you will be amazed how the problems get solved.

Now Italy had no rain for all these days. And that people wanted that there should be rain, before I come, because it should clean out the whole thing. So, they must have said, "There is no problem". So, it did rain.

Then the other day, it was quite cold. Now they wanted to have, say, some music program. So, it was very cold, so we decided we'll not have it. So, there is no problem. We slept nicely and got up nicely in the morning because we had to get up nicely in the morning. Otherwise, in the night, you would have been singing till three o'clock. [Laughter]

So, it's better that it was not so all right. And now today it's very warm and nice.

So, in Sahaja Yoga you must always think if there is a disadvantage it's an advantage for us. We should see to the essence of the disadvantage and we will overcome it with an advantage. You'll see, this is- human beings have done this many a times. Like in Holland. You know the sea is much higher than the land. So, what did they do? They created canals. So, automatically, they got very good roads. They don't always have to worry about keeping their road all right. So, in every way, if we can learn, how to enjoy the disadvantage, the so-called problem, then you'll see that the solving of that is the solution in a way, that there is no problem.

It should not be taken as a challenge, but like a big wave coming forward to a swimmer: how he enjoys it, you see, to jump all right. That's why we are not joy-killers and we are not also spoilsports. Spoilsports, that spoil in the sport.

So, you should not say, "I don't like it, I don't enjoy it", but you should say, "Why not?" Because if you decide not to like it, you will spoil the joy. But if you keep yourself open all the time and decide, "Oh I'm going to enjoy", then you start enjoying. For example, cappuccino was difficult for me at the beginning.

[Laughter]

But now I enjoy."

1989-0506, Sahasrara Puja: Jump Into the Ocean of Joy

View [online](#).

6 May 1989

Jump Into The Ocean Of Joy

Sahasrara Puja

Sorrento (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara Puja, "Jump into the Ocean of Love", Sorrento (Italy) 6 May 1989.

Last night was a night of complete darkness, that they call it as amavasya; and just now only the first phase of the moon has started.

Today we are here to celebrate the day when the Sahasrara was opened out. Also you have seen in the photograph. It was actually a photograph of my brain, which showed how the Sahasrara was opened out. The light of the brain now could be photographed. It's something great these modern times have done.

So the modern times have brought a lot of things which can prove the existence of the Divine. Also it can prove about me. It can convince you what I am. This is very important because, in the modern times, this advent has to be recognised, has to be fully recognised. This is one of the conditions for all the Sahaja Yogis.

Now let's see what's happening in the modern times, in the brains of the people. In the brains of the people today, if you see, there is an attack on the Sahasrara. There has been an attack since long but in the modern times it's the worst time. They are trying to make the limbic area very insensitive. Very depressive novels, very depressive thoughts and very depressive music, you can say, like Greek tragedy nonsense. All these things came from the medieval period till, we should say, this new age has started. That one itself was no good for our limbic area. That made us very depressive. We took to alcoholism to escape from the so-called miseries.

But then came this modern age in which people became overactive - over-activity started. With that the brain also became overactive. In addition to the dullness before, it's gone to the other extreme of over-activity. So to dull it again they took to drugs, they took to very horrible music. That's how they made this limbic area very, very insensitive. So a drug which was just a stimulus to begin with was to be taken in greater quantity and later on they had to take the drugs which were of a much more severe nature. It went on like that and now we know that this drug is the only way people think they can survive. Why? Because of the tension [that] they talk of.

In the modern times we have something called 'tensions'. It was never there before. People never talked of their tensions. Now every body says, "I'm in a tension!" "You give me a tension!" What is this tension? It's because of my advent. The limbic area wants to know about me. And the Kundalini also, as Sahaja Yoga is increasing, is trying to rise in people; because you become the channels. Wherever you go, you generate vibrations, and these vibrations give a challenge to the Kundalini, or a message, and in various people it rises. It may not rise up to the Sahasrara, or it may even rise up to Sahasrara but it falls back, because there's no recognition.

So every time they do something, this Kundalini comes up and gives them a pressure, because their Sahasrara is not open. It's a closed door. Because of the closed door this gives them a kind of a pressure in the head, which they don't understand, and they call it as 'tension'. Actually the Kundalini is trying to push it out, itself, but it cannot. And those also who get their Realisation, if they do not make their Sahasrara alright, they go on getting into tensions. So, though Sahasrara has been opened out so many years back, still we have some things to be done - is to clear out our Sahasrara, first of all.

So first is the breaking of the Sahasrara, then once it opened out, the brahmarandhra opened out, then we started feeling the grace, and it moved onto our Ida and Pingala - the grace not the Kundalini. And the grace, which is chaitanya, all round, soothed down our Left and Right sides by which our chakras opened more, and more threads of the Kundalini started piercing through.

So I always tell Sahaja Yogis that it's important that you must meditate. If your Sahasrara is alright, all your chakras will be alright because, as you know, that the peethas, or the controlling centres of all these chakras, are in the brain around the limbic area. So if your Sahasrara is clear everything works out in a very different way.

How to keep the Sahasrara alright, is the big problem [which] always people ask me. You know that I reside in the Sahasrara. I have incarnated on the lotus of one thousand petals. That's why I could break it also. As I am today, as you see me. Of course they say, "Sahasrare Mahamaya" () So this is the illusion which is all the time there for you, which is very elusive. It had to be that way because you could not have faced me otherwise with all the lights coming out of me or the way you saw yesterday Sahasrara - some sort of abstract colours thrown on all sides and the lights thrown outside.

Please don't take photographs when I'm speaking, alright? You can take later on. There's no hurry about. Just pay attention to My lecture. Please, pay attention. It's important. It is to be, this, told beforehand, that nobody should take photographs during puja because it is a very intense thing [that] one has to work it out. Please, pay attention. Even if you don't understand, it has effect on you. So I would request you to pay full attention to me when I am talking. It works better.

Now this Sahasrara is to be looked after by you. It's the temple of your Mother. When you say you put me in the heart, actually you put me in the Sahasrara. Because, as you know, the brahmarandhra here (Shri Mataji touches her brahmarandhra) is the fontanel bone area, has got the peetha, the centre, which controls the heart, which is the seat of the Sadashiva or you can say of Shiva. So when you put me in the heart actually you put me there. So to raise it from heart to there, or to bring it from there to the heart, is the problem of two types of people.

Some people who are sensitive in their heart - I would say in Europe we can say Italians are very sensitive on their heart - the first thing they do as soon as they see me they put their hands to their heart. And that is what it is, that, if you try to feel me in your heart, to begin with, it's much easier. To feel me in your heart. Now you might say, "How to do it?" You have to love me as I love you. You have to love each one of yourselves, because you are all within me.

And you cannot teach someone how to love. Love is within. And love manifests if, just, you open your heart. Now what stops it, we should examine that.

Firstly, the conditioning. In the West to express your love is regarded as sinful actually. It takes them time to say, "I love you," but "I hate you!" even a child could go on saying, "I hate you! I hate you! I hate you!" But to hate someone is sinful. To anyone, to hate, is sinful. So to say that, "I hate you! I hate you!" is a sinful act. So what one has to do is to say, [to] go on saying, "I love you." After all, you must love a person who is so dear to you. Anyone who has done something good for you, you love that person. But if the Adi Shakti Herself has given you the rebirth, it should be the easiest thing to love. And if She says that, "They are all within my body," so it should be even easier to love each other.

So the whole cleansing of the Sahasrara is done through this love, this love which is not conditioned, which is not inhibited, which doesn't want any respite or doesn't want any return - nirvaaj. But the conditionings are too much. First the problem of conditioning comes to you when you think that, "This condition makes me hate someone," or, "I cannot love someone because this is the condition!" But actually the conditioning itself is so absurd, if you see it one by one.

To make it simple, I would like you to understand the conditioning part where I read once an article, an interesting one, "Who killed the romance?" So he said "the hairdressers". I was wondering how is he connecting romance with the hairdressers? Because people used to go to a hairdresser and one hairdressing was liked by a person. So he would say that, "I love that hairdressing!" Now supposing his fiancée, or his wife wore another type of hairdressing, because everyday new things are coming, then immediately the husband would say, "Oh I hate you because of your hairdressing!" Because he loves one type of

hair dress, that's why he loves. Otherwise if you have another hair dress you hate it! "I don't like it!" To say that "I don't like it" and "I like it", itself, is a sign that the conditioning is too much.

You make a proper hair dress and you dress up properly and you come out and then suddenly people say, "Oh I hate it!" Who are you? What right we have got to say that to anyone? You are not a judge appointed by any law courts. So why do we say, to hurt someone, to say "I hate it"? On the contrary you must say that, "Alright, I like this but you could do better." That's the sign of love when you want a person to be dressed up in a way that is appealing. But this is on a very, very baser level that we see people. Then we go further to see a person: how intelligent he is, how smart he is, how charismatic he is, how charming - that's another word which is very elusive.

These are also kind of conditionings of the mind that you think that a particular style of a person is a loveable person, that you love that person. It's so much outside. Or some people actually do not love but show they love because somebody has more money. And the money, he's not going to part with, no doubt, but you love that person because he has more money, or he has a better car or he's better dressed, whatever it is. So this kind of an idea one has also is a killer of love. If love is killed, the joy is lost, you cannot have joy without love. I say, joy and love, both are just the same.

Then it gets even subtler and subtler and subtler. Then we start loving our own children, that's very common. I mean, of course, also some people don't even love their children, I mean there are all kinds, you see. But then they go on, "This is my child, this is my child, this is my child!" That again is the death of love. As I told you before: the sap of the tree rises, goes to every fruit, goes to every leaf, goes to every part and comes back. It's not attached. If you are attached to one part or to one flower because it is more beautiful then the tree will die and the flower will also die. So that's the death of the love. So you have to have love which doesn't get entangled or attached. Every time I tell like this they say, "How to do it?" The love of the Spirit is of that kind. Love of conditioned mind is different. A conditioned mind can love in a limited way because it is conditioned.

Then the greatest enemy of love is ego within us, which is like a balloon on top of our head. And this ego gives us a very big tension.

The conditioning of course, like they see a carpet. Now it is, according to their conditioning, is not good. So they say, "Oh what a carpet it is!" Or something. This kind of conditioning of very low level. And the higher level at the most, is that you love your own country, so "My country is the best!" Whether it is killing people, whether it is destroying the world peace, it's all right because "I belong to a particular country which is the best!" We can never criticise our country and countrymen.

It goes on subtler and subtler. But on the intelligence side it is even worse! Because intelligently if you have understood that something is good then nobody can save you! Because through your brain you have understood. Actually it is very surprising: I was reading the book written by Rabindranath Tagore and an Englishman had given a very beautiful preface to that, an introduction, and he said that the creativity is killed in the West. So he asked a gentleman who was an Indian critic. He said, "Don't you criticise your poets? You don't have people who are critics?" "Yes, yes we have, they criticise," "So what do they criticise?" "Oh, they can criticise that, this time there was no rain so we had problems and things." He said: "No, no, no, no! We are thinking about the poet, do they criticise the poet, do they criticise an artist?" So he says: "Is it meant for criticism?" "It is created, whatever he felt is created. But supposing he has put something very vulgar then of course we don't like it. But if it is created by a beautiful mind, it has to be beautiful." "Then you don't criticise?" He says, "No, because we cannot create like that. So what business have you got to criticise?"

This is how, 'intelligently', what we have done: we have norms about everything, about art about every creation. We don't like this carpet. Why? Because it doesn't appeal to our intellectual understanding of the norms we have reached and in that frame it doesn't fit in so we don't like it. Can you even create one inch of that?

So this ego gives you an unauthorised action. It is unauthorised, anadhikar cheshta (). Un-authorised. You have no authority to criticise. You can't do anything, so why should you criticise? Better [to] appreciate and see for yourself that you are not in authority, you are not worthy of it, to criticise. If you are not worthy of it why should you criticise anything?

And, otherwise also, you must know [that] you are a slave of your ego. Whatever you ego dictates and your intelligence, so-called

'intelligence', brings you to a point, to have some norm. And then it becomes a collective ego of a particular community, of a particular country, of a particular ideology. It's collective. So then they say, "Oh we think this is no art!" That is the reason we cannot have masters any more in art. We can't have Rembrandt, we can't. Poor Rembrandt must have himself suffered a lot. You know Gauguin suffered a lot. All these artists suffered a lot. Even Michelangelo suffered a lot. Not only monetarily, not only monetarily, but otherwise: criticise, criticise, criticise. So I think people have given up.

I met an artist who had done lots of art work and I said, "Why don't you show me?" He said, "No I don't want to show you. It's created for myself." I said, "I would like to see!" I saw, it was beautiful, very beautiful, I said, "Why don't you show?" He said, "No use. People will just criticise. I do it for my own pleasure. They'll just spoil the whole joy of my creation."

So one of the basic things we should avoid is to criticise others. Better to criticise yourself. Criticise yourself, criticise your brothers and sisters, criticise your country, criticise all the habits you have and laugh at yourself, is the best way. If you know how to laugh at yourself then you will not object or will not stand in the way of any creativity of another person.

So with ego you become so unauthorised. You can criticise anything. You think you have a right. Who has given you this right to criticise? Is the question one should ask to oneself. How can we criticise anyone? As saints, as you are now, of course, you can make out who is caught up, who has given bad vibrations, who has the problem. You know that. You know it. It's not conditioning. It's not just you are doing because there's some ego, but you are feeling it on you fingertips. It's an actual feeling within you. It's the bodha (: knowledge), by which you know.

Then what should you do? In your love, you have to tell the person, if possible, that, "This is wrong with you. Better be corrected!" But in a way that he does it. On the contrary, if you tell him in a way that he becomes even worse than what it is, you have not loved that person at all.

Allow everybody to grow. There are many people in Sahaja Yoga who are very, very good, excellent, no doubt. But also there are some people whom we can call as very difficult; very! There's sort of a crack in their head or something, that part is missing sometimes. Some screws are loose I think. Sometimes they behave like clowns. And we have known some people. We just can't help them. They could be very intelligent otherwise, they could be very sharp otherwise, but in Sahaja Yoga they cannot come down to that level where you can say: now the growth is possible.

Supposing the Mother Earth was very hot like the Sun, there would have been no growth. Or [if] it was cold like Moon, there would have been no growth. It had to come to the centre where it had both the things in proper proportions to grow. In the same way, a human being has to work out that you keep a moderation and a balance, and understand not to go to extremes of anything. That balance you learn when you love someone.

In Sahaja Yoga, as you know, we have to ask some people to leave Sahaja Yoga. This is out of love for them, because once they go out, they improve, I have seen, they tremendously improve. But when they are inside the Sahaj Yog community they become a nuisance, and they want to be more nuisance because their ego plays the part, maybe the conditioning plays the part, whatever it is, they want to be a nuisance. So we have to ask them that, "Please now, depart for a while." Now if that nuisance value is lost in a person then he has to be straightforward. He cannot be any more a nuisance and logically it can appeal to a person, if you tell that person, that this is the reason why we want you to be out. But they can be very disgustingly troublesome, I know that. But you have to show complete patience and complete understanding and you must talk like a person who loves.

Love has such a power that nobody wants to do something that will suggest that they don't love; very powerful thing it is. It binds people in such a beautiful manner that one wants to do something: for example you want to give me flowers, because you know I love flowers. So you want to give me flower to suggest that, "Mother we love you," Just to suggest. I know you love me but you just want to, sort of, reinforce it, the thought in me. So you want to give me a flower to show your love and expression of your inner feeling for me. So all these material things can be used to express your love. They can be very easily expressed in such a manner that another person knows what is love.

But the whole power of Sahasrara is love. So, if you see that, this brain has to love; brain has to love. After now verifying the powers of Sahaja Yoga, through your brain and intelligence, if you reach a point where you understand that: No, it's no use analysing, synthesising, doing all these things. It's just love. It's simple love.

So the same Sahasrara which has been used before, this brain, for analysing, for criticising, for doing all kinds of nonsensical things, now wants to love and enjoy the love. And there is the culmination where the brain just loves. That is the situation one has to reach. It just loves. It knows only love because it has seen the power of love. You reach a certain logical conclusion, and then you see the point. Like Adi Shankara wrote so many things like Vivekachudamani, this, that, and all those treatises, and then he gives up, he said, "No, nothing!" He just writes the praise of the Mother - finished!

So once you reach that point, we can say now you are in nirvikalpa because there is no vikalpa, there is no doubt in your head; because you love. In love you don't doubt, no question. Only when you think you doubt. But when you love you don't doubt, you just love, because you enjoy love. And that's why love is joy and joy is love.

So after so many days the Sahasrara has been opened out. We have to open out our Sahasrara again: through our meditative processes, through understanding ourselves and others. Maybe logically reaching that point: there's no way out now. We have reached to the end of it now. The whole logic has ended up now. Jump in the ocean of love - finished!

Once you jump into the ocean of love there's nothing to be done; just to be enjoyed - every wave of it, every hue of it, every touch of it. That is what one has to learn by reasoning that Sahaja Yoga is nothing but is love.

May God bless you all.

1989-0507, What should we do, to be in control of ourselves?

View [online](#).

7 May 1989

What Should We Do, To Be In Control Of Ourselves?

Public Program

Sorrento (Italy)

Talk Language: English | Transcript (English) – Draft

1989-05-07 Public Program Sorrento Italy

SYogi: Please we request all the Sahaja yogis to go by the outside and let the local people be inside [UNCLEAR] receive it.

These ladies can come. Come [UNCLEAR] from here [S.Yogi - Presenter - Italian] [S.Yogi - Presenter - Italian]

SYogi: Sahaja yogis, please can sit in the middle. All the Sahaja yogis can sit in the middle; Those who are outside, specially. You don't need to stand, you can sit. There is room also here. SYogi: [Presenter - Italian]

SYogi: [Presenter - Italian] Please don't take pictures during Shri Mataji's speech. At the end you can do what you like but not during the speech because it may disturb the audience.

SYogi: [Presenter - Italian]

SYogi: [Presenter - Italian]

I bow to all the seekers of Truth. And the time has come for all of us to find out the Absolute Truth. We follow religions like Christianity, Hinduism, other religions - so many are there - Sikhism but there is no binding force on us.

Shri Mataji: There is no binding force that we should be righteous, that we should be joy ourselves. Anyone can do any sin, can do any harm. For Christ just talked about love. The main point we have missed in every religion, is very simple. Every religion has said one thing common that, "You must seek the Eternal and live with the transitory in moderation and [UNCLEAR] limitations." Because transitory things have a built-in capacity to destroy themselves that's why they are transitory. But they are to be used but in their own limitations. That is why when we go to the extremes, running after transitory things then, they start destroying us also. So what should we do, to be in control of ourselves? Because when we say, "I," we do not know ourselves.

Shri Mataji: When I want something, after sometime I feel, it was wrong. Sometimes the body wants something and the brain says, "It's wrong," or the heart starts fighting with the brain. That means, we are not integrated beings also. Now supposing, before us a man has come, who is a fraud, who is a crook and he says, he's very great and he's very good. So now how will you find out? It is impossible to find out because he may appear to be a very good gentleman. So, we have no means to find out, what is good and what is bad - to discriminate. There is one little thing that we have to have now within ourselves. You are paying attention to Me but if I say, pay attention to yourself - you cannot because the One who can do that, is the Spirit, within you is the Self, which resides in your heart. Once this Spirit comes into your attention, you know the Absolute Truth about everything.

Shri Mataji: That is, first time you have your breakthrough into that Subtle power, which is All-Pervading - the Divine Power. Everyday we see flowers, then we see fruits and we see Nature and life. Now, who does all these living miracles? A rose, will give a rose flower. What a discrimination and understanding! This Power must be somewhere and Hume has said that, "This is a Collective Consciousness," he said so. But in simple words, it is the All-Pervading Power of God's love. It is a subtle Power everywhere and it vibrates. And once, somehow, you can feel it, then it can work through you and you can manoeuvre it for which, our Creator has beautifully made us, as you see that inside ourselves. This knowledge was known but was never manifested

before.

Shri Mataji: As you see the tree, I feel, all the Western civilization has grown like a tree outside but we have to have the knowledge of the roots otherwise this tree will collapse. So whatever I'm telling you or he has told you, is the knowledge of the roots that we are. And we have to know, if we have to keep our civilization nourished and prosperous. We have seen in the world now, the crisis of ecology, human crisis, people fighting among themselves, so many problems - problems after problems in modern times because human-being has become a problem and these problems are created by man, not by God. So what we have to become, is a transformed personality. What Christ has said, "You are to be born again," but that doesn't mean that we can have a certificate saying, "We are born again." We cannot have a false certificate - it has to become. It has to happen. If it does not happen within you, if you do not become, then it is falsehood. It is artificial, you put any brand on you, is artificial. You call by anything, it is artificial and then these people, artificial people, start fighting among themselves.

Shri Mataji: You see these organizations - they become, grow big like plastics, millions and millions and then they start beating each other. They fight for power or fight for money and all these transitory things. So, there is no emancipation. Christ didn't say that, "You put a label on your head," that "We are 'Born again'," but He said, "You have to be born again," is the actualization, He meant. So, the time has come for us to be honest about it. You don't have to believe Me also when I say that because that would be a blind faith but as scientist you must keep your mind open and this is like the hypothesis, I put before you. hen, if it works, then in honesty you must know that you have become a Self-realized person. As he has already told you, that we have got a residual power within our triangular bone called as sacrum. In many people you can see, the throbbing of this power, when we try to give them realization when there is obstruction, in the lower centres, as shown there. Medically we can say, that all these centres are connected with our plexuses.

Shri Mataji: So we have the first one, is the actually connected with our pelvic plexus, which is for excretion. So it is clear now, that when you get your Self-realization, this centre does not come into play. So, one of the activity of this centre, is a sex activity. So those people who say, that through sex you can achieve God, they are all nonsensical. Of course, the sex is important and is also transitory but we are not sex points, we are human beings and we have to become super human beings. So, there is no prohibition on sex or anything but what is important is, that our attention should be for achieving the Eternal. In Sahaja yoga we have many marriages. This time we had about 75 marriages and most of them are very successful and we get very beautiful children out of these marriages. So what happens is that, this Kundalini just like a primule in a seed sprouts with the living process. As the seed germinates, when we put it in the Mother Earth, this Kundalini also starts rising because the Mother Earth has got capacity.

Shri Mataji: So now, all these centres are connected with different plexuses, I told you but also with three channels you see - one on the left, one on the right, one in the centre, are also connected with our Autonomous Nervous System. So, it's quite a complicated thing within yourself. But when you come in this hall and you want to put on the light, you have to just put the switch, one switch and all the lights are there. It's all built-in I don't have to tell you the whole history of electricity and then the source of electricity - no, it just works. So, in our evolutionary process, this is all built-in within us, we don't have to do anything. So Sahaja means, 'Saha' means with, 'ja' means born with you, is the power and yoga means, union with the Divine force. This method of Sahaja yoga, enmasse, I discovered about 19 years back and it has worked. You'll be happy to know, that in Sorrento we had so many scientist, doctors, musicians, artists, educationalist, who came down here to give a full proof that it works. And last time I had visited Sorrento and I told Vido that this is a very good place because here it's very Divine vibrations, people are nice here. They are not affected by negative force much.

Shri Mataji: Now with Sahaja yoga what happens to you, first of all, when the Kundalini rises, She nourishes all these subtle centres and by nourishing them with, your diseases get cured. Now we have many cancer patients, who have been cured with Sahaja yog. Specially, blood cancer patients, who are certified to die, are still existing after so many years, very nicely. Many diseases like [UNCLEAR], which are not curable - where the muscles start becoming decomposed and dilapidated. Like Schizophrenia, mental disorders, also we cured. So many types of diseases have been cured by Sahaja yoga but not by Me but by your own force that is residing there, that cures you, is your own. So, the physical side is solved, once for all. Mentally, you become very alert and dynamic. You become very creative because your fourth dimension is expressed. We have some very

world famous musicians, artists, who have been blessed by Sahaja yoga and suddenly they prosper.

Shri Mataji: Now spiritually many people are suffering, as well as they are suffering emotionally. Emotionally they become very wise and they can face problems without much difficulty because they become like witness of a drama. For example, when you are in the water, you are afraid of the waves but if you get into the boat, you can enjoy the waves. So the state of your mind, reaches that height where you becomes a witness of all this world and you stand on your axis and the world moves like a wheel. Normally, we live in the past or in the future and the thought waves start from this enter another one, another one comes up - we are jumping on the cusp. We are all the time thinking. but with Sahaja yoga, you enter into the realm of present, between the thought. That is the peace within ourselves. Then, if you want to think, you think, if you don't want to think, you just don't think. People start with 'Foundations of Peace', 'Rock of Peace' and all that but they have no peace within themselves.

Shri Mataji: So, how can they give peace? This peace is within ourselves. We are really glorious things Human-beings are created and they are at the epitome of creation; They are the highest thing that God has created. But in the darkness of ignorance, people know each other. But then, once you get your realization, in the light of enlightenment, you know everyone because you get in yourself the new awareness of collective consciousness. You can feel it on your finger-tips, the All-Pervading Power about which every religion has talked. It is the cool breeze of the Holy Ghost. Then these five finger, six and seven are denoting your centres within yourself. And on the right hand side you feel your physical and your intelligence or your activity and on the left hand side, you feel the emotional. So, if you can just know what is what, you can also know how to cure it and you can be alright yourself, you can treat yourself. So sitting down here, you can feel the vibrations of anyone you want to know, whether dead or alive and you can find out what was his, what is his situation. Not only that, but you can also raise the Kundalini of another person and you have a right to do that.

Shri Mataji: You can give realization to others, you can cure others but you become yourself a very beautiful, righteous, loving personality. And above all what you get, is joy. The joy is not like happiness or unhappiness but is singular - joy. So you just go on swimming in the ocean of joy all the time. There is no time for being harsh to anyone, no time for being crooked, no time for being harmful to anyone and you are looked after as if, you have entered into the Kingdom of God, which is very efficient and then Virata uses His Being through you - you are amazed how you are helped all the time. This is what you are. Only you have to become aware of it. Like I say, there's a television and you take in an Indian village and tell them that, "You can see all kinds of beautiful dramas in this." They won't believe. They'll think this is just a, some sort of a box. We also think we are some sort of a box but once you put to the mains, then you know what glorious thing you are!

Shri Mataji: Then you get meaning to your life and you know why you are on this earth. May God bless you all! Now, should we have some questions from...?

SYogi: I think, they all want the experience, Shri Mataji. Annh? (What?)

SYogi:I think, they all want the experience. Oh, alright! That's very good. That is Sorrento!

Seeker: [ITALIAN]

SYogi(Presenter): He's asking, it may help him that we stop thinking and how it happens?

Shri Mataji: It happens because, when the Kundalini rises, you see, this power passes through this area, which is the crossing point of optic chiasma, so what happens, that your ego and superego are sucked in, sucked in and because of that this opening, then there's no thought. Now on this centre, you'll be surprised to know, that it is Christ. He resides there and that's what He has said that, "I'm dying for your sins." So no more of your sins or your karmas are there anymore - finished. Once He's awakened, He takes away all the problem. And then you start feeling the cool breeze coming out of your fontanel bone area. So, it's the actualization of your baptism - it's not just somebody putting the hand or a water but you really feel the cool breeze out of your own head. Who's that, he's standing there, yes please.

Seeker: [ITALIAN]

SYogi(Presenter): He's say that he, he's been, he's heard about many spiritual talk coming from the East and he's very happy and pleased by Your introduction and he would like to know, now how this is possible?

How can this dynamic force rise within us? It's a living process, you see, just like the seed rises, just like the seed comes up. But be careful with the people, who come with the Spiritual talks. If they are interested in your money, then you have nothing to do with them. You cannot pay for your Spirit - God doesn't understand money, He doesn't understand money.

Seeker: [ITALIAN]

Shri Mataji: Peace and it generate happiness to people and it generates that which changes them, transforms them. Even a glance of such a person can be very effective. Sit down. Sahaja yogi should not ask. Alright?

So you all can become that. Sahaja yogis need not ask, they can write to Me but the rest of them can ask Me questions.

Seeker: [ITALIAN] SYogi(Presenter): They want to know only how

Shri Mataji: Alright, sit down. [APPLAUSE] We'll work it out. That's a very good question. Shows you're real seekers. Alright! Now very simple thing is, that we have to take the help of all the, what you can say, the elements and the first and the best thing is the Mother Earth, so would be better if you take out our shoes also, it will relax our feet a little. So, we have to take out our shoes. That's all we have to do. And put them on the Mother Earth, like this, flat.

Shri Mataji: Shoes, that's all. It's alright. It's alright, that will go away, that will go away. Everything will be alright. Sit down. It doesn't matter. That's alright. Some of the Sahaja yoginis can go behind and some [UNCLEAR] you must get up and walk far. [UNCLEAR] half of the Sahaja yogis are [UNCLEAR] [ASIDE] Somebody should stand up and show them. Is there a question he has, this gentleman?

SYogi(Presenter): He said that, they say there're seats available.

Shri Mataji: Alright. First I will tell you, how you yourself can raise your Kundalini. Very simple, very simple and then we'll close our eyes and I'll try, that you all get your realization - alright? So he will show you what is to be done, first of all. First of all, you'll have to put the left hand towards Me because this represents the power of desire that you want to have your realization. Like this, Like this, like as he's showing there. Now. As he's showing here - see now. You can turn a bit so that everyone can see.

Shri Mataji: Like this With the right hand, now, we'll do the action of helping our centres to open out. So the right hand we'll put it first on the heart - very important. If you have a coat, you put inside little bit. It will be good. Inside the coat little bit. You can open the button, would be better, and put the hand because after all, I'm the Mother, so there's no formality. Now, then you have to take your right hand in the upper - we work only on the left hand side - in the upper part of the abdomen on the left hand side. First in the heart, on the heart because in the heart resides our Spirit. But secondly, now we put it on the centre, which gives us the mastery. This is created by so many masters, who came on this earth, great masters.

Shri Mataji: Like, you can say, Abraham, Moses and many followed. Lao-tse - many. So now, we put our - Socrates, Socrates. Then we put our right hand on the lower part of our abdomen, on the left hand side and press it hard. This is the centre through which we work out all the Divine laws. So, this is the, this is the centre of Pure Knowledge and while the Kundalini is the Power of Pure Desire. All other desires are impure because whatever desires we fulfill, they are never satiable according to the Economics. You tell them, they're not rightly so. Then what we do, is to put our right hand, upper part of the abdomen again because Kundalini starts rising. Then we take this right hand again on the heart.

Shri Mataji: Now we take this hand in the corner of your neck and your shoulder, here and put it down. Take it from the front, not from the back side. And then turn our head to the right. This centre is the one, which is caught within us, which is obstructing us because we feel very guilty. At the very outset, I have to tell you, that God cannot commit mistakes but we are human-beings and human-beings must commit mistakes after all. What is there to feel so guilty? There's nothing to feel guilty about anything. So please, for very outset, I must say, you should not feel guilty but you feel happy and know that you are going to get to your glory. Now, you have to raise your right hand and put it on your forehead across, with your left hand towards Me, like this and press it on both the sides. This is the centre, as I told you, of Christ, which is for forgiveness, forgiving everyone. Now you have to take back your hand on the back side of your centre.

This is the another part of the same centre and put your head on top of that resting on it and look, close your eyes and look upward. Without feeling guilty, you have to ask for forgiveness. Now, you have to spread your hand, like this and the centre of your hand must be put on the soft bone, here, which was in your childhood called fontanel bone, press it hard, push back your fingers and move it slowly, seven times, clockwise. Bend your head. Bend your head. Now. This has to be done with your right hand and left hand, all the time, towards Me. That's all we have to do. Again we close our eyes now and we should not open our eyes, till I tell you because attention has to go inside. Everyone should do it to help each other. Now please put your left hand towards Me throughout, meaning you want your Self-realization. Both legs parallel to each other on the Mother Earth or if you're sitting, is alright.

Take out your shoes. Now, after that, also take out your spectacles, if possible, because this helps your eye-sight. There is something tight, you can make it little loose here. You must sit straight but not with tension and keep your neck straight, without any tension. Keep the left hand, all the time, towards Me. Now, let us start. Put your right hand - close your eyes, all of you and put your right hand on your heart. Now here, you ask Me a question, three times, "Mother, am I the Spirit?" That means the Self. "Mother, am I the Spirit?"

Shri Mataji: You can call Me Shri Mataji or Mother, whatever you like. When you ask this question and if you are the Spirit, you are also your master. So now, please take your right hand on your stomach, on the left hand side in the upper part. And now, press it hard. Now here, you ask Me another question, "Mother, am I my own master?" Ask this question three times. Right hand now should be taken in the lower part of the abdomen and press hard. Here now, you must know, is the centre of Pure Knowledge, which has to manifest through your Central Nervous System. So here, you have to ask for Pure Knowledge. I cannot force you because you are free. I do not want to cut short your freedom.

Shri Mataji: So here you have to ask, "Mother, can I have Pure Knowledge? Mother, please give me Pure Knowledge." Ask this six times because this centre has got six petals. Six times. Now, when you ask for Pure Knowledge, this residual power of Pure Desire start rising. So now, we have to clear upper centres for it's movement. So please, put your right hand now in the upper portion of your abdomen and press it hard and here, you have to say with full confidence, ten times, that "Mother, I am my own master." Say it full confidence to open the centre. Now the greatest truth about you is that, you are not this mind, this intelligence, this ego, this conditioning but you are the Self, you are the Spirit. So you please, raise your right hand on your heart again and put it and press it and say it with full confidence, twelve times, "Mother, I am the Spirit." Say it twelve times, please.

Shri Mataji: You have to know that the Divine Power is the ocean of Grace, blessings and joy but above all, it is the ocean of forgiveness. So whatever wrong we have done so called, can be easily forgiven and dissolved by that ocean of love. So please, forgive yourself and you have to love yourself. Not to feel guilty at all. Now with full respect to yourself, you put your right hand in the corner of your neck and your shoulder and put your head towards the right. Press it hard. And here, you have to say with full-confidence in yourself, sixteen times, "Mother, I am not guilty," say it sixteen times with full confidence in yourself. Turn your head to your right, please. Now, if you still think that you are guilty - I'm telling you not to feel guilty but if you still feel you are guilty then, it is better to take a punishment and say it 108 times. You must be pleasantly placed towards yourself, you are entering into the Kingdom of God.

Shri Mataji: Now, take your right hand and put it on your forehead across and press it hard. Here, you have to say, "Mother, I

forgive everyone," from your heart. Not how many times but from your heart. Now, many people think, it is difficult to forgive but whether you forgive or don't forgive, you don't do anything. It's just a myth but if you don't forgive, then you play into wrong hands, so say with full-confidence, "Mother, I forgive everyone." Now push back your hand and place it on the back side of your head and look upward, in a way, but keep your eyes shut. Now here, without feeling guilty, without counting your mistakes, just say for your own satisfaction, from your heart, that, "O Divine, if I have done any mistakes, please forgive me." Now, spread your hand fully and put the centre of your palm, on top of the soft bone, which you had in childhood. Now, push back your fingers and put down your head, bend your head. Press it hard and try to move your hand, seven times, slowly clockwise, while I request you to say that you want your Self-realization because I cannot again cross your freedom, so you have to say seven times, "Mother, please give me my realization."

I cannot force you. I'll try to blow Pranava into them, so it will work out. [SHRI MATAJI BLOWS INTO THE MIC] Now, please take down your hands. Open your eyes and put both the hands towards Me. Now, put the right hand towards Me, like this. Bend your head and see if there is a cool breeze. Some people get it very far, some people get it near, some might get it hot [UNCLEAR]. Some will get it hot, to begin with. Now, put the left hand towards Me. Again bend your head and see for yourself. With the right hand. Now once for all, again put your right hand towards Me and see with your left hand. This is for verification. Now, put both the hands towards the sky and look like this and ask a question, "Mother, Is this the cool breeze of the Holy Ghost?"

Ask this question three times.

Shri Mataji: "Is this the Power of God's love?" "Is this the Divine Power?" Ask this question three times. Now, put down your hands. See in your hands, if you feel the cool breeze and see if you have become thoughtless and relaxed. All those who have felt cool breeze out of their head or on their hands, on the fingertips, please raise your hands. The whole of Sorrento is blessed. Some of you have not felt, doesn't matter. [APPLAUSE] Tomorrow we are having a program in Naples in the afternoon and I'm sure, you'll make it convenient to come there and also you must attend the centres here so you know how to use this power, how to grow; They have a course.

Shri Mataji: And those who have not felt, also should not feel disappointed. They'll feel tomorrow. Everyone can feel it. Of course, don't have to pay at all.

Shri Mataji: And you must master the Knowledge. You should all become masters. It is your right.

Shri Mataji: Of course, please, please

Shri Mataji: It's there, see now. Now, are you feeling it now in your head? [SHRI MATAJI MEETING NEW SEEKERS] I hope you come to the centre and become a great sahaja yogi, alright?

1989-0508, Why no religion can stop us from doing something sinful?

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8 May 1989

Why No Religion Can Stop Us From Doing Something Sinful?

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Talk Language: English | Transcript (English) – Draft

1989 - 0508 Public Program, Naples, Italy

I bow to all the seekers of Truth. Just now in the television, they asked me a question. That how many, there are so many people why have they come here? I said, in the modern times, there has been a category of people who are born who are seeking Truth. A poet hundred years back or William Blake has called them as 'Men of God will be coming and they will themselves become saints and they will have power to make others saints'. So, you are here to know the Truth. The Truth that is absolute. For example, in these modern times we have so many choices. The machinery has brought out so many things, the science has given so many alternatives. Also, we do not know how far it goes. People follow different ideologies and different religions but they find that no religion can stop them from doing something sinful or wrong. So one realizes that there is some sort of a mistake somewhere and the mistake is very simple that UNCLEAR[] all religions you must seek the eternal and keep the transitory in its own limitations. All the religions have said that you have to be born again and you have to know yourself. But it does not work out. In every religion there is a fight going on. They follow the same prophet, the same person but still there is a fight going on. And if it is the truth, how can you fight? So we come to the point that is we have to be born again. That means we have to jump into a new awareness. It is not some artificial time of certificate that we are born again, but in reality, something has to happen to us that we should become the twice born. In the western world you see such beautiful things, such development but if we do not find out the roots of this tree we will be in trouble. And these roots are within ourselves. We have to become subtler personalities to enter into those roots to nourish ourselves. I have told already; they have told you about the subtle energy that is within us. Which is in the triangular bone called sacrum. That means this triangular bone was known to the Greeks as something very sacred that they called it as Sacrum. So this residual energy is placed in this triangular bone is the energy of our pure desire. Our pure desire is something once this is achieved, we don't desire anything anymore. And you know in economics they said that in general 'wants are not satiable'. So, this energy which is of our pure desire has to work it out in such a way that we get our second birth giving us self-realization, the self-knowledge. When this Kundalini rises, when this energy rises it passes through six centers the sixth being in the limbic area and crosses through this fontanelle bone area which it was a soft bone in your childhood. So actually, you get the actualization of your baptism. And you can feel in your self the cool breeze of the Holy Ghost coming out. Also, you can feel all around yourself the all-pervading power as cool breeze. All the living work is organized by this power. We take it for granted all this miracle of a flower becoming a fruit and the colors they have according to the family they belong. So as I said this is a living process which has made you from amoeba to a human being and now there's a very little more left is to become a super human being. For that only this residual power has to rise which is light up reviewed in a seed. When you put the seed in the Mother Earth, it sprouts by itself. It does not have to read a book, it does not have to stand on the leg, nothing of that kind. It just works because it's a built in. Because it is built in you, nothing has to be done about it. It just works. That is what is sahaja. Sahaja means sa means 'with' and ja means 'born'. The one which is born with you. UNCLEAR[] this right. Of yoga means union with the Divine power. You have done enough now to seek the Truth. You have worked very hard already. Now you don't have to do anything. I tell you, sitting on your chairs you can get your self-realization. It's very simple. I do not know what questions you have because I am sorry for being late because of first the traffic and then the television. If you have any questions please ask me then we can have the experience very fast(ly) because as this as you see now beautiful lights are there and you just have to switch on the switch and it comes out automatically and I don't have to tell the whole history of this UNCLEAR[] and of the electricity and everything. It's a headache. Better to have to light. And this is a very mass subject and there are thousand and thousand lectures of mine which you can get later on to enjoy them and to understand but to get realization you need not read all that.

First thing that will happen to you that when Kundalini crosses this center, between the optic chiasma you will be thoughtlessly aware. This will be completely aware, there won't be any thought troubling you. If you want you can think, if you don't want you need not think. Then you find the cool breeze out of your head coming out and you can feel it with your hands by yourself. You have to certify yourself. Sometimes you feel the heat also coming out because if there is too much heat in the body then it comes out of first then the cool breeze starts coming out. Also, you start feeling it on your hands very clearly. Then only you have to know what are these centers and what do they mean. And then if you know how to correct your centers your own or others you correct it. Thus, you become a master. So I would like to have some questions from the people of Naples.

Question: She is asking whether this sahaja yoga is similar to the training of technical relaxation?

Shri Mataji: No it is not. You see, training of relaxation is just auto suggestion. They go on tell you relax relax relax relax relax. Actually, you can see with naked eye this energy pulsating like a heart in the triangular bone in some people where there is obstruction. And the doctors can feel with the stethoscope the raising of this Kundalini stops till it comes to the top of the head. But in most of the people because it's a jet age it just goes like a jet. So, it has nothing to do with any such a auto suggestions where you say relax relax relax nothing of that kind, only thing is that you have to accept a situation only to say that we have to enter into the kingdom of God. And that we are not at all guilty of anything. That is the first condition of sahaja yoga. With this you are permanently relaxed. You just swim in the ocean of Joy. There is a hole you see, through which all your worries get out.

Question: Whether the self-realization brings us to the dissociation of the self. Because ...that's why he is saying

Shri Mataji: No no no on the contrary, as you said, every human being UNCLEAR[] is the part and parcel of the whole. As they say the macrocosm and the microcosm, microcosm is the small personality, and the macrocosm is the big personality. But you are not aware of that. So, what happens to you is that you become aware of that collective consciousness. You become aware of that. On the contrary you get connected with the whole. When it will happen you know what I am saying. Then there is no body other. You become part and parcel of the whole. That's UNCLEAR [still happen] sit down. It will. It is going to happen. Yesterday in Sorento so many people, most of them got realizations why can't it here, they should get it after all.

Question:

Shri Mataji: This finger? That means you are feeling guilty all the time for nothing at all. Is it true? Alright then you don't feel guilty.

Question: This technique would practically we succeed be in peace with ourselves and with others?

Shri Mataji: Of course. Once you get the peace and others have the peace too. Because they are also realized souls and once you have your peace you don't lose it like you see if a wheel is moving, the axis is always peaceful. So your attention goes on to the axis and you be the whole wheel, you are not disturbed.

Yes please

Question: Is your relationship with God, UNCLEAR[] church in God?

Shri Mataji: Yes of course. UNCLEAR [I mean you see what you are in church of God.,]

Alright, be comfortable and sit on the chairs. Somebody else get him help to get down. No no no no first sit comfortably. There is a chair be comfortable.

So, what is he saying this gentle man?

What is he saying?

Question: What is your relationship with God?

Shri Mataji: Why? I am not going to tell you anything, you better establish your relationship first of all. See Christ was the Son of God. No doubt. But they crucified Him. When you will know yourself, you will know me. But before that I don't want to say anything, I don't want to get crucified. I have to do work.

Question: He said that in the UNCLEAR[] scriptures it is said that the self-realization can be given by only a true master with directly connecting with the UNCLEAR[] from traditions. He says whether you are ...?

Shri Mataji: That you have to judge by yourself. You should not also believing me blindly. You have to keep your mind open like scientists as do. You should treat it as a hypothesis. And if I proved it then as honest people you must accept it.

Question: There is a picture of Christ was there was UNCLEAR[] that will he was teach us something UNCLEAR[] through the picture?

Shri Mataji: Of course, of course crucifixion is not His message though. But he showed through His crucifixion that he was an eternal being because he got resurrected. Now we are UNCLEAR[] in this one in the center behind this red spot as in the brain like the optic chiasma is the crossing point which has got the center called, Agnya. And in this center which is people says UNCLEAR[]. Now in this center resides Christ. He crossed it, through this crucifixion he crossed it for us. Because of that we have such an advantage that when this residual UNCLEAR[] raises and touches this point Christ, he is awoken. When He is awoken within us then the two things that you see here as the ego and super ego the conditioning and our karmas all these sucked in. And once it is sucked in this thing opens up and the Kundalini can come out. This is UNCLEAR[] such a dynamic role because of this crucifixion we have been ever achieved this if we had not gone through this passage, we could not have felt. So, His message is of resurrection. Alright? that as he got resurrected, we resurrected too.

Question: Which is the right womb that we should be get this .,?

Shri Mataji: You should be very pleasantly placed towards yourself because you are going to enter into the kingdom of God. Because you are a human being, and a human being is at epitome of evolution. And He has only the right to enter into the kingdom of God. So, you have to forgive yourself. And you have to think you have respect and love for yourself at this moment.

Question: The question is whether this experience happen in somebody without provoke / without knowing anything why you speaking, why you in the UNCLEAR[] and then you realize something at the end.

Shri Mataji: Very rarely UNCLEAR[], very rarely. One has to be UNCLEAR[] high quality?

Question: He is not feeling heat, isn't it a concept UNCLEAR[] eastern tradition.

Shri Mataji: UNCLEAR[] that way, BUT you see when we feel guilty about something we should face it. We should talk with guilty because guilty means we are running away from Truth. If you have done something wrong just decide 'I will not do it next time' finished. See if you tell go on the wrong things then you start feeling guilty. But that doesn't stop them doing wrong things. But if you can face and see that it was wrong next time you can't just do it. Feeling guilty is something like it taking all the mistakes and putting them into a safe lock you see. Because whatever has done, its done. I mean its gone. Its past. We have to be in the present.

Question: God is everything. How can these things exist: mistake, sin, guilt?

Shri Mataji: Because you see, we are human beings we are not God. After self-realization you become righteous. You don't do wrong things. Then you really become Godly. Because of darkness we do sins. And because we do not see in darkness we do wrong things.

Yogi: He wants to have the experience.

Shri Mataji: So, let us have the experience now, we will be waiting for the experience. Let's have the experience, these questions are taking too long. But one thing I must tell you questions are not going to give you the answer of self-realization. There is no guarantee, it has to work out. One can't just guarantee it. Like Christ has said that some seeds fell on the rock and some fell in the fertile land. In the same way we can't guarantee it. But still I am surprised that in Italy it works out very fast. Italian people there is something special about them. They are chosen people by God, and I think that it works so fast. So may God bless you all.

UNCLEAR[]

Question: He is saying once Kundalini is awoken how long it stays after you start?

Shri Mataji: It stays there. For some people it stays permanently. But for some people see if you have problems in your UNCLEAR[], problem some where it goes back. It means that it again raises. That's why we have courses. Now we have courses here which are absolutely free, you can't pay for it. No body has to pay single pie for it. Just absolutely free. Because it's a living process. And in the courses you will know how to fix it up permanently and how to work it on others also. And with these courses you will also become such a master that you can give realization to others. You can cure others. Look at Anthony he is so young, and he is so knowledgeable. And he had never heard the name of Kundalini before he came to sahaja yoga.

Question: Who told you all these things?

Shri Mataji: Now, when you get your realization, you will know how I know these things I am doing. And all these things are there will be from since long. I know them. UNCLEAR[]

There must be something about me. Otherwise, how will I know all these things? Who told Christ? So let us wait and see. Gradually you will know everything about me. First you have to be aware of yourself. You have to be realized souls then you will know many things. Alright.

So, now very simple things we have to do is just you take out your shoes and put both the feet on the ground. And those who are sitting on the ground don't have to worry but you have to take out your shoes. Because shoes are little bit keeps you away from Mother Earth. First of all, UNCLEAR[]. Now you have to sit in a comfortable manner with both the legs apart from each other. Be comfortable.

I think if you sit on a chair will be better for you {Shri Mataji addressing a seeker}

Madam, ya for you I am saying. Sit like that, there's a chair. There's a chair there's a chair. Please come.

So now, its very simple put your both the legs apart from each other UNCLEAR[]. And we have to use left-hand to express our desire to get self-realization. You put the left-hand like this the way he is showing towards me. All of you have to do it. Alright? Then you have to use the right hand for releasing our centers. Because I want you to know how to use it later on also. So, then you have to understand that first, I will show you then you will have to close your eyes and you have to yourself feel it. I am not going to certify. You have to feel it yourself. To begin with, not to feel guilty at all. Again, and again I am saying don't feel guilty. That's very important. You should be very pleasantly placed towards yourself.

Alright. Now, first thing you put your right-hand on your heart where resides your Spirit. Then you put this hand in the upper part of your abdomen on the left-hand side. We are working only on the left-hand side. Then you have to put our right-hand in the lower part of your abdomen. We are working on the left-hand side. He is showing you. {Shri Mataji addressing to the yogi who is standing beside Her-Take out your coats so that they see you better}. So, in the lower part of your abdomen is the center which works out the Divine laws. So, this is the law, this is the center of pure knowledge. Now, again we take our hand in the upper part of the abdomen. This is the center of your mastery. Then we again go to our heart. Then we take our hand in the corner of our neck and our shoulder like this from the front side and turn your head to your right. This is the center you block when you are guilty. With this blocking of the center, you get Anjaina that's Spondylitis, many diseases. So, now you take your right-hand and put it on your forehead across and press it on both the sides. And as I said this is the center of Christ. You have to forgive. Now this right-hand you keep it on the back side of your head. Put your head on tact, rest your head like this. So, this is the other side of the same center which is for asking of forgiveness without feeling guilty. Now stretch your hand, bend your head, the center of your palm you have to put it on the soft bone of your fontanelle bone area. Which was in your childhood was a soft bone. Now push back your fingers, bend your head and try to move your scalp with pressure seven times.

That's all you have to do.

But now close your eyes. Before that take out your spectacles also. Because it helps you your eyesight. Now, we will be closing our eyes sitting comfortably, two legs apart from each other, and sitting straight without any strain. And not bending backwards forwards but in a straight line without any strain on the body. Now you could put the left-hand toward me and please close your eyes all of you. Now, please put your right-hand on your heart. This is the center of your Spirit. Here you have been asking a question, a very fundamental question three times. You can call me Shri Mataji or Mother. Please say 'Mother, am I the Spirit?' ask this question three times in your heart. Please don't open your eyes. Now, if you are the Spirit, you are also your master. So please put your right-hand in the upper part of your abdomen in the left-hand side. Now here you have to ask another question three times 'Mother, am I my own master?' ask this question three times. Now you have to put your right-hand in the lower part of your abdomen on the left-hand side. Here you have to ask in your own freedom for the pure knowledge. I cannot force on you. So please ask six times 'Mother, may I have the pure knowledge? Mother, please give me pure knowledge'. When you ask for the pure knowledge then the Kundalini starts raising. So, now we have to open the upper centers with full confidence. Please take your right-hand now in the upper portion of your abdomen on the left-hand side. Here you have to say with full confidence ten times 'Mother, I am my own master'. Say it ten times please. Now the most important thing is that you are the self, you are the Spirit. You are not this body, mind, ego or your conditionings. You are the self. This is the greatest Truth about you that you are the Spirit. So, please put your right-hand on your heart and with full confidence please say twelve times 'Mother, I am the Spirit'. Now, please put your hand between your neck and your shoulder that you should know that the Divine love is the ocean of blessings and joy. But above all it is the power of forgiveness. So, please turn your head towards right and say sixteen times with full confidence 'Mother, I am not guilty at all'. If you still feel guilty you can say to punish yourself hundred and eight times if you want to still feel guilty. Because I tell you, you are not guilty. Now please put your hand on your forehead across and press it with both the hands. Here you have to say, 'Mother, I forgive everyone' from your heart. How many times is not the problem. Many people think that its very difficult to forgive. But those who forgive or don't forgive is a myth. So, by not forgiving you play into the hands of wrong people. So just forgive. Now, take your hand on the back side of your head and put your head it, rest on it. Now, here you have to say from your heart, 'O Divine, please forgive me if I have done any mistakes' but please do not feel guilty, do not count your mistakes. Just say for your satisfaction. Now stretch your hand please and put the center of your palm on to the fontanelle bone area which was the soft bone in your childhood and bend your head. Press back your fingers and press your palm. Now again I cannot take your freedom. So, in your own freedom you have to ask for self-realization. So, seven times you say 'Mother, please give me self-realization' and also now press your scalp and move it strongly seven times by saying that. Push back your fingers press it hard.

Now please take down your hands. Open your eyes slowly. Now watch me without thinking. Put your hands like this. Now put the right-hand towards me, bend your head and place your left-hand on top of the fontanelle bone and see if there is a cool breeze coming in. Now, put your left-hand towards me. Now bend your head and put your right-hand on the top of the head. Now, see for yourself if there's a cool breeze. Now last UNCLEAR [time, step] you put your right-hand towards me and see for yourself if

there's a cool breeze out of your head. Bend your head. Now put both your hands towards the sky and bend back your head. And ask a question three times 'Mother, is this the cool breeze of the Holy Ghost? Mother is this the Divine love of God? Mother is this the all-pervading subtle life?'

Now take down the hands. Now watch me without thinking.

Those who have felt the cool breeze out of their head or out of their hands please raise both the hands. Napoles is great, all have got realization so many. So, we can't get I know. But can't you worry. Everybody is going to feel it. Again, get a sap to see how many got it. All of you May God bless you. Now in any case, those who haven't got can come this side, they will work it out on them. Those who haven't got can come this side. There is a group of people didn't get realized.

1989-0518, The right to be united to the Divine power is belonging to all of you

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18 May 1989

The Right To Be United To The Divine Power Is Belonging To All Of You

Public Program

Madrid, Hotel Velázquez (Spain)

Talk Language: English | Transcript (English) – VERIFIED Public Program, Day 1, Madrid, Spain 18-05-1989

[Talk of Shri Mataji starts after 00:00:12]

I apologise for being late because I was held up in a very great crowds there, I don't know because it was so unprecedented. Now as we talk of truth, we have to be very honest about it. If you see, in our seeking, whatever we see may not be the truth. For example many people believe in certain ideologies and some believe in certain religions, certain faiths. Some believe in certain political theories and some believe in some psychological theories too but we have to know that truth cannot be through our mental projections. If it were so, we would have all thought the same thing. Whatever one may follow or believe or have faith their all are capable of doing anything that is sinful.

So everyone has to know that if we have to know the truth it has to be one. It cannot be many. So very humbly we should accept that so far we are not connected with the truth. Now when I'm talking to about truth also you may not believe me blindly but should have an open mind like a scientist . If you put forward before you a hypothesis and if it is true then as honest people we have to accept. Already it has been explained, I am sure, about this subtle system that exists within us. Whatever religion you may follow, whatever faiths you may follow, whatever ideology you live with, this system exists within us.

So Sahaja means 'Sa' means 'with' and 'Ja' is 'born with you'. Yoga, means 'union with the Divine'. So the right to be 'united' to the Divine or the 'Divine power' which is 'all-pervading', is belonging to all of you. And this Divine power exists that we know but we are not yet aware of it. This is the divine power that does all the living work. The seed becomes a tree. The tree has the flowers and the flowers become the fruit and how does it happen? How a seed becomes a fruit? So there is some power which is working it out in a very precise manner.

Now, you see a flower of a rose flower comes out of underneath the rose bush or an orange comes out of an orange tree. What a choice?. If Spanish is born to a Spanish.. But inside ourselves we are all having this system built-in. And above which even in modern times, Yung, one of the great psychiatrist has talked about them. Christ has said that, 'you are to be born again'. But that doesn't mean you put a label on your head saying I am born again and think you are great. It is a living process of a living energy which gives you that second birth and one should not accept something artificial. Because that can never give us, whatever is promised in all the scriptures. All the scriptures all over the world have said one thing in common. That is we have to seek the eternal and [UNCLEAR] to be enjoyed in their own limitations. According to different tongues it was preached differently. In modern times now we only have to talked about self realisation so that we achieve our self realisation. According to Indian mythology this is Kalyuga means the bad Days, very bad days. But built in within it is a [UNCLEAR] Yoga where this will happen, happening [UNCLEAR things]

So today thousands of people are getting their self realisation. Sahaja yoga is working in thirty five nations. It is a living process and you can't pay for it. If you have to sow a seed, how much do we pay to the seed or to the Mother Earth? Both of them do not understand money. So one has to know one thing you can not pay for any living process. And we should not be deluded by big advertisements and big things because once you - they get money these false people can advertise.

One has to only think of one's self realisation and one must get that 'special awareness' which is called as 'Collective Consciousness'. There the microcosm becomes the macrocosm and you can feel it on your fingertips the all-pervading power. Not only that but you can feel your own system and your own problems say and you can feel on others on your fingertips.

Mohamed Saheb has said that at the time of resurrection your hands will speak and they will give witness against you. So this is a 'Happening' that has to take place. Every human being can get it. Some get it very fast and some get it little late because could be some obstructions in those centres subtle centres within us. But it can be cleared out. You have to have patience with yourself.

Now the time has come for you to know your own growth. I will give you an example of Television. When we take it to the village in India they are told that you can see all kinds of beautiful pictures. They can't believe it. They think it's just a box of plastic but when it is put to the mains then they are amazed. In the same way you are put to the mains and you start acting like an absolute computer. You can know about yourself. You can know about others, you can know everything you want to know. Some people are so frustrated in life so disappointed they think that there is nothing like Divine. That is not true. Even the science can be foretold without even knowing science with Sahaja Yoga. So many such things have happened and the people who have got realisation have got rid of their incurable diseases. Their mental problems have been solved and they live in a life of joy. Joy which is not a thing like happiness and unhappiness. It is single. Today I was coming by plane and I saw people in the plane who were very tense and very unhappy. And somebody told me that he is just waiting for his death now. So this is the situation because we do not know that there is more for our life.

We have come from amoeba stage to become something more. I hope today it works out with you all and I was not coming to Madrid because in Madrid we found people were not taking to Sahaja Yoga that much. But Barcelona was much better. But this time Rosa and [UNCLEAR] said Mother, 'this time again Mother please try Madrid' and I think it has worked that you all are here. But I have to make a request, even if you get your realisation you have to maintain it. For that you have to come to our collective programs. Only once a week you don't have to pay but give little time that's all to yourself and that will make you the masters. I hope it is going to work out today for all of you.

May God bless you.

Last time there were so many questions in Madrid. I did not know what they were talking about. But it's still better you ask me questions. Otherwise while you are getting realisation you will think why we did not ask these questions, you see. By asking questions or by answering or by reading books by these webs of words you do not get realisation. It has to work out. May God bless you all.

CLAPPING

Question and answer session with the audience.

Sahaja yogi: She says something like can you explain the relationship between your hands and the chakras? The relationship between the fingers and the chakras? That is what she wants to know.

Shri Mataji: Really?

Hello. Now the thing is I think you see, you come in this room and when you want to become the light you just switch on everything comes because [UNCLEAR you change it]. Now if I start telling you all about the electricities, histories everything it's a headache, you see. Better have the light on and then you will know each and everything, I promise you.

Sahaja yogi: He says what you mean by collective consciousness? Is it like an image of God, is it like a sense of humanity?

Shri Mataji: No, no, no. Again the same thing I can explain to him but as I said it he will know it all about but I can tell you now if he wants to know. You see, it is 'the all-pervading power' which is doing all this living work, that is the one, first time you start feeling on your fingertips. In modern times one should not start talking about God because [UNCLEAR half would be]. Very dangerous.

First of all we must discover whether it is so or not. It is experiment. If it is so then we can find out more. I will explain to you every thing. I promise you.

Sahaja yogi: Is it related to Sai Baba, is Sahaja Yoga related to Sai Baba?

Shri Mataji: Which one? The one who is fixed on diamonds?

Shri Mataji: No, no, how can it be? It is nothing to do with diamonds. It is Shirdi Sai Nath, one who is the 'Real' one. It is related to all real people. But you will not come to know 'real' and 'unreal' until you get your self realisation.

Sahaja yogi: Explain to him to get your realisation how do you raise your kundali? How do you do it?

Shri Mataji: That I will do. Later on you can do also. Like one enlightened light can enlighten another light. When you will be enlightened, you can do it. He can do it.

Sahaja yogi: You spoke about conscience but if I recall consciencia in Italian, Latin probably is conscientia that means all our knowledge put together.

Shri Mataji: Yes true, yes, that's what I mean.

Sahaja yogi: And that's what you mean?

Shri Mataji: That's what I mean.

Sahaja yogi: Maybe that's what this gentleman...

Shri Mataji: And I say thank you very much, thank you very much for saying that. Did you follow that now sir?

Shri Mataji: That was [UNCLEAR proper].

Sahaja yogi: I have one more question. Beside the subtle body, is it true that we have sixty four other levels like the [UNCLEAR...] Do we have sixty four levels?

Shri Mataji: No, we don't have such levels as that but you see, if your attention moves to the side, left or right. There are seven layers on left side and seven on right side and then you do get possessed by this. So as I said that all this you will understand very well when you will be coming to the program. I am very happy to meet you. In any case you must join.

Seeker: Thank you.

Shri Mataji: Alright. So you will know all about it. The levels are, just now, first of all is to get your Self realisation. And then actually the movement now is upwards so the first stage when you cross this centre then you get what we call as 'thoughtless awareness'. That means if you want you can think and if you don't want, you don't think, you are at peace. Then you cross over and pierce through here, on your Fontanelle bone. That is the actualisation of Baptism according to Christianity I would say and you start feeling the cool breeze coming out of your head itself. Now you have another state where when you start establishing your connection. Then the second stage, what we call as, doubtless awareness 'Nirvikalpa Samadhi'. At that stage you become completely knowledgeable and you live in joy. Now these are the two stages you have to achieve.

Sahaja yogi: He is asking if Sahaja Yoga can cure problems, mental problems. Can it cure people who take drugs?

Shri Mataji: Of course, of course. We have cured many people of drugs, of course. Oh there are, there are alcoholics, drug addicts, violent people, all that.

There is a doctor we have who was an alcoholic and drug addict. We cured him and now he is in charge of seven hospitals in (UNCLEAR (Indian city)) . It also cures people who have been to wrong, false gurus and have been affected by them.

Sahaja yogi: He says that he works with drug people with drug problems. He said maybe he could...

Shri Mataji: You get all of them. We will put them right. Yes, it's very simple. It's very simple. Actually in the West people are taking drugs also because they are seeking truth! I don't blame them.

Sahaja yogi: Last question. She belongs to this thing called UNCLEAR, I don't know what it is, some organisation and they believe it is the age of Aquarius. And when did you come...

Shri Mataji: It is. It is the age of Aquarius. Aquarius is the Kundalini .The Kundalini that rests in the triangular bone is called as Kumbha. In Sanskrit language kumbha is in English language it is Aquarius. There are so many theories pointing out towards Sahaja Yog but still most of them are in the air. They have not been able to find something substantial.

Now is it the last one?

Sahaja yogi: Is there any similarity, relationship between kundalini and Japanese word khi?

Shri Mataji: Yes, Tao. Have you heard about Tao?

Sahaja yogi: Whether the khi is a type of yoga?

Shri Mataji: Yes it is. But so far they haven't got many people realised. I met the leader. He told me that from the third century, there has been no kusyapas means realised souls. He was very honest I would say. He came for curing himself so very honest.

Sahaja yogi: Shall we have the Realisation?

First and foremost thing is that we have to be pleasantly placed towards ourselves and we should not have any guilt in our mind, at all. After all only the human beings can make mistakes. God doesn't make mistakes. So there should be no guilt of anything whatsoever. Forget the past at this moment. We have to think of the present .Now we have to understand that though it works spontaneously, we have to little bit help to our centres and I will tell you how to do it. First of all you have to take the help of the Mother earth so if you don't mind you can take out your shoes without feeling offended. Please take out your shoes.

Second thing is you don't have to tensed at all. Just stay comfortable. You have to be comfortable.

(Come here.)

It will hardly take fifteen minutes but I will request you, do not have to get up halfway and walk out.

I will explain to you, what you have to do now with open eyes but then you have to close your eyes because your attention will be drawn inside. There will be no complications, you will not feel anything. Ultimately most of you will feel the cool breeze coming out from your head and also in your hands. So at the very outset I will request you for one more thing, that please forgive everyone. Without thinking, without counting mistakes, without counting people, just forgive everyone. Very important. After all when you say, I forgive, you don't do anything .And then you forgive or don't forgive you don't do anything, but when you don't forgive then you play into the hands.

Now what we have to do is to just understand, that you have to place your left hand like this towards Me. The left side means the desire, the power of desire, that you have the desire to have your Self realisation. Now the right hand is to be used for releasing your centres because this is the power of action. You have to put both your feet apart from each other and when you close your eyes you can take out your spectacles also. Until I tell you please don't open your eyes.

So now be pleasantly placed towards yourself. You have to love ourselves. Human beings are the epitome of evolution. They are the highest in the universe and the whole creation of this world. The whole creation of God. So we have to love ourselves. May God bless you.

Now close your eyes before I tell you then afterwards you close your eyes. Not just now, when I tell you to close them please close your eyes.. Now with the right hand, now you have to put left hand towards me and right hand on your heart because in the heart resides the Spirit. All of you should do it.

Second, we work only on the left side. So take this right hand in the upper portion of your abdomen on the left hand side. So this is the centre of your mastery and that is how you should press your hand here. With your fingers press here, inside. Now, then you have to take your hand in the lower portion of your abdomen on the left hand side. This is the centre which gives you all your central nervous system, gives you awareness and also you can work out the laws of the divine. So this is the centre of pure knowledge. Now again you raise your right hand in the upper part of the abdomen on the left hand side, please. Now raise your right hand on your heart again. Now your right hand goes between the shoulder and your neck like this from the front side, and turn your head to your right. Now this is the centre you catch when you feel guilty. But this is a very dangerous centre because it gives you also angina and other spinal cord trouble like spondylitis. So please, please do not feel guilty at all. Now for this right hand on your forehead, across. This is the centre of forgiveness. Bend your head. Now put this right hand on the back side of your head and push back your head. This is the centre through which we ask for forgiveness but we do not feel guilty or count our mistakes. Now stretch your hand and put the centre of your palm on top of your Fontenelle bone area which was a soft bone. Now stretch your fingers outward and press it hard and now move your scalp very slowly clockwise seven times. Bend your head.

That's all we have to do. If you find your hands are very hot, because of this (Agnya). All right, it doesn't matter.

Now put your left hand towards Me and right hand on the heart. Now close your eyes. Keep your left hand all the time towards Me and be comfortable. Now at this point you have to ask Me a very fundamental question, three times, 'Mother am I the Spirit'? In your heart. In your heart, three times. Now you have to know that if you are the spirit, you are your master, your guide. Your spirit will guide you.

So now put your right hand in the upper part of your abdomen on the left hand side. Now here you have to ask another question three times to Me, 'Mother', or you can call me 'Shri Mataji', 'am I the master'? Three times.

Now please put your right hand on the lower portion of the abdomen on the left hand side and press it hard. Now I cannot force you to have the pure knowledge so you have to say, six times, 'Mother please give me pure knowledge'. This you have to say six times because there are six petals to this centre. As soon as you ask for pure knowledge your Kundalini starts moving upwards. So we have to now open with our self confidence our upward chakras, our upward centres.

Now raise your right hand in the upper part of your abdomen on the left hand side. With full confidence please say, 'Mother I am my own master' ten times. Say ten times with full confidence.

Now please raise your right hand to your heart because the most important thing about you is that you are the Spirit. You are not this body. You are not this mind. You are not this ego. You are not conditionings. You are pure Spirit. So now here please say with full confidence twelve times, 'Mother I am the Spirit'. Have no doubts about yourself.

Now raise your right hand in the corner of your neck and the shoulder and turn your head to your right. Here now you have to say with full confidence, sixteen times, 'Mother, I am not guilty at all'. As I told you, that 'Divine' is the ocean of love, bliss and joy. But above all it is the ocean of forgiveness, so you can not do anything that this ocean can not dissolve. Even if you now think you can punish yourself by saying it 108 times that Mother I am not guilty.

Now put your right hand on your forehead, across and press it on both sides and put down your head. Here now you have to say, 'Mother, I forgive everyone,' from your heart, not how many times. But really please forgive. If you don't forgive you will not feel the cool breeze coming out of your head, out from your hands.

Now please take your hand on the back side of your head and push back your head and press down your hand. Here without feeling guilty, without counting mistakes, without thinking of the past. Just from your heart, you say for your own satisfaction, 'O Divine, if I have done any mistakes please forgive me'.

Now stretch your hand and put the centre of your palm on top of your head on this soft bone which was there in your childhood. Push back your fingers and put down your head and press your scalp moving very slowly, seven times clockwise, and I will know for sure, self realisation, but here you have to know that I can't force it on you. So you have to say seven times, 'Mother, please give me my Realisation', because I cannot overcome your freedom. Put the hand on your head. On the soft bone which is quite in front. Push back your fingers. Bend your head please.

[Shri Mataji blows into the microphone.]

Please take down your hands. Open your eyes. Please put your hands towards Me. Now put your right hand towards Me and bend your head and see for yourself above the head if there is a cool breeze coming out of your head. Pay attention here. Some people will get hot, doesn't matter. And some people get very far away. Please bend your head properly.

Now try with your left hand, put the right hand [down]. Now see if there is a cool breeze coming out of your head. Don't get upset if it is not there. Don't get upset. Now please put your right hand towards Me and see with left hand again.

Now please put both your hands towards the sky and push back your head and ask any question to Me three times, 'Is this the cool breeze of the Holy Ghost?' 'Is this the cool breeze of Divine love?' 'Is this the all pervading power?'. Now put down your head, hands towards Me. Now watch Me without thinking, you can do it.

Now those who have felt cool breeze on their head or in their fingertips, please raise both your hands. Now don't doubt. You might think because there is an air conditioning. It has nothing to do with air conditioning. Your air conditioner is your head. Those who have felt really, please be honest, you don't have to feel shy about. Quite a lot of people. I wish I was here for one day more. But in any case I will meet you all just now. Individually and see what is the problem. Thank you very much.

[Clapping]

1989-0519, Know your Spirit

View [online](#).

19 May 1989

Know Your Spirit

Public Program

Barcelona, Centro Cívico de la calle Sicilia (Spain)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2 (Evening), Barcelona, Spain 19-05-1989

I bow to all the seekers of truth.

We have to know that so far we do not know the absolute truth. So when we have gone wrong is that we depend on our human awareness all the time and we believe that we are right. And when we start working on those lines sometimes we find we have done a big mistake then we retrieve back and try to find another way. In everyday life or in our own planning and understanding of life we have no way to say definitely that this is right and this is wrong.

The reason is we have not yet reached that point which we can say that actually is truth. In our evolution we have become human beings and the human awareness has brought you many more evolved things than animals. For example, if you have to go through a dirty lane you would not do it but a dog and horse can just walk through. There are so many proofs if you notice that we are definitely very much evolved in our awareness compared to any other living beings.

Now when we think of a philosophy or any ideology, about any faith, any religion, there also when we follow it what we find that we haven't got anything special about yourself. A Hindu, a Christian, a Muslim, a Sikh, any religion, can do any sinful thing. We cannot say that because we follow a particular religion we will never do wrong.

Then we see in political life where is, say we call it capitalism, we call it as other things, like communism and all that, there also - they are all just the same. So though they propound certain theories, they talk of certain things, nothing is inside them. For example many people talk of peace but there is no peace in their heart. They are running like mad. They have big organizations, conferences, all kinds of things. And what comes out of it? Nothing, the same human beings.

How is it that it is also artificial? Why is it it is not so innate, from within? The reason is we have to be one step forward now and have to know our Spirit. All religions have talked about eternal life and they've said that the transitory life is to be used in its own limitations and understanding.

But we don't find them, anybody following. Nobody is teaching the eternal. Then the question comes in: why follow any religion if we remain the same, high and dry? Or follow any system of life? It's better to be anarchists; there are some many people doing it nowadays. And they become very violent sometimes, very angry because they don't know what is the goal of their life. I don't blame the young people who are taking to drugs and all kinds of things because they think they have no meaning in their life. And when the transitory things also we do it so much we have to know that they are transitory because there is a built-in quality in them that they get destroyed. And when they start destroying themselves they destroy you also.

So this can't be. See now we've got atomic bomb, hydrogen bomb, ecological problem, this problem, that problem on our head. There is no balance in our adventures. The reason is that the light of the Spirit is not in our attention. When the light of the Spirit comes into our attention we know how far to go with anything. So now people have developing diseases which never existed before. Everyone wants to go to the extremes till they are finished.

Now I must say last time here lots of people came for Sahaja Yoga. So many also got Self-realization. But perhaps we do not

realize the importance of Self-realization because very few came after that to develop themselves and to grow into this new awareness of collective consciousness. It is very sad that in Spain Sahaja Yoga does not settle down.

But danger is we are from all sides acted upon by so many negative forces. And as if we are waiting for the shock of our final destruction. And it is very important that you better know yourself and you develop your power as the Spirit. Because the Spirit is the collective being within you. And when it expresses itself then you'll be amazed that not only that you have the knowledge but such compassion, that you have compassion, such purity that whatever you we believe in is truth. You are completely integrated with that.

I don't know what fears there are. But what people have come to Sahaja Yoga have not only gained physically, not only mentally, not only financially but most of all spiritually. Perhaps in all other countries it is being taken very seriously. And one of the first countries I visited was Spain. And it is very difficult to understand why people do not have respect for their own being, for their own life, for the meaning of their life.

Now the days of fighting the bull are over. We have to fight the bull which is inside us. The bull that doesn't allow us to know the truth. And it is so simple; it's such a living process. And you don't have to pay for it. It is the living process and you don't ever pay for living processes. Like a tree sprouts by itself spontaneously - you don't pay to the Mother Earth or to the seed. You don't have to get in any austerity. I also don't tell you anything "don't do it". I don't say that otherwise half of you will go away. But once you get the light of your Spirit then you yourself start correcting yourself.

Like supposing I'm holding a snake in my hand and somebody tells me, "There is a snake in your hand." and I have no eyes to see and it's all darkness. No, I will be obstinate and say, "No, this is no snake, this is a rope." So either you allow that snake to bite or else you better open the light and the eyes of that person. So the best thing is, once your eyes are open by yourself you will throw away the snake; I don't have to tell you. And by arguments, by questioning, by all these webs of words are we going to get the truth?

Yesterday there was a lady, she couldn't get her Realization and she has read all the books that are possible in the world; and had all those books like a library in her head and she's blocked completely; she is nowhere. It will take time to take out the library of her, to make little space for her to exist.

So now after what Jose-Antonio has told you I don't want to prolong it anymore. They had a very good idea of having the program but I think the traffic, they are lost. So I would say that better have your Self-realization. Yesterday I've seen I worked till one o'clock with people who had this problem, that problem. And practically most of it was solved.

Only at the outset I have to tell you that you must love yourself and respect yourself because you are a human being. And in no way feel guilty. After all we are human beings and only human beings can make mistakes. God does not make mistakes but we are not God. So we should not feel guilty at all. And just before Realization you should really forgive yourself fully and be actually pleasantly placed towards yourself.

Now, I would of course like to answer your questions. But not like last time where there were at least sixty people asking question and when it came to follow-on I think three or four came up.

Question: Where does your knowledge come from?

Shri Mataji: Where was the knowledge coming for Christ? You don't worry about me. You just worry about yourself. I am not going to talk about myself. Christ said the absolute truth that he was the Son of God and that he was the Light but they crucified him. I have to do my job. I don't want to get crucified. So you first know yourself then you'll know me better. What's the use if I tell you something? Why should you believe me? It's a blind faith.

Question: Are there people who cannot get their Realization? What is the reason?

Shri Mataji: Oh, there are many. Some of them are very superficial; they don't care for themselves. They have no regard for themselves, nor they are seeking anything. They are the worst type. Then there are some who are sick; who have serious diseases. So they have to get their Realization and as a result they get cured also. There are some people who are very conditioned. They are also very difficult. But these categories can be brought out.

But there are some who are really obstinate; they don't want Self-realization. Like they say there are three lambs in a boat. So you ask, "How?" So they get hold of the backs and say, to now to you, "One, two and three." Then they'll get hold of another truth. You see, obstinate people, it doesn't work out.

Question: Can you give Realization to somebody who is not prepared?

Shri Mataji: No, that let me tell myself; you don't have to judge yourself. Most of you are prepared, I know. Otherwise you would have not been here. It's not a political, of a party, lecture.

Question: I doubt I will get Realization.

Shri Mataji: No, don't. You will, don't worry. Why not? Why not? Have a positive attitude.

Question: Do we have to do physical positions to get Realization?

Shri Mataji: No, no, nothing; very simple position that doesn't take much. We'll do it in 10 - 15 minutes.

There is one gentleman. Yes, come in.

Question: If somebody is seriously ill can it be dangerous for him?

Shri Mataji: No, not at all. You'll be better off. This is a hospital also. Without any medicine or doctors. Yesterday there was a case of polio and this lady got cured. It's a fact.

Alright? Any other questions? Don't be afraid.

Question: What is karma?

Shri Mataji: As always I think you people have read a lot about karmas and then you are worried about it. You know that Christ died for our sins. What does that mean? That if Christ is awakened within us he can suck in all our sins, means our karmas. So he is placed between the optic chiasm, like this. One of the windows is here and one of them - here [Shri Mataji points front and back Agnya]. And when the kundalini rises [she] passes through the Agnya - you see here these two institutions: one which is the ego - which thinks it has done karmas, and another is the superego which is your conditioning, both are sucked in by this awakening.

You see, when we say he died for our sins then why should we be obstinate? Then why should we suffer? He has suffered for us. Are you going to suffer more than him? So the whole idea of suffering for God is absolutely nonsensical. God is your father. He is a loving father, very loving, loving than any other father. How can he tolerate your suffering?

Thomas who was a disciple of Christ was going to Egypt. He wrote lots of speeches and put them in a big jar. And one English gentleman has now tried to decode the whole thing. And I've seen his [UNCLEAR] in which he has very clearly said that you don't have to suffer. You have to just experience Self-realization. Exactly this is what he has said. And he has also said that those who will get Self-realization will be called as Gnostic. Gnostic means who have the knowledge on their fingertips. So "gn" is a word, in

Sanskrit language means "knowledge". But knowledge not of the books but on your central nervous system. It's the same as described as "Boddha", becoming Boddha: means to know on your central nervous system, is Boddha; from where the word "Buddha" has come, means a realized soul. And then we have another word "vid" from which Veda has come, meaning In the first words of the Vedas is that by reading all the Vedas if you do not get the experience on your central nervous system then it is useless to read these books, you get worse.

So I think let us now have our Self-realization.

But you must promise that you will attend the follow-on and tomorrow you will bring your friends here so we give more people Self-realization.

The first thing you have to know is that you don't feel anything funny or nothing goes wrong with you, or nothing harmful happens to you, at all. Secondly, that we have to take out our shoes because this Mother Earth helps us a lot. We have to sit very comfortably.

Those who want to go away should go away in time. Because when we are doing things - it takes only ten minutes - but you shouldn't disturb others, in all civility and all these things.

We have to put both the feet apart from each other. You have to put the left hand towards me because this indicates our desire to get Self-realization. And now the right hand has to be used for helping our subtle centers to open out.

Now somebody can come and show them that. Arno, will you please come to show it. Now he'll show you exactly how to put your hands, where and after that we close our eyes. He's come from Switzerland for your Realization. We have got people from France, from Switzerland, from England, Austria, Holland, Belgium, from all over they have come to help me and to look after you. Such a universal love and feeling.

So you put left hand towards me and right hand we use for putting first on the heart. Put it under your coat, would be better. In the heart resides your Spirit. Later on you have to put your right hand in the upper part of your abdomen. We work on the left hand side only. Then we put our right hand in the lower portion of our abdomen, on the left hand side. The upper portion of the abdomen is the center for your mastery. But the center in the lower portion of your abdomen is for pure knowledge; knowledge which expresses itself on your central nervous system. Then again you have to raise your hand to the left hand side of your abdomen in the upper part. Raise the hand again to your heart. You can take out you glasses if you want. Put your hand across on your forehead and press it hard. Here you have to put it between the shoulder and the neck. This is the center where are catches when you feel guilty. A very dangerous thing that will give you spondylitis, that will give you angina and many other problems. At this time you have to turn your head to your right. Now you have to put your hand on your forehead across and press it on both the sides. This is the center of forgiveness, forgiving everyone.

At the very outset better start forgiving. Yesterday when they forgave then they got Realization. I spent so much time with them making them forgive.

Put the right hand at the backside of your head and push back your head. This is the center for asking forgiveness but without feeling guilty. Now stretch your hand and put the center of your palm on top of your head on the soft bone which you had in your childhood. Now press it hard, stretch the fingers and move it seven times, your scalp, in a clockwise manner. That's all you have to do.

Now please close your eyes. Till I tell you, please don't open your eyes because your attention is pulled inside. As a result you start feeling the cool breeze out of your fontanel bone area like a real baptism, the actualization. Just feel the cool breeze of the Holy Ghost coming out of your head: you have to certify yourself. And also you start feeling on your fingertips and on your hands a cool breeze all around you. So this is the first time you'll be feeling the All-pervading power of God's love.

So now put the left hand towards me and right hand on your heart please. Here please ask me a question, you may call me "Shri Mataji" or "Mother". You can ask the question three times, "Mother, am I the Spirit?" Ask this question three times please.

If you are the Spirit you become your guide, you become your own master. So put your right hand on the left hand side of your stomach and press it hard. And ask me a question; please ask, "Mother, am I my own master?" Ask this question three times.

Now you have your own freedom. I cannot cross over it. I respect your freedom so in your own freedom you have to ask me. So you have to ask me, "Mother, please give me pure knowledge." While pressing your hand in the lower part of the abdomen please ask me, "Mother, please give me pure knowledge." Say that six times because this center has got six petals.

Now as you ask for pure knowledge the kundalini has started rising. So you have to open your higher centers. So please put your left hand towards me and both legs apart and now put your right in the upper portion of your abdomen on the left hand side and press it hard. Here with full confidence you have to help the kundalini by saying ten times, "Mother, I am my own master."

Now the greatest truth about you is that you are the Spirit. You are not the body, you are not the mind, you are not the ego, you are your conditionings. But you are the Spirit. So now raise your right hand on your heart and with full confidence again say twelve times, "Mother, I am the Spirit." Say it twelve times.

As I've told you that you don't have to feel guilty at all. The ocean Divine is the ocean of peace, bliss and joy. But above all it is the ocean of forgiveness and you cannot commit any mistake which this ocean cannot dissolve. So now raise your hand in the corner of your neck and your shoulder and place your head to the right. Here now you say sixteen times, "Mother, I am not guilty." Say it with all confidence. If you still feel guilty you can say it 108 times to punish yourself.

1989-0520, Shri Buddha Puja: Gautama, The Lord of the Ego (morning)

View [online](#).

20 May 1989

Gautama, The Lord Of The Ego (morning)

Buddha Puja

Barcelona, El Farell (Spain)

Talk Language: English | Transcript (English) – VERIFIED

Shri Buddha Puja. Barcelona (Spain), 20 May 1989.

So today we have gathered here to worship Buddha.

Lord Buddha, as you know, was Gautama, the one who was born in a royal family, and then, He became an ascetic, because He was very much hurt to see three types of problems from which human beings suffer. And He came to conclusion [that] all these three types of problems are because we have desires. So He said that, "If you become desireless, then there will be no problem for you."

So He studied Vedas, He studied Upanishadas, He studies all kinds of things. He went to many saints and many people and He could not get His Realisation. Actually He was an Incarnation. The incarnation also has to reach a point of Realisation in a different way: like the whole potential has to open out. But the incarnation has tremendous potential, and that expresses itself once the door is opened outward.

Buddha realised the greatest problem of human beings is his ego. In his ego he goes to the extremes: from one end to another. And so He worked throughout on the Pingala Nadi for us, and stationed Himself on our ego, to control it.

If you see on the Agnya Chakra, if in the centre is Christ, you have on the left Buddha, and on the right is Mahavira. All of them are called as Lords, because They're rulers of these three areas.

Now this area of Agnya is the area of Tapas, is of penance. Because they have done penance for us, we don't have to do any penance: means they have done for us everything that is possible. That's how the Sahaja Yogis don't have to do any penance, they are in a beautiful place having a nice vibrations. They don't have to go in the jungles, run away from the society and hide themselves in a place where there could be scorpions, could be snakes, could be tigers, could be any danger to life. So the penance part is over and also Buddha in His lifetime - when He was alive, all the time He said, "There is no need to have any austerities. There's no need to have any austerities at all." If you read Buddha, His early teachings, then you'll be surprised that He said there should be no austerities. He Himself went through austerities. But that was the time, samayachar, was the time, where they needed people who would go all out to do the propagation of His ideas, so most of them took to a kind of a life but He never believed in any austerities.

Moreover, He was not a vegetarian. He died because once He went to a village and He was hungry and He asked one of the hunters, we call them as kiratas, that, "I would like to eat now and I have to go for My work." He said that, "This morning I have killed a wild boar but it must take some time otherwise it's very hot blood." He said, "Doesn't matter." [It's] very significant - right side - to take the red meat of a wild boar without getting it cooled down. He ate it and He died with that. Everything that they do has a meaning.

As we find meaning in the life of Christ, we find in the meaning of Buddha also. That is the reason why the buddhists became vegetarians. Because Buddha died eating that hot meat they became vegetarians. But that doesn't mean that everybody has to become vegetarian. Those who have ego, it's better they are vegetarians. Right side people are better with the vegetarian food, more and the left side more with the protein, that we know very well.

So He tried to control the people who were with Him in a way which was very loving and affectionate. But what was the accent in His message is to be understood. There was one boy who came to Him and asked Him that, "Sir, will you initiate me into buddhism?" It was not 'ism' that time. "Will you initiate me?" He said, "My child, only the brahmins can be initiated," meaning the Realised souls. "What is your birth?" He said, "Sir, I don't know my birth," so went back to his mother and asked, "What is my birth, mother? Who was my father?" She said, "My child, I was a very poor woman and I didn't know how to exist, so I had many lords, I lived and I don't know who is your father." "You don't know my father?" she said, "No." So he went to Lord Buddha and asked him, "Now, who is your father, and what is your caste?" He said, "Sir, I have no caste, because my mother told me that she had many lords and she doesn't know from where I am born, so I don't know my father." So Buddha embraced him, He said, "You are the brahmin, because you have told the truth." So the essence of his life is truth.

First, we have to be honest to ourselves. And I find some people find it very difficult to be honest to themselves. They know how to escape the truth. They know how to manage. To get out of it, they'll give some argument, or they'll give some explanations. Whom are you giving explanation - to yourself only! Your Spirit is residing within you, which is enlightened in your attention and now [to] whom are you explaining? To your own Spirit?

So the message of Christ may be that we have to resurrect ourselves. But what about resurrection? That you have to be very honest to yourself, first thing. First and foremost thing to know that your caste is a brahmin, that you know the Brahma, you know the All-pervading Power, you have felt it. You are the real brahmins, and as real brahmins, you have to be spartan. I mean, in India say, we have a brahmin, they may not be real brahmins, but born in a brahmin family, there may have been forefathers, might have been brahmins or something like that, they call themselves brahmins, all right. So what is their specialty? At four o'clock in the morning they'll get up, all the brahmins. That's how you can make out a brahmin. I am also a brahmin that way. Then they'll have their bath, clean themselves completely and sit down for prayers or pujas, or maybe meditation. That's how you make out a brahmin, though they are not brahmins, but the tradition.

While say a shudra in India, will get up at nine o'clock, in tradition: wear dirty clothes, put his hands in his mouth, will be a lousy fellow, surrounded by rubbish. He cannot even feel the smell of the filth, because they have been doing that kind of work, traditionally. They are not, there are many brahmins, we have found out, now, who are really born in a shudras families. So actually in the shudras families, as such, it's not by birth, but by their aptitude, by their jati, they are brahmins. But traditionally it's accepted in their society. Their hair will be dishevelled. You can immediately make out, no oil in the hair, first point. No oil in the hair, hair are all dishevelled. Secondly, they are not bothered about sex life, and amounting to the rakshasas, it's only the rakshasas who get interested in women, look at women and all that, actually, according to Puranas, I am sorry to say, is a quality of rakshasas.

Because when there was the churning, the Manthana[churning of the ocean] took place, and Amruta came out of, the ambrosia came out of the sea, then Shri Vishnu knew the weakness of the rakshasas. They had taken the kumba, the pitcher of the Ambrosia, by force, the rakshasas, because they were more powerful, more egotistical, they could [be] cunning, so they managed with the Devas and took away, and they were about to drink it. So Shri Vishnu knew the weakness of rakshasas, so he dressed up like a lady, Mohini, called himself Mohini. Mohini means the one which attracts you by your dress, figure, all this kind of nonsense. And immediately all the rakshasas fell for her, for Him, I mean! Immediately, I mean you could make out between the Devas and the rakshasas.

But say, in Greece, they have made Devas into rakshasas, solved the problem! And as soon as he discovered that one of them had taken something, it said so in mythology, he went and giggled and being a rakshasa, he liked the lady giggling, no giggled at him and then tried to tickle, rakshasa way, proudly, "Beautiful woman coming and tickling me, ohhh." (Laughter) As stupid as he was, he felt so tickled that he vomited out. And they say that garlic was born out of that ambrosia, it's said so, I mean, mythologically.

So, when I see people in Sahaja Yoga, not being honest to themselves, the first thing they must know - ego is a very, very cunning

stuff, but also it makes you a slave of another ego.

See now, for example, a lady would go to these beauty shops, dress up herself, wear these, do all like that, I don't know what they do, but they come out of it after three, four hours and look the same to Me, (Laughter) I don't know how much money they empty out. But it's something surprising that the hair is cut this time in a different way. So you ask, "Why did you cut it this way now?" "That's the fa-shion." That means you don't have your own ideas. You don't have your own concept. Whatever is the fashion, you just do it. You don't understand also that this is good for you or not.

So, the ego gets dominated. Supposing there is an entrepreneur, say, very clever and cunning, more than anybody else, supposing. There are many like that, of course. Now he says that, "You can put a jam tin on your head and tie up your hair like this and you'll look very fine", and he puts up lots of advertisement - all his jam tins can be sold! Without thinking they will use jam tins. Means you have no personality of your own. What's the ego? Ego should give you a personality, a character, a temperament. And when you see them you can't make them out - like sikh people, you know, as you cannot make out one sikh from another, because they all wear beard and moustaches. You can't make out ladies from one to another, because everybody has the same hair style, the same style of clothes, everything's the same, because it's a fa-shion.

Who has started the fashion? Some very cunning fellow [who] wants to make money!

In India, we get a kind of a...we call it tokni, is a kind of a basket, small little basket; and suddenly it disappeared from the market. We didn't know where it has gone, I mean it's impossible! What can you do with it? It's a very simple thing. It was all in America. "Why?", "The women are using them for their hair." I said, "How? What do they do with their hair?" "No, no, no, no. See nowadays, they don't put any oil in their head, so they have all become bald." You will become bald, no doubt, if you don't put oil. I am telling you now, you'll become bald. So we are austere people, we can't put oil, you know. But then we become bald automatically, you can join any buddhist organisation, nicely, you don't have to shave!

So they say that, "We have become bald now, so we have to have something." So they put those baskets and on top of that they put, what you call them, wigs. Wonderful! "But why, why don't you put it on your head?" "No, you must have a nice fluffy hair, you see!" "For what?" "But that's the fashion." One day, one lady talking to Me, her basket fell down and came down also the wig, (Shri Mataji laughing) and that's how I discovered. (Laughter)

So what is - this is to understand that if you have your ego really in the real way you should have your own personality, your character, your understanding, your speciality, your temperament. That's not there.

What did Buddha do? He said: get rid of everything, your hair, even your eyelashes, anything that can be shaved off, hands, feet, everything, shaved off. Imagine if you are following buddhism, what would have happened to us. (Shri Mataji laughing) And He said, "All right just wear a Kashaya." Means saffron clothes. "Come with the saffron clothes, with everything shaved," and the ladies could wear only two dresses, one on the blouse and one a sari, that's all, no petticoats, nothing. Whether you are a queen, or whether you are a sweepstress. All of them should look alike - so no fashion anymore. But buddhists are the greatest fashionable people you could ever think of.

If you go to Japan, you will go mad, if you see their fashions, because they're so artificial. I don't know where is buddhism gone, where Buddha always praised people who were natural. All buddhism is lost like this, into a kind of a wilderness.

Another thing the right sided people have a problem, because if you become too right sided you neglect the left side, neglect your Mooladhara because, you see, "What's wrong, what's wrong?" Till you get AIDS, nothing was wrong, now something is wrong. Till you get cancer, "What's wrong in smoking, what's wrong?" I mean they advertise, even in India, that you look really great if you have a cigar in your hand or a cigarette in your hand; you look like a chimney, but alright. (Shri Mataji laughing & laughter) So they pamper your ego by telling you all these things and you start doing it, and in that doing, you just forget that you are a stupid fool!

We are going to lose all our beauty if we listen to these cunning people who are entrepreneurs, take it from Me. We had Mona

Lisa, these days you don't find her, anywhere, nowhere. You have mosquitoes, horrible! They think they are very beautiful, [but] they don't emit any vibrations. From any angle of aesthetics, they are not beautiful. And by the time they are forty years, they look at least eighty

So, what has happened is that we are playing into the hands of our ego and our Mooladhara is lost. Mooladhara is the brakes, is like a brake. The right side is the accelerator and the left is the Mooladhara which is the brake - but "What's wrong?"

That's why Buddha preached Brahmacharya, celibacy, because if you go too much to the right side, now there are many complications. I can hear them for many people that those who are overactive can't produce children. First, "What's wrong?" Then, complete dryness - they cannot have children. And if they have children by chance, may turn out to be rakshasas only.

So too much asceticism can take you too much to the right. That's why Buddha said, "No asceticism is needed." He said it, though He had people around Him, whom He looked after, saw to it that they were celibate people and He is the one who gave them balance and managed them.

So once you start going on the right side, you end up automatically like a cabbage, automatically. You cannot produce children, you cannot live long. Like taking cocaine, you can say. You speed up very much, you become very speedy. And you have to really...to live with them is so difficult, very difficult. Because they move with the speed of a jet and I move with the speed of an elephant. I just look at them going, coming, going, coming. (Laughter) I don't know how to relate.

So to curb this ego we have to worship Buddha, we have to worship Buddha.

But the first principle is to respect your chastity. To respect Buddha means to respect your chastity. You don't have to give up your wife as you have given: unless and until they are horrid. Don't have to give up your husbands. All of them were without wives. Buddha had a wife, He gave her up, Mahavira had no wife, Christ was never married. But in Sahaja Yoga you do marry, you have children, no doubt. And, as we were saying, that, with ego, we become, in a way, very much involved into ourselves.

So we can say there are three types of people in this world. One who are not bothered about others.

So the first message of Buddha is honesty to yourself. And the first area where one has to see the honesty is in your chastity. You can marry, you can have a wife, you can have a husband, you can have children.

So this ego, which was first there, creates one type of a person, the person who is just involved into himself: his ambition, his projects, his jobs, his wife, at the most; or his children, his house, his car, maybe his horse, maybe his dog (Laughter) at the most! If he could extend. Otherwise, if you tell such a person, "I am rather" - say - "worried about someone," that person will tell Me, "See, you have done your duty. Now if that person doesn't want to do it, why should you worry, you should be happy." "But how can I be happy? I am not your type." And such a person also will say that, "This is my house so why should I worry about anybody else who has no house? This is my room. This is my carpet." Anybody comes in 'my' house "Oh sit there, put that there!" Such a horribly harsh person. "My and mine, my and mine" - goes on working. And this ego then spreads, more and more and more and more, and then - "I believe in an ideology!" like Hitler did it. He must have been hurt by some Jews, might have been. So [with] that hurt he was completely built into a big horrible prison by his ego and he wanted to kill every Jew!

So this kind of a person that is, is so involved into himself, "I, me, mine" and "I am the best." "Everybody's a stupid fool, I am the most intelligent. I'm the cleverest, I know everything." Like a saying: "I was coming by the road and I saw a dacoit, so I ran up to the tree and hid myself. What a great person I am. Then the dacoit came and he threatened me, so I gave away everything to him. What a great person I am. Then the dacoit came and he took away my wife. What a great person I am." Self-certificate! And he's very happy. Everybody is tired of such a person, everybody's unhappy of such a person, no one likes [such a person]. If such a person is coming from this side, most of them will run away from the, "Oh, that's coming!"

We have in India some people of that kind, in every city, well known, well known, everybody knows them. So now, in the morning,

people go out for a walk in a garden and they see such a person coming from that side. "Oh! God today we will not have our food." I said, "Why?" "Most inauspicious person we met today was this one, this one, this one." But he's very... he's walking like this, "What's wrong?" No one likes such a person. You may think no end of yourself [but] no one likes you. Countries after countries there have been [such] people, such a collective nonsense it is.

Sometimes, when you see how so many people were killed in America by the same Spanish people who are today Sahaja Yogis, I can't believe that you are the children of the same Spanish, I mean you are so different! So beautiful.

So what was it that made them so cruel? That ego, that ego that built up in them, that they could not see that, "These are human beings we are killing." "We have aggressed their country, we are here, we're killing them, we have no right to be there." Same with the Portuguese: they all disappeared into Brazil while they belong to Portugal and Portugal there are only 5% people left. They're not bothered about Portugal which is very, very poor. Same thing with the Spanish, those who went to America, "So what? We've earned our own America. We are here, we have done this, we have done that, we have killed so many people. The Spanish have not killed anyone, so why look after the Spanish?" And this is how their ego brought forth such a destruction.

When I went to Colombia first time, I don't know, one gentleman knew about Me. He asked Me, "Mother, are You the one who is known to be a spiritual leader?" I said, "Yes, I am, so what?" He met Me in a party. I was surprised he called Me 'Mother'. So he said, "Can You bless our country with something that we can outwit these Americans. Let there be something from the nature. We have got wheat, we produce wheat here and these people want to buy it at such a low price that we can't even maintain our families. It is so low price that we cannot really economically do it. We starve ourselves and sell these wheat to them." So now, in Colombia, that shanty town of Colombia, Bogotá, now has become the most developed one. They all travel by first-class, and Americans are taking cocaine and washing their feet.

This is the reward of the ego. You have to pay the dividend, you have to pay for your ego, and very severely. Try any tricks with your ego, it boomerangs back to you. Of course in Sahaja Yoga it's the worst, is the worst, I am frightened to see somebody riding a horse.

I must also mention another type of people that there are, who are left-sided. They are always complaining, "I have got a headache, I have got a pain here, I have got a pain there, I've got this." All kinds of diseases they will have. Like I read a book of Jerome, that one fellow read...I hope you people are not in a hurry. (laughter) So he had described that - one fellow went to doctor, to a doctor, and he said, "Sir, I have all the diseases that are described in Materia Medica except for one that is the housewife's knee." (Laughter) He said, "How is it that you don't have that?" He said, "Because I am not a housewife." So he said, "How did you get all these diseases and how do you know?" He said, "Because I read Materia Medica and I found all these diseases are with me." So he said, "Alright, I'll give you a medicine but just now you don't take it, you have to go out from here about five miles and there you can take it." So he took the medicine, one, in a piece of paper. He went there and he opened it one after another and he found no medicine, but the last paper was there, on that it was written, "You stupid fool, don't read Materia Medica! Nothing is wrong with you!" (Laughter)

So the complaining people are another one, and they are really bhootish, sometimes they are very troublesome, I don't know. If you just say, "How do you do?" if I, by mistake, say - then there's a list of things. (Laughter) "Oh God, why did I say such a thing to this person?" This list of things, you know, one after another. "This happened, this morning, this happened, evening this happened, that happened." Everything happens to them. "And the food was so bad, and they treated me so badly, and the Sahaja Yogis were so bad, and they didn't take me there, and they troubled me so much, and I was left alone, nobody bothered about me. And they are very cruel to me, and this leader is very harsh to me. He doesn't treat me well and, this, please remove this leader and he did this and he did..." "What did he do?" "He didn't allow me to take water." "Eh? Why will he not allow you to take water?" Something stupid like that they'll tell you.

Sometimes I feel - where are those great saints lost? Who were the third type of people who didn't care for themselves, and who had not involved in them, but they were involved in others, who were bothered about others, what's the trouble of another person. "What is the trouble our leader is having? How am I behaving towards the leader? What am I doing to him? Am I of any help to

him? Have I given Realisation to anyone? Have I given any money properly to him? Am I sensible, or I trouble him all the time and then I go on complaining to Mother?"

These people can never be satisfied. One is over satisfied, the another one is never satisfied. And the one who is in the centre is least bothered to find out whether he is satisfied or not satisfied, he just wants to see the satisfaction of others. And that is what is to be seen in Buddha's life, how He was and how He respected.

So the people who today are worshipping Buddha should know that His message of Truth, which we know through our right side, through our attention, must be applied to ourselves, first of all.

People will tell Me, "Mother, his vibrations are not alright, this house has no good vibrations, that has no good vibrations", and the fellow himself is shaking before Me, you know - like this. And I said, "What about your vibrations?" "Oh, I am getting too much." But I am also getting too much, so please!

The problem with Sahaja Yogis sometimes is that they don't know the importance of what they are, they are not aware. If their ego was correct, in that ahamkara, ego, the essence of it is aham-bhava, is that, "I am a Sahaja Yogi." "I am a Sahaja Yogi." Now keep the point of honesty with it. "Honestly, I'm a Sahaja Yogi and I'm a follower of a religion, which is a universal religion, which is innately built myself. There's no hanky panky about it. Is my experience, and I believe in it fully, and is innately within myself." This is the ahambhava. I don't know what is it in the English language, it could be 'I-ness', 'I-ness'.

Then, "I am on this earth now, this life is for the work of God. And for that I have to be a pure person, because I belong to Vishwa Nirmala Dharma. I have to be pure, I have to achieve my purity through meditation through every way watching myself. I have to be a pure person. And if I am a Sahaja Yogi, if I am united with that All-pervading Power of Love, I should be the medium to give that love to others, and compassion. I have no time for other things. Other things are of no value. My attention has to be pure. My life has to be pure."

"I say one thing, do another thing. I cheat myself morning till evening, then I have no 'I-ness', I have no self respect."

"If it is possible, why not manage something free? Say, If Mother has a house, let's go and have some nice time there. After all it's Nirmala House, so we can have something free." No self respect. "I mean, let us save some money, if possible here and there." No self respect.

There are people I know of that kind. Supposing we come for two days to Ganapatipule, "Mother, will you charge us for one day?" [this is] very common. Who is going to pay? "I have to pay at least for my food, for my stay. I have to pay."

It's not like Buddha's time when they had to give up their whole kingdom. Everything to dhamma. Every pai, everything that they had, even their hair, I think. Everything to dhamma. And just come absolutely bare. No children, no wife, no father, nothing! That was buddhism, that was Buddha's style. He had His disciples like this and they used to walk miles together, to preach from one place to another in thousands. What an impression it must be on people when they see all this.

Today's Puja is very important, because I feel western countries have gone off with their ego, and they need Buddha very much, and they like also this so-called buddhism very much, because you see, they can then just hide behind that camouflage. "We are buddhist, you see." They'll worry about Afghanistan and they'll worry about Llama. They'll worry about all other people, because, "You see, we are buddhist." But there's no Truth in it, no Truth.

Sahaja Yogis have to establish that truth, that dedication. So Buddha has said,

"Buddham Sharanam Gachami." I bow to all those who are Realised souls.

"Dhammam Sharanam Gachami." I bow myself, to my Dharma. That is Vishwa Nirmala Dharma. And then lastly is,

"Sangham Sharanam Gachami." I bow to collectivity.

In these three things He has solved the problems of all three types of people, if you see that. First is the Buddham, the one who is a Realised soul. All the Realised souls are to be respected, to be surrendered to. I find one Sahaja Yogi talking about another Sahaja Yogi in a very funny manner, for nothing at all. No respect!

Buddham Sharanam Gachami. I surrender myself to all the Buddhas. Now there are eight I counted, but we have so many - all Buddhas sitting here! Those who have known, those who are gnostics, who are vidas, vidvahanas, are sitting before Me. So I surrender myself to them, as he says, "Buddham Sharanam Gachami." You must respect every Sahaja Yogi whether he is from the black race or a white race or a blue race, whether he is from Spain or from Italy or from India, or from any other place, whether he is from Jew religion or from Islamic religion, or any religion whatsoever, whether he's a legitimate child or illegitimate. Whether he comes from aristocratic or a rich or royal family, or from the poorest of poor. Whether he has money or no money. Whether he's unwell or he's all right, whether he had a very bad past. Everything has to be forgotten, the past. They are all buddhas and all the buddhas must be respected and surrendered to, to their wishes.

I mean, I surrender to your wishes, all the time, I have become now so desireless that I have to tell you that you better desire, otherwise I am useless, I have no desires. As if My power of desire has gone into your heads and I have nothing left. So you have to desire.

Then the "Dhammam Sharanam Gachami" is very important. What have you done for Vishwa Nirmala Dharma? Whatever [is] needed for the work of Vishwa Nirmala Dharma, whether it is money, whether it is your house, any possession, whether it is labour, any kind of labour.

I see some people will do every sort of work, and some people will never do it, whatever it is. So we should really have a roster. For example, one day all the leaders must sweep. Second day all the ladies must sweep or do something, so that when you have full idea as to how to respect each other. Also when you start doing something then you really have respect. Very easy to criticise, very easy to criticise others. I have seen people who can't write two lines, can criticise Shakespeare, can criticise Tukarama, can criticise Gyaneshwara. Two lines of poetry you can't write, what are you criticising? They can't paint even with one colour are criticising this, criticising that. I mean, how can you criticise anybody?

The one who has given no Realisation to anyone, done nothing, is criticising the leaders, arey baba (hindi: 'oh Mr'), they have given Realisation to so many people. How many people you have given Realisation? Please do little bit like of this like that person then you can criticise. Everything is done through criticism. I think that is the worst thing that we can do to ourselves because criticism, only, is the very depraved ego which takes to. There is no ahambhava, there is no "I-ness." All right. He has written such beautiful poetry. I'll also write. No! "He's written, but there is something, this is not correct." Baba you write first two sentences like that! "Mother, his English is all right, but still", but what about your English? Or your Spanish? Do you know Spanish language, no? Then? If he doesn't know English why should you criticise? So the criticism part has killed all art, as I've told you, killed everything, killed all our creativity, killed our personality, we are all the time shaking. Nobody's going to be there like Rembrandt, or like Michelangelo, or Barbini, nobody. Because you make anything - criticism!

In Australia, they made a very beautiful, I must say, one of very sweet things they made, like you can call the ship, with sails, a building there, for their opera. Even till today they are criticising it, and whenever they have to give any picture of Australia, they give that picture!

Is like they killed Marie Antoinette, and if you have to go and see anything beautiful [in France] you have to go and see her palace!

Criticism is all right if you are an expert and a master. Alright, A master has a right, of course. But you, you haven't got even the slightest of that art, how can you criticise? So this depravity of the ego, you can see in the life of Buddha, who was light, who was

enlightenment, who was compassion, who was knowledge, who was joy. In His life, you see, He never criticised anyone.

He left it to Me, this horrible job of criticising all the bhoots and rakshasas and devils. He just took a easier course. Why to fight the wall? Leave it alone. I wish I could do that but could not. I have tried. First three years I tried, but you just can't help it, you just have to fight it out. But you don't criticise each other. I feel very hurt, Myself, as if My one hand is criticising another.

I can go on talking about Buddha for days together. There's no end to it. He's the one who has taught us so many beautiful things by His own life, and if you have to really imbibe His Spirit within ourselves, we have to have that detachment from within.

As every religion is ruined by the followers, Buddha, who said: don't worship - even don't talk of God. He said don't talk of God, just talk of Self-realisation. First let them have Self-Realisation and don't worship anything. He said, "Just don't worship," because He knew there was nothing to be worshipable. But they have got stupas and they worship this and they worship that and worship this. There's no end to it.

They said, "These are the teeth of Buddha." I mean, how can you have teeth of Buddha? When Buddha died, you mean He took out his teeth or what? And this is Buddha's teeth they are worshipping. There's no vibrations, I saw it, it was nothing. I can understand hair, or nails, but His teeth are everywhere being worshipped!

I know My Sahaja Yogis cannot spoil much of Sahaja Yoga. If they do, they will lose their vibrations. So be careful on that! But with ego, I've seen people even they lose their vibrations [will say], "No I'm alright, oh, I'm getting all the vibrations, I'm alright!" and here is such a big...befooling yourself is the job of ego, so be careful, "I am alright, nothing wrong with me."

On today's great occasion, let us think of the hazardous time He had and the way He has created for us this Sahaja Yoga. That we are bathing in the light of their compassion, their hard work, their dedication, their sacrifices, all that. The Truth is going to make us beautiful.

May God Bless You!

Are you feeling very hot? Alright? You can put your hands towards Me, it's air conditioner working. (Laughter) I am feeling frozen here, actually. I am just thinking all these beautiful things you have given Me. Buddha never had them. He never had any comforts.

So now we have to show that we are worthy. That's the word he used, arihant, arahant, the worthy. Are you worthy, worthy of Sahaja Yoga? We have to be worthy of Sahaja Yoga. Arahant is the word.

Puja ka shru karana? Should we have the Puja now?

Talking about Buddha has cooled Me down completely. Ekdam baraf! Ice!

Put your hands like this, all of you, while doing the puja. And you don't have to close your eyes during puja, it's very important. And also not to put down your heads, because you are all Sahaja Yogis. Feeling really very cold, I don't know, what about you people? Feeling hot?

Yogi: No.

Shri Mataji: It's good. I tried to change. Sometimes I overdo it, I think. I did it 21 times. Alright. So the Puja should start with the Spanish people. Jose, come along, but you have no wife, but it's all right, doesn't matter.

Has to be warm, eh? My feet are absolutely finished. It's all right.

Bring it here and pour the water. How will you manage? No. No. This is better. It's good ... you have.... what about the children ... They are all grown up now, aren't they? So we have to get all the leaders at all the countries. Or else, one from every country. All right, come along,

Siddhartha, you are all right? No pain, nothing ... Today we are celebrating Siddhartha's birthday.

1989-0520, Conversation in Courtyard, The End of Miracles (afternoon)

View [online](#).

20 May 1989

Conversation In Courtyard, The End Of Miracles (afternoon)

Public Program

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Conversation in Courtyard, The End of Miracles (afternoon)

Shri Mataji: ... shop, little shop, to get these trinkets and he gave exactly the same amount as was needed. So many things are reported now, I mean, I've got letters and letters like that. So I'll have to look into them also for you.

Gregoire: Shri Mataji, one that You may not know because it's quite recent. The United States, you know Andrea, she has a little girl? The other day, You were in her room and You had a red, I asked, "what is the color of the sari?" and You had a red sari. And so she was quite, kind of, impressed, and then the picture told her it's all right. Your picture told her it's all right that You are sitting in her room. So she ran away, I mean after some time. She doesn't want to speak so much about it to us, but for three days she was talking to her parents and so on and so forth. She went in Mami's room to tell her all about the story that Shri Mataji is here in her room. Come, come. And then you were gone.

Shri Mataji: So where was I?

Gregoire: In her room.

Shri Mataji: In her room?

Gregoire: Yes. Sitting down.

Shri Mataji: She saw Me?

Gregoire: Yes, she saw You.

Shri Mataji: So, you asked Me on the phone or what, what sari I'm wearing?

Gregoire: No, I asked her. I just asked her what was the color of Shri Mataji's sari and she told me it was red. I asked the girl.

Shri Mataji: Then how do you verify it?

Gregoire: Yes, that's a good question. I wanted to ask you about that. That's why I'm quite happy to tell you this story, so you can give me a clue.

Shri Mataji: You have to make it feasible. What you have to say, "That I telephoned to ask Mother, what color sari are You wearing? And You said it is red." Then it is feasible. But otherwise it is not.

Gregoire: Otherwise it looks a bit [??].

Shri Mataji: Yes, it could be her imagination. But, it's happened this time, a very good thing, a miracle that we went out [asking someone in Hindi to speak].

Sahaja Yogi: Yes, twice it happened. Once, in Calcutta, Shri Mataji was boarding the flight from Patna to go for the Calcutta Puja to tell them that they had arranged everything, and so I picked up the newspaper and it. Oh, that also, now before we left for Calcutta, another miracle in Patna. At night we went for a drive after the public program to the Ganges river.

Shri Mataji: The Ganges river. It was a full moon night.

Sahaja Yogi: And it was a full moon night. There was a long bridge across there, a new bridge, and so we stopped the car halfway through and took a walk. And, She came and stood next to the railing over the river and the moon was shining there, just under Her feet. I mean there was a ray of light, just like that.

Shri Mataji: Sure, it has happened also like that.

Sahaja Yogi: And the current in the river was flowing from under Her feet only. So, to verify it, Shri Mataji said, "I'll walk ahead another 100 yards and you watch what happens." So [names of two Yogi's] stood at that place and then we carried on. Then I walked ahead with Her and I shouted, I said, "what's it like there now?" They said, "it's pitch dark and there is nothing flowing!" And while She walked, the moon walked with Her, sort of, over the water.

Shri Mataji: The reflection.

Sahaja Yogi: The reflection, the shine, and the current just shifted in the river and started flowing to where She was. So, then we sat in the car and drove to the edge of the river and it kept going right till the edge. And then when the river was over and we came over the land, again, the moon was still following. So, it kept moving until we went home and it was there.

Shri Mataji: There was no reflection any more.

Sahaja Yogi: And the river was dark when we left the river, it was completely dark. Just, the moonlight wouldn't reflect on the river.

Shri Mataji: We have to get there, but Warren was talking that thing.

Sahaja Yogi: So we verified it.

Shri Mataji: So, we have to go, have got program. And I hope you will be all there for our program.

[Public Program Starts]

Shri Mataji: I bow to all the seekers of truth. We can see the result of Self-Realization in the music of these people here. They never knew music, and Indian music is very difficult to sing. But, Self-Realization gives you such a rapport with the Divine that it works in such a miraculous manner that people become just dynamic. They are not musicians, they are engineers, doctors, architects, business men. All this kind of thing they have been doing and they are doing this too, now. But when you become the Self, as I told you yesterday, when you become the Spirit, then you become a universal being. Become means that on your central nervous system you can feel that you are part and parcel of the whole. You can feel it, it is not only mental, a sermon. It's not mental acceptance, but actually, it is a new awareness. As I told you yesterday, that everything that we know about all theories and all kinds of faiths, religion, everything is mental. Because it is mental, we can use the way we like. So there is no compulsion on us. As we have our Spirit, when it shines in our attention, then in that light we really become righteous automatically. For example, we have seen the saints, the incarnations, prophets, they would not be tempted to do anything that was sinful. Whatever they did was for the benevolence of others.

So, we have three types of people, as I would say. The one type, which thinks no end of oneself and lives with its own vanity. For such a person there's nothing like unhappiness, till he falls like a Humpty Dumpty. And another type is all the time complaining about one's health. This is wrong with me, my husband is bad, my wife is bad, my children are bad, everyone is bad. So the first type makes others miserable and the second type makes oneself miserable. They cannot see anyone happy, nor will they make anyone happy. But there's a third type of people who are bothered about everybody else but themselves. These are the special categories, whom I call as seekers, and when such seekers are seeking the truth, they also fall a prey to some sort of a show, or some sort of a pressure.

As I told you yesterday, that it's a living process, when the Kundalini rises and gives you your Realization. And that is what every one of you has to achieve and has a right to achieve. Now, we have all kinds of misleading people also, as we saw yesterday, there were so many who have been to wrong gurus, wrong, false gurus and who came to Me. And I'm sorry most of them were Indian, I'm sorry. But one must know, what do you want? How can you pay for your Realization? But somehow or other, people get so much mesmerized and believe it. That once when I had come here first I had met the Queen of Spain, and she told Me that there's one guru who has come from India who says he's fourteen years of age and he has ruined 50,000 young boys. All this is there is like that. All those who are really the seekers of truth will find it because it is their right to find it.

