

So that kind of a development is not necessary now. That time is over. When people wanted to build up the right side, they tried to create their knowledge on the right side: like using prana, then using all these five elements, the Vedas and all that. Now you are developed, your ego is developed, all right. Now the time of development is such that you have to become the Spirit. You don't have to, you don't need it. By your knowledge of cosmic consciousness only, you discovered the ether, you discovered the gravity, you discovered so many things.

Now all these things that you have discovered are going to help the Sahaja Yoga. It's meant for this time. Like you make a stage: for the stage you put lights, you put all adjustments for sound, everything. But the people who have to be on the stage are you. Your job is to be on the stage. You are not to bother about the stage arrangements, that's all done. That's all finished. Now you see this mike, it is such a simple thing. You know that this mike, on this magnetic emission, I can put the spiritual power to you, as I told you, it is the lamp that carries the light. So this is the carrier. If I put it here like this, say I put it here, then I know that you can hear Me the same way as if you are hearing Me.

1981-0331, Talkback Radio 2UE

View [online](#).

31 March 1981

Interview

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Radio Interview, Sydney (Australia), 31 March 1981.

Talkback program 'The Forum' on 2UE Radio. Hosted by Ian Parry Oakden.

Interviewer: Well, hi and welcome once again to the program. And tonight, a program with a slight difference. In the past, on the forum we've talked in different ways about finding oneself; about knowing oneself, and we've asked you at times to describe yourself in various ways, which has been interesting. Tonight we look at a different aspect of that under the title of Self Realization. In the past few years in Australia we have seen a succession of people come to Australia, with various titles, who lead what is generally regarded, I suppose, as cults. There have been people who have called themselves Maharajis, or Maharaji; there have been people who've called themselves yogis, there are people who will come up to you in the street and hand you literature who are followers of particular, mostly Indian based religious movements. I think that in general, is the way they describe them. And just lately I seem to be receiving more and more literature about these sort of people coming to Australia to speak to their followers. We've seen television films of them being greeted at the airport by devoted followers. And the other day I received a news release, guess you could call it that, about someone just a little bit different, because this time it's a woman. And that makes it interesting to start with. Let me read you what came in the mail:

Mataji Nirmala Devi is a most remarkable person. Ten years ago, She perfected a technique by which people can free themselves from their physical, emotional and mental disorders caused by the stresses of modern life.

Well that got me interested to begin with, and I read a little further and I thought, "It's about time we talked to someone like this. And what better time than now and what better person than Mataji Nirmala Devi?" And She is in the studio here with me tonight.

Interviewer: "Good evening. Welcome to the program." "Mataji, You are the leader of, or You are a practicer, I understand, of Sahaja Yoga. Can you explain what that is?"

Audio starts

Shri Mataji: Sahaja means spontaneous. "Saha" means with, "Ja" means born; it is born with you. It is spontaneous; it is the living force. A living force that has made you a human being from amoeba; is going to make you the higher being where you become the Self. It is all- in every scriptures you will find they have described that you have to be born again. Every prophet, every incarnation has said that you have to be born again. And there must be some thing within us, which does that job, and this is known as Kundalini and was known to people – very few people I should say – in the ancient times.

Then in the sixth century, Adi Shankaracharya talked about it very clearly that it's only the Kundalini awakening, the awakening of this Residual Power within us which lies in the triangular bone called as Sacrum, means sacred bone - Just imagine, that time they knew it was a sacred bone- that it rises and crosses all the subtle centers, pierces through the fontanel bone area and gives you your real baptism, your real birth, and you can also feel the softness of your fontanel bone area on top of your head. And this is an actualization. This is not that you can just pay some money or become a member, organize something. It's an actualization and you can see the pulsation of the Kundalini at the base; the rising of the Kundalini and the breaking of the fontanel bone area which is called in Sanskrit as Brahmarandhra.

Interviewer: So you are saying this is what... Spirit inside us, which you call Kundalini?

Shri Mataji: No. Spirit? This is the Holy Ghost, and the Spirit is in the Heart. Spirit is the reflection of God within us.

Interviewer: So it's not the Spirit. It is a live force?