First and foremost thing, you must see the disciples of such a guru, how are they. Have they got any knowledge? Can they give Realization? Can they talk about what they have got it? Can they work out their benevolence? Are they righteous people? Are they joyous people? Do they have the same problems as normal people have, like racialism and other nonsensical things? Such people have to be large-hearted and they have to be truthful. And they'll stand for anything that is injustice, against. Like Christ Himself, when He saw Mary Magdalene being stoned, stood up. And He said that, "Those who have not committed any sin can throw the stone at Me." This is the courage and the strength of truth and this truth is compassion, is love.

It is all within you and you have to just reach there somehow. You have to respect yourself. And you have to know that there is a meaning to your life, which is not for just wasting it like everybody else does. Life is not just for collecting money, making insurances and then dying. All their lives they cry and when they die others cry for them. So what's the use, this kind of a crying society, while God Almighty has created this beautiful universe and has created human beings at the epitome of evolution? And He wants you to enter into the Kingdom of God to enjoy the blessings. This is what it is you have to get through your Self-Realization.

Already you have been told about Kundalini awakening, the chakras and all those things, that's not so important. Unless and until you get your Realization and settle with it you are as Spanish as anybody else is. Nothing so special about it. So first, after getting Realization, you must sit down and settle with it and get your connection absolutely fixed properly. So all the time, this Divine Power is flowing through your hands and through your fontanel bone area. I don't know how many speeches I have given in English language, it has been thousands, and in other languages also. There's no end of this. And I told you that first you must have the experience. No use talking about it.

So, should we now have our Self-Realization? Yesterday we had allowed you to ask some questions, you can ask today also, but not too many please. By asking questions, or by getting answers, you are not going to get your Realization. Of course there is no guarantee, but most of you can get it. But you must have desire, pure desire. Nobody can force you into the Kingdom of God. And please do not try to judge yourself. You all are capable and worthy of getting Self-Realization. May God bless you all!

I could have questions and then we could answer them.

Question: He doesn't know if he can get cured again.

Shri Mataji: Hundred percent. He went to a very wrong person though.

Question: He wants to give You a present.

Shri Mataji: Present, to Me? First you get cured.

Question: He says he wrote it himself and it's a souvenir from Barcelona.

Shri Mataji: Thank you very much, thank you.

Question: She says if you desire for other people to get Realization, will it help for them to get Realization? If we desire. If she desires.

Shri Mataji: Yes, yes, your desire has got to be pure. Why not? He got the Realization yesterday anyway.

Question: He says that in the scriptures they always talk about the relationship between devotee and master or guru. How can you manage at distance, come closer, when You are sitting before him.

Shri Mataji: You see, it is in the heart you feel it. I can feel you, all of you in My heart. We have to open our hearts. I think while singing only, most of you got your Realization. I feel that way, let's see, put your hands like this. Just close your eyes. Towards Me. You'll feel a cool breeze in your hands. All right?

Now, you feel it on your head, from the top of your head, just put your hand towards Me. Ha, see, si? No come up here and I'll see you. See now how your desire that others should get it is working out? Now, the desire should be that we should all be settled, we should be all settled in Sahaja Yoga. We should be all masters, as they are, and these people are.

May God bless you all! Those who have not felt can come and see Me but those who have felt first come and see Me. And those who have not felt can go at the back and they can see them.

1989-0523, Radio Interview, Athena the Primordial Mother

View [online](#).

23 May 1989

Interview

Athens, Stamatis Boudouris house (Greece)

Talk Language: English | Transcript (English) – Draft

Starts at 1:08

....Inside. Because it's very hot and inside, the house is very small. I hope it works out. You see, I didn't expected so many people would be coming. So, I think, doesn't matter, we'll see about it. But, tonight became so cold inside the room. I was really frozen. Sahaja Yogi: For us, Shri Mataji, we sat all day in the sunlight and we don't feel hot or anything. It has been very good.

Shri Mataji: Dnyaneshwar has written about you people. He's calling you people: "Martanda deta pahina" [sun; give; ?]. The Surya is the Sun, without any heat in it. He's described Sahaja Yogis: "Maartanda deta pahina" they are like Sun but there is no heat in them. "Andremadji [unsure] a lajjene" "They are like Moon but there is no, no spots on them". "Lajjene" is a 'spot', is regarded as a kind of a thing you're ashamed of. So, without any spots to be ashamed of, is the description of a Dnyaneshwar about Sahaja Yogis. Wonderful description!

If you - let it be, let it be, let it be there she wants to be with Me.

Now, don't pull her. Why do you want to pull her? She's quite all right. Come here!

Come here, come here!

She's feeling insulted now. Come, come, come, come.

You are all right. Now, you'll have chana? Come here, come! Take some chana. Come!

All right, come. Come along you come with her otherwise, she -

Come, come along. Come along.

Hello. Now what do you want to eat?

You like this ?

Good.

Now, sit down. Sit down.

That is sweet.

Now, I have this sweet girl!

And what's your name?

Alright, you eat that first.

Is, that is tea?

Sahaja Yogini: This is a special drink of Greece it is neutral "salutaries" .

Shri Mataji: What's it?

Sahaja Yogini: It's a welcome drink. "Salutaries" mixt with water.

Shri Mataji: Sour.

Sahaja Yogini: Yes.

Shri Mataji: Il just keep on Me.

Good.

You're supposed to eat this?

[The Sahaja Yogini does not hear]

Are you supposed to eat this?

Shri Mataji: Yes?

Sahaja Yogi: We have this journalist from the national radio here.

Shri Mataji: Oh, here?

Sahaja Yogi: He would like an interview if You agree. They just came.

Shri Mataji: All right, all right.

Sahaja Yogi: Is this all right?

He told that he wants to do this announcement now,

Shri Mataji: All right.

Sahaja Yogi: About Sahaja Yoga.

Shri Mataji: Please.

Sahaja Yogi: We had this meeting.

Shri Mataji: So let him have a chair or something.

You have [?] again

Hello

Sit down, please.

I did this. Please

You'll translate.

Good.

I'm sorry I don't know the Greek language.

He says that it's-

Come here.

He says that it's nice that there is somebody that can translate for them.

Oh, I see.

Translator: He has few questions to tell you and then if you want to say something more, whatever you wish.

Shri Mataji: No, better ask him the questions, it's the best.

Translator: Yes.

Shri Mataji: Does he know something about Sahaja Yoga?

[Shri Mataji speaks in Marathi]

Translator: He was informed today by a small target but he

Shri Mataji: I see.

So, if you ask Me questions and then I'll tell you, even elaborately you can ask Me questions.

[Interview starts at 12:22]

Translator: You can energize, he's asking, You can energize a very high energy that is in the universe.

And you say that this energy is in a - around way in man.

You, that of course, have been driven in this inner -

Sahaja Yogini: It's better if I translate. Can I translate for you?

Nuclear or corus [core].

Guido: Can you put the question clear because.

Sahaja Yogini: Can we make a [continues in Greek]

Shri Mataji: What is it?

Translator: It's too complicated.

Sahaja Yogini: He says: You are able to mobilize, to make active an energy that's inside us and it's dormant. When you awakened this energy, what did you find? What did you discover?

Another Sahaja Yogini: When You came inside your own

Sahaja Yogini: Inside, inside your own Self, your own being, a core of being. what did You find?

Shri Mataji: What did I find or what anybody else finds?

Sahaja Yogini: He wants to know, he wants an answer from you, but if you...

Shri Mataji: No, I mean what happens to people.

Sahaja Yogini: To people, OK.

Another Sahaja Yogini: No, no he's not asking that. He's actually asking you were the first saw this energy that You could awaken in people. When You saw it in Yourself, he says, what did You see?

Because human being cannot see, cannot be aware of this energy, of this power. But You are aware of it and of course, what did You see?

Shri Mataji: You see-

Another Sahaja Yogini: When it, when it all started.

Shri Mataji: My problem is that I must be something. I don't want to talk about Myself so much. Because when Christ talked about himself, you see, what he told was the truth, you see, [Journalist talks at the same time] When he told it was the truth he said that he was the Son of God. That he was. We can prove it also. But they crucified him. So it's better that I don't talk about Myself so much, what I am. Because to understand Me you have to become a Spirit. You have to become the Self-realized soul. You have to become the Self-realized soul, as a twice-born actually.

But still I can tell him that on the fifth of May 1970, I saw the primordial Kundalini like a telescope opening up and breaking through your Sahasrara, you see I saw it, the primordial.

Sahaja Yogini: He says he wants to know more about what exactly is this energy that there is in the universe and what are the results when it's awakened in someone.

Shri Mataji: You see, this is the All-pervading Power all over about which - [problem with the mike]

[Big laughter]

Camerman: This is an energy.

[Big laughter; applause]

Shri Mataji: So, this is the All-pervading Power which all the scriptures have talked about, which is the subtle power which we don't see, we don't feel it. But it does all the living work. For example, a seed becomes a tree and the flowers are there but a rose shoot will produce only roses. And an orange will produce only orange. All this choice and all this work all living work even the pulsation of our heart is done by this All-pervading Power.

Sahaja Yogini: He is asking for Your help that he may understand.

Shri Mataji: Oh, I see.

Sahaja Yogini: What are the results of the awakening of this energy inside the human being?

Shri Mataji: All right. Now inside the human being, there is this energy residing in the sacrum bone. It's a, it's in three and a half coils. And because the coils are called as "Kundala" in Sanskrit language, it's called as Kundalini.

Sahaja Yogini: Yes.

Shri Mataji: Now, this energy is placed dormant within us, but when it is awakened it passes through subtle six centres which are responsible for our physical, mental, emotional and spiritual being. Also in Sanskrit, they call it "kendra" [centre]. So, in Sanskrit also they call it "kendra".

Sahaja Yogini: Kendra? Yes, we say kendra in Greek also.

In Sanskrit, there is a similar word for this [she forgets to translate]

[Big laughter.]

Sahaja Yogini: I'm sorry.

He says: "The centre is in the centre."

Shri Mataji: So what happens, I didn't tell what happens. So, when this energy passes through your six centres what happens that it nourishes these centres. By the nourishment of these centres, your diseases can get cured, first. Then, if you are mentally upset, you can be cured of your tensions and even schizophrenia and all these things. Then, thirdly, your mental capacity increases. And the fourthly, you feel completely joyous. But the most, people who got Self-realization first feel the Collective Consciousness, which is described by Jung and many others, that is All-pervading Power, as cool breeze on their fingertips.

Sahaja Yogini: Yes.

Shri Mataji: Actually, Athena is the Primordial Mother. And we call her Adi Shakti or Holy Ghost. And she is reflected within us as the kundalini. This is the Primordial Mother.

Sahaja Yogini: He is asking: "When this energy is not awakened in us is it functioning at all or not at all?"

Shri Mataji: It is not functioning and we can see that we are not integrated, people. Because if you, if you want to do something from your mind, your heart may say "no". Your attention will say "no". So there's no integration.

And secondly, not only that, that when this energy is not awakened in a person, the religion which is innate, within you, is not awakened. So you may follow any religion, but you can do any sins, all of them are just the same. They are not righteous people. They are not peaceful people. They talk about it but; it's nothing inside, innate. The religion, the innate religion [every becomes dark]

Too much of heat.

Sahaja Yogi: Doesn't work.

Shri Mataji: Too much pressure of energy.

[End of video.]

1989-0524, What is the truth beyond this mundane life?

View [online](#).

24 May 1989

What Is The Truth Beyond This Mundane Life?

Public Program

Athens, Hotel Grande Bretagne (Greece)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1, Hotel Grande Bretagne, Athens (Greece)

500 years before Christ, the great master Socrates [UNCLEAR in your country] told the whole world that we have to know ourselves. And he was wisdom personified. But he was killed. He didn't do any harm. He just told everyone for their benevolence. He didn't live for himself. And he lived for others. He did not take any money from anyone for his knowledge nor did he punish anyone but he was punished. 500 years later Christ came in. He said also, "Know thyself". Every scripture is saying that "Know thyself." Like Buddha did not even talk of God because he did not want to put attention of people away so he said, "First know thyself." Maybe they were not given any chance to tell how to know themselves. But the time has come now. We can say that on the tree of life there were one or two flowers in the beginning but today it is the blossom time and so many are seeking the truth. Socrates could not have got so many people to listen to him in Greece. But today is the time that human awareness has evolved to that state that it wants to know the truth beyond this mundane life. Maybe one can say the situation is such today because we are waiting for a kind of a shock of our destruction or maybe we are confused and that we want to know the absolute. This knowledge which I am going to tell you is the knowledge of the roots. Now in the world we have the knowledge of the tree. Tree which has grown, outgrown itself without any balance. Without any balance, the tree which has grown. And if it does not look after its roots it will suffer and will be destroyed. It is inevitable. So this knowledge whatever I'm going to tell you has to be taken with an open mind of a scientist. It's like...sorry...it's like a hypothesis that I put forward before you and if it is proved then as honest people you have to accept it. You've been already told about the chakras, the centers we have. As you call them kendra we too call kendra in Sanskrit language. Now the word Athena...sorry...

Translator: No it's okay [UNCLEAR I couldn't understand]

...The word Athena is the word comes in Sanskrit language like aatha means the Primordial - the Primordial Mother. So it was discovered that there was the Father, there was the Child and there was also the Mother. And the one whom we call Holy Ghost is the Primordial Mother - the Athena. And the snake she carries in herself is significant with the same Kundalini we talk about. That's her symbol. So it was known to Greeks I think at that time about Kundalini. This power which I call as Kundalini is the reflection of that Primordial Mother or the Holy Ghost within ourselves. She resides in the triangular bone called sacrum. Sacrum is the word given by I think Greeks meaning sacred perhaps.

Translator: Yes, exactly

That's...they knew this was a sacred bone. And also they knew there was something sacred energy in it. So when this energy rises within you with the living force it pierces through your fontanelle bone area. The soft bone of your head. And you start feeling the cool breeze of the Holy Ghost coming out of your own head. This is the real baptism. It's not artificial. It's a living process of your evolution - the last breakthrough. And this breakthrough is into collective unconscious which becomes conscious within you. So for the first time you start feeling around yourself this subtle energy of Divine love which does all living work. Like see now the roses the rose bush will produce only roses. Every tree produces it's own style. [It] is a fact by medical science that anything that goes into your body is thrown out. But when a child is conceived it is not thrown out at all on the contrary it [is] looked after, nurtured and at the right time it is thrown out. Who does this? These flowers are miracles but we say [see] them everyday. We don't want to know also how they have come up because this is the living process. In the same way Kundalini rises through your limbic process. When it rises, it touches your fontanelle bone area and pierces through there is this

is the seat of your Spirit.

Translator: The [UNCLEAR seek, sick, sea?]

The seat

Translator: Seat

...pitha, the seat. But normally the Spirit resides in your heart. But when the Kundalini reaches the seat, the Spirit starts emitting light into our attention. So far the Spirit though reflected in the heart is just a witness but when the light of the Spirit comes in our consciousness then we know about our own centres and about the centres of others. This is the first thing that happens. On your fingertips you know because these are sympathetic endings and they become sensitive and they tell you what's wrong with your centres. So now if you know how to decode and how to cure those centers you can cure yourself and you can cure others. But as this Kundalini rises through these centers all the centers get enriched. And when it gets enriched all the centers also get corrected. So physically, emotionally, mentally and spiritually you are nourished. As a result you get cured of your physical troubles and also you get rid of all your habits which are enslaved. Once Sahaja Yoga spreads and people become realised they don't have to put military to stop drugs. Automatically Sahaja Yogies don't drink don't smoke don't take drugs, they don't even have match boxes with them. If such a different life of complete compassion and enjoyment. You become so dynamic in your creativity and in understanding and in your awareness. For example most of the musicians are English and Swiss and French they are, plus Greece Greek. Now English were lived in India for three hundred years they could not speak one sentence of any one of our language. They tried they tried but were not successful. They thought it was very difficult and I haven't met one French gentleman who knows even a word about Indian language. And Swiss are the worst because they know only bad thing. And we have Germans imagine Germans, so beautiful they have become and so loving with each other. All this happens only when you get your self realisation. You become a very powerful peaceful person and all your Karmas and all your conditionings drop. For example one could be a Christian, could be a Hindu could be a Muslim could be anything but can commit any sin. There is no difference in that. I mean nobody says, because I'm this I cannot commit a sin but does it. Supposing you go in the jail you'll find murderers are universally living there from every religion.

Translator: What Shri Mataji?

In the jail.

Translator: In the jail?

There is no way of differentiation till they die and have different cemeteries. Otherwise there is nothing gained within themselves. But when Kundalini rises you become a universal being. And every human being who has got ten valencies, they all get awakened. And they become saintly godly people. Now they don't have to leave their houses. They have very [UNCLEAR sane, saint] marriages and they married very happily and have very beautiful realized souls as their children. They become steady parents and they produce beautiful children. They whole thing sounds very fantastic but supposing we take a little television to an Indian village and tell them that this box can show you all kinds of pictures from all over the world they wouldn't accept.

Translator: Sorry Shri Mataji [UNCLEAR]

In the village, Indian village...

Translator: Yes

...if you take a television and show them then they won't accept that it will show all the pictures but when you put it to the mains they see the wonders of television. In the same way human beings are put to the mains, to this all pervading power like the connection here. And then one realises how great you are, how glorified you are and how capable you are and a real transformation takes place. So this is the time, so this is the time for our transformation and for the emancipation of human

beings. Today we'll have the programme which will take about ten fifteen minutes of Kundalini awakening. You won't have to do anything about it. It is spontaneous, without any effort. Just like a seed can sprout, it will happen to you also. If it doesn't happen, it will happen tomorrow but has to happen to all of you because it's your right as human beings - the epitome of evolution - to have this. Of course you cannot pay for it, you cannot organize it, you cannot order it. It just works because it is built-in within you so I think let us now have little questions from new people and then we'll have this programme but don't ask too many questions. Even I mean answer your questions is all right but these are webs of words. That's not going to give you Realization. Webs of words. Best is to have the experience of your own [UNCLEAR being, meaning] and then better to talk about it. May God bless you all.

...I think you all are in a very right mood. I think that speaks; is to understand that you are going to enter into the Kingdom of God and you have to be very pleasantly placed towards yourself. And at the very outset I would suggest another thing is not to feel guilty at all. Forget the past and don't count your mistakes. Forgive everyone. It's a myth to say that you can't forgive because you don't do anything whether you forgive or you don't forgive. So you should not play into the wrong hands so be pleasantly placed towards yourself. After all we are human beings and if we make mistakes it's all right. It's okay. We're not God so please don't feel guilty. I feel everybody has problem [UNCLEAR in us.] And that that causes problem so why feel guilty? All right, so it's a very easy thing that we'll have. Only things you may have to help your centres a little bit and also in your house you can always practise it. So I'll tell you how to do it by first put your left hand towards me, like this, comfortably. If it does not; yes take out your shoes please. If he doesn't want it you can go, you see. [UNCLEAR Whoever doesn't want to]...yeah yeah, it's better yeah. Or else you do it. It's very simple. So you cannot force anyone. Your freedom is respected. I cannot force [UNCLEAR but] I cannot force her. Your freedom is respected. To achieve the absolute freedom, I have to respect your freedom. [UNCLEAR All right] so now with your left hand towards me it means symbolically this is the power of desire, about which I'll tell you tomorrow, that you want your Self Realization. And the right hand has got the power of action so we have to use the right hand on our different chakras which I'll show you on the centres on different centres which I'll show you one by one. And both the feet should be apart from each other because these are two powers we have to work separately. And you have to be comfortably seated. There should be no discomfort. Supposing something is tied; you can make yourself comfortable is the point. So and also that there should not be any tension in the body or slouching but just in the normal way straight as we sit. All right so please put left hand towards me it's very relaxing to begin with. All right so put the right hand on your heart. Now in your heart resides as I told you the Spirit. On the left hand side on the upper part of the portion of your stomach we have to press it here is the centre of your mastery. We you need not write. We have got books and you can take them home and can understand everything. They need not write about it. We have got books. We can, you get your Realization. There are books. Now, then we have to put our hand in the lower portion of our abdomen on the left hand side. This is the centre of Pure Knowledge which manifest on your central nervous system. [UNCLEAR For] Sanskrit it's called as bodha bodhaa and that's why he's called as Buddha. To know it on your central nervous system. Like a feeling. Like cold and hot. All right, now we take back our hand on to the upper portion of the abdomen on the left hand side and press it. Now we take our right hand then on to our heart again. Now we have to take our hand in the corner of our neck and our shoulder and turn our head to the right. Now this is the centre is caught up when we feel guilty and it's very dangerous because this gives you diseases like spondylitis and angina and so many others.

Translator:...angina?

It's the heart. Now so don't feel guilty at all for anything whatsoever. All right now this hand has to go on top of your forehead and you have to press it on both the sides. This is the centre where you have to forgive. Now this centre also on the backside you put your right hand on it and push your head back to rest on it like this. Now stretch your hand and the center of your palm please put it on top of your fontanelle bone area which was a soft bone like this and push back your fingers. Now press it hard your scalp and you have to move it seven times clockwise, your scalp slowly. Seven times. Push back, push back your fingers. Push back your fingers otherwise there's no pressure. Now we have to now close our eyes and we have to take out our spectacles also if possible. And please please don't open your eyes till I tell you because the attention is drawn inside better. Now so please put your left hand towards me and right hand on your heart and please close your eyes. Here now you have to ask me a very fundamental question. You can call me Shri Mataji or Mother whichever you like. "Mother, am I the Spirit?" Ask this question three times. Now if you are the Spirit, you are your master so please take your right hand upper part of your abdomen on the left hand side and press it. Now please ask me a question again three times, "Mother, am I my own master?" Now take down your

hand in the lower portion of your abdomen on the left hand side. Press it hard. Here again I respect your freedom and I cannot force pure knowledge upon you. So here you have to ask for Pure Knowledge so please say, "Shri Mataji, give me pure knowledge." You have to say this six times because this centre has got six petals. When you say this your Kundalini starts moving upward so now you have to help the higher centres with your self-confidence...

...So now please raise your right hand [UNCLEAR, in] the upper portion of your abdomen on the left hand side. Press it hard and here with full confidence you have to say to open this centre fully, "Shri Mataji, I am my own master." Say this ten times. Now the greatest truth about you is that you are the Spirit, not this body not this mind not this ego not the conditionings. So now raise your right hand on your heart again and here you say with full confidence, "Mother" or "Shri Mataji, I am the Spirit." Twelve times. Say it with full confidence. Say it twelve times. Now one has to know that the Divine is the ocean of bliss and joy. It is the ocean of peace but above all it is the ocean of forgiveness so you cannot do any mistakes which this ocean cannot dissolve. So you can raise your right hand in the corner of your shoulder and your neck as back as possible and put your neck to your head towards the right side. Here you have to say with full confidence in yourself, "Mother, I am not guilty." Say it sixteen times please. If you still feel guilty then you punish yourself by saying it 108 times. I've told you you have to be pleasantly placed towards yourself and respect yourself. Now raise your hand onto your forehead across and bend your head and press it on both the sides. Here from your heart you have to say not how many times from your heart you have to say, "Mother, I forgive everyone." Everywhere I go I find people have not forgiven so they don't feel the cool breeze. Then I have to go on asking them again and again and then it works. I have to work very hard for them so I would request you all from your heart to say "Mother I forgive everyone." Now say it from your heart. Now take your right hand on the back-side of your head and put your head on top of it. Here you have to say for your own satisfaction, not feeling guilty not counting your mistakes "Oh Divine if we have done any mistakes please forgive." Say it from your heart. Now stretch your hand and put the centre of your palm on top of your head and bend your head. Here also I cannot force self-realisation on you so you have to say seven times, "Mother, please give me self-realisation", while moving your hand slowly on your scalp and your fingers stretched outward....

...stretch, stretch back...

...stretch...

...but stretch the fingers and press it hard...and move it clockwise.

(Shri Mataji blows air on the microphone)

Now take down your hands please. Slowly open your eyes. Please put both the hands towards me. Please open your eyes slowly. Now put the right hand towards me and bend your head and see for yourself there's a cool breeze coming out of your fontanelle bone. Some might get hot but after some time it will cool down. Some might get it much away from their heads. Now put your left hand, right hand, left hand towards me like this and put the right hand on top of your head and see again bending your head. Now again with the right hand towards me [unclear] and the left hand you see if there's a cool breeze. You should have bent your head. Now raise both your hands and push back your head and ask the question, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the Divine power of God? Mother is this the Brahmachaitanya?". Ask this question three times. Now take down your hands....Now...watch me without thinking. You can do it. All those who have felt cool breeze in their hands or out of their head please raise both your hands. [UNCLEAR, The whole of it, The whole lot].

I knew the Greeks. So may God bless you. We'll meet again tomorrow and also you will find when you go home a twinkle in your eye, a light in your eyes. And you can feel each other's, you can feel each other's, each other's. Those who have not felt it will feel tomorrow....or...or can come this side.

1989-0524, Shri Pallas Athena Puja: The Origins and Role of Greece

View [online](#).

24 May 1989

The Origins And Role Of Greece

Pallas Athena Puja

Athens, Stamatis Boudouris house (Greece)

Talk Language: English | Transcript (English) – VERIFIED

Everything in Sahaja Yoga is very scientific, is all pre-planned I think, and is all significant. For example, today is Wednesday and we have never had any Puja on a Wednesday because I was born on Wednesday.

So, I was thinking if the Puja starts before twelve o'clock, we'll be able to manage it because I was born at twelve. So, every child has to sleep after twelve o'clock, you see, and so I couldn't, I had to sleep. So, it's so significant, you see. It's the first time we are having a Puja on Wednesday, normally I don't even travel on Wednesdays. So, you can imagine that it's such a breakthrough, and I'm very happy that you all are ready for a Puja and that we could break this rule also, after such a long time, because it was impossible for me to keep awake after twelve, you see, I was trying, trying, trying and I knew that you all, also, were feeling very sleepy. So, it's so mutual and it's so simple.

Alright. So, today we have gathered, really, remarkably, in the really centre of the Nabhi of the universe, and I don't know how far I can go with the description of this great country which we call as Greece. Also, in the Puranas it is described as Manipura Dweep. The Manipur is the Nabhi Chakra – Manipur, and a "dweep" is an island. Island of the Manipura stays the Athena, and there is a temple of Athena, all been described about Her temple, about Her jewellery, dress and everything. So, it's already in the Puranas described, this Athena. As I've told you before, 'Athena' means the Primordial Mother.

So now, one may say that, "Why the Primordial Mother, Adi Shakti, should be on the Nabhi Chakra of the universe?" One may ask a question like that, that, "Why She's placed on the Nabhi Chakra?" Because in the – I don't know in English – before the Creation was created in the material form, where it was planned, then there was something of the – what we call is the Vishnuloka, is the loka, or the area where Vishnu ruled, and in that Vishnuloka it was decided that Adi Shakti should first come in the form as a cow, and then She should descend in the area called as Gokul, which is Vishuddhi Chakra, first and create vibrations there. Now in the material form the Gokul was where Shri Krishna lived in His childhood.

So, in the material form, Athena itself lived – in the material form, I'm not saying in the formation before – in this area, to create the vibrations. So, it is not only She was a Goddess but She lived in this area to create the vibrations for the Nabhi, to create the universal compassion and love and all Her qualities.

Now as you know, every aspect of the Goddess has different qualities, and as you can see that Mahakali has the aspect of comforting, and Mahasaraswati is counselling, and the Mahalakshmi has got for the redemption, for the awakening.

But the Adi Shakti's work is to unite everything, to integrate everything; and to integrate all those qualities, the Adi Shakti Herself was... in material form, came on this earth, in this part, and that's why they knew about Athena. But as it is, I don't know what are the stories they have – they must be having some mythological stories about Athena that She lived like this or whatever it was. And this is the... where She created the Devaloka. Devaloka is the area where devas created. Like She created Indra – you have heard the name of Indra – then Varuna; all these Devalokas She created in this area, not in India. Devaloka was created on this side, and ganas and all these people were created on the side of Nepal and all those places, on the left-hand side.

Now unfortunately after Socrates, who came here in such a condition when people were really, absolutely ignorant, in the complete darkness of ignorance, they could not understand Him, they could not understand Socrates at all and so like any other Primordial Master was treated by the people who were surrounding Him, He was also very much ill-treated and nobody listened

to Him.

But of course, as you know, He was Primordial Master and His wisdom is well-known, and He created out of Him disciples, but none of them could go anywhere near His wisdom, and they started their own theories, own styles, and that's how we find the accent from the philosophy that was Socrates' aim, gradually came into political and then into economic side.

So, the attention was moved from philosophy to economics today, not towards the philosophy which was established by Socrates.

We can say Socrates was the one Primordial Master, after Abraham and Moses, who really made it very clear-cut understanding about spirituality. Of course, Moses and Mohammad... Abraham had different problems. Like Abraham had problems of talking to people who were really very, very ignorant, and Moses had problem with people who were very indulgent people, so He had to pass laws of Shariat.

Moses passed the law of Shariat, and if you read Bible, in the – I think – in the first verse only it is written about Shariat in the (Jeremiah) (Leviticus?), third book of Bible, that Moses had to pass these laws, different, different laws to make the people follow religion precisely. So, He did not argue, He did not say why you should do it, didn't give any explanation. "You do it!" Like that. Because He thought that these people are so ignorant that you cannot leave it to their freedom that you understand this or that you see the point; He could not do that way. So, He just said, "Alright. These are the laws; these are the things and you have to follow. If you don't follow then you will be killed, your hands will be cut, this will happen, that will happen." Because the people were of that type.

Now then you see how gradually, at the time of Socrates people had evolved, they were a much better people so He could talk to them about something of wisdom, of honesty, of righteousness, of peace. Of so many things He talked, and He could talk because people were worthy of that. Otherwise He could have said, "Alright. You do this, you do that, you do that." But see the difference, also in the circumstances, how what has happened: in the first circumstances when Abraham had problems then the people were absolutely good-for-nothing, absolutely good for nothing, so He didn't know what to do with them. So, only, you can see it, in the time of Abraham that His own lifestyle... I mean, that was just a system when the family was building up and the relationships were building up, and He tried to work it on that level.

Then at the time of Moses people evolved much more. They evolved but [were] still very ignorant. So, they evolved to this point that He did not have to talk the things that Abraham talked. So, He talked to them about getting out of Egypt, taking their freedom, getting out from there and going to a place of more tranquillity. But when they did that, He found these people on the way – when He went to get the Ten Commandments, when He came back – what He finds...

So, the people who were at the time of Moses, when He had gone to get the Ten Commandments, started indulging into very, very immoral character, extremely immoral character. They were very immoral and were doing such horrible things that nobody can believe that anybody who tried to escape from the Egyptians were worse than the Egyptians themselves. So, He gave this Shariat to them, to change.

Now then came the time when people were... I mean, despite all that people were not so good, we can say at the time of Christ, but they were not so immoral; they also could not understand Christ.

So, you see, despite all the human evolution, the human awareness evolving, the understanding about spirituality was very poor and you could not talk to them. Now you can also see the circumstances of things. When the circumstances are such, like at the time of, say Moses, that people are extremely immoral, they are doing all kinds of bad things, they are not bothered about their own destruction, the Incarnations had to move absolutely to the right because they were so left-sided: So, the Incarnations had to move absolutely to the right and say that, "If you do like this, this We'll have to do" the violence part. So, they took to violence.

So, the circumstances made the reactions of the people, also the awareness of human beings. So many things worked it out.

Say, for example, when Athena came on this earth, her job was to create an integrated force which will have the whole Chaitanya spread like an integrated force. So that when it will be all disintegrated later on, it can integrate.

So, the Greeks have a job, special job, is to integrate. You have to integrate people which are left-sided and right-sided. And that's what I asked him, "What happened to Hitler?" So, they said that when they saw Hitler, though Hitler respected them, they resisted Hitler. You can see the significance, how he respected the Greeks and despite that they resisted him because they were given this special capacity. Something with Greeks, they went to... I mean, except Alexander, only the one who tried to invade India, and because of the Greek nature he receded back. You see it's a Greek nature that they can go so far and then not, because they have an integrating force.

The same thing as I was asking him about what happened with the Turks. They had gone into Turkey but they receded back. So, this power of receding back is the integrating power, by you integrate within yourself both the qualities of the left and right and you balance it, and you see now that's alright. If you have to be in the centre we should go up to a point and come back. And this is a very basic quality of Greeks in every respect.

If you take their shipping, they were very aggressive in shipping to begin with, extremely aggressive people, and Greek ships were known for not maintaining at all.

They were not very law-abiding so they were never used to maintain their ships, you see, and always under trouble – the Greeks – that in the shipping they were known to be, the Greeks have ships which are all falling off and rattling. (For those not familiar with Shri Mataji's family, Her husband Sir C. P. Shrivastava was appointed Secretary General to the International Maritime Organisation for 16 years) So perhaps, perhaps, they were aware that now the shipping is going to go down, so no use maintaining these ships, you see. Then when the shipping went down – you see, this is on an economic level I'm saying, how they worked it out – they sunk their ships and got the money out of insurance. That is a typical Greek style of behaviour is that they know already. It's a kind of a wisdom, they know that how far to go.

Like, we can see now, Onassis also married this mad woman, Kennedy's wife, because he must have realised that Kennedy never gave her any security so he married her. He married her up to a point, but most of his property went to his daughter, not to Mrs. Kennedy.

This balance and this wisdom is a special Greek style of life; that's why you might say that they are not over-developed like Americans are. But now Americans have realised that they are idiots, but Greeks can never become idiots, whatever you may try. They are very sharp and very intelligent but they know how far to go with everything.

And what is the reason for this? The Athena. So, Athena is the one, Adi Shakti, and She created Ganesha here. (There is a Ganesha Swayambu that has manifest worshipping the Goddess Athena) And the balance of the universe, or all the dharmas, is in the Nabhi Chakra, and so the people over here are very balanced. You can find them very... in their language, in their styles, very deep. One may say because they are traditional people, they have long traditions. But Egypt had also long traditions. Of course, Egyptians are, in a way, wiser than all other Islamic countries, but not like Greeks, not like Greeks.

We have Chinese also who are very wise, and they are known to be people of deep understanding, but they are not like Indians. So, what is lacking in all these people is the depth of awareness because, though in China also Mother of Mercy came and She really bestowed blessings upon them, and China rose also, afterwards, into her own glory and became quite a good industrial, I mean developed country, we can say, very powerful; but still, that kind of regimentation could not be borne because, after all, Mother Mercy was there.

Do you know last... you have one Mother Mercy you have given me – Kuan Yin, same thing, Kuan Yin. And She's the same thing called as Mother of Mercy – and the second one was given by Gregoire recently, and you see what's happening in China now. So, the effects of these Deities which existed in different countries at different times are felt only in Kali Yuga in the best way.

Now you may say that, "Why should Mother come last to Greece?" Because now Athena is in the Sahasrara, so you have to go not in the Nabhi. So, I had to bring Sahasrara here, isn't it? Sahasrara is the last chakra one has to achieve, So, I thought that let Greeks grow up to the Sahasrara point. So, we have to establish Sahasrara in Greece and thus it's a very powerful work we have to do in Greece because actually, at the time when Athena came here, it was not Sahasrara, it was Nabhi, because She was actually on the Himalayas, came from Himalayas. So, now to bring Himalaya here, or to bring that purity in Greece, is a tremendous task and we have very few sahaja yogis.

But you see the reaction of the gentleman who came? And we have formidable job because of these Orthodox... most unorthodox, they have no orthodoxy about anything. So, we have a problem, big problem, how we'll establish here.

The Devaloka was formed here and devas were here; they ruled here, no doubt; but in the human awareness they were brought down to the human level. Like Zeus was Parashurama, Parashurama – the one who was an Incarnation to announce the advent of Shri Rama, and He came before Shri Ram, died also very much before Shri Ram; but they painted Zeus as a man who was a womaniser.

So, all Gods were brought to the level of human beings, bestowed with all the weaknesses, you see, actually decorated with all the weaknesses. And that is responsible for the downfall because this part of the country is on the pattern of Devaloka, reflection of that, but this Devaloka is now, we see it has become just the opposite because Deities have been brought down to such a low level, to such degrading things.

Even in the mythology also, in India talks about Them like this. Not to such an extent; like Zeus, they don't talk but about Indra they talk. And like Indra's description comes like this: that the king Hiranyakashipu's wife was living... his wife... Hiranyakashipu's wife was a saintly lady and Hiranyakashipu was ruling in the area of you can say Kandahar and Afghanistan and all these places, and from here Indra went down and took away the wife. I mean They incarnated, the Gods incarnated here, and Indra went down, He took away the wife of Hiranyakashipu with Him, to save Her, and He went down and stayed in an ashram in Maharashtra where there's a river flowing with My name – Nira. So, now the... see how the combinations are, the Shandilya Muni who was the guru of My family – that's why My gotra is Shandilya – it was in his ashram He stayed. So, the Muni Shandilya told that, "See, this lady is a very pure lady, don't disturb her, and out of her will come a very great saint who will, by his own devotion, make the Incarnation of Narasimha – this is the god Vishnu which comes as the half-cat – and He will kill this asura.

Now, part of the Egypt was also ruled by this Hiranyakashipu, part of the Egypt – see how significant everything is. So, this Narasimha came when... and you know about Prahlada's story, alright, so this little boy played there around and he made some things and there's a temple very near – you have seen Narasimha's temple – and that you have seen the statue made out of sand? That was made by Prahlad, and he came into the dreams of someone and said that, "In your temple you please put the statue I have made", and they went around the Nira river and found it and put it there.

So, see the relationship, how it is. Now this Hiranyakashipu was killed by Narasimha. Narasimha, as you know, is the Incarnation of Shri Vishnu, because he had, this Hiranyakashipu had, a blessing of Brahmadeva that not any animal can kill him, not any human being can kill him, not on the land or in the sky, and not with any weapon – all so many blessings he had taken! He had closed all the lines, you see, so that nobody should kill him, but actually he did not know there are ways and methods. So, Shri Vishnu took the form of Narasimha, is that He became the simha, means the 'lion', and the lower portion of a man. And it so happened that Hiranyakashipu asked Prahlada, "Where is your God?" He said, "He's everywhere." So, he said, "Alright, is He in this pillar?" He said, "Yes, He's in this pillar also."

So, he hit the pillar – see, the pillar must have been the same style as you make, Greek style, pillar of stone, so he knew that in the pillar how can anybody be, it's a stone – he hit it and the pillar broke, out of which came out Narasimha with long hands and claws, and He took that Hiranyakashipu and put him on His lap, because 'neither on the sky nor on the ground', and with His claws, because they were not weapons, He opened his stomach and killed him.

So, because he was also ruling in Egypt, the people of Egypt made their... they were Assyrians – Assyrians are asuras, they were the ones who were asuras, that's why they were called Assyrians – so they made the statue of their god Sphinx the other way around than Narasimha. So, the upper part of the Sphinx is that of man, and the lower part of that statue is that of lion.

This is very ancient story I'm telling. So, how the Greeks went to India long time back, because all these devas were Greeks – and these devas were, like Indra, what He did, and Varuna and all these things.

But I think there... because the whole idea got perverted, whole thing, they could not see the proper image of their faces in their meditation because they perverted them so they could not see, and they saw perverted faces. They saw them nude and that kind of thing, which was all their own imagination working, because they were indulging into all kinds of immoral things, so they made it absolutely, what you call a very immoral type of relationships and things among them. So, that was their own ideas and they put it. But also, as a result of that, they could never see the body or the faces of these devatas properly. So, they made them more like... I mean quite ugly-looking faces they made.

Like I have some Poseidon they have made here which they gave it to My husband also – it's not at all like Varuna, I can tell you. So... and absolutely nude, you know; it's so embarrassing. They gave it to My husband and he didn't know where to look, and I just started laughing because he's a very shy man, My husband. And he had to put it in his office, you see, hidden somewhere and it looks very funny. And he was saying, "Why not we use a kind of a covering with some silver?" I said, "It's an antique they have reproduced; you can't do it to an antique." He said, "Alright; where should I put it?" I said, "Put it in some corridor there."

So, with such expense they gave it but My husband was quite upset about it, you see, and every time he sees this gentleman he says, "You know, this gentleman is no good."

Alright. So, then, this part of the history is there. On that history stands the modern Greek. So, if you see from Socrates to Christ, people had evolved we think, but they also crucified Christ, so what was their evolution? Though, if you see what Christ preached and what... I'm sorry, what Christ preached and Socrates preached, there is much difference because Christ talked in parables, not openly, while Socrates talked in a very open way, in an open discussion, in open understanding. That shows only that the people could understand what He was saying. But still He was also killed; Socrates also was given poison and He was also killed. So that shows that, at that time also, the people in charge, or at the helm of affairs, didn't know what was reality.

So, now, from Christ to Socrates and from Socrates to Me, we can say this way that we are talking about it, though Socrates came in the year – how much B.C. He was?

Yogi: About 500 years before Christ

Shri Mataji: 500 before Christ; so, might be that Christ must have felt that Socrates, He talked so openly, so nicely to people as because He was Primordial Master. He realised it, so He talked in parables. He thought that, "No use talking straight like Socrates" because... you see they are very straightforward people; the Primordial Masters have to be very, very... they are by nature extremely straightforward. Even today's... those who were real gurus, they would not accept any person, they would throw away, they would beat people.

Even musicians in India, those who are great masters, they would beat their disciples if they played something wrong; like very harsh people. So, it was alright for Socrates also to tell things very plain and simple and all that, but still He was killed.

And then Christ, who was 500 years later came. See, He saw the point that no use talking – because He came at Agnya – talking in that way. If you tell somebody, "Don't do like this", even reason it out like Socrates did, He is the master of logic, you can call Him; the whole logic system comes from Him, He's a master of logic.

But despite that, it did not appeal to the logic of the people who were at the helm of affairs. So, they have no logic in their heads,

you see, they are just rationalist. Rationality is blindness but there's no logic. So, because there is no logic, they killed Him. And Christ understood that there is no logic with these people so better talk to them in parables. So, He talked to them in parables, but still they killed Him. Helm! The authorities, they couldn't bear, they thought He's becoming very powerful, or whatever it was. The Jews themselves were very funny, and they did it.

So, in Sahaja Yoga, what I decided that at least I should give Realisation to people first, and then I can talk to them whatever I like. Now, I'm talking to you everything and you are understanding it because you are Realised souls, but I cannot talk this to an ordinary person.

So, we have two types of people: one who are Sahaja Yogis, and one who are not. Of course there are some Sahaja Yogis who are not very worthy of this, I agree, and they may just go back or something, but you can become worthy of understanding all this knowledge because your Kundalini can make you so capable and your Sahasrara so good that you can absorb what I'm saying, and can logically see what I'm saying is true, and you can also verify it, whether it is true or not.

So, this stage of yours, I think, is the highest stage of awareness where collectively you are understanding Me. The situation is not so bad as that was even at the time of Christ. Before that, at Socrates' time, I think, He was the only wise man going around. There was nobody else, seems to Me, had any wisdom. Even His disciples, you see, like Plato – he went off his head, then Aristotle went off his head. Both of them, really, tried to have their own arbitrary additions which were all absolutely. But He talked absolutely... Socrates talked absolutely about gods and everything, and talked so openly.

Then, in the same way, we can say, the Primordial Master state is that we have Mohammad Sahib. He was also killed; He was also killed because He told the truth. Then came Nanaka; He was not killed but nobody bothered about Him, and the people who really follow Him are just in the opposite direction. Supposing He was saying, "Come this way"; so, they are going in that way. You find even same thing with Christ; if Christ said, "Come this way" the Christians are going that way. Every religion is just the same. Same with Krishna's Gita. Those who preach Gita are just... if Krishna is standing here and saying, "Come this way" Gita is saying, they are preaching Gita going down, taking people down.

So, it is common with all religions that they have always used the name of prophets and of all the Incarnations just to make money and to take everybody to hell; straightforward march to hell, you see. So, now those who are alert about it, and those who have seen that this is all nonsense, are in Sahaja Yoga, and sahaja yogis can't do that because they have come quite a long way now on this side, so they are going to pull out many others to that side instead of going themselves down.

So, this is the situation today, and that's why I say Greece is a very wonderful area where we can work it out. If Athena could be awakened here, this place could be of very great help to us.

Now there are very balanced Greek people, they have great sense of art because of Right-side Swadishthana; also, they have lots of qualities of understanding the worthlessness of too much indulgences and all that. It is so. But the immorality grew, now, because they started copying Westerners; otherwise the women here were very moral women. This is only in these twenty years this change has come.

Before that the women were very moral, very good women lived here, and some of them are now in India as I told you, they came with Alexander, and they were very good husbands and wives and very good families. This is only – I don't know why – about twenty years or twenty-five years at the most, you can say, the Kali Yuga is showing its effects here also, but it's a very solid country and still they respect, respect a woman who has character; respect her. They may use a woman who has no character but they respect the woman who has character and also respect the mother. So, there are lots of qualities in this country which are still existing, in some places lingering, and some places effective. So, the job of Sahaja Yogis is to, somehow or other, evoke that integrating force in them of the Athena, and I'm sure you can purify this country.

May God bless you!

Alexander was two hundred before Christ... a hundred, two hundred before Christ I think. He was very much respected in India, always, Alexander was very much respected in India, and because he went away and he didn't take away anything from India. Like any other invaders who came, who just looted us, he did not. First. I think he got quite detached after coming to India. Anybody who has come to invade India, and has really gained something out of the spirituality of India, was Alexander; otherwise the English lived for three hundred years in India, three hundred years. Nothing went into their heads, nothing. Three hundred years! Can you believe it? They used to laugh at everything, they used to make fun of everything, nothing went into their heads. But so many Greeks stayed on because they liked India very much, so they stayed back, they wouldn't come back. So many are there even now living in the forests. So, this is something, is the sensitivity, the awareness, which has grown through times in the Greek people. You can see in the character of Alexander, how he was. There's a poet in India called Chandav Rai, who was at the time of Alexander. Alexander brought him here, honoured him, kept him here, he was here, and he wrote poems about Alexander, about his greatness and things, praised him so well. I mean, I can't think of English people carrying any Indian as a poet to England; there's no question. I mean, they didn't... and the sign of awareness is this, that you don't respect anybody else, you say, "Oh, I am the greatest". Then you cannot see the goodness of other people. Same with Portuguese. Of course, Vasco de Gama was a simple man and when he came first to India, he saw Indians and he went to Goa and he saw the temple of the Goddess there, is the Shanta Durga's, so he went back and told his king that, "They are all Christians because they follow the Mother. They are not Muslims". So simple he was. "There's no need to make them Christians. They are already Christians because they follow Mother". He was a nice man.

But Portuguese also never learned anything much, but still certain respect they showed, like the name of Bombay is Mumbai. They still call it Mumbai. Mumbai is the Mumba. Mumba-ayi is the name. Means she is the Mother of Mumba. Like 'ayi' is Mother, so they call it Mumbai – is the name of the Goddess. So, they didn't want to change it. And in Portugal, when I went, they were saying "Mumbai". So, I said, "Why do you call it Mumbai?" They said, "After all, it's the name of the Goddess; isn't it?" I said, "It is." But the English came, called it "Bombay"- finished.

So you see the... see the awareness, you can see the awareness of people because they were so aware about the serenity, about the holiness, about the auspiciousness and all that, so they said, "How can we call it Bombay because it is the name of the Goddess?" Just think- the depth, no? "We cannot call."

But the English could have gone and found out what is this place called, why is it called Mumbai. But they did not. But even if they had found, I don't think they would have kept it as Mumbai. They would not have because, you see, that respect for serenity and all these things, somehow or other, in these people who ruled us, it was not there.

Now the children of Britain are very different, very different. But those who ruled us had no respect at all. They would only go to church, and nothing, no respect.

While the Greeks had always respect for Indians, they came with respect. Now, the respect, also, is a kind of an awareness within us. And now, as the time has passed, I find Britishers have respect for others, they're respecting, many. I mean, I would not say all, but quite a lot, isn't it?

Well, what do you say? He has not met any.

Yes, that's the part lacking- respect. That is the part lacking in England. And imagine in the heart, if there is no respect, then what sort of a heart it must be? The whole world can get ruined by that heart.

So that's the thing – one has to create respect: respecting others, respecting their culture, respecting their lifestyle. But I mean whatever you may say, but theoretically it is there; may not be in practice. Theoretically it is working, because you're not supposed to insult anybody who is from the ethnic group and all that is there legally, theoretically; but in practice it is not, I agree; but theoretically it is working. You can't insult somebody because he's a black man or he's an ethnic group, you cannot, under law, you cannot do it. So that is there but just theory.

But still, awareness-wise also, people are aware. I know of so many of them who were sitting in the sun and fasting for South Africa. So, between the South African awareness and British awareness, we must say, we should be proud that in British awareness there is lot of sense, and that sense, once it comes to the point of respecting others, I think it can transform the whole world.

But I don't know how I have to do it, I've tried. It has to be respect. It is not insulting now, but it is not positive respect. So, one has to learn how to positively respect; at least Sahaja Yogis must be positively respected.

This is what I have been talking about, about Buddha, about truth, about respect. But once you know that they are Sahaja Yogis, one has to respect. And this one has to learn from the Greeks because still they have a sense of respect. They know how to respect, isn't it? That part is there, that one has to learn.

Even the Egyptians are, and also the Chinese, because out of all these years of traditional growth, they have realised one thing: that if you have to really exist in this world you have to learn how to respect others. And respect is something from your heart. Like the Japanese have no respect for anyone but they'll go and bow ten times, don't know when to stop if they bow, and if you bow, they'll go on, permanently, so it's best if you stop.

But it's artificial; it's not real. So, it should come from your innate being to respect others, and when that works out then your awareness has definitely reached a very high state, high state of understanding of Divinity.

So, then you come to a point of respecting the Adi Shakti and then, when you have respect, it's not artificial respect, it's not artificial, it should be from your heart. And once you start doing that your awareness will improve.

And that it's not what you get, it's not what you have, but what you give to yourself by respecting. And this respect in which transform you completely, I can tell you, because there's a big understanding now between you and the Divine, and I'm sure everything will work out very well. The way the Deities respect the Adi Shakti, if you also learn that respect, then things will work out. And I think Greeks will lead us very well, the whole of Europe, in this respect; I'm sure about it.

May God bless you!

End of Video

Now, what we can do is to have some... we have musicians luckily. You helped me so much in... I must say I'm very thankful to you for helping me in Spain. They all got Realisation because of their music and today also started.

Respect gives you thoughtless awareness, I tell you. Just the idea of respect; isn't it. You all have become thoughtless because respect is thoughtless. Agnya stops.

You know what is the stuthi? 'Stuthi' means praise.

You should not touch the water.

1989-0525, Ascend to super human level

View [online](#).

25 May 1989

Ascend To Super Human Level

Public Program

Athens, Hotel Grande Bretagne (Greece)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: All right. Yesterday they spoke to you about the different centres we have within ourselves. These subtle centres were discovered thousands of years back by great saints. And Socrates also has talked about the gods which reside within us. And the knowledge about it was existent long time back. But there were two types of seeking going on alongside - two types of seeking. One was the devotion on the left hand side, and on the right hand side was the, we can say the intellectual. And devotion came to people because they felt there is something beyond this human life which thought of the creator - being there. And that we call as bhakti - is the devotion.

But in the West it came as devotion to incarnations like Christ. That was...

Aside: Is there a problem?

Yogi: People want to come in and they don't let them in, Shri Mataji.

Shri Mataji: See they can sit in the centres, after all they are seekers. You see. They can sit in the centre here easily, it's not so difficult. Could be. Poor things. What's happening with them?

I am sorry for this that people cannot - all of them cannot come inside.

Translator: Shri Mataji, there are some empty places behind. We can tell the people. Somebody greek person can tell the people outside.

Shri Mataji: I'm sorry for this, this hall is just small, you see. No. No not here - outside. You see, the hotel management.

Yogi: they say 'fire security' – they cannot admit more people in. 400 people is maximum, 500 people are inside...

Shri Mataji: That fire will not be, could not be but we could open this door, they can stand outside. We can expend it all right. I'm sorry.

So we have this seeking through devotion and the intellectuals started seeking through certain rituals. In India for example on one side we had a big movement of devotion. On the other side we had Vedas and all these books created by people who thought that certain type of chanting will help to excite the elements. But there was a secret happening where the great seers and saints even in your country started a movement of giving realization to people. And it is said in our old books that in ancient times a saint from India came to your country, and there were very few people who were given realization. First they were cleansed. First there were given physical exercises and all that. And ultimately then when they thought they are worthy and sincere and honest and compassionate then they were given realization, by very few people.

So you can see here there are three channels. One is on the left side, is the channel which gave the devotion part, the emotional side of our seeking. And the right side that you see is the yellow line which gave the reading and writing and exciting of the elements. But ultimately both these side people had to think of their Self-realization. Both the sides people left and right had to think of their realization otherwise they were not satisfied. And the movement of the bhakti or the devotion also got completely

changed, didn't keep the right path. And the right side as we call it, is also, went into a dimension of more materialism.

But if you see it clearly in the centre is the path for our ascent. So the left and the right when it is used too much also will go to extremes. So left side represents within us the power of desire. And the right side is the power of action to fulfil the desire. But the power that is in the centre is Kundalini, is the power of Holy Ghost, is pure desire. So all other desires are never satiable in general, is an economic principle. So what is that desire which is satiable? We may be we may not be aware of it but it is the desire to become one with the eternal.

Some people first seek their joy in say: money, children, family - and then they think it's no good, so they take to power. But ultimately they have to realize that these things are not joy giving. We see people who have been very powerful - they look so miserable. We see people who are very rich - they are so very miserable. So the joy, which does not have this duality of happiness and unhappiness, is somewhere else. So today I think is the time for us to ascend ourselves above this human level into that super-human level. If you try to go too much after your desires then you cross the line which is your subconscious mind. Because the left side is for your past. From whatever type you are born, from the ancient times of the creation - all is there on your left side. And whatever is your future and whatever you think mentally is done on the right side. So we have our past on one side and our future on another side. So we have two types of people who are: one are living in the past glory and another who are living on the future.

All our physical, mental, emotional and spiritual problems come when we move to the extremes. We are like this with our sympathetic nervous system, right and left, are our left and right both sides, we work in such a manner if you move too much to the right or too much on the left will spoil the centre. So that all the religions have taught that we should not go to extremes, we should be in moderation.

So when the Kundalini rises, when this power rises, She also puts them right the centres, She nourishes them, and then She integrates all of them. Now this power resides in our triangular bone - sacrum - which you can see with your naked eyes sometime pulsating like a heart. The bone pulsates like a heart. In some people who have got problems on their chakras, higher chakras, obstructions - the problems. And also with a stethoscope you can feel, with a stethoscope you can feel the rising of the Kundalini till here. (Shri Mataji pointing to Sahasrara) Here you start feeling the throbbing of the Kundalini. Mostly these days the Kundalini rises like a jet. But in some people it does take time, if they are sick, if they are conditioned, if they have gone to false gurus. So when it happens we can correct it also by nourishing a particular obstructing centre, which is obstructed. Obstructed, there's obstruction. (Aside to translator: What're you saying?)

So there is no problem, everybody can get realization. Now going to the left and to the right is a very common thing that happens to people. We can use our left and right sympathetic nervous system, like if you want to run, you can run fast and the heart can start pulsating more. You can also increase the breathing rhythm. But what brings it to the normal is the parasympathetic, which is in the centre. So when the Kundalini rises, she nourishes this parasympathetic which is out of the approach of doctors.

When we say autonomous nervous system - who is the 'auto'? Auto is the Spirit. So left and right we start using like the break and the accelerator in a car. Now supposing you use your accelerator only, you will go to the - or if you use your only left side too much that is the break, then you will never move. So one has to learn to use both of them properly, so you become really the driver of the vehicle, this vehicle. But the master is sitting behind still in the car. And once you become a self-realized, you become the master. So you are completely in control of the driver, of the break and of the accelerator.

Now when we are thinking the thoughts are coming either from the past or from the future and they just come and disappear like this, like waves. And our mind is jumping on the cusp - cusp of the waves. Everything we see we cannot enjoy, we start thinking about it. We start thinking how much it must have cost? And can I buy that, and things like that. But we cannot enjoy it because there's so much thought in between. In between these thoughts, in between these two thoughts there is a little space which is the present. It is neither the present - it is neither the past nor the future. Now if I say, "You stand on - in your present", you cannot. But when you get your Self-realization then you get into a state which we call as thoughtless awareness. Because when the Kundalini crosses through your Agnya the thoughts separated and you stand in your present. Then you watch something, you

don't think, you just enjoy the whole creation of the person who has created. Like a ripple-less lake reflects all that is created around it. In the same way the mind becomes ripple-less, absolutely peaceful. Then you rise into the second step, second stage where you become into another awareness which is doubtless awareness. So in the beginning you feel the cool breeze in your hands as you felt it and the cool breeze out of your head as you felt it.

And then gradually you feel that this thoughtless awareness area increases, you are so thoughtless that if you want, you'll think, otherwise you'll not think. As a result of your spiritual growth, your sensitivity increases so much that you are doubtless about it. On your fingertips you can tell what's wrong with another person. You can – on your fingertips you can feel another person's centres - as well as yours. And if you know how to correct it, you have corrected it. You become extremely powerful person and deep personality. At the same time with all this knowledge you are full of love and compassion. You become a transformed personality. Such a person develops very pure eyes. As Christ has said, "Thou shalt not have adulterous eyes. Thou shalt not have adulterous eyes." In the commandment it is 'thou shall not commit adultery', but He said, "Thou shalt not", He's so subtle, "have adulterous eyes."

So you lose all sense of greed and lust. Then also you lose the sense of comfort, sense of comfort. For example I am born in a very rich royal family and married to a very rich man and also my husband is highly placed and – now all right. And we live in palacial houses, no doubt. But I have no sense of comfort. I have no sense of comfort. I can sleep anywhere. I can sleep on the streets, I can sleep in the jungles, I can have bath in the rivers, free. And I have no sense of taste, I can eat everything given with love. All these little, little things are joy-killers. Because you become so free of all that, that you are completely drenched into the ocean of joy. And the greatest joyous thing is to give realization to others. And to cure others, to give them joy and happiness, give them love and compassion. Actually you enjoy your virtues, you enjoy them. I'm hopelessly generous, but I enjoy it. (Shri Mataji laughing) My family people are sometimes worried that I might give away everything to others. (Shri Mataji laughing) So all these ideas are there within us the conditioning because we are closed into our own personality.

In Sanskrit language a realized soul is called as dwijaha - dwijaha, and also a bird is called as dwijaha. Dwijaha – bird, bird. Because the bird has a second birth. The bird lives in a shell as an egg. And when the mother bird pierces on the head then it opens out and becomes the bird. And it's the mother bird, knows if a person - the egg is ready or not for hatching. So we also before realization live in an egg of this ego and superego within us. Ego and conditioning within us. So all the one thousand petals of the limbic area are closed like that, limbic area is there in the centre. These are nerves 988 they said, 988. Doctors say so. 988 - doctors. All right, but they are one thousand. So they all open up like this, like a lotus, and they look like tongues of flames, beautiful flames, very silent. They are about seven colours different, but very beautifully, very silently burning. We cannot say burning – because there is no heat, it's all cool, just like Himalayas.

That is what you all have, just it's in a potential state. We've got photographs where many Sahaja yogis are sitting and on their head is the light, you can see in the photographs. If you have seen one of the paintings of annunciation of mother Mary. The disciples all standing before Her like this and from the head there is a light coming out. So when they say that the Holy Ghost blessed them, they got their realization. And they started speaking some other language - it was the language of chakras. But other people started thinking they were mad. I mean, if a sane person goes in the lunatic asylum all the lunatics think that the sane person is mad. Once our prime minister Jawaharlal Nehru went in a lunatic asylum. And he went and told one lunatic that, "I'm prime minister Jawaharlal Nehru." So the lunatic says, "Oh it's all right. I was also like you saying the same thing, you'll be all right, don't you worry." (Laughter)

So now one has to know that it's a very deep sensitivity one has to develop to understand. It is not a superficial thing and those who are really worthy only can get it. The worthy. – Who are worthy, worthy - capable. Like Buddha called it 'Arahat'. So I'm sure Greeks being such an ancient country, I'm sure that all of you are worthy of it. And I hope it will work out for all of you.

May God bless you all.

I would like to have questions again for a while and then - not too many, because yesterday people got excited afterwards, you see - so very few questions, if they are really sensible. Moreover the knowledge you see, of it is the knowledge of the ocean. And

whatever I've said is nothing, I've giving thousands of lectures, so there is no end to knowledge. Now for example there are so many lights here and if you have to enlighten, you have to just put on one switch. Because it is built in there, everything is all ready. But supposing I start telling you about the history of electricity and history of this hotel and everything, then you get a headache. There's no need to know. First you get your realization and when you have to repair then you may. But unnecessarily if you want to know every this kind of a thing, you may not get even realization because your attention may be diverted. So the best thing is to get the light within yourself. All right, now ask Me questions.

51:00

Question: in greek... (very long...)

Shri Mataji: Give him the book. It crosses all right. It does cross. It's correct. Listen now. Just tell him... Just be seated, please be seated, please be seated. Be seated. You see, we have not given you the complete knowledge so far. So what is the use of argument? No, no, no, but what I'm saying that it's such a long time he's taking, he should come and we'll tell him all about it. What did he say? No, no that's nothing contradictory, you come and see Me, please be seated. You see, just now I've just given a... Very aggressive.

What is it? Useless, it is useless.

Ha, ha. He himself is contradictory.

All right.

Translator: You spoke of freedom of desires and of Your prosperity..... ??

And if this prosperity creates any problems on your chakras..... ??

Shri Mataji: On what? No, no, no, on the contrary, if I was not prosperous, I could not have done Sahaja yoga, My husband pays for Me. Because I don't take any money, it was important. I don't take any money from anyone. This is aggressiveness and is a kind of a jealousy. (Shri Mataji laughing) If you spend your prosperity for the good of the people there can never be any problem. But if you are attached to it, naturally.

Question: in greek...

Shri Mataji: One should not treat Sahaja yoga so frivolously as that. One should not treat Sahaja yoga so frivolously as that because in the newspaper they were surprised that I have a Mercedes. I came in a Mercedes. But this Mercedes is given as a present to Rome ashram by Me to them, by My own money. (Shri Mataji laughing & applause) Now no more personal problems, you see, to understand Me you have to be a realized soul, it's not easy. I wish they could go and ask these questions to the false gurus who are minting money. There, they don't say anything, they pay. All right. Yes please.

Translator: He's asking if there is a book in which is written how we can open our chakras and how we can follow this path?

Shri Mataji: Yes, of course, of course, we have a book for you. We have a very good centre here and we have excellent very high level Sahaja yogis in Greece. But we'll give you these books when you come to our centres because also reading, reading - nothing goes in there. Too much reading also, you see, it fills your mind, then you are not there. But we'll give you definitely we'll give you a book, all right.

Question: in greek...

Shri Mataji: Is it a question or a lecture? You see, a question has to be small and precise, it should not be a lecture, you see?

Translator: Socrates and saints are living inside of us and he is asking how this is done? And there is no emptiness inside him and he feels fulfilled.... ?

Shri Mataji: No, no problem for you. You are all right. All right, now who is that? You see, I would request you, you see, you must ask intelligent, simple questions, which will help everybody else and not to be aggressive.

Just a minute, just a minute and also I've not come here to take anything from you. I have come here to give you what you have. But there is no guarantee, it may work, it may not work. Even if your questions are answered or not answered makes no difference. It's a living happening. If it takes place it's your luck. If it doesn't take place it's your luck. And so why waste time in giving lectures - by these people. (Shri Mataji laughing) Now also some people when they find the public they just try to show off, but they can call a meeting themselves, and can give a lecture there. There is a... (Applause)

I've known all kinds of people you see, but the maximum questions are asked here. Yes we have limited time and then what happens that the person who is in charge yesterday came and he would have arrested Me, because it was getting very late.

Translator: They want more questions, some more questions.

Shri Mataji: You write them down, listen, listen you see, hallo! I've come here, hello, I have come here to give you Self-realization, all right? Let Me finish My job. Now if you don't want, you can go. And another if you have questions, you can write them down and give it to Me, after we have finished the Self-realization, have peace. Majority of the people want realization, one or two persons here and there, you see. (Applause)

So one or two persons here and there should not disturb all of them. It's not proper, is not civil, is not decent. I'm willing to answer you, but you give it in writing, I'll answer you. I'm here to answer you. Yesterday I was sitting here for hours together. And the hotel people were so angry that they said they will not give the hotel tomorrow to us - to such an extent. Now this is the country of Socrates, you cannot be childish. (Laughter) Must understand these are the circumstances, you must understand. Have it - they must understand. No more questions, please be seated.

All right, now another thing is that as I cannot force anything on you, you should not force anything on Me. So the question hour is over. All right. (Applause)

Now I would request those who want to go can go. There are many who are waiting to come inside. They may be very worthy people. They may be very worthy people. So those who do not want to have realization should depart, will be a very good idea. And give others the chance. Then another thing is, everybody has to follow the things I tell you, instructions which are very simple. And there is no mesmerism, so it's your freedom that you have to accept it or not to accept it, there is no mesmerism. But the false gurus mesmerize you, so you don't ask any questions and you just go on giving them money. So I would request all of you to be kind to others. Last night I slept at 3 o'clock and got up at 5 o'clock and the whole day I've been working also. So now please be kind.

It's not an intellectual feat, it's a living process of our evolution. It's the last breakthrough into the collective unconscious. No mental activity is going to achieve it. So settle down with your mind. That is why I asked you to ask questions, because the mind is all the time jumping so I said, "All right, if I answer them then they'll settle down."

All right now, be kind to yourself. You have to be really pleasantly placed towards yourself. And no way to feel guilty. If you feel guilty I cannot give you realization. Also yesterday you saw that many people did not forgive. So I have to sit down here and ask them to forgive, forgive, forgive and then they got realization though so much time was spent unnecessarily. So please forgive everyone, it is a myth, whether you forgive or you don't forgive you don't do anything. But if you don't forgive, then you play into wrong hands mentally - just thinking, thinking, I don't forgive, I don't forgive. So at the very outset let us forgive ourselves and

know that you are the human beings at the epitome of evolution. You have to love yourself and not to be angry.

So first thing we have to do is to respect this Mother Earth. We have to take out our shoes because she sucks in our problems quite a lot. Those who are on the ground also should take out shoes, but they are all right. Now both the feet are to be kept separately because left and right are two energies, I've told you. All right. Now, as I've told you the left represents the power of desire, so you put the left hand towards Me like this, and right hand is to be used for the action of raising the Kundalini. So that later on even if I'm not there you can do it properly. Even if you get your Self-realization today your Kundalini might rise, may break through, you might feel the cool breeze. But still, the connection has to be properly fixed. I see many people get it and they get lost. Is the Parable of Christ you see, where some seeds were lost, it's something like that. And then they get into troubles, and then they come to Me again. So it's a waste of time. So you must understand the importance of your life and of your Self-realization. First time you'll have the meaning to your life. And so you have to come to our follow up meetings and to our centre, which is quite humble. In a humble manner because it is you who has to get your benevolence. And you don't have to pay for anything what so ever. All right?

So, put the left hand towards Me and the right hand on your heart. Now first I'll tell you, you can keep your eyes open and see for yourself, work it out. But later on we'll have to close the eyes, so just now you see what I'm telling you and you can work it out also. Now keep attention to yourself and not to others, just now keep your attention to yourself. All right. So now put your right hand on your heart. Here resides the Spirit. But the seat of the Spirit is here [note: Shri Mataji pointing to Her Sahasrara]. So we put our right hand in the lower portion - upper portion of your abdomen which is the centre of your mastery. Then we take it down to the lower portion of our abdomen. All of us, all our working is on the left hand side. Then we raise our hand again to the upper part of the abdomen where it is the centre of mastery. Now, then we raise our right hand to our heart. Where resides the Spirit. Then we raise our hand to our centre on the left hand side between your neck and your shoulder and turn your face to the right. Now this centre is catching the most, because people feel guilty. Also very serious because it gives you spondylitis, and also angina, many diseases. So don't feel guilty. Now you put your right hand on your forehead across, on your forehead across, and bend your head and press it hard. Now this centre is for forgiving others. Now you take back your hand and put it on the back side of your head and push back your head. Here it is to ask for forgiveness without feeling guilty. Now please place - stretch the hand and place the centre of your palm with bent head on this - on the fontanel bone, which was a soft bone in your childhood. Press it hard, pushing back your fingers and move your scalp seven times clockwise, slowly, pressing it hard. Now.

Now, that's all we have to do. But you have to close your eyes. Can take out your spectacles, if there is anything tight please make it loose and sit comfortably neither bending nor bending back, but in a comfortable manner.

Now put the left hand towards Me and put the right hand on your heart and both the feet on the sides. And now close your eyes. Here ask Me a very fundamental question - you can call Me Shri Mataji or mother, "Mother, am I the Spirit?" Ask this question three times.

Hum. Now if you are the Spirit you are your guide, you are your guru, you are your master. So put your right hand on the left hand side of your stomach in the upper part and press it hard. Now don't open your eyes till I tell you. Now, here you ask Me another question. When you know that you are the Spirit you will become the master. So ask Me the question three times, "Mother, am I my own master?"

As I've told you that divine knowledge cannot be forced onto you. It manifests on your central nervous system. But you have to ask for it in your own freedom. So please put your right hand on the lower portion of your abdomen and here you have to ask for pure knowledge. Now here you have to say, "Mother, please give me pure knowledge." Say it six times because this centre has got six petals.

When you ask in your freedom for the pure knowledge the Kundalini starts moving upward. It starts moving upward so that you have to help your upper centres to be opened out with your self-confidence. So please put your right hand in the upper part of your abdomen and press it hard on the left hand side. And here you have to say with full confidence ten times, because also this centre has got ten petals, ten times you have to say, "Mother, I am my own master." With full confidence.

The greatest and the most important truth about you is that you are the Spirit. Now you have to know that you are not the body, not your conditioning, not your ego, not your thinking, but you are the Spirit. So now raise your hand to your heart again and with full confidence you say 12 times, "Mother, I am the Spirit!"

One has to know that the Divine is the ocean of love, of bliss, of joy. But above all, it is the ocean of forgiveness. So now please put your hand in the corner of your neck and your shoulder, and put your head towards the right side. Here with full confidence please say 16 times, "Mother, I am not guilty!" Please say it 16 times with your heart. I've already told you that you have to be very pleasantly placed towards yourself.

Now put your right hand on your forehead across and bend your head. And press it hard on both the sides. This is the centre for forgiveness. So it's no question of how many times, but from heart you say, "Mother, I forgive everyone." And you need not say that it's difficult, because it's a myth. Whether you forgive or you don't forgive, but if you don't forgive then you play into wrong hands.

So now you put your right hand on the back side of your head and push back your head upward. Here for your own satisfaction, not counting your mistakes, not your guilt, you have to say, "O Divine, if I've done any mistakes, please forgive me." Say it from your heart.

Now stretch your hand fully and put the centre of your palm on the fontanel bone area which was a soft bone, and push back your fingers and put down your head. Here now I again cannot force Self-realization on you, so you have to say seven times, "Mother, please give me Self-realization!" Press it hard and move it seven times while saying that.

(Shri Mataji blowing into microphone)

Now take down your hands, put both the hands towards Me, and watch Me without thinking, you can do it. Now put your right hand towards Me, bend your head and see for yourself with your left hand, if there's a cool breeze coming out of your head, bend your head. Now put your left hand towards Me, and see for yourself if there's a cool breeze coming out of your head with your right hand. Now put your right hand towards Me and with left hand you see if there is a cool breeze. Now put both the hands towards the sky, and bend yourself and ask the question three times, "Mother, is this the cool breeze of the Holy Ghost? Is this the All-pervading power of God's love? Mother, is this the Brahmachaitanya?" Ask these questions three times.

Now take down your hands please. Now see for yourself if you are feeling the cool breeze in your hands or out of your head. Those who are feeling the cool breeze out of their heads or are feeling in their hands or both please raise both the hands, or out of your head.

May God bless you. Most of you have felt it. Some have felt the cool in one hand; those who have felt in the cool - one hand, say in the left hand then put the right hand like this (note: Shri Mataji pointing left hand upwards and backwards), everybody should do for one minute. If it is in the left hand they are feeling. Right hand towards Me.

Now those who have felt in the left hand can put the left hand towards Me and the right hand on the Mother Earth. Towards the Mother Earth. Now I'll tell you how to tie up your Kundalini, everybody who has felt or not felt should try. Just to hold the hand like this put the right hand along like this and take it up. Now we start.

We teach you how to tie up your Kundalini. All right. Now take it slowly upwards like this and tie it up like this on top of your head once. Again try. One hand is to be moved, another is to come straight. Tie it second times. Third time you have to tie it three times. One, two and three.

Now also you must take your protection. Put the left hand towards Me like this, protection from negative forces. And right hand

to move. Give protection to your auras. Give protection to your auras like this, one - again. Two, three and half. Three and a half. May God bless you.

Now you feel it. Those who have not felt, also might feel it. Good. Now again can you raise your hands, those who have felt the cool breeze in both the hands or in the head. Just say can you raise your hands? All of you. Please raise your hands, those who have felt it, again. Good, so many got it now, better.

May God bless you.

1989-0526, How to live in complete joy and peace?

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26 May 1989

How To Live In Complete Joy And Peace?

Public Program

Emirgan Korusu, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

First Public Program in Turkey (Istanbul) Emirgan Korusu, 25.06.1989

Note: This is the first public program in Turkey. Interpreter is not a Sahaja Yogi and he doesn't know much about spirituality and He doesn't know how to express a lot of spiritual words in Turkish like self realization.

I bow to all the seekers of truth. Can somebody translate me?

Gregoire: I can see, they are already in meditation

I said, I bow to all the seekers of truth.

Now, we have to realise that truth can not be conceptualized. Truth is there and (UNCLEAR) all the time. We can not organize it. And those who are seeking truth, after know that they should keep their minds open.

Like a scientist. And whatever we are telling you, has to be taken as a hypothesis. And if it proves, right, then you have to accept it as honest people.

Since long there has been talked about truth. Socrates is talked about it and he was killed. Then came Christ he talked about it he was killed. Then came prophet Mohammed Sahap and he was also in a way killed. But today the human awareness is much better. And we are understanding that truth has to be beyond our mental projections. When we see those people who talk of peace and talk of any theories of democracy or capitalism or communism or they talk of any religion like Islam, Hinduism, Christianity. Everyone is the just the same. There is no binding force, anybody can commit any sin.

So where are we got wrong. All these prophets and saints and incarnations were absolutely truthful but where have we gone wrong.

There is one thing common among all of them that they said, you must see the eternal. And considering things are to be used in their moderation and in their limitations. This is the essence of all the religions. But we have gone wrong because we did not see later. And got lost into transitory things.

There was nothing wrong with those who started on these great religions and great philosophy. But we missed the point. But today the human awareness has reached the state where it can see so clearly. That the fulfillment of the promises given to us has to be done.

It is said that there is the ruh, all-pervading power round us. All the living things that you see like flowers, fruits and trees and human beings are miracles. These are worked out. These are worked out through this all-pervading subtle power. But so far we have never felt it enmass, this power. Few saints have faith it but nobody would believe that. But now a special blossom time has come. And in this blossom time we are going to find out the truth without any difficulties. It has should be the easiest thing because it is a living process. But you saw the seed in the mother earth it sprouts spontaneously.

In the same way within us, this power which I have told you, is described as al-Asas, (The Foundation) in Koran. In the Bible as the holy ghost. And in the inner scriptures as Adi Shakti, Primordial Mother as Athina.

Resides in triangular bone called as sacrum, meaning sacred bone. This is the power of God's desire which resides within us as our pure desire. And it spontaneously rises and break through our fontanel bone area. So actually, you get the actualization of your baptism, actualization. It is not just artificial certificate. Once you become connected with the all-pervading power and you become a saint or you become wali (a Muslim saint) or become a self realized soul.

As a result of that, transformation starts taking place in every human being. And this transformation is very unique. Such a person automatically becomes purified. You don't have to tell such a person, don't do, don't do. He just does not do wrong things. He becomes very dynamic but very compassionate. And lives in complete joy and peace. All this is your right, as human beings to have it. This is the glory, that is within us. Only, our instrument has to be connected to the main.

Also, physical, mental, emotional disorders get completely corrected by this power.

And you start feeling this formless energy all round yourself. So get your enlightenment and your attention becomes enlighten.

Now we have here people from, I don't know how many countries who have come to Istanbul to meet you all. It is surprising how it was difficult for anyone of this western country people, specially English, French who even pronounce one Indian Hindi word or any other language in Indian language. Now they can pronounce Sanskrit. And later all they will be singing Arabic. Because they have become universal being. And this is what we have to touch this universal being which the spirit.

Now we have people, we have Jews who worshiped Muhammad Sahap, who worshiped Christ. Because through their experience of truth, they have realized that they were incarnations. All these great incarnations and prophets came on the same tree of life, at different times to give us balance and to save us from evil. But we have plucked the flowers and we are saying this is mine this is mine and fighting with these dead flowers.

So it is important for all people who are honest and who are seeking the truth, should achieve their self-realization and see the absolute truth about them. They never talked ill about each other but only we, in our ignorance do that.

So, this light has to come within us. Supposing we are holding a snake in our hand and there is darkness and your eyes are not open. You will not believe, if somebody says there is a snake in your hand. But if you get the light and your eyes are open up, you will immediately yourself believe that snake.

So, a person become so powerful and so free that no bad habits can dominate him. You yourself, become your own master and manage yourself. I do not have to tell you, don't do this and don't do that. I am sorry for today's delay but you know, there were problems of traffic and all kinds of things. It was very unexpected. So, I hope, you will excuse me for coming late. Tomorrow of course, I will be here much earlier and explain to you much more about Sahaja Yoga.

Sahaja; Saha means with, ja means born. Yoga means union with the Divine with the Ruh (spirit). So, all the human beings whatever race they belong, to have a right to achieve this stage.

May God bless you all.

If you want to ask me some questions, I will be very happy to answer them.

Audience: I would like to ask a question. She just expressed that throughout history, important personalities have been murdered because of what they had said.

Interpreter: One moment please.

Somebody: Why did they get murdered?

Audience: She gave an example. She said that Socrates was murdered because of his words. She said that Hazrat Isa

Aleyhissellam (Islamic expression meaning 'His Holiness Jesus Christ, may he be bestowed with God's grace) had been murdered; although I do not agree with this, I wonder for which of his words was Hadrat Mohammad Aleyhisselam was murdered.

Interpreter : Gentleman says that a minute ago you claim that important religious personalities have been killed. Because their (UNCLEAR).

You said that Socrate was killed and also in a way Jesus

Christ was killed but coming to Prophet Mohammad Gentleman doesn't agree with you that requires through which particular (UNCLEAR) he was supposed to be killed.

Shri Mataji: No. He was supposed to be killed in the sense that you see, whatever he try to preach and try to do, people would not listen to him and he had to really struggle a lot all his life.

Audience: So there is no real act of murder,

Interpreter : Gentleman says then there is no physical question of getting killed.

Shri Mataji: No. Not that way. That part is not important. What important part is that what he wanted to established? In his lifetime, it was very difficult. Because people were so ignorant.

Audience: Thank you.

Audience: Does the human brain work more in Yoga or in sleep, is there any difference between these two... (unclear)?

Interpreter : The gentleman wonders whether during sleep or during yoga section energy works out.

Shri Mataji: What happens?

Interpreter : During sleep or during a yoga section the energy works it out.

Somebody: The energy wakes up during the sleep or during a yoga section?

Shri Mataji: No during, not during the sleep but during the yoga section.

It is one should understand why these great prophets came. Because they had to help us. In the same way, the one who is enlighten, can only enlighten another person. Like one light, which is enlighten, can enlighten.

But that person has to be enlightened, is the authority that is from God. That he should be enlightened. Blinds, blind people cannot give light.

Audience: Had Buddha found his true self and become a mystic? Does she agree with that?

Interpreter : Buddha?

Audience: Yes, had he found his true self and achieved the true state of mysticism?

Interpreter : Gentleman wonders whether Buddha himself has realized self realization and reached the (UNCLEAR, stage mysticism)

Shri Mataji: Yes, he did. One, exceptional case, he proofed the Ruh.

Actually, it was the grace of God which worked on him and he was so, so desperate. And he had reached the state where he would have committed suicide if he hadn't.

And when you are enlighten, you can enlighten others. You all have all the powers to you enlighten others. Like I really don't do it much. All of them here who are sitting are, all I would say, can do it.

If that is your capacity that is your power today. Why not have it. For, you cannot pay for it. You cannot do anything about it. Effortlessly you get it. Why not have it.

It is so simple as that. Today we went in the Bazaar. And there was a Armenian boy who was selling us something. Then he said who are you? I said, I have come here to give self-realization.

He said can you give me now?

I said yes. He just puts his hands towards me and said, "ooh I am feeling the cool breeze." So he wanted to thank me. I said, this is your own what I have done. Why are you thanking me? This all built-in in you it has got. Alright, tomorrow you will do this to the others.

Audience: Is Yoga only good for bringing peace in this world? What are her thoughts about the hereafter?

Interpreter : Lady wants to know what a yoga has to do (UNCLEAR) powers what you have Sahaja Yoga get ourselves about the other world.

SOMEBODY: Sorry, we didn't understand.

Interpreter : The lady wants to know whether you have any ideas about the happenings in the so called other world.

Shri Mataji: See, I have decided not to talk about myself. The reason is, see now, because all of them talked and said often, like Christ, he said, "I am the son of God" and everything he talked is of truth, so what did they do to them. But I must be something no doubt. I must be knowing something. But is better, you know yourself, then you know me better.

Audience: Can anyone achieve this task?

Interpreter : Gentlemen wonders whether anybody can do this or.

Shri Mataji: Yes of course. Anyone who has got enlightenment.

Audience: Just a moment, I would like to say a couple of things. From all your speech and the questions of the participants, I gather that, this meeting gives the sense that, it excludes other religions, I think that, this is how it's being narrated right now. I kindly request Her to explain if this is the case.

Interpreter : Gentlemen has got the opinion. He might be misunderstanding you. That what your practices, in a way externalizes all other religions. In a sense disqualifies them. Is it true? Sahaja Yoga, in a sense disqualifies all the other major religion in the world.

Shri Mataji: Of course. It proves. It proves the truth, of course. Of course. Of course.

All religions are true. No doubt about it but we have done mistakes. That is the point I am saying.

Audience: This is what I wanted to explain; that all religions are true, that all of them express the reality but that we make errors while trying to understand the religions. So, with your explanation right now, I should presume that you are trying to fix this; based on your explanation. Is this ow I should presume? So all of these other religions are in a chaos, [...] but because of this

now we [...] they find explanations like yoga.

Interpreter: Yes

Audience: Can she tell a bit about the tree of life?

Interpreter: The gentlemen would like you to tell them a bit more about the tree of life.

Shri Mataji: I will tomorrow definitely. I will explain to each and everything. There is going to be no secret about this knowledge of the roots. This is the knowledge of the roots. Only we have to become subtle, to feel it.

Everything, everything.

But this knowledge is love, is compassion.

Audience: What is the thing about Sahaja Yoga that distinguishes it from the other methods. I would like her to give an explanation. If you wish [...]

Interpreter: The gentlemen would like know, what exactly differentiate Sahaja Yoga from all other meditation systems.

Shri Mataji: other yogas?

Interpreter: (UNCLEAR) says.

Shri Mataji: See. That way, all other yogas are actually an integral part of Sahaja Yoga.

If you do say Hata Yoga, in that also, it is first of all, the cleansing this that and all that and then you reach a point where you have to take realization.

Allright. Now, the second is you can say, Raja Yoga and all that the way they preach is artificial.

Like in Raja Yoga, they say that, you should take your tongue backwards and you should put your stomach tight and all those things. But when kundalini rises, automatically it happens. You don't have to do it.

Like when your car starts, all the machinery starts moving automatically. But supposing, you just take the wheel and start moving, the car won't move.

So, one has to understand that yoga means; union with the divine.

Now, the difference is that in modern times, nobody has time to go to Himalaya and sit there for hours together, cleansing themselves.

So, I have found a method. By which first of all raise your kundalini.

And most of you, I am surprised, you get your realization for fix that moment.

But supposing, somebody do not get it fixed. Then they can see in that little light, what is wrong with them and they improve themselves. I don't have to tell them.

So you become your own master.

Audience: In the transcendental meditation technique, when people access a certain consciousness, they rise a couple of

centimeters from the ground.

Interpreter: As far as the gentleman then knows in Transcendental Meditation you kind of elevate yourself.

Shri Mataji: No. It is all, it is not true. It is falsehood.

You see, first, you must know that anybody who takes money from you in the name of religion, in the name of yoga, in anything, is a false guru.

I don't mind, even they being cheats, but not only they cheat you, not only they cheat you, but they spoil your kundalini and they spoil your chances of realization. We had about only 4 or 5 people only yesterday, who came to us from this TM. Who poor things have become recluses.

Also logically, logically we should understand what is there to get up from the body and to move about. What is the sense?

What is the advantage? We have to two legs to walk. What is the need? It is stupid.

All this kind of funny things, if they tell you, why should you believe them?

No scripture has talked about it.

There should be some bases.

Audience: I am sorry, here is our friend's question: there is this one yoga in India, Maharishi Maharishi, their students are doing this thing but this esteemed lady is saying that it's fake.

In short, does she mean fake?

Interpreter: In India, there is certain yogi by the name Maharishi Maharishi.

Shri Mataji: (UNCLEAR) I have nothing to do with him. Go and see his bank balance. That is all.

Please be careful. Please be careful. I am sorry. They are Indians, I know. I know, they are Indians. I am very sorry for that. That is why, I am here to tell you the truth.

I would like to warn also.

I have talked about them in 1970, very openly.

Very openly. But still people, I don't know how they take to him. Because he says that he can make people pay, so people are happy, I think to pay.

Thousands of seekers are ruined.

Audience: In short, does she mean fake?

Shri Mataji: Allright. Now one more question and no more. Allright? (UNCLEAR, let's do it.). Because it is getting late.

Audience: I am one of the people who use this technique, they took the money but I am very satisfied with this technique. Until now I had a very stressful life. It had an extremely positive impact.

Interpreter: Anyway,

Shri Mataji: Very fast.

Interpreter: The lady came that she has been using this technique of Sahaja Yoga, but she said, she paid for it.

Shri Mataji: Really

Interpreter: There was a mistranslation.

Interpreter: And at the same time she is very happy for that.

Aa, I am sorry. I made a mistake. I am sorry.

Shri Mataji: I am surprise.

Interpreter: The lady meant transcendental meditation.

Shri Mataji: Of course I know.

Interpreter: But she claims that she is quite happy. I mean, she has been able to redeem all the stress she had.

Shri Mataji: Alright. Then it is alright. If she thinks so, but I can tell you this much, that please don't come back to me when you will have problem.

Moreover, you see. What power she has? What has she learned? Can she give realization anyone? It is the point. What is the great transformations she (UNCLEAR, discovered) for the payment.

You see, the mantras, this gentleman is giving, because you don't know sanskrit. (UNCLEAR) one is tinga, pinga, inga. These are not sanskrit. He doesn't know sanskrit, this man.

Tinga means, tinga means when you show somebody like this. What do you say it in your language?

Thump

That is tinga. That is the mantra, he gives and 300 pound he charges for giving such a stupid mantras.

And another one he gives is inga, meaning sting of the scorpion.

And pinga means when you get possessed, you go round and round like that. You see that is pinga.

I am sorry. I, I am not with that, at all.

Audience: I hadn't asked my question.

Interpreter: My apologies.

I just shared my own experience. What I am trying to ask is this: the technique that they teach in the society is the special meditation technique of a caste that's founded on veda science that has been applied since 2000 BC. When you apply this technique in return for money, is this a right or wrong thing?

Interpreter: Now the lady is (UNCLEAR), actually based on something else. She says, ok, I paid for it. But as I claim and she goes

the certain society. Only they practice transcendental meditation and apparently they claim that their teachings based on thousand year old Veda (UNCLEAR). And she is quite happy with it. I wonder what she is looking (UNCLEAR).

Shri Mataji: See. I can give you a complete story about, if you come and see me. That they started at, of course, (UNCLEAR) which people were start to be jumping. I have got a whole coming sorf of a letter from that gentleman whom I have cured also. And they started course in Scotland. His name was Mr Pitapirs and his wife. He was the granddaughter of a duke. And they became bankrupt and epileptic, 3 of them. And I have to keep them in my own house, to treat them. And I have got a letter from them. So I mean this is what I am saying that, they go to any guru, let them go. But then don't come back to me. Because I headache for them.

I will send you his letter. You can see it.

Now poor man, he became bankrupt and he has gone to South Africa.

And this is told me that he used to tell that, he could pass through the wall he could jump up in the air, then all lies. Because he puts so much money in it.

Audience: Also in the society, I am saying this in parentheses, they don't tell us that there is such a thing.

Shri Mataji: Alright now we don't want to anymore of this TM.

Now let it be now. Let us have the realization part. Better.

Let us have this please.

Audience: Excuse me can I have your attention? How are we going to learn this system of yoga and how we can apply this?

Interpreter: We will show tomorrow.

Interpreter: Tomorrow, it got late now.

Audience: We can't do tomorrow, it will be too crowded.

Interpreter: He has worried that tomorrow session will be too crowded and they may not be able to (UNCLEAR).

Shri Mataji: get realization. So let us have the realization that what I am saying, you are reel seekers.

Very simple it is. Very simple. Alright. Now, just think that we have to use the power of the mother earth so we have to take out our shoes. That is all. Take out our shoes.

As we take out for any ibadet (UNCLEAR)

And we put our hands for Namaz, Namaz. The thing, Mohammed sahib told you, it was all kundalini awakening. It was all.

Trust, everything.

Now. Now before you close your eyes, I will tell you, how to help your centers which are on left hand side. We will work out.

Very simple it is.

can Anybody come to me (UNCLEAR)

First, you have put your left hand towards me which is symbolically. This is the power of desire. So you want to have your realization.

Now so, left hand towards me like this, simple and the right hand on your heart. Because in the heart resides your spirit.

Left towards me, left, left, left hand towards me.

Right, right hand on the heart.

Right, right.

Alright, now. Then this is the center where the spirit resides.

Now you have to put your hand in the upper part of your abdomen on the left hand side.

And then you have to put your right hand in the lower part of your abdomen on the left hand side, again.

Now the upper part of your abdomen is the center of your mastery. Of your mastery. (UNCLEAR)

Now, in the lower part of your abdomen, on the left hand side, is the center of pure knowledge which manifests through your central nervous system.

Now, now, you put your hand again on the upper portion of your abdomen on the left hand side which is the center of your mastery.

Now, you put your right hand, again on the heart which is the spirit.

Now, the center between the neck and your shoulder, in the corner, you put your hand and turn your head to your right.

Now, this is the center, we catch, when we feel guilty.

You should be very pleasantly place toward yourself, after all you are a human being and if you commit mistakes, after all you are not God.

Now, you put your hand on your forehead across, and press it hard.

This is the center of forgiveness.

Now you put your right hand on the backside of your head and push behind your head.

This is the center of asking for forgiveness without feeling guilty.

Now stretch your hand and put the center of your hand on top of your head, bend your head, push back your fingers and move your scalp slowly, seven times. Because there are seven seats of the seven centers in your brain.

Alright, stretch back your fingers.

Now just we have to do it by closing our eyes. You can take out your spectacles. You have to sit properly. Keep the legs apart from each other. Not to sit in a way that you are slouching or too much strain but in a natural, normal, straight.

Now please close your eyes and don't open them, till I tell you.

Now, please put the left hand towards me.

And right hand, on the heart.

Please close your eyes.

Here, you have to say and ask a question to me 3 times.

It is a very important question. Mother, am I the spirit?

3 times.

If you are the spirit, you are your guide, you are your master. So please put this right hand in the upper portion of your abdomen and press it hard the left hand side and ask me a question.

Here you ask me a question again 3 times. Mother, am I my own master? Call me Mother or Shri Mataji, whatever suites you.

Now, take down your hand in the lower portion of your abdomen and press it hard.

Here, I have to respect your freedom. And I can not force pure knowledge on you.

So, you have to ask me, in your own freedom.

Please say 6 times. Mother, please give me pure knowledge.

Now, when you ask this question, this force of Kundalini starts rising.

Now, raise your hand on the upper portion of your abdomen on the left hand side and press it hard.

As the kundalini is raising, we have to help with our confident, our centers to open out.

Now, here you have to say 10 times. Because there are 10 petals to this center.

With full confidence say, Mother, I am my own master. Say it 10 times.

This center is created by own prophets.

Now, one has to know that, we are not this body. We are not this mind. We are not ego. We are not our conditionings but we are pure spirit.

So, now, raise your hand onto your heart. And say with full confidence, the most important truth about yourself, Mother, I am the spirit. Say it 12 times.

Now, raise your right hand, into the corner of your neck and your shoulder. One has to know that Divine is the power of bliss and joy. But above all, above, above all it is the power of forgiveness.

So whatever so called mistakes, you have committed then be dissolved completely into that power.

So please turn your face to the right. Symbolically saying that, Mother, I am not guilty. Say it 16 times.

Now, raise your right hand onto your forehead across and press it hard.

You may bend your head.

Here is the center to forgive. You forgive everyone. So please say with full confidence, Mother, I forgive everyone.

Many people say that is difficult to forgive. But whether you forgive or you don't forgive, it is a myth.

But if you don't forgive, then you play into wrong hands.

So please say from your heart, Mother I forgive everyone.

Now, take your right hand on the backside of your hand and allow your head to rest on it. Here without feeling guilty, without counting your mistakes for your own satisfaction. Please say, O Divine, If I have done anything wrong, please forgive me.

From your heart.

Now stretch your palm and put the center of your palm on top of your head.

On soft bone which was in your childhood.

Push back your fingers.

Now again, I can not force on you, self realization.

So now bend your head and say 7 times moving your hand with pressure your scalp, clockwise.

Mother please give me self realization. Please move 7 times.

Now take down your hands. Put both the hands towards me and open our eyes slowly.

Now just see, if you are thoughtless, you can say, If there is any thought.

Now, bend your head and put your right hand towards me.

And left hand you try to feel cool breeze out of your head.

Now, put the and again put the head down and put the left hand towards me.
And with the right hand see again, if there is a cool breeze coming, could be hot also.

Now, put the right hand again towards me and see with the left hand if there is a cool breeze coming out of you.

Now put your hands up in the sky, like that towards the sky, push back your head and ask a question.
Is this the all pervading power of God?
Is this the Ruh?
Is this the power of love
Now take down your hands

You all will feel very relaxed.
Now those who are felt the cool breeze of their head and in your hands, like this, so you can feel in the hand of others also, neighbor's head.
Here also, here.(UNCLEAR)
All of you felt it I know.
So raise your hand, let's see, both hand.
Those who are felt it (UNCLEAR) raise your hands.

May God Bless you all.

So many of you are felt it.

Tomorrow again you are coming here
And we are going to establish it fully.

You will feel very joyus, very happy.

Tomorrow (UNCLEAR).
I hope, you will bring your friends.
You feel very relax, very happy.

Especially, I have seen muslims, they receiving very fast

Got it, I know you got it.
Alright. So, please come tomorrow and don't discuss it. Because this is beyond your thought.

Audience: What time is the meeting tomorrow?

Interpreter: What time is the meeting tomorrow?

Interpreter Half past six.

Shri Mataji: I will be very (UNCLEAR) there today. Tomorrow I hope there is no traffic jam.

Somebody: Gentleman wants to ask a question, if you don't mind

Shri Mataji: Please come. Please come. You can come here.

Audience: I am asking this so that everybody can hear.

Shri Mataji: Allright, allright.

Audience: First of all, we are happy to see her here in Istanbul. I would like to welcome her. I need to express that in the previous questions, some concepts were indeed being misunderstood and this is because there are a lot of misinformation and wrong knowledge around these in Turkey.

In fact this is the first time we are attending a meeting like this

Interpreter: They are participating such a talk for the first time, he says.

Shri Mataji: It is allright but one has to answer.

Shri Mataji: No, no. It is alright. See I am a mother.
So it is alright. Children must ask questions..

As Sufis were informed about this but...

Audience: When we talk about yoga here in Turkey, maybe she knows about it, there is a famous Yogi Kazim. He pokes his body with skewers in circuses and stuff. When we say yoga in Turkey, everybody expects something like this because there is such an image.

Shri Mataji: No, austerities.

Audience: For this reason. When you talk about the yoga technique, there are established prejudices bring in such associations of meaning. We listened her and understood that this is not the case but this has to be told to everyone in a very explicit way. This image must be erased.

Interpreter : He says; now (UNCLEAR, we have been enlightened) and it is simple because of that misconception that we expected something spectacular here.

Now, we understood where the true lines (UNCLEAR).

Audience: So just like the merchants in every religion and every system, because they are the merchants if yoga, I would kindly ask her to be at ease that she is not being understood in this way. Thank you.

Interpreter : He says; (UNCLEAR) we should rest a sure that now, we know, what the real true light lines (UNCLEAR) and we thank you.

Shri Mataji: You see, there are no austerities in Sahaja Yoga. No asceticism in Sahaja Yoga.

No materyalistic life in Sahaja Yoga.

God has created this world, for you, to enjoy. But in the right way.

He is your father. And the greatest of fathers.

And why he did you guide you to be miserable.

Actually, he is anxious for you to enter into his Kingdom, enjoy his love and blessing.

Thank you very much.

Beautiful. Very beautiful people.
You got alright. Now, laugh, enjoy.

The problem is that, there was no one here as Sahaja Yogi. Now luckily we have a lady whose husband got transport.
See, I could have come much earlier here. As I have been another country. I have been working now for 18 years but there was no one in Turkey.
So I had to wait for somebody to be here already.
There is a lady who has got transfer here.

May God bless you.

Thank you.
Thank you my child.
May God Bless you sir.
Look at his eyes. See now his eyes. Look at his eyes.
See.

Tomorrow hope to see you.

Hopefully.

Tomorrow hope to see you madam.
Thank you. Are you alright.
Hello, did you feel the cool breeze.

It is so kind of you. Thank you very much. Thank you very much. It is very kind. It is very kind.

Are you alright?

Audience: Can you please ask what is the meaning? I got very curious. But there has to be a difference. Can you please ask?

Shri Mataji: Thank you, thank you very much.

Interpreter: The gentleman would like to know what exactly is different that he felt heat instead of cool breeze.

Shri Mataji: Still you are feeling. Little heat in the body instead always and now they said you can see here. If you can see here becoming softer, here. And through this all the heat is coming out. Let the heat get out. And heat will get out. And you will feel cool better. Because in the body, in the system they said heat will (UNCLEAR) go which is together. And (UNCLEAR) due to liver.

And also he has to forgive. He has to forgive. I think he didn't forgive fully. So please forgive. Please forgive. Forgive, forgive. See now. You not forgive. He did not forgive.

Interpreter: Yes, yes thank you.

Shri Mataji: He did not forgive.

Interpreter: Nice to see you.

Shri Mataji: Thank you. Look at your eyes, sparkling.

Nice. Are you alright?

Hello now, you, young people have to take it up. Alright.

I am sorry this language, I don't know.

Young people have to now understand and take it out.

See you, again tomorrow. Bring your friends.

1989-0527, Become Like a Divine Computer

View [online](#).

27 May 1989

Become Like A Divine Computer

Public Program

Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

This morning I saw the beautiful sea that is surrounding this beautiful place of Istanbul and the nature so beautiful all around. But problem is with human beings only. If you go in the forest you'll find forest is a very, very clean place. There are tigers. There are other animals but it's absolutely clean and there is no bad smell or anything anywhere. But if some human being go and live there then you will immediately know. The reason lies with us that we have not yet achieved our absolute being which is so glorifying and so beautiful.

As it is we have evolved much more than animals. You can see if you ask a dog to pass through any dirty lane he can do it very easily, no problem. And you see even a horse doing the same thing. But human beings cannot. They cannot bear the dirt and filth. So we have evolved. We have evolved to the state where we are human beings. But still I may tell you whatever we may believe into, whatever faith we may have, still we are not powerful people because we give way to wrong things very easily.

Now it was said, Mohammed Sahib had said that one should not drink alcohol. It was for our good because it goes against our human awareness. But I don't blame people who drink because they are not saints. Say if they are in the yard they don't drink at all I've seen them, but if they come to London they drink more than any Scotch man because we have not achieved our absolute nature. We can become slave of anything. We may not believe in slavery. For example I see in the West now people think they are living free. But they are not. Now they are getting entrapped into drugs and even a twelve year old child you will find taking drugs. Worst in England I've heard that children are killed by parents every week too, [two] in London. So what sort of a progress have we made that this one war is over? Are you are preparing for another war? Apart from that, whenever you see you do not feel that anybody is doing absolutely right things. Somebody will be a great friend today. Tomorrow he'll turn out to be your greatest enemy. So there is the understanding of we all being part and parcel of one personality, the macrocosm becoming the microcosm is not there.

We are still very individualistic and extremely prone to slavery. Now for example a entrepreneur starts a fashion, say tomorrow that you can put a little tin on your head and tie up your hair. All the ladies will start doing that. Any fashion they start it works. For example in London people were making the hair into red, yellow, all colours, they call it [bugs unclear] . Now it's over. It is. It is over because now it makes them blind. So the human being today, modern times wants to try everything that is new. This is our modern trend and if you ask them why you are doing?, they say, "What's wrong"? Like Me I one day I had dinner once with the ambassador of Mexico and he told Me that why you don't like Freud and why you like Jung? I said because Freud has brought forth Aids and Jung is traditional. He based his discoveries on something that is very [precious traditional]. He didn't put his own ideas but he went round the world to see what is relevant. But what about Freud? He starts some new ideas. So he said, "I'd like to do something new. Because a very modern man". I said then we have eaten the food all the time why not eat the table. It's a new thing. This is what's wrong with us that we have a lack that absolute logic. Now his absolute logic is lost in the modern times, most intensively, and people are confused.

I was very angry with Rashneed for saying things against Mohammed Sahib. He had no business because he doesn't know anything about Mohammed Sahib. It's very nice way of making money, that's all. Because in modern times such a man can lie. But what was his education? What was his understanding? He's not a spiritual man. He doesn't have a [unclear]. How can he tell the world somebody, such a great incarnation of a primordial master like Mohammed Sahib? So one has to realise that in these modern times there are many people who are trying to mislead us and taking us away from the spiritual, real spiritual life and real spiritual leaders.

Yesterday I told you quite a lot about the false gurus from India and all over the world and also warn you be careful, because in the modern times we have become quite frustrated and we are seeking the truth. And when such a market is there people have full idea how to make money out of you. Unless and until you get your self realisation you will not find out who is false and who is real. Because then only your fingers speak, hands will speak [unclear. And bear witness to that] and your feet will be witness against you that at least you become like a divine computer yourself.

Koran is a very deep knowledge, very deep. My father translated Koran into Hindi language because he knew fourteen languages and he told Me by translation they cannot understand. They have to have self realisation otherwise they cannot understand Koran. That this [unclear] has direct connection with God with the Ruh, with the all pervading power. So you are endowed with this power. So you become powerful and knowledgeable. All this knowledge is within you already. All this divine love is in your heart and all that divine attention is in your liver. Only thing you have to have the last breakthrough as Jung has said.

There was a poet in England many years back called William Blake and all English thought that he was a mad man, he talked about these modern times. People like somebody who will support their weaknesses and leave them more weak and more weak and more weak and ruin them. But all the strength is in your spirit. All this understanding is within you. You are after all the highest, the epitome of evolution. Nobody's higher than you, except for the God Almighty and the prophets and [unclear, saints]. So now we have to understand that the time has come, the Kiyama (to stand up), Kiyama is described in the Koran, Kiyama is the resurrection time. We have to ascend to that stage where we become the Spirit, the Rue. It's more for the people who read Koran than for anybody else because Mohammed Sahib is the biggest that we have.

So it is for you to get your realisation. It will give you greater faith in Mohammed Sahib and his teachings and his life and you'll understand him much more. You'll understand why he had to marry so many [unclear] who were his wives. You'll understand what was his nature. What was his divine nature. Who he was before he became Mohammed Sahib. He was very humble and he never talked about himself, and the whole life people just fought with him. In modern times, thank God there are no more swords left for the people to fight with. But people are wiser. They are seekers. They are honest and they are seekers of truth. Sahaja Yoga is made for such people, not for the frivolous or not for the people who are giving you some conditionings.

Actually I was surprised the other day. I was looking at the top boys and girls we have in Sahaja Yoga. I was surprised that they are all top of universities, that means there is a peak of intelligence if needed. Intelligence it doesn't teach itself but sees the variety and understands that it is for your benevolence. The importance of that is that you know yourself and you know what is the meaning of your life. It's all within you. It's your own. It is nothing that I am going to do much about. It's your own power which you are going to get. It's your own power. It is we can say it is your own property which has to be manifest. As a result is you may get completely cured of health. Mentally you feel very relaxed and you feel the peace within. This transformation creates a new type of race. Those who understand the innocence of all the religions and respect themselves because they have self knowledge; they have self respect. And those who have self respect, respect others also. But its not an educate or some sort of an outward behaviour. It is innate and it should work out for all of you. It should.

I think we should have now the experience of self realisation because yesterday I was very happy, a gentleman said that a misunderstanding about a yogi and that's why they asked questions. And he thought that a yogi is a person who has [spears?] in the body. It's not so. It is nothing outside. You have to lead a very normal life. You have to be married as you are and you have beautiful children. But you lead a very righteous and beautiful life of friendship and love. May God bless you. So should we have the experience now?

You see before taking my photograph please ask permission. All right? He didn't ask permission so these boys have an objection that he should have taken My permission before. It's all right. No, no they will have now. It's all right I don't mind, I don't mind. It's all right.

Now as you are newspaper people you have to become absolute witnesses and should not be biased. And have to be fair. You

see in every country they reveal lots of things so much. The young are exposed to so many dangerous things and nothing can protect them. Any amount of military or putting you cannot stop these dangerous things that are walking into our societies everywhere. So these young people have to be born to withstand that. They must be helped, and that is why I am travelling and telling them what is to be done.

Now we have thousands and thousands of Sahaja Yogis out of which at least fifty percent were drug addicts. All of them have given up. They don't touch it now. They don't want it now. Like the dog could go in the dirty lane, in the same way when we are not realised we can accept any sinful thing, which is destructive for ourselves but once you are self realised you think its a filth. It is dirt and you just don't accept it. You just don't feel tempted about it. So please I would request you young newspaper people and I know sometimes newspaper people try to make something very interesting but try, try to make things which will help.

As you know my husband is Secretary General of International Maritime Organisation and he has [unclear] many a times. Yesterday he told Me that Turkish people are very [unclear- kabil, kabil] means capable, very capable and he is very much in impressed by it. My husband himself is so surprised at My work, that I have transformed human beings. Of course he's a very religious man but he always said that you are an [sounds like audia] means a worry to Me. My husband used to say [unclear audia], means a worry. You are above every temptation. But you cannot make others like this, this I can tell you, whatever you may try. But now he has openly he said that this is the emancipation everything. And he said My honesty now compels him to say that this is going to save humanity. He said, "You are making angels out of these people". It is really a hard going [unclear] my husband extremely honest and very brave. But the way he has now seen it. And he saw the newspaper people who proceed with honesty, the brotherhood of all the nations. The respect of all the nations. The respect of all the religions and the brave prophets. It will all be [unclear -descend on us] in this knowledge, the self knowledge. Thank you.

Now we have to take out our shoes as I told you yesterday because it can be tight on our feet first of all and secondly it's nice to take the help of Mother Earth. You also try. You also try because you can become great newspaper people, dynamic.

Question: The gentleman wonders to know if he can photograph during the experience?

Shri Mataji: No that's only disturb you see it's en-mass. That will enlighten en-mass and you can't disturb at that time. I'm sorry please don't disturb. It's not civil. It's not civil. Best thing is you get your realisation, take your photograph later, before and after. And you feel very peaceful. Say I am 67 years of age and I am travelling all the time. [unclear, last night I hardly slept] The whole day I seemed to be walking here and there. [unclear]. All right.

It's very simple. It's your own. You don't have to do anything about it. There's a group of people, why are they laughing so much? I don't know. There's nothing to laugh. Of course I can be serious also but one has to have the open mind of a scientist. If you want you can come inside instead of standing there is space for you to sit down. Please come forth very serious. You have to be seated. You have to be comfortable. Now. You don't have to excess at all. It's [unclear] means easy also. On the contrary you should be very pleasantly placed towards yourself to begin with. You should have no guilt. After all we are human beings and if we have committed mistakes it's not important. We are not God. God does not commit mistakes you see. So we have to be absolutely forgiving ourselves and [unclear, loving yourself like children].

It's very simple. I tell you first when you keep your eyes open and later on I will tell you when you have to close your eyes. Marcus from Austria will show you. He is [unclear-a sikh] he went to India and [unclear]. So you please put your left hand towards Me which means you desire to have realisation, that's all. Now as you have to use the right hand for leading. You can keep it on your lap. It's all right. You need not put it like that because it will hurt. Can you put it down. Stand up please. Now left hand towards Me [unclear, arms apart from each other] Two different powers is in that. Can he hear Me? Now the one power is the power of desire and another is the power of action. Now you put the left hand towards Me meaning you have a desire to have realisation. All right. So we put our left hand like this and right hand on our different centres. We work only on the left hand side. So first we put it on our heart, where resides the Spirit. Then we put our right hand on the upper portion of our abdomen. This is the centre of our mastery. Is created by own masters. Now we put our right hand on the lower portion of our abdomen. This is the centre of pure knowledge which manifests in our central nervous system and gives us the knowledge of the divine laws. Now we raise our right

hand in the upper of our abdomen. Then we raise it again on the heart. Then we raise in the corner of your neck and your shoulder and turn your face to your right. This the centre will catch when you feel guilty. It is a very dangerous thing because it gives you diseases like angina, heart diseases and also spondylitis. Now we raise, put our hand on top of our forehead and press it hard on both the sides. This is the centre of forgiving. We bend our head like this so it's easier. Now we put our hand on the backside of our head and put our head on top of that. This is the centre for asking forgiveness without feeling guilty. Now please stretch your hand and the centre of your palm is to be put on top of your fontanel bone area which was the soft bone in your childhood. Press back your fingers. Press it hard and move your scalp seven times clockwise. Slowly. That's all we have to do all together.

Now you have to close your eyes. You can take out your spectacles also, and please don't open your eyes till I tell you. All right. Now close your eyes and put your right hand on your heart. Now here you have to ask Me a very fundamental question, Mother am I the spirit? Please ask this in your heart. Now if you are your spirit and nothing else then you are your master. So please take this hand on the lower portion, upper portion of your abdomen on the left hand side and press it hard. Now here you have to say a question again to Me. Mother am I my own master? Ask this question three times. Now I must confess that I cannot come over your freedom. I respect your freedom and I cannot force pure knowledge on you. So put your right hand on the lower portion of your abdomen and press it and here you will have to say yourself in your freedom, Mother please give me pure knowledge. Please say it six times because this centre has got six petals.

Now when you say that your kundalini has started rising and you have to open your higher centres with your confidence. So you put your right hand on the upper portion of your abdomen. Now here you have to say with full confidence ten times, Mother I am my own master. Now one has to realise that the most important truth about you is that you are the spirit. You are not this body. You are not this mind. You are not these imaginations and emotions. You are not your conditionings. You are not your ego but you are pure spirit. So please put your right hand on your heart and here with full confidence say, twelve times, "Mother I am the Spirit".

Now one has to know that Divine is the power of bliss and joy. It is the power of love, but above all it is the power of forgiveness and what mistakes can you commit that this great power of forgiveness cannot dissolve it. So now raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Here with full confidence say, "Mother I am not guilty". Please say this sixteen times. Please say it from your heart. Believe Me that you are not guilty. Let your kundalini judge. Let God judge you. Don't judge yourself. Now put your right hand on your forehead and left hand towards Me and put down your head. Press it on both the sides. Here you have to say Mother I forgive everyone. Some may say that it is very difficult but whether you forgive or don't forgive, you don't do anything. So please don't play into wrong hands and say with full heart, "Mother I forgive everyone". Now take back your hand on backside of your head and put the head backwards on it. Here now you say without counting your mistakes, without feeling guilty, just for your satisfaction you say O Divine if I have done any mistakes please forgive me. Now stretch your hand and put the centre of your palm on top of your head and press it hard. Push back your fingers please and bend your head. Now move it seven times very slowly clockwise. Here again I cannot force self realisation on you all. So you have to say seven times, "Mother please give me my realisation".

Now take down your hands and watch Me. Without thoughts you can watch Me. You can watch Me without thoughts. Now put your right hand towards Me and bend your head and see if there is a cool breeze coming out of your head. Some people get it hot. Doesn't matter we'll correct it. Now put the left hand towards Me and put the right hand to see if there's a cool breeze coming. Now put the right hand once again and put the left hand and see bend your head. Now you push back your hands and ask a question, "Mother is this the cool breeze of the Holy Ghost?" "Mother is this the power of God's love"? Ask this question three times. You can ask, "Is this the rue which is all pervading"? Put down your hands please. All those who have felt cool breeze in their hands or on their head, cool or hot breeze please raise both your hands. Both your hands. Can you feel? Just feel on his head. Some [unclear]

S.Y. He feels heat.

I knew he had. You put your left hand on your liver, this side. More on the liver side. Now it will cool down. It's because of his liver.

Again can I see those who have felt the cool breeze. Both the hands, those who have felt the cool breeze. It's true. You people are really great. Most of you have felt. it. May God bless you. Those who have not felt also can feel it. Come this side, and we'll work it out from there. Have you got it now? You feel it now? Are you feeling cool? Put it left to right. Too much of left side. Too much of thinking.

1989-0527, Shri Devi Puja: The Essence of Self Respect

View [online](#).

27 May 1989

The Essence Of Self Respect

Devi Puja

Carla's House, Istanbul (Turkey)

Talk Language: English | Transcript (English) - Reviewed

Shri Devi Puja, "The Essence of Self-respect". Istanbul (Turkey), 27 May 1989.

I've been desiring all the time that I should go to Turkey or Tunisia where there could be an entry into the Islamic world, because they have been promised that they will be resurrected, and that resurrection has to take place.

For that I have to venture and give them their resurrection which is promised by Mohammed Sahib, I mean that's My duty; and not only duty, but I'm bound by it, that I have to tell them about their resurrection and to save them. They deserve it, no doubt.

When all the religions prospered in a very funny manner, I would say, separately, everyone thinking they are the best, the chosen ones, the highest ones, the greatest ones, believing in themselves, they started going down and down and down. The reason is, there is no respect for each other. And the respect is not there because there is no respect for oneself. If you respect yourself, you respect others also; but when you have no respect for yourself, you cannot respect others; but you should bombastically say that "I'm this, I'm that, I'm that" – any religion. Then your ego works, and ego makes you a person who does not know about yourself.

If somebody has respect for oneself, he will never push forward, he will never try to be something prominent, he'll never try to show off. On the contrary such a person would be hesitant to do something out of the way, something arbitrary, something showy, because it is absurd, and it is stupid. So, to do something stupid is a sign of ego, absolutely ego makes you stupid, and ultimately with it you become idiotic.

So, the respect for oneself has to be developed and as Sahaja Yogis you have to respect yourself. We are Sahaja Yogis, so how can we do like that?". As I told you that if you teach your children all the time that "You are Sahaja Yogis, you are something exceptional", then they will have respect for themselves, self-respect.

Is a very good word, "self-respect." I don't know how many people know about it. Only when they are insulted or troubled, they think of their self-respect, otherwise they go amok and behave in such a manner that as if they have no self-respect of any kind. So as Sahaja Yogis we have to have self-respect. And when we have to have Sahaja Yoga as our manifestation, as our personality, as Yogis, we have to have a sense of self-respect. And even now you can find on the periphery you find many people who lack self-respect and understanding.

Some people are still sort of parasitic. Some people hang on to things when they are told not to hang on, to take it easy, to work it out, they try to assert, "No, we'll be there, we are going to be there, we are going to fight it out."

That's not for a self-respecting person; it's a foolish thing to do. Like two persons were going, one up on the staircase, another coming down. So, the one who was going up in his ego, he says, "You better move; I don't move for fools." So, the another one says, "I do" and he moved. (Laughter)

So, this is what is the sign of a sensible, wise, self-respecting person. He doesn't go into fights, he doesn't go into unnecessary discussions and arguments and assertiveness, but he sees – "Wait, is it worth it?".

But when it comes to protection of truth, he stands up and he can find for – lot of courage for the truth. I think self-respect is the first beginning for Sahaja Yoga, is to develop self-respect in their inner being as well as in their manifestation.

It shows very well in protocol also, like I've seen people who – supposing I have to go to Brighton, "Mother is going, all right we'll go in Her car." If it was for My love, that's different; but just to save some money, "Let's just jump into the car"- that's not a sign of a good Sahaja Yogi.

Then it is also in power, when they have to express their power, you see. Like the other day one girl came to Me, she had given realization, she was all right.

Second day she came, "Mother, I lost my vibrations."

I said, "Why, what happened? With whom were you talking?" So, she told Me the name of a lady who was asked to get out of Sahaja Yoga, Alice, and she talked to Alice. This Alice was allowed to come to the program but she took over as if she is a great Sahaja Yogini explaining Sahaja Yoga to this lady and finished her vibrations.

Now this lady is such an important thing because she was going to Florida.

If she is just allowed to come in the program, she thinks she is now a very big Sahaja Yogini and she can talk to anyone whatever she wants to, and spoil the vibrations of another person.

If I've appointed somebody as a leader, it is not on the basis of their looks or education or anything, but on their vibrations and their dedication.

So, the Sahaja Yogis have to seriously think about it – such people are always around to show off their knowledge.

You see, Sahaja Yoga is so easy the knowledge part of it, it is very easy.

Anybody who is intelligent enough can read: this is the chakras, this is this, they can give big lectures, explain this deity sits on this chakra.

It's so simple. But the compassion and knowledge, hand in hand, makes a Sahaja Yogi.

Now some people have another style, is of compassion. Naturally compassion is always sympathy, as I told you, except when it is with knowledge is all right.

But just compassion – with compassion they will always sympathize with all the bhootish people. If there's one bhootish person in Sahaja Yoga, he'll bring ten more on Me, "Mother, look after this person, look after this person, look after that person."

Firstly, because that person was damaged and secondly because that damaged personality thinks that "Another is damaged, let us save this damaged person."

All right, if it is so, first of all you should be all right, and tell that person to "work on yourself", because if you try to help that person, your negativity will increase. You'll go from bad to worse.

Always sympathies will go to a person who is not all right, we should say. So, you tell such a person, "All right, you work it out this way, but I have nothing to do with you" or send that person to somebody who is an egoistical, so they share better (laughter). There's complimentary (Shri Mataji laughs) between the two and it works out better and saves Me a little worry.

But beyond all this the combination of these two actually must emit vibrations. It is how many vibrations you have within yourself is the point which one should see.

First the vibrations when they are, how are we to know we are all right as far as vibrations are concerned?

What is the sign of being a good Sahaja Yogi, or we are really Sahaja Yogis, is that we develop a kind of a detachment. First the detachment comes naturally because you are away from your body, so you are not bothered about your body, you don't think about it. That doesn't mean you do not look after it. It doesn't mean that you don't have any sense of how you look and how you move about, because you have to be decently dressed also.

But attachment means that all the time thinking, "This chakra is catching, that chakra is catching, my head is catching, my Agnya is catching, this is happening." This is the subtler way how Sahaja Yoga can ruin you, is this all the time thinking "This is wrong, this is wrong", condemning yourself.

So, this detachment has to be there about yourself, "No, doesn't matter, so what, I'm like a barometer. If I go near somebody and if I catch well and good, you see, I'm just helping that person, well and good."

Or you give yourself a bandhan and just approach somebody.

So, worrying too much about your chakras is not a very good thing for the progress of Sahaja Yoga. On the contrary, you should try to meditate, don't think of individual chakras, just meditate with your heart. So now you will see from My lecture, or whatever you call this, is that you have to have a heart which is open to Sahaja Yoga. When your heart is open, first of all you forgive yourself and you forgive others, and you don't see to your individual chakras or bother about others in the way that you are concerned about one individual, but you look at the whole as a whole.

You will then start talking about Sahaja Yoga – "How is Sahaja Yoga spreading, how many people are getting realization, how much responsibility I have done." "I should have done" means not ego out of it but "I should do, what work can I do here, what mistakes we Sahaja Yogis have committed that it has not worked out, what is the situation, how I can help?".

This kind of a, you see sort of as if, like you really become a light and you want to give light. So, what's wrong with the lamp which is not giving light?

But you don't think about yourself, you think as a body, the whole thing.

This is the first thing is to open your heart. As soon as you open your heart you will widen yourself, you'll grow. For that you need not condemn yourself but opening your heart is – look at this ocean how it is touching all the shores but it is in itself, in its own maryadas. If you try to press the ocean from any side it will show the other side. You cannot press it. It has its height, it has its limitations, it stays in its own limitations.

So open-hearted person is like this, it touches every shore but keeps to itself, its own maryadas. So, this understanding if it comes the expansion also is in such a manner that you do not go into individual corners and individual places, but you keep to yourself and you touch everyone. This is the opening of the heart when we say.

Then a Sahaja Yogi will have automatically a proper discretion, discretion how far to say, how far not to say, how far to go, how far to behave. Immediately you can find out a Sahaja Yogi who tries to show off and wants to talk about something they don't know and gets hold of ten people around you and talk about Sahaja Yoga.

Anybody who sits round like that, never go near that person. I discovered a horrible woman in England who used to do that. And then she formed a group against the whole system, but she caught hold of the leader itself and all of them had to get out of

Sahaja Yoga. So, one has to understand that we have to be simple people, not complicated. For that heart has to be open – that's all I can say, open your heart. Not, it's not imaginary, it is a state I think, in which you have to be stationed to be self-satisfied.

This is a very good way of approaching Sahaja Yoga for yourself and for others.

If you want Me to say – rather embarrassing – but if you put Me in your heart, heart has to increase because of My size you see, you can't help it (last sentence actually not audible because of people's laughter. Shri Mataji laughs). It has to grow.

So that's the best, easiest way to do it, you see? You are such lucky Sahaja Yogis that I'm there with you. You don't have to do anything. Put Me in your heart, finished. You are all right now, no problem.

Not that "I love you, Mother", but the point is "I put you in my heart." But don't ever think like this: "Mother loves me, because I can cook for Mother, because I can look after Her sari, I can press Her sari" – then it's ego. The other way around becomes immediately ego, I tell you. I didn't know but there are instances of this kind. Immediately it becomes an ego.

But if you say "How much I love Mother" – just admire yourself – "Oh, I love Mother so much". And you'll feel very fine within your heart, as so joy-giving. Imagine people who never had Me with them, who came on this earth, had to fight for dharma, had to fight for righteousness and for truth, how they must have fought. But I am before you, so it is "How much I love my Mother", is a very simple method, a basic method for every Sahaja Yogi to discover oneself, and to develop oneself.

Then the discretion, the light, everything just starts emitting. You see yourself in that light and you walk in that light and people see that you have light.

Now you are convinced about Me. You have seen photographs, you have seen the sun, the reaction, everything you have seen it. So now that you can love such a person, itself is a very big boon for us that we love Mother. Even if you think that I have not yet said "hello" to you, or sometimes I may not look at you – maybe. But it's not Me – it's you. I, in any case, love the whole world – no question!

Nobody more, nobody less. But how far you are closer to Me depends on you because I'm a fixed quantity. How far you move towards Me is the point. I'm a fixed quantity and sometimes people are amazed that "Why Mother was not all right with us this time?". Actually, I stand wherever I am, but you have moved away.

So, all kinds of discretions start flowing into you. Even you are convinced that I'm the Adi Shakti and there are so many convincing facts that you have – photographs are there, and all happenings are there, miracles, everything, everything is there. Still you are floating, floating on these ideas that "Oh, look at this, this is Mother's photograph, this is what has happened." Still you are floating.

If you really want to go deep down, you have to just feel your heart. There you'll find the miracle. These outside miracles are to push you in and there you will grow, and grow in a better way.

That's the only thing we have to find out and discover. This will really help Sahaja Yogis who are new, you see, when they will see how you love Mother.

Yesterday only we have parked our car in a funny way perhaps, maybe, and they were all about to quarrel and fight Mr. Guido.

They might have beaten him, beaten him also, but he said – "Why did you park here?".

He said, "It's my Mother who has come. I've parked it here because my Mother can't do this", finished.

As it is anybody who loves his Mother, as it is, is regarded something very good. Now the Mother is horrid; still if you tell them,

"My Mother is horrid" people won't like it. But you say that "I love Adi Shakti." (22.12)

Cut out of recording:

Who is it?

Yogi: Oh. Put him out.

Shri Mataji: Who is he?

(There is some confusion. Yogis says one name.)

Shri Mataji: Who?

Yogi: Mr...(unclear name) from Switzerland.

Yogi: They came without asking.

Shri Mataji: Put your, put your hand on his heart, doctor. See, this is how we help. He didn't understand what I was talking. Put your hand on his heart.

Yogi: He never should, never should come without asking us.

Shri Mataji: No, it's all right, it will be all right.

Yogi: He should never come without asking us.

Shri Mataji: Is all right. (Aside) What to do... Open the window perhaps, maybe.

Yogi: Are there certain modifications... (then inaudible) (Shri Mataji then says something inaudible. Then:) Correct, you are there. Is Nikolas (?) that?

Yogis: Yes.

Shri Mataji: Are you all right now?

Absolutely, in the beginning if you pick people up like, ... you have to tell him (?) just for the puja it's too much vibrations and too much for themselves to absorb. So, you have to be careful. But this Nikolas (?) is all right, he has suffered so much, that it's good for him that he came to the puja, must be about him. (She laughs). But now only you must choose people who can come to puja, everybody can't bear, you see, this is too much of vibrations. But, you see, I know who can come very easily... very poor things – some of the seekers have suffered so much that one puja can settle them down completely. It's all right now, see. Are you all right now?

Person: It is.

Yogi: He will never again.

Shri Mataji: Eh?

Yogi: He will never again.

Shri Mataji: ... You know, you know you have a right. You are on the right path. Resumption of recording: (22:22)

So, we again go back to the same point is of self-respect. When you reach that state of love, you respect yourself, then you don't condemn. "Because I love Mother, how can I do such a thing that will bring bad name to Her? That's not behaving the way I should be. I have to behave in a way that My Mother likes."

The whole all question is solved because you have somebody before you, and you know what I like and what I don't like. So always you'll try to do things which will be pleasing to Me, but actually it is not such a material pleasing but is the essence of it, the essence of pleasing, and that if you know what will make Me feel pleased. Actually, I get lost when I think about My pleasing, I think there's nothing that pleases Me or displeases Me. But maybe the Deities part of it, maybe that part of Me, maybe. Because They always do things which will please Me. They know. So, in the same manner, if you can really work it out, you'll get that inner inspiration and understanding.

The essence of everything, we are on the principle of it, the tattwa. So, the essence of everything if you catch, what is the essence of this? Now put that test to anything, just on the essence, if you try to live, the rest is looked after. So, the self-respect, the essence of self-respect is, "Because I'm a Sahaja Yogi, because I have got Self-realization and because I love my Mother". This is the essence. If we can look to the essence of flowers – why there are so many varieties? So many varieties of flowers, just see. Just tremendous. Why? Because essence of beauty, the aesthetics of beauty, is variety. Every leaf, if you take out each leaf, it cannot be matched with anyone in the whole world, exactly it will not be.

So, the essence of aesthetics is variety. So, we have to have Sahaja Yogis of different varieties, of different nature, of different humour, to humour ourself. We are not to have everybody just the same. But in the essence of it, all of them have to love the Mother. Then the best of yours that you enjoy the most, not the flowers so much, not the nature so much, nothing more than other Sahaja Yogis.

Once you start enjoying other Sahaja Yogis and their company, then you have achieved it. I mean, imagine enjoying every human being who is a Sahaja Yogi and their company, then it's more than sufficient. What more do you want? You don't enjoy other people; you don't enjoy other things so much. But if you are in a beautiful place and beautiful circumstances and you are with other Sahaja Yogis also, then nothing like this. It becomes doubly enjoyable, I should say, and every moment becomes an experience, every person becomes an experience in like a wave of joy. Every person you meet, every collectivity you meet, every ashram you go to, it creates a beautiful wave in your heart of joy.

My joy is silent, but when I meet somebody, then it shows itself up. It comes up like a wave or sometimes as you see these drops from the ocean breaking on the shores, beautiful drops – we call them tushhaar, in Sanskrit language there's a beautiful name for that, tushhaar – and then the waves go back to your heart. So beautifully is the relationship, and you just watch it as a witness and see the joy. Then everything melts away, all your knowledge so-called, all your pains, all your troubles, all your past, all your future, but you remain in the presence, in meditation, watching all this beautiful happening.

May God all of you understand. May God in all of you as Spirit emit that experience all the time to all of you. May God bless you.

This is the sari from Greece, and see that art of Greece expressed, beautiful.

Gregoire: It's like the Aegean Sea.

Shri Mataji: Eh?

Gregoire: The water is like the Aegean Sea.

Shri Mataji: It's beautiful. Like in the sea you have blue and emerald, both colours, the same way. (Transcript ends – recording continues)

Alright. So now only today because you have come for the first time to Turkey, we'll just have the establishment of Ganesha. (29:35) And just wash my feet, if possible, bring something up later.

Gregoire: Shri Mataji, may I just read a prayer at the beginning of the puja?

Shri Mataji: Alright

Gregoire: So, we will take three times the mantra of Shri Ganesha, and we'll read a prayer at the beginning of this puja.

All: Om twameva Sakshat, Shri Ganesha Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha

Om twameva Sakshat, Shri Ganesha Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha

Om twameva Sakshat, Shri Ganesha Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namaha

Gregoire: Shri Mataji we bow before Thee again and again. We celebrate this puja in the old imperial city called Constantinople and Istanbul, where Islam and Christianity confronted each other on the shores of the Vosphorus the gateway between Russia and the Mediterranean Sea between North and South. At the place where Asia and Europe meet between the East and West and as these two continents meet here may two powerful desires of ours, thy children meet in this puja. One desire is for the salvation of the seekers and the redemption of this world, one desire is for Thy welfare, wellbeing and good health of Thy Earthly Incarnation. As Asia is bigger than Europe so is the second desire of the yogis (Gregoire is becoming emotional) bigger than the first one. Shri Mataji, we know that Sahaja Yoga has been born in the fire of Thy tapasya is sustained by the fire of Thy tapasya, we know that the cool fire of the Kundalini is powered by the fire of Thy tapasya and we know as the whole worlds and the fourteen universes do that Shri Shiva himself was completely overcome and conquered by Thy tapasya. But Shri Mataji it is now too much the excruciating work and the hardship that thou take on thy physical body is inhuman and as thou do all this for us we pray now that as Sahaja Yoga was born in the fire of thy penance, it may now be sprinkled by the cool rain of thy satisfaction. That Sahaja Yoga may grow through thee being prasanya. Shri Mataji in the last decade of this century we pray that Sahaja Yoga will develop by itself in the many countries of this world. We might for instance organise two or three important international Sahaja Yoga camps, where people will come from everywhere as pilgrimage to what the place where Thou will reside so that this punitive travel schedule should definitely be alleviated and we ask this because we are Sahaja Yogis and we have our realisation (34:34) and because we love our Mother such (Gregoire overcome with emotion)

Shri Mataji: Now his desire power is more, that's why he is crying, now let us see that what our action power is going to work out. Put yourself to action power. See the action power, when it takes over it can become (unclear) with the desire power and also feel so much with the desire power that so much still to be done. And if you want me to tell you about it you must know that all these rakshasas came on this earth are known all over the world. Everyone has heard about TM, everyone has heard about all kinds of hoaxes, think of it! People have not even heard about, now we decided to put our declaration, we have decided, but no newspaper will take it. But if that horrible Rajneesh who has said that I am a hoax and I know how to make money, am untruthful and I'm a businessman, who has openly said it but whatever he says will everyday be in the newspaper, So when I put Myself onto the other side of it, I feel that a lot of action still needs to be done.

Firstly, some people here are so dedicated surprisingly and also, they are paid by him because he has made money, so it's a vicious circle. He has made lots of money, he can pay people, he can pay newspaper people, he can pay his disciples, so called, and make them work for him, it's a big job, while Sahaja Yogis have to work on their own. So, to say that action power of mine should stop or should take a rest, it will when my desire will be finished. So, it has to be established, still in fact we are afraid a little bit. Nobody would accept it on the newspaper so we have to do something about it so that all those who are lost with other

gurus with other people will just jump into it. People don't even know our name.

It's alright, you people have gained a lot, you people have all the enjoyment, you are all (unclear) but it is not yet recorded. We have to record it, for that what ever has to be done we cannot give up at any cost. This is the problem. So, at least four years more I have to work hard, I know that. As far as My body is concerned, I have no problem. I am eternally fed with energy. I don't have problems, so don't worry about me. I look like an ordinary human being, I am not. So, don't you worry. (Essence) I am not in any way in harm, no one can harm me, no one can kill me, nothing. But we have to (unclear) that's important. Even a very ordinary person from India becomes well known in an ordinary field, just imagine, has done no work, just hanging in the air. So, like I would say also, that we have to make sacrifices as far as your feelings are concerned. You don't have to worry. You are all looking after me very well. I am overfed (Laughter) Not with food only but with love and affection. But we have to still (unclear) So, don't you worry about me, I am perfectly alright, Do I look tired to you?

Gregoire: No Shri Mataji not now. (End of tape recording)

1989-0611, Virata Puja: We have to really examine ourselves

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11 June 1989

We Have To Really Examine Ourselves

Virata Puja

Camp Wonposet, Litchfield (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Virata Puja. Camp Wonposet, Connecticut (USA), 11 June 1989.

Today we have decided to have a puja of Virata in the land of Shri Krishna.

As you know, in the growth of Shri Vishnu's manifestation, He comes into ten incarnations and ultimately He manifests Himself as Virat. Virat is the brain of the being which can call as God Almighty, so the whole central nervous system is worked through by Shri Krishna as Vishnu, then all these incarnations, then Shri Krishna and ultimately as Virat.

This is the development of our brain and when we are worshipping Virata, we have to know that within us also we have got the manifestation of this power of Virat. That manifestation which we have we can call it as Virata if Shri Krishna is Mahavirata.

You all know about Virata much more than I can tell you today because is the whole, is the totality. And the totality of everything, if that is Virata, then that is in your brain, but reality is in your heart. So, the totality you may see, you may witness, the reality is the subtlety behind it. So, the brain which is not ruled by the heart, which is not nourished by the heart, is a very dangerous thing, because it creates extroversion, and such a person who is without any heart tries to do things, becomes very ruthless and can be very dangerous.

It could be the other way also within us; that if we allow our heart to rule us, only live with our emotions and not to use our rationality, then we can become really very dangerous people to ourselves. In the sense, we become lethargic, we become indulgent into wrong sort of things. And today what one feels that in America there's more dominance of the left side than of the right.

Right side is our attention and the right side of attention is, we can say, is the liver of God Almighty. So now when we have to talk of the totality, when we are part and parcel of the totality, and now we are awakened to that existence of ours as the part and parcel of the whole, then we have to realize to become the whole we have to do something about it. Specially in the land of Shri Krishna we have to work out this tremendous task of creating Viratas out of Sahaja Yogis.

After going through the various experiences of American Sahaja Yoga, I've reached a conclusion that we have to talk more frankly about things than we have been talking before. Why there's such a failure of Sahaja Yoga in this great country while there are so many seekers.

The main point is that we do not realize that the left side is overpowering this country very much. There are people who are active, but the percentage is very low because of too much of affluence, too much of freedom, the idea of "what's wrong in anything."

People are going towards shamelessness, immoral life, self-indulgent. And this self-indulgence, to protect that, people always develop a kind of a ego which has no dynamism in it.

So, now the problem lies with Sahaja Yogis, not with Sahaja Yoga as such. When you see that the land is not so fertile and here you have to work very hard, the responsibility of all the Sahaja Yogis in America is to go deep. You can see wherever the land is

not fertile the trees go very deep down, they dig very deep into the Mother Earth for the sap to be sucked in. And the same way, they grow very high, because the strength of their deepening gives them this great height. So they grow very tall and also they are very deep.

In the same way, the Sahaja Yogis of America have to work out because here it's so much superficiality and so much of frivolousness and also no meaning to their lives. They have no meanings at all and they are just frittering away their lives with all nonsensical ideas about their emotions and their love and all those things.

So, what we need today are Sahaja Yogis who are right-sided, those who will produce results, those who will be dynamic. They don't have to worry that somebody is right-sided and he'll become right-sided. Actually, that is what is needed today. Unless and until you have people who are dynamic we cannot work it out. It's a reaction in this country as well as in England, in many countries who dominated other people.

Like, you see, in this place which was - actually, originally belonged to some tribes of Indians, and the English, the Spanish and all these Europeans came, killed them and occupied here. It's a highway robbery, absolutely a highway robbery. Because of their arrogance and their aggressiveness, they could not see that they were doing such a horrible thing. I mean, why call any names of Hitler, they're even worse than Hitler, because at least Hitler was taken to task, he was condemned and people know that it was a mistake.

But what about those who came all the way from there and killed so many people here and nicely having a very nice time everywhere as great Americans and now they are trying to show off everywhere. Actually it's such a sinful thing that is done that all these souls which have died I think have possessed them, and now today America is on the left hand side. The right hand side of Americans is finished now, they are on the left hand side, guilty, feeling guilty, they are taking to indulgences.

Once you go to the right side, you see, you are very disciplined and you become very ascetic by temperament, I should say, and you want to dominate others and you want to capture. But today the situation of England and America is just the same. In England the same thing I find with Sahaja Yogis - they are just lovey-dovey types, you see, and all they love Me and love Me and love Me. [Laughter] And I just don't understand. What's this going on? They all love Me and they'll bring flowers for Me, finished. Is this the way we are going to work out Sahaja Yoga in that England and in this America? "Mother, I love you very much." So what?

So, to become one part and parcel of the whole, a drop has to become the ocean, you have to become great people, you have to be responsible. And this lovey-dovey business that you have has to go out of your mind completely, otherwise Sahaja Yoga cannot work out in these two countries and you'll be cursed one after another.

There are shocks after shocks that are coming to this country as well as to England. But people are not learning any lessons from them, still it is all right; we get this disease, all right; then we glorify it. If we are suffering from ecological difference, still we are glorified. If you are using too much of machinery out of balance, still we are glorified. Because they just want self-indulgence. Just for self-indulgence they don't want to see the point that what is going wrong with this country is that, that they do not see anything that is reality. And the reality, though it is in the heart, though it works in the heart, it has to act. This has to act and if it does not act, this kind of a passive behavior is not going to help you.

Now at this old age of Mine I'm traveling from places to places and I'm doing so much. Now let us think about it: what have we done for Sahaja Yoga? Those who see you, see you as sometimes as just some hippies with dishevelled hairs and something that kind of a thing. This is the report I have, from people who came to your centers and things like that. "Oh, they are a set of hippies, you see," just like that.

So the first thing a Sahaja Yogi has to do, has to make up something of his personality, in America is very important. They are studying, they are out of job, they are doing this, that. That sort of people are not going to help Sahaja Yoga at all, they'll be liabilities on Sahaja Yoga. If you really want to do something you have to become something. You have to study, you have to

become something, you have to have some sort of a degree, diploma, something attached to you, you have to mean something. Hippies cannot run Sahaja Yoga in America; they may run better in India but not here.

So, one has to realize that what has gone wrong with us is that we are now following in a very subtle way of the same trends that we have taken. After Realization - [Open the door.]

After Realization, we think that we are Realized souls, that we have become Yogis now, that we are Realized souls. But one should see that we have become Realized souls, no doubt, but whatever bindings we had before coming to Sahaja Yoga have become subtler. They have not expressed themselves as lights, just we believe that we are Sahaja Yogis. We believe that we have vibrations and also we can feel the vibrations. But still we have not reached that state where we have become the totality. We have to still grow. And if you are settled down with your vibrations and thinking that you are all right, you are sadly mistaken. Whatever were our conditionings before coming to Sahaja Yoga, say you were a hippie, so the enlightenment has come, but then the idea of this love business is there.

Supposing you were a business man, so the enlightenment has come to you and you think that Mother should help you in your business, that's what it is. Supposing now if you were unmarried and you are married in Sahaja Yoga, then you want that your marriage should be successful in Sahaja Yoga. If there has been a problem in your health or something like that, then you have become a subtler person that you think, "I asked help from Mother for that." But we do not think that what have we contributed to Sahaja Yoga.

We had certain things which we thought were wrong - maybe that, but in Sahaja Yoga we do not see those things are with us, still continuing with us. To become Virata we have to really examine ourselves, without any anger, malice or anything, but see for ourselves. I know people who are small-minded, who have jealousies and their jealousies continue. Supposing there's a good musician, they'll not appreciate if the other person is a musician. He will not appreciate, he will not encourage that person that, "Really, I'm a musician, he's also a musician, let me help him."

So the small-mindedness that existed before still becomes in a glorified way. The person will think that "All right, I'm a musician and I sing very well and I'm singing Mother's praise." But anybody else who is singing will not be appreciated to that extent as you should expect that you are a part and parcel of the whole. This hand, if it feels hurt, the another hand immediately helps it. In the whole body you see the system is so totally connected. As soon as you eat food, the digestive system starts working. But we should watch ourselves. If you have to become deeper, we have to watch ourselves where are we lacking.

Now how does a tree grow? I have told you many times the story that there's a little cell at the end of the root and it knows, and it knows one purpose: that it has to become a tree, so it goes round. It sees a boulder or something, stone, goes round it, doesn't fight it. Because ultimately what we have to achieve is to become the tree, so we have to keep that in view, that we have to become the tree and not some sort of a small little frog here and there croaking about Sahaja Yoga. No, that's not going to work out!

And this is what I find - also very true about people in, say, England, same thing. The leaders are fighting, the leaders are trying to find out ways and methods how to improve the quality of Sahaja Yogis, but it's the Sahaja Yogis who have to know that the responsibility is theirs. They have to grow, they have to become Viratas. And this is America, where I told you is the place of Shri Krishna, where Shri Krishna became the Virata.

Unless and until you see for yourself that we have to do this, we have to become this... We are still busy with our little, little silly problems. It's a vicious circle, as soon as you start worrying about your silly problems and your old stuffs still becoming glorified in Sahaja Yoga, then you find the vicious circle starts working, it doesn't achieve anything, it doesn't give you good chances, it doesn't give you confidence. It's such a thing, it's like a packaging as they call it.

But as soon as you decide, "No, I'm going to do it," - you people are Sahaja Yogis, you know all about Kundalini, you know all about awakening, you know all about higher stages of attainment, you all, every one is capable of giving Realization to people.

You know where the thing is stuck, everything you know, but now just think about it, how many of you have been able to do something about it? When people see you their idea about you is very poor. They think that you are stuck up with your wives, so the wife is very dominating, so this is happening. Suddenly you go off. You see your child, worried about the child. You ... Sometimes I'm surprised that once they are married, they have a child, then they become nothing but the parents of the child, finished, Sahaja Yoga is finished. Then the child becomes important. But the blessings become the bindings! [Some laughter]

So you have to watch within yourself that we are here for liberation, for complete freedom. But in the subtle way all these things go on binding you and you are attached to it and you don't know how they are still tagging you down, don't allow you to fly, they don't give you the freedom that is your own right to have it.

So even if I make an aeroplane, I do everything, put the fuel into it, I say everything, but doesn't want to fly. Now what do you do with such an aeroplane which doesn't want to fly? This sort of a situation is there and this situation makes you so limited and so dwarfy. How will you grow? Unless and until you grow and you show that in your day-to-day life, into your personality, into everything, I assure you nobody is going to be impressed by you.

Sahaja Yoga is not going to work by advertisement, nor by My photographs, it's going to work by your work, by your responsibility, by your shouldering Sahaja Yoga, it's your responsibility to spread Sahaja Yoga and to establish it. But first of all, your shoulders should be strong. You are still out of job, you are still something, somebody hanging in the air, you are still somebody will not even look at you. Then how can you carry on your shoulders? So, first thing is to build yourself inside as well as outside. But such a vicious circle I tell you. If you do not go deep into yourself, you cannot also get the outside thing. So it works hand in hand, as soon as you start building yourself inside, you'll be amazed how things will work out, how you'll become dynamic, how you'll become great. But you get involved into things which are very small and transitory. So, as I told you before, we are seeking the Eternal.

So the transitory things are to be only used very temporarily, what we need is not so important. If you can understand this thing clearly, that we still are not free, not detached from all the things we had before Sahaja Yoga and they have become subtler and subtler and subtler. And we are still only using Sahaja Yoga for that purpose and not for spreading the light. So what's going to happen?

This is absolutely, absolutely to be, really, to be understood within yourself. Sometimes My lectures, you see, are little harsh, people think that Mother had to say these things, this is also out of My love for you and out of My love for this country. You have to really see to yourself, "What are we? Where are we?"

We are not going to end up because Sahaja Yogis we had were subnormal people in the society. If you see the gurus how they spread themselves, though they are false, they are useless but everybody knows about somebody who comes up. In two months time, all over the world, you can hear about that person. What they do, they go and first of all see the people who are successful, who are prominent in the city. They never bother about people who are drug addicts, or who are suffering from diseases, no, nothing doing! They have no business with them. They'll just attack the people who are very successful, who are very rich, because they are on top of the society. So, they'll go and meet people and make contacts with them and ask them and this and that and then they call them for the program, give them all the importance, everything, then people start thinking, "Oh God! What a great thing it is to be here." Then pamper their ego little bit, this - that's how they spread. But there's no reality in it, there's nothing, nothing special about it, it's all useless, is all artificial. But that is how they sell themselves.

Though we do not want to sell ourselves, we have to know that unless and until we have some remarkable qualities, people are not going to look at us, because whatever has happened is within ourselves, and nobody sees the light, it's like a light which is burning, which is covered completely.

So, I've seen that. I went to Colombia. In Colombia, you'll be amazed that people had never known Me, they had never heard My name, but I don't know why but the crowds were so much that I couldn't enter into the compound and with somehow or other I was pushed into it. Then in the hall was impossible, people were hanging on the - I thought they were hanging from the top, just

sitting on the thing to watch Me over. So many people in every direction, in every height I found people there. I didn't know how to settle them down. But they listened to Me very carefully this thing, two days we had the program, two days the crowds were there. And then when they had to follow-on they came, next day they disappeared. Same thing in Greece, same thing in Turkey. So there's definitely something wrong with us.

Now there's a course coming up, people are trying to do the course business, but one should know it is not knowledge without love, it is love and knowledge. So how you talk to them, how you deal with them is there, but your dynamism is going to impress them.

You can see the film we saw yesterday in which the music was there. Now what was it? There the energy was dynamic, the energy was dynamic, with the music and everything, and that was showing. So, you see, you got engrossed into it. So the movement of that energy, the dynamism of that energy really got you engrossed. But to be afraid that you'll become right-sided is nonsensical, now you are in the center, how can you become right-sided? This kind of argument is only to support lethargy, then not to have any discipline.

I was surprised that in Shudy Camp, where we have established a school for meditation, people come every week-end just to spend the week-end. They get up at 10 o'clock, 11 o'clock, 12 o'clock, whenever they feel like, they are on holidays in Shudy Camp. And two days they'll stay there without any meditation, without anything. We have come to Mother's house, finished. Mother has to do all the job for them.

I mean, for a Sahaja Yogi it is minimum of minimum that they should get up early in the morning, have their bath and sit down for pujas. Is a common thing, all Indians do that way, it's a practice. Suddenly this country or these countries have gone into a kind of a lethargic nonsensical life, otherwise this country also used to do the same thing.

And sleeping also: you have to sleep early if you want to, but one has to think that we have to change our lifestyle, we have to change our attitudes, so many things, you see - like I said - simple things, like I said, "The day you want to wash your hair, put lot of oil in your hair and then wash. We'll become bald." Imagine all bald Sahaja Yogis walking. [Laughter] They'll think your Mother has so many hair and what about your hair. [Laughter]

In food also, too much, like I don't know here what is the situation, but in England I find they take so much of tea, all the time the tea is - the kettle is on the thing. I mean people are amazed when the people come to Ganapatipule also in India, we don't take tea so many times, I mean twice at the most. The whole day people want tea there, they don't understand how can they go on drinking tea at one o'clock in the night. It's like the alcohol has become subtler - tea [Laughter], otherwise how do you explain? You can't take alcohol, so let's have tea, then settle down nicely, we are having cup-o-tea, in England very common: sit down nicely, cup-o-tea. What work have you done that you are settling down like that? [Laughter]

Then whenever they'll come, "Haaa," [Laughter] as if they have dug up something, or they have done the English Channel [Laughter], they'll come, even on the television you'll see people, they come down, "Haa." [Laughter] I don't understand. You'll never find any Indian doing that, after all in that heat also, he'll never say that. Because you think, think, think, think too much, just think, don't do anything about it. [Laughter] Like you file, you see, make a file. Tomorrow is Mother's puja, all right, we'll have this, this, this, this - filed it. At the puja it's not there, why? It's in the file. [Laughter]

And anything that is before your Realization, like people have an idea, like this how to avoid work, you see, labor saving. Labor saving is a very great asset of the Western people. So the labor saving how they will do?

Supposing, you say, "Please, telephone to such a person." "Mother, I think he may not be there." "But baba, you telephone and find out." So the explanation comes from the brain, "it may not". So nothing can be achieved. So first the labor saving was that "Oh, this is anti-culture, we should be - this is so bad, everything is so bad, we should start a very natural life, we should lead a very natural thing and that we should become primitive," and all that. So. From that if you grow in - from that area if you grow into Sahaja Yoga, you become subtler.

So the subtler things that they become is this way: that now as it is, you see, "We should not do too much of everything, is too much, you see, it is too much." If you talk to somebody about Sahaja Yoga, they say, "It's too much for me." Hey, you have no brain or what is it? What is too much? You can't take in? "Oh, it's too much." It's a very common experience with Me, that when I talk to people they would say, "It's too much." I mean your brain, is it a limited brain or what is it that you can't listen to Me what I'm trying to tell you?

And once you start developing this kind of attitude, the nourishment cannot reach you. Supposing the trees say, "Oh, it's too much," then what are they going to do? [Laughter]

Nothing is too much. "I have to grow, I have to take all the nourishment, I have to become something, I have to do such a lot. What have I done?" Nothing so far. Never be satisfied with yourself. I mean, some people who saw My program they were all shocked how Mother is going to do it. I said, "I know I'm going to do it, if I have to do it, I'll do it." So this is what should be attitude: when you love Me I'm your ideal. You must know that. If you love Me, then what are you doing about it? I'm your ideal. You have to reach My style, otherwise Sahaja Yoga won't work out in these countries which have taken to lethargy as a great culture.

Like I asked somebody, "What about your bathing, why didn't you take bath?" He said, "These days it is out of fashion to take bath." [Laughter] Everything seems to be out of fashion, whatever is in fashion is horrid. "It's very fashionable," is another thing people say, "it's very fashionable," and whatever is fashionable looks so ugly to Me. Now if you have to take to the Sahaj culture, you have to know that we have to have a discipline in our life. We have to have education, we have to have a place, we have to have a position in the society. Because we are not sitting in the Himalayas, somewhere lost in the Himalayas sitting there and just doing our tapasya. Tapasya is here where you live. Otherwise if you say that, "All right, we have to go to Himalayas and there we have to do Tapasya in the cold winds. Oh, that's very good." Because that looks like something, you see, you'll have - might have a name, or something like that.

But tapasya is here, the detachment has to be worked out here. You get involved into all these things, in a way sometimes surprises Me, the amount of involvement you have in the things which existed in gross form, they have become subtler and you are still bound by them, there's no freedom. And that's why when you see something absurd happening, you see something funny happening in Sahaja Yoga, it's just the symptom of that thing becoming subtler within us and is expressing itself. Like sometimes you may not see fire but it exists and suddenly you find a blast.

So, transformation of course means evolution, it also means that whatever basis you had, you have to evolve out of it. Like a flower blossoming and then becoming the fruit, but it has to drop out many things. And then with the nature one has to see - such a unison. In the nature if you see, it sucks the water. Then the water is evaporated by the sun. Then it becomes a cloud and then the cloud waits, because the leaves drop out. In the winter time, they nourish the tree with their nitrogen; when the time is ready, then these clouds pour down and again nourish this. Such a complete balance is in the nature. If it was not, I tell you they would, we would have said, "all bald-headed lands here."

If you go to any, any forest, any forest, it's so clean, you never have any bad smell anywhere whatsoever. There are animals, there are tigers, there are these - you never get any smell anywhere, you never even get the smell of a tiger. But if you put the tiger in a cage then he starts smelling. He's so much bathed in the nature, lives with the nature, and in such balance. It's such an understanding among all the animals, everything. I don't know how they keep it so clean, but as soon as you get some smell, you'll find out there must be some human being somewhere [Laughter], or some untidiness.

It's so organized how the leaves grow according to the sun's rays, how they organize themselves, how they build up themselves. So if you really have to get to the nature of Sahaja Yoga, we should get all these blessings by which we should prosper. Not, I mean, in money and things, but in every way. So it should not be a set of people who are just sort of parasites.

And I wish for you that you understand what I'm saying today and I request you, all of you, to be alert and dynamic and work it out. Each single person has to come up. It's not going to work out if you wear some saffron clothes and go on singing "Hare Rama, Hare Krishna" on the street. No. It's not going to work out. Nor it is going to work out if you say, "We are Sahaja Yogis, we are such people, and this and that." Nothing. You have to be something. So on one side, the dynamism is to be used for yourself, and the dynamism is to be used for Sahaja Yoga.

You need not now worry about right-sidedness. Is very common even in ... This happened: I found in Holland that they said I married one girl, very dynamic girl, to someone and the husband said, "Mother, she doesn't help me." I said, "Why?" She said, "Because I'm afraid I'll become right-sided."

I said, "But why did I marry you to this left-sided fellow? [Laughter] That you become left-sided?" Left-sided is a very good thing, eh? Because you don't have to do anything, just you have to say, "I don't want to become right-sided," that's all. [Laughter]

But right-sidedness means you have to look, you have to be alert, you have to be clever and you have to know everything. You'll sit in the sun, burn your skins, but look at the sun. Are you on the sun line or on the moon line?

So the swing of all the Western people is on the left hand side. Drinking, pubs - like in 24 hours they sleep, say maybe fourteen hours, maybe eighteen hours, rest of the time they drink, that's all.

We have one house being built next to us, when we shifted there, they said, "This is practically finished now" - still finishing and it will take at least three years more maybe, may never finish.

It's like the mathematics, you see, you have this that there was a work and somebody came, he did one tenth and ran away. Then somebody came did one twentieth and ran away. Then somebody came he did one fortieth and ran away. When will the work finish? It will never finish, with such running-away people, never finish.

Same thing is Sahaja Yoga. If you put mathematically, Sahaja Yoga can never be established in America, if you add up more and more of this kind of people.

So much is happening in this country, but you have to see those people, you have to meet those people who are at the helm of affairs, who are the people who matter, who are scientific, who are talking about something sensible. You have to talk to them, get to them. We don't need cinema actors and actresses, but we need people who are dynamic. And this may work out if you put your minds to it and we have something to show them.

I would say that Austria is one place where Sahaja Yoga has worked very well, Milan is another place and where most of them are professionals. It's very surprising. In modern times we are living. We are not living in those ancient times where the Rishi Munis used to sit under a tree and the kings used to come and touch their feet. Is the other way round; the Rishi Munis have to go and talk to the kings.

So when we believe that we are Sahaja Yogis we have to know that in a subtle way we are still caught up into the webs of our own understanding about life. So, that we have to change. Life for us is nothing but Sahaja Yoga and Sahaja Yoga is nothing but enlightening ourselves and others.

So I hope you will listen to My lecture today, you'll take the tapes home and listen to them again and again. Also there's a warning from people that "Mother, what they do is to take one tape for one center and everybody listens it and then finished." I mean, you all should have one tape each. Even that, people don't do.

Not only that, but now it might be after some time only one, one tape in circulation in one country, may circulate; say, today in New York, tomorrow in Boston, like that. You have to listen to it again and again. Sit down with paper and pencil, see for yourself

what I'm saying.

Every tape should be with you. I mean, these horrible gurus' tapes you can hear them in every car, in every place, everyone they have it. And why is it Sahaja Yogis don't have any tapes with them? You can make copies.

But if you can get it free, they'll like to have. That's the first thing, what we can get free, cheaply, easily. If you try to save money, the money tries to save itself [Laughter]. It's a mutual understanding [laughter, Shri Mataji laughs]. It's as simple as this: supposing you open only one door, no air will come in. You open the other door, the air will start flowing. It's a circulation.

All this can be your own knowledge too, I need not say anything, this is all in your brains, only open out yourself, you are not free people.

If you are free like Me, you'll see all these things coming from your own brains.

Specially for America, really, as you know, I'm working very hard and I want to work it out because, if America is not all right, My Vishuddhi is not going to be all right. It's going to trouble Me throughout.

So you have to take it up upon yourself. I don't say, "Take the cross." You don't have to sacrifice anything, but you have to be just aware about what are we, what are we doing, where are we.

And on top of that, Sahaja Yogis think they are obliging Sahaja Yoga and Me too. This is something... It's to be explained this way: I don't need Sahaja Yoga, you need Sahaja Yoga and everybody needs Sahaja Yoga.

You had in this country people like, I mean such great, great people you had - I need not mention - persons like Abraham Lincoln who gave such great ideas to the whole world. Why not you people be great? He was a realized soul, all right, but he didn't know anything about Ida, Pingala and Sushumna. Why can't you become great like him?

So on a Virata Puja we have to decide that we are all going to express the conception that was once the Virat as reality in our lives. This is what we have to pray from our heart.

And there's a very good occasion today to do that, because we are sitting in a place where there were so many of these aboriginal people, you call them anything. They were so sensible, as in America you say brass tacks, you see. They knew the principle how to lead a real spiritual life. They were very free people, extremely free and so detached.

So if you do not correct yourself, then there will be a problem on collectivity. If there's a problem in collectivity, it will reflect on you, because you are part and parcel of the whole.

If there's a problem in the whole being, there's a problem for you. And if there's a problem in one part, there's a problem for the whole being. Even Roosevelt who was your president once said that, "Poverty anywhere is a threat to prosperity everywhere." He could see this point so clearly.

You see, all these sayings show us that this is a country of Virat, where they talk of collectivity, they have all the communications which are important. Every sort of communication is important, but for Sahaja Yogis it has to be very subtle, very dynamic, very beautiful, very loving, very impressive, magnetic.

Then only the communications will work. There's no harm in wearing very nice dresses. There's no harm in wearing - nice doesn't mean expensive, but means which are sensible, dignified. We have to build up our personalities, that people should feel that "Oh, this is something, eh?"

And your children will also learn from you. There's no question of feeling that you'll be driven into ego or anything. That's finished

now, ego is finished here, there's no ego.

What I find here is a justification for doing nothing that we do not want to do anything because our ego will come up. Very clever.
[Laughter]

So with all this one has to know that we are selected people, we are chosen people of God. He must have selected us with some purpose, otherwise there are so many people in this country. You are the foundation and you have to be solid people to be the foundation. Must know our own glory, our own speciality that why we are selected, of all the people why are we there. Then, what are we doing about it?

In normal life you do see that way, like if somebody is selected for a post or something, out of many, then he thinks, "Oh must be something about me, I must show my value, I must show my value, I must show my work," you see; and he works hard to prove that the selection was good. But in Sahaja Yoga is the other way round, you take it for granted, "Oh, we are something great." So now settle down with yourself - have a cup of tea. [Laughter]

I hope it has been understood why I'm saying so, because I'm really concerned about America. So many negative forces are working here and we have to improve. So many things, such a big responsibility, such a big country, such a vast country, so much perversion, so much nonsensical ideologies, I mean, endless! Even if you get fifteen Gorbachevs, you cannot change this country. It has gone amuck. Everybody's an individual, this mad place. One Gorbachev can change that country which has much more population. But no one can change this country unless and until you people decide to do something about it.

So I'm told some people are frustrated because there are not so many Sahaja Yogis are coming, but may be something wrong with you.

Maybe that you are not deep enough and that you are not so much impressive. You have to change your lifestyle, you have to be smart people and spartan.

I hope, I hope again and again that after this Virata's Puja you all will come up on the stage as great Viratas.

May God bless you all.

Those who are leaders of the centers can come up from different countries – different places. Who has taught you to make the sari...? Leslie? There's a Maharashtrian lady here, call her. It's such a large thing you see? But I think I'll have to teach you how to do it.

Now, you be attentive in the puja, be very attentive: because whatever I've said, I'm going to work it out. And you have to just retain it, that's all.

Now where are the people from the centers, just come. Wah wah: such a lot of food!

[Four times mantra to Shri Ganesha].

Shri Mataji: May God bless you all.

Gregoire: We bow before the Earthly Mother who has been worshipped by this Indian, by the American Indian as the giver of the water of life. We bow to the One who is Moksha Pradayini, and we pray to restore the balance of this land, that the misdeeds of our race and the consequent karma be washed away, through the power of Her Holiness Shri Adi Shakti Bhagawati Mataji Shri Nirmala Devi's compassion. And we are now in this puja going to have a special prayer, and we are going now together to take 108 names of North American Indian tribes, and the prayer is the following: Kaolan will just say the name of the tribe and we will say together: Shri Mataji, may the souls of the Kayus – for instance – be redeemed in Thy compassion. And we'll repeat this to

clear the land of the film of dissatisfied souls that the massacres of the past centuries has created as a curse on America. And we do this with utmost respect and reverence, and trying to remember to whom we are directing this prayer.

Yogini: Kayus.

Yogis: Shri Mataji, may the souls of the Kayus be redeemed in Thy compassion.

Yogini: Nashkapi.

Yogis: Shri Mataji, may the souls of the Nashkapi be redeemed in Thy compassion.

Yogini: Cree.

Yogis: Shri Mataji, may the souls of the Cree be redeemed in Thy compassion.

Yogini: Montagnais.

Yogis: Shri Mataji, may the souls of the Montagnais be redeemed in Thy compassion.

Yogini: Nipmuc.

Yogis: Shri Mataji, may the souls of the Nipmuc be redeemed in Thy compassion.

Yogini: Abnaki.

Yogis: Shri Mataji, may the souls of the Abnaki be redeemed in Thy compassion.

Yogini: Mohican.

Yogis: Shri Mataji, may the souls of the Mohican be redeemed in Thy compassion.

Yogini: Massachusett.

Yogis: Shri Mataji, may the souls of the Massachusett be redeemed in Thy compassion.

Yogini: Wampanoag.

Yogis: Shri Mataji, may the souls of the Wampanoag be redeemed in Thy compassion.

Yogini: Narragansett.

Yogis: Shri Mataji, may the souls of the Narragansett be redeemed in Thy compassion.

Yogini: Pequot.

Yogis: Shri Mataji, may the souls of the Pequot be redeemed in Thy compassion.

Yogini: Wappinger.

Yogis: Shri Mataji, may the souls of the Wappinger be redeemed in Thy compassion.

Yogini: Montauk.

Yogis: Shri Mataji, may the souls of the Montauk be redeemed in Thy compassion.

Yogini: Delaware.

Yogis: Shri Mataji, may the souls of the Delaware be redeemed in Thy compassion.

Yogini: Nanticoke.

Yogis: Shri Mataji, may the souls of the Nanticoke be redeemed in Thy compassion.

Yogini: Kainai.

Yogis: Shri Mataji, may the souls of the Kainai be redeemed in Thy compassion.

Yogini: Tuscarora.

Yogis: Shri Mataji, may the souls of the Tuscarora be redeemed in Thy compassion.

Yogini: Powhatan.

Yogis: Shri Mataji, may the souls of the Powhatan be redeemed in Thy compassion.

Yogini: Tonkawa.

Yogis: Shri Mataji, may the souls of the Tonkawa be redeemed in Thy compassion.

Yogini: Catawba.

Yogis: Shri Mataji, may the souls of the Catawba be redeemed in Thy compassion.

Yogini: Seminole.

Yogis: Shri Mataji, may the souls of the Seminole be redeemed in Thy compassion.

Yogini: Mohawk.

Yogis: Shri Mataji, may the souls of the Mohawk be redeemed in Thy compassion.

Yogini: Oneida.

Yogis: Shri Mataji, may the souls of the Oneida be redeemed in Thy compassion.

Yogini: Onondaga.

Yogis: Shri Mataji, may the souls of the Onondaga be redeemed in Thy compassion.

Yogini: Cayuga.

Yogis: Shri Mataji, may the souls of the Cayuga be redeemed in Thy compassion.

Yogini: Seneca.

Yogis: Shri Mataji, may the souls of the Seneca be redeemed in Thy compassion.

Yogini: Conestoga.

Yogis: Shri Mataji, may the souls of the Conestoga be redeemed in Thy compassion.

Yogini: Monache.

Yogis: Shri Mataji, may the souls of the Monache be redeemed in Thy compassion.

Yogini: Cherokee.

Yogis: Shri Mataji, may the souls of the Cherokee be redeemed in Thy compassion.

Yogini: Huron.

Yogis: Shri Mataji, may the souls of the Huron be redeemed in Thy compassion.

Yogini: Erie.

Yogis: Shri Mataji, may the souls of the Erie be redeemed in Thy compassion.

Yogini: Chinook.

Yogis: Shri Mataji, may the souls of the Chinook be redeemed in Thy compassion.

Yogini: Coeur d'Alene.

Yogis: Shri Mataji, may the souls of the Coeur d'Alene be redeemed in Thy compassion.

Yogini: Potawatomi.

Yogis: Shri Mataji, may the souls of the Potawatomi be redeemed in Thy compassion.

Yogini: Ottawa.

Yogis: Shri Mataji, may the souls of the Ottawa be redeemed in Thy compassion.

Yogini: Menominee. (pron. Menomini)

Yogis: Shri Mataji, may the souls of the Menominee be redeemed in Thy compassion.

Yogini: Sac.

Yogis: Shri Mataji, may the souls of the Sac be redeemed in Thy compassion.

Yogini: Fox.

Yogis: Shri Mataji, may the souls of the Fox be redeemed in Thy compassion.

Yogini: Winnebago.

Yogis: Shri Mataji, may the souls of the Winnebago be redeemed in Thy compassion.

Yogini: Kickapoo (pron. Kikapu).

Yogis: Shri Mataji, may the souls of the Kickapoo be redeemed in Thy compassion.

Yogini: Miami.

Yogis: Shri Mataji, may the souls of the Miami be redeemed in Thy compassion.

Yogini: Illinois.

Yogis: Shri Mataji, may the souls of the Illinois be redeemed in Thy compassion.

Yogini: Shawnee.

Yogis: Shri Mataji, may the souls of the Shawnee be redeemed in Thy compassion.

Yogini: Chickasaw.

Yogis: Shri Mataji, may the souls of the Chickasaw be redeemed in Thy compassion.

Yogini: Biloxi.

Yogis: Shri Mataji, may the souls of the Biloxi be redeemed in Thy compassion.

Yogini: Natchez.

Yogis: Shri Mataji, may the souls of the Natchez be redeemed in Thy compassion.

Yogini: Cree.

Yogis: Shri Mataji, may the souls of the Cree be redeemed in Thy compassion.

Yogini: Ojibwa.

Yogis: Shri Mataji, may the souls of the Ojibwa be redeemed in Thy compassion.

Yogini: Assiniboine.

Yogis: Shri Mataji, may the souls of the Assiniboine be redeemed in Thy compassion.

Yogini: Sioux.

Yogis: Shri Mataji, may the souls of the Sioux be redeemed in Thy compassion.

Yogini: Omaha.

Yogis: Shri Mataji, may the souls of the Omaha be redeemed in Thy compassion.

Yogini: Iowa.

Yogis: Shri Mataji, may the souls of the Iowa be redeemed in Thy compassion.

Yogini: Missouri.

Yogis: Shri Mataji, may the souls of the Missouri be redeemed in Thy compassion.

Yogini: Kansa.

Yogis: Shri Mataji, may the souls of the Kansa be redeemed in Thy compassion.

Yogini: Osage.

Yogis: Shri Mataji, may the souls of the Osage be redeemed in Thy compassion.

Yogini: Quapa.

Yogis: Shri Mataji, may the souls of the Quapa be redeemed in Thy compassion.

Yogini: Blood.

Yogis: Shri Mataji, may the souls of the Blood be redeemed in Thy compassion.

Yogini: Blackfoot.

Yogis: Shri Mataji, may the souls of the Blackfoot be redeemed in Thy compassion.

Yogini: Piegan.

Yogis: Shri Mataji, may the souls of the Piegan be redeemed in Thy compassion.

Yogini: Flathead.

Yogis: Shri Mataji, may the souls of the Flathead be redeemed in Thy compassion.

Yogini: Bannock.

Yogis: Shri Mataji, may the souls of the Bannock be redeemed in Thy compassion.

Yogini: Crow.

Yogis: Shri Mataji, may the souls of the Crow be redeemed in Thy compassion.

Yogini: Tillamook.

Yogis: Shri Mataji, may the souls of the Tillamook be redeemed in Thy compassion.

Yogini: Chinook.

Yogis: Shri Mataji, may the souls of the Chinook be redeemed in Thy compassion.

Yogini: Chehalis.

Yogis: Shri Mataji, may the souls of the Chehalis be redeemed in Thy compassion.

Yogini: Cheyenne.

Yogis: Shri Mataji, may the souls of the Cheyenne be redeemed in Thy compassion.

Yogini: Arapaho.

Yogis: Shri Mataji, may the souls of the Arapaho be redeemed in Thy compassion.

Yogini: Pawnee.

Yogis: Shri Mataji, may the souls of the Pawnee be redeemed in Thy compassion.

Yogini: Kiowa.

Yogis: Shri Mataji, may the souls of the Kiowa be redeemed in Thy compassion.

Yogini: Keresan.

Yogis: Shri Mataji, may the souls of the Keresan be redeemed in Thy compassion.

Yogini: Comanche.

Yogis: Shri Mataji, may the souls of the Comanche be redeemed in Thy compassion.

Yogini: Caddoe.

Yogis: Shri Mataji, may the souls of the Caddoe be redeemed in Thy compassion.

Yogini: Tonkawa.

Yogis: Shri Mataji, may the souls of the Tonkawa be redeemed in Thy compassion.

Yogini: Karankawa.

Yogis: Shri Mataji, may the souls of the Karankawa be redeemed in Thy compassion.

Yogini: Zuni.

Yogis: Shri Mataji, may the souls of the Zuni be redeemed in Thy compassion.

Yogini: Apache.

Yogis: Shri Mataji, may the souls of the Apache be redeemed in Thy compassion.

Yogini: Yaqui.

Yogis: Shri Mataji, may the souls of the Yaqui be redeemed in Thy compassion.

Yogini: Pima.

Yogis: Shri Mataji, may the souls of the Pima be redeemed in Thy compassion.

Yogini: Borjeno.

Yogis: Shri Mataji, may the souls of the Borjeno be redeemed in Thy compassion.

Yogini: Yavapai.

Yogis: Shri Mataji, may the souls of the Yavapai be redeemed in Thy compassion.

Yogini: Navaho.

Yogis: Shri Mataji, may the souls of the Navaho be redeemed in Thy compassion.

Yogini: Hopi.

Yogis: Shri Mataji, may the souls of the Hopi be redeemed in Thy compassion.

Yogini: Southern Paiute.

Yogis: Shri Mataji, may the souls of the Southern Paiute be redeemed in Thy compassion.

Yogini: Utes.

Yogis: Shri Mataji, may the souls of the Utes be redeemed in Thy compassion.

Yogini: Shoshone.

Yogis: Shri Mataji, may the souls of the Shoshone be redeemed in Thy compassion.

Yogini: Mono.

Yogis: Shri Mataji, may the souls of the Mono be redeemed in Thy compassion.

Yogini: Chumash.

Yogis: Shri Mataji, may the souls of the Chumash be redeemed in Thy compassion.

Yogini: Salinan.

Yogis: Shri Mataji, may the souls of the Salinan be redeemed in Thy compassion.

Yogini: Pomo.

Yogis: Shri Mataji, may the souls of the Pomo be redeemed in Thy compassion.

Yogini: Miwok.

Yogis: Shri Mataji, may the souls of the Miwok be redeemed in Thy compassion.

Yogini: Hoopa. (pron. Hupa)

Yogis: Shri Mataji, may the souls of the Hoopa be redeemed in Thy compassion.

Yogini: Pit River.

Yogis: Shri Mataji, may the souls of the Pit River be redeemed in Thy compassion.

Yogini: Yurok.

Yogis: Shri Mataji, may the souls of the Yurok be redeemed in Thy compassion.

Yogini: Modok.

Yogis: Shri Mataji, may the souls of the Modok be redeemed in Thy compassion.

Yogini: Shasta.

Yogis: Shri Mataji, may the souls of the Shasta be redeemed in Thy compassion.

Yogini: Klamath.

Yogis: Shri Mataji, may the souls of the Klamath be redeemed in Thy compassion.

Yogini: Yakima.

Yogis: Shri Mataji, may the souls of the Yakima be redeemed in Thy compassion.

Yogini: Yaquina.

Yogis: Shri Mataji, may the souls of the Yaquina be redeemed in Thy compassion.

Yogini: Haida.

Yogis: Shri Mataji, may the souls of the Haida be redeemed in Thy compassion.

Yogini: Squamish.

Yogis: Shri Mataji, may the souls of the Squamish be redeemed in Thy compassion.

Yogini: Nootka. (pron. Nutka)

Yogis: Shri Mataji, may the souls of the Nootka be redeemed in Thy compassion.

Yogini: Songish.

Yogis: Shri Mataji, may the souls of the Songish be redeemed in Thy compassion.

Yogini: Quileute.

Yogis: Shri Mataji, may the souls of the Quileute be redeemed in Thy compassion.

Yogini: Okanagan.

Yogis: Shri Mataji, may the souls of the Okanagan be redeemed in Thy compassion.

Yogini: Nisquallis.

Yogis: Shri Mataji, may the souls of the Nisquallis be redeemed in Thy compassion.

Yogini: Kutene.

Yogis: Shri Mataji, may the souls of the Kutene be redeemed in Thy compassion.

Gregoire: Let's take the mantra of Shri Moksha Pradayini. Virata. Shri Vishnu. [Seguono i nomi di Shri Vishnu]

Shri Mataji: Now. You know the song of Devi, the 108 Names?

[I sahaja yogi cantano Tere Hi Guna Gate Hai]

1989-0612, Gain the Power to Control Yourself

View [online](#).

12 June 1989

Gain The Power To Control Yourself

Public Program

Lillie Devereaux Blake School, New York (United States)

Talk Language: English | Transcript (English) - In Progress, Transcript (English) – NEEDED

1989-0614, Enjoy the blessings of God

View [online](#).

14 June 1989

Enjoy The Blessings Of God

Public Program

Eden Park Seasongood Pavilion, Cincinnati (United States)

Talk Language: English | Transcript (English) – Draft

1989-06-14 Public Program in Cincinnati

I bow to all the seekers of truth, it has to be understood at the very outset that truth is what it is we cannot organize it... at the very outset we have to understand that truth is what it is we cannot organize it, we cannot order it nor can we conceptualize it. It has to be felt on your central nervous system and this is what it is called what we call as self-realization or we can say the second birth as told by Christ. It's not an artificial way of accepting any baptism that we say that we are baptized but whether you are baptized or not baptized you are just the same, there is nothing special has happened to you, nothing has happened to your awareness, nothing has happened to your personality. So when we say that we have to have our self-realization means whatever is our human awareness has to achieve a new breakthrough. In the process of our evolutionary process which is as you know is a living process we have achieved a state what we call as human beings and human beings have freedom to choose whatever they like till they realize with their own trial and error methods that this is wrong... this is wrong... it takes too much time for them really to reach a point to understand what is really good and what is bad for their society for their country and also for themselves.

Today when we are standing on the brink of a delusion and a shock we don't know what's going to happen to us in future, one has to realize the one who has created this beautiful universe is not going to allow this work of his to be destroyed, only thing he has given you chance... full chance... to realize your freedom to develop your wisdom and to see how far you really understand what is right and what is wrong. In the human awareness whatever we know about is... a... you know relative terminology, we are not absolutely sure there is no absolute knowledge with us because we are not in the state of absoluteness. Also the development, the material the physical the scientific all development that has taken place has evolved us outside just like a tree has grown, but we have lost our roots and whatever just now you have heard about is the knowledge of our roots and if you do not know our roots we are waiting really for a complete destructive shock. It's an evolutionary process which has come to this point and the breakthrough is a very small journey say at the most of three to four feet that you have to allow your kundalini to raise and break through... about which thousands of years back people have talked. In every country there has been lots of prophecies that such a time will come when men of God will know the truth and this is what it is, today we have so many seekers... so many seekers of truth who are genuine honest trying to find out what is the truth of life, why are we here, what are we to do.

You are here to enter into the kingdom of God, to enjoy the blessings of God not to torture yourself not to trouble yourself but to abide in that beautiful land of God's joyous blissful state. For that you cannot pay, please remember that God doesn't understand money and you can't pay for it, anybody who takes money in the name of God is a false personality is a false person because you cannot pay for it. But when this happening takes place when your kundalini which is the pure desire within you... the pure desire because all other desires as described in the economics that they are not satiable in general. This desire is the one this energy when it raises then you become the giver of desires all desires subsides and just you enjoy each and everything of this creation. This is all within us is all your own, just like one candle can enlighten another candle it works, it's very spontaneous because it's a living process as you can understand one seed if it has to sprout you have to just put it in the mother earth and the mother earth has got the power to sprout it and when it sprouts it comes up by itself, in the same way this kundalini comes up by itself and you can feel the cool breeze of the holy ghost around you. Now this cool breeze of the Holy Ghost has been described in the bible has been described in all Indian scriptures as the all-pervading power of God's love, it's described in all the western and eastern, northern and southern scriptures or the treaties of all the saints. So actually what happens to you that you become a

saint but you don't give up anything, you exist wherever you belong you don't give up anything, what is there to be given up only thing you become a witness of the whole play and you enjoy all that is created all that you see it seems to be a very... a... dangerous thing sometimes and sometimes very frustrating and sometimes very depressing everything becomes like a play, like a thought that raises and falls off, another thought raises and falls off and we are jumping on the crest of the thought we are thinking about the future and the past. But we have to be in the present when the kundalini raises then you stand in the present and you see the past and the future. When you see the past and the future you are surprised that you are silent there is no thought, now when you are out of the water it's much easy to solve the problem you can see the water and you are not afraid of it, you are in a boat you can enjoy the ride but supposing you become a master who can swim then you can save others also.

The time has come for humanity for all of us to get this blessing, this is all built in with in you. I don't have to do anything, is like one candle which is enlightened can enlighten another candle, this enlightenment which is just spontaneous happens spontaneously, so i do not deserve any credit for you and you don't have to be obliged about it. It's just your own, it's your own property by which you achieve.

Now the knowledge about the kundalini or the knowledge about all these things are to be taken in a very open minded way like a scientific attitude. Now i put before you or he has put before you this hypothesis and you should see for yourself it works or not, if it does not work alright we should work harder to see that it works out. But when it works honestly you must believe in it and you must go with it and you must check upon yourself that now you are a light and you have to give light to others, this is a very very important thing as a result of this happening of course diseases get cured. Many incurable diseases have been cured by Sahaja Yoga, there are mental cases which has been cured, people feel absolutely peaceful so called tension business disappears because i think a little hole is created in the whole heat comes out of your heads as the tension passes out and you feel absolutely relaxed. You look very young, you feel very young and the whole attitude of life changes as if you are asking for something always now you are standing here to give something. All these things are at hand you don't have to do anything difficult and why not... why not... we all get out realization.

I am sorry to say that i am here only for tonight on my way i just as if i have stopped here, i wish i was here for a longer period to be with you all but you have here some very good Sahaja Yogis who are very senior people who have mastered this and they will be very good to you. And they are very compassionate they are very righteous people and they lead a very beautiful life. So you will be happy to meet them and they will help you and then as one light enlightens another you can go on enlightening another people. It's a very simple method there is nothing much is to be done and children are the best for it. Now i have to just say that supposing in this place i have to come and put on the light you just have to switch on that's all. I need not tell you about the whole electricity about the history of electricity how it was brought and the source of electricity. In the same way you have built in, it is within you through your different stages of evolution everything is built in with in you. So you don't have to do much about it but once you get the light then it's better to know more about it. For example if somebody is holding a stick in the hand, he is in the darkness he can't see anything and if you tell him you know it's a snake he will say no its a rope he will argue with you. Its better is to put on the light and let him see for himself so he drops it. In the same way as he has told you all your conditioning and habits drop out because there is light but it is not mental it's just a happening the center which is here as AAgnya chakra is shown there which crosses this center when awoken this is the center of Christ, when this center is awakened it sucks in all our conditioning and our ego that's why we say that he died for our sins. But he is to be awakened, if he is awakened then he sucks in and then you get your realization, this is a very simple method built within us for our second birth which is a reality which is not something just talking or words. I hope most of you get your realization in this beautiful atmosphere. May God bless you all.

Now i would like to have some questions from you but it is so far away, you are so far away from me i don't know how will i be able to relate but if you have some good questions not to challenge or not to sort of criticize but ask questions which are related to the subject which will help because i am not here for seeking votes or for any money or anything, you can't give me anything its better you take something from me will be a better idea. So if you want to ask some questions please ask. A lot can be said about Sahaja Yoga i must have given at least four thousand lectures or five thousand lectures in English language but that's different i said first have you enlightenment and then we can talk about it. Yes please

Question: Why this time in history can they have a gift like this?

Shri Mataji: It's a blossom time [UNCLEAR]. You see in the beginning the tree of life we had very few flowers but now it's a blossom time we have so many people who are seeking the truth, it was all prophesied long time back but the modern times as they call it the kaliyuga will find people who will be leading a normal life, normal house holders, will be seeking the truth and they will find it.

Question: He wants to know what will be the result of this special time is blossomed what will it mean what will it do in their lives

Shri Mataji: Now i would say... so many things we can do, but you see around we have people who are Christians, Hindus, Muslims, Sikhs all kinds of people we have. We have Americans, Indians all types human beings and everybody is capable of committing any horrible thing any violent thing any sinful thing, there is no binding force. So when we talk of peace they have no peace within themselves, you just talk of peace they are foundations of peace and organizations of peace, at the slightest pretext you find they themselves become violent. So what you need is a transformation of a human being who expresses the spirit the spirit which is knowledge, knowledge which is not relative which is not mental but which is absolute, compassion and love that expresses joy, and attention that can work out things. All this is within the reach of human being in this modern times the blossom time. We have to transform human beings, all the problems of this world are created by human beings and not be god so that transformation creates a beautiful race of people who are collect they act as collective beings because your spirit is the collective being with in you. So it's like you become part and parcel of the whole, if this finger is suffering immediately my another hand helps it, it doesn't think I have to oblige or anything because it is part and parcel of the whole. In the same way we become genuinely collective as a result complete emancipation of humanity can be achieved. The best part of the whole thing is that today it is acting amass, the righteousness the compassion the love the wisdom of saints is love, manifesting amass. Other things happen also, i would say i have known people who never knew what is art have become artists, artist who create things which emit divine vibrations. Then there are people who never could sing have started singing those who could not do good in their work have become dynamic, but despite all that they are compassionate and honest. I am sorry this is the first time i have come to Cincinnati that's why it sounds little fantastic. But we are fantastic... we are fantastic... in a village of India supposing you take a television and say that you can see all kinds of beautiful images nobody is going to believe you they say o telling stories this is just a box of plastic. But when you put to the mains it starts working, in the same way you start working like a computer, you are a divine computer only thing you have to be aware of it. And if it is going to be that way why not.

Question: She wants to know, she is asking you to elaborate on how when the kundalini is awakened it removes negative karma

Shri Mataji: It does, see we judge ourselves in a very funny way, all the time we are judging ourselves and feeling guilty and for a small small things we think o we should not have done this way. Even if you spill a little coffee you think you have done a disastrous thing. After all we are human beings, if we make mistakes it is all right after all we are not god are we.

All the time we try condemning ourselves we done this bad that one we are negative also the suggestion comes from so many ways, people say you are a sinner you have done this sin that sin... just imagine it's not so we are all human beings. So let your kundalini which is you own individual mother decide what karmas you have done and she see to it that you get rid of them.

Don't condemn yourself, don't feel guilty that's the first condition. If you feel guilty i do not promise you kundalini awakening, to begin with, not to feel guilty at all, that's first condition. Second is we have to forgive everyone, after all whether we forgive or if don't forgive we don't do anything i mean it's a myth. You say it's very difficult to forgive but what are you doing about it. Only thing by not forgiving we are playing into the wrong hands, so it is a very great weapon we have got just you say i forgive everyone don't count how many you have to forgive, don't count their mistakes and your mistakes. In short forget the past for the time being and not to feel miserable about yourself. You have to be pleasantly placed specially towards yourself, if you are not pleasantly placed towards yourself you cannot be pleasantly placed towards anyone.

Alright so should we have our realization now. They are too far away they can come little forward will be better just by [UNCLEAR].

Question: She is saying that children are supposed to be born in a more enlightenment stage and what can we do to help them maintain the enlightenment

Shri Mataji: You should get your own [UNCLEAR] they have all come here... look at that... that's Cincinnati really. May god bless you all... look at that... May god bless you all. But yes by getting realization you will understand your children much better and you can do much better for them. ohh it's great isn't it.

I have to just ask you to take out your shoes because shoes little bit tighten your feet. So just take out your shoes if possible. We such [UNCLEAR] what beautiful people you are...

So we are all going to enter into the kingdom of god and nobody has to feel guilty when you are going on a big journey so pleasant at that, you have to be very pleasant, you have to be very happy and enthusiastic. Alright it's very very simple extremely simple as i told you. As he has told that we have to little bit help our centers and on the left hand side we will be helping out centers all those who are sitting up on the chair should take out their shoes also please and put your feet on the mother earth because this mother earth helps us a lot. She is a very helpful thing also if you could take out your shoes i will be happy for a little while only ten minutes at the most. It takes about ten minutes not more than that and that much time we can always give to ourselves. And those who are sitting on the chair have to put both the feet apart from each other, the best are those who are sitting on the ground. Alright but in any case it will work i am sure. Now what we have to do is to understand as he has told you in a very short form that the left side is the power of desire, so you put the left hand towards me just like this very comfortably without troubling much just the left hand like that, be comfortable, you can't sit with legs like that, those who can't sit like that will be difficult so at least have one foot up and another like that so that you can put the left hand towards me. And the right hand on the mother earth here on the heart... on the heart... in the heart resides the spirit. So first we put our hand on the center where resides the spirit, then we take down our hand and put it on the upper part of our abdomen on the left hand side, left hand all the time like this, desiring to get your realization. Then one has to understand that if you are the spirit you are also your master... you are also your guide... because there is light and you know what is to be done and you don't need any master... you don't need any guru, you become your own guru. Then you take your right hand and put it in the lower part of your abdomen... lower part... on the left hand side, the upper one was the center of your mastery the lower one is the center which gives you the manifestation of the divine power in your central nervous system, means it's the pure knowledge, it's not the knowledge that you just know through your mental activity but is the pure knowledge like i can feel this is hot or cold this is red this is pink in the same way, absolutely that's the center for your pure knowledge. Then you take back your hand in the upper part of your abdomen... again on the left hand side to raise the kundalini as we will do later on with closing our eyes then you have to take it to your heart and then you have to take your hand in the corner of your neck and your shoulder and turn your head to your right, now this is the center i was talking about which is always very much caught up because we feel guilty and it's the worst center because it causes horrible diseases like angina, spondylitis all kinds of headaches, so please put your hand as far as possible on the back and turn your head to your right. Now this hand again is brought on to the forehead across as we put it sometimes for our headache and press it on both the sides, this is the center of forgiveness. Then we take back our hand and put it on the back side of our head and push our head on top and look up. Now this is the center for asking forgiveness without counting your mistakes your guilts and all kinds of condemnations. Then you stretch your hand... stretch your hand... and put the left hand, in the center of your palm you put the center of you palm, bend your head in the [UNCLEAR] fontanel bone area which was the soft bone in your childhood, just adjust it properly and then push back your fingers, press it hard and move your scalp very slowly seven times, very slowly clockwise. All this we have to do just now closing our eyes, just we have to close our eyes because our attention has to go inside.

Please put your left hand towards me and you can take out your spectacles would be better because your eyes also are hurt. Now please put your right hand on your heart and you left hand towards with both the legs apart from each other, not for the sitting people but otherwise.

Now at this point you have to ask me a question three times, a very important question, you can call me Shri Mataji or you can call me Mother. "Mother am i the spirit" ask this question three times it's a computer style of meditation so ask a question "Mother am i the spirit", ask this question three times. You are not to be defendant about anything at this moment. Now if you are

the spirit you are also the master, so take down you hand in the upper portion of your abdomen on the left hand side and press it hard which is the center of mastery and ask another question three times "Mother am i my own master", please ask this question three times "Mother am i my own master" "Mother am i my own master" please ask this question with in your heart. Now please take your hand in the lower portion of your abdomen on the left hand side and press it hard, as i told you this is the center of pure knowledge but i cannot force you to accept pure knowledge it cannot be done so you have to ask for it in your freedom and glory, so please say six times because this petal has got... this center has got six petals so please say it six times "Mother please give me pure knowledge" please ask six times, as soon as you ask for pure knowledge the kundalini starts moving and so we have to help the other centers to be opened out with our right hand, so we put our right hand in the upper portion of our abdomen on the left hand side and here we say with full confidence to open the center of mastery, ten times we say ten times "Mother i am my own master" "Mother i am my own master" we say it ten times. Now one has to know the truth and the truth is you are not this body, you are not this mind, you are not this intelligence, you are not your ego nor your conditioning you are the pure spirit. So please raise your right hand on your heart and say with full confidence twelve times please say it with full confidence twelve times "Mother i am the spirit" "Mother i am the spirit".

Now one has to know that the divine is the ocean of bliss and joy, it is the ocean of love and compassion but above all it is the ocean of forgiveness we cannot do anything that cannot be dissolved by this ocean of forgiveness. So now raise your hand in the corner of your neck and your shoulder as far as back you can take it and turn your head to your right here with full confidence you have to say sixteen times with full confidence sixteen times you have to say "Mother Mother i am not guilty at all" please say it sixteen times "Mother i am not guilty at all" and don't think how can i say and how cannot say. Let your kundalini judge you, you should not judge yourself, please say it sixteen times with full confidence... now sixteen times... we have to know the greatest weapon we have is that we can forgive others when we forgive others we get out of the clutches of other people and the divine looks after that. So please now raise your hand on to your forehead and bend your head and press it hard on both the sides... bend your head and press it hard on both the sides, here you have to say from your heart not how many times but from your heart genuinely please say "Mother i forgive everyone" please say that "Mother i forgive everyone", it's very simple to say just you have to say it earnestly from your heart please say. Now take back your hand on the back side of your head and push back your head, rest on the hand, here without feeling guilty without finding false with you, without counting how many mistakes you have committed, for your own satisfaction in general you have to say "O divine if i have done any mistakes please forgive me" "O divine if i have done any mistakes please forgive me", from your heart not how many times but from your heart. Now please stretch your hand and put the center of your palm on the soft bone that you have on top of your head when you were a child, press it hard push back your fingers press the scalp and move it slowly but here again i cannot force self-realization on you, you have to ask for it... you have to ask for self-enlightenment so please say "Mother please give me my self-realization" seven times when you move your scalp... seven times clock wise please [Mother blowing into mike].

Now take down your hand, put down both your hands put your hands towards me both of them and open your eyes slowly. Watch me without thinking you can do it, now put the right hand towards me and see for yourself... bend your head... and see for yourself if there is a cool breeze coming out of your fontanel bone area... just see for yourself you have to certify yourself, i am not going to say anything just see yourself... bend your head better to be seen this way. Now not to be close to your head little higher... you have to put it little higher see for yourself... if there is... some people get it very much away just see... some people will get hot air doesn't matter the heat has to come out then the cool will start coming. Now put the left hand towards me with the right hand you try to feel the cool breeze. Now again at last put again the left hand little further and see for yourself there is a cool breeze coming out of you fontanel bone area. Now you put your both the hands towards the sky and lookup ask a question any one of these questions three times "Mother is this the cool breeze of the holy ghost" "Mother is this the all-pervading power of god's love" "Mother is this the brahma chaitanya" ask this question three times, now please take down your hands. Now see if you are feeling the cool breeze in your hands. Now watch there is no tree moving no leaf not a single leaf is moving they are all watching you, you are feeling the cool breeze there is not air conditioning or anything. Now all those who felt the cool breeze in their hands or out of their head or heat please raise your hands... both the hands... oh my god... oh may god bless you. What a place Cincinnati is... what a place... so many seekers... i really bow to you all very much and next time i am going to come here for more time to be with you so heartening.

May god bless you.

We have a follow on course and they are going to look after you, those who have not felt also cool breeze will feel. Everybody can feel it and only thing is it is beyond your thought. So you can't [UNCLEAR] it out, you cannot think about it. Try to remain in thoughtless awareness. Please come and see these people and they will definitely help you out to fix your connections. In any case i would like to meet you if you want to shake hands with me i will be very happy. Thank you. Can you move the mike? So many people now... Tremendous... Tremendous

1989-0615, CKLM Interview with Edita Frazer

View [online](#).

15 June 1989

Interview

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

1989-06-15 CKLM Interview, Toronto

Interviewer Edita Frazer: First of all I'll just talk to you about what it is I'm talking about on the show and then we can do the recording. It should be about 10 minutes.

Shri Mataji: All right.

Edita: And, um, on the show for the past year I've been doing it, I keep talking about all these world problems, you know.

Shri Mataji: Yeah.

Edita: Um, The environment.

Shri Mataji: Ah.

Edita: The, um, abuse of human life.

Shri Mataji: Yeah!

Edita: In terrible ways, like children being kidnapped and sold and their organs taken..

Shri Mataji: Abused...

Edita: and murdered. The destruction of forests, the ozone layer, the poisoning of our food with pesticides so that multinationals can have larger profits

Shri Mataji: Mmhm.

Edita: And uh, I've been trying to start looking at solutions because I realize I'm getting very blocked feeling from focusing on this negativity and there has to be a way out.

Shri Mataji: Yes. We can't give this to our progeny (laughs)

Edita: No

Shri Mataji: We should try to solve it ourselves

Edita: Yes

Shri Mataji: And we can do it, it's not difficult. Basically all these problems are created by human beings, not by -

Edita: Maybe I should just start recording this

Shri Mataji: All right. Basically all these problems referred to are created by human beings and not by the Divine. Every religion has one essence common, very much in common, which says that you must seek the eternal. And the transitory should be used in its own limitations. But somehow or other we have lost that essence, and we are just living with something that is dead. As a result of that we have not tried to seek the eternal. The eternal is the spirit within us. And the spirit is the one which gives us enlightenment when it comes in our attention, it gives us balance, and also it gives us wisdom. Without the guidance of Spirit we go into imbalances, we can go to extremes. Like once you started producing something transitory. It is transitory because built in within it is the power to destroy. So when you start putting all your attention into transitory things ultimately you have to go to the destruction. So what happens that supposing now you use science. Science was used for transitory things. As a result today's science has gone up to a point where we have now big devils of atomic energy and atomic

Edita: Tell me about atomic energy - that's one of my areas of

Shri Mataji: Laughs

Edita: Investigation

Shri Mataji: Ahh. Now this atomic energy, if a realized soul was to use it, he would use it in balance - in a sense that all these things are for us, we are not for them. Machinery is for us, we are not for machinery. So there should be a balance. It should be done up to a point. But if you go on using it, as if that's the end of everything, then all these problems arise. So whatever one does, has lost the bedding as you can call it, and has gone absolutely into a frenzy, anything...for example, we think of nature, as you said, about the trees. When we start producing too many transitory things, say in poor countries we have one blessing, that we don't have too many things. We don't use plastic, we can't afford it, so we use brass. We have in a family about 6 plates of brass, which we use and we don't need more. So we don't have the dumping of plastics anywhere. Then we don't use so much paper, because it's better to clean everything yourself, with water, finished with it. But the amount of things now we ask for, the variety of things we have produced, there's no need.

For example, first time when we came to London, for entertainment that time, my husband said, of course we don't drink, both of us, but he said we have to offer drinks. You won't believe we had to study a dictionary for it

Edita: (laughs)

Shri Mataji: (laughs) not only to buy the drinks but to buy the tumblers, and the different tumblers we want to have and different things, I mean one should be sufficient even for drinking. But the way we started making varieties and choices its just...essentially it's the money orientation behind it, the entrepreneurs you see. They will create a fashion of it, and then tomorrow they have to run their machines. So they will create another fashion, then the third fashion, and every time the fashion world is going on people are slaves. Today if there is a fashion declared, say in Paris, everybody must follow otherwise you're out of date, I mean people will laugh at you. There's nothing like traditional dress kept anymore. What they have is today's fashion then tomorrow's fashion so piles of clothes produced. From where do they come? From nature.

Edita: And we keep seeing bi-products of toxins in the water, toxins in the food chain...

Shri Mataji: So you see we have lost the balance of understanding

Edita: How do we go towards balance?

Shri Mataji: All right, so that's why I say you seek the eternal. And when you seek the eternal your spirit which is in your heart enlightens your attention, enlightens your intelligence and you become wise. And then you understand that you are a collective

being, you are not alone. And you just can't go on doing something arbitrarily without any consideration or relationship to others. And when such an attitude develops, automatically everything comes into balance. And that is how we have lost our moorings as I say.

Edita: In the west, quite a few people are beginning to understand this and they're beginning to become much more humble in their expectations and their desires but the mass still want to accumulate more and more and more, they have to have their own individual cars and their luxury. How can they be moved?

Shri Mataji: You need good leaders. You see we had only one Abraham Lincoln to create democracy. You need powerful, honest, sincere, conscientious and righteous leaders who can just create an image and people follow that.

Edita: Our leaders right now seem to be very far from righteousness...

Shri Mataji: laughs

Edita: ...in fact in the United States the finger keeps pointing over the Iran-Contra affair that the present president probably knew something about arms and drug trading to finance right wing organizations which are murdering people in South America and the rest of the world.

Shri Mataji: This happens because of money orientation. They are also blind about it. That money orientation will never bring benevolence to people. They are blind. But God willing, they will also have this light and they'll also see that it's important. Otherwise in the regime of any person, think of people who have ruled America or who are presidents, who stands out? If they have to have a name in the history, they have to think about it. If it can be realized and if they could become aware, what is going to be our image in the history. What's history going to say about us? Things will change.

Edita: Right now there seems to be a desperate need in a lot of countries for revolution. The majority of people for instance while you'll be going into South America living in fear and misery and the only solution they seem to have able to them right now is a bloody revolution and I, I think that a bloody revolution only results in more blood and more oppression. What kind of a (unclear) can we make? I know you worked with Mahatma Gandhi...

Shri Mataji: yeah

Edita: no doubt you have some good ideas from that.

Shri Mataji: You see, we also Indians fought, but with non-violence and got our independence. But still I must say that we have to get our spiritual awakening. Now the idea of democracy has crawled into the heads of many people. But they don't see the other side of democracy. They think if we become democratic, everything is over, at the most they might get the same situation as America has. But also the problems with it will go. So democracy without a balance has no meaning. I would say I am a great capitalist because if I have powers I am the greatest capitalist. But I'm the greatest communist also because I can't help without sharing it with others. So is the first the awareness that we are part and parcel of the whole makes you sharing, and that we can handle our own powers makes you the capitalist. Because what are we sharing also with these stones and ashes and plastics? What is to be shared is the joy of personality, that is the thing one has to see and ask for. If these things happen the whole world will change, I'm sure. I think everybody is now seeing in the mirror and God willing things will work out.

Edita: I hope they do. I would like to ask you another question about the drug problem, which is quite a plague

Shri Mataji: Mm Hm...

Edita: in North and South America. South America is the producing countries and North America is the consuming countries and it's leading to a lot of murder and destruction in all aspects of its trade its, uh, merchandising from production right through to

consumption and the middle people who are making multi-billions every year in dollars. What can we do about that?

Shri Mataji: Again the same principle is that when you become money oriented, say first you think of in the history of the Spanish coming over, thank God they didn't come to India, otherwise I would not have been here. They killed all the people and they destroyed everyone and they wanted to have their own kingdom and now there Americans there. Then they came - English came - and all of them, and if you, you'll be surprised when I went to Argentina and I went to Chile I couldn't find one person who was the Red Indian. They had to take me to the museum to see that, both the places. But in Colombia they disappeared into the heights. And there they discovered this, so sort of a, it's a very subtle revenge, I feel, is going on, because when I went to America once and then to Colombia, the people in Colombia said that these people are buying from us wheat, at a very low price, even in Canada, they were buying all your ores and everything at a low price, making cars there,, selling them here very expensively, it's all money orientation. As a result, now, they are not selling wheat, but they are selling cocaine. So it's a vicious circle. It has started long time back, it's going on and on and on. But to get rid of the drugs, the best way for Americans would be to take to Sahaja Yoga. We have had so many people coming from drugs, drug addicts, absolutely drug addicts, and alcoholics. Once they came to Sahaja Yoga they gave up.

How do you describe Sahaja Yoga?

Sahaja Yoga, Saha means with, Ja means born, born with you is the right to be united to the divine power, which is the vital force. Which will completely change and transform the whole world.

Edita: The white light force? Did you say?

Shri Mataji: Vital

Edita: The..white light?

Yogi: Vital

Shri Mataji: (spelling it) V-I-T...vital force

Edita: Oh "vital", of course

Shri Mataji: And which will transform the whole world, I said it vital because it gives life, it gives life to flowers, it give lives to all the trees, it give lives to everything.. And with that, then, the whole thing will work out on a divine level, and we'll have beautiful times.

Edita: Thank you

Shri Mataji: God bless you

Edita: We've been getting reports of children who are being kidnapped and murdered for their organs. What do you know about this kind of practice? What should we do?

Shri Mataji: This is also again coming from going to the extremes of things that now they have become like devils, and they can't stand innocence, they can't bear innocence. If they see anybody innocent they want to attack. Because they think we have lost innocence so why should anyone have innocence And that's why they do all these things, moreover they're so frantic, so frustrated, they have no patience for children, you have to have patience for children. They have no love. Sometimes people ask me there is such a population problem in India I say the children don't want to be born anywhere else (Shri Mataji laughs) because Indians love their children. Even if they'll have 12 children they will love all of them and they'll do anything for them. So when our attention is more on money, on our possessions then we think oh we have to share this with our children and then you

feel frustrated. So it's a attention of a person who has no attention on love, and love is a joy giving thing. So this has to change but how can you change it? You have to become the spirit. Because spirit is the source of joy. It is the source of divine love. Is the source of peace and bliss. Above all, when the spirit shines in your attention, it acts. If I pay attention to someone it acts, it helps that person. So the whole machine has gone out of tune, we have to just tune it, that's all.

Edita: How can we get through to the people who are benefitting materially in this world? It's very easy when you're poor and humble to understand there are terrible problems that must be solved, but when you're very rich from the results of your actions how can you be affected? How can we get through to them so that there doesn't have to be bloodshed?

Shri Mataji: Money is also a curing thing. Those who have money are the most disturbed people. I get so many of them who come for peace, they can't sleep in the night, they have problems with their children, uh, they're always afraid that they'll be killed, they are not in peace they are not enjoying themselves, just their ego tells them we are all money, but they are frightened people. So money also depends on them, it's not that money gives them real, sort of authority or a real feeling of ruling the whole world. It does not. On the contrary they are the most frightened people.

18:43 Edita: Unfortunately in their fear they keep producing the products which keep polluting the world. And they still don't seem to see what's happening, and it's the poor who suffer, internationally, in North America the native populations are really suffering as a result of the uranium trade, for instance, they mine uranium for nuclear power and it creates a toxic product which remains for over 50 000 years and it remains very poisonous for the entire area for that length of time, all the food, all the plants..

But it reacts. I'll tell you how, I'll give you an example. Switzerland is the country, you see. Switzerland is very money oriented as you know by hook or crook they must have money. And they started to produce chemicals, because you see they're such a small country, they cannot produce anything else. So they started producing chemicals. When they started producing chemicals this acid rain spread over, and all their trees starting dying out. When the trees started dying out, the ice melted. And the ice which melted down came to the rivers and the rivers were flooded, and all the waste also went to other countries and now they have filed suits against them. How it reacts, it's very wonderful to see. It reacts. They all know! They all know. And money is such a shaky thing, today they have money, tomorrow they won't have money. So there's a lot of things happening. Many people are getting exposed. This is the era of great exposure also, and I'm sure very soon people are going to realize. But just sharing money with anybody is not the solution. Because with whom to share? But how that you produce money? Just to do something for the benevolence of the people. It's not that you become ascetics, that's not necessary, it's not necessary that you give up art and artists, no, 21:14 but what is necessary is to understand that we are part and parcel of the whole and we do not possess anything. We don't possess anything. The whole material products, all of them, are for giving to others, that's all. They are not for possession; you cannot possess it. Today I possess something, I'll have to give it to my children, or I'll have to give it to you; but the best thing is that you use it for giving love. So one should not stop any activity, but there should be a balance. And not to go into any activity to the extreme, so it should be mobile. Then one understands how far to go, how far not to go. Say shipping industry; people are booming, they had such profits once upon a time, they were shipping magnets, this that, then it went down, down, down, down, absolutely, to the bottom. All industries are like that. So they repel. So nowadays it's going to be even worse, so they have to be careful.

Edita: Do you foresee a planetary healing coming up soon?

Shri Mataji: Of course, I do see that! (Shri Mataji laughs) It's going to come from all sides, for everyone of us, for every one of us. Ah, like the bloodshed you said that they'll have lots of these bloody wars and all that, they will realize that's not going to help them, and for the rich they will realize that it's not going to help them, to be just rich and exploit the poor. That will, it will definitely come around, because you see the empires are falling down.

Edita: Even the grandchildren of the rich are threatened right now.

Shri Mataji: They themselves are refusing you see, they are themselves are awakening.

Edita: I hope that's true...Shri Mataji: that thing is going to work.

Edita:...that's an optimistic thought.

Shri Mataji: I'm sure it's going to work out. It's going to work out. We've reached now a time where everyone's aware. Some people say it out, some people don't say it, but everyone is aware. Because I have two lives, as you know, my husband is something else, and I am something else, so in that life I see all those people.

Edita: Yes I guess you would be travelling in very high circles

Shri Mataji: Very! (Shri Mataji laughs) so called (laughing) I don't know...but I find that most of them are psychological cases. And they don't know what to do. They're mad, I see, all the time, topics change, this, that, they're talking, they're mad people. Most of them are crazy, as so many poor are crazy, they are crazy, equally the same, not much of a difference.

Edita: They're craziness unfortunately has power to make other people suffer

Shri Mataji: Up to a point. Up to a point. Up to a point. I think they suffer more, much more. And it will happen one day, you'll see that they'll come round. They have to. They can't help it. Do you know in American elite society what they talk about?

Edita: No

Shri Mataji: Cocaine

Edita: What? Cocaine? That's it?

Shri Mataji: Cocaine.

It's even taken over them

Very much! Very much by them. Who else? Poor can't afford it.

Edita: Oh but the poor can, they using it in the form of crack, and they're selling their bodies...

Shri Mataji: That's different, that's alright, that's alright. But these people whom you are mentioning are busy the same way, because they have much more money, they'll go down much more than the poor.

Edita: Mm hm.

Shri Mataji: The power that they have is also self-destructive. Money is a very destructive thing.

Edita: There's more freedom in poverty?

Shri Mataji: I feel now after seeing India I think there is some blessing hidden in poverty also.

Edita: Someone told me a Tibetan lama who was here, he lives in India, that north america is so materially rich but we're so impoverished spiritually.

Shri Mataji: That is very true.

1989-0615, Enlightenment of your central nervous system

View [online](#).

15 June 1989

Enlightenment Of Your Central Nervous System

Public Program

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

1989-06-15 Public Program in Toronto

YOGI: Shri Mataji has arrived and I would like to tell you that I have been with Her for about thirteen years and I have seen the miracles that She has performed in giving people the experience that they have sought for lifetimes. She is renowned in India as the greatest living saint, She is known throughout

Europe. In Italy, they have recognized Her as the Mother and I hope in North America you recognize who She truly is. And She has come here to give you all that you have been seeking for lifetimes and the only need to do tonight is to have an open mind, the mind of a scientist – not deny it, but just listen to what Mother has to say and have the experience and when you have the experience you cannot deny it, because no scientist denies the results of his experiments. So I hope you will all have this experience of self-Realization and I now present Shri Mataji Nirmala Devi.

SHRI MATAJI: I bow to all seekers of truth. At the very outset, it should be understood that truth is what it is. We cannot organize it, we cannot change it, we cannot conceptualize it. So, if we have some ideas about truth, we have to know that it is to be known to us.

This is what is called as the self-knowledge. Through self-knowledge, only you can know the truth. Before self-knowledge is not possible because whatever we know through our mental efforts, through our emotional feelings is relative. We find a person falls in love with someone – and after ten days you find him walking to a divorce case. We find a person who says, "This is the best way for us" – and after some time we find he is in great trouble. In every way, we find that whatever we say is true before Self Realization, is very relative. It may be all right, it may not be all right, it may work out, it may not work out – there is no definiteness about it. Especially the mental projection, as it is, always moves in a linear direction and then it recoils back upon you. But self-knowledge is a thing where your self is the one which gives you the wisdom of the Divine. But the light of the self comes in your attention, then in that light, you know what is the truth. For example, somebody is standing with a snake in his hand and it is all darkness – you tell that person, "This is a snake", he is not going to believe you. He'll say, "All right, I don't think so, I believe it is a rope." So, no use arguing with such a person. Best is to put the light on – so let him have a look at it and then he just drops out the snake. In the same manner, when the self-knowledge comes into our awareness we start feeling the All-pervading power which is described as Ruah, described as the All-pervading power of God's love, described as Brahma Chaitanya

call it by any name – for the first time you start feeling on your fingertips. You have never felt it before. Now when you start feeling it on your fingertips, these centres that are there are the sympathetic centres five, six and seven on the left-hand side, same sympathetic, on the right-hand side we have seven centres. So, you start feeling them. Feeling your own centres and feeling the centres of others when this enlightenment comes on your central nervous system. We have become human beings through our evolutionary process. We don't realize how much better evolved we are than the animals. For example, if you want a dog or a horse to pass through a very dirty lane he'll just walk through, it's not bothered, but for a human being, it's an impossible situation. In so many ways we are evolved, but there is a little bit left – this last breakthrough has to work out about which all the saints have written that, 'you should know thyself'. If you do not know yourself, then you cannot know anything about God. No use talking about God, about religion. Now you find that people who follow any religion whatsoever, any religion– say maybe a Hindu, Christian, Muslim, Sikh - any religion he may be following, he can commit any sin. There is no restriction. Nobody says, "I cannot commit this sin, because I am such and such." So, there is no compulsion to remain holy by the following anything. So,

there is something missing about it which one has to know – what is the point we have missed. There's nothing wrong in any religion, all these great prophets were born on the Tree of Life, like living flowers, and they were plucked by us and then we say, "This is mine, this is mine", and we are fighting – but actually they all belong to one Tree of Life. So, what was the common thing that they talked and which we have missed in practically in every religious seeking was this: that we have to seek the eternal, we have to seek the eternal and the transitory is to be used in moderation, in its own limitation and in its full understanding.

Today's problems of ecology, this, that – all these things come from human error and the human error is because they have not found out the eternal. When you find out the eternal then you become a balanced personality, absolutely a balanced personality and the balance comes from divine wisdom. All the problems today are because human beings are not at that level of self-knowledge, because human beings are still relatively living. One person thinks this is good, another thinks this is good and that's how we exploit each other, we exploit the nature, we create problems and everything repels on us because transitory things as you know are transitory because they have the inbuilt quality to get destroyed.

They get destroyed and gradually we learn from them how to destroy. But human beings are the epitome of evolution. God has created human beings as the highest creation. Maybe we have been given freedom, complete freedom to choose. If we want to go to heaven we can go, if we want to go to hell, we can go. So, this freedom we have been acting on, we can say as trial and error, error and trial, and ultimately a stage has to reach where we start thinking, what mistake did we commit? Where did we go wrong? And there we have to realize that the eternal we have not sought. We see this miracle - say of flowers – we see the flowers, how beautiful they are, created by nature. We can't create even one of them. Spontaneously they appear according to the different categories they belong to. The choice,

such a big choice – all this and many other such living things are done by this divine power. But we take it for granted, we just take it for granted and the greatest thing that has happened is that, that today human beings are brought to this level that now they have become divine computers. They can become divine computers. It's a very beautiful thing that is ahead of us – the only thing we should know that we have to grow into that new awareness. This is called as the one that we call knowledge. Knowledge is not mental knowledge, by reading you do not become. Kabira once said that by reading too much the great learned people have become stupid. First, I used to think, how can that be? [SOUNDS LIKE:

Badi, badi pantita murrachaweyi [?]. I used to think, by reading how can people become stupid? The thing is when you read all others are in your head, but you are not there. And this is, I find today, that we think by reading we'll become the knowledge. Knowledge will be, but that's not absolute knowledge, that's not. That is relative knowledge. To get to the absolute knowledge you have to become something, you have to become the Spirit. And once you become the Spirit this knowledge is just manifested. It can be manifested even in a little child and a child can know. It's a subjective knowledge, you can say, but absolute. It is not arbitrary, it's collective. You put ten children who are realized and ask them, what's wrong with this person? Immediately they'll raise the same finger.

This is the thing. Now ask that person, something wrong with your throat? Are you suffering from some trouble? He'll say, "Yes, how do you know?" These children are telling Me. So only the decoding is needed afterwards that - what's wrong with you, what finger is burning? What is the problem and what does it relate to? You have to just know how to correct it. And once you know the art of correcting it, you can correct and you can perfect it. It's very easy to master this art. Of course, you must know you can't pay for anything like this. How much did we pay to the Mother Earth when She sprouted the seeds? If it's a living process you don't pay for anything. Living processes do not understand money. How can you pay for these flowers when you have to pay to the Mother Earth? Of course, you can pay to the florist – that's a different point, but to the Mother Earth you cannot pay. She does all the job without any payment. In the same way, this is a living process and you must know that you cannot pay for it. Anybody who says that "I'm doing God's work, I'm doing this work for the emancipation of your soul," and all that and takes money – tell him that he should redeem his own soul first. You cannot pay for it, you cannot put in the effort also, because it is a spontaneous thing. Sahaja means Saha ... with, ja ... born with you - is the right of this union with the Divine, is the Yoga. For this you cannot pay, nor can you command, nor can you demand. You cannot ask – it just works. So, it's so simple. Now some people say, "Mother, how can it be so simple?" Anything that is vital, isn't it simple? As soon as we are born, we know how to breathe. Who teaches us how to breathe? Automatically we start breathing. Anything that is important has to be simple, cannot be complicated. Now about this subject, I must have given thousands and thousands of lectures in the English language itself, leave alone other languages. So, there's

no end to it but as I always say that when we come in this room, we see so many lights – the only thing we have to put on one switch and the lights are there. If I start telling you the history of light and the source of these lights and the electricity, from where it has come, you'll be just fed up, but it's all built-in. So why bother, just have the lights on. In the same way, it's all built-in

within you all these beautiful things, these centres and chakras. Of course, we have to admit one thing, that in the West this civilization has grown like a tree outside, but it has not sought its roots. This is the knowledge of the roots and without the roots, the tree cannot exist and the roots have no meaning if there is no tree. So, it is all inter-dependent, so we must have the knowledge of the roots and we have to know all about it. It is very simple and you all can become masters.

May God bless you all!

SHRI MATAJI: I want to have some questions from you. Questions should be related to the subject because I have not come here to seek any money, seek any power or votes or anything. I've come here to tell you what is for the benevolence of your being and as a result of a collective, in the sense, emancipation of humanity. So please ask Me positive questions which will help you.

Aside: Can you get ... [Mala ?]

FEMALE SEEKER: When you walked in ...when you walked in ... when you walked in I have seen one big energy here, of purple - is it my [power?] or Your energy?

YOGI: (to the seeker:) Could you repeat that I couldn't follow.

(to Shri Mataji:) I think, apparently, she is saying, when You walked in, she saw some big energy force. (to the seeker:) Is that right?

FEMALE SEEKER: When Shri Mataji walked in, I could see one purple energy.

YOGI: Purple?

FEMALE SEEKER: Purple energy.

YOGI: Aha!

FEMALE SEEKER: And I was wondering if it's my energy or if it's Her energy, means ... [INDIST.]

SHRI MATAJI: (laughing) What's that?

YOGI: She said, when You walked in, she saw some purple energy and she is wondering whether

it is her energy or Your energy.

SHRI MATAJI: You see all these seeing things are out of the question because if you see something

you are not that. Supposing you see the light – then you are not the light. So it's not important. We have to be the light, we have to be the energy.

(to the audience:) Yes, please!

SEEKER: Yes, you were talking about the tree, were You talking about the Tree of Life, or were you talking about the roots of the tree?

SHRI MATAJI: I ...

YOGI: When You are talking about the tree, are you talking about the tree of life?

SHRI MATAJI: Of course!

ANOTHER SEEKER: Shri Mataji, I would like to know who was your spiritual teacher? [INDIST.:

SOUNDS LIKE: As you belong to a spiritual teacher as You are

YOGI: He is asking who was Your spiritual teacher?

SHRI MATAJI: (laughing) Who was the spiritual teacher of Christ? I had no teacher.

SEEKER: You had no teacher?

SHRI MATAJI: There's no need to have a teacher. When you become the Spirit, you are your own teacher. You can be born like that. But of course, there must be something about Me which is better than you discover it through your self-knowledge.

(to the audience:) Yes, please!

ANOTHER SEEKER: The gentleman who is standing beside you said that in Your presence we will experience some sort of spiritual power.

SHRI MATAJI: Yes [INDIST.]

SEEKER: Ah, I 'm a candidate who would like to experience.

YOGI: (to Shri Mataji:) He says that I told them that in Your presence they would experience –will have a spiritual experience and he says that he is a candidate and he would like the experience.

SHRI MATAJI: Very good! You are a real sadakar, a real seeker. What a beautiful question, thank you very much.

ANOTHER SEEKER: Yeah, what I would like to know is that, once you reach that state of your own Kundalini, are there any possibilities that you can lose it?

YOGI: (to Shri Mataji:) He says, once you achieve that status– is it possible that you can lose it?

SHRI MATAJI: No, you don't lose it, but it's like a loose connection sometimes.

(Shri Mataji laughing & laughter) You understand, the electricity it could be little loose sometime. So, you have to work it out and learn how to make it really permanent – that's all. But you don't lose it as such, energy is there and your connection is there but it does happen sometimes that it's a loose connection. Mostly I've seen people get their Realization – then they start thinking about it. You can't think about it, it's beyond thinking. Then you start thinking, "Oh I've got it already, I am on top of the world, now what is it?" But it must be established, it's very important and you must know what it is. Of course, for all that you don't have to pay, you don't have to do anything, but you have to give some time. Why do we have watches? To save time. Save time for what? [audience laughs]

For fixing your connections.

FEMALE SEEKER: Once you have got the energy all over your mind have you known anybody that uses that power, that energy to do evil or maybe turns themselves into self-styled or to do evil to others [INDIST.]?

SHRI MATAJI: Oh [INDIST.], I can't hear this noise.

YOGI: She is saying that once you get this power – do you know of anyone who after getting this power uses it for evil.

SHRI MATAJI: No, you can't. It's a – you can't use, it's for your benevolence, for your hita – you can't use it. You just can't do it. If you even start thinking of something evil, the energy will disappear, immediately. You can't be evil. You become saints, you become angels.

SEEKER: You are saying that your motives are altruistic [commentary ...?].

SHRI MATAJI: What does he say?

SEEKER: However, we have certain expenses, such as flowers, tickets, [preps...?]. How do you pay for that?

SHRI MATAJI: What's happening?

YOGI: (to Shri Mataji:) Let me answer that question. Those of us who invited Shri Mataji to Toronto paid for the flowers. As far as the ticket goes, Shri Mataji usually buys her own ticket.

SHRI MATAJI: Are you interested in money so much?

SEEKER: No! (Laughter)

SHRI MATAJI: Actually, you see, it should not be because I shouldn't pay for your salvation, should I? It's not good, this doesn't give you self-respect, but in the beginning, I have to do it, I know, it's not good.

There is no harm in paying for My ticket. By God's grace, My husband is a rich man, I should say in a rich family and My mother's family is also rich enough by God's grace. And they don't mind spending this money because they know that this is the emancipation of human beings. Of course, the hall, I think,

is taken by the people who are here, who think they have achieved something – like drunkards, you see, when they want to share their drinking, they can also arrange a hall, just to enjoy. In the same way, those who are drunk in the beauty of God's Love must have arranged this hall and must have paid for it. But I

hope you don't want me to pay for that also.

(Shri Mataji laughing & laughter)

SEEKER: I just have [a simple question?]. ... [INDIST.]

... expenses, I just wanted ...

SHRI MATAJI: Yeah! Yes, you see – what I'm saying that of course, you have to pay for the aeroplane, you have to pay for the hall, but you don't have to pay for Self-Realization. You don't have to pay for self-knowledge, you don't have to pay if you get cured automatically by the Kundalini awakening. But the hall you have to pay. But there are people who also give free halls to us, there are people – but it would be very beggarish I think to have even the hall begged from someone free. It's a question of self-respect.

ANOTHER SEEKER: Mataji, I have been a devotee all my life and - to Mother, to life – and still recently I got sick with leukaemia cancer, do You think I have done something wrong?

YOGI: He says he has been a devotee of the Mother and of life for all his life, but still he has been ill with cancer and leukaemia – has he done something wrong?

SHRI MATAJI: You have done nothing wrong but in ignorance, we commit mistakes, isn't it? Leukaemia is absolutely curable through Sahaja Yoga, absolutely! You don't have to do anything. Ignorance is such that unless and until you are connected with the Divine whatever we do is like telephoning without our connections. The connection has to be established. So you have done nothing wrong but as you have been dedicated to Mother you have every right to get cured completely. Sahaja Yoga has cured. We don't give any medicine – it's only your Kundalini when it rises automatically you get cured. All right?

FEMALE SEEKER: Oh Mother, can You explain the awakening of the Kundalini and the experience

SHRI MATAJI: Will you get up who is speaking?

FEMALE SEEKER: Oh, Mother Mataji. Can You explain to the people here the process when your Kundalini is awakened and the experiences that one gets like I experienced and it's very frightening?

for people who [INDIST.SOUNDS LIKE: recently meditated and who is around You] – and you can't explain it properly.

SHRI MATAJI: That I am going to do now only.

FEMALE SEEKER: Like that, I had some experience, like hissing a snake, like a little bit of [levitation?], like I can hop like a frog, I can do so many things, you know? It's frightening. (Laughter)

SHRI MATAJI: All that's all wrong, you can see, we don't have to become frogs or earthworms.

(Laughter)

FEMALE SEEKER: [INDIST.]

SHRI MATAJI: My child, use your brains. (Laughter) I mean, imagine somebody says, "You have to hop like a frog", breaking your bottoms (Laughter) – absurd! All these absurd propositions have no meaning. Anything you talk about Divine it has to be based on scriptures. We have scriptures and scriptures who have written, seek yourself.

FEMALE SEEKER: Oh Mother, It's [INDIST.] Kriya Yoga by Swami Vivekananda [??].

Shri Mataji: Ah, ...

YOGIS: (laugh) [INDIST!]

SHRI MATAJI: ...you see now I don't want to bring controversies but Sahaja Yoga is A-Kriya Yoga, A-Kriya.

FEMALE SEEKER: The book explains all [INDIST.].

SHRI MATAJI: All right, why I tell you, how will I explain, why. Please be seated one minute, I'll explain to this lady. A-Kriya-Yoga is

like this: suppose you have to start a car if the car has started and ignited then automatically all the parts of the car started working. In the same way, when Kundalini starts moving, all these things like Bhandas and [INDIST.] take place automatically – you wouldn't even know about it! But Kriya Yoga is that you take out the wheel and start moving it from outside artificially. They cut even the tongue of the people. Last time when I came in 1973 ...71, I found people had their tongues wagging like dogs. They had cut it, and what was said that you have to take it back and this is a [Kaicheri ?]. Nonsense! Absolute nonsense! You don't have to do anything outside, artificially. It just works,

because everything is built within. I was shocked to see such prominent doctors from India, such prominent engineers from India had cut their tongues, finished with all their money and were there just living like cabbages. You become dynamic. How can you be recluses? If it's that energy, which is the energy, which gives you comfort, which cures you, which nourishes you. That's the energy which gives you all the counselling, the energy that gives you physical vitality, that energy which redeems you – do you think you'll become stupid people? Use your brains.

Now there's one gentleman who was standing for quite some time, so I'll give him some time.

SEEKER: I have two questions. Number one: we hear so much about meditation, TM, the power of Realization, and so on.

SHRI MATAJI: All right.

SEEKER: Could you please explain to us what's the difference between what you are teaching and what you are saying and what others have been teaching?

SHRI MATAJI: Yes!

SEEKER: The second question is the gentleman on the left has said that when he was initiated it took him 2 months to realize ...

SHRI MATAJI: I can't hear you.

SEEKER: ... why such a big gap and what one has to do to achieve that state.

YOGI: His first question is what is the difference between what You are telling them about Realization

and what others have talked, like TM and so on – about.

SHRI MATAJI: TM doesn't say about self-Realization – I am sorry, TM never talked of self-Realization. They cannot.

What's the second question?

YOGI: The second question was he was asking why with some people it takes longer to feel the vibrations because I mentioned that it took me two months to feel vibrations and it takes some people quickly, much quicker.

SHRI MATAJI: Ah! So, this was from him. Some people do take more time because this gentleman who is here – you see – was analyzing. You know he is a scientist and, I know, he is an aeronautical engineer. So, he had read all the books that are possible, had been to all guru-shopping that was possible. So, he's so conditioned. So, naturally, if you are that conditioned you to have a too little bit work it out. But also, you don't feel, after Realization also, if this centre is not all right. This is the centre of Vishuddhi and it looks after your cervical plexus and your nerve cervical now, if it's been numbed by something then you don't feel the vibrations. But others can say if the Cool Breeze is coming out of your head. But normally if you have led a very balanced life and have not been to all kinds of false people and that you are not very much full of your ego then it works very fast. Some people don't feel but don't you worry, most of you are going to feel it.

So many questions in Toronto! (Shri Mataji laughing)

FEMALE SEEKER: Mother, do you believe in reincarnation and if so, can you please talk about it - reincarnation.

YOGI: She is asking if You believe in reincarnation and if You can talk about it?

SHRI MATAJI: I mean, of course, I believe in it. But what is there to talk about it? (Laughter)

You will know such a lot, you have patience. Sahaja Yoga is an ocean of knowledge. Ocean of knowledge. He is an aeronautical engineer, went to all kinds of gurus and all that. Today he is an expert on Sahaja Yoga and there are many you have here also who been experts. So, knowledge is so much. Gradually you will know each and everything very easily, you don't have to exert about everything. Even if I say, "I believe in something", why should you accept it? Why should you accept whatever I say? You have to see for yourself and know for yourself.

FEMALE SEEKER: Because I do believe! Ahm ...

SHRI MATAJI: You are also believing blindly. And if I tell you also, it will be blind. So better is to see for yourself.

FEMALE SEEKER: Right, I have seen, but I would like to know, ahm ...

SHRI MATAJI: It is there.

FEMALE SEEKER: Because I believe You still know more than I do.

SHRI MATAJI: Yes, yes, you will know everything, madam. Everything! But your attention will be now more not on these things but about self. Attention shifts.

SEEKER: Ah - You posed a question to me about; did Jesus Christ have a teacher? And His teacher was God. So, I was wondering if that God is Your spiritual teacher. When You do meditate, do You meditate upon a light, or is it, do You meditate upon Krishna as [it back?] literature, is it Krishna or is it...?

SHRI MATAJI: Just now you don't have to meditate on anything, you just get your Realization. Then gradually you will know how to meditate. See, they will tell you – because we'll have a course, you see, of about, I think, four, five lessons they want to give you one by one to tell you how to meditate. Actually, you don't meditate, you are in meditation. But how to establish that meditation will be seen individually also. Supposing you have a certain centre which is caught up, say, then they will tell you, this is the centre that is caught up and this is what is to be cleared out, and what is the Deity on that centre and that's how you have to do. It's very, very simple, but very scientific and precise, so you don't have to hear, you yourself will know.

ANOTHER SEEKER: Mother, it's a privilege talking to You: is it necessary for me, myself, to come back again and again and get born?

SHRI MATAJI: What he said?

SEEKER: Is it necessary to come back on this planet, this Mother Earth, to take re-birth? To come back incarnation again and again, is it necessary? If you have this deep self-knowledge, can you get moksha?

SHRI MATAJI: After Realization.

YOGI: You mean after getting your Realization?

SEEKER: Yes, but can't you get more ...?

SHRI MATAJI: No, not necessary at all – but you do take [birth?], because you want to help others, you see?

SEEKER: I understand that part ...

SHRI MATAJI: Ah! But you are free, you need not, you become absolutely free, if you want, you will, otherwise you will not. It depends on your own choice, it's your own desire, but you want to do it because you want to help people.

SEEKER: I would love to help people...

SHRI MATAJI: That's good!

SEEKER: ... even today! But I'm not sure, whether I want to come back? Because during that period of in-transit [transition?] I think I will forget what I may have achieved? There may be some of us left over like from previous lives [INDIST.]. I have been seeking for years ...

SHRI MATAJI: Now, forget the past. And forget the future. In the present just remember, you have to receive your Realization. Just be in the present! All right? May God bless you!

Now, so many (Shri Mataji laughing) – everybody is asking questions? Yes!

FEMALE SEEKER: I have to come back. I believe in energy, pure energy and when I love to see it, but to observe her I can see energies in different colours so it's this what I ... You said to me when I see it then I am not there. But you know what I mean. So, what– ah?

Shri Mataji: She is saying she sees the energy?

YOGI: Yes. She sees colours.

SHRI MATAJI: Now, you won't see that anymore.

FEMALE SEEKER: But I won't, I am not seeing, I am feeling it and I may, ah, I think You know what I mean, it's something you don't think that she has ...

SHRI MATAJI: No, no – that's true, but what I am saying, by seeing if you don't achieve anything, you don't get any knowledge. You see, it's a - you will know why you see. You will know why you see also and you will be corrected, all right? Just have patience with yourself. Just have patience. Because seeing these things do not give you joy, do not give you any power but once you are realized you can raise the Kundalini of others. It's like one light which is enlightened can enlighten another. But if you are sticking on to something like this, "I see the energy, I want to see this, I want to do that", – that's not going to help. What am I doing about it? Is it going to help humanity? Is it going to help me? What's the use of seeing all these things, doing all these things – just ask this question. As simple as that. I have to give some meaning to my life, isn't it? What is the meaning of my life if I just see things and I say, supposing I'll go and tell Indians that I have seen Niagara Falls, so what? It's in my eyes. (Laughter)

SEEKER: Shri Mataji, uhm, I have been trying to work with You for about one year now, and I have skills that are causing me like this all the time. One is my first great experience is with Christ and I had many great moments working with You but occasionally I take Your picture and put it in my drawer for three months and I go back saying things to me about worshipping only Christ and I only [INDIST.], I don't think I have this skill - but what do You say about..?

SHRI MATAJI: What's he saying? He is a Sahaja Yogi?

YOGI: I don't know what he is. He says he has used Your picture and he has made great experiences but he says he also had good experiences when he has meditated on Christ, so he sometimes puts Your picture away and feels ...

SHRI MATAJI: No, no, jno!

YOGI: ... there's a conflict.

SHRI MATAJI: There is no difference between Me and Christ. What's the difference? Not at all! Who told you that there is a difference?

SEEKER: [INDIST... as Christ said.?)

SHRI MATAJI: Not at all, He existed at that time, I exist now – that's the difference. And he has talked about Me also. So, it's all right, makes no difference. Who told you there is a difference?