Shri Mataji: This is the force that is the pure desire to be one with God; that is within us all the time, dormantly lying. It only manifests when it sees, or gets instruction, or is handled by a person who is authorized by God. Not by any institution or

anything, but by God. Such a person Himself is a realized soul. It is like one enlightened light can enlighten another light. It's very simple.

Interviewer: So that what you are trying to tell us is that we have within us a live force called...

Shri Mataji: A germinating, germinating force you can say.

Interviewer: Right. Called Kundalini.

Shri Mataji: Yes.

Interviewer: And this is generated in the...

Shri Mataji: It awakens. Actually, it moves like an energy.

Interviewer: in the bone, but around the eye?

Shri Mataji: No, no, no Sacrum, is the bone at the base of the spinal chord, the triangular bone.

Interviewer: Right. At the base of the spine and that is where this force awakens.

Shri Mataji: Yes. And it rises. You see the pulsation rising and it comes up to the top of the head, which is called as the fontanel bone area in the medical terms. But, here it is called as Taloo in Sanskrit language. And it pierces through. You can see the pulsation coming up here and after some time the pulsation stops.

Interviewer: This is when you are meditating? You can see this in somebody meditating? Or...

Shri Mataji: It's like, you see, for this you have to just place your hand towards Me to begin with. Then any other Sahaja Yogi can also do it. But to begin with, you have to place the hands towards Me just like this; like Namaz you see, as they do Namaz.

Interviewer: That's palms open....

Shri Mataji: Yes, just palms towards Me and you find that through your fingers, when it pierces through, you start feeling a cool breeze blowing in and that's the sign that you have got that Power flowing through. But with that you get many other manifestations. Like, first of all, you feel absolutely relaxed. Secondly, you feel the cool breeze also coming out of the head, fontanel bone area. First the heat comes out and then the cool breeze comes out.

Interviewer: Right. What is happening when that happens? What is happening to the body? Is one relaxing? Is one becoming more holy? Is one, what is happening when this... if you...

Shri Mataji: You are evolving; you evolve to a higher state of consciousness. Your consciousness as it is, is a human consciousness or human awareness. Now- but your Spirit is by itself; it is enjoying by itself. It is not in your conscious mind. Means you do not feel in your central nervous system – its manifestation. It is by itself. Now when Kundalini rises, She takes your attention inside, because the happening takes place and this attention gets enlightened by the Spirit which is actually placed in the Heart. But the seat is in the Taloo, in the fontanel bone area on top of that. So once you touch that, your attention becomes enlightened and the attention itself becomes collectively conscious. It becomes; it's a becoming. It's not just saying that they are all brothers and sisters, it just happens. You start feeling them on your fingertips. All the centers; your own and that of others also.

Interviewer: So it's a, it's a method of, of coming to, to terms with forces within our own body, to put it bluntly.

Shri Mataji: Yes, of course. That's why it is Sahaj, means born with you. Sahaja – born with you. Yoga means Union with God. So this right to be born again, to be united with God is within you. But it has to work out spontaneously.

Interviewer: How is this different from practicing the sort of Yogas that we've seen over the years? This form of yoga that we have of television in the morning, in women's magazines, the classes that people go to, which, I suppose, are relaxation exercises really. How does your Sahaja Yoga differ from that?

Shri Mataji: It's very different because, you see, in this the accent is only on physical side of life. You are not only your physical being, neither your emotional being nor only your religion, what you call your sustenance. You are much more than that and unless and until you see all these three aspects properly in balanced way, it can be very dangerous. More over, the Hatha Yoga that is done these days, perhaps, has no relation with what real Patanjali Yoga is. Because, Patanjali Yoga was practiced at the time when we had another type of system in our society where the children of five years used to go to the Gurus, stay with them, and there the Gurus used to select people who were good for Realization. Then first thing they would do is Ishwara Pranidhan, means establishment of God within you, means Realization. There are eight simultaneous things, Ashtaangas. It's not only one physical exercises, and physical exercise is only 1/10th of one of them. But the first and foremost thing is the establishment of God, means Sahaja Yoga. First your God must be established, then you see the movement of the Kundalini and you see the obstructions of the different centers and you know which center is to be activated; if there's a physical problem, then what exercise to be done. But today's modern Yoga is such that you take all the medicines in one, one shot all of them, whether they are required or not. You don't know what you are doing to yourself. This is absolutely absurd, and this can relax you because may

be that somebody else takes over from you. May be you get possessed or may be something like that that you feel relaxed but you are not in control of your relaxation. You are not in control of yourself at all. You have to become absolutely the master of your body, mind, everything.