SEEKER: He did! (Shri Mataji laughing & laughter) That's the problem.

SHRI MATAJI: You have to integrate, you have to understand the integration of all the incarnations, of all the prophets, you have to understand that. They are all in one.

Once Guru Nanak was sleeping, and they said, "Your feet are towards the Mecca." He said, "All right, I'll move My feet." He moved his feet on the other side and they said again, "It's towards Mecca." Who was Guru Nanak? And who was Mohammed Sahib? And who is Me? That all is to be understood. You see, when Rama came, they said, "We believed in Parashurama because Parashurama was dead." It's nice, somebody who is dead you put him in the pocket. Parashurama was the same as Rama. Then came Shri Krishna – they said, "We believe in Shri Krishna – ah, we don't believe in Shri Krishna, we believe in Rama." Whatever is dead being better to believe in that, but today I am before you. There's no difference between Me and Him or Nanaka, anyone, they are all Mine. We are all related to each other, there is no difference at all. Even this much. The only difference could be that today the time is a blossoming time, we have so many seekers and I can give en-masse Realization. They also said the same things, Seek yourself!" But Christ lived only for four years – what do you expect anybody to do in four years? I was in London for four years struggling with seven hippies. I couldn't give them Realization, I thought that this West is all wasted, I may not be able to work it out at all. (Laughter) Four years - can you imagine, I was struggling with seven hippies. (Laughter) I must say, Christ at least was better than Me, quite efficient. (Laughter) I mean, nobody listened to Him. At least you are listening to Me.

(Laughter) Isn't it a better thing? And also, your questioning is all right, but you are not angry with Me by any chance. And you are not going to crucify Me - this is the difference. (Laughter) We are evolved! (Applause)

We are evolved now. Much more evolved, I must say.

Yes, please!

SEEKER: Shri Mataji, [INDIST....chappels...]

SHRI MATAJI: Kya...? What's this?

YOGI: He wants to know about the experience.

SHRI MATAJI: Yes! I think you are all great people who have come here. Nobody asked Christ, they never asked Him, "Give us the experience of self-knowledge."

SEEKER: ... the answer?

SHRI MATAJI: Please be seated, just now we'll work it out, now. Now this gentleman, now you ask some questions, again you have some questions, Sir?

ANOTHER SEEKER: Yes, [INDIST ... last year.

SHRI MATAJI: I can't hear him at all.

SEEKER: [INDIST.] I am sitting on the chair and [INDIST.] there is some stop here on my back [INDIST.] I see myself [INDIST.] like everyone [INDIST.] ...

SHRI MATAJI: What's he saying?

SEEKER: ... and the bigger one, [INDIST.]

SHRI MATAJI: Yeah!

SEEKER: ... and I am asking myself how it happened [INDIST.] ...

YOGI: What's your question?

SEEKER: so what I want to know is that since I have reached all that state of feeling something is coming out of my head, is that the way what you call the stage of being conscious, we can call it as the experience of the Mother of the universe [INDIST.] ...

YOGI: He has had some sort of experience of this face expanding sideways and some tickling on his back – he's asking if that's the experience.

SHRI MATAJI: No, no, no, no – not that kind, that's absurd. The experience is that you become thoughtlessly aware first of all and you start feeling the Cool Breeze on your fingertips, you start feeling the Cool Breeze coming out of your head, it's the real baptism as we call it. All these experiences are not there and they are not all right – they have to be corrected.

ANOTHER SEEKER: Shri Mataji, [INDIST.] as a conscious mind and unconscious mind and we are reading from [INDIST. ?] Whereas Sahaja Yoga as such is spreading in the whole process of conscious or subconscious mind? The first one ... the second one is that there is no answer to my question, you are the Christ? [??] And my third one: Why do you ...

YOGI: Could you speak up, please? Can you speak up, please?

SEEKER: ...[INDIST.] since You are realizing Your soul you begin to rise above the mind, on so many ways and since we have not realized, I am not Christ myself, I am not Christ, I

SHRI MATAJI: Did you follow? It's beyond Me. What did he say?

YOGI: The first question was, where does Sahaja Yoga fit in like the conscious mind and the unconscious and Parabrahma and his second question was that after You got your Self Realization You were Christ and Guru Nanak and so on. But he hasn't got it - so he isn't. I don't follow that man in all specific ...

SHRI MATAJI: He didn't follow your question.

YOGI: The second question!

SHRI MATAJI: But the – please be seated. Please be seated. All right? Now you asked a question which is intelligent and a good question should be asked about the consciousness of it. If you want to know I'll tell you to know about it, but it is a big lecture on it and the other day in New York I talked to Jungians about the conscious, the subconscious, the collective subconscious, but you will know all about it, everything! So, I think instead of wasting too much time on it, even by knowing that, unless and until you get your Realization it is of no use. All right? So, the first thing is, you get your Realization and then you will know all about it. I must have given at least ten lectures on the construction of the unconscious and the conscious and the subconscious and the collective subconscious and the collective supra-conscious and everything. All right? That's a very good thing you have asked Me but just now in an introductory lecture, I would not like to talk much about it. But there are lectures and lectures and lectures and they will be all available to you. But I have to tell you one simple thing that it is not the mental knowledge, it is the love of God. I am here to introduce you to His love. He is God Almighty, He is our Father, and He loves us very much and He wants us to enter into His kingdom as soon as possible. Then He looks after you every moment of your life. And you are amazed at the miracles, how He is bothered about you – this is what you must have first. I would say if you are hungry, you'll say, "All right Mother, if You have done the cooking let me have the food." But if you are not, then you would like to know this way, that way – what's the use? Better have the taste of it and then you will know each and everything. You will know the people who have been realized souls before, what they talked, explanation of everything. Without that you don't have the subtle eyes, the Sushumna to see the subtleties of what they said. So, the best thing is to get that light into your eyes, all right? So, let us now stop the questioning – it's nine o'clock and it's better to have it because you didn't know how the time was passing and the Realization has to be done and I would like to meet all of you. If you give Me time, I would like to meet you, but in case if we spend our time in only questioning, how can I meet you?

REALISATION:

A few things have to be done, very simple. Those who don't want to do it can go. You cannot force them. It has to be done in your own freedom and glory. And if you don't want to have it's your own choice. Nothing can be forced, this is a divine blessing which has to be asked for. As Christ has said, we have to knock – in the same way. So, it works on the principle that we are all computers and you have to ask a question to a computer like Me and then you get the answers as the Kundalini awakening – to explain it more sort of in a scientific thing. But it is a very simple method that we have to take and you have to help your centres also. As it is it works spontaneously, no doubt, but if we can little bit help our centres it expedites and later on, if you go home, you can also work it out yourself. It's a very simple thing is – I don't know how far he has told you about the channels, but the left side represents your emotional side and your desire to get Realization. And the right side is the action that you have to take. So, first of all, we have to take the help of the Mother Earth, and also the shoes sometimes block the awakening, so it's better to take out the shoes for a while, just for a short time. It will hardly take ten minutes, hardly ten minutes.

Put both the feet on the ground parallel to each other, just parallel to each other and you have to be comfortable. You have to be comfortable, if there is something you find rather tight on your body you can little bit release the tightness and be comfortable. If somebody wants to go out for a while can go and come back. This - I'll wait for them in the case because it is something that has to work out, it has to work out and I am sure it will.

Now one has to know that Realization is not complete unless and until your connection is established. So maybe today it will break through in My presence – but you have to establish and you have to know all about it because the light which is enlightened has to give light to others, must give light to others, it's very simple.

Now I'm coming to Toronto, I was told after six years. Of course, next year I'm going to come definitely, no doubt, but still, it is you who are going to give Realization to others, it is you who are going to transform the people here – it's your responsibility.

There's no commitment of money, there's no commitment of anything whatsoever – except that the commitment that we have got the light and we have to give and once you start giving others, you'll be surprised that your spiritual growth will be very fast. But if you do not give to others you will be [stranded?] and you will not know why it is happening.

The second thing is very simple about modern Sahaja Yoga we should say that first, you get your Realization, first, you get a little light within yourself and in that light, you see what's wrong with you and you yourself drop it. Say people have given up drugs – I have not told them, they have given up so many things I've never told them, it just works because your own Kundalini works it out and grants these blessings to you. But you must show full respect to your Self Realization and you must show that gratitude of Divine that you are going to spread it.

We talk about so many things, disastrous things but how much we can contribute by Realization you do not know. As soon as you will start using your vibrations for giving Realizations to other people and meeting collectively, understanding it - you'll be amazed, the whole atmosphere will start changing. I didn't tell you how much these vibrations help for health but also for all the agriculture, animals, everything. It's such a wonderful thing that three doctors in Delhi have got their MD who has done research on three subjects – one is the physical fitness, second is epilepsy and third psychosomatic diseases. In Delhi-University they have done it. Now there are seven doctors in London who are doing – not, it's not research but recording how many people are cured by Sahaja Yoga. We have definitely cured the disease you are talking about, definitely! And many people have been cured. There is an architect who was described as dead – that, I mean doctors had certified that you are going to die within one month's time, and he was saved by an English Sahaja Yogini. She saved him just by telling him how to meditate.

So, one has to first get Realization and then believe in yourself and then you'll believe in Sahaja Yoga. There's no blind faith needed, you have to first experience. Once you have the experience then yourself being honest, you will do it. So actually, I'm fulfilling all the prophecies of all the saints, all the desires of all the prophets and all that was asked for – that's a very difficult task. It needs a lot of patience, understanding and love. You see it's easy to get crucified, I tell you, even easier to take some poison and to take some Samadhi, but to work it out, day in and day out – it's a difficult task and you really need a Mother. If it was a Krishna, He would have used his Sudarshana chakra and Rama would have taken his [Vanvayasa ?]. But I have to live with you, I have to deal with you and I have to work it out and My love has such a force that it doesn't get tired, it doesn't get tired at all. I wish you all love yourself the same way and understand your own glory. At the very outset, we have to understand not to feel guilty at all about anything whatsoever because you forget your past. Not to feel guilty. You are not to say that you have done this wrong, that wrong, not to count any mistakes. After all, you are human beings and only human beings can make mistakes. You are not God! So, there is nothing to condemn yourself for anything, because now if you have to enter into the kingdom of God why should you condemn yourself? You should be in a very pleasant mood towards yourself, very pleasantly placed and know that you are a human being and a little journey has to be done. It's very simple, I really tell you it's very simple, so do not go into any depression. Or some people also feel all the time, "Will I get it or not?" You will all get it, I tell you, I verily say you'll all get it, but don't be diffident about it. With this let us start now.

I'll tell you, you put your left hand towards Me like this, to begin with, later on, we'll go into a real awakening but just now I'll tell you how to do it. Left hand towards Me, symbolically you are expressing your desire that you want to have your Self Realization. Then your right hand you put it on your heart, which is a centre where resides the Spirit. In human beings, it resides in the heart, so first, we put it in the heart. Then we put our hand on the upper part of our abdomen on the left-hand side. We work out everything on the left-hand side. Now here is the centre of your mastery, which is created by all the prophets and all the masters for us. So here you place it in the upper part of your abdomen on the left-hand side. Then you place it in the lower part of your abdomen, in the lower part of your abdomen on the left-hand side. This is a very important centre because this is the centre which manifests true knowledge on your nervous system. So, this is also a very important centre. Then you raise your Kundalini by putting your hand on, again on the centre of the master that is the upper part of your abdomen on the left-hand side. Press it hard. Now. Then you press again your hand on your heart. Now, you take your hand and put it in the corner of your neck and your shoulder and turn your head to your right. This is the centre you catch when you feel guilty. You feel diffident and you try to debase yourself, this is the centre you catch. So, you put your hand to your right, your hand on the left side but your head to your right. Now, stretch your hand and put the centre of your palm on - I'm sorry, then you have to put your hand on the forehead, across. Now, this is the centre – and bend your head - where you have to ask for forgiveness for others, means you have to say, "I

forgive everyone." Now some will say that it's very difficult to forgive, but whether you forgive or you don't forgive, it's a myth. So, if you don't forgive then you play into wrong hands. So better is to forgive. I find it's very difficult for people to forgive others, even to say that and then, when they come to Me, I find they have not forgiven and they have not felt the vibrations. So, from your heart, you have to forgive when I tell you. Now put your hand on the backside of your head and push back your head on it. Here you have to ask for forgiveness from Divine, without counting your mistakes, without feeling guilty, just for your satisfaction. Now you have to stretch your hand and put the centre of your palm on top of your head, bending your head, just here where there's a fontanel bone area which was a soft bone in your childhood. So put your right hand on top of that and press it hard, pushing back your fingers and move your scalp clockwise slowly. Seven times you have to move, but that I'll tell you later on after you close your eyes, just now you move it seven times. Now you may have to close your eyes. Please don't open your eyes because there's no mesmerism in it. Moreover, your attention has to be drawn inside, so it's better to close your eyes, it will help you a lot if you keep your eyes closed till I tell you to open.

Now please place your left hand towards Me, and now close your eyes, keep your feet apart, and put your right hand on your heart and close your eyes. You can take out your spectacles also because it helps your eyesight. Now when you have put your hand on your heart you have to ask Me a very important question, you may call Me Shri Mataji, if you can, or you can call Me Mother – whichever suits you, "Mother, am I the Spirit?" Ask this question three times. In your heart ask the question, "Mother, am I the Spirit?" If you are the Spirit then you are your guide, you are your master and all the prophets have built in a centre in your being on the left-hand side of your abdomen in the upper part. You place your hand and press it hard and here you ask Me another question three times, "Mother, am I, my own master? Mother, am I my guide?" Ask this question three times. Now please put your right hand in the lower part of your abdomen, on the left-hand side. As I told you this is the centre of pure knowledge which manifests on your central nervous system, but I cannot force on you. You are free to choose from. I respect your freedom, so unless and until you ask Me, I cannot bestow anything like that or force you to accept anything. So, you have to say, "Mother, please give me pure knowledge." Please say it six times, because this centre has got six petals. When you ask for pure knowledge the Kundalini starts moving upward. So, we have to open the upper centres with our self-confidence. Raise your right hand in the upper part of the abdomen on the left-hand side and say with full confidence in yourself ten times, "Mother, I am my own master." Please say it ten times. Now the greatest truth about you is that you are not this body, you are not this mind, you are not this intellect, you are not your conditioning, you are not your emotions, you are not your ego but you are the Spirit. So please raise your hand on your heart again and say with full confidence twelve times, "Mother, I am the Spirit." Please say it twelve times without doubting yourself. Please say it with full confidence twelve times, "Mother, I am the spirit", which you are. Now we have to know that the Divine is the ocean of love and knowledge, it is the ocean of compassion and bliss, but above all, it is the ocean of forgiveness, and whatever mistakes we have committed can be easily dissolved by that ocean. So, we have to forgive ourselves and we have to put our hand in the corner of our shoulder and our neck and turn our head to our right and here with full confidence, we have to say sixteen times, full confidence, "Mother, I am not guilty at all." Please say it with full confidence: You are not! Let the Kundalini judge you, you don't judge yourself and condemn yourself. Now put your hand as far as you can, take it towards your spinal cord and turn your head to your right. As I have told you that we have to forgive everyone. You don't have to remember whom you have to forgive, what they have done to you, what is their mistake and why they have tortured you – nothing is to be remembered. At this present moment, we have to know that we have to forgive them and this is the greatest weapon we have got, that we can forgive everyone by which we neutralize them completely. They cannot be effective on us. And let the Divine look after them. So now here you put your hand on your forehead across and bend your head and press it hard on both the sides. Here you have to say from your heart, not how many times, "Mother I forgive everyone" Believe me – only saying this from your heart you'll feel very much relieved, very much relieved. Please say that "Mother, I forgive everyone."

Now take back your hand, put it on the back side of your head, what you call as the [optic lobe] area and push your head on top of it and let it rest on it and here you have to say without thinking about your guilt, your mistakes, on anything, just for your satisfaction you have to say, "Oh Divine, if we have done any mistakes, if I have done any mistakes, please forgive Me." Is for your satisfaction, but please do not try to find false with yourself. Now stretch your hand, and the centre of your hand please put it on to the soft bone that was in your childhood called as fontanel bone area and press it hard, bending your head, push back your fingers. And now you have to move it seven times, very slowly clockwise. But before that, I'm sorry that I cannot cross your freedom. In your freedom, you have to ask for your Self Realization. It cannot be forced, it's too precious to be forced on anyone,

so you have to say: "Mother, please give me my Self Realization." And move it seven times slowly clockwise, pressing it very hard, pushing back your fingers, slowly, very slowly – please do it.

Now take down your hands, open your eyes, slowly put both the hands towards me, now put the right hand like this a little forward, bend your head and see from your fontanel bone area if you get a cool breeze coming out, but don't touch it, keep it away and see for yourself. Some people get it very far away so be careful and watch and see for yourself if you get the cool breeze coming out of your head. Now, don't doubt it, some people might get heat coming out, it's alright, the heat has to come out first and then the cool breeze is coming, now put the left hand towards me please and bend your head and see for yourself if the cool breeze is coming out of your head. As it is, you are becoming thoughtless and the peace is being established within you but you see for yourself the cool breeze is coming out of your head.

Now last of all, again put your right hand towards me and again bend your head and see for yourself carefully if there is a cool breeze coming out of your head.

Now, raise both the hands towards the sky and bend back and ask a question, one of these questions you ask: Mother is this the cool breeze of the Holy Ghost, Mother is this the (Ruah?) The all-pervading power of the love of God, Mother is this the Brahma Chaitanya? ask any of these questions 3 times.

Now, put down your hands please, now watch me, you can watch me without thinking, now see in your hands if you're feeling the cool breeze.

Maybe one or 2 fingers maybe little bit burning, doesn't matter, suggesting your centres, now those who have felt the cool breeze out of their head, or on their fingertips, please raise both your hands.

Such a lot of people have already felt it, May God Bless you all.

I'm sorry I've come only for one day here and tomorrow I'll be leaving but in case I would like to meet you, if possible and see for myself, and I hope those who have not got it will also get it, it's already flowing, see now, you can feel it, it's flowing very much, just see. Sometimes if this centre is not alright, but if you have not forgiven also, if you have not forgiven, some people might be feeling such a lot of breeze, I can feel it.

If you have not forgiven also, sometimes, you don't feel it, please forgive and then come and see me if you want to, you can come now, I would like to meet you all.

SEEKER: Mother, (Inaudible)

SHRI MATAJI: Yes, please you're welcome, One by one, please...

May God Bless you!

SEEKER: CAN YOU PLEASE PUT ATTENTION ON MY son that has been MISSING FOR 3 YEARS

SHIR MATAJI: Which one?

SEEKER: This boy, I've had you in my heart for 3 years,

SHRI MATAJI: really?

SEEKER: Yes

SRI MATAJI: What's his name?

SHRI MATAJI: Mathew, Mathew? Did he send you this photograph?

SEEKER: Yes, he's been missing in India for 3 years.

SRHI MATAJI: Where did he go? to India?

SEEKER: Yes and that's how I got my realization... in Katmandu.

SHRI MATAJI: Really?

SEEKER: Yes ..3 years ago and I have been carrying you around

SHRI MATAJI: Now great, now we have a nice centre here, he has been doing a good job I must say

SEEKER: Please put attention on him to bring him home

SRHI MATAJI: Yes alright, May God bless him.

Yogi: Hello (indist)

Inaudible...

1989-0616, Talk to Sahaja Yogis

View [online](#).

16 June 1989

Talk to Sahaja Yogis

Vancouver, Ambleside ashram in West Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

Mother coming out from the airport and getting into the car

Mother: "Paul or Bye"

Yogi: Sunshine

Yogi: Sandra?

Sandra: Oh, I am sorry

Yogi: Bolo Shri Adi Shakti Shri Nirmala Devi ki

Yogis: Jai

Yogi: Shri Mataji Nirmala Devi ki

Yogi: ki

yogis: Jai

Yogi: ki

Yogis: Jai

Yogi: ki

Yogis: Jai

Some yogis talking till 4:12 in the background

Mother: maybe after guru puja

Yogi: UNCLEAR

Mother: UNCLEAR. We have so many projects that's it. One have already started an hour ago. I think so UNCLEAR

Mysteriously, we're all amazed that is there. They told them they are humbled to send my Mother and sisters but I am not going to be able to come.

5:59 Just ____ it, is he Brazilian?

Yogi: right

Mother: Cincinnati was also another very good experience. lot of people came. And it was in an open park. They thought it might rain, that why perhaps many could not come but still they were about 200 people. And the sweet children came about 10-8 years old. We enjoyed your lecture, enjoyed your lecture. (making like how the kids said it)

So, one was like this (mother pass her hands through her right side of her head)

I said but what did I say? That we don't know but we enjoyed it

All laughing

Very sweet and then the fourth one came in, and just jumped on me and hug me and kiss me

See I enjoy what you've done. I'm feeling very happy I don't know why I'm feeling very happy.

So, I think the vibrations are already felt.

Yogi: Mother, would you take cream and sugar?

Mother: No, nothing. Just clear tea 7:23

The Indian things are nice sturdy, but they are very heavy

Yogi: you know what happened to the tea set Mother, we polished it, and we polished too much, and the solution was too strong and the Silver started to come off. And it's brass in it, isn't it?

Mother: who put brass to this?

Yogi: I don't know. We didn't mean to do that but it's very wrong.

Mother: well, you see they don't do it very well in India. I think so.

Yogi: do you think we should you have it redone in here?

Mother: it can be done anytime, honey 8:11 UNCLEAR

Yogi: pardon

Mother: they might do it here

Yogi: they will do it, they said it doesn't stay/ stage in too well, it doesn't stick very well

Mother: he said so

Yogi: if it's Indian brass

Mother: no, no in India they do it very well

Yogi: we have a tray re-done UNCLEAR 8:31 we have to UNCLEAR we didn't get this done but we will try.

Mother: you bring it to India, you can get it done, but I will get you some other

8:48 UNCLEAR how many years?

Yogi: this is the first time we used it. That's it. We have it 2 years ago

Mother: very solid pieces that's all it is, just for decorations. For use I think the American things are better. Bought some presents for you I think I chose it but 9:15 UNCLEAR, they might be downstairs

Opening presents

9:52 UNCLEAR This is the —for the centre

And you all can share some chocolates

All laughing

Yogi: thank you Mother

Mother: and we have some paintings. they gave you some paintings for your centre?

Yogi: yes

Mother: we have some more

Volume issues 10:17- 11:20

UNCLEAR

Mother: are they good?

Yogi: yes

Mother: no, I don't think they are copies done by some students 11:50 UNCLEAR

Maybe for a ride I got them.

These are nice but, one they gave you? These are one for prazy Nirmal, for UNCLEAR. Done by students, these are all done, I mean the copies are very good, isn't it?

Yogis: vibrations very good

Mother: Vibrations

these are impressionistic photographs, some of them but I mean impressionistic work

But Christine was saying they do it even maskcading here in America

These are not these are not but maskade might be a little bit different

UNCLEAR

It's very nice you see

All you can see that

They are so fine

UNCLEAR

You see in England, there are many students who are doing art. They have no way to pay their tuition, so they

UNCLEAR

Mother: Vibrations are there. That's the main point.

Yogi: yes

Mother: I selected all these and lost my watch. I don't know how, first time, I mean, it's an old watch of mine. maybe in the house I don't know.

Low volume till 16:56

So, when we reached there. They said Mother the moment your car arrived the last UNCLEAR 17:00 rug was put

Yogi: yes

Mother: you were there?

Yogi: no, I heard that they were just putting the carpets as you were coming up the stairs, they were putting them down

Mother: so, I said all right, so then my husband realized that why I was delaying all this

I was doing UNCLEAR

But the way people are they will always arrive before time nowadays I think, they are so speedy as soon as you take the name

UNCLEAR I mean, I have to go but the rest of the people are all jumping at me. I have to go, you don't have to go. Why are you jumping? Everybody gets so excited. Once it happened that see this boy had a bad habit of taking me into the airport one hour early. So, one day see I got very annoyed with him, and I said, what is this? why are you bullying me all the time to go there one hour earlier for what? UNCLEAR

So, he said oh we must go early, and my husband supported him. I said to them you go ahead of time one hour or two hours whenever you want to go

Driver: it's all right, I'll take the luggage

Mother: I said take the luggage and do the luggage

So, then I asked Dr. Spiro UNCLEAR

We had a second car; it was not so good in the sense that it was old. but driving very slowly Dr. Spiro said Mother

I don't know why I am enjoying this nature very much. I never enjoyed this nature.

I said good

So I went to the airport, started after one hour.

Do you use my tea isn't it?

Yogi: yes Mother

Mother: but I think you know, it's rather strong. Use very little because it's just for 9:12 UNCLEAR

This one is all right but the second one use less

Be careful.

So, we reached the airport, and they inquired us 19:32 UNCLEAR no body has shown up, so

Where is warden 19:39 UNCLEAR

All laughing

So, there was I think graha markham you see Mother they called me here and we making here for one hour

I said really, I never saw him

After 15 minutes we saw him pushing the trolley

Looked at me and said how are you here?

And I said I am here I came after one hour definitely

Dr. Spiro started laughing

he said but how is it that we missed you?

I said did you come back to see me here? It's only one road I must have jumped over you otherwise.

All laughing

He couldn't understand how they were so late

Talking Hindi

21:18 UNCLEAR is very simple very childish, a child like I asked her you must forgive, and she said from where do you do that? How do you do it? From which part of the world?

UNCLEAR 21:31

All laughing

Yogi: is this the first time she's traveled with you, Mother?

Mother: no, she has travelled before also

Yogi: in North America

Mother: she is, in this side she is not for the first time

UNCLEAR

She is been somewhere UNCLEAR she was telling me

Yogi: Switzerland

Mother: Ah to Switzerland

But they came separately with my daughter and stayed in a motel or something

UNCLEAR

They're saying that Sahaja yogis are very nice and very friendly, but the rest of the people are not very friendly type as they are in India. UNCLEAR 22:56

And the smallest job they will be doing I don't know they think they are all UNCLEAR even the smallest possession. To be humble is sort of UNCLEAR disqualification or what

Yogini: Can I close this window?

Mother: Oh yeah

To be humble is UNCLEAR 23:50

But worst are British air 24:12 UNCLEAR British airways are the worst of all of them. Talking in very funny way

Yogi: you mean the stewards

Mother: all of them. Too much of UNCLEAR 24:35

In India, food is not good. Everything is funny.

people like to go and buy in India because services are good UNCLEAR 24:53 people are gentle and nice. People are trained that way. Business means that. Here the train is not there, or I don't know what. Very rude. How is it that people have suddenly become so rude in the west?

Yogini: I think it's weird

Mother: everybody is UNCLEAR 25:33 on them actually

Yogi: they are aggressive, so they don't get hurt, to protect themselves

Mother: a question- who is going to hurt them?

Yogini: each other. That's what it seems.

Mother: so always hurt each other. That's a competition.

Yogini: a competition

Mother: like French.

Yogini: yes

UNCLEAR 26:35

Businessman has lots of ego, but they put up at least to show being humble because they have to do business

Humble, at least for business's sake

Ego is ego, very funny type of ego

There is nothing like bad manners.

Mother speaking Hindi

So, they have finished my dinner so you all can also have food.

So, what is the program tomorrow is Puja and then?

Yogini: UNCLEAR 27:35 Harrish would like to go to Victoria, well you know that. To Victoria in the afternoon.

We have no interviews planned. We had one that almost became a reality, but they canceled at the last minute. They said there is something like UNCLEAR Blue Mai is here

Mother: She is here?

Yogini: today and tomorrow I believe so they wanted to do a coverage to compare the two. you and this other lady.

Mother: both of us together?

Yogini: I don't know what they have in mind, but they said she would not cooperate so they would not do any, they would not come and interview you then

Mother: she would not cooperate with what? She is so frightened of me.

She is a businesswoman. Why they don't understand that.

Yogini: I tried to. I asked them why and I said if Shri Mataji have come by herself would you then interview her, and they said well we don't know we interviewed her last time that she was here. She is not really news this time. and I said well, she is very much, you should appreciate her position, who she is, in political who her husband is ...etc and they said yes yes we understand all that but for our public is not really news I don't understand why? I argue with him. I tried to get him in to change.

Mother: who, who was that? The new or the other

Yogini: BC television

Mother speaking Hindi

Yogi: This is from Vancouver sun

Mother: what is that also?

Another yogini: that is Tabasco

Mother: all right so let us hear

Yogi: Vancouver will soon find out whether 30:24 UNCLEAR

Is beginner, female gurus.... indian yoga which follow claims that guru alone is the true master as awaking inner Spiritual energy names kundalini will speak to Vancouver audience on that June 17 weekend, so there is a quote. Shri Mataji is the only one now living that teaches self realization properly West Vancouver devotee Laura Willis said ...30:49 of the 66 years old guru others will claim it but it's not the truth experience

Wills or Willis?

yogini: Wills

Yogi: Wills said the difference between her guru and the followers of 29 years old guru Mai...31:04 is that they charge a lot of money, and we don't charge anything we cannot wake up the kundalini by charging money .it has to be something that is free. But the US Advance team of guru Mai visiting Vancouver has no trouble with the \$300 price tag 31:19 for a guru 2-day workshop will begin on the 17 th...31:23 I spent most of my time promoting guru Mai said devotee Chilton Pearce author of "The crack in the cosmic egg" as a magical turn.

Mother: Mhh

Another Yogi: Author of "The crack in the cosmic egg"

Yogi: it's a book written Shri Mataji called "The crack in the cosmic egg"

Mother: who

Yogi: this guy who is promoting guru Mai?

He has written another book called the Magical Child and he spoke to about 400 people in Bronx square last Friday leading after the gurus Mai's arrival.... UNCLEAR 32:07

He said it's important to check your teachers out

Another yogi: check your teachers.

yogini: for followers

Yogi: although he considers guru Mai the Einstein's of yoga's

Mother: Laugh ah, Frankenstein

Laugh

Yogi: he said it's possible to gain a little from less spiritual teachers.

Mother: alright

Yogi: Full calibratus promoting guru maya 300 dollars workshop, promised said she will conduct shaktipat a transmission of divine conscious energy from self realized master

to disciples. The bridges also said guru Mai embodies divine love in its completeness and unceasingly bestow that boundless grace upon those that come to her

Sorella Troy who travels all around the world for promoting Guru Mai workshop said when I look at \$300

Mother: it's paid very heavily; it's paid very heavily this man. You see, this gentleman has many many money oriented fellows and they really pay for it and same thing happens to her father and there is a horrible article about him and his own person , the one who worked for him has given all the details about him and one day this fellow will also announce, see, I'm sure this man will also come out with the same kind of article about him.

Yogi: this is UNCLEAR

Mother: you have seen that one?

Yogi: yes Shri Mataji, I went with David Spiro to see this woman in London when she came

Mother: David Spiro

Yogi: yes, David and I went. We went with the lemons and chillies in our pockets, to see guru Mai and it was extraordinary. They had the whole theatre in illusion, and they had laser beams which read guru Mai we love you on the screen and there were people they were people dress in orient with shaved head like getting their new ordeal, ready for her arrival and what they did is that they actually chanted Om Namah Shivaya over and over and over again, and they have to few very famous singer. Someone stood up and sang amazing Grace and they were chanting Om Namah Shivaya and she walked in, and she walked in dressed in a red

dress or a red robe and she walked down while they carried on chanting. And then she, It was extraordinary. David and I had to leave but it was like a poppet, talking.

Mother: Ah

Yogi: She was like a little poppet talking about, she would say something from the Gita and then she started singing and it was a theatre. It was nothing being said, and there were no vibrations. it was like a dead room that was full of, it was a performance. It was just like a theatre, and we left. It was just nothing to stay for other than it was very spectacular, it was very slick presentation and it was a lot of electronic equipment

Mother: what do you need for a natural thing? You don't need all these things actually, there was a lady who came from her group who attended her programs in Rome and there she charges also \$300 and this poor girl you know she came and as soon as I saw her, I asked her where have you been, she said why she said I have not slept and I am in a very big mess now, so I said what happened? She said I went to this guru Mai, I collected 300 pounds some or other, went to the program and she is like I am sickening

Mother: I said you better go and tell the newspaper?

So, they don't care she said because they are paid well

Yogi: when she was asked about the money, this guru said \$300 is nothing compared to what I got out of it. The workshop changed my whole life. If somebody ask me how much money I would have be paid to have Shaktipat taken away I said, a rather be dead

Mother: Ah

Yogi: I rather be dead than having taken away the Shaktipat

Mother: Better be dead?

Yogi: Than having the Shaktipat taken away from her

Hindi speaking

UNCLEAR

Mother: I mean, they mesmerized them so much that's what her father did, but this fellow UNCLEAR 37:20 is exposing very much but still people can stick to such a people

What to do? Actually, one gets what one deserves.

it's the ego of money

Yogi: yes Mother. We thought maybe you arrange this so the bad people go to her, and the good ones would come to us

Mother: she has very well paid people very well paid and they're all go ahead of her to place and my brother was that time posted in Arun abate was 38:15 UNCLEAR a court judge they went to his house and what they do they go to any place to find out who are the most important people and they want to meet them and say they want to invite you, will do these to such a person and such and such so they went to talk to him also that there is a very guru is coming to this place she's a child prodigy, this that and she does this and so my brother said All right be seated and I will get do some tea or something . He went inside and they lifted

up their eyes and saw my photographs as soon as he came, she said, what is Shri Mataji doing in here?

He said she's my sister. Oh, your sister yes immediately they packed up. They know the truth you see but the thing that until they can make money. Why not me?

Yogi: There was also a scandal with her brother, guru Mai's brother because there was a big fight as to who move to Nando UNCLEAR 39:28 after the actually pass of a relative

Mother: they are these illegitimate children both

Yogi: Are they?

Mother: mm UNCLEAR the Secretive was one to be decide who came to Rajej and he told. He was a very dirty man UNCLEAR 39:48 very dirty man

And these are his childrens, doing Shaktipat. Very useless.

Yogis talking in the background

Yogi: Did he said he call, or should we let him know when he wakes up.

Yogini: he said actually was his wife or is his wife?

Yogi: sister

Yogini: sister, she said they were going out and will call

Yogi: I see, okay

Mother: but you see I only feel that whatever one deserves one get. Now, there has been so many tesis against this UNCLEAR 40:38 in the newspaper

still people go to him what can you do if they want to ruin themself what can I do? They are cases against him about how UNCLEAR 40:55 still the case is on, everything said about him, nothing goes into the head of the people still they want to go it's like they see people coming out like a poppet and falling out and again go in competition and fall out. It is like that, there is no wisdom.

So, I feel we should not get too much quantity. Just grab a quality not for a quantity because quantity will spoil the quality and if you have, please have your food, if you have someone, one person like Abraham Lincoln that can do a lot. but they tried to do so many things against us. So many things.

Relish is now that's what he told me UNCLEAR and it was a hoax and I play on to them I was an intelligent man to make money I make money, so what? still people are coming to him Germans and Japanese

Yogini: where is he now, Mother?

Mother: He is in Pune. In a very bad shape, he has some very funny thing from Mooladhara so the heat is coming and from his Mooladhara, so he has made a special chair of Maple which has holes and down below is air conditioner, and he cannot move about for more than 5-6 minutes. All the time glu glu

I don't know what such a type of disease is that can you tell

Yogi: it's interesting, because just yesterday I saw something like 20 or 30 of his followers with this little photograph and a pledge 44:03 UNCLEAR outside the hospital in London, and they were all coming out of these private very expensive private hospital in London. I just wonder whether he was in there.

Mother: you saw them coming out

Yogi: they were all coming out from the crown well 44:19 UNCLEAR hospital very near where I was, yes, and they were all walking towards cars

Mother: they were discharged I don't know

Yogi: I just, they look like they were visiting someone I was wondering whether he's been ill for quite some time

Mother: you should find out from the doctors

Yogi: they won't say, Shri Mataji they won't. It's unethical 44:45

Mother: UNCLEAR he wouldn't say but the doctor will tell

Yogis laughing

Yogi: I can find out

Yogi: maybe

Mother: I tell you what I know a servant he's very old servant man excellent cook he was about UNCLEAR 45:02 80 years of age when he came to London very healthy very good when he came here I don't know some funny English lady old lady fell in love with him somewhere, and he used to go to her and serve her then suddenly he felt very sick and UNCLEAR so he went to the doctor and the doctor sent him to the hospital somewhere quite far away so he had to go every Tuesday and Friday there, so far away and he was taking some injections medicine actually what's wrong with him i said I don't know I don't know so there was a colleague of mine. I mean in the sense that we were studying together. She was there, she is a doctor. I telephoned to her actually to see what this hospital is supposed to be and she said why and I told her UNCLEAR 46:13 this is for....I said, could you find out what's wrong with this particular She said I have a friend that I can telephone to and she told me some thing very horrible about it and then we discovered all these things that he got it from this lady, but this lady was so bad that she said to ask a question in the parliament about him they asked the question why she has to go from him she gave funny ideas to him it's all right doesn't matter, but this is how it works out like if you ask the doctor if you have any friends there, they might tell you

Yogi: I am sure I can find out

Yogi: They don't even reveal the register where the patient checked in to stay in the hospital

Mother: mm, what is it?

Yogi: I said you can't even find out who has checked in as a patient

Another yogi: They want to keep it secret if somebody famous goes into the hospital. Yes, they keep it secret, but I know quite a lot of nurses who work there, I can ask them innocently.

Yogi: Maybe he had to leave Pune because it gets so hot he has to survive in temperature between 15-17 degrees centigrade. Anything more than that he starts to die.

Mother: he lives in Pune?

Yogi: no, that's what I mean, he has to be maintained at a temperature below 17

Mother: but you said he lives in Pune?

yogi: well, He might have left because it became quite hot in Pune last month and maybe he came to England for treatment.

Another yogi: I have no idea there is always people Unclear 48:02

Mother: He might, yeah.

Another yogi: maybe there aren't any good medical facilities there

Yogi: I'll find out

Mother: normally no country allows me to come in

Imagine he was arrested he was in jail, all these too happened and still people go to him. They pay such a lot of money to him. He is very rich. Even this fellow Tanan had diamonds, 600 Carozza Mother speaking in another language

Yogi: Mother 6 thousand carroz actually

Mother: 6 thousand million

Yogi: no, more. In dollars it would be

Mother: millions

6 hundred carroz is 6 thousand million

Yogi: let me see 10 hundred ...

Mother: 60 thousand million

Yogi: 10 million is a crowd. 10 million is one crowd and he has 6 thousand crowds

Mother: 60 thousand, ah

Yogi: 6 thousand million

Mother: 6 thousand

Yogi: and in dollar it would be 600 million. 6 hundred million dollars

Mother: it's too much

Yogi: imagine the way she is going even in Rome she is charging the same thing \$ 300 dollars and that to 3 thousand people

UNCLEAR

Mother: in America, they just discovered about her

People came and Mother makes a welcoming sign to them and talks in another language

Mother: six million. I don't know what it is. I am so bad at it.

that's only in India. UNCLEAR 50:21 Easiest way to get money. done an enterprise, become a false guru. Finish. And people are so stupid. somebody said that they make you fly in the air, just think of it

I asked them these TM people but how do you take to it they said that If you have to grow, you have to go on these courses so like they said they c...carrot 51:14 UNCLEAR to a bull and from one to another, to another to another so the sidhi produce sidha course then UNCLEAR 51:20 they spiritually should be much higher UNCLEAR 51:25 all your problems will be solved

as it is there are so UNCLEAR 51:26 excessive suffering from epilepsy all kind of diseases so they said they will all be cured once you take this

Yogi: They are saying they don't call sidha anymore because in French

Mother: what?

In French Sidha means aids so they call it sidh, sidhi or because

Mother: 51:44 UNCLEAR

Yogi: AIDS written in French is sidha

Another yogi: they stopped calling that

Yogi: yes, they stopped calling it that, they drop the A 51:52.... UNCLEAR

Mother: really?

Laughing

Mother: That's exactly what it is

I mean, you would be surprised all the 8 Persians which came to us were doing TM?

So how is it related to that?

Also, they were not allowed to see the women they were forced to keep out of women. There were curtains put for husband and wife also. they could not meet each other.

Yogi: Shri Mataji, is there a reason why the divine has worked out that you are here in Vancouver at the same time of this 52:50

UNCLEAR. (level carpet) this money-making (Unclear 52:52 technicity) machine people

Mother: I don't know. I think is the other way around. That all of these come up and then the divine has to come

Laughing

Yogi: in Rome, she proceeded there for a week, this time, yeah, when the program was there after sahastrara day

Mother: Mmm

Yogi: some people came to your program damaged by this who has paid \$300 to her in Rome

Mother: even in Barcelona we had (talking Hindi) Madrid we have got addresses of these people. Also, we have some people in turkey. 53:50 UNCLEAR they did even spread Turkey. Anywhere you go they are there. It's just like plastic and penetrate into anything these false gurus can penetrate. They are known every where.

Yogi: in Barcelona, we had a seeker, and the program was cancelled, the sahastrara UNCLEAR 54:08 bandhan there on top and he got his realization there.

Mother: who

Yogi: The same people, he got canceled of the sahastrara from in Barcelona that old man Shri Mataji. He is following this person

Mother: the photographer? UNCLEAR 54:29

Yogi: on the first night he had this UNCLEAR 54:35 he said he has cancer of the brain and

Mother: Ahhh

He was following this fellow

Yogi: this yogi, autobiographer

Mother: self realization business

Yoga Ananda

Yogi: Yoga Ananda.

Yogis talk in the background

Mother: I know who he is

Yogini: would you like some more of the shells Mother?

Mother: Ah?

Yogini: Some more of the shells?

Mother: no no. I have eaten quite a lot of that

Yogini: Okay

Yogi: I've met some people in London, who who know these women this 44:45 Ananda they are actually very attractive people, one of them is a very... UNCLEAR 55:54 hairdresser married to a woman who is a singer called lulu who used to be a big star in the 1960s. And they know a friend of mine someone who I worked with as a doctor, that's how I got to know them and it's very interesting how they work because it works around like fashion. It's fashionable to be, and they actually got some quite attractive very intelligent professionals people throughout this meeting but they are doing it rather as sniffing cocaine you know is the next fashion. You know they actually going along because they presented it well, and they looked like something that was Ah, they wanted to be part of. but it was so superficial on a vibrational level, it was non-existent. In fact, it was quite painful.

Mother: but you see people are so much impressed by these artificialities. What to say. But the other day I met in Toronto very nice, enlightened lady. She's a 57:07 UNCLEAR radio-mixing? She's very good I must say. She was very open, and she asked me very positive questions and she asked me everything as

What is the solution of this and when I gave her the answers she was really amazed. She said that why we have ecological problem and I said because man is not in balance, has lost his balance. See. Going after transitory things beyond his own limitations. That's why. So how can you bring man into balance I said by the scriptures on the spiritual UNCLEAR 57:57

She said she is being having series of my lectures broadcasted. She came to the program also later on with her friends. She got her realization; they were sitting before me.

Yogi: she has reading a lot of articles and uk western problems and nature

Mother: She asked me why people are killing children, I said because they are against innocence now. Once you become materialistic, they don't like innocence at all. it's surprising they have respect for Mahatma Gandhi. And Mahatma Gandhi was such a simple, straightforward man. Absolutely. on one side, you have respect for that and on the other side you go for artificial things there. this lady must be using all discotheque style. 59:18 UNCLEAR

Yogi: it's it's very, mmm, it was like a discotheque. Exactly. It was like a discotheque with flashing lights, and then a little bit of Bhagava Gita, a little bit of

Mother: but doctor I can understand Indians are attracted to things like that because they haven't seen it but why foreigners who have seen it everyday? Why do they? UNCLEAR 59:49

Yogi: I think they were attracted Shri Mataji because it was presented with ahead (the hell of these) all these books that ...ananda (UNCLEAR name) had written UNCLEAR 01:00:00 and they have a massive restaurant that they called how do they called it? Not,, they called it What do we? What do we .. Ambridge, they have a restaurant that its called Ambridge and it has a little vegetarian dishes and things and they picked a very few famous people in there like a singer in there and then

Mother: why do they, they must have people to go to restaurants? You see, one thing that I don't understand why should they be attracted? First thing which they themselves do. I mean musicians themselves arrange all the discotheque and all that, they can do it themselves. What is so special?

Yogi: UNCLEAR 1:00:54 has opened in Germany sorba the Greek and here the discotheque and restaurant mother: ah

Yogi: UNCLEAR has opened discotheque and restaurants. Called it "Sorba the Greek"

Yogis laughing

Mother: I only feel one way that, see, by going to these horrible discotheques with a very loud nature the limbic area is affected. And they need louder and louder. And that is the reason they want to go to this Gurus also where the same thing

Yogi: they like cheap

Mother: Mmm

Yogi: They like cheap

Mother: the limbic area being numbed; they won't understand me very much.

Yogi: they are saying now this drug is back in fashion it's called it crank

Another yogi: crack?

Yogi: crank. Crank, It's a mix it's like street

Mother: it's a new one

Yogi it's like street. You can either smoke it or inject it. And it cost 10-50 dollars an ounce. So

Yogi: what is it?

Yogi: in the 60's it was used. Don't worry about it. Just praying into this, it's a new word.

Some people find crack expensive, and they can only inject it and with the crank you can smoke it. They make crank with marijuana, or they inject it.

That man you were speaking to in Washington, Shri Mataji said he locked doped himself

Mother: Ah poor fellow he was saying "we are trying to live our best UNCLEAR 1:02:52 ...and it's not easy"

All talking and laughing

Mother: I said he must have dopped himself

Yogi: I think he must have got up very early in the morning because it was 4 o'clock or 3 o'clock in the morning in Washington when they were doing the recording in London

Mother: still, doctor

Yogi: how was he such an expert in it. He must have dopped himself.

Mother: he must have experimented it

Doctor: I don't know if the do Shri Mataji, I think the officials in the government are very, very concerned... UNCLEAR 1:03:23 taking drugs. maybe they are right corrupted, isn't it? Yeah. I mean this was DEA presenter and ..

Mother: Vanikara do you know the secret? Why you think why should you go to Washington? It's not a shore or anything. You see, it is very much away from CEOs. How? You know what happen when they went to Nicaragua 1:04:00 UNCLEAR they took their plates and while coming back, They dropped all the people, they filled it up with all kind of drugs and brought the entire that 1:04:18 UNCLEAR to Washington. So, the corruption is at that level

Doctor: yes

Mother: So, what can you do? You see, this goes hand in hand with democracy and it prospers more in countries where they are not traditional. Like in India, we have all this I mean we have all this since long, you know, and it's worse for people who takes drugs like UNCLEAR 1:04:55 regardless of where,

It's worse than leprosy and they were kept outside the city, in UNCLEAR 1:05:05 world.

I remember in my childhood I used to take this. We didn't know until suddenly one day my father discovered. So, he sent him away to drug colony where UNCLEAR 1:05:19 and used to sent money everywhere. He said because others will learn from him UNCLEAR 1:05:28 that's what he used to say

What are we going to learn? I am not going to learn this things. It's not good, but he must've learnt somehow, very few. Because of the wisdom in the whole society. This is not normally goes against your awareness and all that. And I mean UNCLEAR 1:05:55 in India somebody asked me, what would you say on the table for cheers and we don't have it

All Laughing

But cheers, because we don't have it on the table. Anybody who drinks must do it privately somewhere

All Laughing

Oh, I've never seen anything until I came to London me and my husband. I never seen, even now I don't know what to call it. But today, they were laughing at me when I said I don't drink in the plane.

Yogi: in the first class, yes. That's the most difficult place for them to believe that the person can travel and not drink

Mother: but they were quite relieved, because at least there is one person who is there that they don't have to look after.

Yogi: for 2 hours after the flight took off, they won't serve the meals because people want to start drinking. UNCLEAR 1:06:57 person's name-Aradnus? was getting quite fed up. She said why do they drink so much? UNCLEAR 1:06:57 (don't they realize we are hungry also

Mother: Two stewards for the whole service. I slept off in between. it's too much. And they started some film. It was very UNCLEAR 1:07:22. I don't know the name, but they showed some sort of a being came from another planet and she had vibrations sort of thing

Yogi: ah, Kakum

Mother: oh, is it called kakum?

Yogi: they showed the same thing in the economy

Yogis laughing

Yogi: they have these eggs which life formed in it. These eggs are at the very bottom of the sea which has a light form in it, from out of space

Mother talking in another language

Yogi: yes Shri Mataji

Talking other language

Yogi: bright light

Mother: bright light

Mother: kakum?

Yogi: kakum. It's very famous. Part two actually. In the first part, they show how the head (UNCLEAR 1:08:10) come back.

Mother: no one is paying attention there. Alright. (Mother talking to the camera)

Yogis laughing

Mother laughing

Yogi: you seen it, have you?

Another yogi: I haven't.

Yogi: UNCLEAR 1:08:22 oh, it's all these old men that's suddenly energized, and they have lot of powers which they don't have as old men otherwise and how they go about the..

Child screaming

Mother talking in another language

Yogi: yeah

yogini bringing food to Mother

Mother: what is that?

Yogini: this is cornmeal and ... UNCLEAR 1:08:50 quite a lot of sugar and a little bit of lemon

Yogini: no?

Mother:(UNCLEAR 1:08 55)

Yogi: last seen and he has lost lot of weight since

Mother: he has lost, but (UNCLEAR 1:09:08). I lost some, not much.

Yogi: your face definitely

Mother: my face yes

Yogi: Are you still doing the combining mixing the protein?

Mother: not much, because you see I am travelling also but still, still. I know now that they have given me this mixture that should have been avoided. But that's not bad because of these Bronx . Still, they are putting these, no doubt.

Yogi: I find it difficult, unless I am at home in my routine it's very difficult. I mean on the airplane it's difficult too.

Mother: but I don't eat on the airplane as far as possible. Very little. But today's food was horrible.

Yogini: they gave me a steak about that thick and about that big. It was gray it's just looked awful.

Mother: They have frozen things, I think. Food should be better, but they always give bad food. Once I traveled by Canadian airline to India, really bad food. They have learned it I don't know which way. It is too much frozen food It's a very bad thing, you see, specially I have seen the seafood if it is frozen is very dangerous it gives you allergies and things like that.

Yogi: of course, Shri Mataji, I forgot. I keep thinking you've been here for a few days of course and you just came today

Yogi: yes

Mother: every day

Yogi: this afternoon

Mother: Thank God there is a program today

Yogi laughing

Mother UNCLEAR 1:11:10

Yogi: UNCLEAR it's very nice ...I saw the venue today. it's set 1:11:15 UNCLEAR in the middle of long music academy, where I use to "stipulate" UNCLEAR:11::17 there. Close by. Nice place. This UNCLEAR month program is on tomorrow?

Yogini: today and tomorrow

Yogi great UNCLEAR

Mother: otherwise, I should ask you what have you decided of Felicity?

what have you decided about Felicity?

Yogi: she will turn back here next month once I send her money so she can get train up to Rome UNCLEAR that would be very awesome

Mother: I don't think she is all right; I don't think so. she has been troublesome there also. I don't know, how do you find her?
Asking a yogini

Yogini: troublesome

Mother: she's very troublesome.

I don't know.

Yogini: she's very good after she has been with you after Pooja with Shri Mataji she's very good for a couple of months and then she doesn't stay,

she calms down and.

Mother: I saw her this time before coming. I think she was at the airport. I don't think she's all right. She should sit with their left hand towards the photograph with the light, but she's obstinate UNCLEAR 1:12:35

He is alright. He is alright. She was saying here something wrong with him.

Yogini: that's what you told me, yeah

Mother: no, no no no no, he's alright. She has something in a funny condition. It is only some sort of a bhadas in her. You see.

Yogini: she wants to be divorced.

Mother: it's stupid, that's what she is, she should divorce her bhoots. You tell her. She should put the left hand towards a photograph and a light.

She thinks she's too clever and intelligent. That's the trouble with her. So asked her to put her right hand (left hand). All such a people you know, something wrong with them, they are very troublesome and they're troublesome to everyone, like a lime has shine for everyone in the same way these people shine for everyone. Everyone will give me the same report. We have these, Alexandra, again what is her name?

Yogi: Sandra Castello UNCLEAR:13:54

Mother: ah, when I, she was in Millan, so Javier wanted to get rid of her. UNCLEAR 1:14:05

He said Mother marry her to somebody

I said to whom to marry her I don't want to kill somebody else

So, then they sent her to somewhere to Rome and Guido got fed up with her then they send her to Frankfurt. She's very well-educated woman and she's also very good at certain business-like selling books and things. So, she was in Frankfurt. Now poor UNCLEAR 1:14:37 Herbert?

Mother's laughing

It's another very mild person. he is fed up. He got rid of his wife. Now this lady is there... And where to send her?

Yogi: she is a funny lady. Isn't she?

Another yogi: She is

Mother: is bad, Doctor UNCLEAR 1:14:54

Yogi: the first time I met her was when you UNCLEAR 1:15:03 Ox cart run over her foot. Do you remember?

UNCLEAR 1:15:05 talking in another language

Mother: Ah, she is the same?

Yogi: yes it's the same

Mother: And I was telling her don't come near near this car. just get away get away, but she would not listen, you see. That's a trouble.

Yogi: she wanted to be close

Wheel went over foot I had I had 15 stitches

Mother: I know

Another yogi: every time Shri Mataji sits on the car, she was always telling her, the whole attention is on her. don't come near the car stay away. Mind your own foot!

Mother: Then I have to treat her for so many days to put it right. And such a people take time to cure absolutely. Normally it's very easy to cure people and she was mad really but now at least I thought she could improve actually it should be all treated like possessed people. educated

Everything, very well educated I think she is a PhD. It should be given an MAD

All laughing

Talk in another language

Mother: thank you

Talk in another language

UNCLEAR 16:35

Yogi: We won't be seeing you before then, because by the time you come to England we would have left

Mother: good

where is the paper he has to read or?

Yogi: I haven't seen it yet I'm going to Helsinki to present a paper I've never seen

Mother: it alright. Leave it to the divine. it all works out

Yogi: I'm very happy to.

Mother: you see you have to know that the divine works out everything, everything works out by the divine. Just leave it to the divine. And sometimes things don't work out according to our own desire or according to our own plans or maybe according to our own ideas then understand that there is something more than that, and that we have not seen that. Or maybe supposing I get lost on the way then I think I have to go that way, so I am there. I never get frustrated. I have to go that way, so I am there, what is the, what I'm going to gain otherwise I'm there after all that's all I have to be there. that's all. So, all this comes because we have certain ideas and that was not working out. What happens what happens, and we always fail in our own ideas so better is to leave it to God. By God's grace, I mean you people are well equipped now in Sahajyoga and everything will come. Now you were telling me about Karen. One day karen UNCLEAR came to Pune and he started talking about enzymes and I don't know but I talk to him only about enzymes, what are the enzymes what do they do do you what happens this that. He said he had to go for an exam, but he was not at all prepared. Do you remember what I have told to him. He didn't read anything same thing came and he answered, and he got the highest mark.

Yogis laughing

Yogi: top the glass he has an A+ mark

Mother: and they have given him scholarship, but if you ask me today about enzymes, I don't know what it is.

Yogis: yes

UNCLEAR Yogi: He said that you made them Shri Mataji

Mother: it is like a library doctor. At try UNCLEAR 1:19:26 times it comes out. Even when I listen to my own types. I think I'm reading from my library, like that.

Yogi: Last Fortnite he got attached to a profesor Xcl in strandford who is a leading man in this field in DNA. He is appointed current to do his research so he can use his lab and

Mother: All these have worked that way

Yogi: where is that?

Yogi: San Diego

Yogi: ok

Yogi: you have a pretty fixed schedule to return, I meant

Yogi: i'm lucky if I have some time left. I have to leave on Sunday.

Yogi: he was looking forward to seeing you on Sunday. If you could take the Sunday night flight and get to London on Monday

Yogi: well, I already got my ticket to New York. I think it will be difficult to. Unless of course Shri Mataji wants it too.

Talk in another language

Yogi: you are free on Monday, is it?

Mother: if you can manage. You manage the ticket, ok, no problem.

Because see they like your accent, they like English accent very much

Yogi: even in California Shri Mataji

Mother: California, they like, not in England. in England you must have cockney accent, like aa uu ee if you go on, they don't like educated people speaking I have seen that. And uneducated people have to speak like them otherwise they don't like it. it is a very funny situation. Oxford University they said that they get after the students, the villagers, very jealous of the students. So there, I have seen also very educated people speak with cockney accent.

UNCLEAR 1:21:44 Recording stopped and back initially low volume and UNCLEAR

Bless us

This country

They said these Americans are exploiting us

First of all, they said that they have killed most of the Columbian. And native UNCLEAR people and now they combine our wheat UNCLEAR 1:22:00...price. we are suffering a lot and we have a very big problem to produce wheat and even the production price we cannot come up... UNCLEAR..1:22:15 So just bless us with something that we can overpower them and they discovered the E76 so this time when I went to Colombia, I was shocked because it was a shanty town when I first got there, and now it's all scalator and big buildings. They all travel by first class. You cannot get a ticket from there to Miami in the first class. All travel were 1:22:50...

1:23:00 UNCLEAR camera moving and unclear voice

Also, this violence may there is a tapase 1:23:04 UNCLEAR. Because so many people get killed there. So there must be bhoots there, that's why people are so violent.

And (person's name) told you that UNCLEAR 1:23:27...Just for nothing at all so he said keep your glass all up. I said but if they hit the glass will be cracked also and he said yes true, but then you can duck down and save yourself

So, I said why to go by such a... UNCLEAR 1:23:52

He said it can be to anyone

It's so bad

Yogi: about 3 years ago, Shri Mataji the Colombian mafia offered to pay off the Colombian national debt of 19 billion dollars if the government would give them respect 1:24:22 UNCLEAR

They are so rich

Volume striking noise

The narcotraffic is much more sophisticated than the national ... UNCLEAR 1:24:40 they have latest radiar and latest radio, satellite

Mother: no, I mean I couldn't believe that I was in Bogotá. First time I went with CP when you were away UNCLEAR 1:24:52

when I reached there this time, I couldn't believe that I mean it's absolutely transformed. It was just part and things there was one palace of course they have, and one hotel was, that's it. and also, we went to see that place called El Dorado or something UNCLEAR 1:25:22 where they had all the gold discovered and that was all Indian designs so they couldn't understand.

Something I discovered, we went to a party of these mariners and that the emblem was Condor they call so I said why do you have for this name as emblem?

So, they said that our forefathers told us...old ones

They told us that a God called Vishnu came on a condor

we were shocked to hear

And then again CP ask them and yes yes his name was Vishnu and he came on a condor

so, I think the medicine they're taking must be taking them to supraconscious and there they must be seeing these things

The supraconscious area you can see all the Goddess and Goddesses

Otherwise, I can't explain it

And they have got in Peru they have got Shiva this thing, Shivas what do you call it mountain Kalis Mountain this that. Vishnu Mountain

How can they have it in Peru? This was the last word I said that Vishnu came there on the condor.

There were many other things to discover like I asked the lady. What do you call for sugar and she said Shakara and Shakara is the absolute Sanskrit meaning.

Shakara?, yeah Shakara, now it's like

but they say that this language Sant... UNCLEAR 1:27:36 was actually, is a sister language of Latin and santhu means "made yogi" and so then he came to India and was doing yogi so must have come or the people must have taken it or whatever it was, but that's what they said that. they are so fortunate how can they be so common?

The Best is English. I mean English language has so many Sanskrit words

I can't understand!

1:28:12 UNCLEAR for example even when you say you say AM and PM and I asked them and they don't know what it is

yogi: anti meridiem and post meridiem

Mother: Ah

yogi: anti-meridiem and post-meridiem. It's the..

Mother: meridian has nothing to do with the time. how can it be? Meridian. Actually, it is like, could be like we call the sun as markanda markandeya and the morning time we call it abhyuditas means when it rises the air and when it is going down, we call it patayas. It's like Sanskrit. Another one is bachelor pharsa you see we too when there were used to be brahmacharies in the schools and when they were passed one exam called brahmacharia, so bachelor of pharsa you see and then the second one we call it master we used to call it Brahmin in our English and master is....1:29:23 UNCLEAR

Another thing is the Xmas. The x and más. mas is a Sanskrit word meaning math so it is the 10 th month and according to Shalivan, it is our calendar . That is the 10th month of December. the chambara. Ambara is the sky. 10 th month sky but if you see also November is navai, nine. October but according to the news, where is it? It is not. octo is eight, isn't it? in English language, but it is not the 10th month. There are so many words which are, like Perth 1:30:28 UNCLEAR in Sanskrit

Maybe the pagan, maybe prangana

Mother, talking in another language

Prangana means

Yogi: Enlightened

Mother: enlightened 1:30:30 UNCLEAR

England maybe come from a word anguli maybe. Anguli is the finger, small finger so is the small finger of the whole of Europe.

Yogi: it is very interesting, isn't it? Angle land angeland Sanskrit because they have long hands 1:30:58 UNCLEAR Angels Angels

Mother: Angels wouldn't have long hand/ hair unclear

All laughing

Yogi: only Americans

Yogi: UNCLEAR 1:31:24

Mother: they don't have blonde hair.... UNCLEAR

They are so microscopic that you can't see them actually I don't think anybody have seen angels. human beings UNCLEAR 1:31:56. But when they get forms, like say Gabriel takes the form, or something, they can take any form. They are not in particularly any form as per se supposing the deity Hanuman form. UNCLEAR is different supposing they take Bhairava's form or something. Isn't it?

Depend on the form they take.

UNCLEAR (Garura?) 1:32:35 itself is also a form. All vahana are angels like,

Not all the peacock but an Angel can become a peacock. They can take any form so you can not say they have a particular type

of form. But mostly they will have, if they have to have, they will have probably a brownish blackish hair UNCLEAR at 1:33:00. If they have to have.

Because in animals, you don't find blonde hairs either

Have you seen any animal with blonde hair?

Unclear

Yogi: body animals

All laughing

Mother: Depends on what colour and whatever they are. I would see, mostly they take forms of animals. 1:33:37 UNCLEAR Mostly. Or like birds with feathers and wing, they can be horses also take the form of the horses, but only human being has blonde hair. Do you think so?

Yogi: some dogs

Mother: some dogs, dogs have and also some also horses but I think when they come in contact with human beings perhaps or the climate. some dogs have but absolutely blonde? I don't think so.

Yogi: lack of sunlight gives a big mutation

Mother: but to me

Child screaming

Yogi: if the hair is exposed to the sun a lot I think and is dark.

Yogi: UNCLEAR 1:34:48

Mother: what?

Closer to the sun In whatever realm they are in, the Hindus 1:34:57 UNCLEAR

Mother: they are in every realm. They are not affected by sun or anything. That's the speciality of them.

All laughing

UNCLEAR 1:35:18

Yogi: The sun/your son is if it was here in the videotape unclear

Mother: by to see what what gave me idea was Stonehenge. When I first went to Stonehenge, the vibrations and it was like the kundalini. and I start thinking how can this knowledge come here.

But my son in law has told me that about kundalini there are pictures in the south UNCLEAR 1:35:58 south Africa villages in old caves, there are pictures that the kundalini show, and the inner energy show chakra show and the other day somebody was saying in some other country they have got it. Peru, I think.

Yogi: a yuva mentioned about Egypt, Shri Mataji. And Narasimha avatar UNCLEAR 1:38:26

Mother: see Narasimha avatar was the incarnation of Vishnu as the half lion and half man. half lion and half man because see this hiranyakashipu UNCLEAR 1:36:53 one rakshasa was ruling near Laho. And I think Laho and all these places were connected and also Egypt must have been connected. So, he was the ruler hiranyakashipu was the ruler of that place and Prahlada's mother

Mother receiving flowers and talking in another language

UNCLEAR 1:38:10

Yogi: Vancouver

Mother: Vancouver

Really?

Your mother came here?

And father also.

Yogi: no, he's passed away

Mother: so, she was alone when she came.

Unclear and talking another language

Yogi: they are asking for a political asylum here in Canada protection. The six.

Is he normal? I don't know. They attacked him but he scaped.

Mother: They attacked and he scaped. He is alright. He's very nice God feeling man UNCLEAR 1:46:07

Mother: I was just telling them about just before freedom was given to us this English separated Pakistan and ourselves that was in 47 just before the Independence Day, we can calling it now 15 of August of 1947. And I was in a.

Talking in another language

Mother: I was studying in Lahu at that time and trouble has started very badly in Lahu, so my father sent me a telegram first then he telephoned You better come down so the day I left for my home, my father was there he was member of the constituent assembly. So, when I left that day only, on the way, there was one fellow that was murdered, I saw it. I mean I didn't see the actual murder. I saw one fellow slumping down. And this stronger one..... UNCLEAR 1:50:23 the one who quarrel me was Muslim. somehow, I don't know why he said I will take you by another road, he took me by another road to the station some another country I don't know. But the next day UNCLEAR 1:50:35 our hostess was not invited by Muslims they cut all their clothes, cursed them, hanged them wiped them. It's terrible!

Until I got married there and for days together all the trains that came to Delhi came with deportees. Such a massacre!

British were the big mistake. They should accept that "all right, we are leaving then do what you like" I think would have been

better. But they are like just sitting on their heads UNCLEAR 1:51:34. They want to decide for everything. and this is how the deciding just put them into too much trouble. In Bangladesh and all kind of things.

Yogi: Mr. Denaof of Pakistan

Mother: But who was Mr. Denaof after all? These people should have left. They encouraged them too much.

Yogi: unclear. He died after 6 months but UNCLEAR 1:52:00

Mother: and also, you know after all they were such of a minority. Muslims were such a minority. And they have no business to decide on religious bases. Who are they to decide? first of all live, go and live on somebody's place for 300 years and then you divide them and then

Mother talking another language

They have done everywhere like this. See, they enjoy it. UNCLEAR 1:52:40

They only started Hindu Muslim this. We never knew this. Divide and do "That's their policy. And also cheated us. All the time they cheated us.

I was telling them how the king of Nagpur was cheated. They came to Nagpur and said that we are occupying this "log" to protect you and will always help you if you need help. And all the simplicity to begin with. Then they tried to find out what was the loophole, and the king had a stepmother and a child, so they approached her through one minister, one minister. And promised her that we will cure your son, the king, just send him. this fellow... UNCLEAR 1:53:26 and arrest him so when the king reached there, he was killed, and when this lady went there to find out about her stepson she was killed, and the minister was killed, and the little child was also killed. And they declare that now we are the owners.

We have something like call 1:54:12 UNCLEAR

The one who sings all the Time about the history. They still sing all the songs about the British and the deceivers in every way possible they caught up of the treasurer's and asked them that they should pass so much money to us, we need so much money, you open the door of the fort for us, and we enter in, and they do all the robbing. They never came.

Horrible they were horrible!

All kind of horrible things they have done. Indians, they cannot be that cruel they cannot be that cunning also. they are intelligence and their attention is good, but they can understand the deception

Mother: talking in another language

Now they are giving us ... UNCLEAR 1:55:38

From where is this money coming?

All UNCLEAR 1:55:41

Wouldn't allow Indians enter into their clubs

We were regarded as blacks

Nicely go into somebody's land nicely settle only thing they didn't kill us

They could have killed all of us like the Americans did. And even Canada. They came from Newfoundland because they had guns you see that's the point, they have guns

Where did you get this Buddha?

Yogini: we got it in Vancouver quite a while ago

Mother: Vancouver? Really?

Yogini: yes

Mother: it's interesting

UNCLEAR 1:57:00

Mother: Ask them, tell them that. Now a days you get all these things all over because they are caring all the antiques from India and selling them southeast UNCLEAR ...1:57:20

In India, nobody cares, I mean only those who knows the value maybe but otherwise we don't care for it.

Mother: talking in another language

Mother: next time you must also advertise me in the Indian papers, there are 2 or 3. You can consult him about it.

talking in another language

Mother: he said that you have to give it in English, and they can translate them yogi: Punjabi to English

Mother: they can do it

he will give you the newspaper name they he said they will be very happy to come, Indians. Indians don't go to false gurus here much because they have no money to pay, 300 pounds. Do you think Canadians have that much money to pay 300 pounds?

Yogi: yes

Mother: that means 900 for three days

Yogini: isn't it 300 for the whole experience?

Mother: no, no no. 300 per day.

Yogi: They have money. They can pay for TM so they can pay

Mother: MMM?

Yogi: they can pay for TM or Scientology, or they can pay for.

Another yogi: And they can have advanced session, for those who can pay more.

Yogi: That's it.

UNCLEAR 2:00:00

Mother: They go on taking debts sentences like that, I believe.

Yogi: Plastics, bank cards.

Mother: Bank cards, ah! Must be something. One has to pay for one stupidity. That's all! But between the two likely they may come to ours.

Talking in another language

Yogi: I have to sleep, because for him is, the whole night just went by being awoken

Mother: If I travel a lot, I never think of what time it could be there or here, but I mean if you travel you must sleep that's all whatever it might be the time but if you are going all the time thinking, what is the time they are getting there

All laughing

When I arrived here, what was the time?

So, I mean I have to sleep because I have no sleep last night also. So, I just say I am going to sleep

So then if you make yourself like that, whatever it is, whether you're going to sleep, you will get to sleep and when you have to be awake you are awoken. Then its perfectly all right. I have never had a problem never I'm supposing now some people say that change your UNCLEAR ...2:02:20 it's difficult. For me it is not.

Yogi: she's get no jet lag

Mother: no jet lag nothing and every day now supposing I sleep here now any time I get up at 5 o'clock your time.

Yogi: local time

Mother: local time

Whatever time I must sleep. 5 o'clock local time I'll get up. So, I don't have problems like this. jet lag

Talking in another language

But I think you could think too much also about timing, you might sleep, you might this is the time in London.

Alarm went off

Yogi: yes, Time to skip it, conducting experiment on the biorhythm, the sunlight

Mother: Ah

Yogi: how the daylight affects the bio rhythm. Conducting some experiments but I don't think it applies to you Shri Mataji.

Mother: that's all right on animals.

1989-0617, Shri Mahakali Puja: Let us get very powerful Ganesha Shakti

View [online](#).

17 June 1989

Let Us Get Very Powerful ganesha Shakti

Mahakali Puja

Vancouver, Ambleside ashram in West Vancouver (Canada)

Talk Language: English | Transcript (English) - Reviewed

Shri Mahakali Puja, Vancouver (Canada). 17 June 1989, morning.

So, today, in the city of Vancouver, we have gathered here to pray for the country of Canada, and also for the Canadian people. Also, we have to know that there are lots of negative forces working, and there has to be some puja to be done, to the Mahakali force. And so, I thought today, 'Let's have the puja for Mahakali'. So, Mahakali puja is the same as you do the Devi's puja, but first the Mahakali force came on this earth. Adi Shakti came as Mahakali and created Shri Ganesha. Then She ascended as Mahasaraswati, and with that force, She created the whole universe. In that, She created this world in a very beautiful manner with great arrangements and organizing. And on that were born human beings because the temperature and all that was made very congenial for human beings.

So, this climate has also played a big part on the temperament of the people, on the seeking of the people. Like in India, we can say, the climate is very congenial for meditation. It is been a traditional country from ancient times, but from the very beginning we have had seers who were seeking the truth, in the jungles. The reason is this that, in India its climate is so good that you can live in a jungle, no problem. So, it was easy for them to get rid of all the superficialities of life and to take seriously, go to the jungles, dedicate themselves, for finding out the truth. And thus, they found out the truth, that it is the Kundalini which is the force within us which gives us Realization.

But this group, then scattered in different places and they formed schools, were called, or universities, called as "gotras", and in these schools were sent children from the age of five years. Till five years they lived with their parents and then these children were sent there. And they were given all the education about day-to-day life. Their education system was very different. By their education they made the children very aware about everything, concentration, and a complete celibacy because all the people in a gotra could not marry. Even today, supposing I belong to one gotra, I cannot marry a person in the same gotra. So, it is so much maintained even today. Like in the university you cannot marry each other. So, the children were kept like brothers and sisters and they felt it all the time, brothers and sisters feeling.

In the same way, you see, it has worked out in many ways that the Mooladhara chakra was established very strongly in India, and that's why, though we had many other countries like China, we had old China was there, and also Egypt, then we had Greece and also Rome. All these countries did not pay much attention to their Mooladhara chakra. And this Mooladhara was created by the Mahakali Power.

Mahakali created Shri Ganesha to emit holiness, auspiciousness, wisdom, divine wisdom; and Her establishment of Shri Ganesha is also within us on the Mooladhara chakra. But, if we do not pay attention to our Mooladhara chakra, then our powers become very weak and we start catching from negativity much more. Those who have good Mooladharas do not catch so fast. But we catch, we are harmed more by people who are negative because they know that we have bad Mooladharas and they can affect us.

Now all the gurus and all those false gurus came to Western countries because they knew they can affect much more here, than in India. Like Rajneesh, nobody would accept such a man. Freud, nobody would accept such a person. But here already Freud has done the necessary harm to people and they were prepared to become vulnerable to these people, and on that background these people came here and started acting and they have been very successful. All of them have been found out to be very loose character and they are being exposed and it's nice that whatever is negative, whatever is false, gets exposed.

But still, one has to remember that if we have a strong Mooladhara then Mahakali Power is the strongest within us. Because as I

told you, first She created Shri Ganesha, so all Her Power are actually expressed in Omkara which is Shri Ganesha; And this Shri Ganesh Power within us represents the complete love of Mahakali and all her powers of destroying the evil forces. They go hand-in-hand we should say, like every light has its glory around it, or glow around it; in the same way the light of Mahakali has the glow as chaitanya, which is actually nothing but Omkara and Shri Ganesha.

Now Shri Ganesha has aspects, as I have told them, that if you see the carbon from the left, you see on the right side Omkara, Aum, written like that. If you see from right to the left, you see it as Swastika. If you see from down below upward, then you see it as a cross. And now they have verified it, they have experimented, and the scientists have found out and have now declared that it is so.

So that aspect of Omkara which is within us is the right side. But the left side is the Swastika. And the Swastika is a very, very sensitive instrument that if you use it on the right side, then of course it is all right, it works for construction. But if you use it for left side, I mean in the anti-clock manner, then it is destructive. So, Swastika, when it is moving in its right direction, clockwise, in front and anti-clockwise at the back, if it is moving in the right direction, all negativity is thrown out on the periphery, and absolutely they cannot enter in. But if it is moved on the left-hand side then anybody can enter in. So it is, even if you move a Swastika, see now, create a kind of a opening. If you make a Swastika and see, it opens out. But if you move it this way, there's no opening. It goes on closing one on another. So, by moving it left side, it starts opening itself to these negative forces. This is exactly what has happened in the West, that they had their Mooladhara moving on the left-hand side, the anti-clockwise. They went against their own principle of morality, absolutely against Christ, and managed to get all these bhoots into themselves.

Now Sahaja Yoga has one problem, in the West, that people don't want to hear that you should be moral. They find it very difficult. If you tell them, "You have to be moral" they think we are fundamentalist or something like that. But it's a fundamental thing that we have to be moral people. Now they are seeing the results of it, that they have got AIDS, they have got all these diseases, all these troubles; from that they are learning that our Mooladhara should be all right, otherwise all these problems can come. But still they don't want to accept it, that they have done mistakes. So, this is another ego problem that they think, "Oh they are very much glorified and they should be glorified, they did something new". I mean if you go and cut your nose, you don't glorify such people. But something like that has happened and this kind of a nonsense is still stabilized, and people don't think much against it.

But the sufferings are so much that whatever you may try the sufferings are there, and they have to accept that they have gone wrong, and they have done such a wrong thing, and that's what they deserve. But whatever it is, despite all their – you can say the foolhardiness or tomfoolery, whatever you may call it - they are to be saved, and something has to be done for them. Because, after all they are all seekers and they deserve to be saved. But with ego they don't understand their own benevolence. To them benevolence is that their ego should be satisfied.

So, Sahaja Yoga is not like this that you just put some spirit into somebody and the person feels absolutely elated for a time being and then is finished. But it is something that has to grow, it's a living process, it grows within us, it takes time, and sometimes people get frustrated with it. But we should not. We should know we are the foundations and this is the most important work we are doing in the history of spirituality. So far, such work has not been done before. So, this is such a big thing that we are doing and we should be very satisfied with ourselves, and should be confident, because this requires people of quality. Not necessarily you should be well-educated, you should be highly placed. Though to impress people might be, this might help, but still, if you are deep people you can work out in no time. If the soil is not good, then the tree has to go deep down. In the same way, when the atmosphere is not good, we have to go deep down.

But one should never feel frustrated; one should never feel upset, because even if you are one person, you are a Saint, and a Saint brings all the luck, all the auspiciousness to that country. So, there's nothing to feel in any way desperate or unhappy about it. But try to develop your depth by meditation and by collective sitting down and talking to each other. I'm sure this will work out and this force of Mahakali will manifest. After this puja I am sure something tremendous should happen. As it is, you know that all these false gurus have been exposed and are put on the shelves now, most of them. Some of them have died, some of them exposed some – has happened. Gradually they will all disappear. We don't have to worry about them. We have to worry about ourselves that negativity should not fall into us, and the negativity that falls into Sahaja Yogis is the frustration. They feel, "We are very few, others are so many, why should we be so few?"

I mean it's all right. That has to be that way, it doesn't matter. And to have more people is not so important as we should have quality people. We should have very good quality people who are deep, who understand Sahaja Yoga, who know it very well.

Because even if you have too many and they don't know anything about Sahaja Yoga, they are useless. So, not only that you should have this love of God's Divine Nature but also knowledge about Sahaja Yoga. Both things are the same, actually if you love someone you know about that person, everything. When such a thing will happen all over the world that so many countries will accept Sahaja Yoga, and so many will start talking openly about it, on a very high level. Then even the countries which have not been able to achieve much results, or we can say cities, will suddenly jump up.

I have great hopes from Toronto. Toronto will come up very well I think and I'm sure tonight also, we'll have lots of people who will be sticking on. Because no use having thousand people and ultimately two turn up, that sort of thing, it's a common experience. So, this would be a better idea.

And today's prayer should be, in our hearts, that, "Let us get very powerful Ganesha Shakti", let us get that. And second should be that, "This Shakti should destroy all that is negativity". Even not to be collective itself is a negativity. All these collectivity problems, or all these negativity problems must be destroyed by this Mahakali Power which will manifest through us.

May God bless you.

(After puja presents are offered to Shri Mataji)

(Yogini offers Shri Mataji a gift with a maple shaped leaf made of cedar wood. Mother looks at the wood and smells it. Then smells it again.)

Shri Mataji: Aaah! Smells. Cedar has this smell? It's the smell of cedar?

Yogini: They make cedar chests to store things.

(Mother smells the wood for a third time)

Shri Mataji: I always adored cedar. Here they make it, chests? From cedar?

Yogini: All across Canada.

Shri Mataji: Ye jehase hai kharid lete hai. (Hindi: Let's purchase some)

Harsh: You should take some for Pratishthan.

Shri Mataji: When I see some cedar I would like to buy.

Somehow or other I feel cedar trees are so great. It's such a... beautiful smell. And it should preserve all the clothes also well isn't it?

Yogini: It keeps the moths away too. They don't like the smell.

Shri Mataji: They'll grow, they might. You can bring little saplings also. We can try.

So much enamoured by this.

Yogini: The spread?

Shri Mataji: No, no, the, what you call, this tree.

Yogini: Cedar

Shri Mataji: It's very dignified, very beautiful. There are two very big trees in a very big nice church in...kya nam hai us ka? (Hindi:

What is it called?) Near London. Althorne or?

Brian Wells: Near London?

Shri Mataji: No, it's away from London there's a church. 'Althobourne' is there such a place called Althobourne? Very near Northampton. What is the place there?

1989-0617, The essence of all the religions: Seek the Eternal

View [online](#).

17 June 1989

The Essence Of All The Religions: Seek The Eternal

Public Program

Vancouver, Robson Square Media Centre (Canada)

Talk Language: English | Transcript (English) – Draft

Public Program, Vancouver (Canada), 17 June 1989.

We have to be the Spirit, we are not this body, we are not this channels either, we are not the subconscious and we are not the supraconscious. We are not this ego, or these conditioning and these habits because we say, "I have got habits." So who is this I? "I have got children", who is the I? "I have got two eyes", who is this I? We never say "I am the eyes." So in subtle ways we know that I is different. When the doctors also call it as the autonomic nervous system, they should ask one question: who is this auto? Auto means the one who drives the car, for example we call it automobile but there has to be a driver. So one has to realize that there is something missing still in a human awareness and that's why all these problems of different types are a reason suddenly (startlingly?) we are facing them, like ecological problems, all kinds of imbalances in life have come.

The reason is that human awareness or the mental projections when they move, they move in a linear way and when they move in a linear way they recoil and trouble us. You went into science, all right, science, science, science, science, where atomic energy then the waste then all that repels you. These are all transitory things, there are so many transitory things we indulge into, so the essence of all the religions, if you go to the essence of it, not to the outside horrible nature of there that you see, but if you go to the basic essence of it is this. That you should seek the eternal and you should look after the transitory in a way as much as it is required in its own limitations and in it's understanding. This is where we have failed the second part and we have run after the transitory things, just now I was driving through the park and I was, I'm so enamored always by cedar trees and there's so few left now, in six years time so many have disappeared because we go all out, into one direction.

Now money making, money making should not be the aim of the life, because we have seen that people who have got money are not very happy or peaceful people. It doesn't give you that piece that joy. People talk of peace and of having no wars but it's so superficial, there's something gone wrong with human being somewhere, and they need today is the transformation and this transformation is only possible if they get the enlightenment and in that light they see where we are wrong. For example somebody's holding a snake in these darkness. You tell that person you're holding a snake. He'll say "No I'm holding a rope". How do you argue with him, best to put the light and let him have a look. So the Spirit within you, Spirit within you when it enlightens you, you see for yourself what's wrong with you, you become your own master, you become your own guide, you don't need any guide and this happening has to take place in these modern times because we have reached a point where we are started thinking where have we gone wrong and that's how seeking of the truth has started.

There are so many people all over the world who are seeking truth and falling into the traps, say traps of drugs, all kinds of these things like they use tarots, this that all sorts of things and all outward things, also they fall into the traps of false gurus and false gurus knew there is a market for befooling people, so they were here to make money out of you and to use you for their own purpose of making money. Now this is a living process within us, as we have become human beings in our evolutionary process, we have to become the higher personality, and to become the higher personality there has to be some way which has to be spontaneous, as we have become spontaneous human beings in the same way spontaneously it has to happen to us that we become the higher human being where our human awareness become something much more. As Yung has said very clearly, that we have to become collectively conscious, collectively conscious. Now this is not just I'm saying, that we are all friends, Canadians and all of us are friends and talking about we are brothers and sisters, this is all outward. When it comes to reality, we find we are not friends even in one family we find there's no love. The reason is this collective consciousness is a part and parcel of your central nervous system, so it has to manifest on your central nervous system.

How it works out is that once you become a realized soul or you have your second birth as they call it. When the Kundalini pierces through your fontanel bone area and you get connected with this all-pervading power, then your Spirit manifests and the Spirit is the collective being within us. Then you start feeling on your fingertips clearly on our fingertips we start feeling the centers that are yours and the centers of others. If you can just decode it, if you could just decode it and know what these indications mean, for example now here the centers are shown on the hand that these are centers are five, six and seven centers, like we can say, five fingers, six and seven. The seven centers on the right hand side with the palm, they deal with your physical and your intelligence or your mental side. And the right hand deals with your future. On the left side also we have five, six and seven and these deal also with the seven centers within us. Now even a child if he is a realized soul, even if there are ten children who are realized souls. You just ask them to put hands towards somebody, close their eyes or you can tie up their eyes, and they will tell you the same thing. What's wrong with this fellow, they'll raise the fingers whatever is wrong with that person and immediately you can diagnose the person what's the problem with that person is.

So now the whole system is working out towards our destruction in a way because we care so much for transitory things, now transitory things are transitory because in built within them is the power to destroy, otherwise they would have been permanent. So once we run after the transitory things at a point it reaches and collapses on us, and the destruction of the society starts, destruction of all that is beautiful within us destroys and gradually we become like robots or I don't know what to say because the human beings lose their beauty of their love, of their understanding, of their oneness that they are part of parcel of the whole. The microcosm has to become the macrocosm. All these things are achieved only by this connection of the Kundalini with the all-pervading power. For example now I'm speaking on this instrument is a simple thing, but unless and until it is connected to the mains it has no meaning. In the same, unless and until we are connected to the mains our life has no meaning, we cannot understand absolute truth, we live in a relative world for some people this is very good, for some people this is very good, some people say this is ideal but it is not. How are we to decide that this is absolute, absolute can be decided only when you have reached that point of absolute truth.

The Spirit is the one, which is the source of absolute truth, absolute love we can call it, a complete pure love and it is pure knowledge. This Spirit is within us in our heart, only thing it has to now manifest into our attention and when it manifests in our attention even our attention becomes very powerful. Even with your attention you can do many things, of course all benevolent, nothing harmful or destructive. You can pay attention to somebody and it works so wonderfully, all these things are within us like a computer we are. We are already a computer in a way because we don't have to program ourselves to see what is the color of this and that, but this computer is a Divine computer and a new race comes up out of this which is enlightened, which has collective consciousness, which has the power. So such a person becomes extremely dynamic very powerful at the same time extremely compassionate and loving and patient. He becomes very peaceful. This is the personality advantage but he gets powers to raise the Kundalini. He can raise the Kundalini of others, like one light which is enlightened can enlighten another light, in the same way, you can have the power to raise the Kundalini and give realization to others. That's how Sahaja Yoga spreads and it has worked wonders in so many countries now we have Sahaja Yoga working in 35 countries.

In Turkey I went and I was amazed in a Muslim country everybody warned me, Mother you are going to a Muslim country, theirs turned out to be the best Sahaja Yogis, such wonderful people there were, because they're fed up with fundamentalism, they're fed up all kinds of nonsensical things ideas that are coming from the west also from the east and they're just there, that is the best country I found in the whole of Europe which has worked out Sahaja Yoga. So we have to now understand that we have not yet solved our problems, and if we have to solve our problems we have to become the Spirit. For this you can not pay, what can we pay for a living process, supposing you have to sprout a seed, what do we pay for the Mother earth, she doesn't understand money. First thing you must know you can not pay for it and if anybody says that you have to pay then you know it's all falsehood, it's some sort of a black magic that they put some sort of a Spirit in you and you feel some sort of a feeling and that passes out and it doesn't give you any powers. It has to give you the power of raising the Kundalini of others and giving them realization, but talking about the knowledge, is like talking about the electricity, the history of electricity, instead of just switching on, because after all it's all built in within you, so better is to get your realization and then better talk about it, and know about it and get all the knowledge.

In that light you will understand much better than without it. Now here I've told you that it's in your own, is your own power this Kundalini is your own power which is there in three and a half coils and coils means Kundalini in Sanskrit language. That's why it was called as Kundalini. Now this knowledge developed more in India and in other countries also, I was surprised the other day my son in law who is doing some comparative studies. He told me that in South Africa they have made the picture of Kundalini and chakras long time back and it is very surprising in so many countries which were very old like Greece and all that they knew about the Kundalini. It is amazing that they knew all about it but the whole thing vanished into thin air the knowledge and became a very secretive knowledge.

Now the time has come to talk about it and tell everything about it because the Divine I would say is anxious to save this creation, which is so important. So you are the epitome of evolution, just you have to break through, there is a little journey which is very simple, which is not at all disturbing and it works out but to keep this connection all right to make this connection permanent you have to little bit spend some time to understand it, That's all. You don't have to pay for it but you have to give little time, after all why are we having watches around us, we're having watches to save some time to save ourselves and this is a little time you have to give, not much but little time and you can within one months time, you can become masters, if you really want to.

May God bless you all.

1989-0618, We must know the roots

View [online](#).

18 June 1989

We Must Know The Roots

Public Program

Spreckels Organ Pavilion, San Diego (United States)

Talk Language: English | Transcript (English) - Reviewed

Public Program Day 1, San Diego (USA), 18th of June, 1989

But you have to keep your mind open like a scientist to understand we have not yet found out the absolute truth. We live in a relative world and that's why we have problems. So many problems we face today, ecological problems are there, drug problems, sickness, this, that. And as if we feel there is a kind of a destructive force that is working and we are really bothered, some are frightened who understand the devastation that is possible.

The reason for all these problems is very simple and if we can just go into the scriptures of all the religions, there is one common point about them. The common thing, all of them have said in essence one thing, and they have said that you have to seek the eternal. Seek the eternal! Not take it for granted that you have got it. Seek the eternal and the transitory is to be used in its own limitations and understanding. Here we have gone wrong because we have worried too much about transitory things and nothing about the eternal. The transitory things are transitory because it has got the build in quality of getting destroyed. That's why they are transitory otherwise they would have been eternal. This build in quality in the transitory things brings in all kinds of problems. When we look at these problems we have to look back and see that by seeking eternal, how the solution can come. It's said in all religions that you have to be born again. That means they have indicated that we have to have a more - greater dimension, a more awakened state or a greater dimension of awareness. Not that to certify yourself as "we are born again". If you just want to certify yourself and want to live in ignorance and a blind following another blind, is not going to work out.

One has to accept that so far we have not found the absolute and that to find that absolute we have to actualize the second birth. Is not some sort of an artificial baptism that is going to work out: Our fathers were baptised and their fathers were baptised and we have been baptised and baptised and baptised. In every religion they have some sort of an artificial method of baptism, whether it's Hindu, Christian, Muslims, everybody has. But nobody has actualized and that actualization has to take place, for which the Creator must have created something great within us.

When we see the civilisation outside and then we realize that there is something wrong in it, we have to know that this outside growths is like a tree growing outward. But the roots must be nourished, we must know the roots. And this is the knowledge of the roots. Now you have to take it as a hypotheses whatever I am saying to you. Not to take it for granted. It's a hypotheses. If it works then in all your honesty you have to accept it.

It is being said by Jung, has said it clearly that you have to get your Self-realization by which you will have collective consciousness, a new dimension to your awareness. Or we say, we are all brothers, alright, every country is one country, God has created one world, they talk of United Nations and all that, but they are not. Let something happen and you will find all of them are hither and thither. Why? Why it happens this way that we cannot see that unity in people who talk about it? We cannot feel that peace about which they talk? They have got peace foundations and they have got all kinds of organisations, talking of big, big things, but we don't find that those who are running them have any peace within themselves. So with unreal things we cannot create reality.

Thus we have to realise that the time has come for us to take our second birth. If we want to have any meaning to our life, to our human life, we have to have our second birth. If we cannot have our second birth our life is a waste, it has no meaning. Now the second birth is - I would say that in India, in Sanskrit language we call a person who is twice born as "vijaha", is the born twice. And the one who is born again also is called "vijaha", Self-realized. A person who is born again is "vijaha". And also a bird is called as "vijaha", means the bird which is an egg first and it has a second birth and by that second birth he becomes the real bird. First the egg and then the bird. This kind of second birth has to actualize within us. You try anything else - lecturing, sermoning, doing all kinds of things that people do- is not going to work out. Because it's a living process of living energy of God. The living process works spontaneously, as like a seed, you have to just put it in the Mother Earth and it sprouts by itself. It sprouts - you

can't say how, because the Mother Earth has got the potential and the seed has got the build in power. In the same way we all are build in to be that. Now Sahaja Yoga – "saha" means with, "ja" means with you is born - is the right to be united with the Divine Power which is all pervading.

Now when I talk of all pervading power of divine love people might say, Mother is talking something which we don't believe in. You believe in it or not - it is so. Now see these flowers, it's a miracle. We can't create even one! Who does this work? And the choice - the roses will have roses, jasmin will have jasmin, chrysanthemums will have chrysanthemums. Who does this choice? Done by this divine power which is very subtle and all pervading. Only after realization you can feel that power as cool breeze of the Holy Ghost because that power is the Holy Spirit. That power is the one which we call it in Sanskrit language as Brahmachaitanya. That power acts and works out all these wonderful things.

Now in our evolutionary process we have reached the human stage. We have to go little further to achieve it. It's a very easy thing to do, it can be easily done, takes hardly any time. And I have to say that no amount of arguments can bring forth this happening, it has to work out within yourself. As a result of that you yourself in that enlightenment know so many things and that in that enlightenment you know what is the Absolute and what is not. In a way we can say, you become a saint. A saint, who doesn't give up his family, his houses, anything. He lives as he has to live with his own status, with his own family life, with whatever it is. Supposing Christ was born in a rich family, He would have lived like a king, in complete detachment. And if He was born in a poor family, as He was born, He lived like a carpenter's son. Because such a person has no attachment to things and is not bothered as to what is important to other people. What is the most important thing for such a person is the benevolence of others. He looks after the benevolence. And the benevolence is done not by money, by talking sweetly but actually through the power that He has of vibratory awareness. Such a person has such innocent eyes that even a glance of that eye can do wonders.

Now through your Kundalini awakening people have been cured definitely of cancer and of so many diseases. And in Delhi University for your information there are three doctors who have done their MD with the theses on three subjects: one with the physical abilities in Sahaja Yoga, second epilepsy cured by Kundalini awakening and third for psychosomatic diseases. Psychosomatic diseases means so many diseases which are supposed to be incurable like Parkinson, cancer, aids. And they have got their MDs. Now in America as you know there is a law that nobody can cure without the permission of your associations. But you don't do anything. Actually your Kundalini itself rises, it's your own power that rises! And you get just cured. And how you get cured that I'll be telling you tomorrow, how it works physically, mentally, emotionally and spiritually, and how you become a different personality, a special personality, who is endowed with collective consciousness that you can feel the centres of another person and your own centres and that you can raise the Kundalini of another person. All these things can happen to you and you can become that powerful person as been described in the scriptures.

So today for the time being let us think of getting your realization. And tomorrow again I'll tell you how these diseases can be cured if we can get these centres enriched and nourished by Kundalini awakening. Talking about Sahaja Yoga and Kundalini is very easy and anybody can talk about it. But the main thing is to get your Self-realization. I must have spoken in various places and thousands of lectures I must have given. But that is of no avail because by lecturing you cannot get your realization. There is no end to this knowledge but as for opening these lights you have to just switch on one light, one switch, in the same way it's all build in within you, only thing - you have to get it and you have to feel this all pervading power. So now I think let's have the experience, will be the best idea. And if you have any questions you may write them and give it to us. Tomorrow I hope to answer all your questions.

So I hope you like to have your realization first. Is it all right? I think those people who are very much far away could come forward, would be better idea, this side. Today is a very good day with Father's Day and is also the day of our Creator. Anyone can come here just to show? All right. You'll have to show where to put hands and things like that. Is a very simple thing is that first you have to take out your shoes because Mother Earth helps us a lot to take out our problems. Now, it's a very simple method, you don't have to do much. But on the very outset there is one condition that you have not to feel guilty about anything whatsoever. Forget the past and please don't feel guilty. Please don't feel guilty. Forget the past. You have to be very pleasantly placed towards yourself because we have to enter into the Kingdom of God. And we should not condemn ourselves. After all we are human beings, we are not God. And if we have done any mistakes the Divine Love has power to dissolve everything. So please be pleasantly placed towards yourself. Not to feel guilty is very important. And it's a fashion also these days just to feel guilty for nothing at all. After all, if you have done something really serious we would be in jail, we would not have been here. So please do not judge yourself. Please do not judge yourself and have that respect for yourself.

Another request is that as we have to forget the past, we have to forgive everyone. That's something difficult I think. In the west I found, wherever I had programs, every time I had to attend to them to see that they forgive. But logically, what do we do? Whether

we forgive or we don't forgive, we really don't do anything, do we? So why to go on pondering about something which bothers you? If you don't forgive then you play into wrong hands. So please try to forgive every one. Just forgive, just a lip-service call it. Just say, I forgive everyone. In your heart you have to say it. Please forgive. And don't remember whom you have to forgive. Just take out that from your mind completely. Let no such memory which makes you unhappy be there lingering. All right. These are the only two things we have to do as far as your own attitude is concerned. Now we have to know that it is all build in within us, it's all your own and it will work out on its own. So we don't have to put in much effort, only thing, I would like to tell you how we can raise our own Kundalini and how we have to release our own centres, which is a very simple method, even a child can do it.

So first of all we have to put the left hand towards Me like this, because left hand is symbolically suggesting that we desire to have our Self-realization. So just put your left hand towards Me - all of you please do it. Just put your left hand towards Me. And put both the feet on the ground separately because these are two powers, left and right power, which I will tell you tomorrow exactly what it is. Now, put your left hand just like this. And the right hand represents the action. So with the right hand we have to touch our different centres, just to release any blockade if there is. First thing will be to put your right hand on your heart. This I am showing you just now and then we'll have to close our eyes and do the same thing. So first is to put your hand on your heart. This is the centre where resides the Spirit. The Spirit - Atma. Now you have to put down your right hand in the upper portion of your stomach on the left hand side. We are working on the left hand side. So put it on the left hand side, your right hand. This is the centre of your mastery, mastery which is created by many prophets, by which you master the art of divine love, by which you become your own master. Then you have to take this hand in the lower part of the abdomen on the left hand side. And here is the centre of pure knowledge, pure knowledge that manifests through your central nervous system. It becomes your own knowledge as you can feel cold, hot you can feel the good and bad. Then again you have to take back your hand onto the upper portion of the abdomen, and then again to your heart. Then you have to take your right hand in the corner of your neck and your shoulder and place it as much as possible towards the spinal cord. And turn your head to your right. This centre catches when we feel guilty. And which is a very dangerous thing because by this centre blocked we get horrible diseases like angina, spondylitis and all kinds of negative thoughts come into our mind. So please put your right hand on the corner of your neck and your shoulder and turn your head to your right. Now put your right hand on top of your forehead across and bend your head and press it on both the sides. This is the centre of forgiveness. Now, take your right hand and put it back on the backside of your head. And put your head on it to rest, take it upward. This is the centre where you have to ask for forgiveness without feeling guilty, without counting your mistakes. Then you have to stretch your hand fully. Now stretch your hand please. The centre of your palm you have to put it on top of the soft bone which you had in your childhood, called as the fontanel bone area. Press it hard, push back your fingers, put down your head and move your scalp seven times clockwise, very slowly. That's all. Very slowly you have to move it. Seven times. That's all we have to do. Now please close your eyes. You can take out your spectacles. Be comfortable and don't open your eyes please 'till I tell you because your attention has to be sucked in. So please don't open your eyes. There will be no problem, there will be no funny happening as some people fear, is absolutely the smooth moving of the Kundalini 'till you will start feeling the cool breeze coming out of your fontanel bone area. And also you will start feeling this all pervading power of cool breeze. This is the beginning but later on we'll have to make this connection all right.

So please put your left hand towards Me and close your eyes and put the right hand on your heart. Here you have to say within your heart, or you have to ask Me a very fundamental question, you may call Me Shri Mataji or Mother, whatever suits you. Please ask the question three times, Mother, am I the Spirit? Please ask this question three times. Now if you are the Spirit, also you are your master, you are your guide.

So please take down your hand onto the upper portion of your abdomen and press it hard. Here again ask Me a question three times, Mother, am I my own master? Ask this question three times.

Now take down your hand in the lower portion of your abdomen, on the left hand side. Here is the centre of pure knowledge. But I cannot force on you. I respect your freedom. In your freedom and glory you have to ask for it. So please say, Mother, please give me pure knowledge. I want pure knowledge. You have to ask for it. Say it six times because this centre has got six petals. Now, when you say that, your Kundalini starts moving upwards and so we have to now open the higher centres.

So raise your hand, right hand, and put it in the upper part of the abdomen and press it hard. Now here we have to help to open this centre. So with full confidence you say ten times, with full confidence you have to say ten times, Mother, I am my own master. Please say it. Mother, I am my own master. Now raise your hand on your heart which is the most important centre because the Spirit resides in it. You are not this body, you are not this mind, you are not this intellect, you are not the conditioning, you are not your ego, but you are pure Spirit. So here you ask, twelve times you have to say it here, with full confidence twelve times, The greatest truth about yourself, Mother, I am the Spirit. Mother, I am the Spirit.

We have to know that the Divine is the ocean of love and compassion. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So we cannot commit any mistakes which cannot be dissolved by this great ocean of forgiveness. So please raise your right hand in the corner of your shoulder and your neck and press it hard. Turn your head to the right. Here with full confidence please say sixteen times, sixteen times, Mother, I am not guilty. Please have confidence in yourself and say it, Mother I'm not guilty. All these ideas that you are a sinner, you are this, please forget it! That's all nonsense! You are a human being and you have to become a Self-realized personality. That's what it is. So please say sixteen times, Mother, I'm not guilty at all.

As I have told you that whether we forgive or don't forgive, we do not do anything. It's just a myth. So we should forgive because if we don't forgive we play into wrong hands because of this myth. We think that we have not forgiven, how can we forgive, it is rather difficult. But there is nothing difficult about it. Now please raise your right hand onto your forehead across, place it across and bend it down and press it on both the sides. Here is the centre where you have to forgive. So please from your heart, please from your heart forgive everyone. Please from your heart, otherwise it doesn't work out, Realization doesn't work out, the Kundalini stops at this centre which is very important. Please, please forgive! Forgive everyone, I request you again and again, please forgive everyone, very important! That's the biggest blockade I think, I faced.

Now, take back your hand and put it on the backside of your head and push your head on it. Here now you have to say, O Divine if I have done any mistakes, please forgive! But you are not to feel guilty, you are not to count your mistakes. It's for your satisfaction. Just say, if I have done any mistakes, please forgive! From your heart, how many times is not the point.

Now stretch your hand please, put left hand towards Me. Stretch your hand and the centre of your palm please carefully put it on the fontanel bone area or the soft bone which you had in your childhood. The centre of your palm. Push back your fingers as much as you can. And now you have to move your scalp very slowly, very slowly clockwise, very slowly clockwise seven times. Here again I cannot force Self-realization. I cannot force that on you. So you have to say, Mother please give me my Self-realization. I cannot disrespect your freedom. So please say it seven times, moving your hand very slowly, pressing your scalp, moving your scalp, pressing back your fingers. Please do it carefully! (Shri Mataji blows into the micro).

Now please take down your hands and open your eyes. Just watch Me without thinking - you can do it! Just watch Me without thinking. Now put the right hand like this and bend your head and see for yourself if there is a cool breeze coming out of your head. Some people might feel a little heat coming out, it's all right because heat has to come out first. Now put your left hand towards Me, bend your head and see for yourself if there is a cool breeze coming out. It's already very much cooled down, but don't doubt it, just feel. Sometimes it comes quite ahead but try to put it next to your head but not on top, above it and then move further to see if there is a cool breeze coming out. Now put back your right hand please. And see for yourself again if there is a cool breeze coming out of. Don't get upset if it is not there, it will work out. Don't get upset, just watch!

Now push back, push back your hands like this towards the sky, push back your head. And here you ask a question three times, anyone of these questions: Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all pervading power of Divine Love? Mother, is this the Brahmachaitanya? Ask this question three times. Anyone of them, just ask it three times. Now take down your hands please. Now see, there is no breeze around. The trees are silent, they are just watching us. But you'll feel the breeze in your hand and you must have felt the breeze out of your head also. Those who have felt cool breeze coming out of their head, the fontanel bone area or from your fingertips, will you please raise your both the hands? Please raise higher! O my God! Practically the whole of San Diego has felt it! Tremendous place! Thank you, thank you! May God bless you!

Now don't discuss about it because it is beyond thought. You are in thoughtless awareness. But tomorrow when you will come then we'll again see about it, as I would say, the connection has to be properly fixed. For that tomorrow you'll be here and I hope there will be a follow on program. One must know that you cannot pay for it. One must know that you cannot think about it. It just happens and is there. So enjoy this night and every night and every moment of your life! May God bless you! May God bless you all!

(Shri Mataji speaks to a Yogi.) What does he say? They should write it down, questions later, tomorrow morning, tomorrow when we come because today what I am saying that let them go home, tomorrow let them come and then we'll see about it. Today let them go.

So I would say tonight you can go home. Don't talk about it, just be in silence. This is the thing you have been seeking, which has happened, it has worked out but we have to understand each and every thing about it, the whole knowledge will be given to you. Absolutely you will know the whole thing. And tomorrow I'll be meeting you, people, I will give much more time, I will start much more earlier in a proper way. I hope you enjoy this new life which is starting now and the transformation that will take place, you'll be amazed at yourself! Complete transformation! Tomorrow we'll talk about it more. May God bless you all!

Now inform your friends and call them here and let them also receive this Self-realization. It is your own and you all should have it. You have a right to have it. So may God bless you all!

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19 June 1989

Become The Light And Give The Light

Public Program

Spreckels Organ Pavilion, San Diego (United States)

Talk Language: English | Transcript (English) – VERIFIED

Please be seated. I bow to all the seekers of truth. As I told you yesterday we cannot conceptualize truth. We cannot change it, we cannot organize it. The idea of truth is an experience. It has to be your experience of truth. It's not just a mental attitude about it. Because in the world if you see there are people who believe in this kind of philosophie, that kind of philosophie, they believe in this religion, that religion, every type of things they believe and they say very confidently, I believe in that. But whatever may be your believes, whatever may be your philosophie or your religion, anyone can do any sin, can commit any kind of violence, can do harm to anyone. There's nothing binding. You can't say, because I am such and such, I can't do it. That means that believe is only skin-deep. And that is why we go on criticizing others. Now for example if you want to know about the Muslims, you talk to Jews. And if you want to know about the Jews you talk to Christians. If you want to know about the Christians, talk to Indians or Hindus. So there is no end to it. Everybody thinks that they are all chosen ones and a ladder is made for them direct to the heaven. If you have to live with these kinds of concepts, Sahaja Yoga cannot help you. But if you realize that we have not yet experienced the Absolut, we have to experience the Absolut that is everyone who experienced that should say the same thing. Yesterday I told you how the essence of religion is one, though at different times it had to be coverde with other thoughts, but the essence was the same, is to seek the Eternal, and whatever is transitory is to be used in its own limitations and understanding. I would say all these great prophets and incarnations all were born on the same tree of life which we plug then like flowers are plugged, we plug these flowers and now these dead flowers we say, this is the flower, this is the flower, this is the flower. Now whatever you are seeing here is a system, a subtle system within you. In the gross you see outside, but supposing you have to treat some tree for its deases or trouble, you cannot treat it through its leaves. You have to go to its roots. This is the knowledge of the roots. And if we do not go to our roots, our civilisation, our so called development will collapse. The roots are in human beings and all our problems are man-made. So what we have to do is to understand our roots and also to find out what is wrong, where did we go wrong, what was the mistake. And then to be ready to rectify it. All this can work out very easily if we get enlightendment of the Spirit. In the darkness, we cannot see nor do we want to believe that it is darkness. We all think that we are all enlightened people, we are all going to heaven straight forward march. That's not the case, I must say. We have to know our self, and that knowlede is not something artificial. Like in India we have a custom to say that you are born again. For that they have a ceremony, a Brahmin will come, take some money, put some thread round your neck and say, now you are born again. In the same way we go to the church and the priest puts some water on yor fontanel bone area and says, now you are choosen Christians. In the same way they have in Islam and in every religion. But it's a happening, it's a living happening that has to take place within us. Without that we cannot become a twice-born. And becoming is very important. In that becoming, as Dr. David Spiro has already told you, we have this machinery within us. Now we have to keep our minds open to see if it is there or not instead of just mocking at you, making fun of it or showing disregard. Because this is for the benevolence of each and every individual. And when human beings get transformed the whole world will get transformed. All our probems will be solved as soon as we can transform human beings. It's sometimes very surprising how people are aggressive to Me also! I have not come here to ask any money or to do anything of that kind. I am here to just tell you what you have and what you can get out of your own property and your own self. Here now you see, I am talking about the experience. Now some people think the experience should be that you should see some light. If you see some light then you are not the light. Understand logically! You have to become the light. Then what do you do? You give the light. That means you should be empowered that you can give light to others. That's the minimum that should be with a person who says he is twice born. Also some people in India and also abroad I have seen are practicing horrible practices by which they can just put some sort of an entity in you. They do it, I've seen. They charge money, you pay money for an entity. And when you get this entity within you then you become like a mad person. You become very funny. Like one gentleman came to Me, he was talking to Me and suddenly he went up like that. (Shri Mataji lifts the arm.) I said, what is this? He said, my guru has given me. He couldn't relax from that. For about five minutes he was like that. I

said, what is this? This is my guru has given me. I have lost my job, I have lost money I am a destitute now because suddenly I go up like that or suddenly I go into some sort of a funny gesture. This cannot be realization, can it be? Then there is another one who came and who - in India only this happened - he put his feet towards Me like this. So somebody said, you can't put feet towards someone, is not respectful. He said, if I don't sit that way, if I really fold my legs then I start jumping like a frog. He said, my guru has said so. And actually you won't believe, he showed Me a book his guru has written: You jump like a frog. And his disciple came here and made such a lot of money out of Americans, very nicely! He must have made them jump like a horse, alright, don't know what! Now you are not going to become frogs or worms. What are we going to become? We are going to become super- human beings who have got collective consciousness in their awareness. Now as we are sitting we do not know what's wrong with yourself inside. 'Till you become mad and go to lunatic asylum you don't know you are mad. And then of course, you don't know in any case. Now, if you..... if you say, go to any hospital, something, and if they don't tell you that you have got some disease, you would not know. There is no way of finding out - on physical level, on mental level, even on spiritual level you cannot find out whether it is correct or not. Now somebody says that I'll make you jump like a frog, or better would be that you can fly in the air. Why do you want to fly in the air? Already there are so many things flying in the air. Are we going to become birds now? So - and all of them are in America, I don't know why, what they thought of you that they jump on Americans. And they have come here, they have made kharabs of rupees. I don't know what kharabs is, they said ten millions. Rupees and diamonds and this, that, here I have to spent My own money to travel. So, it is beyond My understanding that how could they believe, how could these people believe such horrible things that they did. Sensible thing would be to understand that if you have a guru or if you have a master then at least you should be a peaceful person. But they have become recluses, they have lost their jobs, they are dying. How can that be? And they say, now we are on the way of nirvana. Did Buddha die that way? Absolutely absurd ideas. And I was discussing with David one day, he told Me, Mother, we have no background, I said, you have got your brains! We have to become! And become collectively conscious is told to you by Jung! Jung has clearly talked about collective consciousness. He has talked that you have to become collectively conscious, means within you you can feel what is wrong with you and what is wrong with others. I'll say Sahaja Yoga is more than that, much more than that! Sahaja Yoga not only gives you the union with the Divine, with the all pervading power, which starts flowing through you by which you become sensitive and you can feel the different centers of another person, you can feel your own centers, also you know how to correct them. And that's how you understand how to first have a proper body, a proper mind and a proper spiritual growth. Then you become, then you become yourself a master. I would suggest like this, in a modern analogy you can have that in a car we have an accelerator and a break. When we don't know how to drive we go on pushing the accelerator and end up somewhere. Then sometimes we just push the break and we never start driving. But gradually when we start balancing it, balancing, when we balance it then we know how to drive, then we become driver. Then automatically we can drive but still the master is sitting behind. This master is watching you - that is the Spirit. But once you become the master then you are watching the driver, accelerator and the break. All these things together in complete balance. We have lost the balance in capacity. Now, if somebody wants to make now business out of lumber which is a big problem, you go on cutting all the beautiful cedar trees one after another to such an extent that it becomes a place without any rain, ultimately you find the whole place has turned into a desert. Now God Almighty has not created this desert, we have created it. Then if we have to now go to the, say seashore for a bath. I don't know, some people have put in an idea that if you tan your skin then it is very beautiful. I just don't understand, what is the concept of beauty? Because here they are racist and they don't like people who are brown or black, and here they are sitting hours together tanning their body! What a contradiction it is! So, hours together they will do it and then you find they have got skin cancer. And then from skin cancer to (...) There is no balance. All right, for a while you do want to sit in the sun. But to get skin cancer sitting down in the sun - even a dog won't do that. I mean that much common sense we should have but we lack in it because we go to extremes. We have lost the sense of balance and moderation. But after coming to Sahaja Yoga the wisdom of description comes in you automatically. Because if you start doing anything more than what is wanted, immediately the vibrations that you feel in your hand disappear. So you run away. Because as long as you are feeling these vibrations you feel very joyous. As soon as you lose these vibrations you think, something has gone wrong. Like on a ship, I don't know if you have moved, but on a ship all the officers are playing cards this, that, talking but one minute they hear that the engine has stopped, they all run. Immediately all of them will run to the engine room to see why the engine has stopped. In the same way after realization you are in such a balance that you know how far to go with anything, how far to move with anything. In a society where machinery has come it looks that people are very affluent and that they have everything. But the balance is lost. Machinery is for us, we are not for machineries. Then we become slaves of machinery. I've seen people have to use a calculator even to count two plus two! It has become so difficult. You don't use your brain even a little bit, it will rust. And one day- I don't know what will happen, I can't say the future of a

person who doesn't use his brain at all! So like this the machinery has taken over. We are producing so many things. Even in affluent countries, I would say, what is the affluence now? Is of plastic. Is plastic affluence and paper. Take paper to plastic, plastic to paper. Of course the countries which are supposed to be poor should have sufficient to eat. That's one thing. But they need not have so many plastics, they need not have so much of nylon, and they need not have so many clothes. So many things are not needed in life, actually they are headaches. You have already created mountains and mountains of plastic and you don't know what to do with it. They have become like great headaches to all such nations who are using plastics. Now so tendency the action of call is there, we are taking to natural things, we like manmade things, handmade things, we want to do that. But supposing you get to your realization then you'll use few things, but genuine things, and if you have to have more then you would like to use them for giving others. Because I think matter has only one value, that you can express your love in it. That's the way you can express your love by giving it to someone. Apart from this economic so-called growth which is now standing on our heads, where we are lost we have so many other problems which are facing us because we have no balance. In our social life also. I know of a lady who is older than Me in age and this is her ninth marriage! I must say this is remarkable to have nine marriages like them. I mean one marriage is sufficient to teach you everything. What is she going to learn out of nine marriages? I don't know. And she is going strong, you know. And she is very proud of it. She has no joy, she has no love, she has no subtlety about her, and I feel without any children, without any involvement with anyone. She is leading a life worse than that of a dog, worse than that of an animal. Because animals at least - for the time being - are attached to something. They look after their children, they look after their own society. Like this we are doing in every aspect of our life we go to the extremes. And when we go to the extremes it repels upon us. Artificiality has taken over us and then we suffer so much because it's only the reality which gives us joy. So now the best part of the modern times is this that there are many, many seekers of truth. It was said so. The one who is looking after or who is the Lord of these modern times is called as "Kali" in Sanskrit language. And this Kali has tormented one gentleman called Mr. Nala and his wife Dromy was separated. And one day this Nala got hold of this Kali and he said, I'm going to kill you for ever so that you no more put people into illusions and you don't try to torment their lives. So Kali said, all right, you can kill me but let me tell you my importance, I too have some importance. He said, what is your importance? Of all the things you are such a destructive fellow! He said, I have an importance that when I will rule on this earth, all descriptions are there, that people will eat food in the steel, and they will wear steel as ornaments, everything that we do nowadays is all described. But what is the importance of these modern times? That those people who are seeking the truth in the Himalayas or in the hills and dales will become householders. And they will find the truth when I will rule. So every dark cloud has a silver lining and specially these modern times have something very great about it, that people are taking to seeking and to reality. But as soon as people have come to know that there are seekers, what we find that there is a big exodus from the jail and from all criminality who are dressed up like great saints to cash the market of the seekers. So one has to be very careful that first you must see the disciples of those gurus. Then you must see if they take any money from you. Where is their attention? They have very good organisations, they can make a good publicity, they can do all kinds of tricks of the trade, but Self-realization cannot be traded. It's not a business. It is something innate and living process, just like a seed sprouts this happens to you and you and you become a Self-realized soul. As a result of that, as I told you, your awareness becomes collectively conscious. You start feeling the cool breeze of the Holy Ghost coming out of your head and also you feel this all pervading Power as cool breeze in your hands. Then, when you start practising it a little bit, your connections become settled with this all pervading Power. Then such a person becomes very peaceful and very dynamic, extremely dynamic. Untiringly he can work. He is never frustrated. He is never angry. He is never upset. He becomes very peaceful and extremely compassionate. But the compassion is such that it acts. Even a glance of such a person acts, acts on the being. And it brings forth the benevolence of others. This is for the benevolence of others. Unless and until this happens you are not a sahaja yogi nor you are in the right place. Now in Sahaja - "saha" means with, "ja" means born - born with you is the right to be one, united with this Divine Power, which is the yoga. This is the real yoga, all other yogas are subsidiary, they help you out here. And those people who do artificial yogas do not achieve anything. Once this happens, the transformation takes place. I've seen people becoming very beautiful and so great that one day will come this world has to change and we all will be filled with that feeling of collective consciousness where we'll all feel that we are belonging to one personality, part and parcel of one personality. The microcosmos a part of the macrocosmos. This has to happen. Many people are talking about it, hinting about it, as they say, the age of aquarius, that's a fact. Aquarius is the kumba, is the one with the pitcher which is where the Kundalini is placed. And that's why it's the age of the Aquarius. They talk about it. They get the glimpses but they are not there. We have to be there. For that we don't have to pay, but little time has to be given within a month I am sure you can become masters of that. And all your problems should be solved, your physical, mental, emotional. Sahaja Yoga does not claim anything, it does not say that it will cure you of this, no! But if your Kundalini rises and if

you practise Sahaja Yoga then it does work that way. For example AIDS now, some people don't understand. I tried. One person in Australia was cured because doctor said, he is alright. But then he had such a weak will-power that he took to the same bad habits and his father was very angry. And he told me, let him die, Mother, forget it because it's a very difficult thing to cure AIDS patient. And they have no will-power. So how can you say that you can cure AIDS because it doesn't work out in mass way. You have to work individually on each and every person and that person has to be prepared to work it out. So that person I would say was the only one and then I gave up. I said, I just can't do that. They don't want to live. There are bends upon glorifying themselves with this disease, so what can we do about it? And that's how it all happened. It's another gentleman, who is not - I would say cured in the full way, he is doing Sahaja Yoga sometimes like that (not really doing it). But one thing is there, he still survived. It's now about three years back he came to Sahaja Yoga. In his blood there is still the virus but still he survived. But so many other diseases have been cured by Sahaja Yoga, no doubt. But it doesn't mean that we claim it. It means that, if your Kundalini rises, if She nourishes all these centers, then you get alright by yourself, by your own Kundalini. I don't do anything! And this is the mistake and misunderstanding people have. If one can understand that this Lady is here just for our benevolence not for anything else and our benevolence is the thing we want then why not have it, if it is free? It's a simple understanding and a simple love for yourself. This is what I have to say to you that please, take your realization! And we have a very good center here, luckily. In this center we have people who are experts. They will teach you how to become experts. And you can also do the same. Imagine if all of you get realization and if you become masters of Sahaja Yoga this San Diego will be absolutely a different place! As it is I was told that San Diego means, is the House of God! How can in the House of God you can have diseases? So I hope it will work out, and I hope all of you will take it up seriously and respect your Self-realization and work it out! I had asked you to give me your questions but today there are no questions I think, so we go ahead with the programme of getting Self-realization. But on the very outset I have to tell you one thing, as I told yesterday again and again I have to repeat it, that please forget the past. We have to enter into the Kingdom of God. So just forget the past. Don't judge yourself and don't feel guilty. Just forget your guilt. Feeling guilty is a myth. Because you are not God! You are human being and if you make mistakes, what's wrong in it? It is not that wrong that you should all the time feel guilty. As a result of that by feeling guilty this center (left Vishuddhi) catches. Here on the left hand side. In the west it's a fashion also, I think, to feel guilty. Since morning in English language they start saying, sorry, sorry, sorry. In our times when we were young we used to say, I beg your pardon. (...) now they say, sorry, sorry, sorry, sorry. What is there to be sorry all the time? We have to be happy. But the amount of sorry we have that becomes a big blocked here. As a result you get diseases like angina, you get diseases like spondylitis, many other diseases come up, even paralysis and many other things. So first of all, please don't feel guilty! Secondly you have to forgive everyone. Yesterday I requested you again and again, please forgive everyone! Because it is a myth. Whether you forgive or you don't forgive, it's a myth. Absolutely, it's a myth. Because you don't do anything. "I cannot forgive, it's very difficult", means what? What are you doing about it? Only thing, by not forgiving you are playing into wrong hands. This has harmed me, this lady has harmed me, this person has done this wrong to me - so what? By thinking about it we are troubling ourselves unnecessarily. On the contrary if we forgive them then the Divine looks after it. Let the Divine decide and judge you and others. On these two conditions I promise you all of you will get your Realization. I hope, you all want your Realization And those who don't want I have to tell you, I cannot force on you. It cannot be done. You have to ask for it in your own freedom. I have to respect your freedom because this is a complete freedom later on. You become so free and powerful, that's how you get rid of your habits of drugs and this and that. Your drug problem can be solved in no time, there's no need to use military. A Sahaja Yogi would never take a drug, whatever you may give. No question. We have a doctor, now he is not here, he was an alcoholic and a drug addict, he came to Sahaja Yoga, he got rid of it, and now he is in charge of seven hospitals in London, regarded as an expert in drug addiction. And he is curing people. That's what it is. If you become so joyous that you enjoy yourself, you will not take to anything like that. On the contrary you would like other to join you in your joyous moods. And that's how Sahaja Yoga is going to spread very easily through you, people. And now don't doubt yourself. Will I get realization and this, that - that let your Kundalini decide because She is the pure desire in you. All other desires in general are not satiable. But this desire is the one which is complete satisfaction. So let that Kundalini judge you. She knows everything about you. She has taperecorded you since ages. She is your mother and She wants to give you realization to give Her a chance. She has been waiting for this for so many days, so why not? And I don't do anything. If there is a candle which is enlightened, it can enlighten another candle because that other candle has got a wick has got all that is necessary and you go near that and that gets kindled. Nothing is done special, no obligation, no fees, no standing on your heads. Nothing of the kind. You don't have to give up anything. You give up whatever is wrong when you get your light and you know for yourself what's wrong. You yourself want to give it up, I don't have to tell you, give up this, give up that, there's no need to tell you at all. So should we have Self-realization? All right? It looks very fantastic, you must be wondering how can that be so

fantastic? Example is like this: In an Indian village if you take a television and tell them that in this box you can see pictures from all over the world, they will say, tell me another, this is not, I am not a fool to believe it! So you connect it to the mains. And you see the fantastic thing, that is does! You are not yet connected to the mains, that's all. Otherwise you are fantastic. You are just to be connected to the mains, that's what Sahaja Yoga does. And once you are connected to the mains and your connection is established then you will be amazed how fantastic you are and you feel that you are really the citizen of God's Kingdom, the way everything is looked after. How things work out, you start wondering, how this has worked out? Now in England we have so many people who are unemployed. But in Sahaja Yoga whosoever comes it's impossible to get one person who is unemployed among Sahaja Yogis, whether they are educated or uneducated. It just works that way. It is that fantastic. No amount of telling about it will convince 'till you come. Like anybody would have told Me San Diego, who is a very beautiful city, I could never have understood it. Even seeing the picture I would have never felt the beauty of San Diego. But when I came here I could see how beautiful it is. In the same way let us experience our own beauty, our own glory that is within us. One simple thing one has to do is to take out the shoes for a while, just for a while. This will take about ten minutes at the most. In the ten minutes you are there! Very quick, isn't it? So be very pleasantly placed towards yourself, very pleasantly placed towards yourself. You have to sit comfortably, you have to be comfortable. And both the feet should be away from each other because as you know there is left side and right side, there are two energies within us. (...) feeling the cold. Now, you have to place your left hand like this, first I'll show you what is to be done and he'll also show you. Please put your left hand towards Me like this. This expresses your desire to be Self-realized. So put your left hand like this. But be comfortable. There should be no pressures anywhere. Just put it very comfortably. And you have to use your right hand for releasing your centers. Though it is spontaneous, but by doing this is (...) and also you know what centers you have to work out later also. Because this connection has to be fixed properly, if it is a loose connection then you move up and down. So please put your left hand towards Me and right hand on your heart to begin with. In the heart resides the Spirit. In the heart resides the Spirit and the Kundalini is the Holy Ghost reflected. Spirit is the reflection of God Almighty and His desire is the Holy Ghost, the power of Holy Ghost, the Primordial Mother, as we call it. And She is reflected within us on the Triangular Bone -called as Sacrum - as Kundalini. So please place your right hand on your heart. Then you have to place your right hand in the upper portion of the abdomen on the left hand side. We'll be working only on left hand side, left hand towards Me and right hand working on the left hand side. Now this center which is on the left hand side, in the upper part of your abdomen, is the center of your mastery which is created by prophets. Then you have to take your hand in the lower portion of your abdomen on the left hand side. This is the center of pure knowledge which manifests on your central nervous system. You need not close the eyes just now, first you see and then you have to close the eyes, I'll tell you. Now, you have to take it back again on the upper part of your abdomen on the lefthand side and then onto your heart, then onto the center which is between your neck and your shoulder, in the corner of that and turn your head to your right, so that you can push it even backwards. Then you have to take your hand onto your forehead across, you can take out your spectacles if you want to, and put it in such a manner that you can press it on both the sides as if when we have headache we press it, bend your head please. This is the center for forgiveness. Now you have to take your hand on the backside of your head and push your head on it. This is the center for asking forgiveness, but you don't have to feel guilty, don't have to count your mistakes. Now stretch your hand and the center of your palm has to be exactly put on the bone which was a soft bone in your childhood, called as the fontanelle bone area. Press it hard and move it clockwise, slowly your skull by pushing back your fingers, clockwise, very slowly, seven times. Now, that's all one has to do. Now, there's no mesmerism or anything in it, so you have to keep your eyes shut, don't keep your eyes open, 'till I tell you, don't open your eyes. Because your attention has to be drawn inside. All of you should take your realization. Those there are - I'm told there are some people from newspaper, I'll be happy if they take their realization and then wright because from outside you cannot understand because this is a very subtle subject and for this subtle subject you have to have an experience. Without the experience if you wright, it will be of no use. May be it's misleading or will be useless. So best thing is to get your experience of Self-realization so that you can reach that subtle level and you can see things in that subtle light, enlightenment of you being. Now put your left hand towards Me, close your eyes, put both the feet apart from each other and be comfortably seated, neither in a fraught or in a very stretched manner, in a very simple, straight sitting posture. Please put the left hand towards Me and right hand on the heart here you have to ask Me a very important question, it works like a computer, you can call Me Shri Mataji if possible, or call Me Mother, which is simpler. You can say, Mother, am I the Spirit? Ask this question three times. Mother, am I the Spirit? Ask this question three times. If you are the Spirit, you are your guide, you are your master. So now put your right hand in the upper portion of your abdomen, on the lefthand side and press it hard. On this center please ask another question three times, Mother, am I my own master? Ask this question three times. Mother, am I my own master? Ask this question. Ask it in your heart. Now take down your hand into the lower portion of your abdomen on the lefthand side. As I told you, this is the center

of pure knowledge. I cannot force pure knowledge on you. It cannot be done. I have to respect your freedom. So you have to ask for it. So please say, Shri Mataji or Mother, please give me pure knowledge, or please may I have the pure knowledge? Say it six times because this center has got six petals, so please say it six times! As soon as you start asking for the pure knowledge the Kundalini starts moving, so lift your right hand on to the higher center to open it up, to help it to be opened out for the Kundalini to move. So raise your hand and put it on the lefthand side in the upper part of your abdomen and press it. This is the center of your mastery. So to open the center please say with full confidence without feeling guilty, without being defident, please say ten times, Mother, I am my own master. Mother, I am my own master. Please say it with full confidence. Now, we have to know that we are not this body, we are not this mind, we are not this intellect, we are not our conditionings, and we are not this ego. We are the Spirit. So the most important truth about you is that you are the Spirit. So raise your right hand on your heart and please say twelve times with full confidence Mother, I am the Spirit. Twelve times please say, Mother, I am the Spirit. We have to know that the Divine is the ocean of love and compassion. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So whatever mistakes you commit are dissolved into that ocean in no time. So raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Here, with full confidence again, please say, Mother, I am not guilty at all! Sixteen times, please say sixteen times, turning the head to the right, Mother, I am not guilty at all! Please say sixteen times. I have already told you that wether we forgive or don't forgive, we do not do anything. It's a myth. But if we don't forgive then we play into wrong hands and suffer unnecessarily. So raise your right hand up to your forehead and put it across, put it across and press it on both the sides, both the sides, bend down your head please, press it hard on both the sides and say from your heart, not how many times but from your heart, Mother, I forgive everyone. I must say that this is the weakest point, but every time people did not get realization, I had to beg of them and spent so much time with them asking them to forgive, forgive, forgive, forgive. So can I request you now that please, forgive everyone! Only because of that don't miss your Self-realization! Just forgive ervery one. Forgive everyone. Forgive everyone. Now take your hand on the backside of your head and push back your head on it, allow it to rest. Here we have to ask for forgiveness from the Divine but we don't have to feel guilty, it is for our own satisfaction. We don't have to count our mistakes, nothing of the kind. Just to say, O Divine if I have done any mistakes, please forgive me. That's all. Now stretch your hand and put the center of your palm on top of your head on the fontanelle bone area which was a soft bone in your childhood. Press it hard, push back your fingers and you have to move your sculp clockwise very slowly seven times. Here again I cannot cross over your freedom. You have to ask for your Self-realization. So please say seven times, Mother, please give me Self-realization. That's all. If you say it seven times and move your sculp very slowly clockwise, I'm sure, you will get your Self-realization. (Mother blowing into the micro) (Mother blowing into the micro) (Mother blowing into the micro) (Mother blowing into the micro) (Mother blowing into the micro) (Mother blowing into the micro) (Mother blowing into the micro) Now please take down your hands and slowly open your eyes. Raise your hands like this. And watch me without thinking. You can do it, you are relaxed now. Put the right hand towards me, little forward and push down your head, put down your head and see with your left hand if you feel any cool breeze coming out of your fontanelle bone, fontanelle bone area. But put the hand little away from your head and see for yourself, put your right hand towards me. Hm, now put the left hand towards me and see with the - bend down your head please - and see for yourself if you are getting any cool breeze from your fontanelle bone area. Some people get it much more so they - you can feel it little further. And some people get hot breeze coming out, doesn't matter, first the heat will go out, doesn't matter. Now, please put the right hand towards Me and again once for all see on the left, from the left hand, just see if there is a cool breeze coming out of your forehead, from your fontanelle bone area. Just see for yourself, carefully, pay attention. Now, raise your both the hands and push back your head and ask a question, anyone of these three questions you can ask, Mother, is this the cool breeze of the Holy Ghost? Mother, is this the allpervading power of God's love? Mother, is this the Brahmachaitanya? Ask anyone of these questions three times. May God bless you all! Put your hands down. See, there is no leave moving anywhere, so don't doubt that the breeze is from outside. There is no leave at all moving anywhere. So, those who have felt cool breeze on their fingertips or through their fontanelle bone area please raise your both the hands. Please raise both your hands. I'm feeling your breeze here! May God bless you! So many of you have got realization, so many of you have got realization. Now only problem is that you have to establish it perfectly and should know everything about it. For that they have got a very nice follow up programm and after that they have a course for eight days I think, where they will tell you all about it. Everything you can learn. You don't have to pay for anything, nothing at all. I'm sure it will work out and you will be rid of all physical, mentally, emtional problems and also spiritual problems and gradually you will start growing into spirituality and become great masters. May God bless you all. Now I'm going away tomorrow but I'll be coming after one year again and I would like to see great trees of Sahaja Yoga giving protection to many people of San Diego. May God bless you all! If you want to meet Me, I'll be happy to meet you all.

1989-0619, Shri Mahakali Puja: Fix up your Mooladhara first, Talk after Puja: On Racism

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19 June 1989

Fix Up Your Mooladhara First, Talk After Puja: On Racism

Mahakali Puja

San Diego (United States)

Talk Language: English | Transcript (English) – Draft

Shri Mahakali Puja, "Ascent". San Diego (USA), 19 June 1989.

Talk before Puja

Today we have decided to have Mahakali Puja.

Now we must understand the Mahakali is in totality a reflection of Adi Shakti in totality; or we can call it that Adi Shakti is in charge, She's managing all these three powers. But Her manifestation in totality is

Mahakali in the sense that it is the desire of God Almighty.

So first She's Adi Shakti in charge of all the three powers and that's why we can say that when She is in a potential stage She is Mahakali and then she divides Herself into two other forces as Mahasaraswati and the ascending force that we call, or as a parasympathetic nervous system expressed in us is the Mahalakshmi.

So She has actually all these forces in Herself, Kali has all these forces but She manifests, She desires to act and when She wants to act Her potential force becomes these two other forces.

So when we do the Puja of Mahakali, we must understand that inbuilt within this force within us is desire; so we can desire anything, if you want you can desire everything, you can desire say the joy, we can desire the knowledge, we can desire to be compassionate and love and we can desire also the destruction of those which are negative forces. But the Mahakali force is the one which is working out the constructive force but in that constructive force only there has to be destruction, because if you are constructing something and there is destruction which is trying to destroy your construction then you have to destroy that destructive personality; and this is what people sometimes misunderstand and they think that Mahakali force is negative force or is a force of destruction, it is but in a very positive way and if you understand this part of Mahakali force then you will understand that if you have desires to construct yourself properly in Sahaja Yoga then you should also have the desire to destroy whatever is standing against your construction.

So one by one we should see within ourselves what sort of things that drag us down and thus they do not give us this desire. If this desire becomes intense then you start immediately seeing what are the forces that are destroying your ascent.

So we have to ascend is the point, our goal is to ascend, our destination is to ascend; so our desire should be that we should ascend and construct our being in such a manner that we can receive all, so we should understand that we have to be prepared to destroy many things within us, if we have to become great evolved personalities

As you have seen in evolution itself you had huge big animals like mammoth this that and they they could not cope with the evolution so they were all destroyed, so many thing were destroyed, and this destruction is built in within us, when we ascend we just start seeing that these are the forces which we are destroying us and that our destruction is so much that if we do not desire the destruction of these destructive forces we will be finished.

So at the same time, when we are ascending higher we have to know what we have to destroy. For example even in living forces when a flower becomes a fruit, lots of things which were the part of the flower get destroyed, automatically, but that is done in the will of God by His own understanding. So it's absolutely perfect.

So in Sahaja Yoga when we desire something, we must know what we desire, first fix your goal and then relate it to that.

Now there are many deviations in life, like you are going to the airport, our attention should be we have to reach the airport and whatever are distractions are distractions; we should not get lost with it, if you get lost with those distractions, then we cannot achieve our goal in time. So one has to understand first of all that our goal is to ascend and for that the distractions are on our way, because of ourselves, because of ignorance, because of darkness, because the light is not so much.

The first destroying factor that is within us is the Shri Ganesha's power and this Shri Ganesha is the power of Mahakali. She first planted Shri Ganesha to emit holiness on this Earth, so the whole thing could be vibrated and as you know one aspect of Shri Ganesha is also Omkara, means this vibratory awareness which flows everywhere.

So these vibrations have four sides in it: one is that these vibrations establish holiness, auspiciousness through Mahakali; then these same vibrations also comfort us through Mahakali power. Vibrations do not

give you desires as such, if you see, they do not give you desires, but they give you proof of your desires being fulfilled. Supposing you want somebody to be cured, this is your desire and you give vibrations to

that person; so it's a means, so it is also the action part which is there in those vibrations, but this action also comes from desire. If you don't have desire you won't act, so the desire is so important even to establish your own path, to establish your forward march, if your desire is poor, if you're halfhearted you can't work it out. Halfhearted people cannot achieve anything in Sahaja Yoga, it's not meant for halfhearted people, it's meant for people who are brave, who have intense desire, who are intelligent and who are auspicious. But in case you do not have intense desire, then the pure desire doesn't work and you do not get your realisation; also after getting realisation unless and until you have desire to ascend, very strong intense desire to ascend, you cannot ascend.

So for all Sahaja Yogis it is necessary to first of all early in the morning, while taking the name of Ganesha, must say what is my desire, this is my goal, this is what it is, all activity must be surrendered for this work.

So now how our desires are curbed, first of all through conditionings. We have certain conditionings. After Sahaja Yoga people become very affectionate, so immediately even if in the west – where the family is not so important, children are not so important, selfishness is there, people think about themselves only, they cannot think of others – even in those countries, it starts developing a kind of a, another cocoon of myness, my child, my house, my home, my family; then the attention starts working on that, you become halfhearted towards your ascent, because your ascending in a way so called and also you are spreading out.

Then the concern goes to other conditionings we have. Like the other day I met one fellow he said that "Mother I am a Sahaja Yogi, I know but I can't get over the idea of Christ", I said "Who has asked you to get over idea of Christ? Christ is there, in Sahaja Yoga very much, but understand it in its own comprehensive way and see for yourself!".

But this conditioning is of thoughts. Supposing if you have read too many books, if you have gone through... supposing you are a born Hindu or a born Christian or born Jew or anything, so the conditioning is there. You were born as a human being, you got this stamp later on that you are a Hindu or a Christian or anything. These stamps you did not carry when you were born.

Supposing the child was lost, he could be any religion, so these are not really your innate religions, this is just a stamp you have got, like Christian or anything.

Then you have another conditioning, that you belong to this nation, to that nation, like we have, we have America, this that, that, that, but still these are stamps. You were born in America, that's why you are an American, anybody who is born in America is not different from anybody else only thing according to the climate of a particular place, you might have your complexion, your height and your face and all that, but that doesn't mean that innately this is meant for America, it could be anywhere.

Then all these conditionings within us start acting on our language, on our styles, on our lives in every way. Then we start becoming Americans, so these are the effects of the outside that come in us and then we say we the Americans, but if you scratch them inside body is the same, heart is the same, the blood is the same,

everything is the same, there's nothing different, it's even not skin deep. But in the brain it has gone that "I am an American", then all these things that are in that society, for example in America so many things are allowed, so that's alright, in India many things are allowed, that's alright, like that we start accepting the society, the norms of the society and the conditioning starts.

But with all that, this desire is there, the pure desire to ascend. I think you put these lights little ahead because they are so, paper there and with my force, light is going behind, no, no, not that one please, because they are facing that fan, could bring them down here, still quite close to that fan you know, you can put them anywhere, you can put them here if you want, you see because the air is blowing that way and they are all going that way.

So the desire within us to ascend comes to us also as a reaction to all these things, when we see as Americans what's happening to our country, what's happening to the people, what's happening to our surroundings and then we get a shock. Oh God! What is this?

Then we also see this is artificiality, like in England you have to wear a tail coat, you have to wear this, you have to have this kind of spoon, this kind of a glass, this that so reaction builds in; so you start anti-culture, anti-culture to get rid of artificiality.

Well the desire behind it is, is to seek the reality, to seek reality. Then they have hair just like primitive people, they live like primitive people and the reaction is built in. Behind all that is the same desire, is to ascend. So this Mahalakshmi power is acting within us, it is giving us all kinds of shows, we can say, alright, you want to have, say variety of things, go ahead with it, then you go crazy you see what's this going on, why should we be so mad about it. Now they want to have, you want to have say, your children, your home, your houses; then you just get fed up with it, because children become arrogant, they become horrid, they trouble you, then you say, "Oh God! I'll never have any children any more!"

Then have wives and you find wives horrible and husbands horrible, then you divorce, you go on divorcing, divorcing, divorcing and then you find it's useless, it doesn't work out; nothing seems to work out, you feel so frustrated and that action and reaction works on your desires,

so your desire go on changing, especially when we are wanting to be affluent, people become affluent and then they find the problems of affluence, so a reaction is built in, those who witness those problems of the rich, they don't want to be that rich, nothing doing. So in every way the desire to achieve things works out, like some people want to have power, they go into politics, fight it, get it done and done forever.

So lives after lives it goes on. Then you are born in modern times when I am here and now your only strong desire is to become The Spirit – I hope it is.

So now all these back things are to be crossed over, they are finished, now what should we do for our realisation, what action we should take? The first action is to develop your Mahakali power, by one power you destroy all that is nonsensical, destroy all that is impeding you, troubling you, blocking you, destroy all that, just I don't want it.

Because I have seen Sahaja Yogis suddenly go off, like you have to go to the airport, suddenly find they have fallen into one of the gutters, what happened? "Mother, we felt like going there", but why?

So keep your attention on that point.

Some people get married, in Sahaja Yoga also, they have a desire to marry, have children, this thing, but in that also they get fixed up. Marriage is not the end, is just one of the means to be balanced.

So we have to have desire that we have to achieve something so go on destroying all that within us, within us is six enemies as they say, is anger, then greed, jealousies, violence, all these are within us, so have to destroy these six enemies.

But what's the power of a Mahakali is that destroys all the enemies that stand in your way, all the rakshasas, all the devils all the negative forces, she tries to destroy, so that your path should be all right; but while She is destroying all of them you start sticking on to them, what can She do? So your desire should be pure and that you should say that all right we want to achieve that and she is working it out for you.

This is the first thing, Her job. Then the second job is that She comforts, She gives you comfort, of every kind. The first comfort She gives you is of your body, your body becomes comfortable, means all your diseased and all your troubles are destroyed. You find that your body becomes healthy, you feel younger, you get energy and you can work out your realisation. This is the first thing She does for you: is to give you comfort.

Then she also gives you comfort of the Spirit, so that you do not ask for artificial comforts, you can live anywhere, you can live in a jungle, you are comfortable; if you live in the most busiest place you are comfortable, so you are comfortable everywhere and that sort of a comfort you can establish within you.

Then the highest of all Her boon is that She gives you the joy, joy of every kind, joy that emits from everything, from everyone.

So that is the highest you get when you keep your desire, the flame of your desire burning, till you reach that state of spiritual attainment, then you find that no more desire is left; but only one, if it is any, that "let the whole world be realised". Like a drunkard, you see, he wants to enjoy his drinking with others, like that you become, you are drunk in your joy and why not others enjoy, so you work for it.

But human beings, I have seen, they move like a yo-yo, they achieve their spiritual attainment they have the joy and then they go back to help people, they get caught up with them, they are not strong enough; because the Mahakali power is not strong.

And another is the weakness of the Mooladhara. Weakness of the Mooladhara makes you imbalanced and in that imbalance, you lose your will. So one has to be very careful that our Mooladhara must be fixed properly. There are so many ways by which you can fix up your Mooladhara and you must fix up your Mooladhara first; then your desire absolutely moves like a kite moves in the sky, stuck to Mooladhara and you can move into any direction to any height, wherever you go you are quite in charge, you know how you are moving.

It can bind your attention, everything. So what we say that the roots are very important first to be established for the growth of your desire upward, like a tree.

So they go hand in hand, Mahakali power and Ganesha's power go hand in hand because that's the foundation; if it is based on that foundation, desires grow much stronger and stronger and effective and they do not deviate. Every sort of desire is fulfilled till you reach that state where there's no other desire left but to enjoy, you just enjoy, without any desire, desirelessly you enjoy.

And that state is to be enjoyed, just to be enjoyed. What is there to talk about it? what is there to say about it? you are just lost in

the ocean of enjoyment and that should happen everywhere and that's what you are worshipping.

So now I hope you have hundred and eight names of Mahakali, and if you have hundred and eight names of Mahakali we'll see one by one that these stages of working out for you, how manifest that you can see in those names.

So now first we'll have a one Atharva Sheersha and then we can have these hundred and eight names.

Can we? We did a Puja there also, Canada also did it, I think it is very important to do Mahakali puja because that's the first power that starts manifesting.

Talk after Puja

30:26

Also there is a little bit of racialism in American Sahaja Yogis, which [UNCLEAR] out and out, which is nonsense. Racialism must be fought completely. That's the greatest curse you have in the West. Especially in America people like George Washington, people like Abraham Lincoln, they have lost their lives because of this racialism. We have to know that our differences are only skin deep and if you are skin deep Sahaja Yogis, you are not Sahaja Yogis. You have to be kundalini deep. Unless and until you develop that, this racialism will continue. And that's the worst curse we have.

I don't know from where it has come, this racist feeling, but you know Hitler he worked on this and what he did, so how dangerous it is, how cruel it is. Absolutely it's the most dangerous thing. But now Germans have learned a lesson. At least German Sahaja Yogis and Austrian Sahaja Yogis are better. Of course there are many Germans in Austria who are still being great racists and support it. Remember that if you have any racialism in your head you are a part of Hitler's state. This is one of the greatest conditionings we have in the West. Which way you can decide which race is higher, which race is lower? Isn't that one race is dominating, that's all we can say, has been. So, dominating races may go out of the circulation of evolution completely. And all that dominating animals have wiped out. So please remove that from your head, completely. We are all children of one Mother. My face may be fairer, but My hands are black. That's the sign of Mahakali also, one of the signs. If you read all of the names, there is... Her hands are black. Face is... All right. So for all of you I have to warn that no racialism will work. Anybody who will try racialism will go out of Sahaja Yoga completely. We don't want Hitlers in Sahaja Yoga. Those who try to be like that by any chance - so many tried to be Hitlers in some way or another - all out. So one has to be careful on that point. Very surprisingly Christ was not born in England or in America. According to racialism He should be condemned, isn't it? It's a very funny thing, which I really can't understand, how people justify themselves. All such ideas must be given up.

Any other question if you have you come and talk to Me. Try to understand that this is the greatest work in spiritual history. You are used for the greatest [UNCLEAR vision?] and you need a tremendous understanding. It's not an ordinary revolution. I've seen a person, anybody, say - Elvis Presley and all those ordinary people; just he has some musical talent. People were just mad after him. They could do anything for him. But Sahaja Yoga which has so much of [UNCLEAR weight?], so much of blessings, so much of My love. We have to give up our baser ideas [UNCLEAR]. We cannot be low grade people. That doesn't mean that you should be well educated, not necessarily, but a kind of a dignity, understanding and fighting these evil forces are not possible [UNCLEAR with people?] who themselves are negative.

Now we've worked a lot in America. Now lots of people are coming in San Diego and today there will be many more, but we have to . . . we have to look after them and sustain them and develop them, and for that you need lot of wisdom. I hope with this puja many things will be ignited [UNCLEAR] will be enlightened about how to manage people slowly and steadily and then introduce to them this ocean of joy. We have to be above all these things, all petty things. Petty mindedness cannot help Sahaja Yoga. And the attention is so poor that you know that on a Sahasrara Day, also, there were no flowers. Mother said there were no flowers from the whole of America. But even if they have some pain in the head they write to Me. From Australia, from everywhere I got it. If you are devoted to someone, if you love someone, if someone loves you, you see, how can you remain without wishing that person I can't understand. And you should not wait for any leader to tell you that you have to wish your Mother. This is going to

far. You must understand the importance of your being there and also the importance of the great work you have taken upon yourself, your responsibilities. If you do not understand that you are useless as Sahaja Yogis.

As you know at this age I am working so hard, traveling all the time, I mean, people give up half way. For what am I doing it, for Myself? What is My gain? Nothing. Sahaja Yoga is for you, and for others, your brothers and sisters. There isn't any sacrifice involved in that, no asceticism, nothing, but certain discipline of your soul should be there is to get up, have your baths and to do your meditation. That's all. Look after your ascent. That is your goal. That's [UNCLEAR]. As soon as Sahaja Yogis achieve that depth, Sahaja Yoga will spread in America, New York, any city. Even one deep person is sufficient.

The other people, those who have gurus, they go on talking about them for hours together, telling fantastic stories. May be false, but we don't talk about our guru to anyone. We don't talk about Sahaja Yoga to anyone. We have to be bold and brave and dashing about it. Then only [UNCLEAR it will work out?] Now you're allowed to say what you like about Me. You're allowed to say that I am The Holy Ghost; that I am The Holy Ghost that Christ has sent. Do what you like. There's no restriction. You can talk about the miracles. You know about the miracle of the Sahasrara, which opened in the photograph and the whole of Sahasrara has come out as a white, pinkish color lotuses and you can see beautiful petals. You can also see the kundalini. You can also see the three forms. It's wonderful. But surprisingly the photo in which you see three forms and you see the breaking, that photo, when it is enlarged, you don't see the three forms, only you see the lotus. Miracles after miracles. But one must realize it.

May God bless you.

1989-0626, Shri Ganesha Puja: Christ and Christianity

View [online](#).

26 June 1989

Christ And Christianity

Ganesha Puja

Brigitte's House, Bogota (Colombia)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Bogota (Colombia), 26 June 1989.

Today I would like to tell you about Christ and Christianity because that's very important, because this country is very Catholic. And even if you are Protestants or Catholics, the church has not fulfilled what Christ wanted them to do, which you can see very clearly.

If you read the Bible, you'll find that Christ has been described as the Son of Mother Mary, born out of immaculate conception.

But they have not been able to really, profoundly, accept that.

The superficial way they are using Christ to make money, make properties, build churches.

And because they cannot explain anything, they always say that it is a mystery.

That Christ was born of an immaculate Mother – "Immaculata" – with immaculate conception, according to them is a mystery.

Also, they cannot explain how Christ walked on the water.

Because they have not been able to find out the spiritual life, which was the idea of Christ.

And they created such a materialistic world.

Moreover, the amount of money and wealth the Vatican has, one can't understand how there is so much poverty in the Catholic nations.

They have not tried to solve the problem of poverty at all.

In India, they converted people by giving them some loaf of bread or something like that. And very low-level people who were just, we can say primitive, they converted them.

Whether they are Protestants or they are Catholics, they are the two sides of one coin.

Because they are seeking something that is very transitory.

They are not seeking the eternal life.

And the people are extremely frozen, meticulous and rigid.

They only know how to make money, that's all.

And even the very, very high-up people there have relations with mafia.

So it is something like a religious mafia, you can call it.

Also, their concept about sex and married life is extremely funny.

By leading an unnatural life, they have suppressed people so much that wherever Catholicism has gone, people have become extremely licentious.

They have no sense of chastity.

Apart from that, what Christ has said, that you have to seek yourself.

The way He has described about a person who is a Christian: "Thou shalt not have adulterous eyes."

Also in the Bible it is: "Thou shalt not kill."

The amount of killing that is done by Christian people, those sins, God knows how they are going to pay for it. Through cocaine maybe, I don't know how. They have killed so many people.

If they had the white skin, they felt that they had a right to kill all others with other skins.

While Christ was not a white-skinned man at all.

He was brown, like us.

He was not born in England or Switzerland.

So, to think that if you have a white skin you have a right to finish everybody, is something like a Hitler's situation.

But worse than that it is, because it is in the name of God it was done.

In the name of God you cannot do such things. These are the worst type.

So this is the outside, but the inside of it is also extremely poor and extremely detrimental to the growth, spiritual growth.

They don't know who is Holy Ghost.

They do not want to believe that Christ's Mother was a Goddess.

In the Hebrew language, it was written that She would be a kanya – means a virgin.

Now, there is a proper understanding that She was a virgin, and then She had a child.

But they have no sense of virginity left in them.

Now apart from that, Christ has said that you should seek the truth, you should seek the Spirit. They have never bothered about it.

But the main thing that Christ has said [is] that, "I will send you the Holy Ghost.

Who will comfort you, who will counsel you, and who will redeem you."

So, they never looked for one.

Because they don't know who is the Holy Ghost.

And in the Catholic religion now, even till today, they do not allow women to be ordained—when Adi Shakti, which is a feminine aspect of God, created the whole world.

That's why the women also, in the West, have tried to compete with men, because they have no position in the religious life.

So, when the women have no position, they started competing with men and they lost their femininity also, and they became very dominating, right-sided.

So, what they have been preaching, that there should be no divorce, they made all arrangements that people should divorce each other.

Now, to understand Christianity, we have to know through our Sahaja Yoga that Christ resides in the Agnya Chakra.

And when the Kundalini comes to the Agnya Chakra, you have to say the Lord's Prayer, otherwise the Kundalini does not rise.

So, once you say the Lord's Prayer, Christ is awakened in your Agnya Chakra.

Whenever I travel in the Western countries, even here, My Agnya gets so badly caught up – and the left Vishuddhi – in a Catholic area. And Agnya.

That means people are against Christ, and they are feeling guilty because all the time the Catholic Church is telling them that you should feel guilty – and then confess to the priest. Now the priests are not realized souls, nor is the Pope.

So, it is absolutely so artificial, the baptism itself is so artificial.

Also, Christ said that this is – the bread, He said – is My body and this blood is My wine. He should have said water; [that] would have been better for these stupid people, would have been much better.

But even now, if you go to that country, you'll find people don't drink water, they drink only grape juice.

So wine doesn't mean alcohol.

Also they say that Christ made some wine for the people who had come for the wedding.

The first part of it, that Christ went to the wedding, itself showed that He respected the custom of the wedding.

The second thing is that wine cannot be made alcohol into a second. The alcohol has to rot. I mean, wine has to rot to become alcohol.

I went to Italy and there was one gentleman called Romano Battaglia, who was to interview Me for his TV program.

So, he said, "First You give me realization, then I'll do the TV."

So I said, "All right, get some water." And just I put my fingers into it and I said, "Now drink it." So he said, "This is wine. This is not water."

I said, "How?"

He said, "It tastes like grape juice."

The person who brought [it], he asked him, "Did you bring water or grape juice?"

He said, "I brought water."

So, this is also another thing they have used to take alcohol.

They do not understand any subtleties about religion, about dead bodies, how to deal with them.

Unfortunately or fortunately, I lived very near a church in London. And the whole day – it was on the back side of the church, or the side of the church – the whole day one activity was going on: barrels of beers were brought in, emptied, and sent away, the whole day.

And I could not understand who is drinking such a lot of barrels, you know, big, big, huge barrels.

And in the night, if I could ever see, I would see lots of horrible black spirits coming out of the church. So I gave them bandhans, and I said, "You take your birth." But they didn't want it.

They were mostly bishops, and all sorts of people, perhaps, who were buried in that church.

So one day I went to that church and as soon as I stepped in, I felt I'll faint here, because everywhere there were ten dead bodies, one after another, buried in that church, throughout. It was like a churchyard.

That means they have no idea as to where to bury the dead. In India, even in the churches they will never allow any dead body to be buried and to walk on them like that.

So, in every way, they have not gone deep into themselves spiritually to find out what is the truth. Even they have not been looking out for the Holy Spirit.

So, when they say that we are the chosen ones, and that once we become Christians God is going to give us the heavens, they are sadly mistaken.

Because whether you are a Christian, Hindu, Muslim, anything, you can commit any sin. Everybody is capable in every religion; no religion binds them.

Only in Sahaja Yoga you become righteous and sinless. That you give up all your habits. And also you get rid of your tempers, and your meticulousness, your frozen nature. You trust each other, you open your heart.

And you forget about racialism, about your countries, and you try to become one with each other.

And when our children will grow up, we'll find one collective body, [we'll have] absolutely forgotten all these nonsensical barriers

between one person and another.

But when you meet a fanatic, you see, don't argue with him.

Their brain is covered with fanaticism; they cannot understand.

But any open-minded person, if he asks you anything then gradually, one by one, intelligently, you have to talk in a very sweet manner: "See, I was a Christian and I couldn't find this, and my mind was going on one side, I was not integrated." All these things you should talk as if it happened to you.

So then, what happens [is] that they would start seeing the point and the truth: that it's not that you give up Christ, but we give up the so-called Christianity.

And this way, we can get all those half-hearted people who are neither there nor into anything else, they will definitely come to Sahaja Yoga.

And there is nothing to feel guilty.

It's all done by every religion, they tell you: "You are a sinner." Everybody says like that. Because then they can cash [in] on it.

It's all Brahma Chaitanya, which itself in itself creates and sees its own play. And enjoys itself.

An analogy can be given: like the sea creates the waves, and then sees the waves and enjoys them.

So when we are ignorant, with our ego covered, every wave thinks that "I am something great."

But when you get dissolved in the sea, you can feel it.

The vibrations are called as sphurti in the Sanskrit language, sphurti.

And that sphuran, that vibrations we can call it, or that pulsation is what you call as Brahma Chaitanya.

So, we have to become one with that and allow it to work it out for us, everything.

So, supposing something fails, if you work out something, something fails, so we should know it must be something for our good.

So you'll never will be frustrated, and you will see the play of Brahma Chaitanya.

May God bless you.

1989-0627, The importance of Swadhisthana Chakra

View [online](#).

27 June 1989

The Work Of Swadhisthana Chakra

Public Program

Teatro Libre, Bogota (Colombia)

Talk Language: English | Transcript (English) – Draft

[Beginning is missing] ... heart attack when you become guilty. You all the time feel guilty, and depressed, or also you go to fake gurus and take wrong mantras also, this center gets caught up. So the heart has to pump the blood to the brain and it cannot because of this blockage. So, it goes on pumping, pumping and the enlargement of the heart takes place and - or else, it develops into an angina. And sometimes it can be very much more pressurized and one can get a so-called heart attack, this is angina attack and they die.

Now those people who are, who think they are very cunning, and playing around with others, their hearts are not clean. They also get the heat in their heart and can collapse with heart attack. To make the thing little shorter, I think I should explain to you about one very important centre. Because if you know about that center, most of the diseases you will understand.

Actually, this is the second centre which we call as Swadhisthan. And it comes out of the third center, and it moves on all the sides. Sometimes it can expand, it can contract but in the whole of that area, it moves [green area]. On the physical side, it looks after the aortic plexus. But we must understand the subtle side of it. Now the work of this centre is, the most important is to transform fat into grey cells for the use of the brain. Now when you think too much, you are very calculating, you think all the time. Then what happens, that by thinking you use the grey cells that are replaced by this centre, which creates grey cells for the use of the brain.

But also this center has to look after the liver, the pancreas, the kidneys and the spleen. So, when you start thinking too much, all functions of supplying energy to these organs minimize. As a result, you get bad liver. It is liver which emits heat in the body. This heat can also trouble your lungs, because so much heat is coming out in the body, so you might develop asthma with it. On top of that, if you take alcohol, you spoil the liver much more.

Then you have got another one which you have to look after is the pancreas. When pancreas is neglected, you develop a disease called diabetes. Now imagine in India, in the villages, people take sugar so much that the spoon has to stand in - I'm sorry, I've been speaking for the whole month, now my throat is off. All right. - It has to stand in the sugar. So much sugar they take! But they do not get diabetes, because they do not think, they are villagers. They get up in the morning, work in their field, come back home, nicely have a family life and sleep on it. So, they don't get diabetes at all. But in the city, where the big planners are sitting, planning the whole world, themselves are unplanned.

[Shri Mataji is laughing]

Then you have got very important organ called as spleen. The spleen is the speedometer. It builds up our rhythm, rhythm of life. If the rhythm of the life is not kept all right, then spleen goes off, it becomes crazy. The reason is the rhythm of life is giving you proper idea as to when to produce more 'RBCs' that is red blood corpuscles for emergency.

Translator: Hum. That's medical, Mother.

Shri Mataji: Red blood cells.

Translator: Ah, red blood.

Shri Mataji: Red blood corpuscles. [Unclear]

Now when we are under the mix [involved], all the time giving shock to this spleen, then what happens when we are giving all the time shock? Like in the morning, we use the newspaper. What do you find? So many people killed. Imagine this poor spleen must produce more red blood corpuscles.

Then you start for your office or work and in the road there's jam, as it was [unclear]. [Shri Mataji is laughing]

So, somehow or other, you take your breakfast in the car, you are biting, getting angry with everyone for creating a jam. And you are one of them.

[Laughter]

The poor spleen doesn't know how to cope with your madness. And shock after shock! Because you go to the office, and the boss starts shouting at you, "Why are you late?" He doesn't understand 'jam'. Moreover you have seen the watch all the time, you in more trouble. You'd better not see the watch. We have got watches to save time for meditation, not for getting worried about nonsensical things.

So, to be all the time under shock, keeps that spleen crazy all the time, he doesn't know how to react. So this spleen goes crazy. Now it is vulnerable for a blood cancer, 'leukaemia' as you call it. Now, here you are just vulnerable, and then you get a big shock somewhere, emotional, then you are in for it. Then the doctors will tell you only that, "Certified that will die after one month. Please arrange".

[Laughter]

You are certified. Now, Sahaja Yoga has cured so many blood cancers, so many. By giving a speed and rhythm to the personality.

Now, formerly in India, we had an institution, I mean even now, of a housewife, and we call her the Goddess of the house. And she was regarded as the one who was keeping the rhythm of the house. And she had to be a very forbearing, and a peaceful person. In India, the woman would cook the food and the man would eat and she would be sitting with a fan rhythmically moving. So the man eats his food at peace.

[Laughter]

So she formed the rhythm for the man. But these days, the women themselves are working, they themselves are crazy.

[Laughter]

And there is no peace in their heart. A woman has to be like this Mother Earth, she can bear anything. Because the man can only lose temper on the women at the house: how can they lose temper outside, they will be beaten up if they lose temper. They will be beaten up for that. So, like, they should be treated like children, they come home: shout, shout, finished! Then they are all right. They don't mean it.

[Laughter]

So, the good relationship is established and the man finds his peace with his wife. So when this center moves to the left, we call it the center of Gruha Lakshmi, means the Goddess of the house, of the home.

Then also it looks after your kidney. So when the kidney is not looked after, it goes out of function and you start developing kidney troubles and you end up in a hospital taking all kinds of help from the machinery. But there is a very easy method to cure all these things. When you will be coming to our course, they will tell you how to cure your liver, how to cure your pancreas, how to cure your spleen and how to cure your kidneys. And the kidney when it is spoiled [unsure], you get high blood pressure.

Now I think we have covered lots of diseases, and we will know about all of them later on. So we should have some other subject now, it would be a good idea.

In Sahaja Yoga, nobody gets cancer. Nobody gets high blood pressure. Nobody gets blood cancer or anything, but they are very balanced.

[Someone speaks in the audience. Laughter]

All right, we have some big questions here already. You write it down please.

[The seeker in the audience asks his question]

Such big questions!

[Laughter in the audience]

Sahaja Yogi: He wants to know [inaudible].

Shri Mataji: Cancer comes out of worrying. If you worry too much you get cancer. Now once this –

[A lady from the audience speaks loudly]

Sahaja Yogi: She wants to know what to do now.

Shri Mataji: Now. Now you just meditate, you will be all right. We'll tell you what is to be done in the course, how to meditate. Because now you have opened out like a chimney here, the fontanel bone area and the worry goes out of it.

Now a thought rises and falls off. Another thought rises and falls off. We live on the cusp of the thought which comes from, either from the past or from the future. And what happens, we are jumping on the cusp. But when the Kundalini rises, in between the thoughts, there is a little space, which is called as 'Vilamba', and this space is the present. So once you meditate you come to that space where you become silent, the thought stops. Worry you cannot do because thought. And when you want to think you can think, when you don't want to think, you will not think.

[A lady from the audience speaks loudly in Spanish]

Shri Mataji: According to me, madam, according to me, most of these are just sicknesses. It's a personal sickness, most of it. Now when you come to the program, they will tell you how to get all of them cured and how to work it out. It's very simple method. So all of these which are above the sicknesses, will be judge [unsure] later on.

[To the seeker]: One by one.

Now – One, one, just one person. Now who is there? That gentleman. Please.

[A lady asks a question in Spanish]

Sahaja Yogi: She asks, why should we do the meditation towards the photograph [unclear]? We could, we thought a very inferior feeling that we have the meditation, that we could do anywhere without being with the photograph.

Shri Mataji: Oh. Then I have to confess something that my photograph has got vibrations, luckily, it's very nice. 24:08

As I have got, from Me you got it, in the same way, my photograph has got. It has a coefficient. If you don't use My photograph, you won't get in the beginning, then you can give up. First you have to use the photograph, because I don't see any other photograph have got [vibrations] because so far, no saints have been photographed, right? There's no photograph. Rama: there's no photograph. Krishna: there's no photograph. I am sorry but supposing we use your photograph, it won't help. I wish it could be, but it's not possible. I wish somebody's photograph do that, but it doesn't not act. That's why I have to do it.

Then also every human being has a kind of a vibration, every human being. Now supposing somebody is sick, and I cannot meet that person, if you bring [the photo of] that person to Me I can feel the vibrations of that person on the photograph only. And I can say what's wrong with that person is, and it can be helped also only on the photograph. Photograph is a very big thing in modern times.

Moreover, because there were no photographs, people have made of horrid faces of Christ even. And I am sometimes so angry the way they have made these photographs. Only a Realised souls like Michael Angelo could get somewhere near his body and his feature. And the Sistine Chapel is made, covered with the Kundalini only, the whole thing and showing the same thing, the Last Judgement, when you are judged. And below that is a table where a Christ, looking like a PD patient with all his bones, is put there, like a beggar. Can a skeleton like that carry such a big cross?

But there are many miraculous photos also of mine, which we'll show you later, not just now, but we'll show you how miraculous certain photographs have come.

[A man asks a question in Spanish]

Sahaja Yogi: He says his question has nothing to do with sickness, Mother. I think this question comes quite often, Mother. Is it the awakening of Kundalini has nothing to do with sex or does it have to do with sex?

Shri Mataji: No, nothing to do. It has nothing to do with sex. See now, here, the sex is the lower chakra. This is, you see the seventh center or the first center is below the Kundalini [Shri Mataji shows the chart]. On the contrary, when the Kundalini is rising, this center which gives- is all for your excretion, stops completely. It's called as pelvic plexus [unclear]. All your things stop at the time when it is rising, at the time we are meditating. This is the center of your innocence. So your innocence is awakened at that time.

[A man asks a question in Spanish]

Sahaja Yogi: What is the relationship between the food we take and our own evolution and the Kundalini?

Shri Mataji: You see, human being has either the left side or the right side or he is in the center. Say, somebody is a right-sided person. He should take more to carbohydrate. It's very scientific. If somebody is left-sided, then he has to take more of proteins. And if he is in the center, then he has not to eat anything which grows under the Mother Earth. Like that, it's very scientific. And you are not to mix carbohydrates with proteins. But whatever you eat, you can meditate. [Shri Mataji is laughing]
But if you develop some imbalance, then you have to look after the food part.

[Unclear conversation]

[A man speaks for a long time]

[A lady speaks in English, unclear]

Shri Mataji: You should ask very short questions, you see. There is no time for discussion.

Sahaja Yogi: [Unclear]

Shri Mataji: So, I think we should stop now this questioning. That's a very good thing.

Sahaja Yogi: He was only resuming, Shri Mataji, that you were saying that Christ is in the center, and that we are living in a time, it's like the time of Apocalypse. And that something will come and he's frightened [unclear].

Shri Mataji: No, he said that, "I will send you the Holy Ghost". Now questions and talks have stopped. All right.

Now what I would suggest, that you come to this course. By talking you cannot [unclear]. In Sanskrit, it's called 'Shabda Jaalam'. It's a web of words. And Kabir Das, a great poet has said, "Padhi, padhi pandit murkha bhaye". By reading too much also, the intelligent have become stupid. So, it is something that has to be experienced and you have to become. And that is what is a difficult task.

[To the lady] Ask no more, all right? No more. No, because you see, I have stopped others.

Sahaja Yogi: She just wants to know when is the course.

Shri Mataji: When is the course? That's a good idea.

[Conversation in Spanish]

Shri Mataji: Loudly, loudly.

[Another Sahaja Yogi gives the address of the sahaj centre and says it is free.]

Shri Mataji: How much can you pay? [Shri Mataji is laughing]. It's very surprising. We too say in Marathi language, 'pagar'.

No, only in Marathi language.

Sahaja Yogi: Pagar, what does it mean?

Shri Mataji: Pagar means [unclear].

[Many reactions]

Shri Mataji: Nothing is to be paid, nothing.

[A lady asks a question in Spanish]

Shri Mataji: What does she say?

Sahaja Yogi: She wants to know how are we going to meditate.

Shri Mataji: That's what I am going to tell you, madam. Nobody is allowing. There are at least twenty people raising their hands still.

[Many reactions]

Sahaja Yogi: No, they don't want to ask. They want Realization.

Shri Mataji: Very sensible people, I must say. All right.

[Many reactions]

Sahaja Yogi: They are fed up of questions.

Shri Mataji: All right. Aren't you going to have your lunch also? I am worried, as a mother. I am worried you must have your lunch [unclear]. Let's have that experience again.

Sahaja Yogi: They can answer?

Shri Mataji: Later. Have patience. Have patience. Please tell the person. They will not [unclear] again.

[Many reactions]

All right, doesn't matter. We are not going to answer any questions. So don't raise your hand. [Applause]

Now again, we'll do the same as we did yesterday to establish ourselves. It takes about ten minutes.

[REALISATION PROCESS STARTS]

Please take off your shoes.

As you know we have to put both the feet away from each other. And those who are sitting on the ground need not bother, but they should take out their shoes. Now we'll show you again what is to be done, because there seems to be some new people, and then we'll close our eyes and we'll work it out.

So, now you have to be comfortable, first of all.

And you need not sit with any bend or anything, just straight like this. But not too much strain on your body at all. You don't have to fight with your thoughts. You don't have to fight; they'll stop by themselves.

It just works. Now the left side is the power of desire. So, please put your left hand towards Me. And the right hand is the one which goes into action. So, we are going to use the right hand for the action on the left-hand side onto different centres. First, I will show you.

But before anything else start, there are two conditions I told you yesterday. The first one is that you are not to feel guilty at all about anything. Whatever you have done, don't feel guilty. Now believe Me in that: you are not guilty at all. Not at all guilty! You are human beings, so how can you be guilty? The second is that you have to forgive everyone. And again I say that it is a myth that we forgive or if we do not forgive. Because we don't do anything. But if we do not forgive we play into wrong hands. Yesterday, so many came who could not feel the cool breeze. And when I told them to forgive, they started feeling it. We are not going to miss this phase now by just not forgiving someone. It is such a useless phase, mythical. Nothing is more important than yourself getting Realization.

All right. So now you just sit straight like this. Put left hand towards Me. First, you will have to put your right hand on your heart. I would request all of you should forget your questions for the time being. You first get the light. In the heart, resides the Spirit. Then you put your hand in the upper part of your abdomen. On the left-hand side. Then you put your right hand in the lower portion of your abdomen. On the left-hand side. Then you raise your hand again in the upper part of your abdomen. Then you raise your hand on your heart. Then you raise your hand in the corner of your neck and your shoulder and turn your head to your right. This is the center which catches when we feel guilty.

Now you take your hand on your forehead, across, bend your head. This is the center of forgiveness. Now take back your hand onto the back side of your head, and push back your head on it to rest. Now stretch your hand and put the center of your palm onto the soft bone which was there in your childhood, called the fontanel bone area and press it hard. Now press it hard, push back your fingers. And now move your scalp very slowly, clockwise, seven times. Please bend your head, it is easier then.

Now, this is what you have to do, you can take out your spectacles and you have to close your eyes. Many people did not press it hard and push their fingers back.

Now please close your eyes. Now put your left hand towards Me, and right hand on the heart. In the heart resides the Spirit. So, please ask Me a question three times, "Mother, am I the Spirit?" Whatever you like, you can call Me Mother or Shri Mataji. Please say it three times.

Now take down your right hand in the upper part of your abdomen on the left-hand side. This is the center of your mastery. If you are the Spirit, you are your master also, you are your guide. So here you have to ask a question, "Mother, am I my own master?" Ask this question three times, please.

Now take down your right hand in the lower portion of your abdomen and press it hard. Here you have to ask for pure knowledge, which is going to manifest through your nerves, through your central nervous system, and you will know the Absolute. But I cannot force it on you. You have to ask for it. So please ask, "Mother, give me pure knowledge". Say six times, because this center has got six petals. As soon as you say this, ask for pure knowledge, your Kundalini starts moving.

So, we have to clear the upper centres with our self-confidence. So now raise your right hand in the upper part of your abdomen on the left-hand side, and press it hard. Here now with full confidence, you have to say twelve [ten] times, "Mother, I am my own master. Mother, I am my own guru". Say ten times. Those who had wrong gurus also get corrected with this.

Now you have to know something very important about yourself. That you are not this body, you are not this intelligence, you are not this mind, you are not this ego, you are not emotions, and you are not your conditioning, but you are pure Spirit. So now raise your hand to your heart and don't open your eyes till I tell you. Now here you have to say with full confidence twelve times, "Mother, I am the Spirit".

We have to know that Divine is the ocean of love and compassion. It is the ocean of bliss and joy. But above all, it is the ocean of forgiveness. And you cannot commit any mistake that cannot be corrected by this great ocean of forgiveness.

So now raise your hand into the corner of your neck and your shoulder and put your right hand, put your head towards your right hand- right side. Here now you have to say with full confidence, remembering that you are now entering into the Divine which is the ocean of forgiveness. You have to say with full confidence sixteen times, "Mother, I am not guilty at all".

Now please raise your hand to your forehead, and please put it across and put down your head and press it on both the sides. Now here you have to say, "Mother, I forgive everyone". Say it from your heart, "Mother, I forgive everyone". So you get freedom. Say it from your heart, not how many times.

Now take back your hand on the back side of your head, and push back your head, completely resting on that hand. Here you have to ask for forgiveness, without feeling guilty, without counting mistakes, for your own satisfaction. So, you have to say, "O Divine, please forgive me if I have done any mistakes". Now this is to be said from the heart, not how many times. Now, stretch your hand and put the center of your palm on top of your head, and bend your head. Keep your hand towards Me, your left hand. Push back your fingers, press your scalp and move it slowly, seven times clockwise.

I have to just tell you that I cannot again disregard your freedom of choice. So you have to say in your freedom and glory that you want your Realization. So you have to say seven times, "Mother, please give me my Realization". Press it hard.

[To the Sahaja Yogi]: Not working.

[At 1:02:08, Shri Mataji blows into the mike]

Now, please take down your hands. Now put them both towards Me. Now, bend your head and put your hand on the fontanel bone area, not on above. And see for yourself if there is a cool breeze coming out, right hand towards Me. Bend your head so that you can feel it.

Now, you put the left hand towards Me. And bend your head and see with the right hand if there is a cool breeze coming out. Now, please, put your right hand now, right please. And see with the left hand, if there is a cool breeze coming out.

Now, take your both the hands up like this, and stretch back and see upward. Here ask Me questions. "Mother, is this the cool breeze of the Holy Ghost?"

"Mother, is this the cool breeze of the All-pervading Power of God's love?"

"Mother, is this the Brahma Chaitanya?" Ask anyone of these questions, three times.

Now, bring down your hands please. You watch Me now [unclear] the silence [unclear].

When the Kundalini passes this center, then you become 'nirvichara', means thoughtless awareness.

Those who have felt the cool breeze out of their head or in their hands, please raise both your hands, even if it's all right.

All of you?

May God bless you, all of you.

[Applause]

[Unclear] Now do not waste your Realisation [unsure]. It has to be a permanent experience. [Unclear] Like Christ has said that, "Don't spread seeds on the rocks". Some [unclear] of land like Colombia. But afterwards- [applause]

You are responsible to spread God's love. [Unsure]

May God bless you.

[End of video]

1989-0629, Kundalini can only be awakened by somebody who has Divine authority

View [online](#).

29 June 1989

Kundalini Can Only Be Awakened By Somebody Who Has Divine Authority

Public Program

Faculdade de Direito da Universidade Federal da Bahia, Salvador-Bahia (Brazil)

Talk Language: English | Transcript (English) – Draft

1989-06-29 Public Program, Salvador, Brazil, Part 1, 64

(Introduction part in the Portuguese language)

(Shri Mataji's talk started)

(Namaste)

One has to know, at the very outset, the truth is what it is.

We cannot organize it. We cannot order it.

It is (not clear)

The greatest truth is that we are all looked after, nourished, and brought to this total awareness; by the All-Pervading Power of God's love.

43:00

This power does all the living process.

Like this flower you see here, are miracles. How they sprout, is tremendous.

But we take everything for granted, we take everything for granted.

43:55

We take everything for granted because we are not used to it.

In the same way, we have taken our human lives for granted.

We have beautiful eyes which are like a camera.

and we are computer, in a way that we are already programmed for many things.

But still, we are not in the absolute truth.

44:47

We live in a relative world.

So, somebody thinks that a particular theory is good, and some think that another theory is good.

But there is no one idea, about oneness.

One has to know, the absolute.

Unless and until we know the absolute there will be all kinds of problems existing within us.

Now, whatever has been told to you about Sahaja yoga, whatever you have heard about Sahaja yoga is the knowledge of our roots.

46:25

Now, what we see outside our growth, is the knowledge of the tree.

We have to know the roots otherwise this tree will be destroyed.

46:55

Now, whatever I'm telling you just now, you have to just understand it like a hypothesis.

47:12

And you should keep your minds open like a scientist.

And see for yourself, what is the meaning of our being.

Why are we on this earth?

So, first of all, we have to know ourselves.

We don't know ourselves.

And for that, we have to have our self-realization.

48:15

In our evolutionary process, we have become human beings.

48:28

And we are very evolved compared to animals.

Supposing a dog or a horse has to go through the dirty way, it cannot go.

48:47

But if human beings have to go, they know it's dirty, they know it's filthy.

But there is a higher state,
which you have to achieve.

49:14

You have the right to achieve it.

It is the living process of your evolution, the living process.

So, you cannot pay for it.

As a seed has to be sowed, in the mother earth it sprouts by itself spontaneously.

We don't pay to the mother earth.

It is spontaneous.

50:06

That spontaneity is Sahaja, is Sahaja.

And this has to happen, to most of us.

50:29

And we all have to know, that unless and until a complete transformation takes within, just by talking about peace and love, we cannot establish this.

50:47

Now, as...(not clear), I have worked (walked) for one hour I think, all about Sahaja yoga,

because we lost our way, and we are late, I'm sorry for that.

I must have given thousands of lectures about Sahaja Yoga.

But any amount of lecture doesn't just work out.

It's an actualization of your baptism, it's actualization.

51:39

So, this has to work out.

We should not be lost, in the realm of words.

By arguments, it won't work out. It is something that has to work out within.

So, I would say that you can ask me some questions, sensible questions and then, we can have the session to have your self-realization.

53:26

(Question & answer)

(Question in Portuguese) Lady do TM Meditation?

(Translation unclear)

53:26

Shri Mataji answered:

Kundalini rises like a jet.

But sometimes you have problems in your centers,

so we have to attend to it.

but in any case, in this session today, your Kundalini will breakthrough, no doubt.

54:02

Most of you, I should say.

But later on, you have to fix your connection.

and you... (not clear)

54:22

and you have so many Sahaja yogis here who can help.

(more questions)

54:54

(answer)

Yes, so Kundalini can only be awakened by somebody Who has Divine authority.

And so far, we have had so many people who had been to Kundalini awakening, and they never felt any bad experience.

and one has to know that, awakening your Kundalini is the easiest way.

56:19

But you have to know the job.

Now, in a place like Bombay, I get about 12,000 to 15,000 people.

and they get realization, all of them.

Also, Sahaja yoga is like this, that first, a little light is tingling in your attention.

57:01

Now, suppose you are holding on to some snake, and I tell you there is a snake.

But in darkness, you (not clear) and you'll not accept.

57:14

But, if there is light, even slight light, you'll throw it.

So, the first thing is that you should get light, and in that light, you'll see.

If the light is less, we can increase the light.

57:58

I tell you, there have never been more seekers in the world before.

As here, so many of you are great seekers of truth.

And it is very remarkable.

Have faith in yourself.

58:33

(Question: He wants to know if there's something to do between Sahaja Yoga and Tantra yoga.)

Of course, Sahaja Yoga is tantric (??)

Because I tell you, I'll explain it to you.

They try to spoil your system by mesmerism.

And, then they charge you,

and you are supposed to give all your money, everything to them.

They are very immoral., and (?)

I would not like to tell you once they do it.

But you can say, they are your people who are in black magic.

So it's the misnomer, you call it, the tantra.

A misnomer is the wrong name, you call it tantra is the wrong name because this is the instrument.

1:00:45

(Question: What is the responsibility of a spiritual leader?)

(Answered by Shri Mata Ji)

To love, all the disciples.

And forgive them.

And guide them to get benevolence and to rise,

and complete responsibility,

to look after the health and all the problems of the disciples.

1:01:54

(Question: The disciples, do they have any responsibilities in their ascent?)

The disciples themselves become the gurus.

They become empowered.

(Portuguese question:)

1:02:37

Translator:

(She said that in this society, there are many disturbances, many things that they have to do and how can they ascend to get the purity themselves with all these bad things around)

1:03:41

You see because (not clear)

There's nothing to give up.

It is something within that happens.

41:48

(Shri Mataji's talk started)

(Namaste)

One has to know, at the very outset, the truth is what it is.

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1989-06-29 Public Program, Salvador, Brazil, Part 2, 64

00:00

(Start)

A man speaking: And about the bad things that surround, like the bad photographs, the bad deeds (not clear)

Shri Mataji: They all run away.

(Translated)

00:22

(Translated)

Shri Mataji:

They are afraid of light; they are afraid of enlightenment.

They are afraid of God.

(Translated)

Man: After Self-realization, what do they have to do to keep it.

Shri Mataji: First of all, you get your self-realization, and we are going to have a course, (not clear)

We are going to have a course about 4 times,

They are going to tell you all about it.

How to feel the vibrations, how to clear the problems, how to correct them.

(Translated)

01:52

(Question asked)

Man: Who's Sahaja Yoga?

(Translated)

02:11

Shri Mataji: I tell you one thing; I did not come to Brazil before.

Because there was no one here. Now we have (not clear) That's why I had to come.

Otherwise, Brazil is a very beautiful place.

(Translated)

03:04

Man: What does realization can bring. She wants to know what self-realization can bring to everybody.

Shri Mataji: So, those have many, and that many can give it to others.

(Translated)

(Question asked)

Man: What is the.... somebody that had been realized, is it compulsion to give realization to the people or not. Does he have to give realization, somebody who was realized?

Shri Mataji: It is most joyous to give realization to others.

Like one light; one candle, which is enlightened

(Grammarly suggests: one enlightened candle) gives light to another.

It's as simple as that.

(Translated)

04:42

Shri Mataji: That is how it has spread. It is going to spread that way.

6:00

Man: What's the price, if he seeks realization today if he passed realization?

Shri Mataji: (not clear). How much did you pay to become a human being?

The audience answered: None

Shri Mataji: That's it. Alright? You don't have to pay anything for this. There's no price.

Man: What's the price to give realization, but you don't pass to another.

Shri Mataji: Nothing will happen, but you will enjoy it (not clear).

Translated

Shri Mataji: You feel like doing it. There's no compulsion.

Now, I think we should give a realization.

You want to have your realization or question. (showing Her watch).

Question asked and translated:

8:00

(Shri Mataji moving head means no)

Now, I should say, you become your "own" guru. Alright. (not clear)

You don't need anymore.

9:01

Hello, listen. Have you got your realization?

By reading, you cannot get your realization, you cannot.

It's the Kundalini has to rise.

9:32

Now you are a seeker. You get your realization.

You have to get your realization.

Then we know, (not clear) just now you take your realization.

Also, by asking questions, you're not going to get it.

It has to work out.

10:16

(Question asked and translated.)

Man: Asking (not clear)

Shri Mataji: (not clear) These are some money ways proposition.

Just money-making. It's no sense.

(Laughter)

Next time, I will have to learn Spanish to talk to you.

(lady asking)

11:39

Man: She said we can use a microphone so that everybody hears the question.

Shri Mataji: I think, we should finish questioning with too many questions. It's not going to help us. We experiment.

If you do have questions, you can write there and send them over, (not clear)

Questions are not going to give you the answer, which is the Kundalini awakening.

12:52

(Man translating)

Shri Mataji: We should have a realization now.

It will take about 10 minutes at the most.

Now there are some chairs, you can sit down. There are some chairs.

And those who don't want self-realization can go, as it cannot be forced. It has to be awakened.

14:08

It takes about 10 to 15 minutes.

If you don't want to get self-realization, better you should leave and give room to others.

14:48

We have to take out our shoes, it's important.

It helps us because of the mother earth.

15:38

Now both the feet have to give space, apart from each other, as left and right.

Now, as is, the left side and the right side. We'll be using your left hand like this from your lap...

And the right hand, we will be used for helping our chakras, our centres.

16:30

So, we put the left hand like this and use the right hand for giving help to our centres which are on the left-hand side.

And the left hand is the hand, which represents your desire to get self-realization.

17: 20

Now so, I'll have to show you what centre we have to touch.

And then you can close your eyes and I'll tell you.

So, first of all, you put your left hand towards me, and the right hand on your heart.

And in the heart resides the spirit. The reflection of God Almighty.

18:22

And, Kundalini is the reflection of the Holy Ghost.

It's the power, side power of God Almighty.

So now, Yoga is that; when the Kundalini rises, She pierces the fontanelle bone area and connects you to the All-Pervading Power of the Holy Ghost.

And the seat of the spirit is also here, where we have a soft bone in our childhood.

So now, you need to take your right hand on your heart first.

19:21

Then, you have to take it to the upper part of your abdomen, which is the centre of your mastery.

Then, you have to take your right hand, on the left-hand side of your abdomen on the lower portion and you have to press it hard.

Now, this is the centre of pure knowledge.

And pure knowledge has to manifest in your central nervous system.

It is no imagination.

It works at your fingertips.

20: 50

Now again, raise your right hand to the upper part of your abdomen.

Now raise it higher to the heart.

Now, you have to raise it to the corner of your shoulder and your neck and turn your head to your right.

Now, this is the centre to (?) when you feel guilty.

Now, you have to take your hand and put it on your forehead. And put down your head and press it on both sides.

This is the centre of forgiving.

Now, you have to take the right hand to the backside of your head and push back your head (not clear).

This is the centre; we have to ask for forgiveness, without feeling guilty.

23:03

Now, you have to stretch your hand, and the centre of your palm has to be put on top of your fontanelle bone area, which was the soft bone in your childhood.

Now, bend your head and push back your fingers, and move your scalp slowly clockwise seven times.

24:00

Now, this is all we have to do.

But we have to finish the art (?)

There, I've seen some who are not doing, so they should leave the hall (not clear).

You do not know how glorious and wonderful you are.

So, you have to be very pleasantly placed towards yourself.

The second condition is that you have to forgive everyone.

Now some of you might say that to forgive everyone is difficult.

25:10

But whether you forgive or you don't forgive you don't do anything.

It is a myth. But you're playing to the wrong hands when you do not forgive.

So please forgive everyone.

Now. Let us be in meditation (not clear)

26:24

So now, you put your left hand towards me.

And your right hand on your heart.

And now close your eyes.

You don't have to open your eyes till I tell you.

Keep your eyes shut, because your attention has to go inside.

Now please close your eyes and your right hand on your heart.

27: 22

You have to ask me a very fundamental question, three (3) times.

You ask the question; you can call me Mother or you can call me Shri Mataji.

'Mother, Am I the spirit?' You ask the question.

Now, ask this question three (3) times inside your heart.

'Mother, Am I the Spirit?' Ask this question three (3) times.

28:30

Now, if you are the spirit, then you become also your master, your guide, your guru.

So, take down your right hand on the (lower), the upper portion of your abdomen on the left-hand side.

And ask me a question, 'Mother, Am I, my own master?'

Now, you have to know that I cannot force pure knowledge on you.

You have to accept me in your freedom.

Now take down your hand in a lower portion of your abdomen and here, you have to ask, for your knowledge. So please say, 'Mother, please give me Your knowledge'.

Now, you have to say six (6) times because this centre has got six (6) petals.

When you say this, Kundalini starts rising.

So we have to help by our confidence in raising the Kundalini.

31:20

So, we raise our right hand to the upper part of the abdomen, and here we say, with full confidence ten (10) times, 'Mother, I am my own master'.

Now, we have to know that, we are not this body, we are not this intellect, we are not emotions, we are not ego or conditionings, but we are pure spirit.

So now raise your hand to your heart again,

and with full confidence say,

'Mother, I am the spirit'. Please say twelve (12) times.

33:25

Also, we have to know that the Divine is the ocean of love and compassion.

Divine is the ocean of peace and joy and above all, it is the ocean of forgiveness.

So, whatever we do is dissolved in that ocean, so we should not judge ourselves (not clear).

34:25

So now, please take your right hand on your forehead and put down your head and press it on

both sides.

Now here, you have to say, not how many times but from your heart,

'Mother, I forgive everyone.' Say it.

Don't count the people whom you have to forgive.

Otherwise, Kundalini won't rise beyond this centre.

35:26

Now, take your right hand on the backside of your head and push back your head.

Again, here you have to say from your heart, not so many times.

'Oh Divine, please forgive me if I've done any mistake'

But don't feel guilty. You have to say for your satisfaction.

36:42

Now stretch your hand, and put the centrecentre palm on the fontanelle bone area, which was the soft bone in your childhood.
And put down your head.

Now, press it hard, push back your finger. This is very important.

And move it seven (7) times.

Clockwise and I have to request that I cannot force self-realization on you.

You say seven (7) times, 'Mother, please give me self-realization'.

37:53

Push back your fingers.

Please bend your head, please bend so you feel better.

Press it hard. Press it hard.

(Shri Mataji blowing on microphone)

Now take down your hand.

39:00

Takedown your hand and open your eyes.

And put both hands towards me.

Now put the right hand towards me. Put down your head and see with your left hand. Bend your neck and see, there's a cool breeze coming out of your head.

Bend your head. Bend. Above not on. Above.

Now, put the left hand towards me.

Again, bend your head, and see for yourself.

Some cool breeze coming out. Sometimes it comes very far.

40:20

Please put your right hand towards me, and left hand.

There's a cool breeze coming out.

Now, raise both hands. Push back your head.

And ask me a question, three (3) times.

'Mother, is this the cool breeze of the Holy Ghost?'

'Mother, is this the All-pervading power of God's love?'

'Mother, is this the Brahma chaitanya?'

Ask any one of these three (3) times.

Now take down your hands.

Watch Me without thinking. (not clear)

All those who felt the cool breeze out of their head or in their hands;

cool or hot. Sometimes the hot comes in; please raise both your hands.

42:31

Both the hands. Both the hands.

See.

(laughing)

Beautiful.

So many of you.

So many of you have got it. (not clear)

It's all-pervading power.

Now you have to just learn how to fix it, how to use this power.

May God bless you all.

43:09

Now don't argue (not clear).

If they want to meet me, (not clear).

1989-0704, Talk after fireworks

View [online](#).

4 July 1989

Talk to Sahaja Yogis

Suite Hotel, New York (United States)

Talk Language: English | Transcript (English) – Draft

[Inaudible]

Shri Mataji: And they are completely under fear.

Also, their feelings of frightness give them a very left-sided mood. Secondly, the people are also very violent. Violent people are very few. But the ones who are frightened of them are many more. So because of that, those who are frightened also have another mood of left-side. So despite the- this place is so active, everything, you feel the left side here more than the right side.

First, I could not understand what was the reason. The people are very insecure, frightened, and also those who are having jobs are also sort of, a little bit insecure about the jobs. Like, New York is very insecure they say: "New York is the most insecure place in the country."

Now, when I went to Colombia, of course, there are murders, I mean there are killings every day, forty, but still, they said: "It's less insecure than New York."

I said: "Why?"

They said: "For a purpose, they kill. I got a report that there's a union which wants to have more money. And then, the manager says no. Then they can go and kill the manager sometimes. In the manager's system labours, it's like that. But there is some purpose, there is some hatred, there is some reason. But here, anybody can kill anybody."

There's no rhyme and reasons and that's why there's so much of fright and fear.

So, first of all, I think for people who are working in New York, they should have no fear. Because if you have fears of any kind, then you cannot impress on these people. So the main thing for us is to decide on this point: if the Divine Power which is Paramchaitanya is doing everything, then we are protected and you should have no fear about anything. All the time, if you are under fear, nobody is going to be impressed. So, apart from anything else, first thing is fearlessness. There should be complete fearlessness. It doesn't mean daredevilry [unsure], it doesn't mean dauntlessness or anything like that. But in peace, a kind of peaceful fearlessness.

There's a story about a Chinese ruling the state. There was a guru and the king wanted his cocks to go in the arena for fight, cock-fighting. So, he sent those two cocks to the guru to be trained. And after one month he went to fetch the cocks. And he found they were just standing quietly. So he told the guru: "How can they fight?" He said: "It's all right, take them."

So, he took these two cocks and put them in the arena. Now, all the cocks tried to fight with them and tried to frighten them. Nothing happened, they were just standing quietly. So, these cocks started wondering: "What's the matter here? They are not fighting, they are not staying back [unsure]. They stood in their own silence, beautifully." Afterwards, all the cocks run away, these two remained. That's how they won in this.

In the same way, we have to be. Let people attack, let people do what they like, nothing will happen if you have that sense of security. So the first thing that is needed is the sense of security so that we are not just the same as others are. We are not just

the same as other American people in New York are. We are different people. We are people who are universal. We are people who are secure, we are people who are righteous. We are virtuous and protected by this Paramchaitanya. So they have to see that difference. They have to see: "These are very different, they are not just the same."

If you behave in the same manner as they behave, if you talk in the same manner as they do. If you have the same kind of apprehensions, then how will they be impressed?

Because you have to have some different personality which will show the essence of the something solid [inaudible]. That serenity, that dignity and that sense of security must be expressed in your life, everyday life. Say, you are going to office. Everybody is hurrying, everybody is mad. It's pointless to go into this process. [Unsure]

Like, I've seen myself, supposing, I have to go to the airport, then everybody's muscles start, you see, clutching. [Laughter]

I have to go. They are all mad. I say: "I – am- going - you are not going! So, take it easy." Everybody is panic. "Baba, I am going, you are not going!" Still. And they are so nervous, in that nervousness they'll put something here, something there. And then, ultimately, they'll find, they've forgotten it. It could be so.

So, that nervousness has to go out. After all, at the most, what will happen? At the most? At the most, you will miss the plane, but doesn't matter, you see. All right, at the most what is going to happen to our life? We are going to die. [Laughter]

I mean, we are going to die in any case.

So, if you have this kind of tranquil atmosphere around you, people will be surprised that: "How is it they are so tranquil? How is it they can bear it up while we get so upset?"

This is one side of a Sahaja Yogi character, he is at peace with himself. If anybody says anything: "It's all right, you'll be all right, let's do it." Even if they are angry or saying anything harsh, there is no need to shout it back. But also, that doesn't mean that you should become lethargic. You should be dynamic! You should be absolutely dynamic! But in that dynamism, your compassion should show. To express your compassion also, you need lots of dynamism. It's a thing I have experienced myself that to express my compassion, I have to be very dynamic.

Also, not only dynamism but also to be extremely wise. If I have to live with you individually or if I have to live with the whole community, if any problem is there, I have to do it in such a way that it doesn't break anything and it just flows. So this kind of a wisdom you have to give and the responsibility part. That you have to be responsible. You have to be responsible about your Self. The rest of the thing is all right. Just you are responsible about your Self, mature enough and wise enough.

Talking to anyone, in your communication with anyone, you have to understand that it has to be in such a way that the person feels your sincerity and that you communicate, you communicate with others. You are not afraid of communicating, you should not be shy of communication. Go and meet them, talk to anyone.

That's what I saw now, this Dulio, you see. There's one thing I was telling him about. See now, he is not a Portuguese. He's not a Portuguese [?], but he just rushed to his friends Brazilian. There he went and found out what is the cultural thing, this, that, knocked at ten doors. Ultimately, he found one who answered, he got hold of him. And then he organized the whole thing. And you'll be surprised, in a place like Brazilia, which is absolutely unknown to Me, I didn't know also that they have changed their capital, there I found about a thousand people sitting in a very big hall. It's all done by this boy who just said: "Now, I have to do it." That chat with this person, that chat with another person, did everything and brought them. So this is what he's for that we have to understand. And if he can see the importance of Sahaja Yoga, then we'll work it out.

That is much more important than meditating all the time, there are people who meditate for two or three hours! And I don't know what you can do, only ten minutes are sufficient. We haven't got time even to finish it.

[Laughter]

This is what it is. If you realize this that you have to know: "Why are you meditating? For what?" Be dynamic. So why are you, just for meditation's sake you are meditating? Why are you developing that personality? Why do you evolve, for what? Just to meditate?

Just to meditate? It's something much more, much more. You see, it is like having a – supposing, we come to this place, for what? To see them. If you come here and sit down nicely meditating, you would not see them.

[Laughter]

So, meditation is all right but it's just for a purpose, for your ascent. And ascent is, in these modern times, not for yourself. You are not in the Himalaya, you are among people, you have to save, work hard. And you know how your Mother works, works very hard and you should also try this.

I don't know, the question is money-wise also, people are little miserly that's what I heard about New York people. [Inaudible] you should not be miserly also. Next morning we'll pay a double amount, you'll get a double amount. I promise to all.

We went through so many experiences. This Dulio had very little money with that he went there in Brazilia, did everything and came to [Inaudible] after. And guess what, before coming here he got such a big contract, he paid [unsure] the hotel for five million dollars.

Shri Mataji aside: Five billion?

Sahaja Yogi: Million.

Shri Mataji: Million dollars. [Inaudible]

So, this is what one has to understand: too much calculations all the time about money, how to do, how to work it out, that doesn't help. So, once you start thinking: "What I can do first of all?" After all, you see, you are not paying to the Guru, you are not paying for this- but you have to pay for a certain purpose, say, you have to pay for the house, you have to pay for this, for that. You should be generous. Generosity pays very well. All those who have been generous must have seen beggars [unsure]. But this miserliness is very wrong.

Then the second thing is that you see, the people who are managing money are extremely honest. Of course, we had some dishonest people, they have gone out [inaudible], but they are extremely honest and they are managing money very well, they are doing everything under my control. One should not doubt about it. So people have a habit of: "[Inaudible] this money, all their money". Not a single "paisa" [Indian cent] that you are spending is wasted. Take it from Me. To ask such a question is a wrong thing, at least blasphemy. It's absolute blasphemy.

One should not ask questions which are not for the [inaudible]. So there are certain things one has to understand, how far to go. It's not a show, it's not an organization, it's not a corporation, it's a body. It's a body, together. And whatever you are spending, where it goes, for what it goes- say, supposing, now you have a heart. Blood goes to the heart and it goes to the brain. The job of the heart is to take the blood to the brain. The brain has to see to the whole nervous system. If the brain starts asking the heart and the heart starts asking the liver then it's [inaudible] any body. You have to trust all of them. If you – of course, sometimes, it's possible, one part is sick- all right. You remove that or do something about it, you repair it. But you should not go and asking: "What happened there? Who is there? This is there. This is a sign you are not collective at all. In the collective, you are just like in the sea. We should not bother as what the leader has bought. Actually, sometimes, I'm amazed, some people are so generous!

Like Brigit, you see. She paid for the whole of my tour, the whole of my tour in the south. She said: "I don't want to buy anything anymore Mother. I just want to spend every "paisa" that I have for this." And her husband has not given it, it's from her father whatever money she spent. She's not bothered about her future, she's not bothered about money. Of course, when I discovered it I said: "No, we have to arrange that, we'll arrange it." But such a great thing to see that without doubt anymore, without anything, she secretly did the whole thing. Suddenly I discovered!

And the last but not least is the communication between all of you. No leader should think they are beyond communication. This was a very big mistake. And leaders have a habit to think that they are very important people and they cannot talk to you. Very important, they have no time for you. That's a very big point, and that one should not be at all. You are the most unimportant person as far as communication is concerned. It's like a telephone saying that: "I cannot communicate with you". You are there for communications, that's your job. You are there only for communication and nothing else. You have no other purpose other nature. Because I can communicate through the leader to other people, that's why you are there, and if you have no communication with others, you are absolutely good for nothing.

So, the leaders should tell them: "Talk to each other, find out." You should tell them, say, what you are going to do: "Now it's easter puja, let's do it together, let's do it to work it out". Nothing should be decided arbitrarily: "We want to buy this, we want to send this present, we want to send this message" Outwardly. This is the way it will work. And the communication should be absolutely- I mean, we have so many Sahaja Yogis but I know most of them. I mean when there's a new one, I will meet some others [unsure]. But still, I'll get their [inaudible] I'll know them. I must know all of them, who they are, what they are.

So, you have to know who are those, what are their problems are, what, how they are carrying on, everything. And the communication should be complete. Now, communication should be like in America. You have now Carolyn Vance. Carolyn has to see everyone, he must know all of you. He must know all your problems and he should be in complete contact with you. In the meantime, if anybody telephones, he should not say: "I'm busy, sir." He is to be available. That's why only the communication can be established, it's like, you can say, the telephone exchange, little difference.

A telephone exchange doesn't get heat in the head, doesn't it? That: "I am the leader." And if you have no time, then you are not a leader. If you have no communication, you are not. Communication is the main point which is lacking in a place like, in New York, in a place like other places here which is absolutely absurd because New York or San Diego or LA or any place are part and parcel of the Vishuddhi chakra. The Vishuddhi is for communication. We shake hands, we give vibrations, everything with the Vishuddhi chakra.

So, if you are not good at communication it's not good. Also among yourselves. You must have communication, you must know about each other, you must talk to them also people are in need, go and see them, call them sometimes. You must know their birthdays, you must send them some wishes. I mean, there are people who do not send Me wishes even if they know Me for years.

So we have to send good wishes to them, we should ask them - then there are poems, there are beautiful poems to read, they should be circulated. You should know what's going on. It's like one body. You should know about each thing, whatever is happening, and with God what is their experiences, your experiences. And this is another thing which has started is absolutely difficult in suggesting that we are at Vishuddhi because we are starting this Cool Breeze.

So, Gregoire, I would say that let it be printed there, let them do. Now he's there, he has not coming here, I'll go.

So, now, this Cool Breeze has started, imagine! I mean so many communications. Now, if you find anything wrong in that Coolbreeze, you think is wrong, instead of jumping about it, you see, you may write to the editor, you may write to the people that: "I think this could have been this way." But don't have a critical eye. Sahaja Yogis have to give up critical eyes completely about it. Because we see all the small, small things with others and we go as saints [unsure] with them.

As Christ has said that you don't see such a big beam in your eyes. That's what absolutely is there and in communication, you should see the good points of others. And the better part of it is that when you start seeing the good points of others, you imbibe them. That's so sweet, you know, to see something sweet about others and something very cute. Somebody will [inaudible] that person has this quality, some person has this quality. It's something so joy-giving, a joy that everybody will have. But you feel as if you really enjoy the person and if you eat some good food, you enjoy it. You see something beautiful, you enjoy it. You smell something, you enjoy it.

Now, you have one more, what you call that a sense organ, that sense organ is vibrations. Once you feel the cool vibrations about the people, just enjoy. But, supposing there's something wrong with him. So you should not abhor that person: "You are a bhoot, you don't come, you're this." There is no business in this way to talk to each other: "You are no good, you'd better not come, you are absolutely useless. You don't do this, you don't do that." This is not the way. Then you discourage others. Also, if somebody wants to do something, supposing a new person: "I can do like this. I can go to the newspaper, I can work it out." "No, no, no, not you." It is not proper. Keep it open, keep your heart open. Keep yourself open. Whatever somebody wants to do: "All right, go ahead, do it! You have it."

What is there to be cautious, what is going to happen to yourself at the most, I mean, at the most?

Supposing someone says: "I'll write to the newspaper."

"All right, go ahead." They're not going to arrest him. What are they going to do to him?

When we are cautious we should know what's going to happen to them? Supposing, supposing he does something, what is there? What's going to happen?

So that you only have to change your attitude towards yourself and towards others. And it's very simple to understand, very simple. Anybody asks Me, I say: "All right go ahead." Why do you want something to happen? [Unsure]. Like they said: "We have a puja." I said: "Go ahead." And now we are having puja on the day, what is going to go wrong?

I mean, what is going to go wrong? At the most, supposing, the most top of the top [unsure], that will not because you are doing puja, but supposing, [inaudible]?

[Laughter]

So, in everything, you have to take it as a clown, so what, there's a lot of clowns [unsure]

If you develop that attitude about everyone about everything, it's simple. If you give up your criticizing actually, criticizing is the worse of all. If you start criticizing others, then it can not work.

And then, last of all is communication. "Don't do that. Don't do this, don't do this." This can go too much. A deter rule is there, we are all Sahaja Yogis, doesn't matter. Say, supposing I'll crush this, possibly that I'll make a sound. So what? It's all right. "But you are not supposed to do this, you're not-" you'll mock at this only. And after all, you have a body, something will happen, doesn't matter.

[Laughter]

So one should take a very, very liberal view of the whole thing and take it aloud [inaudible]. And the keynote of Sahaja Yoga is compassion. The keynote of Sahaja Yoga is compassion and the expression of compassion is the only way you can communicate. No other way. If you can keep this in mind, then I'm sure you'll understand.

Just you have to show your compassion among Sahaja Yogis. I mean, just imagine, I'm not worldly-wise [unsure], so many things, I mean I'm looking at so many things, you see.

But there's one thing I'm good actually, is to communicate my love, that's all. I mean you, people, have just seen Me, met Me, maybe some of you have even shaken hands with Me. You all love Me. Why?

Because I love you, that's why. And you know that. In the same way, if you love someone, you won't criticize, you won't say harsh things, you won't say anything to upset anyone and gradually, if you have to say also, you'll say it in such a beautiful manner that that person can take it. That person can understand. Because the most precious thing is the love which [inaudible] between the two persons and all. No love should be lost at any cost. There is something like a habit of being sarcastic all the time, something funny all the time. Convert it into something very interesting like, if you have a habit of saying something sarcastic, make a joke at yourself. It's very good. Make fun of yourself and at others, then you'll start saying something.

Let [inaudible] this culture, [inaudible] these Sahaj manners. This is very sweet.

End of video.

1989-0709, Shri Radha Krishna Puja: The importance of friendship

View [online](#).

9 July 1989

The Importance Of Friendship

Krishna Puja

La Belle Étoile, La Rochette (France)

Talk Language: English | Transcript (English) – VERIFIED

Shri Radha Krishna Puja, “The Importance of Friendship”, Melun (France), 9 July 1989.

I am really over-delighted that in France we have so many visitors as well as French Sahaja Yogis for this Puja. That shows the collectivity, the collectivity which attracts all of you from all over the places, and that you try to enjoy that collectivity. But the basis of collectivity, the foundation of collectivity is very deep; and the deep understanding can only tell you that the basis of collectivity is detached love. Love is the only way.

It's not possible to have collectivity unless and until you have detached love. French have been good at so many types of love that they have been talking about; and they have written books after books, novels after novels and have created lots of romantic and unromantic and all kinds of atmospheres to talk of love. But the pure love, as we understand in Sahaja Yoga, is to be now expressed by Sahaja Yogis among themselves. After all, we are all human beings made by one God. And we are all Sahaja Yogis created by one Mother.

So there should be no misunderstanding between us of any kind. But we must know what sometimes makes us a little different. If we can understand the problems that we face, then it would be much easier for us to see why our love becomes so attached and not so detached. It starts becoming smaller and smaller, then a person just starts loving oneself only.

One of the main reasons that we have this problem is because of our conditionings. We are conditioned the way that we don't know how to love. When I see the advertisements in the West, I don't know from where the West starts and where it ends and from where the East starts. But they talk of West and East, but I don't know which is the demarcating line. Can anybody tell me that: where do we start East and West? Because it's one round world, you see. But somehow or other there is some line, unknown line, underlying line which creates sometimes this East and West: two types of conditionings.

So, when I see some advertisements they show; [like] recently I saw, about James Bond, that: “He is free to kill” and “The best film for revenge!” This is the advertisement! If revenge is the best way of fulfilment then how can we love someone? So, this kind of conditioning comes to us from outside: that we should not forgive anyone, we should take the revenge. And if you do not take the revenge then you are not worthy [of] your name. So, if you cannot take the revenge, like a duel that they used to have in France quite a lot between the two persons. They would take two guns and kill each other. I mean, what a stupid idea it was! Just think of it, in modern times. But it was so. So, if the revenge is not taken then it was thought to be something very sly, very low level. So, a person must take revenge.

History shows, also, the same things that one had to take a revenge of another person who has harmed you [or] in any way troubled you. I think it's the quality of a snake. They say that, if you step onto any snake, it follows you all his life to take the revenge. The only thing that it does all its life is to run after that person who has by mistake put the foot on its body. In the same way a human endeavour, I have seen in so many novels it's suggested, how a man gets after a person who has [in] some way or other harmed [him].

If we go on like this, there's no end to it. Firstly, it is absolutely absurd. For that, I will give you an example of Buddha, very much I have been impressed by the way he said once to somebody who insulted him and abused him and said all kinds of horrible words. Then Buddha went to another village. Now, this fellow felt the remorse and he went back and said, “Sir, I am sorry I have

said these things to you. I am really very sorry." He said, "What? When?" He said, "Yesterday." He said, "Yesterday is finished now. You are now with me today. So, why are you talking about yesterday? It's finished!" So, with this kind of idea that somebody has harmed us, somebody is horrid to us we linger on in the past.

Now, I am told [that] they are celebrating the French Revolution that took place. If you ask me there was no need to have a revolution of that kind; to kill Marie Antoinette was not necessary. If they had killed or not killed, it would have been all right. But they had to kill her. Why? Because according to them, she spent lot of money in Versailles and created some beautiful furniture. Today only, they are showing that furniture only! What else is there to show in this France? As soon as you come, they say, "Have you seen her palace?" I said, "Really?"

First time, when I came to France, this was the first question, "You must go and see it! It's impossible, you cannot get such beautiful things anywhere created. It's an impossible situation." I said, "Impossible?" "Yes, because you cannot make such nice things." She made such nice beautiful things, she was not going to carry it with her. Now, when you murdered her, then you ask me to go and see those beautiful things! We have to learn from history that it was stupid to kill her. What was the need to kill her? When you have taken over the government, all right, stop at that point and then you start governing. With that revolution you think [the] world has improved for us? Anywhere in the world, do you think things have improved? Also, the revolution should have been to change the government, all right, but to go to that limit was not necessary.

So, the second conditioning that comes to us that we cross all limits of humanity when we take revenge. They would not have been satisfied that she was still living! "Oh God, we have to kill her!" Of course, I don't say that somebody who has done any harm to the country, to the nation, should be allowed to go on like that, but how far you go with that is to be seen. So, the wisdom of Sahaja Yoga is in understanding the limitations up to which you can go to express your anger, to express your revenge, so-called, on anyone whatsoever.

But the best thing would be to leave it to the Divine Power, because everything is done by Divine Power. We all exist inside the Divine Power. We cannot think of anything else of that kind. I cannot give you an analogy [as to] how Divine Power works. For example, if there were no rays of the sun coming out of the sun, staying inside the sun, and all things working out, then we would have said, "It's something like Divine Power." Nothing is outside that. Everything is inside. And this Divine Power is the Power of compassion and love, which does everything. But when we take up the responsibility, and when we decide [that] we have to do something, and that we are something, and try to go against that Divine Power, we become stupid people as we have seen.

So, to leave it in the hands of Divine Power, and to be just an instrument of that Divine Power is the way a Sahaja Yogi has to be. Because the compassion, the love of Divine Power is so great that it is wisdom, complete wisdom. A person who has no compassion cannot be wise. He could be worldly wise but he could not be really wise.

So, those who believe that they have to be very accurate, must know that your accuracy will be challenged by the Divine Power. There has to be a lot of relaxed and a mobile temperament [that] a person should have. For example, now I have come, suddenly perhaps you were not told, people were not ready absolutely in the formal manner, lined up together like a military! It's all right, makes no difference. Makes no difference. I am in no way disturbed, no way unhappy, I was very happy to see you all, because, after all, you all love me and I love you. It's a family and there's nothing like being very formal about things. [There's] no formality between you and God Almighty, there cannot be. But, there has to be understanding as to what we are doing.

I find suddenly human beings either become extremely relaxed, extremely lazy, extremely confused: you ask them their name, they'll say ten times, "Ah?Ah?". I said: "What's your name?" They will say: "Ah?". "I just asked your name". "What you asked me, my name?" "Yes, your name!" "Ah, I see." So, I mean, least bothered as to even remember your own name or to say it! Like a drug acting on that person: that's going too far.

Another style is where [there's] too much of formalities: like supposing now Mother is coming and we have to give Her something, and something is missing. All right, doesn't matter! After all, this is Paris, lots of things were missing once upon a time. If there is something missing, doesn't matter. It's not so important! You should not be in tension. If you are in tension you

cannot absorb my vibrations; or if you are lethargic also you cannot absorb my vibrations. So, you have to be in the centre; centre, in a receptive mood like a child is: that you have to absorb the vibrations with that feeling of expectation and joy. We have to receive Mother. But not with tension that: "This is not done, that is not done." I see each and everything so beautifully done. So beautiful are these flowers, everything's done so well! And so many ideas, I can see them so clearly. It's all expressive of not your tension but your love.

So, are we expressing our love or our tension? What is [it] that we are doing? Are we trying to be tense because we are over-alert, or we are trying to neglect everything because we want to escape? Between the two lies Sahaja Yoga. You are very anxious, very much waiting and you want to do something with your heart and then, when there is fulfilment, you can enjoy. But [if] you are tense, I come in, and what I find [is that] you all have headaches! So, first I have to tell you, "Remove your headaches first, then I'll talk to you!" So, it has to be a very relaxed rapport between us, but relaxed never means lethargic, it doesn't mean [that]. If you are lethargic you'll be sleeping off and nothing will go into your ears.

So, what we see [is] that our conditioning, one conditioning we have, [is] that either we want people to be over-alert or we want that they should not be at all alert. So, the underlying problem of all these things is this: that we want extremes. In our conditionings we go to extremes: we go to extremes of this or extremes of that. If you are absolutely lethargic, lenient, disheveled, absolutely confused, you are not in the centre. And on the contrary, if you are very strict, like a Rock of Gibraltar and after all like a big Hitler-like behaviour: "You should be in time, everybody must have proper steps, must walk properly." That's not being Sahaj. That's not being Sahaj.

Now, look at these flowers. See one by one how beautiful they are. Every one is different: even one leaf of one flower will not match with another. One petal won't match with another. They are all different, but so relaxed: creating beauty, giving us so much of joy. All different, placed in different manner, moving in different manner. Every one has a different angle. But there is unison. There is oneness in them that they all want to give us joy. But with tension you cannot give joy. I mean if there is somebody tense, I think I better run away from that person. God knows if he is tense, if the tension increases he might beat you, or might throw you out, or might himself be hurt. So, the tension part of it is very common in the West and that conditioning has come because of certain lifestyles that we have had.

Now, there's not going to be a war of Waterloo anymore. So, we can say that Waterloo war was won because they reached in time: that's not the thing. The war was won because it was to be won by the Divine Power. Even if they had reached late, they would have won it. Whatever happens is by the Divine Power. So, there is no need to be tense. Then you will say, "All right. Then, let us sit down and have a nice time. Everything will be done by the Divine Power!" No! Divine Power is going to work through your institutions, through your medium, so you have to be alert.

I hope you understand what I am trying to say: that a person who is relaxed need not be a person who is lethargic, but alert. Alert you can be, as well as you can be relaxed, because you are Sahaja Yogis, you are not like other people. [With] other people, [if] you take the name of the airport and I don't know what goes wrong in their brains, suddenly, they go off! They are off their heads. They go mad!

Like today, we were going to the airport. Thank God nobody was on the road. "They must be having these hangovers", I said, "last nights. And today that the streets are all right." I said, "Let's go easily, and after all, there is no problem." At home everybody was thinking I will be late. I said, "I am not going to be late." We reached there, and there was a big queue. And nobody could get into the plane because there was such a big queue. Nobody could even book the seat. So, what was the need to be tense? And supposing you are tense, take a position, and then you do not get the plane: so what? At the most only there is one mis-happening, which is going to take place, is our death. That is inevitable, because we are born, so this body has to die. That's all! The rest of it is just a joke!

So, even if you are tense or not tense: makes no difference. I think sometimes people stand at the same point and start running thinking they are going to the airport: no movement, tense. So, first of all we have to know that if we can reduce our tensions the heart will open. Heart has to open. After all, we are now in the ocean of joy and bliss. Why should we have any tension? But when

we are in the ocean of joy and bliss, we are not drowning, we are swimming; so we have to swim. And this part, I think is not understood by many people.

Now, we have conditionings of countries, of different, different styles. Every country has different styles of conditionings. France has got conditionings that you should never look happy. You can make out a Frenchman. A French lady sitting in front of me, she was looking so miserable, I was about to ask, "Who has died in your family?" (Laughter) She was well dressed, she had made all make-up, hairstyle, everything fine she must have been. But her face was so miserable that I didn't understand how these two things combined. Now, she has taken good care to appear very nice with her paints and all that, and here she is looking so miserable. She's put up a show that she was very miserable. Now, the conditioning is so stupid, so stupid, that according to them, whatever is ugly has become beautiful. The ugliest of ugly women they'll choose and give her the first prize as the beautiful! I don't know for what, which angle they saw this lady, that they called her a "beauty". You will find the lady is caught-up, she is bhoothish, giving horrible vibrations and they say she is beauty!

So, because of these tense, oblique visions that we have, either this way or this way, we never see the reality, and, what we accept is absolutely whatever is unreal, and worry about it. It's like a bubble: we are worried about a bubble, as if it's an atomic bomb or a hydrogen bomb. So, [about] unimportant things we worry too much [and] as a result of that, when we worry, worry, worry, anybody who comes near us, we jump on that person. What are you worried about? What's the problem? I tell you the only worry I have, if I have any, is this: that my children should love each other.

So, I talk of friendship: is to have a friend. If we have worries, we always tell to our friends but not to persons of acquaintance. If we have problems, we'll never tell it to somebody who we just know by-the-way, but to our friends. And so friendship, even if you are a leader, you are a friend of the people.

Friendship is such that you could share your secrets, you could share your problems. You do that with me, and why not with each other? It's a question of understanding that Sahaja Yogis are all really friends to each other. I think the relationship of friendship is even higher than any other relationship we could think of, because there is nothing to be gained out of our friendship. It never ceases and you just enjoy the friendship, that's all. Then you can pull each other's legs, sometimes, you could be a little joking with another person, making fun of another person: it's all right, it's friendship. But this is the purest form of understanding our relationships with each other. And a friend is the one who is always, for no rhyme and reason, concerned about his friend. Before Sahaja Yoga, you could have only one friend or at the most two. Three meant a crowd! You cannot have three persons as your friends. But in Sahaja Yoga, we are all friends, pure friendship. Friendship of a very beautiful nature that you enjoy the joy of another person, in vibrations you do. If you feel the vibrations of another Sahaja Yogi, you really enjoy.

I have seen this kind of friendship when we were young, because that time people were more open hearted. As my father had his friends: He was a very orthodox Brahmin, a friend of his, and he was the chairman of an organisation all over the country. And one of the schools where I was studying, that organisation was running. So, he was the big boss in that school. So, my father had to go for a case far away and he took all his family and he sent me to the hostel. He wrote to his friend that, "I am going away and my daughter has to appear for her final exams. But I am sorry I had to go. I am taking my family with me. But this is a nice chance." So, the friend wrote, "All right, doesn't matter. You can go away. I am going to look after your daughter." He came down and he stayed in the hostel. Took a room there in the hostel. We all were there. He was a Brahmin, he would not touch an egg, but he knew that I eat eggs and I am a non-veg. So, this was about summertime had started, but he would still put on his overcoat or a raincoat and walk out. I don't know from where he used to get eggs in the morning, bring it in his room because it was a Brahmin school, and secretly cook the eggs for me, and then he would call me, and give me the eggs to eat. I said, "I don't need them." "No, no, no you have to have! You know, your father has gone away. I have to look after you!" So sweetly! And he was the head of heads there, breaking his own rules and regulations for me that he was making non-veg food! (laughing) And then he would take all the shells of the eggs in a paper, put it in the pocket in a big overcoat, walk down and throw them somewhere. Then he would come with me to leave me for my exams. Evening again, he was there, waiting for me. He was such a big man, such a great man, very much respected, I mean, he was the head of the heads!

And every day [he did this]! I was very much surprised at this friendship. And, nothing, I mean, I didn't see them talking about

anything or, they had nothing in common as such, but just friendship! My father was a literary person, as you know, and this one was a social worker. My father was busy with politics. And such friends I have seen: my father would go to jail, so his friends would come and take us away to their houses and their wives will look after us, give us bath, with no difference. I never felt any difference between their children and we. Moreover, we felt that they were looking after us more than their own children. First they will give us bath.

In friendship one can really enjoy! You need a very large heart to be a friend, very large heart. If you look after your own child, support your own child then you are a gone case for Sahaja Yoga. But if you have that kind of a largeness of friendship...

There is a nice story my father used to tell us about friends because my young- my brother had lots of friends and he used to go about, gallivanting, this, that. And then, he used to always criticise that, "What, father, your friends come in, they just look after your lawn sometimes because somebody is fond of lawn. Then another does that. And you don't discuss, argue anything! Just, I don't know how you enjoy each other's company!"

He said, "No, we talk, it's not that." "But, no, no, we enjoy very much." So, my father told him, "All right, I will tell you a story..." That there was a father who had a friend and the son had a friend. In the modern times. I mean 'modern' these days is also 'old times' [now], I should say. So, the father said to the son that, "You see, friendship is where you can always rely on your friend and your friend can rely on you." He said, "Really?" "Yes", he said so. "Oh, my friends I can rely", the boy said, "I can rely on my friends". He said, "Really?" "Yes!" So, father said, "All right, let's test your friends and my friends."

So, they went down, the father went with the son, and went to these friends of the son. And he told the son that, "You have to say that I have murdered someone and help me." He said, "All right."

So, they went to one friend. That friend said, "You murdered? Baba, you get out!" He closed the door. Another one they went to, he closed the door. Third one he said, "No, no! Don't say that you have come to my house. I have nothing to do with you." All his twenty friends said, "No."

He said, "All right, now let me go to one friend of mine." They went there. So, they knocked at the door, knocked at the door. Door would not open. Then he shouted, "I am here." So, the boy started saying, "Look at this. Your friend is not even coming." He said, "No, no, no! You just wait and see."

So, about ten minutes later the friend came and opened the door, and took him inside. "What's the matter?"

He said, "You know I have murdered somebody" The father said, "and so we have come to you for help."

"I knew something must be there because why will you come at this hour? So, I was collecting all the ornaments of my wife. I mean, if you need money, I had better give you the ornaments. So, that's why I was late. But," he said, "if you have murdered, that doesn't matter. Now, you have got children, I don't have. So, you better tell them I have murdered. Tell me how the murder took place, I'll take the murder upon myself." And the son was surprised. He said, "No, no, take this." Then the father said, "See now, this is my friend. You had twenty friends and I have only one friend!"

This is his friendship, and this kind of a friendship we Sahaja Yogis should have. I mean with a friend you cannot be tense, you cannot be! That is the first sign. And with your friend sitting there, you won't doze off, and you won't sleep, but you enjoy.

Once I was travelling by train and we had two compartments. So, in one compartment myself and one old lady were there. I mean, I was older than her but she thought she was older; and she was trying to sleep. And in the other compartment were two friends, they had met, so they were enjoying. He was hitting him and he was hitting him. He said, "Hey you!" And like that going on.

So, this lady said, "Look at these people. They are not allowing us to sleep." So she went and shouted at them, "Will you stop this

nonsense? What is going on?" He said, "We have met after a long time, you see, so, we are enjoying." She said, "This is not the way. Why are you hitting each other if you are enjoying? And don't talk loudly!" And she went away.

Then I went and said, "Now, you shout. I am here. Don't say anything. I'll lock the door. This lady won't come." They were surprised. I said, "I am enjoying the way you are enjoying each other." They said, "You don't want to sleep?" "No, no, I want to hear what you say to each other." And they were surprised how I was enjoying the way they were hitting each other and enjoying each other.

So, this is how, I have to tell you that we have to be friends, we have to share [and] enjoy sharing. There's no seriousness about it. How can you be serious with your friend? I mean, you are just relaxed, enjoying each other's company. Even if you have to argue, argue. It doesn't matter. Even if you have a different view, it's all right. But, you should not try to impose yourself on your friend, nor your friend should try to impose on you, but try to understand each other. That's how we are going to learn such a lot. You have to learn such a lot from each other. For example, I learnt so much from French you will be surprised. I learnt lot of things from French: the way they have their art, their ideas of art, their music, their culture. Lots of things to be learnt.

So, you have friends in India, you have friends everywhere, you have friends now in South America. Everywhere you have friends. You just go ahead with my badge - finished! Oh, they will all jump for you, they will do anything for you. So, this friendship, just think of it in this world we have thousands and thousands of friends everywhere we go. And this is what we have to know, within ourselves: that we have to be ourselves very, very friendly type, very friendly. There's an openness between one friend and another friend. There's no closed-ness, there's no tension, there's no formality. And reliance, so much so that you can talk to them about what you want, what is your need and what problems you have.

I hope you understand that love means complete freedom: to yourself and to others. If you love someone, then there is complete freedom and understanding. But this love has to be very, very pure. Complete understanding. I mean, you have to feel that friendship. And you will feel very proud that you have so many friends, and real friends! You have so many friends who are real friends. You will be so very [much] feeling a thing, as if you are a great personality: that you have so many friends in this world, you are not alone. Imagine! Before this what we had, so many saints, so many great souls were born and they were treated like singular people and tortured, killed, poisoned: they were alone, but you are not. You are all friends to each other. And the greatest friend you have is the Divine power, which is looking after you and doing everything for you.

If you have that kind of a relaxed, beautiful alertness within you, you are going to enjoy life, you are going to enjoy Sahaja Yoga and you are going to get many, many more people in Sahaja Yoga. And, if you don't have this among yourselves then people are going to say, "Oh Mother, whatever you may say, but Sahaja Yogis are no good!"

So, for today, in this country of France, where we have got 'liberation', where we have fought for liberation, let us take to real liberation, and the real liberation of the soul, of our Spirit: to enjoy, enjoy everything that is available with understanding.

May God bless you all. Thank you.

There are some outsiders all the time peeping in. I think, if you could close the front thing, they just come from there. No, no, from here; this side. They are not our enemies, in any way.

This goes into an earthquake! All right, thank you.

So now, first the washing of the feet has to be done with Shri Ganesha's puja. And then I had a feeling today that: let us celebrate the, actually it's like a Krishna puja because madhurya the sweetness of Shri Krishna. It's like Radha's love, and Her puja-like that.

So, today actually with all this theme that I am talking about, about collectivity, which is the blessing of Shri Krishna. And that His essence was madhurya, is the sweetness. And Radha who was His energy was known for Ahlada () Dayini. 'Ahlada Dayini' means the one who is joy giving. Ahlada is even more than joy. Sorry but, you see, joy can be a very general word but 'Ahlada'

means a bubbling of joy. When you see somebody, the bubbling of joy, that is Her power. And She was the Power of Shri Krishna.

So, when you meet a friend, you know, how you feel like just taking him to your heart, just embracing. And you don't know what to do with that. And sometimes it's so much that you feel like beating. Beating yourself or beating the friend. That sort of a joy is Ahlada Dayini: that is Radha.

So, today let us now – the power of joy, we have to worship the power of joy and this power of joy which is Ahlada Dayini. Of course we do the same way but with the idea that: now we are praying that our heart should open by Shiva. And once our heart is open, it will be expressed by the power of Shri Radha and Shri Krishna. This is the combination today.

Let us have this way, that it's a combination of heart opening, [and] through Vishuddhi we are expressing it. Like some people, especially women when they are over-joyous they start weeping and crying: so that's Ahlada.

So all the children are going to come up.

Come along! Come along, come along!

All right, sit down. All of you sit down. Now four small children, come along, small child. One more, come along!

So now, nobody is going to cry is it?

Now, four children at a time. Now four small children, come along, small child. One more is there.

Come along. Small children first. Small children. Les petits. Small, yes.

All of them. Now sit down, sit down.

Now four small children, small children come here, come. You come, you come, you come, all the small children first. And now, hold it, good, beautiful. Who is that?

Start it now. All right?

(Ganesha Atharva Shirsha starts)

1989-0710, Interview with "Afrique Magazine"

View [online](#).

10 July 1989

Interview

Montfermeil Ashram, Montfermeil (France)

Talk Language: English | Transcript (English) – Draft

Interview with the French "Afrique Magazine"

Afrique Magazine: The Indians call her 'The Great Mother' and see her as a saint; At a very young age she used to write Mahatma Gandhi's prayers. She's been living in London since 1975 where her husband is general secretary of IMCO. She has founded yoga centres in India and in several countries in Europe: England, Switzerland, France, Italy.

Shri Mataji Devi is what we usually call a 'guru' which is a rather rare status for a woman. People she says mainly would be more balanced and would have a better life if they could get connected with the supreme principle within each of us. How can we reach this spontaneous connection with the divine, this Self-realisation? Thanks to her method of course! A sort of meditation, regular but easy and accessible to everyone and which is supposed to purify the energies of the body and soothe mental activities: peace 'coming from the heart' would settle down this way because the divine has always been with us.

Is it a daring claim and a simplistic method ? Or the strength of a faith which can only bear its fruits? In any case, the disciples of Sahaja Yoga seem more and more; there would be tens of thousands of them in Europe alone... In July 1989, Shri Mataji has held two lectures in Paris in front of several hundred people. But she has confided to us in private.

Afrique Magazine: Do you think you were born with a spiritual gift?

Shri Mataji: I was born in a rich Protestant family. I received a religious and cosmopolitan education. My mother was a mathematician and my father could speak 14 languages. He translated Koran in Hindi. They both found out about my vocation very soon. Mahatma Gandhi also realised it when I was 7.

Afrique Magazine: Did you know Mahatma Gandhi very well?

Shri Mataji: Yes, he was a very nice man. He was a friend of the family. When I met him for the first time, he felt my spiritual capacities and became attached to me. We had religious discussions regularly. When I was at school, I got involved into the non-violent struggle against British presence in India. My parents and myself were imprisoned and tortured. Gandhi said: "When we are free, you'll be able to start".

Afrique Magazine: To start?...

Shri Mataji: My spiritual teaching. I gave my first lecture in Bombay in 1969.

Afrique Magazine: But independence happened in 1947?

Shri Mataji: I got married that year. Then, I looked after my family. I waited for my children to be older to start public life.

Afrique Magazine: What is your teaching about?

Shri Mataji: I teach Sahaja Yoga, the 21st century yoga. The practice which is very simple, connects you with the divine. You sit comfortably in a peaceful place with palms of the hands upwards. You can concentrate on any object (on a candle or on my photograph which transmits my energy as if I were next to you). Keep your attention on top of your head. The feeling of a cool breeze on the palms of your hands and top of your head is the sign of your Self-realisation. This connection with the divine must be firmly established. One can feel it once and then it may disappear. For that, a regular practice is needed.

Afrique Magazine: Do you consider yourself as a guru?

Shri Mataji: If you like. I do not have any concept about myself. Mankind is going through a decisive stage in its evolution. We are at the beginning of a new era and there are many false gurus and negative forces. The guru must be interested in only one thing: to make you meet the divine. All the sects are dangerous tricks for the psyche.

Afrique Magazine: Your lectures are free.

Shri Mataji: Self-realisation is an inherent right for everyone just like breathing; we cannot pay for it. [Editor's note: A voluntary monthly contribution of 200 francs from the members to Sahaja centres covers the cost of hiring halls for programs].

Afrique Magazine: What do you think of established religions?

Shri Mataji: They are like flowers that men have cut and which have withered now. The mollahs and the priests want to talk only about the Last Judgement and Apocalypse. But Buddha and Jesus-Christ stand there in the narrow door (she shows her forehead). They are compassion and forgiveness. If you forgive, you will be surprised to see how much you live in the present. In my lectures I use 'Our Father' as well as the concepts of Hinduism or Koran.

Afrique Magazine: You have created centres in many parts of the world. Italy has just elected you as "Personality of the year". You have just come back from South America... What about Africa?

Shri Mataji: We have contacts there. But there are a lot of false gurus brought mostly by Indians. They practice black magic. I hope to go there next year.

Interview by Catherine Brousse for "Afrique Magazine".

1989-0710, We need to ascend and know the Absolute

View [online](#).

10 July 1989

We Need To Ascend And Know The Absolute

Public Program

Paris Marriott Rive Gauche Hotel, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 1. Paris (France), 10 July 1989.

Till 7.13 yogis singing Uday ga ambe (Marathi devotional song)

Thank you very much.

8.00

I bow to all the seekers of Truth.

It is to be understood that Truth is what it is. We cannot conceptualise it. We cannot achieve it by our human efforts or mental projections. We have to reach into a higher state to know it. To know it.