Interviewer: "Mataji, you've come to Australia to speak to people and to Your followers and You are, You do have followers. Why do You have followers? Who are these people who deify You and who call You Mother?"

Shri Mataji: I mean, it is like the sun shining and the leaves are bathing in it. Now the time has come, to flowers to become fruits. Now, how... what can we can do? It's a relationship exists because what they want, I have and I give them that.

Interviewer: It's more than

Shri Mataji: But it is not binding there. I mean, I do not try to sort of dominate them in any way. But I see to it that they grow into good citizens and grow into proper personalities with their Spirit completely manifesting in them.

Interviewer: Are You then their teacher?"

Shri Mataji: Yes, of course. I have to teach them as a Mother; so many things Mother has to teach the children. But it's a sweet way of doing it. How you do it is the point. I mean, a Mother doesn't take any money for what sShe teaches and it's question of love, and Divine Love is so remarkable that it just manifests Itself.

Interviewer: You don't take money from your followers?

Shri Mataji: No, no, no. How can you pay for God's Love? Can you? That's one thing one should know. When they have this market on and all these people are coming in, you must know one thing that you cannot pay for it. This is one of the things people must realize; they don't use their brains.

Interviewer: There are many cults where people give a lot of money to the Gurus. And there are Gurus... There's one... Well, I can't think of a number. But there is one who is riding around in Rolls Royces and so on, and living...

Shri Mataji: I know (Mother Laughs)

Interviewer: a very high life. As a matter of fact, a friend of mine is a follower of him.

Shri Mataji: Just imagine.

Interviewer: and he has changed very much. I mean he is a very, well, holy person, I suppose, He certainly is at peace. He is a very happy man there since he is become a follower of this particular Guru. And I've never been able to see why; he's never been able to explain to me why. And I wonder what you think, in general, of these cult movements.

Shri Mataji: You see, what these people do is that their main aim is to make some money. But there can be even more sinister people; they may be wanting to stop your evolution. They are satanic, some of them are very satanic forces, because they give epilepsy and they give horrible diseases. They make people recluses; they just mesmerize them. People start thinking, "Oh, they're becoming very holy and they've become very good." But the first thing we should know, as Jung has put it – who was the disciple of Freud, and I am happy, he is very popular in your country – that the next step has to be that you become collectively conscious. By becoming higher personality you start feeling the centers of other people and yours also. This was to be expected that you became collectively conscious. This is the point one should see. For example: Somebody says, "I am very happy", so what does it matter? I mean if you feel that he is happy, it's only his ego is pampered. If you pamper somebody's ego, the person feels very happy and if you condition somebody or give him a superego, he feels unhappy. Both happiness and unhappiness are the two sides of one coin. But joy is very different. Joy is a drama; joy is a beauty and that only you can get it if your attention gets enlightened by your Spirit. Because Spirit is the only source of joy which doesn't have duality; which just watches, which is a witness. And these people just play upon your ego or they play upon your superego. They can mesmerize you; they have all these methods.

Interviewer: They are very popular with young people.

Shri Mataji: Yes, poor young people. There are real seekers I can tell you. They are actually saints born because the Last Judgment has started now, and the judgment is going to take place through the Kundalini awakening only. How are we going, how anybody is going to judge anyone? I mean God, how is He going to judge? – It's only by awakening your Kundalini and that's what has started. There's so many saints have taken birth to be in the kingdom of God, as was promised, and that's why these markets are afloat. You see when there's a demand, there's a market also for that and people are in the market. And, naturally, in the market money is the main thing, to begin with. But it's very, very dangerous. These people are so mesmerized, they don't want to see. It's not your happiness that is important; it's the happiness of the whole. What are you doing for that?

Interviewer: Well, I think they are certainly interested in getting new members for their cults. They certainly go round and try to

sell their cult on the streets, or wherever.