This song that they sung just now was written in the year in 1600 in India by a very famous poet, Namadeva was a tailor. Aside to Patrick: Loud. In the 16th century. And they've been singing this song in the villages of India with the same folk tune. It says that I will ask for Yoga, that is, the union with the Divine from Mother. 'Aai' is the mother. I'll ask the Mother to give me the Yoga. And the 'uday uday ambe' means that 'O Mother Kundalini! Please rise, uday uday! Please rise!'. So this knowledge of our roots was known to many people all over the world, especially in India to many saints. This Namadeva once went to meet another saint who was a potter, making things out of clay. His name was Gora. He saw him and then he says, in very beautiful couplet he describes this personality of a potter. He says I came here to see the formless that is this all-pervading power, but I see it in person, in form. And he embraced with great joy. This is the acknowledgement. This is the knowledge of a saint about another saint. There's no jealousy. There is no competition. There's no knowledge to be asked about the person. Just through this emission of vibrations of cool breeze of the Holy Ghost you can understand who is the saint.

So the time has come for us to know the Truth. I call it the Blossom Time when there are so many people who are seeking the Truth. Of course it's a living process of a living energy of a living God. You cannot pay for anything that is living process. Like we sprout a seed in the Mother Earth, your Kundalini sprouts spontaneously. And you get the blessings of the Divine Power. It is a all-pervading divine power about which all the scriptures have talked. Essence of all the religions is that seek the eternal, and transitory is to be treated with understanding in its own limitations.

But, when we see the problems of religion and religious people we start wondering what is this all about. One may be a Hindu, Christian, Muslim, any religion, commits any sin, there's no binding on him. Nobody says that see, I am of this religion I can't commit this mistake. Then on one side you see the fanaticism. On another side you see people criticizing God, all the great prophets. Because they don't understand Divinity. And this has led to a great confusion in these modern times, so we have to ascend and know the Absolute. And the Absolute Truth.

In the west as you see, we have so many modern things and we have evolved like a tree, outside. But we do not know what roots, unless and until the tree knows the roots, there is always a danger of this destruction. That's why we have problems today of ecology. We have problems of AIDS, drugs, all other extreme things. We have no balance. Machines we make, they are for us. We are not for machines. We've discovered Science for us, not for Science. We are masters. Why should there be problem then

within us and without? Also we find we are not integrated. There's a very little problem that is we do not know the Absolute. And the Absolute is the Truth for everyone. You become part and parcel of the whole. The microcosm becomes the macrocosm, like this hand feels the pain and another just comes to soothe it automatically, spontaneously. This hand doesn't give pain to this hand. It doesn't want to hurt it. This transformation has to take place among human beings, then all barriers will drop and dissolve. And we'll realize that we are created by one creator. And the whole world is one. But just by having foundations of peace, foundation of cooperation is all mental. It's not going to help us. This transformation has to take within ourselves to solve our problems. But as a result of this happening you are empowered that you can give realization to others and transform others. You are empowered that you can cure others and you can give comfort to others. You are empowered that you can counsel others about reality.

Above all you become peace yourself. You feel your peace and wherever you go you emit peace and bliss. You become Joy. And wherever you go you emit Joy. Joy which has no duality of Unhappiness and Happiness. It seems fantastic. But human beings are fantastic. They don't know their glory. They are not aware of it. Say for example, this instrument is not put to the mains, it has no meaning. People are trying to find their meanings, first get connected to the whole. One has to be connected to this all-pervading power which is a subtle power which does all living things. We see the flowers and we see that the trees have different fruits. Who does the choices? And who makes all that? Just look at our eyes itself are the best cameras that you could think of. We are already programmed to be a computer. We don't think, it just works. But now you have to become the Divine computer. Unless and until that happens we'll have all the problems and more problems and more problems.

So, we have to be that powerful personality, that compassionate personality, that dynamic personality.

Aside for Patrick: And powerful.

And you should know all about your powers too. All this is absolutely easy. We have lots of time. We have watches on to save the time but where do we waste then. If we could spend some time on ourselves, then we don't even need a watch, it works. And then you enter into the kingdom of God which is miraculous. And miracles of every kind you see and you're amazed. So many here are Sahaj yogis, all over the world. It is working now in 30 nations, and they all can tell you so many miracles.

In India, we have the University of Delhi which has recognized Sahaj Yoga for the course of MD and three doctors have submitted their thesis for it and have got it through. For doctors. And they have done subjects like physical fitness, and psychosomatic diseases like cancer and thirdly epilepsy.

Aside for Patrick: Psychosomatic. Physical Abilities. Physical fitness.

So it is for us to know about oneself and to enjoy ourselves and others. It is not frivolous. And it is not serious. It is mirth and joy.

Patrick is unable to explain mirth. Laughter.

Mirth is a fun. No word in French. I'm sorry. So now we'll have to introduce a new word in French.

When I first came on my program I had one Sahaj Yogini in London. When I first came she told me, that Mother you should not smile at all because French think that life is all misery. And that that if you if you don't feel sorry then they'll think you are ignoramus. You don't know anything about the world.

No no no. That I am an ignoramus, if I am not miserable.

I'd read a novel of Victor Hugo, Les Miserables, and I started with them with that. So that's not so! The creator who has created this creation, will never allow it to be destroyed. He has created you also so beautifully, so carefully. And everything is laid down within you. Whatever may be the past, please forget it. And the future doesn't exist. In the present, you all are going to get your self-realization. May God bless you all!

31.09

Aside: Should I ask them to ask questions? Such that it prolongs a lot. What do you say? Eh?

Alright if you want to ask me any questions please do. But by asking questions and knowing the answer the Kundalini doesn't rise. I'm telling you the Truth. If you have any questions you can ask me.

(inaudible) No question. There's one gentleman there.

32.27

Question: He is saying do you think, Mother, the technique of 'Japa' very good for self-realization?

SMJ: No, my child, no. See, the 'japa' is they give you some name or something to recite. Now, it's like a car. If it is ignited, if it is ignited and when it starts moving, you know where is the obstruction.

Supposing, I am in London. And I have to come to Paris. Now on the way I have not moved out at all. Sitting in London if I say open the door of Paris, what's the use? Like the Kundalini has to rise and passes through six centres, and any centre which is closed - that you can find out, we can find out, they can find out. Then we'll have to of course say something which I will show you just now during meditation, just now, while your Kundalini is rising, but the Kundalini must start.

Moreover, supposing I want to meet Mr. Mitterand. Now for meeting him supposing I go to his door and start shouting Mitterand, Mitterand, Mitterand! The police will arrest me. I must take permission. I must have the protocol. I should be allowed to go inside otherwise it is not proper.

In the same way, if you say, if you take the name of any of the deities, without Kundalini awakening, without proper protocol, the doors are closed. Not only that, but these chakras get spoilt. You get arrested. If it is with the President, I am talking about God Almighty, who is the President of all the Presidents. So how can you do it? This is unauthorized.

Alright?

36.55

Question: Is it possible to be connected with the Divine without Kundalini awakening?

SMJ: No. You cannot create a tree without sprouting the seed. That's what Christ has said. Know thyself. Without the Kundalini you cannot know yourself. This is described as the Tree of Life.

38.12

Question: Will pranayam help me?

SMJ: Pranayama is not going to help you. At all. See, it's more physical. And, we do pranayam also in Sahaj Yoga but it is very scientific. Whenever it is necessary. Here, the people do all these, pranayama, and all these yoga things as if taking all the medicines from the medicine box without a doctor.

The best way to know is this way.

You must have seen many people who are doing Pranayama, who's doing yoga. What do you when they run too much, what is it called? In America. They do Jogging. Oh! They all run like mad. Everybody runs. Everybody is running as if there is an earthquake, whether it is old young anything. Everybody's running in America.

So anything you do, you must find out what is the transformation that has come in that person. Is there, are they sweet people? Are they peaceful? Hath Yogis are such that if they come from this door better run away from that the other, the way they are. Horrid and hot tempered. Mostly they divorce their wives, give up their children. There's no sweetness. Hitler was a Hath Yogi. Did you know that? And a follower of Llama. Double. And a follower of Llama. Not this one. Another one.

Alright. There's another one gentleman. Now you asked one question. What he saying? Bhatt yogi? Who is Bhatt Yogi? I don't know. What do you think? Is the point. There are all kinds of bhatt, satt, katt, but how am I to know all of them. Only thing I can say that you just see yourself. You can know yourself. You must know that Indians can be very cunning people. I am sorry to say. Because we have had 300 years the company of the English. Anything for which you have to pay is all falsehood. That's as simple. Very simple.

You people are very vulnerable because you are seekers. So be careful, don't get lost.

43.19

Question: How do we protect ourselves from negative vibrations?

SMJ: That we'll tell you everything. We'll be having a course. You'll be expert and no negative forces will come near you. They'll all run away. One day they'll run away from Paris and then from the whole of France.

Let's have it now. Is there one more lady. There.

44.32

Question: (Inaudible) how do we give (get) respect to others, because others do not understand us.

SMJ: They will understand. Everybody understands love.

Alright. He's a seeker. Alright alright, ask the question. He is a seeker, he has the right.

Question: What do you think of this Krishna movement?

SMJ: I mean you yourself judge. In India, when we get up, we take the Rama's name. When we say somebody as good morning, we say Ram. Good evening, Ram. What have we achieved?

Krishna is supposed to be Kubera, is the lord of Wealth. And his disciples are begging on the streets. How can that be?

What's he say, this gent? What's he say?

Question: Someone who has no knowledge of / about the Kundalini, can he raise his Kundalini?

SMJ: Of course. That's much better. That's much better. Much better. That's innocence. Those who know about it are mostly very crooked people. They misuse it. They frighten people. Actually, there's nothing to be known about Kundalini. But you see, you know French people you cannot just ask them to take their realization. You have to tell them something about it after all. Like when you come in this room, if you have to put the lights, you just switch on one light. You don't have to tell what is the history?

How it came in? What is the source? See. But if it's a Frenchman, you may have to tell a little bit.

Alright!

50.14

There are two conditions. One condition is that we are not to feel guilty at all. Forget the past. Second condition is that you have to forgive everyone. Because both things are myths. Whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. So don't say it is difficult; it's the easiest thing to say I forgive everything. Once you forgive, the Divine takes over. So you have to have these two conditions fulfilled.

If you want to have self-realisation, you all have to help to raise your Kundalini as I'll tell you. But if you don't want to have, I cannot force you. It's in your freedom and your glory you have to get it. So all such people if you don't want, they can leave the hall. You cannot force.

We have to take the help of the mother earth so if you don't mind you have to take out your shoes. And you have to sit comfortably with both the legs, both the feet apart from each other. Tomorrow, I'll tell you more about the left and right channels and the two energies but today remember that left and right are two energies within us.

So we put our left hand like this towards me and the right hand we have to use for the action.

Aside: You come. Come. I'll stand up I think. Can you put it (mic) up?

First I will show you then we'll have to close the eyes. First I will show you, then they will have to close the eyes. You have to put your left hand towards me like this.

Aside: I think most of them have got realization in the music only.

And the right hand we have to use for giving energy to our centres on the left hand side. So we put our left hand towards me like this symbolizing our desire to get realization.

So right hand we put it on our heart. In the heart resides the spirit, which is the reflection of God Almighty, the creator, in our heart. Then we take down our right hand the upper part of the abdomen. This is the centre of our mastery. All the prophets and great masters have built this for us. Then we take down our right hand in the lower portion of our abdomen on the left hand side. This is the centre of pure knowledge. The pure knowledge that manifests through our central nervous system. Beyond mental projections. Then we take our right hand in the upper part of our abdomen on the left hand side again, then on to our heart. Then we take our right hand in the corner of our shoulder and our neck, and we turn our head to our right.

Aside for Patrick: I think you also do it otherwise everybody's watching you.

Now, so, this is the centre we catch when we feel guilty. Now, we take this hand on our forehead across like this across and press it on both the sides. We bend our head as, while we are pressing. This is the centre for forgiveness. Then we take our hand on the back side of our head and slowly move our head upward like this, allow it to rest. This is the centre where we have to ask for forgiveness without feeling guilty. Now we spread our hand, stretch it and put the centre of our palm on top of our fontanelle bone area which was the soft bone in our childhood.

We bend our head and push back our fingers and press our skull hard and move it slowly seven times clockwise. That's all we'll have to do.

Only thing remember don't put hand from this side. Put this way (indicating correct position for Vishuddhi) and stretch your

fingers quite a lot to bring pressure.

Put it this way, from the front. Now we'll close our eyes. You can take out your spectacles if you like. And we don't open our eyes till I tell you.

1:00:17

Alright. So now, please put your right hand on your heart. Left hand towards me. Both the feet away from each other. And now. Here you have to ask me a very important question. 'Mother, am I the spirit?' Ask this question three times.

Now, if you are the spirit, you are your master, you are your guide. So now please put your right hand in the upper portion of your abdomen and please ask another question. You can call me Shri Mataji or Mother, whichever suits you. Please ask the question: 'Mother, am I my own master?' Ask this question three times. I've already told you that I cannot force pure knowledge on you. You have to know it in your own freedom. I respect your freedom. So please take your hand in the lower portion of your abdomen on the left hand side, and press it hard. Here, please say, 'Mother, give me pure knowledge'. I cannot force on you. Say it six times because this centre has got six petals or six sub-plexuses. As soon as you ask for pure knowledge your Kundalini starts moving upwards so we have to support the centres with our full confidence in the higher regions.

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

Now we have to know that we are not this body, we are not this mind, we are not this intellect. We are not this these emotions, nor we are our conditionings, nor our ego. We are pure spirit. So please raise your right hand to your heart and say it with full confidence twelve times, Mother, I am the spirit!

I have already told you that we should not feel guilty at all. We have to know that Divine is the ocean of love and compassion. It is the ocean of Joy and Bliss. But above all, it is the ocean of forgiveness. So whatever mistakes we commit, are dissolved into this great ocean of forgiveness. So please put your left hand in the corner of your neck and your shoulder, and turn your head to your right. Here, you have to say with full confidence, sixteen times, sixteen times, 'Mother, I am not guilty at all'. Say it with full confidence.

Now as I have already told you that whether we forgive or don't forgive, it is a myth. But if we don't forgive we play into wrong hands. And the Divine also says also that you better look after yourself. So now leave it to the Divine. Raise your right hand on your forehead and put the forehead slowly bending down. Now press it hard. Here you have to say, 'Mother, I forgive everyone'. Please do it. Because of this I have seen many people just don't get realization. Say it from your heart, not how many times.

Now, take back your right hand on the backside of your head and put the head on it slowly, move it upward. Here now you have to say without feeling guilty, without counting your mistakes, from your heart: 'O Divine, if I have done any mistakes, please forgive me'. Now, say it from your heart.

Stretch your hand fully and put the centre of your palm on top of the fontanelle bone area which was the soft bone in your childhood. This is very important because it is the actualization of baptism. Now, just push out your fingers and press your scalp hard and move it seven times. But here again, I cannot take your freedom. So you have to say seven times, 'Mother, please give me my realization'. I cannot force on you. I respect your freedom.

Push back your fingers. It's quite in front. Not on the backside. Front side.

Now please take down your hand. Have they been moving it's alright.

Now see for yourself. Open your eyes slowly. Open your eyes slowly.

Now put your right hand towards me and bend your head and see from your left hand if you are feeling the cool breeze coming out of your fontanelle bone area. Cool or hot.

Now please put your left hand and see with the right hand. Bend your head.

Now see with the right hand. Again.

Bend your head. Bending down, it's better.

Now raise your heads up like this and ask a question, three times, 'Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power of God's love? Mother, is this the brahma chaitanya?' Ask one of these three times. Ask one of these questions three times.

All those, please take down your hands. Now watch me without thinking, you can do it. Now those who have felt the cool breeze out of their head or in their hands, or even the heat, please raise both your hands.

O my God! See the France! May God bless you all! So many of you. So be in silence now. Don't argue. Tomorrow I'm coming again. If you all come early then we can start the programme at right time. And I would like to meet you all personally. Tomorrow. May God bless you all!

Aside: so many of them have felt it. No one wants to leave. (inaudible) pick up some record or something. They're still here. Waiting for me to go. Some record you can put. Anything. Any instrumental so that... (inaudible). Tomorrow. Tomorrow I'll be there. I'm saying end it up... Have you got something? You didn't bring any tapes with you? Music tapes. Then put on something.

Patrick, also tell them those who did not get realization should not feel disappointed. Tomorrow, all of them will get it.

1989-0711, You develop a balance in life

View [online](#).

11 July 1989

You Develop A Balance In Life

Public Program

Paris Marriott Rive Gauche Hotel, Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Paris (France), 11 July 1989.

It's only possible because they are Sahaja Yogis. Because it's a very difficult language. And music is very intricate and the rhythm also is very difficult. It's surprising you all have joined it so well. If I tell this in India, nobody will believe.

So yesterday we were talking about this power within us, which rises and gives us our Self Realization. This is our own power, and she is our mother. She has been waiting for this moment when she could achieve this second birth for you and it has been for ages. She is like a tape recorder, she knows all about us. She knows about all our failings, she knows all our weaknesses. And she knows all about our dreams and aspirations. So she's not going to trouble you at all. As your mother gives you birth and she took all your troubles, in the same way this mother takes upon the problems upon itself.

And when she rises, she understands how to move, and how to establish your Self Realization. So to achieve your Self Realization you don't have to worry much. That works all right. But the connection with the Divine has to be established firmly. Many people who get Realization feel very fine, and then just get lost. And then they come and complain, they have got this trouble, they have got this fever. They've got cancer, all kinds of things.

As a result of this happening, you get physically perfect. Your health improves. As I told you, you develop a balance in life. You don't go to extremes. As a result of the, another Chakra opening within you, which we call as the Nabhi Chakra, you become righteous in the real sense you become religious.

We see in the world there are problems with all the religions. Because they did not seek the eternal. But once you get your Realization, then you see the beauty of all the religions. And you see all these prophets and these great incarnations as relations to each other. Christ has said "those who are not against us are with us". Who are those people? So the innate religion within us of a universal nature is awakened.

The carbon has four valences and human beings have ten valences. These valences get lost when we start going to extreme, towards the left or towards the right. But when the Kundalini goes into this Nabhi Chakra, she enlightens our sustenance, our religion which is so innate. Nobody has to tell you that, "Don't do this, don't do that." You yourself become your own master. You yourself become your own guru.

Then you have the Chakra of the heart. This is the center, which gives us sense of security. When our sense of security disturbed we get problems of our lungs, and women get a breast cancer. The establishment of security gives you a great sense of personality.

In the west as we see, all the time men and women are insecure about each other. The woman thinks that now today my husband has gone out, I don't know if he'll come back or not. And the man thinks I'm going to go home, maybe the wife will be missing. The children are always worried that God knows when they will divorce and will have five fathers and six mothers. And this sense of insecurity creates problems in the society. And specially very, very dangerous for children. That's how children leave their families, get out and lead a very insecure life.

When you receive your own security, you respect the security of another. And you look after the security of other members of the family.

There, a Chakra of Vishuddhi, is a center which is very important because it gives you collectivity. Collectivity of a very genuine nature, not of some sort of funny relations. That is so pure. All over the world you feel you have brothers and sisters. Everywhere you go, you feel there are people who know you. They are all waiting for you, they look after you, and they love you. When you leave them, they remember you. Such genuine love exists between Sahaja yogis, that not even among brothers and sisters, husband and wife you'll find. So I'm talking about this new race of new people in this new age. Where there's no chance to hate anyone. So there's no question of wars and fights.

Higher Chakra than that, is the Chakra of Agnya, is very important because when we think too much this chakra goes out of order. We think of the future or we think of the past. We have to be in the present. And for that it is important to forgive everyone. If you can forgive, you'll be surprised, you stay in the present. It's a very surprising [phenomena/ phenomenon?]. Actually when this center works too much and people think too much, I just tell them, you go on saying "I forgive everyone". Miraculously it works. And people go into that state which we call as thoughtless awareness. That means you stand in the present.

But the best thing that happens with this center opening, that your eyes become innocent. Christ had said, "Thou shall not have adulterous eyes". He said it for the Christians. But do you find Christians like that? Not at all. But then when this center is opened out, the Christ is awoken within us, and our eyes become innocent. Without any greed, without any lust. These eyes are so powerful. That even a glance of such eyes can create beauty and peace. Can give happiness and benevolence. And can cure people.

The last but not the least is the seventh center, which we call as Sahasrara. This have thousand petaled Chakra or center which has got limbic area inside it. This limbic area is very important. Because this is the one which experiences joy. But these days there are so many things, which are joy killing. So many pursuits are joyless. But when the Kundalini enlightens this, then you feel the joy, the joy of the Divine.

Nowadays, people are taking to drugs, and these drugs spoil the limbic area. The limbic area becomes weak and [numb down]. And you have to take stronger and stronger drugs to excite the limbic area. Same with the modern music, which is very loud and also numbs the limbic area. So now you have to have even very strong, very strong music, so much so that normally children might become deaf with it. Nowadays I hear some of the music is like just shouting at the top of their voice, without any melody without any proper rhythm.

So you come in the center and you become very moderate automatically. You don't go to extremes and you enjoy your own personality. You enjoy your own virtuous. As I've told you, that as a result of Kundalini awakening your health improves, your wealth improves, your mental situation improves. Like many mad people have become all right. And spiritually you get empowered with Divine compassion.

There is a lot to be said about all this. I've given thousands of lectures. But in short I'm trying to tell you what one can achieve very easily in no time. So I suggest let us have the experience of the yoga, the communion, the union with the Divine.

Thank you very much!

Yesterday we had many questions. And I've tried to answer them. If you have any questions you can ask Me, but not for a long time, because I want to meet you all today.

Question: Ordinary people if you ask them, they say yes we believe in God but actually in their life they don't behave as people who believe in eternal life. Why this contradiction?

Shri Mataji: The contradiction is because you are not connected to God. You have to be connected. Christ had said, "You are to be born again". That doesn't mean that you put a certificate that I'm born again. It's not a certificate. It's an actualization. Actualization of the baptism. In Sanskrit language a person who is a realized soul is called as Dwijaha, meaning born again and also a bird is called as Dwijaha. So [first] it's an egg, as we are also closed people.

And then it becomes, it becomes a bird. So unless and until you get your Realization, you cannot become twice born. And as a result of that, you have these powers. Then you cannot do wrong, because you become part and parcel of the whole. You become aware of it. As I told you yesterday this hand will not harm this hand. Then whatever is just a blind belief becomes enlightenment. That is why one should get Self Realization otherwise you cannot understand religion or God or anyone that is Divine. So much so that Buddha didn't want to talk about God. He said, "First get your Self Realization".

Question: Is everybody able to get his Realization? Isn't there inequality between people? For example why Hitler does he never get his Realization?

Shri Mataji: You are going to get it don't you worry. Yes there is, there are problems. For some people, there are problems, which are physical, mental, emotional, rational. But if anybody wants, they can get it. All problems can be surpassed.

Question: Does one always come to the possibility to have his Realization in his life? Is it available for everybody to get the opportunity to get Realization?

Shri Mataji: We can create lots of opportunities, if everybody cooperates. Now we have films we have got television, we've got this mike as so many things we have by which we can spread it, much more than Christ could do.

Question: What is death?

Shri Mataji: I say just now don't worry about death. We have to think of the present.

Question: About vegetarianism

Shri Mataji: Not important. Whatever you need you should eat. You need, some people need protein food some people need none [proteins/ proteinus?] food. That's very important because human body is the most important thing, more than any other animals. Of course you should not be cruel. You see is a sort of a concept, because even Buddha used to eat because he died of eating a meat of a raw wild boar, you see he died of that.

Question: Is it possible to feel inside the opening of the Chakras?

Shri Mataji: Not necessary. There's no necessary but once you get your Realization, you're established then you can feel the opening of others their Chakras

Question: The Divine fire is burning in every people but ignorance gives pain. So how is possible to awaken this Divine fire in the cosmic consciousness of everybody.

Shri Mataji: That's what I'm going to do.

Question: In many books we can read that all great saints did not accede to Realization and their guru told them that it was for a further life, another lifetime. So how is it possible nowadays? Is it because you have some special capacities or Shri Mataji is it because time has come that this event takes place.

Shri Mataji: It must be something, isn't it, about Me. But it's better that you know yourself and then find out about Me. Whatever I

may say about Myself why should you believe blindly. Secondly time also has come. So both things are correct.

Question: Can you explain this two sentences of the Buddha, "No man can make another raise up?"

Shri Mataji: He never said so. It's not true. He cannot say that, it's not true.

Question: The other one is "no one can raise another man as his own spirit can do".

Shri Mataji : The both are wrong. He can't say. See they have put everything into the mouth of Buddha into the mouth of Christ. [into the ...] that is very simple. But you cannot do that to Me, I'm recorded. Thank God. See now I'll tell you. Now see, sit down. Just now there is no Buddha here. Is he there? We have no Christ, is he there? We have no Rama, we have no Krishna, all right? If you are a seeker of truth, I am sitting here to give you Realization. Now why should you worry about Buddha?

Question: What are the possibilities through Chakras and Kundalini awakening to cure AIDS and cancer.

Shri Mataji: AIDS is curable of course no doubt. It is caused by the lowest Chakra [is] the Mooladhara Chakra. And if you can cure Mooladhara Chakra and other combinations you can cure AIDS. Virus, virus comes from the past from the.. Virus is something which is dead, dead body or you can say is something dead body becoming alive, like you can say fungus sort, it's like fungus. Now the, we have cured AIDS, no doubt but what I found about these people, there are three cases. All of them had no will power. And they again went back to the same bad habits. Moreover, I must pointed out to you that the person's habits in the west are not all right.

Question: Some discipline is necessary for spiritual evolving?

Shri Mataji: Yes we have done all that before. You all have done all the disciplining in your previous lives I think. Actually the Kundalini is such a thing that it gives you light, wisdom. And then you yourself start taking to right type of life. So before Realization you don't have to worry so much about disciplining. We'll say like this that there are seeds, which are sowed. And that time the gardener has to look after it. And then, there is sprouted because it is built in the seed to sprout. In the same way though the gardener just sowed the seeds, the mother earth does the job automatically. But afterwards the gardener has to look after. In the same way, you have to look after, afterwards. And in the light of your enlightenment you can do very well.

Regarding cancer, I better tell you because that question was after. Now supposing this is the Chakra form by left and the right side of the sympathetic nervous system and the parasympathetic in the center. Now if you're going to too much action physical or mental you use too much of right side, and you just start exhausting the energy of this center. And suddenly it's already getting dislocated, when suddenly an attack comes from the left. As a result of that this thing breaks. And the connection with the whole is lost. So it starts working on its own, it becomes malignant and it becomes arbitrary. But when Kundalini rises, she passes through this and then through this and puts it right. And then she connects it to the all pervading power. And if the connection is established, all the time the energy is flowing. And then your cancer gets cured.

Question: You speak quite often about Jesus Christ. He would like to know what is your position about Jesus Christ?

Shri Mataji: His position in ourselves? Yes his position is on Agnya Chakra. Without him I couldn't have given you Realization. He is in the door standing there. He is a little... he judges you very much strictly. He judges you.

Question: According to what You said about cancer does it mean that people who have cancer must have led a bad life before and does it mean also that realized people cannot get sick?

Shri Mataji: No not necessarily. I mean good and bad is a very relative term. I mean, whom to tell you bad, those who are right sided or those who are left sided. It's all ignorance.

Question: This lady has heard that we have to light on a candle before meditation. What is the meaning of this light.

Shri Mataji: No you don't have to, before meditation it's still there. That is just there putting for My photograph. This will know what it is after. You first you get your Realization. Now supposing you get some or other this candle full of vibrations. Then one candle can cure cancers and so many negativity. The things that looks so insignificant when vibrated become very significant. I gave an example that once I was travelling in Kashmir and suddenly I felt tremendous vibrations. So I asked the driver, "Is there any temple here". He says no temple. But then I asked him to go I said, "Take this road". There were some poor Muslims were there. Then ask them is there any temple here. He said no. There is no temple but there is [Asrat akbar] that means one hair of Muhammad Sahib was there. And I got it six miles away.

Question: Have you heard about the Feminine Divine power at the beginning of this universe?

Shri Mataji: Of course it is true. You see you have the father God and the son God. How can you have a father and a son God without the Mother.

Question: Does the candle gives the Realization? Because for very old times people used candles in religions.

Shri Mataji: Yes, it doesn't give Realization but if it is a vibrated one it helps a lot.

Question : You spoke about two parts of the brain. Saying that people are more on one side or another side. Does those people have to accept that they are left sided people or right sided or do they have to come to the center?

Shri Mataji : You don't have to. It's not a mental activity. It is. You don't have to accept anything. It just works. If you are left sided or right sided makes no difference. From your questions I see everybody is anxious to get Realization. Also some of them are apprehensive whether they will get it or not. There is nothing to be worried about. Everyone of you can get it. If not today - tomorrow. But you are all going to get it. You are seekers and you have every right to get the truth.

Question : How to do to keep this Realization all the time and not only during meditation?

Shri Mataji : Yeah that's a, That's it because once you get your Realization then you have to come to the collective, be with them and learn how to keep it on, which is all absolutely free. And you can master it.

Question : The Swastika is known nowadays as the symbol of blood and death how can it be turn back into a symbol of joy.

Shri Mataji : Swastika you see is fundamentally to be understood that it has double powers. If it is made in a clockwise situation then it is constructive. And if it is made in the anti-clockwise, it is destructive. The Divine played a trick on Hitler. First he used the Swastika in the clockwise manner, and he was doing well. But then later on, it was done to the stencils, to the stencils. So one side of the stencil was top spoiled, so they did it from the other side. And that's how he got lost.

Scientifically, I had told people that if you can see the carbon atom under microscope, if you see it from right side, you will see the left side. And in the left side it will appear like a Swastika. And if you see it from the left side, you see the right side, it appears like Omkara. And if you see it upward it looks like a cross. So, some scientists that we have in Sahaja Yoga, they studied the atom of carbon and made a model. And then they took the photographs and what I've said was true.

There are many things, which I have said have come up proved scientifically. One of them is that after Realization you see in the sky, say, in India of course you see lots of vibrations like little, little commas, shining commas. Also you see loops a seven loops like that many a times and some times many loops joined together. So I told them that these are dead souls.

We too have a soul, which is fixed into us seven times on to the seventh Chakra like that from the front side. And when another

soul which attacks us from the back side, it starts spoiling our Chakras, we become possessed. Also I had said that every cell in our body has got a receptor in which the soul is reflected. Now they have found out that every cell has a receptor with this seven loops there, they can't explain. So there are many things, which can be proved scientifically, also. The greatest prove is that you can experience it, and that you can feel it. And that you can enjoy it and master it.

Now let us have the Self-realization.

1989-0719, Discover Your Own Meaning, Your Own Wealth

View [online](#).

19 July 1989

Discover Your Own Meaning, Your Own Wealth

Public Program

Munich (Germany)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset we have to understand that truth is what it is. We cannot organise it. We cannot conceptualise it. It is what it is. So one has to open the mind like a scientist to see for yourself what is the truth. Now whatever I am telling you, you may not believe into. You have to take it as a hypothesis, and then if you get the experience of self-knowledge and you see for yourself, you'll be amazed. You know about yourself.

It is wrong to say that you are sinners, and it is very wrong to make you feel guilty. St Thomas who was a disciple of Christ on his way to India, went to Egypt and there he put lots of treaties in a big jar hidden near a mountain. It was discovered only forty eight years back, where he has clearly said that you are here to enjoy the beauty of God's love and you have to know yourself. After that you will enjoy your complete freedom. Whatever he has said is what Sahaja Yoga is.

Here you have to know that you are at the epitome of evolution. Only people who want to make money out of you or want to make you slaves, tell you that you are sinners and you'll go to hell and they'll frighten you so that you can pay them well. One has to get out of this kind of a stupid understanding. Another thing St Thomas has said that God Almighty, who is your father, is a father of all the fathers and he is the kindest father you could think, and He's waiting for you in the Kingdom of God to see His children enter into it. So when you receive your self-knowledge you are amazed at your own glory and your own beauty. You have within yourself the tree of life built in properly by which you achieve this.

People will definitely criticise Sahaja Yoga because there is no money involvement. Nobody has to do confessions. There's complete freedom, complete freedom and you can achieve that freedom by which you are not dominated by any habits. We have now people in the world who follow say all kinds of say religions. They are Hindus, Christians, Muslims, all kinds of brands but they are all brands. Anyone belonging to any religion can commit any sin. Like I went this time to Brazilia and there was a gentleman who said he cannot take a divorce from his wife so he has got five 'keeps'. Another one who is a Muslim [unclear] says that we are allowed to have four wives, so we should have it. Hindu religion says that in everybody resides the Spirit, but still they have caste system and all kinds of nonsense. So when we follow something actually we must know that we are following something absolutely blindly. Our forefathers followed the same thing and we are following the same. What did they achieve?

We have to have courage to break through conditionings because it is for our benevolence and the real religion that is our valency, should be awakened within ourselves. A person who commits all kinds of sins makes people their slaves, gets them into problems like not marrying or marrying and all kinds of absurd things. Such a person cannot give you self-realization. Even Buddha in his early days when he spoke is a fact that he never preached asceticism. He never preached asceticism, and if you suppress somebody's natural urges then one can become absolutely anabundant personality.

So then you find in the world there are two types of people who find fundamentalism or they find what you call them is atheism or what you can say, anarchists. The first one has not become yet spiritually equipped. He has not felt the all-pervading power of God's love. Only talking about God you do not become self-realized. Christ has clearly said you are to be born again but it's not an artificial happening. It cannot be just you are born again, now you are certified. It cannot be like that. Nobody has a right to certify that. But it's a living process so when you get self-realisation you get the actualization of your baptism. You feel the cool breeze coming out of your head. You feel the cool breeze around you. The cool breeze of the Holy Ghost. And once it happens, you'll be amazed. You discover you are so dynamic. You are so compassionate. You are so wise and so discreet. And then you develop a great dimension, a very great dimension which is called as collective consciousness. Jung was a scientist and he described that

once you get your self-realisation you become. Again he said 'become' not certificate. You really become collectively conscious. Means that in your consciousness where you feel the centres of others, you can feel them on your fingertips. You can feel your own centres also the same way. Now if you know how to correct that you become perfectly all right.

You cannot organise God and once you start organising God you become artificial. This is a big handicap we have when we start thinking about capitalism and communism and all kinds of theories that we think we believe in it. Both have lots of defects in it. So we see that there are defects in what we have been thinking to be right. So we should try to see why, why we have missed the point.

There is one common thing among all the religions, one common precept in every religion that seek the eternal and gravity is to be gifted at its own limitation and in full understanding. There is one common thing in all the religions that one should seek the eternal and whatever is transitory is to be used in its own understanding and in its own limitations. For example say, we want to have say a car and a house, this and that but in general the wants are not satiable and that is the reason one must understand that there must be something within us which is a pure desire. I tell you the pure desire within us to be united with the Divine. Not artificially, but really, in reality and for that you cannot pay. You cannot even force people. It has to work through their freedom so that they achieve their ultimate freedom.

People talk of peace. Peace foundations - they have no peace within themselves. There are ecological problems because there's no balance in human endeavours. For all this the humanity has to emancipated. The whole thing will come only through the transformed humanity. So beware, be careful. You have to look after your emancipation for your benevolence and for the benevolence of the whole world.

This is the special resurrection time where many people are getting their realisation. I agree there are many false people in this world and they have mislead many people. But you have to know how to discriminate. Like I went to Rome and there was a lady who came down before Me and she collected \$1.6 million from the Romans in three days, telling them that you are sinners and you must pay for your sins, this type – the old story. But first and foremost thing you must know that you cannot pay. How much did you pay to Christ? Did He live on your money? He was a carpenter's son, so He lived like a carpenter's son. He didn't want to have huge big palaces for Himself with the public money. If you are well-placed in life, supposing if you have money then a saint spends his money for the emancipation. If he is a king then he lives like a king but he spends money for the emancipation of people. A saint does not have a sense of comfort, he relies on the comfort of his spirit.

So now we have to awaken. We have missed the point so far. I would say, for your information that in Delhi university now they have recognised Sahaja Yoga and have given three doctors the dignity of MD on three subjects, Because definitely in Sahaja Yoga people have been cured of horrible diseases like cancer. It's not guaranteed but it works. They have done all three subjects. One is the physical fitness. The second is epilepsy and the third is psychosomatic diseases.

I was surprised in Brazil the way the government understood Sahaja Yoga, it was remarkable because they see that they're following religions and they are so poor, have so many problems and they don't know how to get out of it. Even Columbia. I was surprised in Columbia, such an awakening is there. But specially a place like Turkey, a country like Turkey where Sahaja Yoga has prospered so fast because people have learned that fundamentalism and this blind faith is not going to help us anymore. Now we have to see in Germany what happens. Of course Frankfurt we have done well. I want to see in Munich the same thing happening that people should in their freedom earn for higher freedom, complete freedom. I am sure it will work out because it's important today for our children, for the progeny and for us to be the part and parcel of that transforming process which will be marked in the history. I hope you will understand it very well and try to get the experience of self-knowledge.

Tomorrow I'll explain to you more how it works out because today I wanted you to enjoy the music. You see this is a very big miracle of Sahaja Yoga that Germans or English or any Europeans could never pronounce or sing our Indian music so easily. But they have picked it up in no time, because our rhythms are difficult, our melodies are difficult and even Indians take time. It was surprising how these people especially the Swiss. You'll be surprised, the Swiss. They are not here most of them but they are wonderful. Even the Indian musicians were surprised and they gave Me a big tribute in My last birthday that really we are

ashamed of ourselves, the way these people have progressed. They are saying now instead of you asking Indians to go there, let these people come to India and sing those songs. So there's nothing to be very serious about it and nothing to be very intense about it. It's a very simple method of living process which works it out.

Now those who want to have self-realisation should be here because I know it is difficult to give realisation to people who don't want it, and they actually do not help us much, and those who do not want should leave the hall graciously. I'll be very happy with them. It will take about ten minutes and tomorrow I'll explain to you how you got it. It's like you come into this room and you have to just put one switch and everything comes on- lights. But if I have to tell you about the history of electricity and the source of electricity you'll be all bored stiff. So best thing is to have the light, the enlightenment. In the darkness if you are holding a snake as a rope, whatever I may tell you you may not believe it because you believe that this is a snake – this is not a snake, it is a rope. But as soon as the light comes in thus you drop out the snake by yourself. So you become your own master, your own guru. You don't need anybody as a guru because you yourself know through your vibratory awareness what is right and what is wrong. Of course something that is enlightened light has to enlighten another candle. Enlightened candle has to enlighten another candle. But if you get enlightened you can enlighten others you can get your own powers. All those people who you see here they are just like you to look at but they all have powers to give realisation to others. They have given up all their bad habits and they know what they are doing. They are very aware. All of them have become very dynamic and are doing very well in life and they are very happily married and have very happy married lives with very sweet children. Such a beautiful race we have to be.

If you have any questions you may write them down and tomorrow I'll try to answer them. But at the very outset I have to request that don't doubt yourself. Don't think that you cannot get realisation and forget the past. Just forget the past completely. Think of the present. This is going to work out in the present. Forgive yourself and don't feel guilty at all. Please don't feel guilty because as I told you, you do not know how great you are.

Right. A television, if you take to a villager, he will not believe that it can manifest lots of dramas and songs and music. But once it is put to the mains then you see why is it made? What it is for? What is the meaning? That is how you discover your own meaning, your own wealth. So you are to be connected to the mains. Actually you become like a divine computer, believe Me. You have to believe in yourself and in your capacities. So please forgive yourself. After all we are human beings and if human beings commit mistakes, what's so difficult to understand, they are not God. While the Divine is the ocean of forgiveness so it can dissolve all your faults, so you should be very pleasantly placed towards yourself I mean to say.

First of all we must open our hearts for ourselves and then forgive everybody else. Just forgive. You will be so much helped if you forgive. If you don't forgive then this centre, which is the centre of Christ gets blocked. So the message of Christ is to forgive everyone. I hope you understand this message of His resurrection was when you forgive people because He was crucified by them and insulted by them. We don't have to suffer. He has suffered for us. Are we going to suffer more than what He has suffered? So forget the idea of sufferings also. If you want the truth you can have it, but if you want to live with untruth and falsehood, who can force you? So all the delusions must be cleared out and you are quite capable. I have great faith in the German capacities. If they can take up something they can do very well. But it should not be done under mesmerism or some sort of a brainwash. It should be a free choice. All right.

So now it's very simple. First thing you'll have to do is a very simple thing you have to take out your shoes because this mother earth helps us a lot and please put both your feet on the ground parallel to each other because tomorrow I'll tell you because we have two kinds of systems within us, left and right.

First of all we must open our hearts for ourselves and then forgive everybody else. Just forgive. You will be so much helped if you forgive. If you don't forgive then this centre, which is the centre of Christ gets blocked. So the message of Christ is to forgive everyone. I hope you understand His message of His resurrection was when you forgive people because He was crucified by them and insulted by them. You don't have to suffer. He has suffered for us. Are we going to suffer more than what He has suffered? So forget the idea of sufferings also.

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must be cleared out and you are quite capable. I have great faith in the German capacities. If they take up something, they can do very well. But it should not be done under mesmerism or some sort of a brainwash. It should be a free choice. All right.

So now it's very simple. First thing you'll have to do you have to take out your shoes because this Mother Earth helps us a lot and please put both your feet on the ground parallel to each other because tomorrow I'll tell you that we have two kinds of systems within us left and right.

Now first I'll show you how you have to do it. With the left hand you have to put the left hand towards Me suggesting that you want your realisation because this is the power of desire. And I will also show you how you will be using your right hand, which is the power of action, to give nourishment to your centres on the left hand side. Philip will show you this. Now sit with a very relaxed free mind, not slouching too much, or too much of stretching but just like a normal posture.

So we are working on the left hand side. Now you put your left hand towards Me and right hand on your heart. In the heart resides the Spirit which is the reflection of God Almighty. Then this pure desire within us in the triangular bone is the reflection of the Holy Ghost. This has to pass through six centres to pierce through the last one here, the sixth centre here. And the seventh centre is below this bone, triangular bone or sacrum, meaning is sacred.

So in the heart resides the Spirit and in the upper part of your abdomen on the left hand side you press it hard with your right hand, resides the mastery of Divinity. Then you go to the lower portion of the abdomen in the lower area and on the left hand side you press it hard. Now this the centre which manifests your Divinity through your nerves and you become the knowledge of the laws of the divine. So this the centre of pure knowledge. Now raise your right hand in the upper part of the abdomen on the left hand side. Now then raise your right hand on your heart. Then raise your right hand in the corner of your neck and your shoulder and turn your head to your right. This centre gets blocked when you feel guilty. Now take your right hand on top of your forehead and slowly bend your head, let it rest on your hand and press it on both the sides. This is the centre of forgiveness, the centre where you have to forgive everyone. Now please take your right hand on the backside of your head and try to put your head on it, rest on it. This is the centre where you have to ask forgiveness from the Divine without feeling guilty. Now stretch your hand and put the centre of your palm on top of your head where it was a soft bone called fontanel bone area. Now push back your fingers and bend your head and move your scalp very slowly clockwise seven times. That's all we have to do but remember you have to push back your fingers and put a complete pressure. That's important.

Now don't worry about thoughts or anything. Don't try to force anything. You close your eyes and please don't open them till I tell you. And you can remove your spectacles.

Now please put the left hand towards Me and right hand on the heart. Now ask Me a question in your heart, not loudly. Ask Me a question. You can call Me Shri Mataji, or you can call Me Mother, whatever you like. "Mother am I the Spirit"? Ask this question three times. Now if you are the Spirit, then you are your own master. You don't need anybody to guide you. So take down your right hand in the upper portion of your abdomen and press it hard. Here you have to ask another question. "Mother am I my own master. Mother am I my own guru". Ask any one of these questions three times. Ask this three times.

As I have told you already that I respect your freedom and pure knowledge cannot be forced on you. So you have to ask for it in your own freedom. So please take down your right hand in the lower portion of your abdomen on the left hand side and press it hard. And here you say, "Mother please give me pure knowledge", six times. Now raise your right hand and put it in the upper part of your abdomen on the left hand side. As you have asked for the pure knowledge the kundalini, the pure power of desire has started moving. So we have to open the higher centres without full confidence. So please say ten times with self-confidence, pressing this centre, "Mother I am my own master.

Now one has to know the truth about oneself. You are not this body. You are not this mind. You are not this intellect. You are not these emotions. You are not these conditionings and you are not this ego, but you are the free, pure spirit. So now raise your right hand on your heart. Now here, with full confidence you say twelve times because this has got twelve petals. The heart has got twelve petals. Twelve times. "Mother I am the Spirit."

Now I have told you that the Divine power is the ocean of compassion and love. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So there is no mistake or error on your part which cannot be dissolved by this great ocean of forgiveness. So now raise your right hand in the corner of your neck, between your shoulder and your neck. Push it as far as back and turn your head to the right. Here you have to say with full confidence in yourself, "Mother I am not guilty at all". Do not count your guilt. Do not condemn yourself please.

Many people will think that it is difficult to forgive others. But whether you forgive or don't forgive you don't do anything. So it is a myth and if you do not forgive you play into wrong hands for a myth. So now raise your hand onto your forehead across and put down your heads slowly and press it on both the sides of your forehead. Here you have to say, "Mother I forgive everyone". Say it from your heart. Not how many times but say it from your heart it will act.

Now take back your hand on the backside of your head and put your head on top of it and slowly push it upward. Here you have to say without counting your mistakes, without counting your guilt, just for your own satisfaction. "O Divine, if I have done any mistakes please forgive me. Say it from your heart. Now stretch your hand and put your centre of your hand on the soft bone that you had in your childhood, known as fontanel bone area. Push back your fingers and put down your head. Press it hard and move very slowly clockwise your scalp, seven times. Here again I cannot cross over your freedom. You have to say that you want your self-realisation. So please say seven times. "Mother please give me self-realisation". I cannot force it.

Now please take down your hand. Open your eyes slowly. With both your hands towards Me like this. Now put the right hand like this and bend your head and see if there's a cool breeze coming out of your head. Now see for yourself. You have to certify. You have to certify yourself.

1989-0719, Paramchaitanya Puja

View [online](#).

19 July 1989

Paramchaitanya Puja

Taufkirchen (Germany)

Talk Language: English | Transcript (English) – VERIFIED

Paramchaitanya Puja. Taufkirchen (Germany), 19 July 1989.

[A noise is made by the loudspeaker. Babies start crying.]

Shri Mataji: I think better take the children out for a while. Just it would be better. Hello, hello, hello!

I think better take them out for a while. They didn't like. Stops. [Babies suddenly stop crying.] [Laughter. Shri Mataji laughs.]

A question was asked to Me, "What puja we are going to have today?" and I kept it a secret. Today, we should worship the Paramachaitanya, the All-pervading Power of God's love.

We are aware that Paramachaitanya does everything. At least mentally we know that everything is worked out by the grace of Paramachaitanya, which is the power of the Adi Shakti. But still, it is not so much in our heart, so much in our attention. We can consider Paramachaitanya like a ocean, like a ocean which contains everything within itself. Everything, all the working, everything is within its own limits. So it cannot be compared with anyone thing. You cannot compare it.

Now if you see the sun, then from the sun the rays have to come out to work it. If you see somebody, say, a person who has an authority, he has to assert that power outside. So within himself he doesn't work it out. Say, for example, if there's a seed and inside the seed only, the tree grows and the fruits come out, and then they are sold and people eat it; and everything is inside that seed – then that is Paramchaitanya.

So we are all enveloped in it. And only the waves that we see, and we are on the air waves, so we see it as dislocated, separated. Like we feel, "This is Germany" or, "This is England, this is India". These are just folds of the sari of Paramachaitanya, which looks separated but they are not separated, they are continuous. So the connection is absolutely complete.

If I pull a thread from here, the thread will throughout be pulled. In the same manner this Paramachaitanya is working within itself, and there is nothing without. So when you are Sahaja yogis it pays special attention to you; or I should say it becomes absolutely one with you. Whatever you desire, whatever you want also will be coming from the same Paramachaitanya, if you are one with it.

Like in a, say, turbulent ocean some drops of water may fly into the air and start thinking that "We are above. We are away from the world, away from the ocean"; but again they have to fall into the same. So this formless energy, which has all the intelligence, all the coordination, all the organizations, all the computers, all the televisions; all that you can think of communication and of governing, of administration, and above all, it is the love. It is the love of God and love of your Mother.

So, to be one with this Paramachaitanya, you have to know that you have to become the reality. For example, if you take a photograph of Mine, sitting here – maybe My photograph might give you living vibrations, all right, though it's a photograph. But if you take a photograph of somebody else, it will not work out Sahaja Yoga. The reason is that somebody else has not become the reality. It's like any other painting if you see, supposing we see a painting where it is raining. This rain does not nourish the flowers, it does not wet the cloth of the people who are there. It is static. So in ignorance, in ignorance, we just have the picture which is static about reality. And that is the reason why we think we can work it out ourselves everything.

Now if somebody says that "I see this picture, all right, and I'll make the rain as a real thing," you cannot. Try anything. Put whatever colour you like. It may appear, it will appear, with effort. But it will not have the capacity nor the nature of reality. So human beings always deal with unreal things, thinking they are doing something great. We can get flowers which are real, of course; we can feel them. We can create plastic flowers. We can create paintings, exactly the same as they are. But we can't produce one flower on our own. We have to go to reality, is that the Mother Earth is going to produce it, or the sun is going to help the Mother Earth.

So all of you Sahaja yogis have to know that in reality you do not do anything, and everything is done by Paramachaitanya. This is the difference between a non-Sahaja yogi and a Sahaja yogi. A non-Sahaja yogi does not know. And even if he knows, this is not the truth in his heart. It's not a part and parcel of his being. But a Sahaja yogi knows that reality is Paramachaitanya, and it is reality that works out everything.

And then this reality is the divine love. We always separate love from action. To us love means some sort of a mad behavior towards a person. It has no technical know-how, how to love. It works without any understanding. When we love somebody, we don't know, what do we do? We think we love you; tomorrow we start saying, "I hate you." So how can it be love?

We love our own children, love our own family, love our own friends – which is so unreal. If it was real it would never have failed. That you cannot definitely say that, all right, today you'll work for your son and be very selfish about your son. But you can't say tomorrow how he will treat you or you'll treat him.

But Paramachaitanya knows. It knows how to express its love. Not only that, but it's an eternal feeling of love which may change its hue, color, but the concern of that love will be the same. The essence of love is concern.

Even if supposing somebody does wrong, the concern of the Divine would be to correct that person – concern. Or for it we say as 'hita', is the benevolence. So the concern for the benevolence will be all the time there, whether it may appear to be sometimes cruel, might appear to be affectionate, might appear to be over-indulgent; whatever it may take a form, like a wave. Whichever way it may look, but actually is for your benevolence. It works for your benevolence. Not only your benevolence, but the collective benevolence. And it knows very well what is to be done, how it is to be worked out. It does not have to go and learn from anywhere, because the complete knowledge of all this know-how also is within itself. It's such a storage of wisdom, knowledge and love. So it does not deviate.

Once you become a Sahaja yogi, the concern for your benevolence is all the time there. Whether you are punished or not is a different point. Some people might get a job. Some people will not get a job. With some people it will work out this way, with some people it will not work out that way. Then one may say that "How is it this Paramachaitanya is behaving like this?" It's all for your correction. It's a big churning whatever works out for your correction, and is for your benevolence. If you understand this point, then you'll never be disappointed in your life. And it has no concern of its own benevolence, because it is complete benevolence itself. It never thinks how it is going to be benevolent or helpful, because it has no botheration about it.

A man, say, who has everything, worldly things, still may be concerned about getting more – the greed there would be. But as it is the complete, 'purna', it has no greed, it's fully satisfied with itself; and because it is so powerful, so knowledgeable that it has no doubts, no doubts of any kind. And because there's nobody which can harm it, it has no fear.

And you all have now felt that Paramachaitanya. Should give you a complete fearless life, a peaceful life and a joyous life, like a child who finds his mother, then he stops crying – no more, now he's found his mother. In the same way, you have found Paramachaitanya and the connection with it. So, you don't have to worry for anything, don't have to think about anything, you don't have to plan about anything. Only thing is, you have to jump into it, just jump into it and know that you have become part and parcel of the reality. This if you have understood, I think we have done a big job.

Now we are in Germany, and you know in Germany there have been people who have tried to shatter the hopes of human beings. But even that happening that took place, all those horrible things happened that so many people died – of course they are born again, no problem – and such problems came up that they were thinking that the whole world will be finished. They were so much worried, they thought that the whole world will be finished. But it did not.

But this war has taught us a lesson. It has made us more collective. It has made us understand each other. Otherwise how do you come out of the ignorance that "we are this country," "we are that country," racialism, then this so-called nationalism, so-called patriotism; all these separating forces, divisive things. So, clearly, we are all human beings, and we should be treated as human beings.

If you see the history, after every war there has been a speedy movement towards knowledge, knowledge of oneness of the world. It is something like you have in a spacecraft, that a container is built in one into another, and the whole thing comes into a speed, some velocity, and then the lower container bursts or explodes.

When it explodes it gives a higher speed to the rest of it, and so the acceleration of the velocity takes place. And that's how one can go into the space. In the same manner, all these horrible things that have happened are explosions which brings you towards knowledge that there's something wrong with us, we are living with something unreal.

Now the problems, today's problems as they are – like ecology problem, AIDS, drugs, all these modern problems and poverty – if you see it like a witness you will see these are quite shocking. These are very shocking things. And all these shocking things should really shock our mind, should really shock our mind: why we have this problem?

And these problems, some of the stupid leaders think that we can solve by making more money. We can protect ourselves from ecology if we have more money. And that we can pollute the atmosphere because we'll have more money. And then we can protect ourselves so that everybody will have to have a mask, moving about all over the place. But we should make more money to protect ourselves; doesn't matter if there is ecological problem, doesn't matter. So you move about like a person who is entering into the area which is all full of fumes.

All these stupid ideas come up because they do not see that what is human dignity is, that human beings are above everything else: above machinery, above all material things of the world. They will not talk that, "We'll balance the machinery". No. But what they will talk that, "We'll make man a greater slave of the machinery. Because he must have money, he must have more money; and with this more money we can protect ourselves against this ecological problem". It is absurd. But if you understand the human dignity, then you have to understand that as a human being, we have to take a very positive, wise step to stop all the nonsense we have been doing.

Like now most of the French shores, the beaches, are polluted – naturally, because they started a funny thing called holiday-making on the seashore. So this is the result. "Now do what you please!" You cannot do all that. It has stopped.

So instead of – the human brain is such – instead of understanding that we have done something wrong, "Oh", they will say, "We will start some new method of cleansing this". They will never condemn what has gone wrong with them, that they have become so addicted to this kind of a funny life that they have on the seashores. Now AIDS. You'll be amazed that in America, why, even they said that there were in Los Angeles itself 700,000 people who glorified themselves as martyrs of AIDS; because they are achieving such a great goal of leading a life which is nonsensical, as if like a big revolution.

And thinking that they are very, very great revolutionaries, great people, that they are supporting this AIDS disease and glorifying it. Can you believe that this kind of assertion will be accepted? People only laugh at you. Because everything is so money-oriented. They like to advertise it, they want to talk about money help. They want to say that, "This is happening because if they had more money, they would have taken more drugs. Because they have no money, that's why they are thieving. So we must give them money so that they can take drugs, or they can take to this kind of life".

On the whole, if you see, people have lived with something which is so unreal all their lives, absolutely unreal. And when it comes to facing it that, "We've done a mistake, we should not have done this mistake", then they retreat and take another glorious image, artificial and unreal, saying that, "Oh, we are great, we are martyrs". And this is what is what we call is Kali Yuga, where everything that is ignoble, everything that is to be detested, everything from which we should have protection will become the goal of people to achieve.

I hope you have understood that the All-pervading Power around us is the one that is doing Sahaja Yoga, is the one that has brought you to Sahaja Yoga, and is the one who has given you blessings, this Paramachaitanya, through which it has worked out. So today's prayer should be that we be more and more aware that we are part and parcel of that Paramachaitanya, and that we can feel that, we can use that Power, we can work it out. If it is felt today that way, I think lot of work has been done already, and may God bless you for that.

Now. So when you are doing this puja, please remember that you are worshipping Me as Paramachaitanya, and so you have to just think that you're dealing with reality itself. With that understanding, you have to do this puja.

May God bless you all.

Can we have the... (While) talking Paramchaitanya went out of My head.

Sahaja Yogi: The vibrations are incredible.

Shri Mataji: It's tremendous. I just can't... I didn't know what I was talking. So ...

1989-0720, Our Religion is to know ourselves and enjoy ourselves

View [online](#).

20 July 1989

Our Religion Is To Know Ourselves And Enjoy Ourselves

Public Program

Munich (Germany)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2

1989/07/20

[HINDI - Sit down] [MARATHI - Sit down, sit down] [HINDI - Sit down, please] I'll speak, I'll speak later on.

They will sing 'Jogwa' Just I'll explain. Jogwa you're going to sing, na - I'll explain to them.

SY: Yes, Shri Mataji.

Shri Mataji: [MARATHI - STOP?] I'm happy you're enjoying this music and they want to give you, render some more because I think, Philip has already explained,

Interpreter: [GERMAN] Shri Mataji: so I don't have to talk too much then.

Interpreter: [GERMAN]

Shri Mataji: This Jogwa they are singing, is a song written about 16th century by a poet called Namadeva

Interpreter: [GERMAN]

Shri Mataji: and he was a tailor and he went to see another saint, who was a potter Interpreter: [GERMAN]

Shri Mataji: So when he saw the potter, he just stood silent and he said, in Marathi language it is, 'That I came to see the Formless,' that is the vibrations, 'I came to see the vibrations but here, I find vibrations in Form.' [INTERPRETER - GERMAN]

Shri Mataji: So, what an appreciation of another saint; Only a saint can do that, real saint.

[INTERPRETER - GERMAN]

Shri Mataji: So the saintliness is a state - you cannot certify it. It's a state.

[INTERPRETER - GERMAN]

Shri Mataji: So you have to be, you'll be listening to this song, which was written by Namadeva and later on he went to Punjab and also, at that time, Gurunanaka saw another saint coming in.

[INTERPRETER - GERMAN]

Shri Mataji: So he said that, "Now you're such a great saint and such a great poet, so why don't you write in Punjabi language?" So he studied Punjabi language and wrote a big book, in Punjabi language, of lots of poetry in it.

[INTERPRETER] [INTERPRETER]

Shri Mataji: So the scriptures of Gurunanaka, which He has all the, He's compiled all the poems of the poets, of who were saints at that time, is called as 'Guru Granth Sahab' [INTERPRETER] What is the name?

Shri Mataji: Guru Granth Sahab. Granth Sahab is the one, which is, which is the Holy Scripture for Sikhs.

[INTERPRETER]

Shri Mataji: Hmm, and in that He has put Namadeva's poems also and that of His maid servant, who was another saint, Janabai.

[INTERPRETER]

Shri Mataji: In this song he's saying that, "O Mother, I'm asking for yoga, for the union with the Divine." Jogwa means, "O Mother give me the yoga of the Divine." with the Divine means, the union with the Divine.

[INTERPRETER]

Shri Mataji: I mean, Jogwa means yoga

[INTERPRETER]

Shri Mataji: Yoga and then he says that, "I've given up all that is a temper, which was my father-in-law," - like a lady he sings so.

"He was my father-in-law who was a temper, I had uh.. attachments, who were my husband," like that, "I've given up all my relations to all these things."

[INTERPRETER]

Shri Mataji: Then in the thing he says, "Now," - Amba is the Kundalini, so he says, "Now rise the Kundalini - Uday, uday Ambe - Rise, the Kundalini, rise - Uday, uday Ambe ho," like that. So it's sung in the villages.

[INTERPRETER]

should take off, take off Kundalini

[INTERPRETER]

Shri Mataji: And for so many centuries, they have been singing in Indian villages, this song.

[INTERPRETER]

Shri Mataji: So because of the climate in India, we were not so much bothered about the outside projection but inside projection. Climate is very good. You can live in a village, you can live in a forest.

[INTERPRETER] [INTERPRETER]

Shri Mataji: So they were meditative and were trying to find out what is within us

[INTERPRETER]

Shri Mataji: So the knowledge of Sahaja yoga was available long time back, since the time of, we can say, since the time of Shri Rama, even earlier than that people knew about Kundalini

[INTERPRETER]

Shri Mataji: Even recently we had a big film Ramayana. In that also they told how Rama was told about Kundalini by his guru

[INTERPRETER]

Shri Mataji: But these gurus were realized souls. They never took money, they didn't enslave people

[INTERPRETER]

Shri Mataji: So like that, our country was blessed by many real saints, very great saints.

[INTERPRETER]

Shri Mataji: And they are not good at Science, you can say, for the outward side of it but the inward search was very deep.

[INTERPRETER]

Shri Mataji: So you can imagine that background is there already.

[INTERPRETER]

Shri Mataji: So for ages, they know about Kundalini, they know that Mother has to do that job.

[INTERPRETER]

Shri Mataji: But as we have learnt so much about machinery and Science from you, which is the knowledge of the tree, you have to also know the knowledge of the roots

[INTERPRETER] [INTERPRETER]

Shri Mataji: otherwise this tree will be lost

[INTERPRETER]

Shri Mataji: and it is so simple and so spontaneous, as you saw it yesterday.

[INTERPRETER]

Shri Mataji: You have worked with your brains, now you have to work with your heart.

[INTERPRETER]

Shri Mataji: Now your brain has to love

[INTERPRETER]

Shri Mataji: That's what Sahaja yoga is.

[INTERPRETER]

Shri Mataji: So, you can hear this song and with this song, I'm sure, you all will get realization.

[INTERPRETER]

Shri Mataji: Just take out your shoes, so that's all.

[INTERPRETER]

Shri Mataji: And you have to clap with that. You have to clap.

[INTERPRETER]

Shri Mataji: And when they say 'Ho', you too do the same way. That's all.

Shri Mataji: When they say 'Ho', you have to also do the same. It will all work out. I won't have to give a lecture.

[INTERPRETER]

Shri Mataji: Annh?(What?)

Baba Mama: The audience can't see us. We will stand up and sing. The audience can't see us.

Shri Mataji: No [MARATHI] Some of you can stand.

Some of you at the back. No, not the musicians who are not singing - some Sahaja yogis, who are not singing can stand at the back.

Shri Mataji: Village song of Kohlapur, Kohlapur style Kohlapur style, that one you sing [UNCLEAR] you say 'Ho' SY,

Musician: It is coming Shri Mataji: Annh? SY Musician: It comes after, it becomes

Shri Mataji: Later?

SY Musician: [Bhakta Laguni Jogwa Maange na Aaicha Jogwa, Aai ude de Ambe ude, Aai ude de Ambe ude]

Shri Mataji: Village style you must sing, village style

Baba Mama: Little faster [SAHAJA YOGA MARATHI SONG - Jogwa]

Now, you just have to feel the vibrations. Now let's see, how many of you can feel it. Just put your hands like this.

[INTERPRETER]

Shri Mataji: See the power of a saint

[INTERPRETER]

Shri Mataji: See.

[INTERPRETER]

Shri Mataji: You are all very serious, some of you. It's, it's fun.

[INTERPRETER]

Shri Mataji: Wrong ideas they have given you about God. God wants you to enjoy everything.

[INTERPRETER]

Shri Mataji: Our religion is to know ourselves and then to enjoy ourselves.

[INTERPRETER]

Shri Mataji: You've seen little children smile. They smile because their Spirit smiles and laughs - very small children, in their sleep.

[INTERPRETER]

Shri Mataji: Now just feel, if it is come up on your head. Just see yourself. Left hand towards Me and right hand - it's so easy. Open your hearts, first of all, open your heart.

[INTERPRETER]

Shri Mataji: Now put the right hand towards Me and see the left hand.

[INTERPRETER]

Shri Mataji: Now, again with the left hand and the right hand.

[INTERPRETER]

Shri Mataji: You must smile otherwise won't come up.

Shri Mataji: Alright, those who have felt the cool breeze out of their head or in their hands, raise both your hands. Let Me see.

[INTERPRETER]

Shri Mataji: See, just imagine, all of you have felt it. So, I think, now we'll spend the time. Let them sing. You all can come and meet Me here, so we'll have a nice family gathering together. [APPLAUSE]

[INTERPRETER]

Shri Mataji: [ASIDE - You put the thing in front, just push the thing] [MARATHI] you can sing songs. Mahalaxmi Stotram.

SY: So we put it back anyway. We put it more there.

Shri Mataji: I showed you Ai Giri Nandini is good - also Mahalaxmi Stotram is very good. [MARATHI] And Ganesha's Stuti is also very good. Ganesha Stuti. You have got people from Switzerland or not? Just bring it

SY: Can we start with Ganesh stuti, Shri Mataji?

Shri Mataji: Haan Ganesh stuti then Mahalaxmi Little fast, it should be fast. And now, these children have to get up because they have to pass through this way.

Seeker: [UNCLEAR] Shri Mataji: Ah, you come and sit on top, here. You can sit here.

[INTERPRETER - GERMAN] Okay [INTERPRETER - GERMAN] Thank you [SHRI MATAJI WORKING ON SEEKERS]

SYogi: Some Sahaja yogis and some Sahaja yoginis should come on the stage to work on the people. So please come up. Sit down on the stage. Not all of you but some otherwise getting too crowded.

[Shri Mataji working on seekers]

1989-0722, Evening Program, Eve Of Guru Puja

View [online](#).

22 July 1989

Evening Program

Lago di Braies (Italy)

Talk Language: English | Transcript (English) – VERIFIED

It's beyond Me to really express the great joy that I see in your hearts, reflected in My heart.

Today is a great day I think, that we have come to a place which is in Italy, and the Austrians are going to do the Guru Puja, because it's such an integration of understanding. Is a very new beginning of a new world, the vision of which I had since long. Because this world is one, created by one God. All these demarcations are man-made and they create problems.

In Sahaja Yoga you realise that we are all one, part and parcel of one great Virata. This has to be understood that, this joy comes out of the love and affection we have for each other and for Our Mother and The Creator. So open your heart. Open your heart. And everything will be enjoyable, beautiful and you'll feel the Ambrosia trickling into your being, into your nerves, all around you.

The joy can be only complete when you can receive it every minute, every moment. And that is what I want all of you to have. That's My pure desire.

May God bless you all.

1989-0723, Guru Puja: Creativity

View [online](#).

23 July 1989

Creativity

Guru Puja

Lago di Braies (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja. Lago Di Braie (Italy), 23 July 1989.

Today we have had to spend a little more time than normal to get to the stage where we could really worship the Guru. When we worship our Guru, we have to know actually we are trying to awaken the Guru Principle within ourselves. It's not only that you are here to worship your Guru. You may worship many-a-times, maybe the vibrations would flow, Maybe that you might get filled with that and you feel elevated, nourished. But this nourishment has to be retained within ourselves, So always remember then, whenever you are worshipping any principle outside, you are trying to worship your own principle within yourself.

Within us as you know, in all of us there lies the principle of Guru. It's very interesting to notice the Guru Principle being drawn beautifully round the Nabhi Chakra. We never see any chakras connected with the Guru Principle. You see Nabhi, and around is the Bhavasagara. So this Bhavasagara which is the Ocean of Illusion cannot be the Guru. So there are hidden chakras within this Bhavasagara within us, which are to be awakened and to be brought to light, to be manifested. As you can see that the limits of this principle are done by the movement of the Swadishthana Chakra.

Swadishthan is the chakra which gives you, first and foremost thing, is the creativity. A person who is a guru has to be creative by nature. If you are not a creative person you cannot become a guru. For example, you are faced with disciples with whom you have to converse. You have to create a word of divine magic to impress on the disciples or the people who are attracted towards you as gurus, to show that you have much more divine magic than them.

If you are a very mundane type of a person, very ordinary, cannot create a beautiful couplet or a beautiful sentence, or a humor or a joke, or a beautiful painting or a beautiful tapestry or a beautiful house; if you lack in creativity you will lack in your Guru Principle, because a guru has to create out of ordinary people something extraordinary. He should be able to create a new personality out of an old personality which is decaying. So the first principle you have to understand within yourself, that you should be able to create a new personality in a person.

So how do we do it? Of course you have got powers to raise the Kundalini, you have got powers to cure people, you have got powers to talk big or talk small. Despite all that, if you cannot create a new personality out of the persons with whom you are dealing, then you are not a guru. And the new personality has to be a special personality of very unique combination of compassion and dynamism. So it is important that in your creativity you have to use the energy of compassion. You can only mold people through compassion and never through anger, never through suppression, never through showing off your powers of gurudom. Unless and until you handle the situation and the personality very carefully, showing all the respect, showing all the concern and all the love for the person whom you are giving realization. Just showing off that you are a great guru, it will only create a kind of a fear about you, and after some time people would not like to see your faces.

So the most important thing about Guru Principle is that you have to create. Many people get realization, all right, they get realization and then they stay in some ashrams maybe. They come to pujas, they listen to music, they may dance, they laugh, they're collective, but still their Guru Principle is not awakened unless and until they have created many, many more Sahaja yogis, Sahaja yogis. So the vision of a guru should be, "How many Sahaja yogis I am going to create? How am I going to use this creativity to create more Sahaja yogis?"

So the basis or the essence of the Swadishthana Chakra, though is aesthetics, the force and the energy of Swadishthana Chakra is attention. If you have a wobbly attention, if your attention is one minute here, one minute there; if you have an attention by which you just can criticize others and cannot see your own faults; if you have an attention by which you show people that you are a frivolous, nonsensical person, then your Guru Principle is wasted. It is the effort of Sahaja Yoga that is wasted, and your Guru's job is also wasted.

Minimum of minimum, first the attention has to be pure. But pure attention doesn't mean harshness, it doesn't mean asceticism, it doesn't mean disciplining your eyes like a blinkers of horse, but in all freedom your attention to be concentrated. Where do we pay our attention the most? If we are honest we can think on human level we pay our attention to our children, to our wife, to our husbands, to our family, the relationships which are with love. So when your attention has got the compassion and the love for another person, then only you can work out the realization of others. If you have to work out the realization of others, it has to be an intense love for another person. If you don't have that intensity, you are just moving your hands raising the kundalini because your Mother has given you powers, and it's finished off. That intensity of love can only give you success with your pure attention, and I think the pure attention can only love. Impure attention cannot love, because all impure attention is self-oriented, I-oriented. They are not "self" in the sense "spiritual-oriented." But the idea that spirituality is love, it seems to be a new idea for many people. They think spirituality means a person who is just absolutely dry like a beanstalk and nobody can go near that person, nobody can communicate with such a person because that person is "too pure." If the soap cannot cleanse your body, what's the use of having the soap? If the soap is afraid to come near you, then it's better not to be called as soap.

So we come to the point that the creativity, if it is our aim, lakshya, for that the attention we should purify, and to be purified with love, with compassion. And the same attention when it is filled with love and compassion it gives you dynamism, it gives you strength, it's untiring zeal you get. And the joy of seeing your reflection into another person is very beautiful. No words can describe it. Actually when you give realization to another person, what you try to see is your image in that person, as if out of an ordinary glass you are making it into a beautiful mirror and then you want to see that. That is how you create, you create your own reflections and through the cleansing of the reflectors, once you understand that without creativity this Guru Puja is useless for you. If you just live for yourself, for your family, for your husband or just for an ashram, then you have not expanded at all, you have not done any duty towards your Guru.

Of course as soon as you take to this principle you develop so many qualities within you. The first you develop is wisdom, because you realize where you are going wrong, why this is not working out, why there's a problem, why your creativity doesn't act. It becomes evident to you, obvious to you and you start learning; and wisdom comes to you, and you understand. Wisdom is when you realize your mistakes and rectify them, and with that you develop the balance, the understanding how to deal with another personality. I always tell the story of a car, that there's an accelerator and also there's a brake. You have to use first both of them without understanding what is it, still you are not a guru, you are not even a driver. Then when you know then you automatically drive; then you are a driver, but still the master is sitting behind. So now you have to become the master, and when you become the master you can balance the vehicle and you can see the driver, accelerator and also the brake. And you can manage it just in a very simple manner.

So this Guru Principle is limited, and goes on increasing its limitations like the horizon. As you start growing into more creativity, the more people you create. And the central point of this one is the Nabhi, is the center which like a big pivotal point on which the whole of this movement takes place. Nabhi Chakra as you know, you get it from your mother to begin with. So a guru has to be the mother, he must have the qualities of the mother not the modern mothers, but in the real sense of the word. That is, a guru has to love her children and has to have strength and courage to correct her children. And the earnest desire should be to put the children onto proper lines to guide them and to help them to rise. So the first nourishment comes to us even when we are in the womb of the mother, through the mother; and so you are the mother though you may be a man or a woman, but in quality you are the mother. And whatever you think or whatever you do has an effect on the child. The way you behave, the way you talk, the way you live, everything has a bearing on the development of the child. In the same way when, supposing a Sahaja yogi who is trying to give realization is a hypocritical person, if he's a wrong type of a person, if he does not respect his own Guru, the children behave the same manner and they take to wrong things much faster, they see to wrong things first. So you have to be perfect in

your behavior towards your own Guru, you have to respect your own Guru in a full way. Complete surrender to your own Guru is important; then they will see how you have treated your own Guru, and that is how they will treat you. If you don't treat your Guru with that respect, with that understanding, with that surrendering, then don't expect your children or the people whom you are guiding are going to respect you.

So this Guru Principle within us has to be like a great sage or a great seer, who is above the normal mundane people and sees the things in a proper perspective, and delivers a proper understanding of all this perspective he sees, to his disciples, doesn't give them distorted or wrong ideas. Now one may say that, "Mother, how is it, that the love we can express and also tell them the truth?" You have to look after the benevolence – hitha. You have to look after the benevolence of your disciple. It may appear that he may not like what you are telling that person today, but a day will come when he will think "Thank God your Guru has corrected you and has put you on the right path." If the goal of the disciple is not to ascend, is just to be there for some sort of a purpose, then it's better not to have such disciples. Not to have anyone of this kind who are not there for their own ascent, but for other gains, which are absolutely of no avail.

This question arises sometimes, how to love? It's a very funny question that we don't know how to love human beings. We can love our things, we can love our useless things, we can love some sort of a beautiful scenery because it gives us joy. We can love some nice restaurant because you can get good food there, or some sort of a thing which is of a very baser nature. But love for love's sake is this, that when you really love for love's sake, then you try to put or implant that love into somebody else, that you make another person as loveable as you are.

So the whole system becomes different if you understand that we have to base all our progress, all our love, all our movements, all our behavior, all our understanding on love. Otherwise your Guru Principle is extremely weak, and after some time you will find you are just standing out of the shores of Sahaja Yoga.

Anybody who is attached or biased and has conditionings cannot become a guru, cannot; because even if he becomes, so-called, all those things will be reflected in that person. Or say if he is very full of ego, thinks no end of himself and thinks that, "I am a great guru," that ego also would be expressed. Supposing such a guru talks too much, also they find the disciple the same style. If he is a quiet type, you find the disciple the same style. So we reach a conclusion that first we must develop our own Guru Principle. If we cannot develop that, it is no use doing any Guru Puja because it is just temporary, it's not going to help you much, unless and until you really decide that you are going to nourish and develop and establish your Guru Principle.

So today when you are worshipping Me as the Guru, you must know that any amount of My talking, any amount of My giving you blessings or anything is not going to work out, unless and until we really develop our own Guru Principle, and the depth. Because a guru makes his disciple cross the Bhavasagara, he's like the boat who takes his disciples and crosses with love and with proper direction. That has to be with all of you. As it is you are all realized souls and as I have told you, you are all angels. But if you do not establish your Guru Principle, you know of angels how they have fallen down and gone forever. So be careful: it's easy to be an angel but difficult to maintain it. It is difficult to be the Gods and Goddesses, but easy to maintain it.

So all of you are here. I'm very happy to see that you have come to worship Me as your Guru. And I would expect that My children are after My own image. That My image should be such that My children should feel that oneness with My image, and I should be a proud Mother of so many children who have come from so many countries.

May God bless you all.

Now with so many people here, so many children here, we can have all the children just to wash My feet, and after that we'll need some girls who are above sixteen years to twenty-one years, we can say. And then some ladies for the purpose of worshipping Shakti, the Goddess. Without the Shakti nothing can be done. So first the children have to come up just to wash the feet.

And I hope the world leaders will be here also. They are in the image of gurus now. And the leaders have to be something special. You are not a leader if you are such an ordinary, mundane type of a person.

Now, where are the musicians? Where are the musicians? All right. So you have to first say the Atharva Sheersha, and then you have to sing the Ganesha Stuthi, or maybe any other thing that you know of Ganesha.

1989-0724, Mental projection does not know how to keep the balance

View [online](#).

24 July 1989

Mental Projection Does Not Know How To Keep The Balance

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

1989-07-24 Public Program Day 1 in Vienna 1989

I hope you are enjoying the Indian music. Now I have asked them to sing a song which was written in the 12th century by a very famous poet called Namadeva. This is a folklore now sung in the villages of India for all these years where he has described the joy of Self-realization. So he says that "I have given up everything, my anger, my temper", all these things which are my relations because he sings like a lady as if there's my husband, my father in law, I have given up everyone. "But now o Mother Kundalini you be awakened, and give me" he asked "oh Mother give me the Yoga" means the union with the Divine. And that's how in the village they sing and sing about getting realization and raising the Kundalini. And I hope you'll clap to them and enjoy. [Mother talks in Hindi 6.04 – 6.15] Some of the Sahaja Yogis can come here, from Austria and other places to sing.. So this is the folklore and sung in a rustic way in the villages. Ambe, Ambe means the Kundalini and they are singing ude, ude means rise, rise. [Song – Mother starts talking again at 20.15] I bow to all the seekers of truth. At the very outset we have to know that truth cannot be conceptualised. It's not a mental achievement because human mind has its own limitations and a breakthrough has to be achieved by which we become personalities above mental projections. When the mental projections we use they move in a linear directions and then they recoil because they cannot sustain themselves because the mental development or mental projection does not know how to keep the balance. For example now you can see the greenhouse effect as they call it in the west that is causing so much problems of ecology. And there are so many other problems as you can see with all the advanced countries all over. We have drugs we have aids all kinds of secret diseases all over. This is all due to our own mistakes. But the one who has created this beautiful universe must have thought of something better. How will he allow his creation to be destroyed like this? Now, I have to put before you the beautiful instrument we have within us which is going to give us union with that power which has created us. This instrument is within us and this instrument works out this connection and makes you like a divine computer. Now you'll have to take an attitude of a scientist of an open mind and whatever I am saying, if it works, then you have to accept in your honesty. About this instrument many people have talked and said, even when we turn our attention to religions and to philosophies we find that all these theories are mental. Whatever we may follow, we can do any sin anywhere. Supposing you're Hindu, you're a Christian, you're a Muslim or any religion, you can do any sin belonging to any such philosophies. That means within us there is no power which controls our abandonment. Supposing we take to drugs there's no power that can bring us back from it. Supposing you take to immoral life there is no power that can bring you out, supposing there is a murderer he'll go on murdering, what will stop him? There is nothing within us that empowers us to give us wisdom and balance. So when we see that the essence of all the religions is the same - that seek the eternal, and transitory is to be treated as it is in its own understanding and limitations. So where have we gone wrong that we not, we did not seek the eternal? Now if I say that there is a divine power which is a subtle power which surrounds us and it does everything, every living work. We see it every day for example look at these flowers. We cannot make these flowers. So many living things we see, flowers becoming fruits, a seed sprouting into a tree we just accept it, take it for granted. We do not want to think how it happens. Is there some power that does this work? Now the time has come for all of us to feel that power and to be in connection with it. And this instrument within us works it out. Here in the triangular bone, if you see, the bone is called as sacrum by the Greeks, meaning sacred, lies a power which we in India call as Kundalini. In the west we have been busy growing outward like a tree but if we do not know our roots this outward growth can be in imbalance and the day will come when the whole of this will be destroyed. So we have to have the knowledge of the roots. So this is the [PRIMULE] same of the seed within us which we call as Kundalini. In Sahaja Yoga practices if you come you can see the pulsation of this Kundalini and can hear with stethoscope very clearly. In most of the people I have seen – because there is such an urge to seek the truth – that Kundalini rises like a jet. But in some people where there is obstruction we see the movement is rather slow and you can feel it with the stethoscope the rising of the Kundalini even up to

the fontanel bone area you can feel the throbbing like a heart throbbing. And suddenly you find it stops and that time you feel the cool breeze coming out of your head. So this is the cool breeze of the Holy Ghost. The power which is all around us is the power of the Holy Ghost and what you feel on your fingertips is the cool breeze that is the surrounding Divine Power. So in your human awareness you develop another higher dimension which is beyond your mental capacity and you become, actually it's a question of becoming not certifying that you are baptized or anything but actualisation that you become a realised soul. This is the last breakthrough we all have to achieve. In the evolutionary process we have come to the human level and unless and until we achieve this breakthrough there is no possibility of saving this universe because only after this breakthrough you can feel it that you have become part and parcel of the whole. It's an experience. It's a feeling within yourself on your fingertips. Jung has talked about it very clearly that you can feel your own centres and you can feel the centres of others. And all your physical, mental, emotional problems, even spiritual problems, you can solve them if you know what's wrong with you on what centre. What you need is only the decoding and understanding as how to solve this problem. In Sahaja Yoga now we have about thirty nations who are practising Sahaja Yoga and it is very gratifying to find that many people suffering from cancer and so many incurable diseases have been cured. They have come out of Aids and other addictions. They have become joyous, beautiful people. They have found out their peace within themselves. We talk of peace foundations but those who start the foundations don't have any peace within themselves. Maybe these peace foundations are preparing for next horrible war perhaps. But we have to establish the peace within ourselves which is all there. But this instrument has no meaning unless and until it is connected to the mains; we do have no meaning till we have connected to the mains. We do not know how great we are. We do not know what are our potentials. We do not know what beauty we have within ourselves. But once this connection is established you'll be amazed at yourself. And you will be surprised how, how you become so very dynamic as well as so very compassionate. There is such a lot can be said about Sahaja Yoga for I have must have given thousands of lectures which will be available to you later on. But as I have said it is all built in within us like all these lights are built in. You have to just switch on and then you can in that light in that enlightenment you can see for yourself. So no use arguing, discussing about it. First you get the light and see in that light. This is your right to get realisation. "Sahaja", "saha" means with "ja" means born, born with you is the right of this yoga, means the union with the Divine. So I think we can just now have the experience of the Divine. If you have any questions is better you should write them down and send them over tomorrow, so in tomorrow's lecture I'll try to answer all your questions. It will take hardly ten minutes to get this experience of the Divine but it takes about a month at least to fix the connection, for some people. So you think we should have the experience first? Now those who do not want to have realization, you cannot force it. It has can be only given in your freedom. So those who do not want to have should please leave the hall will be very kind of them. Tomorrow I'll explain this instrument in a more clear manner. So to begin with we have to do some few simple things. Is to take out your shoes because the Mother earth helps us a lot for absorbing our problems. You have to put both your feet little away from each other because tomorrow I'll explain to you how we have got left and right, two powers within us of left and right sympathetic nervous system. And then I will also explain to you how the middle path of our ascent is created. It's a very beautifully laid down instrument very delicately, beautifully made. So, one has to know that whatever you may think this instrument is quite intact. But there are two conditions we have to follow. One is that we have to forget the past. At this moment we have to forget the past completely. That means we have to know that we are not guilty, we have done nothing wrong. So you are not to feel guilty at all at this moment. Because feeling guilty is a myth; because after all you are human beings and if you have done mistakes, it's all right. You are not saints as yet. And the Divine Power of Love of God is so great that it has so much power of forgiveness that everything can be forgiven. The second condition is that you have to forgive everyone absolutely to forgive everyone. You may say it is difficult to forgive but logically it is a myth. Whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into your own mental games of torturing yourself and playing into the wrong hands. So at this time of resurrection we have to really know that we don't have to think of anyone who might have harmed us. So, this is a very simple method, is that I would like you to also know the different centres which we are going to nourish for our ascent. So we put our left hand like this which represents our desire like this, (...call somebody to stand here, can you?) like this, like this, to represent your desire to get your realisation. Because this is the power of desire. Now this represents the power of action. So we have to use the right hand for nourishing our centres only on the left hand side. Now first I will show you how we have to touch our centres and then we'll have to close our eyes. So please put your left hand towards me with the desire that you want your Self-realization. And first you are to put it on your heart, your right hand. Because in the heart resides the spirit. Then if you are the spirit you are also your own guide, your own master. So now you have to put your right hand in the upper part of your abdomen on the left hand side. And then you have to put your right hand in the lower part of your abdomen on the left hand side. This is the centre of pure knowledge which manifests in your central nervous system. Then you have to raise your right hand in

the upper part of your abdomen again. Then on your heart. Then you have to put your right hand in the corner of your neck and put your neck to your right. This centre gets blocked when you feel guilty. This is a very dangerous blockade because people get anginas and all kind of Spondylitis. Then you have to raise your hand to your forehead across you have to put it and slowly put down your head and press it on both the sides. Now, please take back your right hand on the back side of your head and push back your head, slowly. Let it rest on your hand. Now, the centre in front was the centre of forgiveness and this is the centre on the back is the part of the same centre is for asking forgiveness. But here you don't have to feel guilty or don't have to count your mistakes. Now stretch your hand and put the centre of your palm on top of your fontanel bone area which was a soft bone in your childhood, like this. Now, push back your fingers and press it hard. Here you have to do it carefully. You move your scalp with a pressure seven times, clockwise. That's all we have to do. Now again I would like to request you that there is nothing to be very serious about it. It's a spontaneous happening. You open your hearts and be pleasantly placed towards yourself. You have to enter into kingdom of God and you should be really very happy to do that. So now we close our eyes and you can take out your spectacles if you want and we don't open them till I tell you. Keep both feet apart and the left hand towards me. Now close your eyes. Put your right hand on your heart. Here you ask me a question. You can call me Shri Mataji or you can call me Mother, whatever you like. So please ask three times "Mother am I the spirit?" Ask this fundamental question. Now, you have to know that if you are the spirit, you are your master. Because the spirit is the source of all the knowledge, joy and attention. I mean the divine attention. Now, take down your right hand in the upper portion of your abdomen and press it hard. Here you have to ask another question. "Mother am I my own master, am I my own guru?" Ask this question three times! Now, the centre of pure knowledge is to be nourished but I cannot force pure knowledge on you. You have to ask for it in your own freedom and glory. So please take your right hand in the lower portion of your abdomen. And here you have to say "Mataji, Shri Mataji, please give me my, please give me pure knowledge". Say it six times because this centre has got six petals. As soon as you ask for your pure knowledge then the Kundalini starts moving. So we have to help her rise by nourishing the upper centres. So now raise your right hand in the upper portion of your abdomen on the left hand side. Here you have to say with full confidence "Mother, I am my own master!" Please say it ten times, with full confidence. "Mother, I am my own master!" You have to know that you are not this body, you are not this mind, you are not this intellect. You are not your emotions, your conditionings or your ego. But you are pure spirit. So raise your hand to your heart and say the most fundamental truth twelve times "Mother I am the spirit". Now, I have told you that you have to forgive yourself because the Divine Power is the ocean of compassion and love. It is the ocean of joy and bliss. But above all, it is the ocean of forgiveness and you cannot commit any mistake which cannot be dissolved by this ocean. So now please put your right hand on your forehead across and put your head slowly down. Press on both the sides. And here you have to say, "Mother, I forgive everyone" Say it from heart, from your heart. Please say it in the heart with full sincerity "Mother I forgive everyone"! Please sincerely say it! Now, take back your hand on the back side of your head And push back your head on it. Here, you have to say without feeling guilty "O Divine, if I have done any mistakes, please forgive me" but don't count your mistakes. Say it from your heart. Now, stretch your hand, put the centre of your palm on top of the fontanel bone area on the soft bone. Push back your fingers. Here again I cannot force on you Self-realization. You have to ask for it. So please say seven times while moving your hand clockwise slowly with a pressure, seven times, please say "Mother please give me my Self-realization!" Press it hard, push back your fingers. Please take down your hands. Please open your eyes. Now put the right hand towards me and bend your head and put the left hand on above your head and see for yourself if there's a cool breeze coming out of your fontanel bone area. Some people get it very much higher, some get it closer but it should be above. Now, please put the left hand towards me and bend your head again and see with the right hand. Once again, you put your right hand towards me and please put your left hand to feel it. All of you please put your hands up like this and put your head up and ask me a question. "Mother, is this the cool breeze of the Holy Ghost" or "Mother is this the all-pervading Power of God's love" or "Mother is this the Parama Chaitanya". Ask anyone of these questions three times in your heart. Three times; now, take down your hands. Watch me without thinking. Now those who have felt the cool breeze out of their head or in their hands please raise both their hands. Oh God, tremendous. May God bless you! Now most of you have felt it. Some of you have not. But there is nothing to feel bad about it. You will feel it. Tomorrow again, I hope you will all come and you will not think about it. Do not argue about it. Otherwise you will lose it a little bit. So just silently you go home and keep the silence, enjoy it and come back tomorrow. I assure you, all of you are going to fix it up tomorrow. Tell your friends, telephone to them, call them and this is the best thing you can give it to them. Thank you very much. May God bless you! Now, if you want to meet Me, I would like to shake hands with you all and I'll be very happy to do that.

1989-0725, A space between the thoughts

View [online](#).

25 July 1989

A Space Between The Thoughts

Public Program

University of Vienna, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. I asked them to play this music, because the thoughts were too much [in the minds?] And this music has no words, it doesn't give you thoughts. And that's how thoughts can be removed very easily. One thought rises and falls off. Another thought rises and falls off. And we are jumping on the cusp of the thought. Either we are thinking about the past or about the future. But we cannot be in the present. When one thought rises and falls off, and before another rises, there is a space in between and that is the present. So when this Kundalini rises, it makes this thought smaller. And this central area of silence expands. That is the time we become thoughtlessly aware. When we look at a beautiful carpet, all kinds of thoughts start coming in our head. If this is my carpet, then I am worried about the insurance. But if it is somebody else's carpet, then I start thinking, where will I get such a beautiful carpet, how much I'll have to pay? I cannot enjoy the creation of beauty and joy, that the artist has tried to pour into it. So when I see this carpet, and I am in thoughtless awareness, all the joy of it's creation starts flowing, like a river Ganges, cool vibrations start flowing and you feel completely relaxed. So the first step we have to do in Sahaja Yoga, is to establish our thoughtless awareness.

It can be done, if we understand this center of Agnya. It is placed between the two optic chasms crossing, like this. And when the Kundalini pierces through it, the Deity in that center is awakened. This is the Deity of our Lord Jesus Christ. First he is conceptualized by the Divine, in the first Chakra of Mooladhara. So he is the Deity of innocence, which incarnates on this earth. Not only this, but it is the body of Christ was made of vibrations. That is why he could walk on the water. He has told a very simple thing, that we have to forgive others, as God has to forgive us. As soon as you forgive others, and ask for forgiveness, this center opens. And then Christ is awakened, is born within you, or can say awakened, and he sucks in these two institutions of ego and your conditioning, which is called as superego. So these two institutions are sucked in and the brain opens out like a lotus. Inside is the limbic area. And the Kundalini then passes through your fontanel-bone-area. But the most important thing is, first this center has to be completely opened out. Then the question one gentleman has asked, that are the sufferings due to our Karmas? Only the human beings think, that they are doing some Karmas. Animals never think that way. Because we have our ego, That's why we think, we have done wright or wrong. A tiger will kill any animal and eat it. A serpent can just bite anyone. But they don't think they have done anything wrong or right. But human beings think, that we have done this wrong and this wright. But, actually, they do not know, what is wright and wrong. Because they live in relative world. For somebody this is wright, for somebody that is wright. But what is the absolute? What is the absolute truth? That only you can know, when you have these divine vibrations, and you become the divine computer.

Then everybody, who has got this awareness, thinks the same way. They just know, what is wright and what is wrong. Like, if there is a dirty lane, a tiger, or a dog, all can pass through it. But human beings can not pass. They will all get the same dirty smell, and they won't be able to go through that dirt. But when you become a saint, then you know, what is wright and what is wrong. And you cannot do anything that is wrong. Because you get this new dimension, by which you know, that this we cannot have, this is wrong. But before that, before that fully happens, you have your conditionings and your ego. That covers you and you become a closed personality, like an egg. So the opening of this has to be done by the awakening of the Kundalini, but also at this center, Agnya-center, when Christ is awakened, he sucks in your ego, your Karmas, and he sucks in your conditionings. That's what he said, that we say, that Christ died for our sins. That's what we say, that Christ died for our sins. Because when he is awakened, by his own powers he can suck in all our sins. So you don't have to go on [harping?], that I have done bad Karmas, I have done bad Karmas. You need not feel guilty at all. because Christ has done this duty for us, of resurrection, and because of him all our Karmas are going to be sucked in. He has suffered for us. So we don't have to suffer any more. This idea of suffering has come from people, who just like people to suffer. They want you not to enjoy the beauty of Gods love. They will say,

you are sinners, so you must pay money, and when you pay money, all your sins will be finished. But God does not understand money. He doesn't know banking. It's all your headache. So all such ideas are given, that we must suffer, and we should starve, we should stand on our heads, and we should give all the money to these people, who are telling us, we are sinners. Are we going to suffer more, then what Christ has suffered? In Sistine-Chapel I saw Michelangelo has made such a huge beautiful Sistine-Chapel, with a Christ with such a healthy body standing there. Because Michelangelo was a realized soul. And below that was a table, on which something, called Christ, was kept, with bones and skin on top. So miserable, like a tuberculoses-patient. Can a patient like that carry a big cross? Think about it!

Now, thank God, Thomas, the disciple of Christ, has written all about Christ, and it was stored in Egypt, on his way to India. Thomas has written everything about Christ, and has stored it in Egypt. And it has been [decoded?] and after forty-eight years we have come to know, that Thomas has talked about nothing but Sahaja Yoga. He says, that our father, God, is the father of all the fathers. And he is so kind, he is so loving, how can he ask you to suffer for him? He has said, that you have to have the experience of self-knowledge, and then you will realize, that our father is just anxiously waiting us, for us to enter into the kingdom of God. Now, you see, that he has said it, that our father is waiting in the kingdom of God for us, to enter into it. So let us be joyous and happy. And give up the idea of sufferings. We have to have the self knowledge, that's all. You are not to feel sad or guilty. This is what is the message of Thomas about Christ. So thinking creates, as he, the gentleman, has asked me about diabetes, that can it be cured of thirty years of diabetes? It can be very easily. The diabetes is caused by over-thinking. Because the second center that we have, the yellow one, which moves round the green void, is the one by which, ah ... When we think, the grey cells are transformed into ... When we use our grey cells, we get more grey celles, by the activity of this particular center, called as Swadishthana. So it converts the fat-celles into the grey cells, for the use of the brain, when we think too much. Now, if you think too much, then this poor center has to do only one job, is to convert the fat-celles into the grey cells for the brain. But it has many other things to be done. And it has to look after the liver. It has to look after the pancreas. It has to look after the spleen. It has to look after the intestines. And also it has to look after the kidney. But when you think too much, all these organs are neglected.

Now in India, in the villages, when they take sugar, the villagers must have the spoon standing at right angel in the sugar in the cup. Now, they drink so much of sugar, nobody gets diabetes. Because they don't think. They earn, they earn for one day, and sleep off nicely, they don't have to take sleeping-pills. But it is very difficult to stop thinking, once your brain is modern. Like one doctor in Switzerland said, Mother you cut my thought, or do what you like, but stop this thinking. So this thinking itself is responsible for diabetes. And the gentleman who has diabetes, if he practises Sahaja Yoga, his thinking will be under his control. If he wants to think, he can think. Or if he doesn't want to think, he need not think. Even when too many thoughts are bombarding you, if he just say, I forgive, I forgive, I forgive, three times, you will find that this center will be quite at ease, and you won't have problems. Yesterday you saw, so many people did not feel the cool breeze. and when I said, now forgive, forgive, forgive, three times, they started feeling the vibrations. And one lady said, she cannot forgive, it is very difficult, she cannot forgive. Because of that her, this center had become so [jumped?], because it could not get out anything from here. So, as you saw, yesterday I gave two jets to her Vishuddhi, and she started feeling the vibrations all right. Two jets I gave her. So in the modern times, I think, there are two centers, which are very much blocked. One of them is this Chakra of Vishuddhi. And another is of Agnya. And this Vishuddhi Chakra is for collectivity. Is for communication. For example, when we have to wish somebody, we shake the hands. Because of my another life, with my husband, sometimes I have to shake hands, with 700 people at a time. Only when they are going in, but when they are coming out, they are drunk. So you don't know, what they do to your hand, completely finish it off. So this hand, which God has given us, gives you communication. And also gives, tells you, there is communication with the divine. because you start feeling the cool breeze, on your fingertips. Now, the doctors have agreed, that these are the nerve endings of the sympathetic nervous system. And so we have five, six and seven centers on the left-hand side and seven centers on the right-hand side. Now when left and right side meet, a center is formed like this. And inside is the part of our ascent, is a third channel. So this is the left sympathetic, this is the right sympathetic. When ever we use in emergency, these two sympathetics, what happens sometimes, they go like that. And sometimes, with some sort of a shock, it breaks. Then the relation with the whole is lost.

And the cells start growing on their own, we call it, it is then a malignancy, cancer. So to cure the cancer, if the Kundalini rises, what you have to do, is to push this like that. Yesterday there was a lady with cancer, and also with multiple sclerosis. So what I

did, I put a candle before me, and asked he, to put her left hand towards the candle. Now, by putting left hand to the candle, you see, my vibrations were passing through this light, which was enlightened and was passing through the hand, from the left side, and by that this one, that was broken, got fitted like that. And within ten minutes the [bold?] felt all right. There is no miracle, it is scientific. Absolutely scientific. Only, science can go up to a point. Whatever they see is the science. They cannot go beyond. So they use only human awareness. But if you use your superhuman awareness, you have all the knowledge. And if you work it out, if you work it out, you will be amazed, how one candle can cure ten cancer patients. Then they say, Mother we should give you some money. How much will you pay for a candle? How can you pay for that? So this is how it is so simple. When you go to the basics and the fundamentals, everything is very simple. Now, I must say, Sahaja Yoga has also cured Aids. But those people who get Aids, have no will-power to live. Those people whom we cured, again went to the dirty habits. So they again got it. Like this, there are many diseases, which can be easily cured, if you know, from which side the problem is coming. Is it coming from the left, or from the right? If somebody says, how many turns there are? Only left and right, that's all.

Two turns. So if you can cure your left, or right, you are in the center. That is why Sahaja Yoga is the simplest method of curing many diseases, which are incurable. The left side diseases that comes to us can be called as psychic, and the right side somatic. So the combination of these two also there are diseases which are psycho-somatic, they also can be cured. So even in this modern times, where we really do crazy things, it doesn't matter, you can be balanced and you can be all right. In Sahaja Yoga you feel so satisfied, so happy, all the time so joyous, and so generous, that you do not feel the greed, the bangs of the greed. In that you want to give. Like this light, which is first not enlightened, must be waiting for the light, to come inside it. When this light is not enlightened, then it is waiting for the, to be enlightened. But once it is enlightened, it is giving light. So once you are asking for light, you are sitting like this, and once you get the light, you give lights to others. Thus you start clarifying yourself completely, the purity starts coming within you. Your eyes become innocent. Your heart becomes pure. And you enjoy your virtues, you enjoy them. And you enjoy others. Those who have got realization, you enjoy their company. You enjoy your marriages, you enjoy your children, you enjoy your family. You enjoy your friends, you enjoy Sahaja Yogis, everyone you enjoy. There is no jealousy, there is no competition, nothing of that kind. Such friendship, that I tell you, is so joy giving. When I see a jew, holding a muslim Sahaja Yogi with such joy, embracing fully. All these barriers, which are so false, drop out. That is how one race of higher-awareness people comes up. and this transformation makes them forget all these nonsensical things. We have to all become the spirit, which is the reflection of God Almighty, which is the source of peace and joy. Is the source of all the knowledge, which is pure knowledge. And when the light of the spirit comes in your attention, your attention becomes pure. There is no lust and greed, but pure love. If such a person even puts a glance towards you, then you feel the peace, you can feel the Kundalini rising, you can get completely cured. And about all, spiritually we become one with that great ocean of divine power. And from very small incidents to very big incidents you will be amazed, that you feel, all the time, there is protection and complete guidance and help every moment. First you think it is coincidence, but later on every moment, when you find there is something is happening to help you, then you'll understand, that it is something. We are in the kingdom of God. Everyone of you have right to enter into the kingdom of God.

So please don't feel guilty. And forgive everyone. That's all. And you'll be surprised, how suddenly you will find yourself into that state of thoughtless awareness. And than, after some time, you'll become doubtlessly aware. You have no doubts about yourself, that you are a realized soul, and you have no doubts about others, that they are realized souls. You have complete confidence about it. It is such a powerful, dynamic compassion. So let us have our realization now. It will take about ten minutes and I am sure all of you will be helped very much. If you all put your shoes on one side and put both feet on the ground, separated. Those who want to come, can come also in front, to sit down. It's better the lady has gone there, ask her to sit here, come, not on the sides. You won't be able to see me. You come here? These are all Sahaja Yogis, it's all right. Those who want to come can come and sit in front. There is – come in, come in – there is space here. Next time you must take a bigger hall. Can you full this up there, so, it [would be?] better. Can you pull this chair, my chair there? This chair.

All ready so many of you have felt the cool breeze. Now, very simple thing has to be done, extremely simple. As I told you, the left side is the power of your desire. And the right side, the right hand is the power of action. So we put left hand like this. And both the feet should be on the ground, separated. Those, who are sitting on the ground, are all right, the way you are sitting is the best way. Now, the right hand has to be acting as the nourishing instrument for our centers. Good. So as I have told you, there are two conditions, that you are not to feel guilty, and that you have to forgive everyone. So now, first we'll have to put our hand on our

heart, because in the heart resides the spirit. Now, if you are the spirit, you are also your guide, your Guru. So you have to move to the upper part of your abdomen, on the left-hand side. [This is?] the center of your mastery. Left hand towards me, left towards me, left hand, and right. Now, then you have to move your right hand in the lower portion of your abdomen, which is the center of pure knowledge. Pure knowledge is the one, that manifests through our central nervous system. And we can feel the cool breeze, we can feel the all-pervading power, and so many things are, ah ... they become part and parcel within ourselves, the experience. Again, now we have to take it up in the upper part of our abdomen, on the left-hand side. We are only working on the left-hand side. Then we have to raise our right hand on our heart. Then we have to take our right hand in the corner of our neck and our shoulder and turn our head to our right. Turn your head to your right. Now, this is the center you catch, when you feel guilty. A very dangerous thing, because it gives you angina, it gives you spondylitis, it gives you so many problems. Now, you have to take your hand and put it across on your forehead.

This is the center of forgiveness. You have to take your hand on the backside of your head, and put your head slowly on it. Now, this is the center for asking forgiveness. Now, stretch your hand and put the center of your balm on top of the fontanel bone area, which was a soft bone in your childhood. Now press it hard and push back your fingers. And move it seven times clockwise. Push back your fingers and with pressure move it. That's all we have to do and now we have to close our eyes and please don't open your eyes, till I tell you. Ah, you can take out your spectacles, if you want. You have to sit very comfortably, not bending, nor stretching too much, but in a simple manner, and you have to keep your both the feet apart from each other. Now, please put your left hand towards me. So keep it comfortably, throughout. Now, put your right hand on your heart. Close your eyes, please. And don't open them, till I tell you. Now, please ask me a very fundamental question, putting the hand on your heart, three times. You can call me, Shri Mataji or Mother. "Mother, am I the spirit?" Now, as I have told you, if you are the spirit, you become your own master. You don't need anybody to guide you. So please, put your right hand on the upper portion of your abdomen and ask a question three times: "Mother, am I my own master?" Now, you have to know, that I cannot cross over your freedom. I have to respect it. In your own glory you have to ask for pure knowledge. I cannot force on you. So please, take your right hand in the lower portion of your abdomen, on the left-hand side. Here you have to say six times, because this center has got six petals, six times you have to say: "Mother, please give me pure knowledge." As soon as you have asked for pure knowledge, this power, Kundalini-power of pure desire, starts rising. So, we have to give, ah nourishment to higher centers, so they make it easy for the Kundalini, to pass through.

Now, raise your right hand in the, on the left-hand side of your abdomen, in the upper part, and press it hard. This is the center of your mastery. So, here you have to say, with full confidence, with full confidence, ten times: "Mother, I am my own master." Please, say it ten times. Now, the truth about you is, that you are not this body, you are not this mind, you are not this intellect. You are not these emotions, you are not your conditionings or ego, but you are pure spirit. So raise your right hand on your heart, and say it with full confidence: "Mother, I am the spirit." Please, say it twelve times. We have to know, that the divine is the ocean of love and compassion. It is the ocean of joy and bliss. But above all, it is the ocean of forgiveness. So, we cannot commit any mistake, which can not be dissolved by this powerful ocean of forgiveness. So forgive yourself, and put your right hand in the corner of your neck, and turn your head to the right. And here you say, with full confidence in yourself, sixteen times: "Mother, I am not guilty at all." Many of you will say, that it is difficult to forgive. But whether you forgive, or you don't forgive, you don't do anything, it is a myth. But if you don't forgive, then you play into wrong hands. So please now, put your right hand on your forehead across and press it on both the sides, and bend your head. And here you have to say: "Mother, I forgive everyone." Say it from your heart, not how many times, but from your heart: "Mother, I forgive everyone." Please, forgive genuinely. Take back your hand, and push your head on it, upward. Here you have to say, from your heart: "Oh divine, if I have done any mistake, please forgive me." But do not feel guilty, and do not count your mistakes. Just say it for your own satisfaction. Push back your head fully. Now, take your right hand on top of your head, and put the center of your balm on top of your fontanel bone area and press it hard and push back your fingers. Please, do it carefully. Keep the left hand towards me. Now, press it hard and move it, clockwise, seven times with great force, slowly, seven times, your scalp. But here again, I cannot cross over your freedom, I respect it. So I cannot force self-realization on you, you have to say, seven times: "Mother, please give me self-realization." Push back your fingers, push back your fingers.

Now, please remove your hand. Open your eyes slowly. Put both the hands towards me. And watch me, without thinking. Now, put right hand towards me and left hand, you put down your head and see for yourself, with the left hand, if there is a cool breeze

coming out. Now, it can be little far away, for some people can be closer, but has to be about the fontanel bone area, to feel it. Now, now please, put your left hand towards me, and put down your head, and see for yourself, if there is a cool breeze, coming from your head. Don't think about it, don't think. Now, once again, put your right hand towards me and put your left hand on top of your head and see for yourself, if there is a cool breeze coming out. Bend your head, without bending you won't [do it?]. Now, please put both your hands towards the sky, and ask anyone of these questions, three times: "Mother, is this the cool breeze of the Holy Ghost?" "Mother, is this the all pervading power of Gods love?" "Mother, is this the Paramachaitanya?" Ask anyone of these questions, three times. Now, take down your hands. those who have felt cool breeze out of their head, or on their hands, please, raise both your hands. Everyone, everyone has felt, practically. So first those who have felt, can come and shake hands with me, and then, who have not felt, should come, because then it is easier, for those people who have felt, can go away, and we look after the people, who have not felt it.

1989-0725, Arrival and Talk to Sahaja Yogis: Whatever is recorded should be accepted

View [online](#).

25 July 1989

Talk to Sahaja Yogis

Meli Ashram, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Arrival Speech. Ashram Melichargasse, Vienna (Austria), 25 July 1989.

It was a wonderful time that we had in Italy when we went to that lake and I'm sure you all must have enjoyed it. But all these seminars and tours and all that are for our understanding of the spiritual urge within us and that exists in others. It is more meeting the other Sahaja Yogis together to know about other Sahaja Yogis from other countries and to enjoy the Spirit, which is so collective, because if everybody has the reflection of the Spirit, their company would enhance our joy and would give us a greater depth.

See a person who is shallow, lives with himself, enjoys his selfishness and is all the time worried about himself. That's the sign of a very shallow person. But as he starts becoming deeper and deeper, then he starts thinking of other people around. Then he goes further. He starts thinking about how this world was made, why is he on this Earth, what is the purpose of his life? And when such questions start troubling him he starts onto the path of Mahalakshmi. And when you are on the path of Mahalakshmi you get lost, you think it's a kind of endless, bottomless pit where you cannot understand anything and you are just feeling that you have to seek something and to find out something.

So when you find - we have these groups together where you find many of us are all over the world are seeking the same and have found the same, and are absolutely in tune with each other. Our language has changed, we talk with the language of the Pentecost, as we can say - of the chakras. We talk to each other in that language. Not only that, but we also try to enjoy that collectivity which we have never enjoyed. For example, if Sahaja Yoga is working in thirty nations and I was told some lady, one lady had come also from Turkey. Recently I have been there. So you see all My, this movement and going round to all these places in a such a big jet-like speed, I never knew that we would gather so many people together, but in this one you saw that there were about thousand people who came to worship your Mother as a Guru, but what surprised Me - the oneness of understanding.

I could speak to you about all these things because you all knew what I was talking about. Say I talked to somebody about Swadishthan chakra, they will say, "What is this supposed to be - Swadishthan?" But it's so easy to communicate because we all know this instrument within us, we know all the language of the Divine. So, we have learned the language of Divine, we have learned the language of love, but the greatest of all, we have learned how to enjoy other human beings. Not only one, but all of them, which is very, very rare. Absolutely I have seen it because, see, I have been through life and thousands of people I've met. And always I've found there was a kind of a jealousy, or could be some scrutiny, some sort of - ill-feelings and seldom you found really good friends. And even if they were friends, they would not have that joy as you all were having there.

So, this is to feel, just imagine, that you are part and parcel of that great mass of enlightened saints. And it's so energy-giving, so joy-giving that we are not alone, and we know the Truth and we know it very well, all of us. Now, as I have told you that we have to worship ourselves as Gurus and for that what we have to do. So I hope you will all equip yourself with whatever I have told you.

Another thing one has to know that Sahaja Yoga is, of course, for this benevolence, for your goodness, but you must all, individually also, work it out that you study Sahaja Yoga in a way, like, I have seen that people tell Me that, "Mother, on such and such tape you said such a thing. So, what does that mean?" I was very happy because he's seeing the tape is ready again and again he tried to find out the meaning, he couldn't find it, then he asked Me, so I was very happy about it that is such an interest he has and he wants to know about these deeper things. So, the inquiry you see, becomes deeper and deeper and as the inquiry

becomes deeper and deeper, you are amazed at the knowledge that we did not know, don't know, and that you're amazed also that this knowledge acts - works.

It's not only knowledge in the university-like, but it is actual - it acts. So, if you have the knowledge - the other day somebody told Me that his child got very high temperature and he didn't know what to do and then he got into convulsions. I said, "That means you have not attended centers properly or you have not found out what can be done."

In most of the tapes, whatever I have said can be, you see, found out what is said about health, what is said about children, because I spontaneously say things. And if you can sort it out, you will know so many things, I mean if you sit down as a study of these tapes, it will help you to find out so many little, little things which are very important for life.

Like, today I saw a child, who was crying all the time and so, when I saw the child I found the head was all burning, it was hot. So of course, Mine is cool hand but you can do the same, I took out a little cold water and put it on his head and cooled him down and tried to blow little cool air on his head. It stopped.

So all these little, little things about children, I hope I'll be able to write, but you also should find out from My tapes and otherwise what these small, small things we should do for children, because every time you need not go to the doctor's, we need not have the doctors at all. And there was an Indian lady sitting, she said that they don't know all these Indian things, little things we know in India, when it is coming as an heritage and as soon as a lady conceives, you see, she has to know all about it, so she knows about children, what is to be done and the Mother is there or Mother-in-law is there and they all the time tell you, "Now do this, now do that", and that's how they have the knowledge.

So, she said that they go to the doctor. Well, we don't do, we do all Indian, Indian treatment, little, little here and there. So all these things are to be understood but you cannot get a kind of a book on it. So far, they have not been able to do it, but all those who find, say, something about it, so you can classify it, you can note it down, that, "This is, Mother said about this thing or this She has said about this thing." It will be very good for us to sort it out this way because everybody's trying, but I think you people can do it very easily, sitting down, because you have so much equipment here that you can find out what point you think is something that is to be noted down in a different heading. So you can put different, different headings and can jot it down - "This is what She said."

Then also you will find a reflection of it in some other books, somewhere else, this can be worked out. English did lot of research on this, I think, and the maximum was done in Australia. So we have lots of thing - prophecies and all that, but so far I haven't got anything from Germany or from Austria, because I think there were great, great poets here, we had Goethe, we had Dante, also, though Dante wrote it in Italian language? All right, but I think in Germany it's available, German language - quite a lot.

So I mean all such big, big people who wrote so many things, you can take out from there, if there's an indication. So, sort of a study of Sahaja Yoga should be there and that impresses normally people in the West very much that they are learned you see, they know the subject. Also Indian Scriptures as if it is available we can have a library here for you, we can get some nice books from which you can read and find out what - what is written about Divinity, what is written about the Kingdom of God.

All such books could be put here and people should borrow them from the library and see for themselves and sort out the knowledge part of it so that when it comes to that, each one of you can speak, because if you have to be the Guru, the first thing you must have: the capacity to speak and to give knowledge. If you don't have knowledge in your brains, even if you have in your heart, in these modern times you can't work it out. You have to give them through your brains, (Shri Mataji laughing) you have to tell them, 'This is it, this is it, this is.' And people are very curious, not only that, but sometimes skeptical, sometimes critical, criticizing.

So, we have to be prepared and that kind of personality we should have. But that doesn't mean that you go mental - not at all. It means that with your heart expanded, you feel that if you have to communicate, we have to know it in a more detailed way, in a more precise way and in a confident manner.

Now also there are certain misconcepts that 'Mother said so, Mother said so.' Whatever is not on the tape you should not listen to. Whatever is on the tape is authentic. But of course, I mean, I was saying that we, I should be taped all the time and I've got something now, machinery for that, but it doesn't happen that way. I was thinking if I can get a suitcase or a purse with a thing attached, so that whenever I talk it can just (Mother laughs & laughter), so everything could be recorded, but whatever it is, whatever is recorded already, should be accepted. And if somebody says, 'Mother has said so, Mother has said so,' then it should be, it should be first of all found out, if it is so or not. Otherwise it won't work out.

So, one side of Guru Tattwa I told you that you have to be creative, that you have to be loving like Mother, but another side of it is that you should be knowledgeable, should be really knowledgeable. And knowledge is within you. You see, if you start just thinking about something, logically you can reach lots of conclusions. Like, somebody said, 'Mother, how did you say copper is responsible for AIDS?' How can we reach logically? Now, from where does it come? It comes from Zambia. Who brought it? The monkeys. But the monkeys don't get it, but human beings get it, because monkeys are not stupid like this. All right. But, the how - why from Zambia and why the monkeys?

The reason is monkeys are very close to human beings, you see, so they can only carry such viruses and in Zambia the metal that grows, or has, is copper. Such a lot of copper in Zambia, that in the water it is dissolved, also they have got ores of - ores of copper all over, and the big mountains are filled with it. Just like, I mean you walk on anything, you can see the copper there and that looks copper as you know, when it is exposed looks greenish because it has that virus, we can say, that fungus on it which makes it look green. The copper starts looking green. So when these monkeys must be walking on that and all that, they must be taking up this virus from the copper. And when in the body there is too much copper and you do all this dirty stuff, then what happens, that it - it permeates into the being and settles on the copper.

So now logically if you can remove the copper from the body and make it copper-less or you put some sort of a higher metal like, say, silver or you put gold, platinum, anything to replace the copper, then maybe that this trouble can be avoided. But copper is essential for body, no doubt, but if you don't have these problems then - or you don't go into such habits then, copper is important because that helps you to - for circulation and so many other things it helps you and those who have less copper suffer from gout and other things.

So, one has to logically also, you put your just attention, you'll get ideas. Just put attention - Why this? You'll get ideas. But your attention should be pure, otherwise it won't; your attention should be pure and you should just put attention and you'll get ideas after ideas, because knowledge is all in your brain, already built-in. So it's not difficult to get ideas, as long as you want to know, you will know it.

The other day I saw a thesis written by a Sahaja Yogi though he was taken out by his parents and he had suffered from Rajneesh and then he came to us and all that. It's a beautiful thesis he has written: What is the symbol of all kinds of auras we see around Mother Mary.

Now, if such a thing is available now you tally it with auras that you have, you see or you have seen with the photographs. There are many which won't be there, of course, because there are auras, there are all kinds of movements of lines, there are "AUM" written, then sometimes you find a, a sort of a light coming from somewhere, I mean, it's endless. But somebody can sit down and write down how many types of things, of lights we have seen it, Mother.

Now, you can find the symbolism in some books like that. So, what I am saying now on a research, whatever I have said can be researched and found out. Like there was, I told about carbon and they found out about carbon what I said. Once I told about these souls we see in the air hanging, dead souls. So there's a doctor, I told him that this soul is within us on our - placed in front of us, and in the front of the chakras and it feeds, you see, all these chakras, our soul, like that, and this soul actually is - is the Brahmanadi within us, you see, which is continuous. Inside is the Brahmanadi and outside it goes like that and is reflected in our every cell. Outside when you are Realized Souls you can see them hanging in the air. You can also see, I can now see lots of

these vibrations as chak, chak, chak - like that, which are like little commas if you can steady? But if you can just bring down your eyes a little, then you can see those souls that I am talking about also.

Now, now they have discovered under microscope that there are, there are loops of the same kind in every cell on the receptor. If they can go further they'll find a person who is sick, who - mentally sick, who in his cell - an element called dopamine is secreted, they'll find out, that those loops are doubled. Because when there's a baddha that comes on the back side, some other soul and feeds on our awareness. Because the awareness is, is connected with our soul. And that's how what happens that we get out of control or disoriented from ourselves when there is a baddha or you become schizophrenic or say you become mad.

So all these things whatever I have said it, can be verified, can be found out. Not that you are doubting them, but you are supporting them. So, that would be a very constructive way of looking at things and working it out. There are so many things one can discover, even in Architecture you can discover, you can discover in so many other things that the mundane style or the every day-to-day style of things that we have, is, has got many dimensions which we can enter into and find out the solution.

So this one is the continuation of the Guru Puja only, I'm just telling you how to improve our knowledge and to be able to give it to others. Because we should not sound some sort of slaves of Mataji, but should be very knowledgeable people.

May God bless you all!

1989-0726, Talk to Sahaja Yogis: On Films

View [online](#).

26 July 1989

Talk to Sahaja Yogis

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Yogi: I don't know Shri Mataji.

Shri Mataji: The one you have used for your posters I have not seen that before. I don't know who has done it. Maybe some Austrians. Austrians are very good, enlargement is so good you know. Very beautiful, as if it feels like you are sitting there. Do you have very good cameras or

Yogis: I think the reason is Unclear(heart) Shri Mataji

Shri Mataji: Or a very good heart. That must be the reason. Hello, look at the excitement.

Yogi: He is from Yugoslavia.

Shri Mataji: Hello, so going to Yugoslavia now? Hindi - Kush nazar aarahahai : they look happy.

you like Hini – chana: Chickpeas? You like chana? Let her come. Come. They all love chana. What will you have then? Will you like cashew nuts? or Nothing? no? feeling shy. So we don't get out there. Unclear() Hindi - Kitna kush mizaaz: looks happy. So now what do you want? you want chana? Come along, what do you want? Chana? Come. Take chana. Chana. Have it. Come along. Hindi - daanth he nahhe hain unke dohee daanth hain: he doesn't have teeth, he has only 2 teeth.

Yogi: Shri Mataji maybe she had few because she just had breakfast. So I think it's time, Unclear(you, she) should not delay Unclear(), lunch.

Shri Mataji: Alright, alright. Yes yes yes.

Hindi - dekhanah jata bacha girjate hain. Dada(grandfather)

this is your dada? Dada yes yes, papa na. Bichara danth hee nahee hain, they have no teeth what to do? Haan, khaa sakte. No no no ? dada. It's alright, khale.

So how are you? Unclear(Better?) You are enjoying your son-in-law? Hindi - Sunayiye sunayiye, he wants you to hear some music. So you can also hear. Very nice style. Hindi - Dekhna chahiyena bache girtehai. Nahi chahiye.

Yogi : Unclear()

Shri Mataji : Hindi - Nahe chahiye, nahe chahiye: no need, no need, Hindi - jor se, yahaa se phir to sunayee nahee deraha hai : a bit louder, not audible.

Yogi: Shri Mataji, may I also introduce you this gentleman, this is the man, I told you wants to make the video at the interview, and also he is the friend of that gentleman you met in Munich at Marian statue.

Shri Mataji: Yaa, I see I see.

Hindi - Acha jara inse baat karle : Okey, Please talk to him.

She told me about you. And whatever help you want to be, we are willing to give you, whatever footage you wants.

And you can see for yourself what you need. Because most of the footage is with you now. And also we have got these prophecies and things and visions which is describing all these things Unclear(I say is true). If you move with this, you understand English is it? What I am saying that, you have this visions and things. so these are the prophecies made and it just you can sort of show them on the film. Because we have places like one place where one poet Louis from England has described the procession that we have. You tell her.

Yogi: Shri Mataji, he would like to ask what happened to him because he also had some experience.

Shri Mataji: Really?

Yogini: Unclear() I saw a very clear cool breeze is coming out.

Shri Mataji: Really? He is embarrassed.

Yogi: It seems it might also some enjoyment for everyone and so he will tell and will ask you what happened to him.

Shri Mataji: that's very great, Unclear(play, replay) this to see here.

Yogi: Shri Mataji, despite his young age he made carrier with the well very known company (Virgin Records) it's a video company and he is now a manager there and also he had up to now, he was not knowing that he has spiritual interests, he was in yes many of us. He was in Indonesia and there something happened to him.

Shri Mataji: Where did you go?

Yogi: To Indonesia.

Shri Mataji: Bali

Yogi: It was in Bali when he woke up during the night he was seeing whole light in whole his body all his cells and then the breathing changed the rhythm of the breathing.

Shri Mataji: He saw the light.

Yogi: He saw the light all over, and also in each cell.

Yogi: He used to swim during this time a lot, the more he was in the ocean the more he got creative thoughts(sentence repeated) and he wrote them down a lot. But then also he got some capabilities which allowed him to forecast a little bit of future.

Somehow he is not sure if he was hearing a voice it was just by his intuition that if I am you a word, a word I am you it means tatvamasi.

Shri Mataji, when this happened to him at a very Unclear(faster) age his girlfriend with whom he was with five years left him immediately, he also lost his job because his ideas which they did not understand in a commercialized company.

Shri Mataji: what he has ideas? I see.

Yogi : Also he is saying and there was a time again the light was coming and he felt thoughtless and he described it like he was a glass of water, he was just existing. He was a water.

Shri Mataji: Water?

Yogi : He was just thoughtless and one with everything. He felt in this way.

Then he got also intuition voice or don't know exactly, which telling him about a(n) eternal life and a saint of human being but later on he got afraid about his development.

So, in the process, more he got afraid the less he could perceive it again, he wasn't able to feel and to smell or human beings everything.

He is saying now its not get strong anymore it is in the past, he was able to give somebody their hand and they asked why would the hair stand on their hands

Shri Mataji : What? Their hands?

Yogi : Yes.

Shri Mataji: The hair?

Yogi: Their hair.

Shri Mataji: His or theirs?

Yogi: Theirs.

Shri Mataji: You are one of us. You are one of us. That's why.

Yogi: and that's the reason why he knows that he should produce such films because also these are such films the initiation come to the people.

Shri Mataji: See, now there is such a trend. People are realizing that they laid on the weaknesses of the human beings, and tried to make films of such kind which were destructive. But recently I read it that there is one film producer film maker and director who has come out with a very novel idea that he made a picture in which he shows how we play games and cheat each other in a sort of a love game and all that and how we hurt. And he has written that I have hurt myself not somebody like that. So now I know what it is. And he is made a film like that. The name of the film I forgotten. Very interesting name it has. And it became such a popular film many people came to see that.

Shri Mataji: Surprisingly I read this in a newspaper. See,

Yogi : Unclear()

Shri Mataji: Ya, it is something such a enlightenment within yourself that to start seeing that we are in a way destroying people. That the way I destroyed he says, that I hurt, many are hurting and I should not any more do that again.

Shri Mataji: And this is the resurrection I think of a person. That he sees himself as an instrument to correct others by seeing his own faults that he has done so far. So this is a very unique thing that has started. But when I read Tolstoy, his book resurrection there is a heroine Katyusha Maslova has to cut so much lower and the hero is Andrei and the Hero spoils the life of this girl. She was just a maidservant, and he was a son of a very rich man. Then he becomes the judge and this girl comes as a woman like a prostitute. And the whole thing comes into his head how she was a innocent girl and I ruined her. And the whole thing Tolstoy has brought such a beautiful thing of the transformation of that man. That's the resurrection.

So in the films now say now you see dalas and all these things is everybody is just the same. There is no transformation of any kind. Just the same. If he is a bad man, he is a bad man, is good man, he is a good man, there is no happening of transformation. And also the psychology of human beings is this very easily.. say, there is a man who is very powerful and he tries to torture people who do all kinds of things. The people start copying that bad man. So, you see, I think also the writers and the film-makers are also responsible very much for ruining this world. I was on a sensor board for two years, they had appointed me then I resign. The reason was, I mean they made horrid horrid things, horrid things. Which were against our culture, against anything that is good. And then I would sensor it out, this is gone, this is gone, this is gone. And then they could manage to get it back because they use to bribe some people or somebody I don't know. They would have another show, another show and get all the filth into it. I was on the sensor board you see. Sensor board is the censorship where they cut it.

Because their investment is quite a lot. And they want to make that money out and it has to be appeal the baser self of human beings. So they could extract money. So they didn't mind bribing any amount for that. But the Indian films are where the families., or the whole family has to go. So such films a father wouldn't see with his daughter and things like that. So they were not very clean films. And started declining very much. And a new organization came which started making films which were sensible. And very nice sensible films were now produced in India. Do you have a some of these like Shrikanth and all that? This film Shrikanth is written by Sarat Chandra. Means, Sarat Chandra, I regard him as one of the best writers of novels. But it is only Indian poor sort of, smooth, sweet and very delicate relationships and all. But this one has done by Srikanth, where he describes four types of women. How loving and kind they are. A very good film has been made out of that. Anything like that if he sees he will know quality that's come up. That's what I am saying. You can send it to him. Even now there are such nice films in India produced very nice, very good quality and beautiful but only thing is that somebody has to do the dubbing on to that. Say supposing if you do it in English, you can have subtitles and that can give you the new trend that has started is to make films more on the spirit more on the love which is pure. Very soothing and very beautiful. That's not too much of beating violence nothing. Very soothing soothes you down, Hindi - aap ye Srikanth dekha hai? kya film: Did you see the movie Srikanth? what a movie. This kind of film we have, I would like you to see them first for yourself and then you will see how soothing it is. It's very soothing.

Yogi: Shri Mataji, he also told which is very good, that basically, normally he can not bow to any guru, false guru I would say.

Shri Mataji: It's very good. That's something thank God for that. I should tell them, you should not bow to me also to begin with. What I have done? First you get your realization then you understand what I am. Then you can bow. Before that why? Blind faith. So by blind faith you can not understand God.

Yogi: Shri Mataji, he is saying is that in his eyes he is honouring absolute the self in each human being.

Shri Mataji: Of course he should. But that self, you have to discover within yourself in full way and in others also in a full way. There was a poet in India Namadeva and he went to see another saint. His name was Gorah, but he was a potter. And Namadeva was a tailor. So the tailor went to see the potter. And as soon as he saw him, his heart was so filled with joy. What he says is that, in Marathi he says, that I came here to see the formless, the vibrations he meant. But I see the formless in the form. That's you. Hindi - Batayatha, Aliya Marathi mein hain. Then Namadeva went to GuruNanak in the North in Punjab. Immediately Gurunanak knew he was a saint. He said, now you settle down with me. You have to make poems in Punjabi. He must study Punjabi then he made such a big book out of Punjabi language. And all those six now in their guru Granth sahib got his writings and they pray to him. So, you see, a saint can only understand the saint. And they say the same thing. Whether they are in England, whether they

are in Japan or they are in Lebanon. Like we have Khalil Gibran, he was from Lebanon. And he was talking about Paul. He has written a chapter. This strange fellow Paul God knows how he is in the Bible and who has put him there he is such a man, he doesn't know what he is saying what he is doing. Criticism. Complete. And when I saw him in the Bible, Paul, I asked my father, he is also a realized soul. I said who is this Paul? What is he doing there? So my father said "I think somebody who has illegally gone into this". So, you see, if you are a realized soul, you can understand who is the real and who is not the real, whom to bow, whom not to bow.

Yogi: Shri Mataji, when he had this special condition, he also trying to hear the intuition of his voice, he understood that it was said to him that there is no duality there is good and there is bad but both are one thing they are together since then it makes him a lot of difficulties, it means also he should not charge the people.

Shri Mataji: It is meant for the people who are not realized. But not for people who are realized. Suppose if he have no eyes, how can he tell you about colours.

Yogi: Shri Mataji, what really happened to him? Unclear() was it a clearance?

Shri Mataji: He went to Bali, and Bali is a place long time back Sita was carried on by Jatayu. Ravana was carrying and Jatayu was the bird which fought Ravana. He fought. And then there were tears falling from the eyes of Sita Ji. And that's how the Bali became such a beautiful thing. All description is in the Ramayana. So, Sita is Mahalakshmi, that's why he got into this. So he was sensitive enough.

He knows, He knows. He talks to me in German and talks to me. That's how we have little laughter.

It's such a fun. Hindi - Unclear() peth bhar gaya, wo Kya hai? Desert? nahi? what is the desert?

Yogi: Ice cream Shri Mataji.

Shri Mataji: Alright, little bit.

Yogi: Shri Mataji, since yesterday when we found each other, he was on the way to you, he has a pressure in his centre heart.

Shri Mataji: Alright, I have to clear it now.

So, in the land of Bali, the whole, it's very vibrated. But the tourists have spoiled that place very much. So, I have not been so far. But I know about it very well.

Another Yogi: There are people Sahaja yogis living in Bali now.

Yogi: Shri Mataji, there are Sahaja yoga people living, you should get the address.

Yogi: There is a lady who is a yoga teacher Mother, Hatha yoga teacher

Shri Mataji: From where?

Yogi: In one of the major complexes there. I think the Kabaneri, she is there.

Shri Mataji: From Australia?

Yogi: I am not sure where she came from, she is resident there, she takes us classes and she got it from one of the Sahaja yogi source holidaying there.

Yogi: Shri Mataji that's very interesting, what he is saying because he also was there. Maybe he got it from there.

Shri Mataji: I think as the SahajaYogis are so many increasing so many catalysts are there, and it acts as a catalyst I think. Because you are so many increasing in number and the vibration is there and it's all charged. So anybody can be caught into it and just like you have spacecraft, in the same way the illusion has also taken place. At first one cylinder goes up to a point with a certain velocity and it explodes and then the second one is thrown up, velocity is increased and the third one like that. So in the same way this SahajaYoga will also work in the same way. Because now we are so many that there will a combustion there will be many. It started with one person, now today SahajaYoga is working in 30 Nations. What did you say for thirty? I mean in your language what do you say?

Yogi: Dreissig

Shri Mataji: We say tees, we say tees.

Yogi: What he is asking Shri Mataji, from whom he got this text about the impossibility of time, he was somehow getting to know his thoughts he is asking from where did it come from.

Shri Mataji: Not from the divine, all over, it is a subtle way. You see, that is, whatever is unconscious is outside as well as within ourselves and when we become realize it you start feeling it you see. So you become conscious. And I have recently in this thing I have given lecture about paramachaitanya, about all this all-pervading power. And that's how you see, you have seen my photographs in the sky and all these things happening through that. So how I have explain it to you very clearly that everything is inside that, like an ocean. And sometimes it goes into the folds of a wave or maybe. So we think it's not there. When you come up you see everything acting. You know, it guides you all the time, especially Sahaja Yogis, see now these were coming to know that what happened. They came late these swiss people and I told them that I will take time, I will come for puja later was postponing. So they didn't understand some people have to come. They didn't understand and then these people sat in the taxi came all the way I mean to come to Pune. And instead of going to my house, they came to the place of where we were Biba.

And what about you then, he met he was to come and he met the same taxi fellow, same one. And he brought him so far away into a jungle we were someplace. He just brought him down there. So you see this is-

Yogi: Shri Mataji, it's very nice question. He is not always sure if it is the absolute or it might be his ego and in the case then he also had to see, he should support his movement that he makes a video, spread it to video shops so all people can get it, he would like to know whether it was absolute or it was just his ego.

Shri Mataji : You see, I can see one of the victims of the new explosion. Now these people started form the scratch you see, so it was alright. But suddenly exploded and threw him out like that, so he doesn't know where he lands. So its alright, it doesn't matter.. So now you will know from them everything I mean whatever you have missed so far. I mean you have reached a state which is very good for you.

Hindi - Unhone khana kale? Khana khalo

Hello none of them had any lunch, I thought they must have had.

Yogi: Shri Mataji, they all had.

They had? only she didn't have, you didn't have. You did not have. Alright. What about him? Did he have? Did you have? Did you have something to eat?

He is an interesting, now there will be many like this I think. Yours was a hard way I must say, yours was a hard way no doubt.

Yogi: Shri Mataji, he was saying, since this happened to him, he doesn't smoke anymore, he doesn't drink anymore, he doesn't like meat very much.

Shri Mataji: Blasted now. What is he saying?

Yogi: Only one thing Shri Mataji, he could not follow. Which his inner voice was also telling him, he should from now on stay without the wife..

Shri Mataji: That he should?

Yogi: That he should stay without the women relations. Which he could not follow yet.

Shri Mataji: Ya ya, you see, you must get married. You see there is, the sanity part of it is there, that we have to marry, we have to have children who are realized souls on this earth, they are seeking such parents. Hindi - Khana khavo? kya kar rahe ho? Khana kha? Khaya tha? Kha

Hindi - Kya keha rahe?

Yogi: Shri Mataji, what he is saying, that he also knows from inside, from a plan that in the next maybe twenty years not to be precise, we will all be converted into new consciousness Unclear()

Shri Mataji: We have already, you will met so many of them. Not only that -

Yogi: What he would like to know Shri Mataji, let this conversion takes place what effect it will have on the physical body.

Shri Mataji: Oooh he improved so much, physically

Yogi: what will happen after such a evolved person is dying

Shri Mataji: Dying?

Yogi: Yeah, physically dying I would say.

Shri Mataji: He will become fragrance what else?

Aliya, be careful, you might get hurt.

Yogini: Shri Mataji, the question was a different one. When this time comes where the consciousness of human beings change and they get to the level of thoughtlessness. For these people when they die what happens? Do they get into a very subtle body and this appear in the universal unconscious or will they come back again? or do we stay here in this subtler form?

Shri Mataji: See, it will be a matter of your own choice, you can do whatever, whichever you want to do. But you would like to help other people. So, the way you want to live, you live. There wont be anybody controlling you or telling which just your own freedom.

Yogi: Karma is finished.

Shri Mataji: Karma is finished of course. It won't be any karmas, actually now they are finished. Karmas are already finished. See, Alisa, your own decision would be normally to come back in some form. Maybe the subtler form, maybe the gross form to help the people. Germans would like to help Germans. Because you see, there are English they won't be able to speak German. So it would be better Germans are born as Germans and look after them.

Yogini: Shri Mataji, his main concern is what happens after physical death or in this the particular case what he meant. Is it possible for human beings that the physical body gets refined and gradually reaches a level as subtle level.

Shri Mataji: Not after death. No no. After death only out of the five elements, two elements completely dropout. The physical body has got five elements you see, out of, two elements drop out. One of them is the 'Pruthvi Tatva' is the element of the Mother Earth, and another is the 'Jala Tatva' - element of water. These two drop out. But the soul remains. Nothing dies.

Shri Mataji: I will go now.

Yogini: His question was actually Shri Mataji, Apparently, he has gone to many gurus. Either they didn't give him any answer or they said there is not such a thing that you can not get the physical body to the entire vibratory level..

Shri Mataji: Just now you will get it. Just now. You see these gurus are impostures. They are not real, they are sitting in the marketplace. You must see from the disciples.

Yogi: There is a Indian guru called babaji

Shri Mataji: Useless fellow, nothing, I have seen his disciples.

Yogini: In India, Apparently there was a guru called baba ji,

Shri Mataji: I know I know

Yogini: Who dissolved his body into,

Shri Mataji: All, All, Unclear(what, heard) all stories. Because, you know you must see from the disciples. Have they got vibratory awareness? They haven't.

And if you talk to them, you will find out that they are nothing. You see, I am a mother so I will say that alright, what has your guru given you?

That's it. That's all. That's all. So you have to ask what have they given. And we had some gurus, sadgurus we had. No doubt. You had them, you had. But also you will know when you will know. very well, when you have your vibratory awareness you will immediately know. Then you can judge. Because this gives you the full idea about the absolute. But in any case I am very happy to meet you, I must tell you one reason this explosion has started and I see the first victim. Because you all had to go through a hard way. Now this explosion is a very good idea.

So it's a good symptom. Because these people had gone through a very hard ways, you see. These people had to come to SahajaYoga through a very hard way.

Alright, so you are a lucky one that way. But still you have to know all these things.

Hindi - Ye log kahrahehai ab aaraam kariye hum ko, shyaam ka program hai. Aap waheen lagaa deejiye.likthehai .. haan kahiye kahiye.

Yogi: Hindi - Basale apne mann mein maa ki preet, mann mandir mein Preet basale o murakh ho bhole bhale, dil ki duniya karle roshan apne ghar mein jyoth jalaye

Shri Mataji : Hindi - wah wah wah wah.

Yogi : Hindi - Basalae apne man mein, bharat ma hai tu pyaari, tu pyaari hai sab naadhani, tu hi utale sundar murali, tuhi banja syaam murari, tu jaage tho duniya jaage, jag ute sab prem pujari, gaaye tere geeth basale apne mann mein

Shri Mataji : Hindi - Wah bhai wah. Aap ka muh mein ghee shakkar.

Kamaal.

Yogi : Hindi - Ye to dimaag mein aayithi cheez thee aapne prerana di ho ma ,aap ne samne ayi aur aapne kaha tha isko sun-ne ke bajaye kuch aur sunao

Shri Mataji : Hindi - Woh to majaa aataa hai naa. Wah, wah wah wah. Aisaa kuch Parivartan ho jaataa hai. Ke us mein kaavya bhee behnaa lagtaa hai, sangeet bhee behne lagjataa hain. Sab matlab krishn ki murali bajnee lagjatee hain or kya kahe. Bahot achee baat. Ye sab ho naa jarooree hain. Jarooree hai.

Hindi - Kyon, meenakshee theek ho tum?

Meenakshi : Yes Mataji.

Shri Mataji : Hindi - Maja aarahaa hai?

Are you enjoying?

Who else is here from Toronto?

Hindi - Aap, ham aaj wapas jaa rahe hai? Acha. Aap logone tehaneka phir rehane ka aagay? Theek jayiye majaa kariye. Chaliye, ham hai to aagaya hai, aapka man hona chahiye.

Yogi : Unclear()

Shri Mataji : Hindi - Jaisa apka man ho aisa kariye.

Yogi : Hindi - Hamara man to aap kaa peeche hai. Jaise Unclear(behan) rehateho Unclear(), hum ko apna koi mann nahee.

Shri Mataji : Hindi - par aapka our meri man mein kuch pharakhe nahe hain. Aise samaj ke aap kariye.

Hindi - Ye kya hai?

What is that?

Yogi: A little present from all the yogis.

Shri Mataji: Chick peas or what? That's the little present? There is no need to give all the time present present present you know.

Did you show your tie? Where is he gone? You didn't show? Better better getup and show them. You see we got such such nice such artistic was.

Yogi: One more from Toronto Shri Mataji.

Shri Mataji: I see. He gave me a nice present.

Ya ya I don't know where they have disappeared.

Awwe beautiful.

Yogi: Shri Mataji, this is from a coffee shop, from a very famous coffee shop, there also yoginies go sometimes

Shri Mataji: This is a Marzipan aah? beautiful. Thank you very much. Very beautiful. Yeah.

Yogi: Shri Mataji, May I just ask you to take a rest a little bit, because it will be again a very long evening as yesterday

Shri Mataji: Alright alright, I'll just see this present.

Yogi: Yes Shri Mataji.

Shri Mataji: I am resting now. Very nice time together really just now and we could buy some nice presents. Awwwwee., Montfort, Vienna. Is it something special from Vienna?

Hindi : woh jo lily thee na hamara, vaise baat hai.

Thank you very much.

What is this?

Yogi: This is a present from SahajaYogini, who is she, I don't know. She is not here.

Shri Mataji: Ooh.

Yogi: She is a dancer.

Shri Mataji: Why, what is this? what is this occasion of specially giving me a present?

Yogini : Unclear()

Yogi: She made it?

Shri Mataji: She must have, she must have, see now how beautiful. She has done it. So beautiful, you can feel the vibrations also. So beautifully with such love. It's good beautiful. Very beautiful.

So thank her a very much.

Yogi: We thank you Shri Mataji for coming to this place.

Shri Mataji: Now, I would suggest for him that he should be in contact with you giving all the necessary thing and work it out.

Yogi: Thanks for suggesting Shri Mataji, that Unclear(), because he has time to do the program should stay at the program get realization and maybe he can also see that people are coming to you, so that he gets the first record

Shri Mataji: But he was saying that he wants to see the face changing,

Yogi: Yes that why you should go there.

Shri Mataji: no but, can you use the, you can use the camera?

Yogi: Yes of course we used a professional camera Shri Mataji. Work can talk about him more. I think he still wants to, very much convinced that this is the right project.

Shri Mataji: I don't think so. He is quite convinced now. The way he is blasted.

Yogi : Unclear() he is convinced

Shri Mataji: He is quite blasted fellow. He felt the cool breeze.

Yogini: He was feeling vibrations, but he says it was hot

Shri Mataji: he was feeling warm?

Yogi: Hot, he is always hot

Shri Mataji: His liver, liver. Will have to cure his liver, alright.

Hindi - Paanee dedo unka vibrated, doosara le avo, doosara le avo

Get some water, I will vibrate for him. Some sugar or some candy, candy I could vibrate

Hindi - Elachi ke saat, faida karta hai. Bahot thandaa ho jata hai

This is a very good combination for liver.

Hindi - Abhee chai nahe peie baad me peelee. Peete nahee hain.

Did your friend tell you how he met me spontaneously? And you know what happened, that I wanted to see the face of Mary from the front. And just for that but I felt like going that side. There he was sitting, he was said namaste I surprised.

Like also this one is from Greece. He just came to a program. I think outside I met you isn't it first? Near the car.

Yogi: I don't know I came near to the program

Shri Mataji: There I saw you.

This is what I would say that you can have.

Yogi : (Unclear) vibrating

Shri Mataji: It's alright, let him have.

Yogi: Shri Mataji here is his last question, his last question, you would have known that he would be coming.

Shri Mataji: See if I wanted to know, I would have known, but it's a question of you see the putting attention to it.

Just have it. Take it in. and that too. Just chew it. And take this water. Water special.

Because so many things are happening you see. If I pay attention it's there. But if I don't it's there.

Yogi: Shri Mataji, it would be I don't know

Shri Mataji: Too much for me

Yogi: or this stupid source of [Unclear].

Shri Mataji: As if the whole drama is already fixed sort of thing you known. Like this one picture that has come now in France. But I am sitting here and standing there and I am here hitting some devil. See three things. So now which part I am there if my attention is here, then I see you. If I am there then I see that. If I am there I do that.

Shri Mataji: Eating that.

So where ever is my attention supposing I am sitting here then I am seeing you. If I am there my attention is there then I am see you all these and if I am there, I am eating the person also.

Hindi - Haan jee?

What he said?

Yogi: He was saying so in this night a part of you which is him Unclear()

Shri Mataji: Of course of course very much.

Like one day I got up in the morning and one of the sahaja yogis came so I just asked him are you alright now? He said yes, what do you know? I said you were very tortured yesterday in the car. Then he got afraid to see, he said mother how do you know? I said I was there. I see. he was kept quiet because he was saved out of those people. They gave him something to eat. He became unconscious they put him in the car. And they were hitting him. But he never felt any pain anything.

But you will have many experiences.

Yogini : Hindi – Unclear()

Shri Mataji : Hindi - or ek baar bachbee to gaye Unclear()

Yogini : Unclar()

Yogi: Four people were rescued out of that. All the six died they were rescued by the Russian Unclear()

Yogini : Unclear()

Yogi: And he had your photograph with him.

Shri Mataji: Ya, oh that works, many things have worked like that. So many, that yesterday was talking to Phil so he said, Mother, the miracle part is now so much. So, now I don't know how to compile a book. It has become., so, can you categorically tell me what should I write and make book. He said will have to make five to six volumes.

Yogi: Shri Mataji, he told that, Unclear() he has seen your picture when program of Germany was announced and somehow he was yet to decide get to know this but then one of the other reason to go other appointment to Mugano and so he could not attend your program, but by accident in Mugano, he met all the important men of the film industry which normally he would meet in USA. So it was important for him as well because maybe of this project coming Unclear(abroad). Then he was coming back and he met this gentleman which we met at the bottom of the arrangements.

Shri Mataji: I see

Yogi: it goes hand in hand the whole development

Shri Mataji: See whatever is you desire, works out. Woks out. It's tremendous but when you see how things work out then you start asking me "Mother did you do it?" Well I don't do anything actually. I am absolutely person without any work. But this divine is perfect.

By the way, how is the foot of his friend? Is he alright? Michel's foot. He is alright?

Yogi: He has improved.

Shri Mataji: What he is saying?

Yogi: He was saying, at that time that he met his friend, he could recognized that he is changed and he himself felt like Unclear() because they face a lot of things were triggered

Shri Mataji: Alright, so he is going to wait here, because I want to fix his heart.

Yogi: Yes Shri Mataji, he will also come. Shri Mataji would it not be better, he goes to the program and wait there.,

Shri Mataji: Alright, fix him, alright. Thank you.

1989-0730, Radio interview, A question of Belief

View [online](#).

30 July 1989

A Question Of Belief

Interview

L B C, London (England)

Talk Language: English | Transcript (English) – Draft

Interviewer: For many years now there's been a growing interest in this country what are commonly known as the Eastern Mystical Religions and they aren't very well understood, today in the studio with me is Her Holiness Shri Mataji: Nirmala Devi, now she is the leader of the Sahaja Yoga movement. Mataji, welcome to the studio, let's take off by looking at the beliefs of the Sahaja Yoga movement.

Shri Mataji: Sahaja Yoga is a system by which you get spontaneously your Self-realisation, your self-knowledge by a happening that is within you. In a triangular bone called as sacrum, meaning "sacred", lies a power which rises and pierces through your fontanel bone area which was a soft bone in your childhood. And then on your central nervous system, you can feel the Collective Consciousness. A new dimension is manifested.

Interviewer: So, this starts by happening at birth, which is when people have the soft head as it were.

Shri Mataji: No, it in a dormant state and like a seed as in dormant state, a tree, but when the seed is planted into the Mother Earth, spontaneously it sprouts because a living process and evolution is also a living process, so spontaneously it happens when it gets congenial atmosphere.

Interviewer: What then is the congenial atmosphere, when a person actually accepts the teachings?

Shri Mataji: They don't have to accept anything blindfolded, because by blindfold you do not get it but you must have an open mind like a scientist has, that supposing a hypothesis is put before you, you should judge it yourself by your experience and then believe in it. So, there is no need to have any blind faith or any conception, because its a living process, so the congenial atmosphere is atmosphere where you sit down with a person who knows how to raise this power in you and if that person can raise that power then you yourself become entitled, you yourself are endowed with this power to do this to others.

Interviewer: What is this power, what is the nature of it?

Shri Mataji: This is a power of pure desire within us, now as you know in economics, you say, that in general desire is not satiable, in general, but this is a desire which we call as of pure desire and the pure desire within us, dormantly or maybe with awareness whatever it is exists of achieving Self-realisation, the connection with this divine is our pure desire, because after that you feel so satisfied you become such a witness, you become such a joyous person and then you want to give this power to everyone.

Interviewer: So basically, if the human being achieves this desire of all endowment, etc, etc, then they themselves are almost a pure person.

Shri Mataji: It purifies, this power rises and purifies and they become absolutely pure people as Christ has described absolutely, they become righteous, they become compassionate, they become very dynamic and also they become very forgiving.

Interviewer: I can understand wanting and probably needing that, (Very much) but it can only be the few sadly who actually do achieve this.

Shri Mataji: The problem is those who have this background, like in India we have this background, because the knowledge in the west is the knowledge of the tree, but knowledge of east is the knowledge of the roots, so they have this background, so then I get about twelve thousand, fifteen thousand people in a meeting when I go to India, but when I come abroad I find the number is at least reduced ten times, or sometimes a hundred times, doesn't matter because there's no background, but the awareness is very strong, the desire is very strong, so those who come, all of them get it.

Interviewer: Have we complicated our lives with so many material goods, so many material things, the telephone the radio?

Shri Mataji: I mean these all things are meant for you, you are not meant for that, the essence of all the religions is one, that see the eternal and the transitory is to be treated in its own understanding and in its own limitations, but we go all out, there's no limit to it, so they sit on our heads, all this machines are sitting on our heads now we can't so without them, so there should be some balance, we have lost the balance.

Interviewer: When we talk about losing, it's very difficult to regain isn't it unless you have a major catastrophe and that surely is not part of the desire?

Shri Mataji: Actually it is very difficult even with catastrophe I think, people don't understand, because somehow or other once they have gone onto one derailment they cannot come back, but it's only the Kundalini awakening, is only this power when it awakens, automatically you get into balance, automatically, because supposing now there's a snake somebodies holding on and there's darkness. And I tell him, "Now there's a snake in your hand" he'll never drop it because he thinks it's a rope. How to convince him? Till the snake bites him, he won't drop it. So, you put on the light and he drops it automatically.

Interviewer: And then the snake doesn't bite him?

Shri Mataji: And then snakes run away.

Interviewer: Yes, that clicks in my mind, ahem. Really moving on one step from there we are talking about a power, now again in the Western world we think of God as "The Power". Is the power in the eastern mind a God or Gods or what?

Shri Mataji: Of course! This is the power of God Almighty, whom we call as Sadashiva, you call him by any name, Sadashiva means which cannot be changed, eternal, then his power is Adi Shakti, now here maybe little difference comes in, like you say Father, The God, Then Son The God. What about the Mother? Mother is missing. So, they call it Holy Ghost and if you ask anybody. Who is Holy Ghost? They say we are agnostic about it, so Holy Ghost is the Primordial Mother. She is the Shakti. She is the Mother and this is her Power which creates, while God Almighty is just the witness of the whole show.

Interviewer: I am interested that you pick up the point of the Mother and the role, I suppose it comes down to it of women in faith, ahem, and I have a slight suspicion, whom I have to talk to you about it, about all people as a religious leader as a woman religious leader, but within the western faiths there's a thing which is very much against the leadership of women in faith and supposed to in government.

Shri Mataji: Is absolutely wrong, absolutely wrong, if you ask me that's absolutely wrong, of course a man and a woman are like two wheels of a chariot, there has to distance between the two alright, but they two different, differently made, they are not similar but equal, wheels and without them things won't work out, so those who believe in such a thing, I must say still have to evolve a little more, because. What was Christs' Mother? She was the power behind him. It can be proved also in Sahaja Yoga, we can prove it, that she was the power behind Christ.

Interviewer: I suspect though that you are not particularly bothered about going into these what are rather petty points?

Shri Mataji: It's not petty, it's very important because this is how you have hurt so many people and kept many people away from reality, these are not petty points, very important, that's how we have treated women in different way, now today they have become so difficult, you see women are equally the same as men are and it's not petty, it's very important because woman is one who makes the society.

Interviewer: Right, can we then come onto the point of in Sahaja Yoga obviously there are certain recommendations as the way you should live.

Shri Mataji: There's no recommendation at all but as I told you that as soon as you see the light, you throw the snake you see automatically you become your own guide, you see, because you start feeling the cool breeze of The Holy Ghost, The Holy Ghost is The Mother, you start feeling it and once you start doing anything wrong they just disappear, you become like a divine computer and the answering machine stops, so then you come back to normal, you don't have to tell anybody, don't do this, don't do that, they themselves stop it.

Interviewer: So, we are talking also about a real physical feeling?

Shri Mataji: Yes of course, you feel the cool breeze on your hands every fingertip, you can feel the different centres that are within you and if you know how to correct them you are alright, I mean we have definitely cured cancer, we have definitely cured epilepsy, we have definitely cured many, many diseases which has been long established by Delhi University and there are three doctors have got M.D. out of it.

Interviewer: But how do you do this then?

Shri Mataji: This is as simple as this that, you see when you go to extremes you go either to the left or to the right, if you go to the left you get emotional problems, you go to the right you get mental or physical problems, simple as that when this Kundalini rises, she pierces through all these centres enriches them, it's a vital force, so enriches them and also put them together, so that all the time the energy is flowing to them because it is also connected to the mains.

Interviewer: But it also demands a faith and a belief doesn't it?

Shri Mataji: No not at all, faith and belief is outside, is mental, it's a mental projection, that has done much more harm than good.

Interviewer: But if somebody comes along and say's I am ill and is desperate because they know that they are very mortally ill and says OK. Let's try it, that doesn't necessarily mean to say that they will actually get this feeling.

Shri Mataji: They have nothing to do about it, the person who is going to help them can only put the hand on their head or could be on their back and then cure them, it's so simple because fundamentally we are very simple, if you know the fundamental points about ourselves that there are seven centres which are to be controlled, of course in the medical terminology you can say that there are plexuses, but they're on the physical side, also on the mental side, also on the emotional side, these centres are, if you know how to correct the centres you are all right.

Interviewer: But back we come to this thing, how does a person get to the stage where they can give this sort of help to others?

Shri Mataji: That's what I'm saying that once supposing I raise your Kundalini and you get Realised Soul you can do it, only we have to know a little bit decoding that's all.

Interviewer: But there must be a realisation within a person's mind?

Shri Mataji: Not before, it's after. Before is only mental or emotional. But how does this happen to a person? Because it is already built in, it is something like now you have this machinery if you put to the mains it works because it is built in.

Interviewer: Surely though there is a point where, a person realises that they have got a gift, or otherwise they just...

Shri Mataji: No, no.

Interviewer: Go on through life doing what they were doing.

Shri Mataji: See there is no question of anybody having any gift of anything, it is a question of you being a human being first of all second point is that having the desire to know the truth, that's all.

Interviewer: I'm still I must say slightly confused as to the point I and many, many other people, a lot of our listeners will be want, going about their business in their homes on the streets and so on and what you told me is that within them they have the Kundalini, right?

Shri Mataji: Of course.

Interviewer: But of course, they are probably unaware of that.

Shri Mataji: They are unaware.

Interviewer: And they don't know how to use it.

Shri Mataji: Of course.

Interviewer: So, what point and how do they actually come to use it?

Shri Mataji: It has to be awakened first of all, as I said it is to be connected to the mains, that say my job or could be the job, the job of John or somebody who has got Realisation and who knows about Kundalini, we call them Sahaja Yogis. Nowadays see I cannot travel all over the world, I do, but we are now working in thirty nations, so these people are doing it, they don't take any money for it, there are. What can you charge?

Interviewer: What then is the mission, then?

Shri Mataji: Mission is to emancipate human beings to transform them, if you have to bring people to some sensible situation, we have to see that they receive to truth which is absolute, we live in a relative world, that's why all these problems are there.

Interviewer: Don't you find, Mataji, from time to time, that the problems of the world are so enormous, there's a disaster here, a disaster there, few people fighting each other over there and killing each other, people taking hostages and so on, is there a point when you say, isn't this is too much?

Shri Mataji: Too much I know but, you see, but because everybody has gone amuck, if you can just somehow or other get them to the absolute point and if they become the divine computer everything will fall in places, everything, we have done it. I mean you will be surprised now we have Jews, they worship Christ and they love Muslims, the other day we had one Iraqi and one Irani, hugging themselves, you see they observe, so wonderful to see these people, there's no more these artificial boundaries, no hatred nothing.

Interviewer: But were talking at the moment of the exception rather than the rule.

Shri Mataji: Now? No, no, no, there are many, they are in thousands, they are in thousands, it's not exceptional, they are not exceptional people, they are very ordinary, actually exceptional people are lost in their ego mostly, in their success, so they never come, they never come to Sahaja Yoga, they'll go to false guru, whom they can purchase, they can give money, like, to me only those people who have real desire within themselves come, but somebody has a desire to earn money, or to have some sort of a power, I mean political maybe, they go to somebody like that, here it is the question of spiritual power.

Interviewer: In a way from what you're saying, you have not set up a bureaucratic formalised faith?

Shri Mataji: Not at all, bureaucrats are the worst of all for this, because my husband is a bureaucrat, they are good for nothing! [Laughter].

Interviewer: Your husband is a bureaucrat?

Shri Mataji: They are very difficult people, they have to manage their seats you see, all the time and also the politicians have the same problem. And they are always very insecure about it, but as far as other people are concerned, who are neither here in the competition of power and in the competition of money, those such people are the ones who come to me first, they are the easiest to handle, but then we can also handle difficult people, it's not so difficult now because we have done it, so now I find it's not going to be that difficult.

Interviewer: You must get a lot of skeptics come along and say --

Shri Mataji: Oh! Lots of people, there's all kinds of things, doesn't matter you see they are in ignorance. What to do? But our religion is to know yourself and enjoy, we call it the innate pure religion.

Interviewer: Is that a religion of me personally?

Shri Mataji: Of course, which you know, it's not somebody has to tell you anything, you know everything yourself, within yourself and if you need any guidance, then I can give you or he can give you, but as you grow you yourself start experiencing it, you feel you are in the Kingdom of God, the way you are looked after.

Interviewer: On the other hand, does one slide away from the established path from time to time?

Shri Mataji: No the establishment is, you know how it is, so you become so dynamic, you become so dynamic that you stand out, we have people who have gone up so much in the field of art, in the field of music, in the field of education, after coming to Sahaja Yoga everybody, you'll be amazed that in Sahaja Yoga when people come even in England, we have no one who is unemployed.

Interviewer: But talking a lot I would have thought equally about self-knowledge.

Shri Mataji: Yes. So you know the self-knowledge, because you know about your centres, you know where you lie with yourself, you face yourself, you know that you have this problem, physical, or this problem which is emotional, or this problem which is mental, last of all a spiritual problem also you may have, all these problems you can see yourself and then only you can correct it and you become so peaceful.

For example, now if you see in the normal state we think, all the time we are thinking, now supposing there's a red light I see, I start thinking about it, something must come into my head about it, it would not be a silence there. With this happening [of Realisation] what happens, a thought rises and falls, another thought rises and falls and we are jumping on the cusps, in the future or in the past. When this happening takes place, what happens, that in between, there's a little space that is the present, we just stop there, that's the peace, we are so peaceful. Despite all this is happening around you, you are extremely peaceful, you witness everything and because you are out of the problem, you can see it clearly and you can solve it also. It's like jumping out of the water in a boat and seeing it, but if you know how to swim you can save others also.

Interviewer: It all sounds so easy.

Shri Mataji: It is the easiest, has to be, all vital things are easy, supposing for our breathing if we had to go to library what would have happened? It is true, so vital for us. We are all in that power and that power has to see that whatever it has created has to come to the stage and the human beings are the epitome of that creation. We are at the epitome and we have to just jump a little, of say the little breakthrough and we are there. But one has to open the mind to see that there's a chance.

Interviewer: Is there then, any hope that were going to get at some point to the perfect world?

Shri Mataji: I have all the hopes, all the hopes, when I visit other countries, I am amazed and now Russia had called us. What do you say to that? Russian government.

Interviewer: There they would say and I don't mean that as a cliché is the question and the hope. Her Holiness Shri Mataji Nirmala Devi and you can hear her on Monday the 31st. July and Tuesday 1st.

August and The Porchester Hall which is in Bayswater at 7.30 in the evening admission is totally free and I am sure you will find the evening really worthwhile.

H.H. Shri Mataji: Nirmala Devi

1989-0731, Spiritual music cleanse the limbic area

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31 July 1989

Spiritual Music Cleanse The Limbic Area

Public Program

Porchester Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Public program, Porchester hall, England, 1989-31-07

[Talk starts at 10:52]

I bow to all the seekers of truth.

Just now you were listening to a folk song which was written by a great saint called Nama Deva about 1200 century. This great poet has written in this poem about asking the Mother for the yoga, is the union with the Divine power.

In many ways he has promised that he will give up all the bad relationships he has had with greed, lust, with hatred and with all other - these destroying qualities which cling to human beings and make him subservient. It is very beautifully written but the last one is so beautiful that he says that, "I would like to have the complete 'bodha'". Now this 'bodha' word is coming as you have heard about Buddha. Bodha. 'Bodh' means that you have to feel this All-pervading power on your central nervous system. It is not just a mental protection. It is not a certificate. It is not following any cult or sect or religion outwardly. But something happening on your central nervous system is bodha. And from there, there is another word which we call as 'vidha' which means- from where Veda has come. Veda means also to know your central nervous system. So, it is not just a mental projection that, "I believe in it, I believe in that; I believe". But who are you? First of all, find out who you are. What are you believing? When you say, I am my eyes, my hands, my body, 'my,' so you are not that. It is yours. So, to know the reality we have to know it on our central nervous system.

In our evolutionary process, whatever we have known so far- for example, if you have to take a dog or a horse through a dirty lane he can easily pass through. But a human being cannot. The reason is human beings have evolved much more than a dog or a horse and he cannot bear the smell or the filth or the dirt of that lane. But when you become a saint, when you become a Self-realised soul, then nobody has to tell you that, "You are to be moral, you have to be compassionate, you have to be good". It just happens. And that is what has to penetrate into your own being, it has to work out and it has to make your own being like that. So, it has to manifest in your personality. It is not just certifying you that you are such and such and such and such.

So, those people who identify themselves with this kind of artificial following, ultimately discover that they have done wrong, that they have been misled and they give up. Or their children give up or they revolt. But it is just the same. Now when we start finding that, in the name of religion so many things are happening, we start even doubting if there is God or not. If there is his power or not. We start doubting everything because we think that it is, it is the thing that our parents have followed, our forefathers have followed all the time, they have spent all their lives, they achieved nothing. So now there must be something in it or are we all being slaved to all these theories and all these big, big organisations that are built in?

So, in the essence, there is truth. In the essence the people who came on this earth to teach us about the All-pervading Power of God or God Almighty or his love, they were not false. But the falsehood came later on when people started using that for other purposes. So, the principal of everything is that we have to first seek the eternal. And what is this eternal? This eternal is the All-pervading Power of God's love.

Everything is existing in that Power. This is the power of God. Everything is created out of that Power and remains in that Power

like an ocean. But supposing sometimes the waves can fold it, of ignorance comes in, and in that fold people don't realise that they are completely nourished, looked after and loved by this Power of God.

As I say, you have to have a very open mind of a scientist. You need not come with any blind faith or you need not come with any conceptions. But you have to just see this from the point of view as a scientist would see like a hypothesis. And if hypotheses is proved then you have to accept it. So, if this Power is looking after us, if it is nourishing us then where did we go wrong? We have lost in the ignorance of this Power. We are not conscious of this Power. This Power exists around us. It has given us all our body.

So many things cannot be explained by medical science. For example, there are so many things but one of them I'll tell you, that anything that goes in the body which is a foreign body, by nature of the body, it is thrown out. But when a mother conceives a child, it is kept in the womb. It is looked after, nourished, and thrown at the right time, with the proper timing. Who does that? There are so many other things like acetylcholine and adrenaline, these two chemicals react in a different way. They are sometimes augment and sometimes relax. Doctors cannot explain it. They cannot explain it but they are honest people so they say we don't know. The mood of nature we don't understand of these chemicals what happens with them it is in the body. Who does that? When we say autonomous nervous system, who is this auto? Who is the one who looks after this autonomous nervous system?

But in science, they don't ask questions because there are no answers, but whatever is available they put forward and one has to go further to see. So, we have to turn our eyes to saints, to real saints. Not some certified ones but the real ones who have felt the truth, who have talked about it and said that there is All-pervading Power of God's love. You can call it by any name but everyone has talked about it. Now what is that all pervading power? It is the power that acts in our whole evolution, in all our being. It is the comforting power within us which comforts us. It is the counselling power which counsels us and it is the redeeming power which has made us a human being.

It has also created human beings with very special centres within ourselves. You see here, there are seven centres within us. These centres on one side look after our plexuses on the physical side, on the emotional side and also on the mental side. These exist within us and you can see them when this power, which is told as Kundalini, which is the power of pure desire, which rises you can see the rising of the kundalini sometimes with naked eye. But definitely you can feel it with the stethoscope till it reaches your fontanelle bone area, where you can feel the throbbing. And once it breaks you can feel the cool Breeze of the Holy Ghost coming out of your own head. Nobody has to certify it. And then you start feeling this cool breeze of the Holy Ghost all around. Nobody has to certify it for you. It is for you to feel it. But first open your mind. You have to open your mind in one way that, "After all, we have not reached the absolute point".

Human beings have not reached the absolute point. And when we have not reached the absolute point, what is the way to reach that point? They will try to reach the absolute zero in temperature. Why not the absolute within ourselves? The absolute is the Spirit which resides in the heart and is the one which is the source of joy, which is the source of truth, which is the source of Divine love, which is the source of peace and bliss. So, why not reach that source?

But it cannot be reached by your mental effort. It cannot be reached by your emotional effort that, "I love God and O God when will you meet me? I'll break my head". And all kinds of these ideas are not going to take you there. Moreover, for God to lament and to suffer is not necessary. He is your father. He is the father of all the fathers and which father would like his child to suffer? If He loves you and he loves no doubt because He is a source of all the pure love. Then why will He ask you to suffer?

So, anybody tells you that, "You have to suffer for God" must be wrong or maybe there are some other intentions. You don't have to suffer anything. He has built you up very well, beautiful like this. Sometimes, of course, if you have some physical problem, some mental problem, some emotional problem then, of course, you find that this happening of raising of the Kundalini takes some time. But that's just is, I should say, an exceptional case. Mostly people get their Realisation. But later on, again their mental activity starts. They start thinking about it.

I have seen wherever I have programs for two days, most of the persons first they get their Realisation, they'll raise their hands,

they have felt the cool breeze everything. And second day, they come back and say, "Mother I have lost my vibrations. Why?" "Because you have started thinking". It is a very simple spontaneous method by which it happens. There is nothing to be done about it. It is spontaneous as I tell you, because it is a living process and a living process has to be spontaneous.

Supposing tomorrow one of you get Realisation and you know the decoding of it, then you can give Realisation to others. That's how we have to change. We talk of organising things about ecological problems and war problems, and this problem, that problem. But those who are organising it, are they peaceful? Are they in balance? Have they got ecological balance within themselves or not? So, first of all, we have to achieve it within ourselves. If you achieve it, then we will know what is the real balance, what is needed, how far we have to go.

As it is, they had told me, "Mother you better not give a big lecture to them but just give them Realisation". And I hope you people would like to have that.

Now this song has a special meaning because it is sung by a very great poet and a very great saint who very deeply understood this All-pervading Power. And when he went to Punjab, he was respected by Guru Nanaka because only a saint can recognise a saint. When he went to meet a potter, an ordinary potter, the potter was busy with his pottery. So, he just looked at him and he said, "O, I came here to see the Formless" that is the vibrations, "but I see it in a form that you are". What an appreciation of another personality! No jealousies, no anger, no temper but just an understanding that we are part and parcel of the whole. That's what you become. Once you become that: becoming is the point that you become means you do feel within yourself another personality. You can feel another personality and then the joy of that love is so tremendous.

I have seen people now from 30 Nations meeting, they are like angels. So beautiful! How they meet each other. How they talk to each other, and what a beautiful race, I would say, they have created which you see, you are surprised. They dress up like you. They are all normal, all married people, have very sane married life, have children, beautiful children. They live so beautifully! There is not much of a change outside but inside they are completely changed. I don't have to tell them, "Don't do this, don't do that". Nothing of the kind. The Ten Commandments within themselves are awakened and they can feel it.

So, for Sahaja Yoga, if you want to know, there are books you can read them. As I always tell that, "Look at these beautiful chandeliers"! But if you come here and there are no lights you have to just switch on one switch and all of the lights will come on. In the same way, if it is built in within you, it just works. You don't have to talk about it, discuss about it, it just works and it has to work out today for all of you.

I was thinking of you people asking me for questions. But I would like to know, "Would you like to have your Realisation or the questions?" So, [if] those who want to have Realisation are more, we should have Realisation first. What do you say?

All for Realisation, raise your hands!

[Seekers' answers inaudible]

It's very good. Now, what I would say then, those who have questions also, I don't want to say 'no' to them, because it's a very wide subject. I must have given thousands and thousands of lectures and that too, in English language. So, there is no problem. You can get the tapes also. Apart from that, if you want to can ask me questions, you can write them down and we will answer them. So, please write them down instead because most of you want your Realisation so it is better to have your Realisation. If you have any questions then you can write them down and let us know.

Also, we have a clinic. We have a clinic in near Cambridgeshire where people are treating patients. So, those who are suffering from some incurable diseases like cancer, also drug addiction or anything like that, are welcome to go there. It is a very beautiful place where there are doctors who go there Saturday, Sunday and they look after you and they will help you. You don't have to pay anything there. Nothing has to be paid. It is all free. And those who want to go can take the address, outside they will give you the address. You are all welcome to go there. So that's how we can minimise the work of people by separating them. Like

they will do the curing. Then also there are books you can read them. Then you have questions you can write to us. Like that we can attend to every one of you.

[Applause]

There is one thing: those who do not want at all Self-realisation, you cannot force it. It cannot be forced. You have to ask for it. As Christ has said, "You have to knock". In the same way you have to ask for it. Nobody can be forced into it. It takes hardly ten minutes to get your Self-realisation. If you don't get it today, you will get it tomorrow. Everybody gets Realisation if not today, tomorrow. It takes some time for some people, if you are sick, there's problem, it's cured with just Kundalini awakening. You don't have to take any medicines. Nothing. The Kundalini itself cures you.

Now how it cures you, how it works out? It's all in the book. You can read it for yourself. They will tell you if there are doctors. They can go and meet our doctors. Now there are seven doctors who are doing this work for you, absolutely free. I hope you are satisfied with this arrangement that we have made. You can go there in the morning; you can telephone to them. You can have your lunch there if you want, you can stay there and you can ask for your cure for which you don't have to pay at all.

But if you are going there, you have to take your papers of your illness: what is your illness, what is your trouble, because without that, it will be difficult for doctors to locate your problem.

It's a very simple method for which there are two conditions you have to do. One condition is that you are not to feel guilty. Nobody has to feel guilty. We are human beings and if we make mistakes there is nothing absurd about it. After all, we are not gods. So, we can make mistakes. But God himself is the ocean of forgiveness. So, what mistakes can we commit that He cannot forgive? He can forgive anything that we think is so bad or something that to be guilty about. You need not be guilty about anything whatsoever. At least, just now, you forget the past. Completely forget the past and don't think of the future. At present you have to get your Realisation. So, you shouldn't at all feel guilty.

Then second thing is that you have to forgive everyone. Many will say, "It is difficult to forgive". But just for saying that, "I forgive" is not so difficult. Moreover, logically if you see, that whether you forgive or don't forgive, you don't do anything. You don't do anything. It's just a myth. But when you don't forgive, you play mentally into wrong hands. So, best thing is to forgive and not to play in the hands of wrong people who are going to do you wrong. So better to say in your heart that, "I forgive everyone". If you say that you will feel much lighter and you will feel much happier.

I know the music was rather loud but it helps to clear out your limbic area, I find. Sometimes it is very good. Specially for young people, they love it because they are used to loud music nowadays. But it helps to clear the limbic area which might have clogged. So, some people might have felt, "It's rather loud. They should have made it a little slower." But it is good from the Kundalini point of view. It helps you.

So, may God bless you all.

Should we take out our shoes please? Because this Mother Earth helps us a lot.

Some people have doubts, I think, that they must have read some books, horrible books about Kundalini, that with the Kundalini awakening, you get heat some sort of a problem or something, people start jumping, it's not true. We have had thousands of people like that. It has never happened to anyone. At the most, you might feel a little heat coming out, first from your head. Let it come out and then you'll feel the cool very well.

[Realisation starts]

So, please take out your shoes and put both the feet apart from each other. As you know that the left and right are two sides we have got, which represent- left represents the power of desire. And the - fix it up [about the mike] and the power of desire and the

right side represents the power of action.

So, we put both the feet on the ground properly. Now if you have anything tight on your body, you can reduce the little tightness if there is anything tight you feel. You have to be comfortable. You are not to feel uncomfortable. You have to be very comfortable and of course, not to sloth, not to be very stiff, but in a comfortable state, back, you should seat like that.

Now you have to respect yourself, that's the main thing. You have to respect yourself and you have to love yourself because you are at the epitome of evolution. And it's just a breakthrough you have to have. So, don't condemn yourself for anything, whatsoever. That is something not difficult if you know that this is the ocean of love and the ocean of forgiveness in which we live. Otherwise, we make mistakes every minute.

You have to put your left hand towards Me, like this, this is suggestive of the desire to have your Self-realisation. And the right hand, we'll be using for touching our different centres on the left-hand side which is the nourishing of those centres with our desires to get Realisation. So, this is the desire and this is the action to prove that we have the desire.

First- somebody should come up here to show. Doctor Spiro? Doctor Spiro will show you how to raise, how to touch your centres on the left hand-side. And then later on, we'll close our eyes and then we can do it with closed eyes.

Now, first we touch our heart. Here resides the Spirit. Spirit is the reflexion of God All-mighty. Left hand towards me like this and the right hand on the heart which is the reflexion of God All-mighty. And Kundalini, which is the residual power within the sacrum bone which is the reflexion of the Holy Ghost or of the All-pervading Power we can say.

So, first we put our hand on our Spirit. And then we have to put our hand on the upper part of the abdomen on the left-hand side which is the centre of our mastery, the mastery over Sahaja Yoga, to know all the technics as if you become your own master. You have to become your own master. And these centres are created by the great masters or the great prophets who came on this earth.

Then we put our hand on the lower part of our abdomen on the left-hand side which is the centre of pure knowledge. This is pure knowledge because this knowledge doesn't come from your mind or from your emotions but comes from your Spirit and manifest on your central nervous system. So, you put your hand on the lower part of your abdomen on the left-hand side which is the centre of pure knowledge.

Then you raise your hand again up on the upper part of your abdomen, the left-hand side. Then on your heart again. Put it under your coat, not over your coat. And then you have to take it in the corner of your neck and your shoulder. And turn your head to your right.

Those who are not doing it are really wasting our time and their time too. If they don't want to do, they should go away. Why to waste our time and your time and watching others is not a very decent thing, I think.

Turn your head to your right. Now, this is the centre which is caught up when you feel guilty and which is a very dangerous centre because if this centre is caught up, you get anginas, you get all troubles from the spondylitis and all kinds of obstructing elements which makes all the organs very lethargic. So, please put your right hand in the corner of your shoulder and your neck and push it as much as you can and put back your head to your right.

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First Know Thyself

Public Program

Porchester Hall, London (England)

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I bow to all the seekers of truth.

At the very outset we have to understand that truth is what it is. We cannot conceptualize it. We cannot organize it. And we cannot use it for our own purposes. Moreover, with the blinkers on both the sides like a horse, with all our conditionings, we cannot find the truth. We have to be free people. We have to be open minded people, like scientists, to see for ourselves what is the truth. If somebody preaches something, professes something, says something, is not to be accepted blindfolded. As I told you yesterday, that the essence of all the religions is to find the eternal and to treat the transitory in its own understanding and in its own limitations. That's why we have lost our balance. If we are really the people who want to know the truth, we have to know that at human awareness we cannot know it. It becomes a concept.

You have to have the spiritual awareness, but spiritual awareness is a state of your being, where you become the spirit. Again the word I'll say - "become." It's not artificially certifying somebody that now you have become a Hindu or a Christian or a Muslim, you become anything. Because you may be a Muslim, Christian, Hindu, anything, you can commit any sin. You can do anything that is wrong. Nothing from inside is going to stop you. So all these things have become so much outward that now there are people who have started saying there is no God, there is nothing like religion, which is not true.

First of all when we say there is nothing, or there is not God, we should find out, have we been able to find out about it or just in our ego we are saying there is no God. Have we been able to work it out to see if there is God or not. You do not judge God by the people who talk about God. Anybody can talk about God because they think there's no law that can catch them. They can talk against Him, they can talk for Him, they can do the way they like. They can even make money by talking against God and against all the prophets - that's a very good way of making money, blackmail. But does that mean that whatever is written is a Bible, or whatever is black and white, is to be taken that seriously. So first of all, we have to be little independent to be free, to know that if you have to know the spirit - as they said "know thyself" - then you have to know it on your central nervous system. As I can feel this is cold or hot, you have to feel the divine power which is all pervading, which is the truth, which manifests the truth, because it is the love of God. You have to first feel it on your central nervous system, which is the bodha.

Now one may say that in the West we have advanced so much, all right. We have gone too far with everything. But if we see, when we started with science, what have we produced? Hydrogen bomb, atom bomb, all kinds of devils sitting on our heads. You take to any enterprise that we did, we go to extremes. There is no balance. Any mental projection is linear, it moves in one line and then recoils back. And then you are shocked. Now you have got acid rain. You produced machinery, all right. Machinery is for you, you are not for machinery. And thus, there is no balance between you and the machinery. No balance between you and the science. It is just like going amuck with anything that you get into your hand. And this balance you can only have when you become the spirit. You see beautiful chandeliers here, beautifully made, but unless and until there is light what is the meaning of these chandeliers? Nothing. In the same way, if you do not have the light of the spirit shining in your attention, you will not know your meaning. Like this instrument - unless and until it is connected to the mains, it is useless. Unless and until we are connected to the mains, we do not know the absolute, and that's why all these problems are there.

Now when I am talking about this instrument, which lies within us, one has to again know that this is the knowledge of the roots. And to know the knowledge of the roots, you have to become a subtler personality. With a gross mind, you cannot see it. To become the subtler personality, minimum of minimum, you have to know that so far you have not known the roots. If you had

known, there would be no problem. But something has gone wrong somewhere in every human enterprise, even in religions, that's why today we find this kind of a farce going on. And what is gone wrong is that we have to seek the eternal. Maybe it might look a little different, for example Buddha and Mahavira did not talk about God at all. I also did not talk about God for four years, at least three years. As soon as you talk of God, again people start jumping, "when can we become God?" - this is the first question.

So first you become the self -the first step. That's why they did not talk. They said first you become yourself. Unless and until you have your eyes, how can you see the colors? So first have your eyes. It is for your benevolence that you better get what you deserve, what is your own. It's your birthright as a human being to become the spirit. That is what Sahaja Yoga is - Saha means "with" and ja is "born." Born with you is the right to get this yoga, is the union with the divine. It's your birthright as a human being. You are as I told you at the epitome of evolution. And it has to work out, but please open your hearts and open your minds. Just open it and see for yourself, it will work, I know. Yesterday it has worked. It is going to work out today also. But by thinking about it, you cannot conceptualize. This is the biggest problem of our seeking that we run after some sort of a concept.

Now here you have seen this instrument is the most beautiful instrument that is created within us during the process of our evolution. The first one is the most beautiful one because it stands for our innocence. This innocence is the one which gives us real support, real strength. And you'll be surprised it is never destroyed. It may be overshadowed, there may be clouds. Maybe it may look to be a very dark sky. Maybe a hopeless case some people might say that we have destroyed our innocence. It cannot be destroyed. Whatever you might have done, this is one center which cannot be destroyed. You may have problems with it but it cannot be destroyed. It is such a wonderful center you have got, which has got four petals, which looks after the pelvic plexus, looks after all the excretion within us. In our own freedom, so called, we do all kinds of things which may not be benevolent for ourselves, doesn't matter.

Kundalini cannot be destroyed - the source which is going to give you the self realization, I say She is your individual Mother. And this Mother is such a loving Mother and She knows each and everything about you - from your past, from your past lives - She knows you very well. She is just waiting for a chance that She can be awakened and She can give you your second birth. When you were born, your mother suffered for you - you did not suffer.

So to say that Kundalini awakening gives this kind of a nonsense and that kind of a nonsense is all falsehood. Absolutely falsehood. And it is so absurd that how can a mother give you problems. I mean, I don't know about some mothers are funny also - that's all human problems. But this is a Divine Mother. She is not going to give you trouble. But these problems that have come are coming from people who have no authority, who have no education, who do not know what Kundalini is. Some say it is in the stomach, some say in the head, some say in the legs. Those who have no character of their own, because they have to be pure people themselves, try all kinds of nonsensical tricks and create problems on the sympathetic nervous system and they call it as something that it is the problem of the Kundalini. Kundalini will never give you any problems. On the contrary, when She rises and when you get your awakening, the first thing that is established is thoughtless awareness.

When a thought rises, falls, another thought rises, falls, and the Kundalini makes the thoughts smaller and in between at the present. It makes you stop in the present and you grow in the present. And the thoughts, if you want to think you can think, if you don't want to think, it is not like a madhouse going on all the time, you don't know how to stop it. This works out with the Kundalini's awakening when She crosses this center of ours, which we call as Agnya chakra.

Now we should not have, again I say, blinkers about Christ. Let us see what people have to say about Christ in other shastras and scriptures. Who was He? Because people did not allow Him to manifest for more than four years and in four years what can you do, you cannot do anything. I must tell you in London I came, My husband was selected for a job and that's how we are here, and for four years, I was struggling with seven of them, just struggling. Giving realization was such a difficult subject to the English people at that time. They are hard nuts I know. But once they break, they are the best. I think the best are the hardest. And it worked, it clicked.

I am surprised that I had to work very hard but there is such a foundation of Sahaja Yoga. Immediately they went all out and very

scholarly also - a lot of scholarship in them. Found out all about Kundalini, everything from wherever - your libraries are so well equipped. And I was surprised, it was all there. They studied Sanskrit. Now can you imagine these people English singing Sanskrit song with that speed? They could not even say one sentence in Hindi when they were in India. Three hundred years they were there, they couldn't speak one sentence you will be surprised. We had to tell them in English how to speak Hindi. Like you have to say "open the door" - is in Hindi, is darwaja khol do. They couldn't say it. So we had to say, "there was a banker" or something like that - means "close the door" - "there was a banker." They couldn't speak Hindi. Sanskrit is very far off. And now look at them, what has happened to them. And Indian music is such a difficult music, you have to really, it is a question of penance, tremendous penance. Now we have people who play beautiful tabla, beautiful instruments not only but sing so well. Swiss, the hardest nuts you can ever think of, they are - you'll be amazed the Swiss the way they sing, tremendous manifestation in such a short time. Of course they can also sing English very well, they know English music very well, or should say Western music very well. But to learn this difficult melodies of India is remarkable. I myself am surprised at this.

So what happens in the second center when it enters, you just become dynamic, because the second center is for aesthetics and for creativity. Now we have, like My brother who was a chartered accountant, he was very bad at all the languages. Very bad, of course Sanskrit was out of question. Now he is making poetry in Sanskrit and in Urdu language and also in Marathi, which is the most difficult language. This is the second center. When Kundalini nourishes that center, like a very beautiful Mother she nourishes. You must have heard about some great artists - Amjad Ali, he was here - after realization he became such a great artist. There are so many artists. In India, they understand. They want to sing before Me. I mean I don't know how to say that now only one person can sing. Because their Kundalini goes up, and their creativity becomes so tremendously active and so dynamic. At the same time, that person becomes very mild, very sweet, very compassionate. Like there's one great singer. She's a Muslim lady, I'll not name her.

She wanted to sing and she sent Me word, "please allow me to sing in Your birthday."

And I said, "all right, give her a chance."

So she came down. And the lady who was playing harmonium - she came and told Me, "this lady is just an atom bomb, You don't know how she gets angry if there's one note I play wrong."

I saw her but she was very silently playing - nothing doing, she never got angry with anyone. So in the interval, this lady comes and tells Me "that see in Your presence, I don't know what has happened to this lady. This tiger has become like a cow. How is it?" I said, "see her Kundalini has come up."

So this violence, this anger, this temper is not your creation, it's the creation of your liver. Your liver is little out of order because of many things, and the temper is there. Now when the temper is too much, you don't know what to do. I mean you can do whatever you like. In your temper after all, it's like a drunken personality. You have to approach a person in a temper with a barge pole. But all this temper, everything, becomes so cool and so beautiful. It's very surprising. A very dynamic person becomes extremely compassionate, extremely compassionate and I've had such beautiful experiences of their compassion. That it's not easy to describe.

Now also they say that there are certain nationalities which has got a trait like this and a trait like that, everything dissolves. Everything dissolves because of this center which is so creative and which also gives you the manifestation of pure knowledge - pure knowledge. For example you start feeling on your finger tips - you just start feeling on your finger tips. Like today only, somebody came and told Me, "That Mataji my Agnya is catching." Agnya is this center - means "I've got my ego on." Will anybody say like that? On the contrary if you tell somebody, "You have got your ego," they'll show you that they have their ego on. It's very dangerous to say to somebody that your ego is on. But just because of self knowledge - pure knowledge - you know that this Mr. Ego is sitting here and I cannot cross through and there's a blockage here, which I have to take it out. It's so innate within you, everything, only thing is your connection has to be made.

Once the connection is made, immediately you know about yourself. And this center which is responsible for creating all kinds of

funny thoughts and horrible creativity becomes so benevolent, so soothing, so beautiful. Apart from that, as I told you just now, these people who could not even say one word in Hindi language have started singing Sanskrit and this - especially the one they sang, the first one - many Indians cannot sing that way I can tell you, they can't. It's not easy. It's a very great tongue twister first of all the language is. Apart from that, to sing in such a correct pronunciation is so difficult but they have done it. So in Sahaja Yoga, an artist who is struggling today may become a great artist tomorrow. But still I would say these are temptations. You'll become a great artist, you'll start earning more money, this, that...but that's not the one. You have to really be satisfied with, you will never be satisfied with that.

So, you move to the third center which we call as the Nabhi chakra. This center is, on one side, is made of water and another side with fire. Around it are our ten valencies, which we can call as our innate religion within ourselves. Now this Nabhi itself - or we can call the solar plexus or we can say the Navel chakra - gives us, as soon as the Kundalini rises, she awakens this and the light when it spreads, you become religious. I don't have to tell you anything, you just become. I don't have to say that you don't take drugs. You just don't take it. Overnight I have seen people have given up drugs. Overnight, alcoholism, overnight, everything. And they enjoy their virtues. That's the best part of it. Some people think, "Well then, what is the fun?" What is this that you take something in the pub and next day you have hangover? Here you take something and next day you are much better off. It never comes down. It never gives you a reaction. It's not artificial. It's not intoxicating. It is from your nerves it is bubbling out.

So, this is the center which is very important in us because most of us have a problem with this center. And here we have a capacity, by this center, that we enjoy our generosity. Now all matter whatever it is - we are materialistic, materialistic, it is a good idea to be materialistic. But the matter is, the aesthetics of matters are, that you can give it to others suggesting your love in it. I think that's the only thing a matter can do. And in a very special way you can express that love. For example, somebody likes a particular thing - you go all the way to get it and give that small thing, very small thing, to the person and the joy, not out of the money that you have spent, but the feelings you have expressed of knowing what that person would love. And this kind of a depth develops within you. Such lovable, beautiful society you enter into. And you don't need anything because everybody is looking after your needs.

Now I have told them I love flowers because I don't take anything else. So, you must see whenever I come My house is so filled with flowers that My husband was saying, "Let us go and live in the garden and let the flowers be here." [Laughter]

So, you see, the joy of giving comes from this center. And whatever you eat, whatever you have to eat, whatever is good for you, you eat. You don't have to bother as to what to eat, what not to eat. You just eat whatever is good for you, benevolent for you. You become so wise! And also you please others. You don't displease others by saying "this is bad food, I want that." "I want" goes away. What do you want?

So the- like you could say a candle which is not enlightened, is waiting to be enlightened, is asking for the light, "I want light". But once it is enlightened, it gives light to others, automatically; supposed to be. In the same way you also start giving your light, your love, your joy to others, automatically. I don't have to tell you. Nobody has to go through any Ten Commandments anymore. Those days are gone. Now automatically you become like that. Very beautiful people, very affectionate and glorious, I should say. If you see the glow on the face of Sahaja Yogis, the face itself is radiant. Many people drop out their ten years to twenty years in their age. And they are so enthusiastic, never get tired.

Especially in England I've seen or also in the West, I would say everywhere, people get very easily tired. On the television also, you'll find people will come and sit down, "Huh". [Laughter] Young people, they'll talk ten times, they'll say, "Huh". Why are we so tired? Because we think too much. All energy is wasted in thinking, so no energy left to enjoy anything whatsoever. [Laughter]

For example, you have to have people for dinner and think, "What to bring? How to make it formal? What to do?" This thing, that thing, so agitated and so nervous about the whole thing, when the guests come in, they feel like running away. Because so much of tension of thinking, thinking, thinking. Planning, planning, planning, planning, planning. Ultimately, the whole joy has disappeared.

So the second center which is there, it does a very miraculous thing, is to provide the grey cells in our brain, when we are using it for thinking, and also it looks after your liver, your pancreas, your spleen, your kidneys and lower part of your abdomen. Instead of doing that, poor thing is busy only sending grey cells to your brain because thinking, thinking, thinking, thinking, like mad. So you develop all other disease - liver trouble, which is very common. Then you develop diabetes - very common. Yesterday at least there were ten people who said we have diabetes. Now diabetes you do not develop by taking too much sugar - take it from Me. In India if you go to a village, you'll see that he takes sugar in such a manner that in the cup the spoon must stand at right angles, otherwise he won't take it. But he never gets diabetes. The reason is he doesn't think of tomorrow - he just works hard, eats his food and sleeps off, nicely. He doesn't take sleeping pills either. So this diabetes comes by over thinking and can be easily cured if you can take to Sahaja Yoga, which I'll tell you how we'll stop our thinking at this, I've already told you, at this point.

Then the third disease which is even more dangerous than this, is the disease which we call as blood cancer. Blood cancer is caused only to people who think too much. It can even be to the children if the mother is very meticulous, particular about her carpets or her house, everything you know and even a rat doesn't enter that house. But she is very careful that all her things are properly done, her sink doesn't have even so much of, little bit of a spot left in it. All the time, thinking, planning, thinking, planning. This affects the child and the child also can get blood cancer. Blood cancer you get it because your spleen is the speedometer - is the one which gives you the rhythm of life, rhythm of life. Now when we are hectic people, all the time under shock, then this goes out of order.

For example in the morning we get up and see the newspaper and what you find, these Iranians have killed someone - such a shock. Then an accident, then... I mean newspaper will never give good news will they. Will they give news, how many people got realization or something is working out all, all right. No something horrible that should shock your heads, shock your limbic area - otherwise you'll not take it seriously. So, once you read that, you don't know your system is a very delicate system, it gets a shock. And then you get into your car, without taking your breakfast, or maybe in your hand is the breakfast because you are late. On the way there is a jam - you are shouting, screaming - somehow or other you reach the office and there is the boss barking.

This is how we live, under complete tension. We are supposed to be free people. In the night if you sing loudly the neighbor will come and put you to the police station. I mean you can't do anything. There's no freedom. You have to be bound by the watch. This is the time, exact you have to reach there. So all these things, pressures, and all these things work on us and we become hectic. And for emergency, this spleen is the one which releases red blood corpuscles - RBCs. But if you are all the time like this hectic, that poor spleen becomes mad. It doesn't know what to do. It starts producing more cells, more cells and then it thinks it's a mad person I am fixed with because I don't know when to act, when not to act.

So the vulnerability is there, and suddenly with some other shock, you might get blood cancer and then the doctors will certify you are going to die after one month. Finished, prepare for your burial. And the whole house is crying. But we have cured, I mean Sahaja Yoga has cured blood cancer of many people. Just by this Kundalini awakening because as soon as the Kundalini is awakened, too much movement this side and that side, this all the time going on, in the center - this is the left and the right side of the sympathetic - so just the Kundalini passes through, strings through and brings it back and nourishes it. The problem is over. And though they were certified to be dead, after even four years they are all right, working all right, the certificate is cancelled. Even vulnerability to cancer, or to all incurable diseases, are because of these centers going out of place.

Now we have the center which we call here as the heart center. It controls the left and right, both - so we have a left and right heart in Sahaja Yoga. As you know that, this sternum bone creates the antibodies for you. And these antibodies fight your diseases. So when this center goes out, this is the center which sends all the messages to these antibodies. Now this is the center of a mother. When your motherhood is challenged, you develop breast cancer.

Supposing a man is a flirt and his wife is worried, she might get a breast cancer, because her motherhood is challenged and her sense of security is very disturbed. As a result of that, she gets this problem. Also if you are too much of a thinker, and you think too much and you're very, what we call the right sided, the futuristic planner, I mean people plan it for ten years. They plan even their deaths, what dress they are going to wear and where they are going to be buried, up to that point. All this futuristic planning

creates such tremendous heat in the body because the liver, which is supposed to absorb all the heat, is neglected by this center. As a result that heat travels up and you develop asthma. Now we had yesterday, at least five or six people who came with asthma. Asthma is absolutely curable. But do you know this is the center of a husband, or of the father. Now if I am telling you, you should not be shocked, because later on you'll find it.

Now if you are a bad husband, you can get asthma. Or if your wife is a shrew, you might get asthma. Or if you are a very bad father, you might get asthma. Or if your father is not kind to you, you might get asthma. If you have not forgiven your father, you might get asthma. Now can you believe it, just forgiving your father, you can get out of your asthma permanently. Sahaja Yoga has cured asthma of so many people. Believe it or not, it works. It looks so funny but our relationships, our parents, we have chosen when we came on this Earth. I know they are wrong, they are obstinate, they're headstrong, they may be drunkards, whatever they are. But even if you leave them, because so many people leave the parents, still forgive them and forget. Otherwise you carry the problems with you.

The left heart is the place of the mother. Now if your mother has been hard with you, if you have had very bad experiences, you will have problems of the left heart. Center heart is very important where your sense of security should be established. You'll be surprised that in the disease called AIDS, it is the center heart which is out. We have tried to cure, and we cured also 3 or 4 people from AIDS, but they have no will power to continue with Sahaja Yoga, they want to die. And they have made a big martyrdom out of it, you see they are martyrs, great martyrs of a great principle they have established. It is impossible to convince to them, that this is unnatural that you are doing and that you should give it up and you should live, why should you die. No we are martyrs for such a big principle we have established. To do something out of the way and new is the modern fashion. Anything - will do something with the hair, with the nose, with the eyes, with the ears, with the clothes. That's all you can do. To such an extent that they do not realize that whatever is new may not be good for you.

For example, everyday we eat our dinner. Supposing we want to eat the table because it is new - is it a sensible thing. Anything that is new, is not good. But anything that is old, may not be good also. So you have to have that wisdom which comes to you through Sahaja Yoga. There is no other way out - you have to become the spirit. And you have to see in the light of the spirit, what is right and what is wrong.

So then we'll come to this center which is, we call as the Vishuddhi - this has sixteen petals, looks after the cervical plexus. Now this is a very very important center and this is the center is for communication. For example, when you talk, you communicate through your hands. You shake hands, when you touch somebody, and you can communicate. Even if you cannot talk, with your hands you can communicate. Also when we think we are very responsible, this center goes out. Like some people were traveling by plane - they were from villages, they did not know what was a plane. They were told to take less luggage because it should not be a weight for the plane. So they got into the plane and put all of the luggage on their heads. And they said that we are trying to reduce the weight of the plane.

In the same way, we are also... actually the One - which is all pervading power, which has created us, created this universe and has brought us to this level of human beings - is doing everything. But we think we are responsible, we have to do it. But once you become a Sahaja Yogi you just do it, no doubt. But you don't think that you are doing anything. You just say its happening. And what a beautiful feeling it is. Then you don't have blood pressures, you don't have headaches, you don't have tensions - no, because we are not doing it. It is just done and you find it is all done.

Now on this center when we come, as I've told you, your thinking is controlled by you, you can control. If you want you can think or you don't think. But in that silence you feel your peace. If there's too much of crowds, too much of problems, suddenly you become the witness. You start seeing everything. Seeing the problem, what it is. Unless and until you can see the problem you cannot solve it. Because you are in the problem, you just get upset. But if you are out of the problem, you can see it. And that's what happens to you when you become thoughtlessly aware when this center opens out.

Last but not the least is the center of limbic area which is very important. Now I do not know it has been discovered or not, but it will be very soon discovered, that very strong things like cracks and all that have got sulfuric acid in it, and that doesn't go

anywhere in the body, just rushes into the limbic area. Now this limbic area is a hollow place which has got all cells here very sensitive to joy and happiness. But they become numb, so numb that ordinary music you cannot hear - somebody has to scream at you, has to shout at you, he has to jump on it, otherwise you cannot enjoy. Then it has to be worse and worse and worse and worse... I don't know now with cracks, later on they might develop something even more poisonous, because it has to excite this limbic area which is such an important thing. But as soon as the Kundalini enters into that area, limbic area, she soothes it and it opens - opens like a lotus, thousand petalled lotus. It opens and then the Kundalini emerges out of your fontanelle bone area and gets connected to the all pervading power. Then you start feeling the cool breeze in your hands. You can feel it all over. Some people in the beginning who felt cool breeze, could not believe it - so they closed doors, everything and sat down to see, still they were feeling it. But it works, works in the sense that you get empowered. You become peaceful, you become the witness, you become the wise and you become empowered that you can give realization to others like this, that you can raise the Kundalini of others like this and you can establish that connection. You can do it. And this is what is your right to have it. This is what will give you meaning. Otherwise so far whatever we have been doing is very frustrating.

Now yesterday I said some questions can be asked but I haven't seen any questions whatsoever. That means you have no questions? Or there are some questions we can deal with it for about 5 minutes. There's one there, please..

[What is the process by which you actually stop thinking?]

It's very simple. When the Kundalini settles down there, what happens, as I told you, there is Christ - Christ is awakened and He sucks in these two institutions which you see there, the yellow and the blue. These are - one is, the blue one is our conditioning and the yellow one is our ego. So both these are sucked in like that. These are sucked in because it is said that He died for our sins, didn't He. He suffered for us. Now also that's why yesterday I've said are we going to suffer more than Him? We don't have to suffer. Only awaken Him at Agnya. We are all right, this is the process, it opens out. All right? That's why I said you must forgive because He said you have to forgive and when you forgive you can ask for forgiveness, that's why we do both the things - one in the front and one in the back.

Please get up.

[How do you raise the Kundalini?]

Automatically, I'll tell you how. Please, you see like if you have to sprout a seed you have to just put it in the Mother Earth. How do you do it? The Mother Earth has got the capacity and the seed is built in within it. Now it is all built in within you, all right. And just you are here, I can raise it - anybody can raise it, those who have got the capacity - Sahaja Yogis can raise your Kundalini also.

[Question inaudible]

Because the Divine Power does for Me. Everything is done by Divine Power. Why should I think - let it think for Me. You see I travel every day - I sleep about 2 o'clock in the night, get up about 5 o'clock in the morning and I travel everywhere. And I'm now 67 years of age, all right, so what. Divine Power is looking after Me, it's working out everything. I am just moving about nicely enjoying everything.

But you have to believe that you can get realization. You need not believe in the Divine Power, but you just first believe that you can get realization and you get it and get in connection with it. It just works. It is the subtlest of subtle.

[How can we utilize the divine power in our relationships and all the problems?]

You see first of all you have to give to others. Unless and until you open one door, all right there's Divine Power there. But unless and until you open other door, it won't come in your life. So you have to open the other door also. There where we fail, we want to use Sahaja Yoga for our own purpose, for our own - my brother, my sister, my son, all sorts of my, my, my.. There there's problem - but open it out. Everything works out. You must learn to give. This is free.

[Question inaudible]

It is situated on top of the brain where it is above the brain, and it is covered with, the doctors say that it is 988 nerves - because I don't want to quarrel with them. But there are 1000 nerves which cover it. And when it is enlightened you'll be surprised, you'll see a beautiful lotus opening in all colors, very very silent flames, and they are so peace giving, looks so beautiful. Because when any nerve gets enlightened, the light of that flame looks like a petal. It's very beautiful it is. But it has to open out. Just now it is covered by our conditioning and our ego. Like we have become like an egg we can say. That's why in Sanskrit language, a person who has known the brahma, the all pervading power, is called as dvijaha and a bird is also called as dvijaha - means born twice. First as an egg, then it becomes a bird - human being and a realized soul. These are the two stages.

[Question inaudible]

You see the thing is that now there are social conditions which are very bad, people are homeless they are on the streets. Now thinking about it you are not going to help them are you. No. Which is the best way is to empower yourself, all right. Now see for example, in the villages of India where I work, people have given up alcohol, they have given up all bad habits, they have become very dynamic, they have become very well off, they are living very well. In London, if you want to work, I am sure you can get a home no problem. You see the Asians who have come here, I am an Asian though I didn't come as an immigrant, they are becoming very rich. They work very hard, very hard, so those who want to... in London. But in India it may not be. But despite that, after Sahaja Yoga they have improved so much - they have become so dynamic, they have become so hopeful of life. But if you just think that life is good for nothing, let us now drink and be merry then it won't work out.

These homeless and all these conditions are all such - because it is an artificial condition you know, many people have houses but they don't want to give it for people to live. Now if those people get transformation, they won't behave like that. You see the whole behavior will change when the emancipation of the society comes up. But I have seen in the villages of India there's a complete transformation. The social conditions are much worse but Indians are more satisfied people, they are not so much. Here even, supposing you offer a house, they will say "No, I don't like this house." You offer a job, they'll say "I don't want this job." All these things are there - also too much of choices. But if you decide, London is not a difficult place I tell you to work hard and get a house, not difficult, they can do it. But people don't work here, don't work. There are so many old people who haven't got anybody to help them. But these people will never go and help them. They can earn. This is a place where anybody can earn I think, because I know people, Asians, who have come here without any money are very rich today - all have got big big cars, nice houses, this, that. You can see that they are very hardworking.

And then divorces, everybody third day if you divorce someone what will happen to you - you'll end up without a home. No respect for the wife, the wife has no respect for the house. All upside down society. There's a big quarrel going on between husband and wife - how can you have a home with this husband and wife fighting? Even TV if you open, nothing but fighting - you just don't want to hear anyone. See we had to decide on certain things - that if we have to make a home, then we have to understand our role in life.

For a woman and a man I agree, they are equal no doubt. But they are like two wheels of a chariot which has some distance but they are not similar. And no use fighting with each other - when you can't live without each other why should you fight? And the children are on the streets. Every child I find 18 years of age is out of the house. I mean here the little children are killed - why. In India, I cannot think of such a thing. The reason, though they are very poor, the reason is they know what is love. And that is what I feel that the society has to little bit take to Sahaja Yoga.

Now we have so many marriages in Sahaja Yoga - I mean 1% marriages fail, 1%. They have beautiful children, they are living very well, they have good houses. Those who were really hippies had nothing, are having nice houses and everything they have. Also some of them, were "oh so now I am fortunately I am without job." And I said "what, you are very fortunate, yes." I am without job. Very happy about it. So I told the gentleman that if you are not going to stick to one job, you are not going to come to Sahaja

Yoga. And that fellow today has a big car, a nice wife, children and a house.

So all these ideas of stupid freedom must be given up. One has to come to a balance and value your life. you must value it. Human life is very valuable. With what great difficulty, God has created you and what are we doing with it. The whole society has to take a turn and think of living happily - if husband and wife, I mean such a relationship, if husband and wife cannot live together, then how do we expect this world to have United Nations. We cannot - it is falsehood.

In Sahaja Yoga we don't have divorces - we have sometimes, sometimes we have, it is allowed. But that is mostly when they are married before in hand - fallen in love, now they are rising in love, falling in love again, again rising in love again... how many times they fall in love God only knows. It's a funny stuff going on. We have to face the reality. So just worrying about these things, what we should do, is to first of all become wise and understand the problems. We can all solve it. It is very simple- it is very simple to solve the problems.

First of all we have to enter into the Kingdom of God. And secondly, that it solves your problems. Just worrying about poor people, it's also a kind of a fashion these days. Because when I went to Switzerland, I met a lady she said, "I am very guilty."

I said, "why?"

"Because of Afghanistan."

I said, "are you Afghani?"

"No, but I am guilty about Afghanistan."

"What have you got to do with Afghanistan? Nothing."

So it's kind of an idea - what are we doing about it? But a Sahaja Yogi does, Sahaja Yogi finds out ways and methods of creating a convenient life - a life where you can earn, you can live... we do it - we have done, I have so many examples. Because it's a collective life also you help each other. We didn't have rich people in Sahaja Yoga many because they seldom come to Sahaja Yoga. They go to false gurus because they can purchase the guru - they can't purchase Me. So mostly the rich never come here. Bureaucrats also don't come, politicians don't come. So those people who come to Me are the people who can easily solve the problem because they are so collective they can solve the problem.

You'll be surprised, I went to Turkey - My husband was not so for it - everybody said, "That's a Muslim country, this, that." I went to a Muslim country that was Turkey, and a woman, I just said I must go. But I was surprised, they worshipped Mother, they worshipped their mothers. And they were so beautiful - so many. In one shot, we got 70 people - serious Sahaja Yogis. But do you know when I reached there, people from America, from Australia, from all over the world arrived there in Turkey to help Me. I mean I was so enamored to see My children coming, arriving there on their own - those who could afford it. And the Turkish people were so beautiful I tell you. I found they are the same everywhere.

There's only a skin deep difference I tell you otherwise we are just the same. So all these problems can be easily solved - there's nothing so serious about it. There is a very great thing no doubt, but unless and until you are connected, it is like telephoning without connection. There are people in India who'll go on saying "Rama Rama Rama Rama Rama" like that. And the chakra of Rama itself will be caught. They'll be saying "Shiva Shiva Shiva Shiva" and the heart chakra where Shiva resides it will be caught. The reason is, supposing you want to meet the Queen - now if you go to Buckingham Palace and go on saying "Elizabeth Elizabeth Elizabeth" - you'll be arrested. And you'll end up in a jail.

So you must have some connection, there should be some protocol. Now if it is for kings and prime ministers, what about God. He's not in your pocket. But once you are realized, even once you take the name it is sufficient. What is there? He's at your disposal all the time. But you have to have connection. Now you are the citizens say of England, or some place, all right so your

government is looking after you. Whether you are satisfied or not is not the point. But they are looking after you. But if you enter into the Kingdom of God then see the efficiency of this Kingdom. You'll be amazed if I tell you, how things work out. So amazing it is, so amazing. See first of all they say Kundalini has to rise. Then it sometimes comes back to the centers which are needing more help. So it is like a rope you can say, which has many strings in it, very thin ones just like a hair, and one by one they open out. So first, very few of them pierce through, open out the Sahasrara, by which you relax and the chakras open out more. It goes on like that. But once you are connected properly then there's no problem. But it is instantaneous, no doubt about it. But for that you have to come to our centers, don't have to pay anything, just spend some time and you have to master it, that's all.

There's a question, what purpose do we have on this planet?

The purpose of our existence is to prove that God's creation is the most successful thing. That's the purpose.

About Me, I will not talk - I am sorry. You better get your realization and try to find out about Me. Because those who have talked - you see human beings are mad people, you don't know. Christ said "I am the Son of God" - which He was no doubt. And He said, "that I am the door" - which He was, no doubt. But they crucified Him. They gave poison to Mohammed sahib. They killed so many saints. I know human beings very well so please I am not going to talk to you about Myself at all. You better get your self realization - try to know Me. Because I have to do some jobs, all right and for that, I want to live. People are really sometimes so funny. Even otherwise they behave in such a funny manner that I can't understand. As if I am going to take away their property or something. I am here to give you something which is very important. Sort of you can say I am here to complete the work of Christ, Mohammed and all of them.

Yes please.... When you will give to others, you will receive the blessings. That's what it is absolutely 100%. He said so many things. I mean just explaining Sahaja Yoga throughout I think.

[Question inaudible]

That should not be the question just now, all right. Because to say anything about it, you know what happens with people. So this can be discussed later on, when we get our self realization. Certain things at a level can be discussed and this is what happened with all of them because they had very little time to talk to you. And that's why everything has been misinterpreted, misused, because to understand the truth, to bear it also, one has to have self realization. This I have found out. If you are not a self realized person you can't bear the truth, you cannot - it's too much for human mind to grasp and to allow it to be a part and parcel of their understanding. Truth is too much for them.

So the first thing should be that we get our self realization. Yes, my child...

[Initial question inaudible. Do the colors of the chakras change all the time?]

But the auras you see sometimes are these colors only. But sometimes you are more strong with one center, so that color shows. They do not change, they are just the same.

All right I think now it is 10 o'clock so we'll take about 10 minutes more and let us finish with our self realization which is going to take only 10 minutes. Those who do not want to have should please leave, they should not sit here and just watch other people. That's the only kindness I request of them - that if you do not want to have self realization it's better that you should leave. Those people who are standing, could not get place, can come here or you can also give them places if you want to give some places. No not for Sahaja Yogis, I said for others - for others, for outsiders, Sahaja Yogis can stand up.

At the very outset you have to know understand that we are going to enter into the Kingdom of God and hence we have to little bit unload ourselves. One of the conditions is that we should not feel guilty - one should not feel guilty at all. Yesterday, same problem I said, but you were still feeling guilty. Also it's a fashion. Also I think the language is such - sorry, sorry, sorry, sorry... Even when we used to receive telephones we used to say "I beg your pardon." But now it is sorry, sorry, sorry - ten times sorry.

What is there to be so sorry.

So we have to be pleasantly placed towards ourselves. We have to respect ourselves. We have to be happy about ourselves. This is first thing is not to feel guilty about anything - just believe that you have done nothing wrong which cannot be dissolved by this great power of forgiveness. Please believe Me. But if you want to stick onto a feeling like that - no no I am guilty -it's only mental. Animals don't feel guilty about anything - a dog will bark, a tiger will eat anything that it wants to. It's only human beings who feel that way - that I've done this wrong, I've done that wrong. All right, so not to feel guilty that's one point.

The second one is to forgive everyone, which is very difficult for many people. I don't know how many mounds of unhappiness is in the head because we cannot forgive. Mounds, it's not kilos and kilos. Yesterday I found most of them had not forgiven and I had to go on putting balm on their heads to take out. So you must cooperate. Just forgive, just forgive everyone. First of all forgive yourself and forgive everyone. And be pleasantly placed towards yourself. There's no Greek tragedy going on here - no tragedy. We are in a very beautiful atmosphere and we are going to go into the most beautiful area within ourselves that is our spirit. So we have to be very light about it.

All right with all this understanding, I have to request you that we have to take out your shoes because this Mother Earth also helps us a lot. And not to be serious - not to be serious about it. Its not frivolous but it's fun.

So you have to put your left hand towards Me, which represents your desire to get realization. If all the Sahaja Yogis could also sit down it would be very nice. Please be seated and don't move about. Left hand towards Me like that - be comfortable, if you want you can put it on your lap or you can put it up if you want to. Then the right hand needs to be used for nourishing your centers on the left hand side. Now I'll show you how we'll be nourishing. Before that, please remember that put your both the feet apart from each other - not too much but slightly. Now, left hand towards Me. I'll show you before and then we can close our eyes and work it out.

Put your right hand on your heart - in the heart, resides the Spirit and Kundalini is the reflection of the Holy Ghost, of the Adi Shakti, within us, whilst the Spirit is the reflection of God Almighty. So we put our attention to our heart first. Then we take our right hand in the upper portion of our abdomen on the left hand side and press it hard. This is the center of our mastery. We take down our right hand on the lower portion of our abdomen and press it hard. This is the center of pure knowledge that manifests on our central nervous system. We take back our hand in the upper portion of our abdomen. And again we take it in our heart, in the upper portion of our heart. Then we take it in the corner of our neck and our shoulder and put your head to the right. This is the center we catch when we feel guilty. Then we take our hand on our forehead and slowly bring down our head on it to rest. Here we press it on both the sides and this is the center to forgive. We take back our hand on the back side of our head and put our head resting on it - this is the center for asking forgiveness without feeling guilty. We stretch our hand, with the center of our palm, we put it on our head in the soft bone area of our childhood, called as fontanelle bone area, and slowly we put down our head. Here we stretch our fingers and move our scalp carefully with pressure, slowly clockwise seven times. That's all we have to do.

Now please close your eyes and don't open them until I ask you to open because attention has to go inside. Put your left hand towards Me. Now first you will feel thoughtless - so don't fight with your thoughts. Automatically everything will work out. Don't fight with your thoughts, just keep watching and ultimately you will feel cool breeze coming out of your fontanelle bone area and you'll also start feeling cool breeze all around you which is the cool breeze of the Holy Ghost, the cool breeze of the all pervading power as described by Adi Shankaracharya, Salilum, salilum - it's cool, it's cool.

So now we put our left hand this way towards Me and the right hand on the heart. Here you have to ask Me a very fundamental question, three times - "Mother am I the Spirit?" In your heart, ask the question "Mother am I the Spirit?" If you are the spirit you are your master, because in the light of your spirit you know what is right and what is wrong - you can guide yourself.

So put your right hand in the upper portion of your abdomen on the left hand side, and here please ask Me a question again three times - "Mother am I my own master?" "Mother am I my own master?"

As I have told you that I will not cross your freedom, I respect your freedom, and only if you want I can bestow this pure knowledge on yourself, otherwise I cannot. So please put your right hand in the lower portion of your abdomen and the question, "Mother" - or you can request "Mother please give me pure knowledge" Say this six times because this center has got six petals. "Mother please give me pure knowledge."

Now all the prophets of the past and the saints and seers have built up for us a center of mastery. But to open the center we have to have all the confidence- so please raise your hand and put it in the upper portion of your abdomen on the left hand side and say with full confidence to nourish this center, ten times, "Mother I am my own master." Please say this ten times.

Now we have to know that we are not this body, we are not this mind, we are not these emotions, we are not this intellect. We are not our conditionings or are we our ego. We are pure spirit. So now raise your hand to your heart and with full confidence say twelve times "Mother I am the spirit." Please say twelve times, "Mother I am the spirit."

You have to know that this Divine Power is the ocean of love and compassion. It is the ocean of joy and bliss but above all it is the ocean of forgiveness, so there is no mistake which you have committed which cannot be dissolved by this ocean. So please forgive yourself and put your right hand in the corner of your neck and your shoulder and turn your head to the right. Here you have to say with complete confidence again, "Shri Mataji I am not guilty at all." Or you can call me Mother - "Mother I am not guilty at all." Sixteen times- please say this sixteen times.

Now one has to know whether you forgive someone or don't forgive, you don't do anything - it's a myth. But if you don't forgive then you play into wrong hands. So put your right hand on your forehead and please bend your head, resting on the hand as much as you can and now press it on both the sides. And here please, please, say it from your heart "Mother I forgive everyone." Please say it from your heart - please say it otherwise again I will have to work very hard on you. So please say it from your heart - "Mother I forgive everyone." You are not going to miss your self realization for not forgiving, please. How many lives you have to been seeking the truth that this time you are not going to miss it out.

Now take back your hand on the back side of your head and push back your head as much as you can resting on your hand and here for your own satisfaction, without feeling guilty, with confidence please say "Oh Divine, if I have done any mistakes please forgive me."

1989-0805, Interview before Public Program

View [online](#).

5 August 1989

Interview

Milan (Italy)

Talk Language: English | Transcript (English) – Draft Interview Before Public Program, Milan, Italy 1989-08-05

Interviewer: I mean, there is a chance about all the books.

Shri Mataji: No, no, no, You see, there is only one book which is Patanjali, and he has called it the Ashtanga Yoga long time back, [unclear]. With great, great aspects of yoga. Like he starts, with the possibility of getting up the centres, tensing up the centers, and then goes forward to be, and it says that you have to have the Kundalini awakening. You have to [unclear] collective consciousness, and thoughtless awareness and ultimately you have to be connecting with the All-Pervading Power. That's what he calls as Ritambhara Pragnya. And you have to become doubtlessly aware, Nirvikalpa. So these are the three-four stages. But the main thing is that these people are taking part [unclear]. For example, if you say Hatha Yoga is a very big part, one-twenty-fourth of one part. So it's not conceivable.

But you see this is also, must have full idea as to where is the blocking, for which one are you doing yoga. If you start doing yoga like this, then you are taking all the medicines you see indiscriminately. It's a big science of understanding. So all these yoga systems, whatever is there, we used to be understood when the Kundalini starts moving, and you go where is the blocking actually, then whatever is needed is to be done. For example this Raja Yoga, we call it. Now Raja Yoga is also the same thing, as the start starts [unclear] and it starts working in such a way that all the things that are inside the car start working according to the need of the car. The same way with the Kundalini rises, then it should not fall down. So in every chakra, there is a bandhan stoping for falling, and the tongue it's a little bit pushed in, but you won't feel it. I mean if somebody is a master, you won't feel anything, you just take a realization like that. But this was all described.

Now so the what they did even up to this much, they started a Kriya Yoga, means that suppose it's Sahaja Yoga. Sahaja is spontaneous, Kriya is action yoga. They started action yoga and in the action yoga, they even cut the tongue. You see in America you'll find some people, their tongues are cut from here, the thread, and it's hanging on the end and just to push it back. The bigger artificial thing like if you take out the wheels of a car, will the car move? It has to get ignited. Ignition must be done, the car must get the ignition. What you say to the ignitions? Ignition in a car. So without that, if you start moving any instrument or anything, how can the car move?

Artificial? So all these people you see had very little knowledge here and there, some of them went to some great saints, and the saints then turned them off, they thought we are no good, they taught them little asanas, and that's what they're teaching. It's very dangerous. Sahaja Yoga is for everybody? Yes, of course. And it's so gentle, it's beautiful, it's a living process, it's all your own, it's your own power, and you rise the Kundalini which rises and pierces through your fontanel bone area that integrates itself. That's what it is that you have to have an actualization of the baptism. It's not artificial, it's something to put the water on your head, you have become, that applies, no is actualization, when you really feel the cool things of the Holy Ghost. And all the things that are said by all the prophets comes to you. Like even Mohammad Sahab has said that your hands should speak, then it should be the time of resurrection [unclear].

That's what is Sahaja Yoga. It has to be the actualization, it has to work, it has to move on your central nervous system. It's not just artificial, it's standing on your head.

Interviewer: And the only way to learn that is to put the centre, your centre, the books.

Shri Mataji: No, no, no, no, no, no. It's a living process. Now, supposing it's so vital that we should read, in the same way it is vital.

And for anything vital, say, for your breathing, if you have to read books, what will happen? It's so vital, it's so important, it's a living process.

Interviewer: And a question that I want to explain to....I would say, leave the Sahaja yoga of how many, how long in every day you have to dedicate today.

Shri Mataji: No, nothing, it's just that moment, it happens. That moment, it happens. But to master it, you need little time to understand the coding and all that, takes about a month or two months. You can become a master yourself and you start giving realization.

Interviewer: Just a month, that is for everybody.

Shri Mataji: At the most. We don't have much time, you know. And God also doesn't have much time. He wants everybody to enter into his kingdom as fast as possible.

Interviewer: And in the brief biography that I have found, it's written that you discovered this kind of a Yoga on the [unclear], but before you passed it through different, I don't know.

Shri Mataji: No, no, no, no. You see, what I did was to.... This yoga was used since long, but one or two persons used to get realization in those days. Very few. Like you can say in the Tree of Life, there are one or two flowers. But I wanted to have a mass method by which masses are converted. So I worked through my own subtleties to find out what's wrong with human beings. You see, why? What's the problem?

Then I worked out the permutations and combinations, and then I opened the last chakra. By opening that, now everybody is waiting in the masses. It's a mass happening.

Interviewer: And I have read in some books that it can be dangerous to the kundalini.

Shri Mataji: Those who have no authority should not do it. You see, authority comes from God, not from human beings. So those people who are leading a dirty life, who are not pure people, they can't give realization. They have to know everything about Kundalini, they have to [unclear] raise Kundalini and all that, is dangerous because it is not actually the Kundalini which is dangerous, but there are other forces which work on you, if you try to do some sort of a funny thing. Like you put your hand in the plug, you get a shock. So you don't know how to do it.

Simple as that. Now we have had so many people realize, in your Italy we have so many people realize, that giving realization. No, nothing happens at all.

Interviewer: And are you not afraid to, permitted to write down on your brochure that some person with very strong illness, like cancer,

Shri Mataji: No, no, because we have proved it. We have proved it, not only that, but there are pieces now written on this thing in India and doctors have got MD degrees out of it. So it's a well known fact. And for your information, we went to Russia and the Russian government has accepted now Sahaja Yoga as an independent identity for us, because they have seen the results. Why should I be afraid? It's a fact.

Interviewer: I don't know, because in India, there is a kind of court of....It forms a kind of court of miracles, in other words, in a court of how to say it. It becomes like a kind of legend.

Shri Mataji: Legends have to be proved.

Interviewer: The data, let's say, of this research, there are studies in India that are found in these papers. No, we haven't seen them either. We have seen all the statistics.

Shri Mataji: No, in your country, look, [unclear] what was she suffering from? [unclear]

Yogi: Myasthenia gravis

Yogi: Myasthenia gravis

Shri Mataji: She is completely cured. She [unclear] Okay.

Yogi: Now you see the experiment

Shri Mataji: It's an incurable disease.

1989-0805, After Kundalini awakening you will never feel tired

View [online](#).

5 August 1989

After Kundalini Awakening You Will Never Feel Tired

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Baba Mama: Ladies and gentlemen on behalf of the Nirmal Sangeet Sarita which is the musical wing of Sahaja Yoga baba mama sending his Namaskars to all of you. The hall, the acoustics, the audience and the public UNCLEAR[] is here is so beautiful that one would be inspired to sing, to organize. But here I am not concerned with this hall, I am concerned with another hall which has limitless capacity which has still more beautiful acoustics, and a very public system that is your heart. Like the Divinity even has nexus with the heart basically. The receptivity of the artist thought will very much depend on the openness of the heart therefore. The devotional songs that we are going to sing are a concept of the artist which are meant for into your heart directly without there have been any loss of thought. Therefore, there will be no barrier of the type of music, or the language used or the tune set. I commence this evening program by reciting three mantras invoking the blessings of the deity.

Three Maha Mantras

After the mantras we will have a short recite to our shehnai because in India Shehnai always all the auspiciousness. UNCLEAR[].

Shehnai Music

UNCLEAR[] if you calp along the rhythm of the songs also.

This song is had been sung by Miss Chaya Vani Devi and accompanying here in the Harmonium was Prabhakar Rao ji Dhakre.

Bhajans

The tempo of the song was matching the tempo of the vibrations. And therefore, matching the tempo of the heart. We are not presenting you Sanjay Talwar with another devotional song. But the information of the sahaja yogi, this song was composed in the bus between Frankfurt and Paris. And was set turned yesterday in Milan.

Shri Mataji: You have been listening to this music is, all music for spiritual awakening. To reduce conditionings and also the ego that is within us to make you lighter, to make you feel lighter and to forgive ourselves. Now this song last they want to sing is written by a very famous poet and a saint from India whose name was 'Nama Deva' and he has written a beautiful poem about asking Mother that give me the Yoga. Yoga is the connection or union with the all-pervading Divine power. He is asking the Mother 'Oh Mother, {I means Mother} give me the Yoga' and he says I have left all my relations like my father who was Mr. Anger, all other like the lust who was my another relation then jealousies, hatred all these things now left behind. So, you please give me the yoga. This was sung in the twelfth century. Also, it says for the Kundalini is called 'Amba/Ambe' says 'Oh Kundalini raise' – udo udo. Raise. So this song has been sung in our country in the villages, it's a folk song from the twelfth century. I hope you will enjoy this and by that your Kundalini will raise and my work will be much less.

I bow to all the seekers of Truth. I have told you in the same hall before also that Truth cannot be conceptualized. It is what it is and we cannot change it, we cannot organize it. You have to know it on your central nervous system. So far, we do not know the absolute Truth. At the human awareness we know relatively. We live in a relative world. That is why there is so much difference of opinion. Moreover, whatever you believe into, whatever religion, philosophy, theories, ideologies everybody can do whatever sin they want to do, mistakes they want to commit. There is no restriction. There is not inner light to see whether we are doing

right or wrong. Also, we have so many other problems of our imbalances. Because when human awareness project itself, it goes in a linear way and it coils back. But when the spiritual awareness spreads, it spreads all over. There's a complete balance. All of us, all human beings have a right to achieve spiritual awareness. Sahaja yoga, saha means with, ja means born with you is the right to get this union with the Divine power. It means a spontaneous happening of this yoga is your right. Because it is the living process which works it out. The all-pervading power about which I am talking to you, you need not accept it, blind fold it. But keep yourself open minded like scientist and treat it as a hypothesis and if it is felt, if you can feel that all-pervading power, in on all honesty, you have to accept it. So I say this all-pervading power is there, it's a very subtle power and which does all living work. We see the flowers and we see the tree, we see the sprouting of the seed and we take it for granted. Even our eye is a wonderful camera. We ourselves are like a computer, like a programmed computer. So, we have to understand that many things we take it for granted because these are living processes. Now the time has come. It's a blossom time that many of us have to feel this power and to get connected to this. And for this connection we have got a triangular bone there in which you see the power called Kundalini. And this is the one that connects you to the mains. Just like this instrument, if it is not connected to the mains, it has no meaning. In the same way, if we are not connected to the mains, we have no meaning, we have no understanding of absoluteness. As a result of this happening, first thing that happens to us that physically we get cured, we feel very fit. The second thing that happens that we emotionally we feel very enriched, we become very compassionate and at the same time we feel very secured. You become very dynamic, but you never get tired. Because all the time the energy is flowing in you. And a new awareness comes into your central nervous system that you can feel others means is collective consciousness. Not only that you can feel your own centers which are here, but you can feel the centers of others. You feel so peaceful and see the whole thing like a drama. And a new personality, a beautiful personality which is very righteous, dynamic as well as compassionate just starts expressing itself. Whatever we are saying sometimes looks to be rather too fantastic. But human beings are fantastic. Only thing is there has to be the enlightenment. To know how fantastic we are. I would say tomorrow I will be coming and explaining it much more to you. And you can also find out from the books all the knowledge about yourself and about others. Now, you have all these lights here, and when you come here I have to just tell you just switch on one switch and the whole thing comes. Because is all built in. This is how all this is built in within you. So, there is no need to tell you about how the electricity was invented, what is the source of this electricity, how the connections are. You just have to say just switch on. So, if it is built in within you, let us first have our enlightenment. And feel the all-pervading power for the first time. So, I have to say that those people who want to have their self-realization can sit here in the hall, but I cannot force on you. Because ultimately you become completely free from all kinds of dominations of addictions or any sort. So, before that, you must have your free will. I know, in this short lecture, I cannot explain everything, but I would like you if you have any questions to write them down, and tomorrow if you give them, I will answer all of them before starting the lecture. So, those who would like to be for sahaja yoga sit down, and those who do not want it should go. Also, those people have been sitting for two hours now here, if you want, you can just go out for a while and you can come back, I will wait for you for five minutes. But it is only going to take about ten minutes more. If you could sit for ten minutes more, will work it out.

There are two conditions before we go for this process. The one condition is that you have to forget your past at this moment. You have to forgive yourself. That means you are not to feel guilty anything for whatsoever. After all we are human beings and if we commit mistakes is alright. After all we are not Gods. So, first we have to have compassion for ourselves. Then the second condition is, that you have to forgive everyone. If you do not forgive, then it is impossible to give realization. Some of you may say that it is very difficult Mother to forgive. But it is a myth whether you forgive or don't forgive. But if you don't forgive, then you play into wrong hands and unnecessarily miss the chance of your self-realization. The last break through of your evolution you don't want to miss because you are not forgiving. With this music you are already ready for realization. It will not take much time. But please try to forgive everyone. And be pleasantly placed towards yourself.

Now we have to just remove our shoes first of all to take the help of the Mother Earth. And also if there is anything tight in our neck or stomach then please remove it. During the process of sahaja yoga, please do not get up and disturb others. I am sorry this hall is not sufficient to accommodate you. But those people who are sitting behind can come here to accommodate themselves. You all those who want can come because they are all standing there. Just please. There are some vacant seats. Some people have gone. Yes please, yes yes come, come in sit down. Please be seated. Please remove these. Take the harmonium also. Please come forward. What is this supposed to be? Its better that you be seated all of you. You better. They are sahaja yogis? They are all sahaja yogis there? You come from the back side. Remove the flowers also.

Now both the feet are to be put on little away from each other. As this is the left power and this is the right power. And you have to sit in a relaxed manner not with a UNCLEAR[] with any kind of a bending or not too much stretching but in a simple relaxed manner. Now, you have to put your left-hand on your lap like this, or like this towards me suggesting your desire to get your realization. This is the power of desire, and this is the power of action. With this hand we nourish our centers on the left-hand side. First, I will show you how we do it and later on we will have to close your eyes. First put your left-hand towards me like this and put right-hand on your heart please. In the heart resides the Spirit. And Kundalini is the reflection of the Holy Ghost which is this all-pervading power. Now, if you are the Spirit you become your guru also. Your master, your guide. So, now you put your right-hand in the upper part of your abdomen which is the center of mastery. Why doesn't this lady do it? {Shri Mataji addressing to a lady} Please do it. Otherwise, you can go. Tell her. You must do it. Alright? No, the other way round. Other way round. Be careful. It's very important. The other way round. The left hand. Yes please. In the lower part of the abdomen. Now, now you have to take your hand in the lower part of your abdomen and press it hard. Now this is the center of pure knowledge. And this pure knowledge manifests on your central nervous system by which you can feel the cool breeze of the Holy Ghost and also you know how to use it. All the Divine laws work through this center. Now, those who are sitting down can sit like that. Its alright. They need not put their feet in the ground like that like the way they are sitting. Can you sit like that? No no this way squatting yes comfortably. Alright. Those who are sitting on the ground they need not put their feet on the ground in the way those who are sitting on the seats. Now, you have to raise your right-hand again on the upper portion of your abdomen on the left-hand side. Then you have to take it again to your heart. Now you have to take this hand in the corner of your neck and your shoulder and put your head to your right side. This center blocks when you are guilty. Now, you have to put your hand on your forehead and slowly put your head on it and then press it on both the sides. Now this is the center where you have to forgive, if you don't forgive this center gets blocked. You have to now take back your hand on the back side of your head and slowly raise your head upwards like this. This center is for asking forgiveness from the Divine without feeling guilty and without counting your mistakes. Now you have to stretch your hand and put the center of your palm on top of the fontanelle bone area which was the soft bone in your childhood. Now bend your head, push back your fingers and put a pressure on your scalp and you have to move it seven times clockwise. That's all you have to do.

Now please close your eyes, keep your feet apart and put the left-hand towards me. Now please put your right-hand on your heart. And here ask me a question, very important one as if you are asking a computer 'Mother, am I the Spirit?' or you can call me Shri Mataji. If you are the Spirit, you are your master. Ask this question three times first of all 'Mother, am I the Spirit?'. Now, please take down your right-hand in the upper portion of your abdomen on the guru chakra or the mastery chakra center. Here you ask me a question three times 'Mother, am I my own master?'. Now, ask this question three times. I have to tell you that I cannot force pure knowledge on you. I respect your freedom. So in your own freedom, you have to ask me for pure knowledge. So, now please put your right-hand in the lower portion of your abdomen. And here, you have to ask 'Mother, please give me pure knowledge'. Please say this six times because this center has got six petals. Now as soon as you say that you want pure knowledge, this power of Kundalini is raising within you. So now you have to clear the upper chakras with your self-confidence. So now raise your right-hand and put it in the upper portion of your abdomen on the left-hand side. Please don't open your eyes in between. Here you have to say with full confidence ten times 'Mother, I am my own master.' Please say it ten times. Now you have to know that you are not this body, you are not this mind, you are not these emotions. You are not this intellect and you are not your conditioning or your ego. Because you always say my intellect, my emotions. You don't say 'I' emotions. So now, you raise your right-hand on your heart. With your full confidence, please say twelve times 'Mother I am the Spirit'. The all-pervading Divine power of love is the ocean of compassion and love. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So now, please know that whatever mistakes you might have committed can be easily dissolved by this ocean of forgiveness. So, forgive yourself. And put your right-hand in the corner of your neck and your shoulder and turn your head to your right. And here, you have to say with full confidence 'Mother I am not guilty at all'. Say it sixteen times with full confidence. Now, please raise your right-hand on to your forehead and put down your head resting on the hand slowly and press your forehead on both the sides. This is the center where you have to forgive everyone. So please forgive everyone. Please from your heart please forgive everyone. This is the very narrow passage and please co-operate by really forgiving from your heart. Now, take back your hand to the back side of your head on it and put upward. Now, here without counting your mistakes, without feeling guilty for your own satisfaction only you have to say 'O Divine, if I have done any mistakes, please forgive me'. Please say in your heart,

from the heart not how many times. Now the last center. Stretch your hand and put the center of your palm on the top of the fontanelle bone area, which was the soft bone in your childhood. Now, put down your head and press it hard pushing back your fingers. Here again I cannot force self-knowledge and self-realization on you. You have to ask for it. So, please say it seven times 'Mother, please give me self-realization' seven times and move your hand, your scalp with a strong hand seven times slowly clock-wise.

Now slowly take down your hand and open your eyes. Put both the hands like this towards me and watch me without thinking. You can do this. Now, put your right-hand like this and bend your head and see if there is a cool breeze coming out of your fontanelle bone area. Some people might feel little hot. Doesn't matter. You can put it forward a little bit. I will see some people feel it little close, some people feel it far. Now, put your left-hand towards me, bend your head, and see with your right-hand. Now last, you again put the right-hand towards me and left-hand on top of your head and see for your self if there is a cool breeze coming. Now raise both your hands towards the sky, push back your head and ask question, any one of these questions three times 'Mother, is this the cool breeze of the Holy Ghost? / Mother, is this the all-pervading power of God's love? / Mother, is this the Parama Chaitanya?' ask this question three times from your heart. Now take down your hands please. Put them like this.

All those who have felt the cool breeze out of their heads or on their hands, please raise both your hands. This is real Milano. Really. May God bless you. In Sanskrit language Milan means meeting. It's the meeting, meeting, Milan means union. Now you have become silent, don't discuss it. It is beyond thought. Don't think about it otherwise you will lose it. Now, please tomorrow come again and I will explain to you what is this state. And this experience has to be fixed now. Also, tomorrow I will meet all of you individually. All those who will be coming with questions, please handover the questions there so that I can answer them.

May God bless you all.

Also call your friends and those who have not felt it today will feel tomorrow. But in any case, I am sure you all are feeling relaxed. Thank you very much. Alright? you felt it? Good, very good. Tomorrow again will have music but not so much.

1989-0806, Shri Bhairavnath Puja: Bhairava protects the Left Side

View [online](#).

6 August 1989

Bhairava Protects The Left Side

Bhairavnath Puja

Garlate (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Bhairavanath puja. Garlate ashram, Lecco (Italy), 6 August 1989.

Today, we have gathered here to do puja to Bhairavanath. I think we have not understood the significance of Bhairavanath who runs up and down on the Ida Nadi. Ida Nadi is the nadi of Chandrama, is of the moon. So this is a channel for us to cool down. So the work of Bhairavanath ji is to cool us down.

For example, people have a hot temper with their ego, with their liver, whatever it is, and if a person is in a big temper, then Bhairavanath plays tricks on that person to cool him down. He organizes everything under his own control with ganas' help, with Ganapati's help, to cool down your temperament, to give you a balance. So, if somebody is a very hot-tempered person and he crosses all the limits of his temper, then somehow or other, Bhairavanath will organise, also with the help of Hanumana, to show that this stupidity of anger is no good.

So, for example, people who are depressed or who become left-sided, Hanumana tries to help them to come out of it, no doubt, but also Bhairavanath helps them very much more to come out of it.

Now a person who is left-sided cannot be collective. It is very difficult for a person who is very left-sided, who is all the time feeling very sad, unhappy and worried, cannot enjoy the fun of collectivity. While a hot-tempered person, a right-sided person, does not enjoy any collectivity, does not allow anybody to enjoy collectivity, no doubt, but tries to be in the collective, that it can assert. Because such a person tries to show the superiority, he's something superior. Naturally, he cannot enjoy the collective.

On the contrary, the person who is depressed, all the time thinks: "Nobody loves me, nobody cares for me, I'm so depressed, this, that," – all the time expecting from others something, also cannot enjoy the collective. Such a left sided person will find everything is something unhappy.

Like the other day, I went to Moscow. There was a lady with us who was a Sahaja Yogini – left-sided Sahaja Yogini. So we went to have our food and it started raining and they couldn't get a taxi. But then a car came in and we went there. Then they said that, "You are very late so you have to sit on the other side, you have to take the seats", which were more expensive.

So, this lady started saying, "What all problems, no taxi, it is raining and we can't get a seat". I said, "This is all fun; this is not something a problem". This 'problema' word should be given up. This is a new word I have learned, because 'problem' we used to use only for geometry in our young age. [Laughter] Now this sort of a attitude, negative attitude – to find everything negative – is the way we really spoil our left side.

But then a gentleman who had invited us came and he said, "We are sitting on the other side waiting for you." So, we went to the other side, enjoyed nice food, everything was fine. I said, "See now, you were only counting how many negative things there are, and you were not seeing the fun". So she asked me, "What should I do?" I said, "You take Bhairava's name. Sit with your left hand towards the photograph and right hand on the Mother Earth. And that's how all your bhoots of negativity will go away".

So Bhairava always has a light in his hand, always light in his hand. And he runs up and down Ida Nadi to make light for you to see that there's nothing negative. And this negativity comes to us by many ways. One of the negativities are that: "This is mine",

like: "my child, my husband, my property". MY. So then, you see, once you get attached in this manner, what you find, that your children also become negative.

But if you want to be positive, it is very easy and for that you should see where is your attention. Are you only seeing problema or you are seeing some fun in it? There are people who cannot make fun out of anything. If it is a sunny day they will cry, "Oh God, what a sunny day!" And if it is a day with clouds, they will say, "Oh, what a day!" Nothing can please them. But to enjoy the positivity in every negativity is the capacity of a Sahaja Yogi. The negativity doesn't exist, it's a ignorance. Also, it is not ignorance because ignorance also doesn't exist. If everything is the All-pervading Power, then how can there be ignorance? But supposing, in the folds of this Power, if you hide, run away, you will say that there is negativity. Like, you hide yourself in a cave, close it properly, and say that there is no sun.

So, those people who cannot become collective are either right-sided or left-sided, but more left-sided. But left-sided people can be collective in negativity. They say, there is a very big fraternity of bhoots. You see some drunkards sitting together. They are saying, "See there're so many problems, ecological problems". They are drunkards, all drunk, "And there are problems of other kinds. When will this end?" So then, another one says, "Wait, wait, wait. I've heard that the whole world is going to collapse very soon". Then the third one says, "Thanks God, we are going to be collapsed, finished". Then the fourth one says, "But what will happen to our pubs?" They say, "It's all right. If we are not existing, what does it matter?" That's how the fraternity of the bhoots act. They cannot see fun at all, they cannot enjoy at all, and they become very – sort of think they are very meditating, they are some higher people, they are something superior - in negativity. But the end of these people is that they become lunatics, while the end of the right-sided people is they become idiotic.

Once, I went to a lunatic asylum and while going there I met a lady and she was quite all right, I mean I thought she was a quite all right woman. So, I started talking to her. And she just started talking very wisely, "See my brother-in-law is there, and I think it isn't necessary that he should be helped, and we should not do this, that". All kinds of things she was telling me, showing me, as if she was very nice and kind and no one loves her. And she said, "I'm very insecure" and this and that.

Suddenly, the doctor came in. And she started abusing him, shouting at him. I said, "What's this?" So, the doctor sent for people that, "Catch hold of this woman". He told me, "She's the most violent lunatic and why are you talking to her?" I did have a headache but I didn't know she was a lunatic. Maybe, in my presence her bhoots might have a little bit run away and were playing tricks. But you can see that clearly.

So this emotional attachment is too much. And to emotionally, to worry about somebody that, "You see, this is my child, this is my 'this thing', this is this and this is that". And all the time wasting your precious life in these things, is not the way a Sahaja Yogi should live. If a Sahaja Yogi cannot become collective, then know that he is not a Sahaja Yogi.

So one has to know that this is the work of Bhairavanath within us. Another work, that he gives us light in darkness, is that he destroys all the bhoots within us and all kinds of bhootish ideas and funny ideas about attachments and also the depressiveness.

So today, I am very happy that we are worshipping Shri Bhairava because he is very much connected with Ganesha. As you know, Shri Ganesha is at the Mooladhara and while Bhairava moves onto the left-side and goes to the right-side [of the head]. So all kinds of conditionings, all kinds of habits, can be conquered through the help of Bhairavanath.

In Nepal, we have a very huge, big Bhairavanath's statue, which is really a swayambu, and people are more left-sided, so they are afraid of Bhairavanath. So, if somebody has a bad habit, say, of stealing, they take him to in front of Bhairavanath and put his light there, make a flame. I mean, the police takes them. And then they ask him, "Now, say before Bhairavanath, confess it". And they confess what wrong they have done. So he protects us, also, from doing wrong things, sly things like thieving. Whatever we think we can do secretly, can be hidden, but you cannot hide it from Bhairavanath. If you don't change then he exposes you completely. That's how he has exposed all the horrible false gurus.

So today, we are here to worship this great deity of Bhairavanatha who incarnated on this earth later on. Ultimately as Mahavira also. So he stands on the gate of hell and stops people from falling into hell. But if you want to go to hell, if it is your desire, is your willpower like that working that, "I should go to hell", then he says, "All right, you can go."

But as you know, now the hell is also full of people. So, it's better that we should try to fight our negativity and become fun loving, enjoying others, loving others, not worrying about what others are doing to you but only thinking what good you can do to others.

So, today's special puja for Bhairavanath, we offer, to give us a sense to laugh, to enjoy, to have fun.

May God bless you all.

1989-0806, What is the difference between Sahaja Yoga and other yogas?

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6 August 1989

What Is The Difference Between Sahaja Yoga And Other Yogas?

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, Milan, 6 August 1989

I bow to all the seekers of truth.

You are here to feel the truth. And not to just conceptualise it mentally.

Now, there's a question yesterday, people asked that what is the difference between Sahaja Yoga and other yogas. All these yogas have been written down by a saint called Patanjali, long time back. And he called it Ashtanga Yoga, Ashtanga, with eight facets. He existed thousands of years back, and that time we had a system in which the students went into the university to study under some enlightened soul, a guru, satguru.

So, there are eight facets of the Yoga, mean union with the divine.

So, he has got, the first one as yama. Yama Niyama. Yama is the first one in which he has written what we have to do to make our breathing all right or to control our misbehaviour.

So, one-third of that is the asanas where you do physical exercises for a particular type of problem.

But that is not Hatha Yoga. Hatha Yoga is a complete Patanjali Yoga Shastra, Yoga - that is complete Patanjali Yoga scripture.

Asanas or these practices of physical exercises is a very wee bit, is one one-twenty fourth of one of them.

'Ha' and 'Tha', Ha means the sun and Tha means the moon. So both are considered in Hatha Yoga. Because we are not only physical beings. We are [a] physical being, we are mental being, we are emotional being, we are spiritual being. So only to keep your physical being is not so important.

One has to understand that all these things were done by a realised soul who knew what asanas are to be used, what physical exercises are to be used for a particular person.

But some of the people who went to the gurus in [the] Himalayas, and they were very greedy people, not good for any kind of yoga. So, the gurus told them that you'd better do physical exercises, just to get rid of them.

So they came down and they started teaching all these acrobats [laughter]. But such a craze now that people don't know what are the side effects of this kind of imbalanced behaviour.

The right side if you use too much, the left side is completely neglected.

So such people become very dry by nature, there is no love, no compassion. They become very hot-tempered and they try to get angry at the slightest pretext.

Sometimes are so hot-tempered that you have to go near them with a barge pole in between, you see. They become horrid fathers or mothers, and always fight with each other and mostly end up with divorces.

And the women who do too much of this Hatha yoga cannot even produce children.

They become so dominating that it is difficult to make out whether they are a man, or a woman, or a tiger. So - but in the Patanjali Yoga Shashtra, it is described those physical exercises required for physical correction of your spinal cord.

So, when the Kundalini rises, you see the problem on what centre it is, and you try to improve that particular chakras.

For example, if your this centre is catching, Agnya, then you have to say 'I forgive everyone', otherwise it won't open at any cost. So, unless and until the Kundalini moves, how will you know what's the blockade? And then, how will you know what Asana is to be done or not to be done. So, it is like taking all the medicines from the medicine box thinking you are very sick. So, it is so indiscriminate.

Now, the second one is Raja Yoga where it is said that you have to know that when the Kundalini rises there are certain places like valves on the centres. They stop the Kundalini from falling down. Now, when the Kundalini rises just like the car starts, gets ignited, all the machinery starts working automatically.

Also, the tongue is a little bit pulled inside which you don't feel, but it is pulled inside a little bit. Because the Kundalini should not fall down from this centre [touches Vishuddhi].

But today's horrible this Raja yoga is that they cut the thread of the tongue and the tongue wags like a dog's tongue, you can't talk, you can't eat.

This is to put the tongue back.

For what are you putting, there is no Kundalini, what are you stopping there?

That automatic action is called as Khechari and these people are artificially doing it.

I have seen many people in Los Angeles, old people whom I knew also, having that kind of a tongue [hanging out]. So they teach you to hold your stomach, to hold here [chest], but there is no Kundalini, what are you holding?

When the car has not started what is the use of putting the choke or taking out a wheel and moving it? It is so artificial. Then somebody has asked me - this is they call as Kriya yoga.

But Sahaja Yoga is a-kriya.

Kriya means action, what action can you do to raise the Kundalini?

If you have to sprout the seed, what action do you take? You just put the seed in the mother earth. Finished. Now you open the seed, take out the primule and push it back, do you think [laughing], do you think it will sprout?

This is how so many beautiful seekers are harmed. There are so many like that.

Funny, funny things.

Like they just talk, talk, talk, talk, talk. Big lectures, big, big books, talking of big, big, things.

Because you people have not heard of these words, they go on writing all kinds of nonsense and you have to digest it.

There are all types of people who are telling you, "Take the name of somebody, go on chanting something". Or they say that you read this book, read that book.

How many books did Christ read? [Laughing]

Think of it, this kind of stupidity they are spreading all over.

And you have to use your brains.

The other day I met a person who had made a little book of Gita in gold and put it here [neck]. And he said his guru is selling this and that now he is in the heavens, just imaginary.

But it is said about all this falsehood, has been written down by so many saints. Guru Nanaka has said that, "The one who meets you, God, is the only Satguru, is the only guru".

So, all these funny ideas that are written down or have been told to you, given lectures, are all to be understood in one way, that: "What have you got out of it?".

Like somebody said he has got a diamond.

But diamond you can get in the market!

All right. And he himself is a heart patient. And he came to me for curing himself. So, I told him, first of all, give up this diamond to some poor man, then come to me.

Then there are other types also, who mesmerise you. But they have no knowledge, nothing.

Just they get mesmerized and they said we had an experience. But they have no knowledge as to what has happened, what is within you, how to work it out, nothing.

Only what they feel that, "Oh, something has happened to us". Also, don't know what has happened to them. So with this kind of your understanding, you are definitely going to get lost. You have to know that anybody who takes money from you, for giving you realisation or anything, is a false person. It's all right, they can pay for the hall, or they can pay for the aeroplane, but you cannot pay for Self-realisation. Then third thing you must see what is happening to the disciples.

Now disciples have become like mad people, some are in the lunatic asylum, some are begging, some are aggressive, violent people. Such people, how can they be spiritual?

There is no knowledge, there is no love, there is no compassion. So, what's the use of wasting your energy with something so nonsensical, because you have never known it before?

Anything new should not be accepted blindfolded. But we should, first of all, understand it in our full awareness and then we should accept.

Of course, the mesmerism is very easy because you can mesmerise thousands of people.

But to create really knowledgeable, dynamic, compassionate, effective and powerful people is very difficult.

After Sahaja Yoga, you will see that you become extremely powerful. And you'll know what power you have. And you'll know that this is the power of love.

You all the time feel the bliss of God.

And every time you can find out whether it is truth or not.

So when you get your realisation, then first you feel the cool breeze of the Holy Ghost for the first time, and on your fingertips you can feel the centres that are yours and the centres of others. Also, you know how to use it.

You can see here there are some English, some Italians, from all over the world, people are singing Sanskrit songs.

Sanskrit is the most difficult language, worse than even Latin. And even to speak Hindi by these people is a difficult thing.

And the speed with which they sing, even an Indian can't do it.

Even the Swiss are doing that, Swiss! Who were so... [Laughter, Shri Mataji laughs].

And the English! Which is a miracle! [Laughter, Shri Mataji laughs]

And you can't make them out who is English and who is a German [Shri Mataji laughs]. We have many Jews who worship Christ. And we have many Muslims who worship Rama.

The other day I saw one Irani and Iraqi just hugging each other and being very friendly. Iraqi and Irani.

What a brotherhood they enjoy. Because they have become collectively conscious.

All this is described in Patanjali. First, he says, is here [forehead] is thoughtless awareness which he calls in Sanskrit language as Nirvichara Samadhi. And then here he calls it [top of the head] as doubtless awareness, which we call as Nirvikalpa Samadhi.

And this all-pervading power he calls as Ruthambara Pragnya. [Shri Mataji repeats to the translator] Ruthambara Pragnya.

See, that's Italian [Shri Mataji laughs, laughter].

So, it's a force within you, it's a force already within you, it's your own.

And is your own individual mother, this Kundalini is. And you can feel it with a stethoscope, in some people when it moves slowly, till it reaches here on top of your head, you can feel the throbbing, till it breaks. And then you feel the cool breeze from your own head coming out.

You feel very relaxed and peaceful.

You feel the cool breeze all on your fingertips.

Within a month's time, you become a master. You can give realisation to others. You can cure others. And you become a very dynamic peaceful personality.

Your face starts glowing. Your age drops ten years at least. There's a glint in your eye. And you are a saint!

You become a very sane innocent person. And the whole life becomes a real fun. You are so relaxed that every day it's a holiday [laughter]. With all the dynamism, you are extremely relaxed.

They told me that the whole of Italy is on holiday. They have all gone to Spain and all the Spanish have come here. [Laughter]

So I said "All right, I will give realisation to Spanish in Italy". [Laughter]

And then, after the holiday they are exhausted, so they need another holiday to get over the exhaustion.

So, you just start enjoying everything, every bit of your life, every moment. Because your Spirit is the source of joy.

It is the source which gives you the truth.

Ask any question, and if it is yes, you get [a] cool breeze. If it is no, you get heat.

And you get [an] answer to everything. It's so remarkable, it's so great, that I cannot tell you how many miracles take place in your life.

It is for you to enter into the Kingdom of God and see for yourself how beautiful it is to be there.

So now we will have the Realisation process.

There were some questions, which I have answered.

[Shri Mataji reads a paper] Now, he says that once he felt on the right hand the heat, and in the right... No. On the left hand he felt the heat, and on the head he felt the cool.

No [Shri Mataji laughs], just the other way round. What did you feel. "In the right hand on the fontanel area I feel some heat, and cool on the right". Right what, right hand?

Yogi: Right hand.

Shri Mataji: All right, right hand. Now. He says, on the right hand he feels cool and on the head he feels the hot. All right. What is the reason? That in the head there is still heat. Up to this point [She touches Her throat] is cooled down, but the head is to be cleared out.

For that you just have to ask the Mother Kundalini: "Mother Kundalini, come in my head". That's all.

And [Shri Mataji laughs] another question is also very sweet. That: "I believe you are my Mother, but do you believe I'm your son?". [Laughter]

And very lovingly he says that, "When You go away to India, then what will I do here?".

Of course, you are my son and I'll be always with you, whether in India or here.

Now let us have our realisation. Is the best way to do it. If you could – those people who are sitting down, can sit now on the chairs, some people have left.

All the Indians have left, because they have come here to make money, that's all [Shri Mataji laughs]. Thank God.

Ask the Indians to sit at the back, always.

[Hindi] I say Hindustani. That's what Indians are. So ask Indians to sit at the back, always. Useless people. Those who are abroad. [Hindi]

In India there are thousands, twelve thousand people coming to my programme, not one person moves! [Shri Mataji laughs] The Indians here are... I don't know how they are here. [Somebody, maybe some Indian musician from the stage, says something] Then should go back. [Hindi – useless] But what I think they disturb us, they sit in the first seat and they go away. [Hindi]

There are some seats here. There are some seats if you want, you can come here.

Come along here; if you want there are some seats here also, in the front row. Those who want to sit can come. Yes, yes, if you want to sit please sit down. Be comfortable. Come, come, sit.

Now, it's a very simple method. Sahaja means simple, and we'll work it out in no time. It will hardly take about ten minutes, just ten minutes it will take.

First I will show you how to nourish our centres and then you'll have to close your eyes.

So I have to request you to take out your shoes because this Mother Earth also helps us a lot.

There's a seat here. If you want you can sit here, there's a seat for you here. There's a seat here. And a seat there too, behind. Come along. All right, better you sit. Good.

So, now, both the feet are to be kept apart from each other because there are two energies, left and right.

You have to put the left hand like this, symbolising your desire, because this is the power of desire, desire to get Self-realisation.

Now, right hand is to be used on the left-hand side of your body to nourish the centres, because it's the power of action.

As we had - yesterday I told you that there are two conditions. One condition is that you have to forgive yourself, forget the past. Just forget the past. You have to be very pleasantly placed towards yourself. Forgive yourself.

Don't feel guilty. Not to feel guilty at all.

The second one is that you have to forgive everyone. If you do not forgive everyone, then there will be a problem on this centre [Shri Mataji indicates Agnya chakra], and the Kundalini won't rise. So please forgive everyone from your heart, because if you forgive or don't forgive, you don't do anything, it's a myth. But if you don't forgive, then you are playing into wrong hands.

Now, please put your left hand towards Me like this. All of you have to do it. Those who don't want to do it should go away, they should not watch other people, it's not civil.

All right. So, now, please put your left hand towards Me, and right hand on your heart.

Here, now, you should know resides the Spirit.

So if you are the Spirit you are your guide.

So now you have to put your hand in the upper portion of your abdomen, on the left-hand side. Here is the centre of your mastery.

So if you are the Spirit you become the Master.

Then take down your hand in the lower portion of your abdomen, on the left-hand side. This is the centre of pure knowledge. This pure knowledge manifests through your central nervous system. It is not a mental knowledge but a divine knowledge, by which you know what is the truth.

You also know the divine laws: a new science I would say, of Divinity.

Now you have to raise your hand in the upper portion of your abdomen again. Then on your heart, and then in the corner of your neck and your shoulder. And turn your head to your right as much as you can. This is the centre which is blocked when you feel guilty, which is a very dangerous thing; you get spondylitis, angina, many diseases because of this.

Now we put our hand on our forehead across and bend our head, make it rest on your hand, and press it hard on both the sides.

This is the centre where you forgive others.

Now you take back your hand on the backside of your head and push back your head on it, as much as you can.

This is the centre where you have to ask for forgiveness from the Divine without feeling guilty, without counting your mistakes.

Now stretch your hand, stretch it nicely, and put the centre of your palm on top of the fontanel bone area, which was the soft bone in your childhood. Push back your fingers, push back your fingers, put a nice pressure on the fontanel bone and move your scalp seven times clockwise, very slowly.

That's all you have to do.

[Shri Mataji massages Her Sahasrara]

All right, take down your hands now.

Now you have to close your eyes and not to open them, till I tell you.

Please put the left hand towards me, and both feet apart from each other.

Put the right hand on your heart and close your eyes.

Here, you have to ask me a question three times, which is very important - you can call me Shri Mataji or Mother, whatever suits you - "Mother, am I the Spirit?" Ask this three times.

Now, if you are the Spirit, then you are your own master, so please take your right hand in the upper part of your abdomen and press it hard. Here you ask me a question, again three times: "Mother, am I my own Master?" Three times.

I have already told you that I respect your freedom and I cannot force pure knowledge on you. You have to ask for it. So now, you put your right hand in the lower portion of your abdomen. Press it hard and six times please say: "Mother, please give me pure knowledge", because this chakra, this centre, has got six petals.

Now, as soon as you say you want pure knowledge, the Kundalini starts rising.

So we have to clear the upper centres by nourishing it with our self-confidence.

So now raise your hand onto the upper portion of your abdomen on the left-hand side and press it hard.

This is the centre of your mastery. So to open the centre you please say with full confidence, ten times: "Mother, I am my own Master".

Now, we have to know that we are not this body, we are not this mind, we are not these emotions, and we are not this intellect.

We are not our conditionings, we are not our ego, but we are pure Spirit.

So raise your right hand on your heart, and say with full confidence, twelve times: "Mother, I am the Spirit", which is the greatest truth about yourself.

Now, we have to know that the all-pervading power of Divine Love is the ocean of compassion and love. It is the ocean of bliss and joy. Above all, it is the ocean of forgiveness. So whatever mistakes you commit can be easily dissolved by this ocean.

So now, please be happy with yourself, forgive yourself, and put your right hand in your corner of shoulder and your head, quite at the back, pushing it on the backside, and turn your head to your right.

Here you have to say with full confidence in yourself, sixteen times: "Mother, I am not guilty at all."

I have already told you that to forgive or not to forgive, you don't do anything, it is a myth. But if you don't forgive, then you play into wrong hands.

So now you raise your right hand on your forehead and put your head down on it as far as you can, and press it on both the sides, and here you have to say: "Mother, I forgive everyone." Say it from your heart.

Now take back your hand, and push it onto the backside of your head and put back your head slowly. Here now, without counting your mistakes, without feeling guilty, for your own satisfaction you have to say: "Oh Divine, if I have done any mistakes, please forgive me."

Now stretch your hand fully and put your centre of your palm on top of your head, on the fontanel bone area, which is a soft bone, and put down your head.

And now you have to move your scalp seven times very slowly, clockwise. Put down your head. But here again, I cannot force on you Self-realisation, you have to ask. So you have to say while moving your hand: "Shri Mataji, please give me my Self-realisation." Seven times.

[Shri Mataji blows through the microphone]

Take down your hands please. And open your hands. Please put your hands like this [towards Shri Mataji].

Watch Me without thinking.

Now bend your head and put your left hand on top of your head on [above] the fontanel bone area, and see for yourself if there is

a cool breeze coming out of your head. Or [there] may be some heat, [it] doesn't matter.

Now, put the left hand towards me, and put the head down and see for yourself if there's a cool breeze coming out of your fontanel bone area. It may be further on, it could be nearer, it depends.

Now put your right hand towards me and bend your head again properly, and see for yourself if there's a cool breeze coming out of your fontanel bone area.

Now, push back (raise) your hands on top of [above] your head like this, and ask a question, any one of these three questions: "Mother, is this the cool breeze of the Holy Ghost?"

"Mother, is this the all-pervading power of God's love?"

"Mother, is it Paramachaitanya?"

Ask this question, any one of these, three times.

Now take down your hands please.

All those who have felt cool breeze in their hands or out of their heads please raise both your hands.

Oh, My God.

May God bless you.

May God bless you.

Now know that you have touched this all-pervading power. Some have not. Maybe they were doubting themselves. Maybe they were not physically all right or mentally all right. Maybe just because they have come only today. But all of you can get Realisation.

It is your right to get it. It is the breakthrough of the evolutionary process to reach this absolute stage. So now I would request you, all of you, to come to the follow-on programme and to the courses where you get the knowledge and the love, both, to understand yourself.

In any case, I would like to meet people who have got their realisation today. And those who haven't got [it] can come here [on the side of the stage] and it can be worked out.

Just enjoying! Enjoying.

1989-0807, Eve of Shri Ganesha Puja, Recognition of Sahaja Yoga in Russia

View [online](#).

7 August 1989

Evening Program

Les Diablerets (Switzerland)

Talk Language: English | Transcript (English) – Draft

Evening Program, Recognition of Sahaja Yoga in Russia, Les Diablerets, Switzerland, August 7th, 1989

[Starts at 1:11]

[Shri Mataji speaks in Hindi]

Shri Mataji: Musicians have arrived now or even they'll join us, later on.

Guido: I think they are some children show first. So they may have time.

Shri Mataji: All right.

Hello.

[Laughter. Applause]

[Shri Mataji speaks in Hindi]

[American's collective dance]

Sahaja Yogi: American Sahaja Yogis.

Is there a copy? All Right. I think you'd better do the coping. I'm not seeing anything.

Jose: When is Babamama arriving?

[Jose's caricatures and imitations of some Sahaja Yogis]

Jose: Shri Mataji, in your lectures sometimes you talk about confused Sahaja Yogis, that sometimes we are all of us a little bit confused in some situations. We must admit that all of us we have gone through that through those situations where we don't really know what is going on and we feel sometimes we're not very sure and very secure about what we are doing. So, this is the insecure Sahaja Yogi.

These are the two different answers from Sahaja Yogis when you have a problem. This was in Italy, actually it was in Turkey. And we were all nicely around a restaurant table, and we were all nicely having fun together. And one Sahaja Yogini asked

-Guido how can we overcome our ego?

-You see, I cannot tell you because I have no ego.

And this is the answer from Akbar:

-You must take a big wall and you must bang your head against the wall.

And this is another answer of Akbar to one Sahaja Yogi who was very stressed and wanted to know where we going to sleep tonight for the seminar.

-But Akbar, where are we going to sleep can you tell me it's place for 200 people, we are 700, how are we going to sleep? Akbar please.

-Well, you know, in Sahaja Yoga, the Mother Earth is your mattress and the sky, the stars, the whole universe is your blanket.

Lady (daughter of Shri Mataji?): Can you do Gregoire?

Jose: This, I think I did last time. But I think, maybe, you would like to see it again Shri Mataji, what happens at the back of the

scene, in Ganapatipule, while the musicians are playing and while the front part of the scene is enjoying. At the back part of the scene, some are following the advises of Dr Rustom that:

-We should just go on the left. If you feel you're going on the left side, during the bhajans, it will work out if you go in the back and sleep.

So, these are the different Sahaja Yogis.

This is Brian Wells:

-You see, it's not that I don't like bhajans, but the problem is when the bhajans go after 1 o'clock in the morning, I just can't stand them.

This is an Australian Sahaja Yogi. This is another Australian, trying to keep smiling.

And this is Dr David Spiro:

-Well, you know, I think, I think everything will work out in Shudy Camp. I just think everything is ...

And this is Yoan Cokker [unsure].

[Applause]

And these are two of one famous imitation that I don't need to tell the name, because we just have the Puja in Milan. So, everybody knows me. Two new stories about our friend

Ravier.

One story with Jovert, Jovert.

So, Javert comes to me, Javert.

-Ravier, this is the program we have to work on the people. So, Ravier says:

-Yes, but you have to concentrate on the quality people. So, you have to concentrate on the quality people. See for example, you have to work on this one there. You have to work on this fellow.

-But why do you have to work on this fellow?

-Because he's a quality people, you understand, you have to work on him.

-How is he a quality people?

-He came to the program in a Mercedes.

And this is s one of Ravier that I invented myself. So, don't blame him.

Ravier is at the Guru Puja in the Austria, Italy this year, and Ravier says:

-This is the best puja for Milan because the Austrians organize and the Italians get the vibrations, because it is in Italy.

But for Guido, quality people is different. For Guido, look at these Milanese people, they prepare a seminar and they forget to bring the ibiscus oil for massage. They forget to bring a good film and they also forget the football.

Sahaja Yogi: Bravo. Kingsley.

Jose: Ah! Kingsley, I was forgetting someone, I knew. So, there are two new ones of Kingsley. Actually, they're old ones but now people start to tell me the stories about others and they wanted to be anonymous so, I won't tell the name of those who told me the stories. So, Kingsley:

-He is just amazing, that was someone living in the ashram with Kingsley, I think.

-I mean once Kingsley was absolutely furious! He was really furious, I mean:

-Gosh, it was really too much. So, Kingsley said:

-Mike ?, he said, Mike?, but I can't forgive him really - he is talking about another Sahaja Yogi - I can't forgive him. OK, I will forgive him. Yes, I will forgive him. I will forgive him, no problem. But let me kill him first, please.

And the other one of Kingsley was:

-Before Sahaja yoga, I was my own false Guru.

[Sahaja Yogis ask for an imitation of Gregoire]

So, this is the last one of Gregoire in Turkey. So, this is supposed to be a hoover in a hotel in Turkey. And this is Gregoire planning what he's going to do today.

-[In French] "Mais tu comprends, d'abord, on va aller à Agia Sophia". Pistachios are very good! Now we're going to see Agia Sophia. Then we're going to go to the mosque. Then after the mosque, we're going to go shopping. Then after the shopping, we return to Agia Sophia. Then we -what do you think? What do you think? Good, good idea. Good idea. Good idea. Ok, let's do it. Ok, Agia Sophia, Temple, Bazard, shopping, OK. It happened in front of Jose oh no!

Now Mr Pie. Mr Pie? Now we're going to read mantas, we're going to start with the mantra. So, we start right now with the mantra.

So, and this is Dr Nasik:

-Come along, Guido! Dr Sangue. Come along Guido, we are having a dance, you know. Come enjoy the food, the musicians, the Alibag dance. Come along.

Ok, so Juan will do Mr Venugopalan. And I will be doing Mrs Venugopalan.

-So, dear Sahaja Yogis, brothers and sisters, I would like first to tell you that we have a very interesting announcement for you all today. Board of directors of Nirmala Yoga will be composed by Mr Lal, Mr Subramanian and myself, of course. And now I would like to introduce you, dear brothers and sisters Sahaja Yogis, to my wife. She's a very great singer. She has a very beautiful voice. And she will entertain you with some music tonight. After this, you're all invited to my house. In my house, we have hot water, cold water, half cold water and half hot water. And all this in a very nice marble bathroom. So, I will let you enjoy the singing of my great singer wife.

[Jose sings]

Lady (daughter of Shri Mataji?): Doctor Spiro?

Jose: I think our Babamama is playing me a trick. He's just eating longer so that Jose can go with his imitations. But the night is still young.

-I would like to relate to you a story, not a story but just a technique in Sahaja Yoga. Because we're talking of all these different techniques, so I would like to remind you one technique which was taught to me some time ago. This was in the beginnings of Sahaja Yoga in England. And uh this is a technique, a very simple technique, which is technique with a piece of grass. So, I know everybody of you can find a piece of grass. It's quite easy especially in Switzerland, it's raining so much you know. But maybe Dr Rustom in his desert he'll find some problems, but in any case, you just take this piece of grass and you just nicely vibrate it with your fingers, you know. Well just nicely give it vibrations on the piece of grass. Then you just think of the problem, but of course, don't think too much because it won't help. Then you just tie a knot on the piece of grass and you tie a knot and you forget about the problem or you try to forget about the problem. And then you just throw the piece of grass and you'll find it works out. I found it works out for me so why not for you too? Eventually if you have a lot of problem problems, you'd better find yourself in a big field because you'll have some.

If you have any problem in India tour, you'll have to consult your doctors. So, one of the doctors who has to be consulted is Dr Spiro. But Dr Spiro has a lot of things to do also in India. So, he'll teach you the simple ways of curing yourself.

-So, Dr Spiro, what do we do with diarrhoea problems?

-Well, what I'm going to answer about that- I think the simple way being in India, you see, you have to if you have diarrhoea problems, then you just take to bananas.

-And what is the problem if we if we have a constipation problem?

-Well, you just take to guavas.

Which one next?

Daughter of Shri Mataji: That one when you said where Mataji told everyone to love all the Sahaja Yogis.

So, this is a story also happened some years ago, and we were listening to one of Shri Mataji's tapes where she was telling us that we should love each other, we should smile to each other, we should be loving to each other. So, one newly Sahaja Yogi was just coming feeling very good after the tape. So, he just wanted to smile to another one who seemed to be an old Sahaja Yogi and who was not willing to smile.

-You know, I just did not have the chance to meet you all here this time. You know I was traveling all over. I used to tell Sahaja Yogis, Well, I know, I won't see you next time. But every time I would come back, you know. And this is me. This is Harsh.

Jose: Well, I don't I know if all of you do know the story about the public program, but I think I'll have to tell you again, because I don't have any other sketch of him. you know. So ? was this fellow, you know, he had a such a Back-Agnya you know. So, Mataji told me, "Just work on him ", you know the fellow just arrived to me, you know, and the whole thing was going out. When I looked at him there was one eye going this side one eye going this side. And even he had a third eye going straight before you. You know really, it was something working on him.

These are the different names of Babamama, because Babamama has found that in Europe, he has different names. Not only Babamama, but when he goes to Austria his name is Papamama. When he goes to Italy, his name is "hey Baba Mama'. When he goes to England it's Babemame. When he goes to Spain, he's Vavamama. When he goes to Swiss Germany, Papamama. And when he goes to France Babamama.

And we are still waiting for him.

[51:01; Shri Mataji is talking, comment 1]

Shri Mataji: Ah, we can have some music from you people?

Sahaja Yogi: Yes.

Shri Mataji: Before he comes. We can have some music, all right. Now real name of Babamama, who knows? Let's see. That's the question. Who knows Babamama's real name?

Granddaughter: I know

Shri Mataji: No, not you. Anybody else who knows Babamama's real name?

All right, lets it, have some questions.

Sahaja Yogi: You have a mike for Shri Mataji?

Shri Mataji: Hello, now what's the real name of Babamama?

Sahaja Yogi: I know the initials, Shri Mataji, are H. P.

Shri Mataji: No.

Prakash: Hemendra Kumar Salve.

Sahaja Yogi: Harry Prasad

Shri Mataji: No, no.

Granddaughter: He knows

Prakash: Hemendra Kumar Salve.

Shri Mataji Correct. Hemendra Kumar his name and how do you know his name?

Prakash: Because I was doing the papers for the invitation of the musicians in Paris.

Sahaja Yogi: For the visa.

Shri Mataji: Ah! [Laughter] All right. That's it.

You see, we had some acrobat, in India, when he was very young. And he was a Hatha Yogi sort of a fellow. He used to walk on the fire and he used to put his stomach inside so much that you could put a, I mean, completely your hand inside. It was like this. He pulled the stomach so much.

Guido: Fakir.

Shri Mataji: Some sort of a thing like that. And then you could break something, a heavy thing on his chest, sort of thing, you see this. So, his name was Hemendra Kumar. So, Babamama was very much enamoured by him, you see, and my mother especially. So, she called him Hemendra Kumar.

Gregoire: Ah, I see.

Shri Mataji: That's how he gets the name.

In India, we don't have names without meanings. For example, 'Jose', what is the meaning of the word? Must be something, Joseph or something? Joseph, Jose is Joseph.

Sahaja Yogi: Something with the Judgement of God.

Shri Mataji: Is it? But, you see, so many have this name, 'Jose', sort of a first name. And Maria as a first name for ladies.

Guido: Yes.

Shri Mataji: It's very common.

Guido: Jose-Antonio, Jose ...

Shri Mataji: Ah! We have so many Joses, there are many Joses, you see. So, when you say 'Jose', you mean which Jose? There's lot of things in the name also. Like, I was asking for the name of the place where we were. So, I said, "What's the name of this mountain?" So they said, "The name of this mountain, the meaning is grin, grinning, when the dog who is angry, what he does is to grin". So, I said, "Why give this name to this?" [Laughter] I mean, I didn't understand. And then they said what's the name, what's the meaning of the word Lecco, you see. Just being Indian, I asked, "What's the name of this word Lecco?" Because you remember, you see, if you know the meaning, you remember. So, they said that means 'meat'. I said, "Meat? For the lake? I can't understand". What is -

Guido: The lake was Carnate, Shri Mataji.

Shri Mataji: Carnate, sorry, Carnate. "What is the meaning of Carnate?" They said 'meat'. So, we are living in meat or what? [Laughter]

And what was the Lecco?

Guido: Lecco means to leak.

Shri Mataji: Ah! Lecco means to leak. You see now, what does the leak has to do with the lake? I mean, no connection whatsoever! I was wondering how these names are there, you see.

But they are without any meanings, while Indians names are so full of meanings. But if you give funny names to somebody, then you don't know how to even pronounce them, because they are very funny meaning, very - something very funny. So, sometimes, I think, if it is meaningless, it is better. So that there is no problem.

And one gentleman's name was [Parpute ?], means the one who runs away from the fields, you see. All kinds of names! And Marathi names are the worst of all, because surnames, because they did not know how many surnames to have. So, somebody's name is [Hatwurlj] means the one who twists your hand. [Laughter]

And English surnames are even worse. For example, they'll call somebody a stone. You know, in India, if you call somebody a stone, he'll beat you. And they call you 'lamb'. If you call somebody a lamb, or a donkey, it's too much, isn't it? But these are the things are.

But some languages have no meanings at all to their names. No meaning at all. But when you go deep into it, then you find the meanings are horrifying. So, I think we should find out what is our surname, why this surname has come to us, what were our forefathers doing, you see. It would be a good idea to find out about it.

So, Babamama has not come, but you all can have your own music. Let's have it from you people.

They are tired. I think they went out shopping. [Laughter]

Sahaja Yogi: Shri Mataji, they will be arriving in ten minutes. So we can prepare.

Shri Mataji: Oh! They won't arrive.

[58:57]

Sahaja Yogi: So, just while the musicians are getting setting up their equipment, I just thought that people might be interested -in

fact, I know that people will be interested to hear about what has been actually a very historic and very important few days. I'm actually slightly not in touch with the timing of all this because the last few days has been something of a whirlwind. So, if you'll just bear with me while I try and remember what day it is today. Very good. So, on Thursday, I had the great honour and privilege to escort Shri Mataji from Heathrow airport to Moscow. And it was a flight that lasted about two and a half hours and we arrived in Moscow. And we were met by Oleg who is the leader in Moscow. And Shri Mataji and Oleg were there with Rajesh. Rajesh Shah who was there in Moscow, who had months in advance actually arranged to be in Moscow on business. And the reason why we went was because Yogi Mahajan had actually been in Moscow and had met some bureaucrats from a cultural, a Ministry to do with cultural exchange; in particular, an exchange between India and the Soviet Union. And something I wasn't aware of, was that actually the links between India and the Soviet Union are of course very strong and there are lots of business links and lots of different things that go on. For example, there is a combined Russian and Indian restaurant called 'The Delhi restaurant' in Moscow. And in a part of this restaurant, you can pay for your meal in rupees and in the other part you actually pay in Rubles. And so there are already strong links between India and Moscow, and Russia and the Soviet Union.

And I stayed at the airport and waited for Yogi Mahajan to come and for Bogdan to arrive. And then we all went to this hotel where Shri Mataji was waiting. And we spent an evening, the first evening, talking to the Russian Yogis. They were something like ten people there, Oleg was the leader. And out of the ten people, probably four or five of them have a fairly good understanding of Sahaja Yoga and certainly recognized Shri Mataji. And some of the others are in very early days. And the following morning we waited to find out what Yogi Mahajan had arranged and he arrived with a Minister from the association for Indian and Soviet relationships. And we went in a convoy of cars to this Ministry where Shri Mataji gave a press conference. And it was an extraordinary press conference. There was a long table and a whole lot of reporters, altogether probably thirty, thirty-five people in the room. And first of all, Yogi Mahajan stood up and um gave a polite and pleasant introduction and then introduced Shri Mataji.

And Shri Mataji stood up with a chakra Charlie on the wall and gave a very simple talk about how the spontaneous energy comes awake and goes through the subtle system. And She gave a very simple talk about how people who have this experience blossom and have a new energy and are cured of all sorts of illnesses. And then she sat down. And one of the ministers actually, the leading Minister for this association said, "Well I have one question. Because Shri Mataji asked for any questions. And he said, "How does this happen? How does this come about?" And instead of giving any kind of complicated answer, Shri Mataji stood up and said, "Well, I'll show you". And She came back to the front of the room and She said, "Now first of all, you put your hand on here. And then you move it down above your ribs. And then you move it down again. And then you put it back here". And She went through the motion and said, "Now you must all close your eyes". And the atmosphere in this room was quite extraordinary. I mean, some of these journalists were looking at each other and I was sitting next to a professor of psychiatry who was starting to look a bit bewildered. [Laughter]

And Shri Mataji was - became very playful. She started laughing and said, "It's easy you know, I'll show you. I mean, I can answer your questions, but it's much easier to show you". And so She went ahead and gave this whole room Realization. And several people actually had quite a strong experience including this professor of psychiatry. And then we, various people stood up and gave talks. I stood up and talked a little bit about drug addiction and about the right side and the left side. And Dr Bogdan stood up and talked about some medical experiences he'd had. And then Rajesh Shah stood up and described how a strike in his company in India had just changed as a result of Shri Mataji's advice and that the workers had thrown out the union leader and were earning much more than they'd ever earned. And now that the productivity of the company was much better and links with the Soviet Union were much better. And we had a pleasant and informative session and then we left for lunch.

And the lunch was one of the most extraordinary things I have ever seen. Because we sat at this long table, in a very pleasant Indian restaurant, and we were waited on and while we were waited on, the waiter brought the first course which was very good Indian food. And I was sitting next to the Minister who had said 'well how does this happen'. So, I turned to him and I said, "Well, did you experience very much when Shri Mataji was demonstrating how it works?" And he said, "Well, I just feel hot. I mean, all I can feel is hot. And I feel a bit strange". So, I put my hand over his head and there was a lot of cool air coming out and I said, "Can you feel this cool air?" And he said, "No, I just feel hot". And Shri Mataji saw me with my hand over this, over this Minister. So, She said, "Bring him to me. Bring him to me. So, he went up to the end of the table". This was, I have to say, in an expensive Indian restaurant at lunchtime in Moscow.

[Laughter]

And there were businessmen having business meetings and people eating Indian food and sort of going on, as presumably they normally do. And there was this Minister kneeling at Shri Mataji's feet. And She was hitting him on the shoulder saying, "It's your Vishuddhi. It'll work out. It'll work out".

[Laughter]

And the lunch was one of the most extraordinary things I have ever seen. Because we sat at this long table, in a very pleasant Indian restaurant, and we were waited on and while we were waited on, the waiter brought the first course which was very good Indian food. And I was sitting next to the Minister who had said 'well how does this happen'. So, I turned to him and I said, "Well, did you experience very much when Shri Mataji was demonstrating how it works? And he said, "Well I just feel hot. I mean, all I can feel is hot. And I feel a bit strange". So, I put my hand over his head and there was a lot of cool air coming out and I said, "Can you feel this cool air?" And he said, "No, I just feel hot". And Shri Mataji saw me with my hand over this, over this Minister. So, She said, "Bring him to me. Bring him to me". So, he went up to the end of the table. This was, I have to say, in an expensive Indian restaurant at lunchtime in Moscow.

[Laughter]

So, we then went to the Ministry of Health which was something that Yogi Mahajan had arranged. And the Ministry of Health is actually quite a splendid place, it makes my office look like a slum. My office is actually a slum. But the hall has marble walls and a marble hallway, and we went into this-

Shri Mataji: And marble pillar.

Sahaja Yogi: And marble pillars. And a wonderful atrium with a beautiful lamp in it. It really is a splendid place that looks like a museum. And we went into a conference room, with a long table. I think there were about 10 people in the room. And the professor of psychiatry was a leading member of the Ministry of Health. And he asked Shri Mataji to sit in the middle of the table. And he sat opposite. And then we all sat on various sides.

And he opened the conversation by being very polite and saying how pleasant it was that Shri Mataji had come to explain Sahaja Yoga. And he suggested that there is an association already within the Ministry of Health –

Shri Mataji: And we have to be one in it [unsure].

Sahaja Yogi: Yes, Shri Mataji. But he - what I understood he said was that Sahaja Yoga should become part of an association that exists, that has acupuncture and homeopathy and other types of yoga. And while he was saying this, Shri Mataji sat up at the table and she said, "No, there's no point in bringing me people who've had acupuncture. I can't raise their Kundalini. There's no point in bringing me people who've been to false gurus, it's no good. There's no point in bringing me people who've had various types of medicine, whether it's real medicine. If somebody's having renal dialysis, I can't raise their Kundalini. Sahaja Yoga has to be independent".

And this professor who was sitting next to me was slightly taken aback. Because he'd made what he presumed to be a very generous gesture. And Shri Mataji was saying, "No, this isn't good enough, Sahaja Yoga has to be completely independent of all these other alternative forms of medicine". And so the conversation continued and I must say, I didn't say a word. I just sat there and I watched Shri Mataji who became again very playful she was laughing and saying, "There's just no point, you know. It doesn't make any sense. Of course, Sahaja Yoga has to be independent, it's a unique thing. This is the root of how people get well this is the root of how people avoid having disease".

Shri Mataji: And there's no money involved.

Sahaja Yogi: And there's no money involved. I'm sorry, Shri Mataji?

Shri Mataji: Yes, that's all right.

Sahaja Yogi: And it was extraordinary to watch this situation. Because it started off as a fairly formal business meeting with people: we had a reporter, we had a lady who was translating. Oleg was translating. There was another lady taking notes. And Yogi Mahajan, who had met these people and set up the meeting, was being quite formal. And Shri Mataji just turned this meeting into to a joyful occasion in which this chap, who wasn't quite sure what to say when She'd said 'no it must be

independent', was completely won over. And after, he'd actually had quite a profound experience that morning when Shri Mataji had given Realization. And the outcome was that he absolutely agreed that Sahaja Yoga should be its own independent association within the Ministry of Health, which is actually, quite a historic, it's not only quite a historic, it's a major historic event. Because at the moment, Yogi Mahajan is still in Moscow and he's drawing up the protocol drawing up the paperwork which will be signed by both parties.

And we really left the meeting feeling that, you know, a major bit of work had been achieved. And the meeting lasted about an hour and a half two hours. And I don't know what's going to appear in the press, but there were a number of journalists who were present at both the meetings. One of the journalists asked if she could come to the afternoon meeting. And she arrived, having had the experience with Shri Mataji, and she arrived in this conference room and presented Shri Mataji with a bouquet. Now I don't know what they're going to write. I don't know what the outcome is going to be of all the contracts that need to be drawn up, all the protocols that need to be addressed, but I was very aware, and Dr Bogdan and I were very aware, that something very, very important had happened. Because we were actually dealing with top people in a country where it's not a democracy. And as soon as the top people agree that a particular association needs to be developed, needs to be involved within a particular Ministry, then this feeds down very rapidly.

So, it does seem that Sahaja Yoga has actually struck at a very important time, in a country where their thinking is changing, where Gorbachev is actually causing huge changes in the thinking of the individuals there. And it was a tremendous privilege to be present and it was also a tremendous joy.

Jai Shri Mataji.

[Applause]

[1:12:12 Shri Mataji is talking just after this long speech, comment 2]

Shri Mataji: I have to say one more thing, that I felt that Russian people are very pragmatic. And those bureaucrats, I've never come across such bureaucrats, nor such people in the medical top hierarchy to be that wise, it's such wise people. Democratic countries think no end of themselves, but I think they lack wisdom and pragmatism. One sentence that gentleman said was very remarkable, this gentleman who was the head of the medical. He said, "I can see clearly, it is something great and these things happen in thousands of years. And I am not going to miss this opportunity". I can't think, anywhere, in all these so-called democratic countries, anywhere, even in India, a person of that level could see the point so clearly. So, I think we should give them a hand, to those Russians.

[Shri Mataji applauds]

1:13:37

[1:43:59 Shri Mataji is talking, comment 3]

Shri Mataji: Now it is going to be 3:35. So, I think now, for tomorrow's puja, we should now spare ourselves. You have all enjoyed it so much, isn't it? This is Ganesha's joy and his dancing. Beautiful it was. [Shri Mataji speaks in Hindi with Babamama]

Thank you very much.

Sahaja Yogis together: Thank you, Shri Mataji.

Shri Mataji: Such a beautiful expression of joy! Spontaneously the whole thing worked out. You all have enjoyed?

Sahaja Yogis together: Yes, Shri Mataji.

We'll have tomorrow the puja about 12:00, I think, we start again. And tomorrow is an important day, because it's a Ganesha Puja. I think Ganesha in you was dancing, in all of you and enjoyed it. It's great. Thank you very much.

[Hindi conversation]

Now sitting down, if you want, you can sing one song, last one.

[Applause]

He Adi Ma.

Babamama: He Adi Ma.

[Shri Mataji speaks in Hindi with Babamama]

Babamama: Ok you, Jose.

Shri Mataji: All of you put together should sing.

Babamama: You follow us.

Jose: Ah, OK.

1:46:17

[1:51:54]

Shri Mataji: May God bless you.

May God bless you all.

Thank you very much.

[1:52:00]

[End of video]

1989-0808, Shri Ganesha Puja: How Far To Go With Children

View [online](#).

8 August 1989

How Far To Go With Children

Ganesha Puja

Les Diablerets (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Today you have come here to worship me as Shri Ganesha. We have been singing the praise of Shri Ganesha before every puja. And we have such tremendous respect for Shri Ganesh because we have found out that unless and until Shri Ganesha, who is the symbol of our innocence, is not awakened within us, we cannot enter into the Kingdom of God.

And even to stay there and to enjoy the blessings of Shri Ganesha, we have to have our innocence fully blossoming.

So we praise Him and He is very easily praised. And whatever we might have done wrong before coming to Sahaja Yoga, He completely forgives because He is the eternal child.

You have seen children, when you slap them, sometimes get angry with them, they forget it. They only remember the love and not what they have suffered at your hands. Till they grow up, they do not have memory of bad things done to them. From the very beginning, a child is born to a mother, he doesn't know what he has gone through. Then gradually the memory starts working and he starts restoring things within himself.

But in the beginning, only he remembers what nice things have happened to him. So we always like to ponder about our childhood, what we enjoyed in our childhood. But as we start growing up, we start remembering all the miseries and all the tribulations we had to go through. All the ordeals through which we have passed, we try to magnify it.

In childhood, the children only remember the people who have loved them and not the people who have hurt them. They don't want to remember perhaps. It looks like that. But when they grow up, they only try to remember those people who have harmed them or have troubled them and that's how they make themselves very miserable. But the principle of Ganesha is extremely subtle, is the subtlest of subtle. And it exists in everything, that it exists in the matter in the form of vibrations. There is no matter which is without vibrations. It has vibrations which are seen even in the atoms and also in the molecules of all matter that is existing. So Shri Ganesha is the first one who was established in the matter, as well. As a result, we can see, He exists in the sun, He exists in the moon, He exists in the whole universe, in the whole creation, and He continues to exist in human beings also. Only the human beings have capacity to somehow or other cover up your – the innocence. Otherwise, animals are innocent. Human beings have the freedom; if they want, they can cover up their innocence, they can shut down the doors of Shri Ganesha and say that He does not exist. They can cloud it. And that is why we find among human beings, that they are doing so many horrible things, avoiding the existence of Shri Ganesha.

But He acts. He acts in a way that He shows natural results of our wrongdoings. Like if you do things which are not pleasing to Shri Ganesh, He goes up to a point, forgives you up to a point, and then He starts emerging out as diseases, as physical diseases, and in women, it becomes a mental disease.

Also, it can create problems in the nature.

The natural catastrophes are, also, only the curse of Shri Ganesha.

When people start doing wrong things, behaving in a wrong manner, collectively, then the natural catastrophes come to teach them a lesson.

So in His essence, though He exists in everything, also in that He has capacity to assert His will, to bring forth the destruction of the whole world.

We have Shri Ganesha's idea as a minute thing. We think He can go on a little mouse, so He must be very minute.

He is as minute as He is great. He surpasses all the Deities because of His wisdom. He is the giver of wisdom. He gives us wisdom. He makes us learn. He is our Guru, in that respect, Mahaguru, because He teaches us how we should behave.

If you try to surpass Him and try to misbehave, even the Mother won't support, because She knows, that those who surpass Shri Ganesha are also the people who will never respect the Mother. So He is the epitome of respect for Mother. Epitome. He does not know any other gods. He does not know Sadashiva. He doesn't know anybody else, but He only respects the Mother. So He is the one who is the power of devotion and complete surrender to Mother, and that's why He is the most powerful Deity among all the Deities and nobody can surpass Him in His powers.

We have to understand that as children are growing, Shri Ganesha starts growing in them also, but as they are human beings they can, somehow or other, try to overpower Shri Ganesha. So it is the duty of parents who are sahaja yogis to see that they look after their children in a way, in a detached way, to see that Shri Ganesha in them is settled.

The first sign of Shri Ganesha in a child is wisdom. If the child is not wise, if he is troublesome, if he does not know how to behave, then that shows that Shri Ganesha is being attacked by him.

And these days in the modern times, as it is, children are very much under attack. Innocence is under attack. And it is very difficult for people to make a fine line as to how far to go with children and how far not to go.

Today's lecture would be more concerning about how far to go with Shri Ganesha as far as children are concerned because that's a very important point. Because He is the giver of wisdom. So the parents must understand that, "If He is the giver of wisdom, there should be wisdom, wisdom within me. And if I have the wisdom, then I have the balance, and I don't lose tempers with children, but I try to correct them, but in such a manner that they get corrected." On the contrary, if you try to be very harsh with your children, they might react and they might go astray. Or you try to restrict them too much, then also they will behave in the same manner.

So one thing is to be taught to your own children, as Shri Ganesha Himself does, that "respect your Mother." Your Mother means your Holy Mother and your own mother. That is very important. If the father doesn't make the child respect the mother, the child can never be all right. Because the authority comes from the father no doubt, but mother must be respected.

But for that, it is very important that mother must respect the father. So in the presence of children, if you start fighting with each other, misbehaving, and talking in a manner that is not proper, also will have a very bad effect on the Ganesha Tattwa of the child.

This upbringing is a very important thing in Sahaja Yoga because by God's grace you all have got realised children. So you must know how far to go with your children to make them wiser, to be moral, to be righteous.

First thing is that you should try to preserve their wisdom. If they say something wise, you must appreciate. But they should not also say out of place, out of grace. So the misbehaviour is also not to be tolerated, in the sense, that whatever is wisdom within has to be expressed outside as light.

Now we go further with it to see how far Shri Ganesha acts. As I said, in the subtlest of subtlest He exists, but you have to awaken Him. For example, you have seen the water, which is vibrated – means what? Vibrated means the Ganesha Tattwa is

been enlightened in that water. So when that water goes into your stomach, or into your eyes, or wherever you want to put it, it acts; acts in a way that it excites the Shri Ganesha Tattwa into anything that you put it.

Now you have seen, we have got miracles of agriculture, to begin with. Miracles of agriculture is such that people are amazed, but it's very simple. Once you start exciting the Ganesh Principle into the seed, it becomes ten times, sometimes hundred times.

Even the Mother Earth, which we think to be something dead, can be vibrated.

Supposing, you sahaja yogis walk bare feet on the ground, the Mother Earth gets vibrated. Such Mother Earth will act on the trees, on the grass, on the flowers, on everything. As it is, the sahaja yogis have been telling me that in their ashrams all the flowers that grow, are out of size and very fragrant. Like daisies never had fragrance in London or in England, never.

Now the daisy size was so small; it has become so big, and you see them everywhere, so fragrant. And it is a miracle; the first time when I told somebody that the daisies have fragrance, they couldn't believe it. And when they saw the fragrance, they were surprised.

In the same way, Ganesha Tattwa understands, thinks, organises, works out, if it is awakened. If it is not, it is sleeping, then it does not.

So it acts, it works out. Like a little seed when it sprouts, at the tip of the seed, there is a little cell, which has got the Ganesh Tattwa, which is been awakened. So it knows how to go down, how to go around a stone, and how to embed itself, and how to reach the source of water. But it has only the sense how far to go to exist, how far to go to nourish yourself, on a very material plane, how to allow the tree to grow.

But this Ganesh Tattwa starts becoming very, very subtle and subtlest at the point of Agnya chakra. At the time of Agnya chakra, it understands that it has now the spiritual dimension. The same Ganesha Tattwa, which acted in a small little tip of a root, now acts for the spiritual thing.

That's why people close their eyes when they meditate – because they don't want to see anything else, but they want Shri Ganesha just to act for the meditative process of their Kundalini. This process of meditation, when we close our eyes, acts, but if you see, if somebody is sleeping and he is dreaming, you will see, there will be the eyes will be all the time moving, they will be moving eyes.

This Ganesh Tattwa is now acted by your attention.

If you have an attention, which is all the time going from this place to that place, to that place, to that place, then it is affected, especially in the case when we start looking at men, looking at women, all the time. Then the – also our Ganesha Tattwa gets very much destroyed. Such people are difficult for rising in their ascent because Agnya itself goes out.

Then this Ganesha Tattwa can also be reduced if you are very materialistic, always worried about your things... like you have something in the house you are worried about, and looking at everything, all the time trying to correct it and all the time worried about the matter.

Then also, this Ganesha Tattwa can be lost because you are all the time worried about these things. Like we are going to the shop and we are seeing everything, "What is there? What is there? What should I buy? What should I buy?" Like that also if you do too much, it will be.

But supposing you are buying something out of beauty, for beauty. You want to buy something for beautifying your house.

That means, you are trying to do something to please others. You are doing it to make others very happy. Then, it acts the other

way round, then it increases your ascent. But if it is done only to create a kind of a joy for others, sharing of the beauty of whatever you have bought or you have taken.

But supposing, you are buying anything for making others feel jealous – that also I've recently learned, that there is a capacity like that for people to buy something to make others jealous, not to make somebody feel happy. If there are people who buy things just to make others feel jealous, then also their Ganesha Tattwa can be destroyed.

What you should buy? Anything, you should make a beautiful house. When somebody comes to your house, he should say, "Oh, what a nice thing we have seen." Not attachment to the thing, but attachment to the thing how people feel, how they feel nice and relaxed, and they feel their Shri Ganesha within them, which is beauty.

When this feeling comes in, then we should say there is Ganesh Tattwa. And is a very motherly feeling it is.

Like a mother always wants to give sweet things to her children, beautiful things to her children, in the same way, in that you have that vatsalya, as [it] is called, is the feeling of the mother for the child. That subtle feeling you have that, "People have come to my house. Now see how they are happy, they are enjoying this and they are appreciating it." In that way, you also satisfy a very great Ganesha Principle, is that you'll have taken note of the artists.

Though the artists are creating their all beautiful things out of matter through the Swadhisthana, but without Swadhisthana being governed by Shri Ganesha, it cannot be beautiful. These days, as you see, the artists are taking to all sorts of grotesque things and very immoral things. And these things are of no eternal value. Today people will buy them and tomorrow they will throw away.

Only the things which have got the subtle Ganesh Principle in it acting, which makes you soothe down, which makes you feel peaceful, which makes you feel happy, is the one that is appreciated. So Shri Ganesha establishes within you the higher Self. So the baser self, which enjoys all baser things of lives, are being curtailed down, being cut down, sometimes completely destroyed by Shri Ganesha.

I'll give you an example of Mona Lisa. If you see Mona Lisa – I mean I don't know, she cannot be an actress, she cannot win any beauty contest, I think. She... her face is very serene, very motherly, very pure, her eyes.

And why is it that she's eternally so much appreciated? The reason is, there is Ganesha Principle in her. She's a mother. And the story about that one is that this lady had lost her child and she would never smile, she would never cry. And one little child was brought to her, and when she saw the child, then the smile that came on her face of that love for the child, is been depicted by this great artist. And that's why people are appreciating it.

And you have seen in the West, though the people don't show much interest in the mother-child relationships, anywhere you go, is the mother and child theme is the best. They'll show you a photograph, "This is mother and child, this is Christ's Mother and Child. When the Christ was brought down, the Mother is there," They have to have Mother and the Child Principle acting, otherwise, that picture is not regarded as something great. Or you have to have, actually, Christ who is a Ganesha Principle Himself to be shown.

I haven't seen any picture as such of those days where these principles are not there.

Even Picasso has used it. Even people who have been quite modern, had to use this principle to popularise.

But some people have used to popularise, not the Ganesh Principle, just anti-Ganesh principles. All such things have vanished into thin air, and I see now, gradually, it's all going down and down and down and down.

Despite the fact, people have lost their morals, but still, they would like to have Rembrandt, they'd like to have Leonardo da Vinci,

they would like to have such artists, who have done Mother and Child. It's very surprising.

Even I went to Austria this time, I said, "What statues you have?" They said, "We have got beautiful Madonna and the Child."

So this principle is the most pleasing principle. Is the most pleasing principle for human beings to see the children, to play with them, to enjoy their company.

Why? Because it has that sweetness of a child. It's really, I should say, tickles joy within you when you see a child. Immediately the face becomes different.

I have told you that I have seen even a crocodile cracking her eggs. I mean, they showed it in a film, and you should have seen the eyes of the crocodile at that time, how carefully she was cracking.

So beautiful her eyes were, full of – such love pouring out of her eyes. And you can't believe, these are the eyes of the same crocodile. And so slowly she was cracking with her mouth all the eggs and the little, little crocodiles coming out. And then she brings them on the shore and washes them in the mouth all the time, so carefully, like a bathroom she uses her mouth, you see. You should see how animals also act to their children. But when you become sort of modern, so-called, your actions are very funny. There are people who are killing children, there are people who are abusing children.

I mean, it is worse than rakshasas! Even rakshasas have not done, pishachas have not done. The Ganas are surprised – "What sort of these new creatures have come up from where, that they have no love for their children, that they can kill their children, murder them, break their hands. These are their own children. If they do this to their own children, what will they do to other children?"

So love for your child has to be absolutely important, but you should not as sahaja yogis have only attachment for your child, first thing. And the second thing is you must know how to give a complete margin to your love.

The margin is benevolence: "Is it benevolent for my child? Am I spoiling my child? Am I too much encouraging my child? Am I playing into the hands of my child? Or I am managing the child alright?" Because in childhood, the father and mother have to manage the children. They have to tell children and children have to be obedient and they have to listen to parents.

But these days children are not obedient. They are not because there is – they find that the parents among themselves are not obedient to each other. Also, they find the society is such, that where children go on pestering the parents so they also become like that. But doesn't matter, you are sahaja yogis, so you should bring up your children, who should be obedient, who should be wise, who should be sensible, with the same love that the crocodile has for her little crocodiles.

Now, when we come to the subtler side of Ganesha Tattwa, that is, it expresses in our eyes. When I see some things, I see it as a joy-giving thing, just joy-giving.

And if I want to buy something, then I think, "All right, I can buy it for certain person. He will like it" - because I'll know what they like, so I'll buy that thing for that person." Or else if I'm buying something for My family, I think the same way.

Like I've built a house now where I'm going to put all the things, the presents you have given, everything, like a museum, and I'm going to ask all the villagers to come and see it. because they have never seen such things.

They can't travel to Switzerland, leave alone England. So we have to – I'm thinking of making that house in such a manner that these villagers, who have never seen beautiful things, should come and see.

In India, it's not a case very much with the simple people to have jealousies. Only the new materialistic people have developed this habit of jealousy. But otherwise, they will always say, "What a nice thing! How beautiful it is! How they are!"

Like you were singing songs about Sahaja Yoga in Poona. Actually, you have really picked up very well, I must say, but there were masters of this music sitting there, watching you singing. They were the masters of drama and play, very well-known artists in India. And then they said that... where you went to see their play, also in Poona if you remember. So they offered Me, "Mother, that we want to celebrate Your birthday." I said, "It's very difficult because you'll be so far away." "No, no, we'll come!"

The whole night they travelled and the whole day, practically. They came about five o'clock, imagine. They finished their drama about, say, 3 o'clock or 4 o'clock, and then they travelled all the day, arrived at about 5 o'clock from somewhere called Belgaum, and 6:30 was the programme. So they were all dressed up, came, and what a comparing they did!

They said, "We were ashamed. We used to think that we Maharashtrians are very good at music, very good at talas and this. But we were ashamed the way these foreigners sang our music so well. We cannot sing like them. Their music we cannot sing, while they sang our music and we were all very much ashamed and embarrassed. How could they sing so well?"

And the appreciation was so great that I was Myself embarrassed, the way they were saying, "How it has happened to these people? What is – their guru – have done? What have they done to these people, that they can sing so well?"

So the appreciation and the whole thing enamoured. We have a tape of that, I think. Audio tape; I don't know if you have video tape or not, but if you have, please get it. It's very interesting the way they appreciated My children, the way they were singing.

And to them, I felt in their saying and all that, because they are such masters and so developed in their – the way they were appreciating, as if they were appreciating children singing something great. See the – in that the rapport was that of a – a very sweet rapport of vatsalya, is the feeling of a motherliness, that, "Look at these children, are singing so well." It's happened with many people I have seen, when some artists came, as you know, that when they saw you people appreciating and singing, they had the same feeling, "How could these children – how could these people sing so well? How did they know so well?"

I mean, all that beautiful feeling and all that appreciation created such a nice atmosphere, as we had some very great artists and how they appreciated you, instead of saying that, "Oh, what, what are these, are no good for music and...". Nothing!

They have so much appreciated that these people who have never known Indian music are singing so well.

So in that appreciation also, that fatherliness, that motherliness was there, that vatsalya was there, and the situation was so beautiful.

Even, say, when a person like Ravi Shankar has to play with Yehudi Menuhin.

Yehudi Menuhin is a child before him. But I have seen how he looks after him and how he protects him, as we say in My Hindi language "sambhala". All the time he is looking after him and managing it.

And also, we have seen in the music part, when supposing a tabla-wallah is sitting, and a very senior musician is sitting, Master is sitting. He'll say, "Please look after me, Sambhala, look after me," always with very great feeling of a child that, "You look after me."

All these things are very important in life to create good relationships between ourselves also. Those who are younger to us, those who are not so well-off, or those who are not so much talented, or those who are not so much equipped in knowledge of Sahaja Yoga, or who are not so much senior in Sahaja Yoga.

We have to look after the others, like in a very fatherly manner or, we can say, as a motherly manner, that they are not equipped.

So alright. We have a Ganesha Tattwa, so excite their Ganesha Tattwa.

They should feel dependent on us for achieving the mastery, or achieving the higher state. As the Guru Principle is absolutely bound by Ganesha Principle.

If a guru does not have a Ganesh Principle, he becomes a horrid, horrid, horrid fellow and nobody wants to stick onto him and they all run away from him. Though he might punish, he might also get angry with the disciples. But basically what he thinks, "He is my progeny, I am developing him, I'm building up."

But in the modern thinking is that, "Let them be individuals, let them be independent."

So the father and mother do not look after their children in that manner that they should. "That see, this is my son, I've got a talent. I must teach him, he must come up, he is the one who is a continuation of my own self." So this idea of having every individual, you are individual, at eighteen years you get out of the house, you do what you like, stand on your legs.

No, life is a continuous basis. It is not just "you stand on your legs", but is a question of one has to be all the time connected with the whole.

Unless and until you are connected completely, we cannot understand collectivity of innocence. The collectivity of innocence, I see sometimes, I'm very happy that a child of somebody is in the lap of somebody, sitting very sweetly, coming as if he is your own father, coming and sitting just on your lap, without knowing that, "He is not my father." But still, that consciousness is not there. So this breaks the feeling of my and possession, that, "This is mine, this is mine, this is mine."

And what makes you - the feeling that we are now a means, a means, we can say, an instrument, a media, by which we express the Ganesha Tattwa all over, that is vibrations. So the vibrations itself about which you are asking, these vibrations themselves are nothing but the Principle of Shri Ganesha. He is Omkara. And when it is, then what is it, that feeling as I told you, the vatsalya, the feeling of love between a child and the mother.

That feeling, it is the one that is vibrations, between the child and the mother. The distance between the two is vibrations, and that's what one has to feel - that he's a child still and there's the mother and mother is bringing the child, giving all the powers to the child, bringing up, loving the child, understanding the limitations of the child, looking after, all that. All the sweetness, all the wisdom of the child to be appreciated. That is vibrations.

And if you see the subtle side of this, it's not "my" child. Should not - this is not only a limited thing, because it is eternal, it's everywhere, so you cannot have it limited. In everything you do I have seen people, the way they handle things in the West - we Indians have to learn also from them.

(A noise is heard: "What's happening?")

So we have to accept for them what is - what is the way to handle also beautiful things, how to look after beautiful things, how to manage beautiful relationships. See, you shouldn't be harsh, you shouldn't be unkind, you shouldn't say things which are insulting to others, so that the relationships are broken.

So all the relationships that are between human beings and God, are through the Ganesha Principle. So when it becomes the relationship between you and God, then there are vibrations. And then that same relationship should extend to everything that you do. You should see what things are good, whatever has got vibrations.

Today I want to tell you something very important about this all-pervading power we heard about.

These are nothing but vibrations. This Paramachaitanya is nothing but vibrations, where all identities are lost – where the mother is lost, father is lost, we can say, nothing remains, then it is just these vibrations, this subtle vatsalya exists. That's all.

And this is the only thing, out of which everything comes and remains in itself.

Like we can say that the sun's rays come out and then they try to create chlorophyll. So it's not that we cannot compare sun with that.

Or we can say, from the ocean the clouds come out and they try to nourish the Mother Earth. That's also not – cannot be compared. Everything is inside that. This Paramachaitanya has got everything inside this. So we can say that everything is nothing but knowledge, is nothing but truth, is nothing but light.

But when the folds of these come out, then we get into the folds of that Chaitanya and then we become ignorant. But there is nothing like ignorance. It doesn't exist, it doesn't exist.

Like there is darkness because there's no light. Once light comes, it doesn't exist, it doesn't exist. So ignorance doesn't exist.

But what happens that the folds of this ocean, into that people go and it is lost. Thus we understand one thing very clearly: that we are in Paramchaitanya. We are made by Paramchaitanya, all the time we are surrounded by it. Only thing is, we are sometimes lost in the folds. And why? Why we are lost in the folds is because of our own – our own unawareness.

This awareness has to come: that we are part and parcel of that Paramachaitanya.

The whole thing is called as chidvilasa, is the vilas, is the playful enjoyment of God's Attention. Now you will say, "How can that be?" For example, we see the sun –just to give a simile closer to it, we see the sun and then we see the water. We see the water in the lake, alright? There is water – because of the sun, we can see the water there. Then supposing, we see the mirage. We see the mirage and then we think this is water, we go run after the water. But the whole thing is the play of the sun: whether it's a mirage, whether it's a water, whether it's the sun.

In the same way, this Paramachaitanya acts and what we get lost is, in our awareness, that we are Paramachaitanya. That's why the play starts, the play starts like yesterday's – day before yesterday's Puja, what did we do?

We were sitting there and it started raining. So - to prove, to prove that I can control rain.

So it rained. Some people were covering up, some thing, this thing.

I gave a bandhan. After some time, the rain moved out from the Puja to the back side. It was not raining where you were sitting. And after that, it became the sun and it was so clouded. Sun came, it was, became sunny, so that's how you have to become aware of the powers of Chaitanya.

Now when you give bandhan, what you do is to put the Chaitanya into action, "Now act here, act there, act here." Though you are, supposing, in the ocean, but the ocean acts on you all the time. You cannot act on the ocean, you cannot ask water to do this and do that. But as realised souls, you are empowered, now you can ask water, "Alright, you dissolve this, you do this, you do that."

But for that, it is important to be the masters. And to become the masters, you see - like a matter becomes a human being, and from human being, you have to become the masters of the matter and you handle the matter.

So we come back to the same. Like agriculture, we can handle, just vibrating it. We can handle water, we can handle the sun, we can handle moon - because there's a rapport.

Now we are aware, a rapport has been established. So all this play is extremely beautiful to Me. I see it.

But now you all have to know that you all have become realised souls and you have those powers. So all other nonsensical things that you learn, all nonsensical things you indulge into, you'd better give up. There's no sense in it. Whatever is sensible you should do because there's Shri Ganesha within you, who is absolutely sensible.

He is nothing but sense. He is the giver of sense, so He is the killer of the demons, as they say. He is the one who removes all the ordeals. By how? By improving our awareness.

So ordeals do not remain because you give a bandhan, it works out.

Now I asked somebody – Phil – I asked him to write down about the miracles, and he says now it has become like a voluminous book. It will be, because before Realisation whatever looked like miracle is no more a miracle. Miracle has lost its meaning. Because now you are empowered and you can do it. It works in everything: in your talent, in your understanding, in your education, in every way.

Like there are some boys who said, "Mother, You see, we couldn't solve one problem so we gave a bandhan. Immediately the whole thing came onto us and we wrote it down" - and they stood first. It has happened with many.

So in every action, in everything, whatever you do, you should know it is the Paramachaitanya that acts.

Only thing you have to be aware of yourself, and aware of it, it acts; and you just jump into that awareness and it works.

And that you have seen. But still, so many people do not know. So many people still, though they know through their brains, do not know in their hearts.

And so many people, even if they know in their hearts, they do not act in their attention.

So only these three things you have to improve: is one is your head, another is your heart and third is your liver. If you can improve these three organs, this Paramachaitanya will act.

But then, all this attention about money. So many people, money this, that. There's nothing to worry. Paramachaitanya will create everything for you, whatever you want. It may not create money because it doesn't have a mint, but it will create possibilities – possibilities.

And this is something to be understood very well, and it's so blissful to know that now you are aware of the Paramachaitanya and you can master it. Master it in the sense not that you dominate it, but you ask him like a jinn. You know, you can say, "All right, do this, do that", with respect. With respect it works. But the way sometimes we do not pay respect to Paramachaitanya is also something surprising. The way we act all the time, the way we are behaving.

Like in My presence, people will sit down and close their eyes, or they will start worshipping the photograph instead of Me.

Sometimes the way they handle their Kundalini, sometimes the way they behave towards themselves and others - all these things are to be understood, now that we have entered into the Kingdom of God, means Paramachaitanya, and that we are very important citizens of that.

If one can understand this, then I think, Sahaja Yoga can be very successful. Everything will work out. It, miraculously, everything will work out. And all those who are not aware about the possibilities as to what they can reach, they are thrown out, in the sense,

in the fold, in the ignorance, so-called, into the darkness. Again they can come back to light when they have sense.

So be forgiving about them. It can happen to you also if you understand that way.

I hope, today's lecture you have been able to assimilate within yourself. That's very important to assimilate, to know that you are in the Paramachaitanya. And that's how you'll become very sweet, you'll become very considerate, and very loving, affectionate and wise. That's very important.

May God bless you.

The point, about which some leaders have said, that you people don't buy individually my tapes.

And then, you come to the ashrams and want to listen to my tapes again and again. And you spoil the tapes. This is wrong. You are all sahaja yogis, you must respect. And all of you must try to get the tapes properly, in proper manner, and should use your own tapes carefully and with respect.

Because some people are taking away also the tapes from the ashrams and using them. No, it's very precious. All of you should treat it as a very precious thing. And all of you should take tapes which have been created by the ashram and use them. But in the ashram you can use it once in a while. But for your house, for your car - or I have seen that in other horrible false guru's people, they just take the tapes, never play any music, nothing, they are just playing the tapes.

So in the same way, you can have that, because it's not easy to understand my lecture in one (?) first shot. You have to individually sit down and listen to it and decode it and see for yourself, what it is. Because my - I myself when I listen to my lectures, I get lost.

1989-0808, Evening Program after Shri Ganesha Puja

View [online](#).

8 August 1989

Evening Program

Les Diablerets (Switzerland)

Talk Language: English | Transcript (English) – Draft

It's extremely dynamic and also deep, extremely deep. So in our Country, all the saints, they have the atmosphere of the Country and all the bad things of the Country and all the cruel things. In ancient time in India we had a system by which anybody who is a seeker of God was called a brahmin, so, all of us are Brahmins now, absolutely confirmed brahmins. Then, another caste was there, people according to the aptitude, like as you say "Ya Devi, sarva butheshu jaati rupena samsita", so there you have to have the aptitude, "jaati", whatever is your "jaat" means your aptitude, and according to your aptitude and your attractions towards achieving what you want they have made caste system. But later on it became a cruel thing, as it became in everything, extremely cruel, I don't know what world to use it, stupid, and artificial. So they started the caste system according to birth, which is absolutely wrong, and they started treating some people as lower caste. So one of them is a caste called "Maaratha", which is very hard working, beautiful area of human beings, but they started calling them "Maaratha" and putting them down. So because saints don't like all this nonsense and this cruelty, and this kind of separation of good people, so then he sing a song about what can I tell you about God. How can I tell you how God supersedes people, how He puts people right, how He surpasses them, He himself has taken birth as "Maaratha" as the cast which is the lowest. So this is how God has beaten everyone by becoming a caste that is downtalked, so very beautifully put, did you follow the thing? No. Because you don't have that system here. But somebody is regarding, here of course, you treat ill some people, say for example that you will treat ill some people who are from the black Country, supposing. So now, in that way, in our Country also, we have a caste, nonsensical system, absolutely horrible, so superficial and nasty. So God himself has taken birth now as of that downtalked caste to beat all the stupid human beings. So now do you follow that? All right, thank you. So this is what it is. And that is how He showed the superiority of those people who are unnecessarily as downtalked which is a very harmful thing to any society to cut down some part as useless, or (good) for nothing at all because they are born in a certain family. Like here you have bureaucracy, bureaucracy not so much, but you have, what do you call them? Aristocracy, I mean they could be the worst possible people, horrible, immoral, absolutely. But they are aristocracy so they think no end of themselves, which is so stupid. So he says that the God Himself has taken (the form as a Maaratha) because He thought this is the purest form of a human being, so took the form as that caste which is downtalked. The form of that, alright, incarnated as that. It's just only took around like this, so beautiful. May God bless you.

1989-0809, Public Program (Self-Realization Part)

View [online](#).

9 August 1989

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

1989-08-09 Public Program Self-Realisation, Geneva, Switzerland

... I mean to say that you should not feel guilty at all. Because, logically, what do we do if we feel guilty ? Make ourself miserable! that's all! And after all we are human beings – only human beings can make mistakes. We are not gods! Moreover, this Divine Power I'm talking about is the ocean of forgiveness: so, what mistakes can you commit that it cannot dissolve? Second condition is that you have to forgive everyone. Now some may say it's difficult to forgive. Now, logically, what do we do if we forgive or don't forgive? What do we do? Nothing! What we do really, is to torture ourselves. We play in the hands of wrong people, and this centre then (Shri Mataji puts Her hand on Her forehead) catches very badly, and it's a narrow door, the Kundalini stops. Then how can I give you Realisation? You are not going to miss your Realisation by not forgiving people, that means we play more into their hands, that you miss such an opportunity.

I hope you are convinced now for both the conditions are absolutely important because we have to enter into the ocean of joy. The religion of Sahaja yoga is to know yourself and to enjoy. No austerities, no sacrifices, no crucifixion, nothing! You yourself will know what is enjoyable and what is not enjoyable. So I hope you will comply with these two conditions first and be pleasantly placed towards yourself, that's very important: not to be angry with yourself but completely forgive yourself. Alright? D'accord (repeats Shri Mataji after the translator).

We don't have to be in a very serious mood you see. We have not to climb Himalayas. No, no, it's very simple, we don't have to climb Himalayas. It's very very simple – because it is so vital. Alright.

Now, one humble request is to take out your shoes if you don't mind. This Mother Earth helps us. As I told you, the left side and the right side: the left side is the power of desire and the right side is the power of action: so we put both the feet on the ground, separately, fully touching the Mother Earth. One has to sit not in any tension, but not also bending down, just straight like that, but not with any tension. And the left hand has to be towards Me like this, you can put it on your lap. And with the right hand, you have to nourish your centres. (Some Sahaja yogi should come and show).

Now, first we'll show you what is to be done, and then we'll close our eyes. First we put our hand on our heart where resides the Spirit. Then we take our hand on the left hand side of our abdomen, in the upper part. This is the centre of the mastery: if you become the Spirit, you become your own master, you don't need any guide.

Then you take down your right hand in the lower portion of your abdomen: this is the centre of pure knowledge which manifests on your central nervous system. We are working only on the left hand side. Now we take our right hand in the upper portion of your abdomen, on the left hand side. Then take our right hand on our heart. Then this hand goes – right hand – in the corner of our neck and our shoulder, as far back as possible, and then we turn our head to our right. This centre is caught or is blocked when we feel guilty, and it is very dangerous because it causes diseases like angina, spondylitis and many others.

Now, we take this hand across our forehead and bring down our head on the hand, slowly, till it rests on it, and now we press it on both the sides. Now, this is the centre of forgiveness.

Now we take our hand on the back side of our head, and push back our head, slowly on it, till it rests well. Here we have to say that – without counting your mistakes, without feeling guilty, just for your satisfaction – you have to ask forgiveness from the

Divine.

Now, we have to stretch our hand, and we have to put it on the fontanelle bone area, which was a soft bone in our childhood. And now we have to put down your head as much as you can, and push back your fingers, and press your scalp well and move it seven times slowly, very slowly seven times, clockwise. Push back your fingers, push back. That's all we have to do.

Now please close your eyes and don't open them till I tell you, because your attention is drawn inside. Now please put again your feet again apart from each other – you can take out your glasses. If there is anything tight in your neck or in your stomach you can loosen it a little bit. Please put your left hand towards Me now: that is symbolically you're desiring to get Self-Realisation.

Now please put your right hand on your heart: here now, you have to ask Me a question – you may call Me Shri Mataji, or if you like it you can call me Mother – Mother, am I the Spirit? Ask this question in your heart, three times: "Mother, am I the Spirit?"

If you are the Spirit, you become your master. So please take down your hand in the upper portion of your abdomen, on the left hand side. Here, you have to ask another question to Me: "Mother, am I my own master?" Ask this question three times.

Now as I have told you, I respect your freedom and I cannot force pure knowledge on you. So you have to put your right hand in the lower portion of your abdomen, and here you have to say, in your own freedom, "Mother, please give me pure knowledge", six times, because this centre has got six petals. As soon as you ask for pure knowledge, the Kundalini starts moving upward. So we have to nourish the upper centres with our self-confidence.

Now please raise your right hand in the upper portion of your abdomen and say with full confidence ten times: "Mother, I am my own master."

Now we have to know, that we are not this body, we are not this mind, we are not this intellect and we are not these emotions. We are not our conditionings nor we are our ego. Because we say my ego, my emotions – my – we don't say I emotions. So with full confidence, we have to see the greatest truth about ourselves: because you are pure Spirit. So please raise your hand to your heart, and with full confidence you have to say, twelve times, "Mother, I am the Spirit".

Now, I have already told you about this Divine power of Love: it is the ocean of love and compassion. It is the ocean of bliss and joy. But above all, it is the ocean of forgiveness! So as I have told you, you cannot commit any mistakes which cannot be dissolved by this great ocean. So now please, raise your right hand in the corner of your neck and your shoulder, as far back as possible, and turn your head to your right. Here now with full confidence you have to say sixteen times, sixteen times : "Mother, I am not guilty at all." I've already told you at the very beginning, that you have to forgive everyone. This is a very important, extremely important thing to be understood. So please forgive everyone and put your right hand on your forehead across. Now put down your head as far as you can, press it on both the sides. Now with full confidence, not how many times, from your heart please say: "Mother I forgive everyone."

Now, from your heart, take back this right hand. Push back your head on it fully. Here, without feeling guilty, without counting your mistakes, you have to say for your own satisfaction – from your heart, not how many times – "Ô Divine, if I have done any mistakes, please forgive me."

Now stretch your hand, and put the centre of your palm on your head, on the fontanelle bone area, which was the soft bone in your childhood. Now please put down your head and press it hard, pushing out your fingers completely. Again, I cannot cross over your freedom: you have to ask for your Self-Realisation, in your freedom and glory. So move your scalp seven times very slowly clockwise, saying "Mother, please give me my Self-Realisation", with humility.

Please press it hard, pushing back your fingers. (Seven times Shri Mataji blows Her Divine Breath into the microphone.) Now please take down your hands. Now put your right hand towards Me and bend your head, and see for yourself if there's a cool breeze coming out of your head. Please keep it away from the head – some people get it much further. Better is to bend your

head.

Now please put left hand towards Me, and see with the right hand if you can feel the cool Breeze. Some might feel hot, doesn't matter, but it is opened out. Now again please, the right hand put towards Me, with the left hand see if there's a cool breeze coming out of your head. Now, push back your hands, push back your head, and ask three times any one of the following questions: "Mother, is this the cool Breeze of the Holy Ghost?", "Mother, is this the all-pervading power of God's Love?", "Mother, is this the Brahmachaitanya?" Ask anyone of these three questions.

Now, take down your hands please. Put both the hands towards Me, and watch Me without thinking. Open your eyes. Open your eyes, open your eyes. Open your eyes. Put the hands like this (Shri Mataji holds both Her hands open in front of Her, above Her lap.) Now those who have felt the cool breeze in their hands, or hot, – and those who have felt – or those who have felt the cool breeze through their head, please raise your both the hands. Ô My God! All of you?! May God bless you, may God bless you! All of you have felt it, just imagine! Very few have not. May God bless you.

Doesn't matter: those who have not felt will feel it tomorrow, and tomorrow I'll explain to you more about it. Also please bring your friends because this is the greatest thing you can give to your friends. And now, you enjoy!

I would like to meet you people if you want to meet Me, one by one – just to, just to shake the hands.

Many people come to the stage. "Got it?! May God bless you! I could see that. You got it in a very good way."

We can't hear Shri Mataji, but the translator says in French: you mustn't think, just stay relaxed. It is very important not to think now.

A bit further, as we cannot hear Shri Mataji speaking to one seeker; the translator translated Her by saying You must not think, just stay relaxed. And Shri Mataji to another lady who came to shake hands but we can't hear Her words, the translator says in French: Whatever is wrong I will say. If you are wearing something that will hurt you, Madame, you should take it out.

At 37:21 this is the end of hearing Shri Mataji. The video continues with some yogis interviewing people who just got their Realisation.

1989-0810, Realise Your Place in the Kingdom of God

View [online](#).

10 August 1989

Realise Your Place In The Kingdom Of God

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth. As I told you yesterday about the all-pervading power of God's love, that is fort is described by Yung who was a Swiss as the collective unconscious. So, in Switzerland already it has been established that there is a power which is a subtle power which does all the living work. Now, how are we to feel of this power is very important. As I told you yesterday that it is a living process within us which takes you to that state where you can feel the cool breeze of the Holy Ghost. You cannot pay for it, and you cannot force it. It has to be in a way that you are seeking the Truth and the grace of the Holy Ghost wakes up this power of Kundalini which is the power of pure desire within you. So, you cannot maneuver, you cannot manage it, you cannot manipulate it, nor can you create it. It is already there built-in within you which has to work. Now all human beings have this power within themselves. And the awakening takes place without any problem. One saint Rama Dasa was asked, how much time it takes for the Kundalini to Raise? He said 'Tatkshan' means that moment, that moment. But he clarified it is not meant for 'moodhas' means stupid idiotic people. And it is not meant for the people who are not really seeking the Truth but are just what you can say very superficial type. So, there is a group of people, we can say a category of people who are much higher than the rest of the people who are seeking the Truth honestly within themselves. If they are identified with something that is falsehood, then they are the losers. Because this is for their own benevolence, and I will tell you how many things one can achieve by the self-realization. Yesterday as I told you that you get the knowledge about yourself, your own centers which are within you. And also, you develop a new dimension of your awareness which gives you collective consciousness. So that you can feel the centers of others on your fingertips. Mohammad sahab had said it in Quran very clearly that at the time of resurrection calling as 'Kiyama' your hands will speak and they will give you witness against you. So, you can understand all the scriptures have talked about self-realization, have talked about these days of the Holy Ghost coming and they have talked about the way we are going to be reborn. So, self-realization is the last evolutionary process within us by which you become the absolute Truth.

So, to begin with we have to understand that this Kundalini raises from the triangular bone through six centers. And the seventh center is placed below the Kundalini. The seventh center is the center which on the physical side looks after the pelvic plexus. On the physical side. And the activity of the pelvic plexus as every doctor knows is excretion. Even the sex activity is the same. So, when the Kundalini raises, She is above these activities and all these activities are stopped at that moment. This is the center of your innocence. So, when you get your realization, your innocence is established in you. Innocence cannot be destroyed. It can be covered like the sun can be covered with the clouds. But it cannot be destroyed whatever you may try. So, when you get your self-realization, the clouds of your ignorance disappear, and you are surprised your innocence and the simplicity that you are. So, those people who say that through sex activity, you can get your realization are absolutely absurd. They want you to do something which is basically wrong and use your weaknesses for their own purposes of filling their pockets. They are so stupid that they want to busy Rolls-Royces by ruining your lives. And some people do feel that they have Rolls-Royces for they must be great people. They are also another superficial people. So, the first center is such that your innocence is developed, and you lead a very saint sex life with your wife. And real love flows between the two. The whole culture of love changes. It's so sweet and so beautiful. The relationship is that you just become like Romeo and Juliet in the real sense of the word. Then the second center is also very important because when it is enlightened by Kundalini and established by your realization then the center uncelar(BE) the center of creativity become extremely creative. Can you imagine Swiss people singing Marathi songs with such pure pronunciation. You see English ruled in India for three hundred years, they could not learn one sentence in Marathi. If we had to say please close the door, we will say that in Hindi language like 'Darwaza bandh karo' so to say it in English we have to say, say, 'There was a banker'. We thought they were all nuts I mean they count understand anything we were doing. Not our music, not our dancing, our culture nothing nothing would go into their heads you see. Only thing they used to remove most of their clothes and sit in the Sun with a unclear (mad/mag) dog. And in India nobody sits in the Sun is regarded as madness sheer madness in

the scorching Sun. So, we thought that these are the people from some special planet to see different type. Now the same, I mean worse than English where the Swiss I mean can you imagine singing beautifully Sanskrit songs which are very fast, very very fast which even Indians can't sing. From where does it come? Is the second chakra or swadhishtana which gives you tremendous creativity. Many musicians have earned such a lot out of sahaja yoga that in India there is a list of all the musicians who want to play before me just to awaken their second chakra. In art, in music, in any kind of creativity. You become tremendously successful. Because this is the source of creativity. So, we tap that source and it starts flowing in us. Then we have the third center which we call as the Nabhi chakra which is the Solar plexus originator of Solar plexus, or we can say on the physical side, it looks after the solar plexus is the center which gives us a full idea about money. We become so dynamic and our attention become so pure that we know what to buy, what to sell, what to, where to put the money, how to employ everything about money you know without going to any consultant. In your relationships also you become extremely extremely pure. Now we have as I have told you thirty nations where the Sahaja Yoga is working. And we have people from thirty nations. But I haven't seen anybody running but away with anybody's wife. Or any husband running with somebody's child. Nothing of that kind. We have never known such a thing in Sahaja Yoga. We don't have to tell anyone, it just works. So, the ten valences within us which are ten commandments just manifest automatically. People just don't take to bad habits, just they give up. Overnight I have seen alcoholics, drug addicts giving up just like this. Next morning, they are free birds giving up smoking. We have now put-up military in England to stop Smuggling of drugs. Because in a very little part of England children of twelve years are taking drugs, we are about two thousand. But if they become sahaja yogis, they will never drink, they will never smoke, they will never take drugs so there is no need to worry about smugglers. Nobody is going to buy from them. You will be surprised even to light these candles we have remind that take a match box because nobody have match boxes. So, sort of they become so free and so powerful and so compassionate that, that love, that compassion gives them the complete satisfaction. You are no more bored in life no more bored. So, I will not go into details, but this is such a great thing happens to us that you just become righteous. You enjoy your virtue. You enjoy them. Now with the chakra which we call as the center heart because there are three chakras attached to it. Left, right and center heart. You develop a sense of security. You feel secure. Many people know that there be people develop all kinds of diseases like Asthma or right breast cancer all these are only because if the center is out of gear. After realization you know if there is anything wrong with that center. You don't have to go to doctor, you immediately know yourself and you know about others also. Now if you know how to correct that center, you feel extremely secure and peaceful. It emits peace. And you really become peaceful within yourself. You do not have that disturbance, that tension, this kind of crazy behavior. And when you tell somebody, we have to go to the airport, finished people are finished. As if the plane is going to run away or God knows the whole Earth is going to be destroy, its terrible feeling of nervousness crawls upon people. So first you are at peace with yourself and then you are at peace with others. Its not only talk talk talk of peace. But it becomes part and parcel of your nature. Then we have this fifth chakra here which you can call as the Vishuddhi. This center is very important because it gives you the communications with others. It also gives you communication for the Divine because you can feel it on your hands. When you shake hands with people, sometimes I have to shake hands with seven hundred people, and I don't know what to say because my hand just goes numb. But some of them do feel that there are vibrations of cool breeze flowing into them. So, it's a good idea. So, the communication is done by this center but at the same time this center when enlightens makes you the witness of the whole play. You see the whole thing as a witness as if you are witnessing the drama. Supposing we are standing in the water, we are afraid of the waves, but we climb on to a boat then we watch the waves carefully and enjoy them. But supposing you become a master of swimming, then you jump into the water, enjoy the waves and save others. This is the power you get when you get your self-realization. You are empowered. That's why I tell you that when you go to any organization, or to any group, to any cult, to any sect or to any religion or to any philosophy first find out what have you got yourself? Have you got any power within you? Power of love within you which acts? Is your life transformed? Or you are a slave of some sort of ideology belief or your ego. For this the witness state has to come. When you have the witness state, you see what's wrong with you, what's wrong with your fellowmen, your friends, your country. Now if you want to know about say Indians, ask any Indian sahaja yogi he'll tell you what's wrong with them. If you want to know about the Swiss, ask a Swiss sahaja yogi he'll tell you everything what's wrong about them. If you want to ask, say about English, they can tell you all about themselves. But contrary it is, supposing you want to ask a Jew about a Muslim, they will say, they are Unclear (Hethans) they are hopeless, they are bad. But Jews are the best. But if you ask the Jews, they will say like this, but if you ask the Muslims, they will say reverse that the Muslims (Shri Mataji meant Jews?) are the worst, they are going to hell. So, in that state you find everybody is wrong and you are the best. But in the witness state, you understand see this was wrong, I was in that wrong, thank God I am out of it and everybody should be out. So is the transformation of a personality where you become the witness means you become a truthful witness of the Truth itself. I always

say that the media has to become the witness. They have to give the correct, truthful, honest picture of everything. They should not be just doing something for character, see putting mud on the character of somebody and cheapest things that they do and the gossip. But they have a great mission in this world. Now, they have television, they have the radio, they have these mikes everything is there. But we should not use this for spreading falsehood and hatred. When you become the witness, you see the benevolence of the person, benevolence of the country, benevolence of the whole world. And you cannot be in anyway be frightened of anyone who tries to put pressure on you to say something false. You will never say the false thing. See the example of Christ. He saw Mary Magdalene being stoned, immediately he saw what was his responsibility. A person like Him has nothing to do with prostitute, nothing to do. But he saw that this was in justice. So he stood up with all His courage and said those who have not committed any sin then throw stones at me. What a courage it was. So, he was not afraid of anyone but also he knew the truth about Himself that he had committed no sins. With that witness we develop that courage of truth within yourself.

What we need today is of course Love. Detached love. Like in the tree as sap raises, goes everywhere to the branches, to the leaves, to the fruit and goes back. It doesn't get attached. In the same way our love should flow to everyone who needs it. The way he needs it and should return back. It should not get attached. Imagine the sap of the tree getting attached to some sort of a flower or some sort of a leaf, the whole tree will die and that flower will also die. That kind of detachment of love you develop when you become self-realized. Now at this center of forgiveness, you develop of a new state of awareness which is called 'Nirvichara Samadhi' meaning thoughtless awareness at this stage. A thought raises and falls, another thought raises and falls and you are jumping on the cusp of the thought all the time. Either you are in the future or in the past but you are not in the present. But when the Kundalini passes through this, very important center this is the most important I would say. When it passes thought that these thoughts separate and there's the present in between them. So then, if you want to think, you will think. If you don't want to think, you don't think. This is what is an achievement which in olden times people had to work for years together to achieve it. But in this age of Jet, the Kundalini also acts like a Jet. I myself surprised the way this work is going on, the way the people get it. Now this center has so many things to be done. Because when it is enlightened, your eyes become pure. Absolutely pure. There is no lust, there is no greed, you just watch. And they are so power these eyes that even a glance of an eye can cure anyone, can give realization, can do anything. Even a glance. We can say that the eyes which were described as Christ 'Thou shalt not have adulterous eyes'. This is what happens exactly to you. When you go to these Christian nations, you are surprised, nobody seems to have those eyes that Christ has asked for. So, the fulfilment what Christ has asked happens spontaneously.

Then the last center is very important. Is made of one thousand petals like this. And is closed down like this because of the two institutions - ego and super ego coming from both the sides and covering it. And there is an area called limbic area. When Kundalini comes into that area, she pushes these. Also, this Agnya chakra, this center which is the center of Christ sucks-in the two institutions of ego and super ego sucks in. That's also proves that Christ died for our sins, for our karmas. So all our karmas that sucked into it. Then the Kundalini rushes through your fontanelle bone area when was a soft bone in your childhood. First it pushes out the heat in the body then the cool breeze of the Holy Ghost starts coming in. As a result of that your physical problems are solved. Your habits leave you completely. You are no more a slave of anyone. You do not aggress anyone, nobody aggresses you, and nobody can aggress you. And you live in complete joy, peace and love. All problems starts solving and you get the complete knowledge about yourself and about others. This knowledge acts, this acts and works so efficiently that you are surprised at the kingdom of God. What an efficient government it is. And then you start realizing that you are the part and parcel of the whole that microcosm have become macrocosm and that you are really in the kingdom of God because the way you are looked after.

Translator: I am sorry I didn't get the last one.

Shri Mataji: What's it?

Translator: The last part you said

Shri Mataji: laughs

Translator: was three things

Shri Mataji: Three things? One is the joy, another is the Knowledge, third is the love.

Shri Mataji: Alright. The fourth is the attention. That your attention becomes so enlightened that you pay attention to somebody everything about that person and with your attention, you can correct that person. You don't have to speak. And also, you have wisdom that if he is a stone, we leave him alone. Don't waste your energies with stones. Because you cannot make the stone grow. So, you become extremely wise. So many things happened that it is impossible to explain in one lecture. Some sahaja yogis wanted to write about the miracles of sahja yoga. Now we have got a books of this height. How many volumes it will be got God knows and they have got proofs of it. How curing, how people go through their exams, how a dull body was no good, how he passed in exams with flying colors all kinds of things. How he meets somebody whom he wanted to meet suddenly and how his problems have solved there are so many things. I don't know when are we going to publish those books. So, the collective consciousness is a miracle for us because we do not know it. But not for the saints. They know it that it works our computer. That we become like a Divine computer. I think as I told you yesterday there is no end to speaking about the knowledge which is like an ocean. But this has to act and it has to be actualized. There is no secret about it. It has to only work. And when it works, then only it is of some use talking about it. Then I am sure tonight it is going to work out.

May God bless you.

Yesterday we had some questions, a very good questions related to the subject and we spent some time with it about half an hour, but today I think let us get our realization first. And last night I was here till about twelve O'clock or one O'clock I don't know. But tomorrow morning I have to flyout to unclear (home) at eight O'clock. So I think its better to finish our realization first if you don't mind. But if you have any questions, you are welcome, you write to me, to our centers and you will definitely get the answer. We have very good centers in Geneva and also there are in other places in Switzerland. So, you all can come to those centers. Even if you get your realization, you have to know one thing that is the beginning where your Kundalini has sprouted like a seed and you have to respect it. You can become a tree if you pay a little attention to it. Within a months' time, you can be a great master. Also, you don't have to pay for anything. But you have to give sometime to yourself. I know you are very busy people. But we have to give sometime to ourselves also. We have watches to save time to waste it. So, I would request you that you should have this realization and establish yourself. Because sometimes the connection is loose. So don't get lost.

Now,

Just take out your shoes if possible, because the Mother Earth helps us a lot to suck-in our problems. Now, we have to use our left and right-side energies. So, you have to put both the feet on the ground separated from each other. Now those who do not want to have realization, I am sorry I cannot force on you. So those who do not want should leave the hall please. To be kind to others. So, it will be very kind of you if you would leave those who do not want realization. But you have to join us, co-operate with us, and keep quite and not to leave in between. Alright. So now, you have to put your left-hand towards me, which is symbolically the expression that you want your self-realization. Alright, now you have to use your right-hand, to nourish your centers. Now, the first thing is that you have to just see for yourself what is to be done, and then to close your eyes. First you do with your open eyes. Put your right-hand on your heart first, left-hand towards me. Then you have to put your hand on the heart because the Spirit resides in your heart. Then you have to put your right-hand on the upper part of your abdomen. Which is the center of your mastery. Then you have to put your hand in the lower part of your abdomen on the left-hand side again. This is the center of pure knowledge which manifests in your central nervous system. Now again you have to take your hand in the upper part of your abdomen on the left-hand side, on the center of your mastery. Then you have to take your hand on your heart again on the center of your Spirt. Then you have to put your hand in the corner of your neck and your head, which is the center which gets blocked when you feel guilty. You have to take back your hand as much as possible and turn your head to your right. Now, you have to put your hand now on your forehead across and slowly put your head on it resting till it comes to a complete halt. Now you have to press on both the sides. This is the center for forgiving others. Now, you take back your right-hand on the back side of your head and push your head on it fully resting. This is the center for asking forgiveness from the Divine without feeling

guilty, without counting your mistakes. Now, stretch your hand fully and put the center of your palm on top of your fontanelle bone area which was a soft bone in your childhood. Now, put down your head and push back your fingers and move your scalp slowly clockwise seven times. That's all we have to do.

At the very outset, you have to know there are two conditions for getting your realization. One of them is that you are not to feel guilty. Not feel guilty at all. Because logically it has no sense. We are human beings and if we make mistakes, it's alright. We are not Gods not to make mistakes. So, forget the past. And forgive yourself. Because this all-pervading power is the ocean of forgiveness. And it has the power to dissolve all your mistakes. Now the second condition is that you have to forgive everyone. You may say it is difficult. But it's a myth. Whether you forgive, you don't forgive you don't do anything. But if you don't forgive then you are playing into wrong hands. So, you have to forgive. It is very important. You have to forgive otherwise, the Kundalini won't raise. Alright.

So now, please all of you close your eyes, you can take out your spectacles if you want, and please put your left-hand towards me and right-hand on your heart. Like this, the hand should be like this and you have to ask absolutely from your heart that you want your self-realization within yourself. From your heart sincerely, honestly. Because I told you yesterday that Kundalini is the pure desire. So now please put your right-hand on your heart. Don't worry about others. Now, here you have to ask a very fundamental question to me as you would ask a computer. You can call me Shri Mataji or to make it simpler, you can call me Mother. So now, you have to ask a very fundamental question, don't open your eyes till I tell you please. Now ask a question three times 'Mother, am I the Spirit?' Now, if you are the Spirit, you are your master, your guide, your light. So, take down your right-hand in the upper portion of your abdomen, on the left-hand side. We are working only on the left-hand side. Here you have to say, ask a question 'Mother am I my own master?' ask this question three times. Now, please take down your hand in the lower portion of your abdomen on the left-hand side, press it hard. Here again I cannot force pure knowledge on you. You have to ask for it. So please ask me 'Mother, please give me pure knowledge'. Please say it six times. As soon as you ask for pure knowledge, the Kundalini starts raising. So, we have to nourish our upper centers with our self-confidence. So now raise your right-hand in the upper portion of your abdomen on the left-hand side. And with self-confidence you say ten times 'Mother, I am my own master'. One has to know that you are not this body, you are not these emotions, you are not intellect. You are not this mind, you are not these conditionings and you are not this ego. Because you say this is my ego, these are my emotions you say my you don't say I emotions. So, you are the Spirit, pure Spirit. So raise your right-hand in the area of your heart and press it and say with full confidence twelve times because this center has got twelve petals. Twelve times with full confidence 'Mother, I am the Spirit'. One has to know that this all-pervading power is the ocean of love and compassion. Is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So, what mistakes can you commit which cannot be dissolved by the power of this ocean of forgiveness. So, now raise your right-hand in the corner of your neck and your shoulder as far back as possible and turn your head to your right. Here now, you have to say with full confidence sixteen times 'Mother, I am not guilty at all' please say that. I have already requested you that you have to forgive everyone. And that whether you forgive or don't forgive you don't do anything it's a myth. But if you don't forgive then with this myth, you play into wrong hands mentally. And you are not going to miss out the truth, your realization for this myth. So now please put your right-hand on your forehead across and put down your head slowly, pressing it on both sides slowly. Here now you have to say without any doubts about yourself, about anyone 'Mother, I forgive everyone' say it from your heart not how many times but from your heart sincerely please say it. Now you have to ask forgiveness from this Divine power, but you are not to count your mistakes or your guilt or those who have harmed you. So now, take back your hand on the backside of your head, push back your head on it. Without feeling guilty, without counting your mistakes you have committed, you say it with an open heart 'O Divine please forgive me if I have done any mistakes' just for your satisfaction. Now, stretch your hand and put the center of your palm on to your head where there was a soft bone in your childhood. Press your scalp, press it hard by pushing out your fingers. Put down your head. Now you have to move the scalp seven times clockwise. But I have to tell you that I cannot force self-realization on you. You have to ask for it. So, while moving your scalp, you just say 'Mother, please give me my self-realization' seven times please but do it carefully by pushing back your fingers.

Now please take down your hands and open your eyes. Now, bend your head and put the right-hand towards me like this and see if there is a cool breeze coming out of your fontanelle bone area. Now, put the left-hand towards me and put down head. Please see, please see. If you can feel it, you have got your realization. Now, see your right-hand with your left-hand you see. Bend your

head, bend your head. Its better to bend your head. Now put your both the hands towards the sky and push back your head and just a question 'Mother, is this the cool breeze of the Holy Ghost? Mother, is this the all-pervading power of God's love? Mother, is this the Parama Chaitanya?' ask any one of these questions three times.

Now, take down your hands please. Put your hands like this and watch me without thoughts. Can you do it? Now, those who have felt cool breeze in their hands or out of their heads or even the hot that means it opened out please raise both your hands. May God bless you all.

Now it has happened without mental projection. So it is beyond thought, you can not think about it. So you have to be in thoughtless awareness and you should come to the follow on meeting and perfect your self-realization. I have to tell you that it's a collective happening. Like if this hand is sick, so another one helps it. There's nobody the other. Supposing the nails are outgrown and cut them out, they are cut out. They are no more with this body. So, your growth will take place though collectivity within you and without. Some people have some centers better of than others, and there can be a very good influence of each other without your knowledge. There is no money involved, there is aggression, there is no guru dump, you become your own master. You have to become your own guru that's all.

May God bless you all.

Yesterday I met most of you, those whom I have not met can come and I would like to meet them. But I met so many of you yesterday.

Who is he? These are your children?

Good. Did they feel the cool breeze? Did the children feel the cool breeze?

Did you feel the cool breeze in your hands? Ask her.

Good, good.

It's good, very good.

1989 – 0810 Music Program PP Geneva Switzerland

Baba Mama: The next item I am pressing Chaya Wankhede along with Prabhakar Raju Dhakhade on the Harmonium, Asish Saho on the Guitar, Shankar Bhattacharya on the Sarod and the percussion on the Tabla is being provided by Ashok Dhoke and Sandesh Pabatla. Chaya Wankhede is going to sing two devotional songs and then we will ask other singers to sing.

Bhajans

Baba Mama: All the children of the Sahaja Yogis should come here, to front. Who knows the song

Bhajan

Shri Mataji:

Now this is a song, this is the last song they want to sing to you, (somebody to translate me, Marie unclear (Marty/Martin)) which is a folk song of Maharashtra. Now, so this is a song which was written in the twelfth century by a great saint and a great poet. His name was 'Namadeva'. He was a Tailor by profession. Such a beautiful song it is, but it is a folklore and is sung in the villages of Maharashtra. It's in Marathi language which says 'Oh Mother, please give me the union with the Divine with the collective and consciences. And he's sung in all the villages and what I have done is this: that I have broken all the relationships

with my false pride, my jealousies, my anger, my competitiveness all these enemies of mind I have given up. The greed and the lust all are my relations. One is my husband, he thinks a lady there, one is father-in-law, one is my brother-in-law like that. I have given up everyone. Now I am standing from all these enemies. So 'Oh Mother, give me the yoga', then they say that 'Oh Mother Kundalini' they call it Amba/Ambe, 'you raise' udo udo – raise. This song has been sung in India from the twelfth century in the villages so you can see the background as I was telling you yesterday. That we had this background in our country. And have sung and people are waiting to get their self-realization. Now I think this song will help you a lot. Because it makes you thoughtless. Yesterday I thought that it has relaxed you quite a lot. In the beginning they said you were quite tensed, and this song will definitely help us to raise the Kundalini. Because this music carries the message inside, works inside. It's very amazingly this song is built up by this great poet 'Namadeva' who then went to Punjab and was very much respected by 'Guru Nanaka', and he made him learn Punjabi language. And he has written such a big book of his poetry in Punjabi language. But they were very an unclear(), loving and affectionate people. So, I wish you could little bit pay attention to this song and enjoy it.

Thank you very much – [Shri Mataji says to the translator]

1989-0810, TV Interview

View [online](#).

10 August 1989

Interview

Geneva (Switzerland)

Talk Language: English | Transcript (English) - Reviewed

TV Interview. Geneva (Switzerland), 10 August 1989.

[The interviewer speaks in Italian to Guido who translates the question to Shri Mataji.]

Guido: What is a seeker, please?

Shri Mataji: Seeker is a special category of human beings which are born in these modern times – whom William Blake has clearly described. And he said that men of God, at these times they will be born, and they will know divinity, and they will have power to make others also. Very clearly, he said it, William Blake.

Guido: What is Your opinion about Jung?

Shri Mataji: Jung? Jung was the one, he was the same as Blake, a seeker himself, of truth. So, he didn't accept Freud. And he thought that there was something wrong with him. He has trained also in philosophy and I think he did go to India. Not only that but he got his Realization. And after getting Self-realization, he wrote about Collective Consciousness. He wrote so many things, which we can now feel it ourselves. And he was a man who gave good pictures of what will happen to a person when he once gets Self-realization. I should say we should be very much obliged to him for giving us the truth. It was not just a mental projection, but it was a capture training of his own evolution.

Guido: As you may know Jung was a Swiss man. Do you have any particular message for Swiss people?

Shri Mataji: You see, Jung saw that people were seeing images in their dreams and things, which were very similar to the images of the festivals they have – of the whole thing. And he started finding out why these people have those images. So, such images, according to him, happened in past. And they are going into their past when they sleep. And that's how they could see those same images in their past, like that. He was a, I must say he was a very dynamic and a very brave man to fight such a formidable work of Freud, you see. Because also, he was a guru also. So, he was really very remarkable. And as a Swiss, I must say, he was a very enthusiastic about giving the truth to people and I wish Swiss do the same, that they become the same sort of thing. Only when I addressed the meeting of the Indian Society in New York- I had not read Jung, but I think he was a great soul. So I went through his book only once like that. And I saw a little place where he didn't understand the totality. And that point was here, when he said that the unconscious was down below. Then was the subconscious, collective subconscious, then subconscious, then conscious mind. And then he said that the supraconscious and all that. He put then in layers parallel in the body. But they don't exist that way. They exist on the left and the right.

You see, because our creator is the greatest organizer. If you have to go to the airport, you don't have to go through your luggage, everything – there is a passage for us to go. So he has kept a passage within. And it is kept on the left is the sub-conscious, and collective subconscious. And the right is the supraconscious and collective supraconscious. In the center, the path is absolutely left, absolutely clean. But we may have, in our ignorance, we spoil it. But otherwise, the central path is absolutely clean. I think that's why many Jungians started going to the subconscious. There is no need. It's not a layer. That was the only place where I found that he couldn't see the totality of the thing. But that's not so important because afterwards, he said so many nice things.

Guido: Talking about the Collective Unconscious, in which period are we living now?

Shri Mataji: This is a special period, in which the Collective Unconscious is to become or will become conscious. The Collective Unconscious is the one that is all around us, that is the subtle energy. And this subtle energy is the one that does every living work, every living work. Like this flower now. You see, the flowers – to us it's not a miracle. But it's a miracle, if you see that. All living work is done by that Collective Unconscious – which we call as Brahma Chaitanya in Sanskrit language. So, now it is going