Shri Mataji: Yes, they are. For example: there was a Guru who was to come to England, and he said : "I'll have a Rolls Royce, otherwise I will not to come to England." So these young people starved themselves, ate potatoes and all that, and they wanted to have the fellow there. And when some of the Sahaja Yogis went and talked to them : "Why should you give him a Rolls Royce?" He says : "By giving Rolls Royce what we are just giving metal; but he gives us Spirit." How can he exchange Spirit for metal? I can't understand that.

Interviewer: Are You holy?

Shri Mataji: (Mother Laughs) This you better find out yourself. (Mother laughs) (Both laugh) What's the sign of holiness is? Holiness is that which, which cleanses others, automatically. Christ was touched by a lady, and an energy flew into her and she got cured absolutely. This is what it is. You don't- you see, what do you ask the Sun? Will you ask the Sun, "Are you, are you the light?" I mean, What it does? It is the part and parcel of that, isn't it?"

Interviewer: Your followers say You are Holy.

Shri Mataji: Yes, they, they must have found it out. (Mother Laughs) because, if holiness means cleansing, it means energy giving, then of course, it has worked with them.

Interviewer: I'd like to talk to You about the energy giving. We'll talk about that in a moment. Because You'd mentioned before – holding out your palms and some of them hold out their hands to You. You talked about holding ones hands up to You. So, in just a moment we will take a break and I'll come back and talk to you about that...

[Talk specific to the radio station omitted as it is not relevant] I am talking to Mataji Nirmala Devi and She is a Guru... No? I am sorry.

Shri Mataji: I am a Divine Mother. Mataji means Divine Mother. That's not My name. My name is Nirmala. Nirmala means Holy, Pure or Immaculata. My- they have given Me this title as Mataji, which means Holy Mother.

Interviewer: Are you a Yogi?

Shri Mataji: Yes, of course. I mean Yogi in the sense that if you are one with your Spirit, that I am.

Interviewer: [radio station'talk] ...There have been so many people passing through this country talking about offering all sorts of answers to today's problems in what is a basically, I suppose, Christian culture; although we can talk about that too tonight. People who come from various religious movements, based generally in India. And tonight we have one of those people on the program... She is different...

Interviewer: Mataji, we talked about Energy and that You have an Energy to give other people. How does, how does it happen that, You are the person who has that Energy? Why You?

Shri Mataji: I mean, as you are the one who is asking Me questions from the Radio, in the same way perhaps I am appointed to do this job you see, that's all. If anybody can do it, I will be very happy. As I told you, I am a married lady and My husband is very highly placed in life and I actually miss Him and He misses Me too and My children are there; I've got grandchildren. But this is something else that He thinks is very important, and that's why I am doing it and if somebody else can do it, I will be very happy to retire. I will be really happy, I tell you. But some things you can do and some things I can do. That's what it is.

Interviewer: Is it a gift from God?

Shri Mataji: Yes, of course it is. And you can have the same gift because you have to just get your Realization, that's all. You can also do the same thing.

Interviewer: Do I have to be in contact with You?

Shri Mataji: You have to be, not necessarily. People who are Realized now in Sydney, only two persons came to India. They have given Realization to three hundred people. So it is not necessary for you to be in contact with Me. But you have to get your Realization through somebody who is an enlightened person and who knows how to handle the Kundalini.

Interviewer: Now, the Energy is the Kundalini, this is what You offer to other people...

Shri Mataji: Yes, yes.

Interviewer: Is to put them in touch with their own Kundalini?

Shri Mataji: That works faster when I am there, but even these people can do it; that's true.

Interviewer: So what's the Power of this as far as healing is concerned? I believe You are... or claim to be able to heal people?

Shri Mataji: That is, that happens spontaneously. I mean, I do not heal people as such. But it happens because when the Kundalini rises, She enlightens your parasympathetic nervous system and the parasympathetic nervous system is like the storehouse of energy. But when it crosses the fontanel bone area, it gets connected to the mains. It's like, supposing your petrol

is finishing and you get connected to the mains and all the time petrol is flowing into you, then you get cured because all that energy which is being spent by sympathetic activity is replaced. And that's how people get all right. But I do not go about healing people or I do not have a healing center. I do not go in the hospitals. But those who are seekers get a spontaneous healing. Even blood cancer, cancer of any kind can be cured. But they have to be seekers to begin with and their Kundalini must rise and then they get their Realization, as a byproduct they get healed. That's a different thing from healing people and just paying more attention to the body. Because if you have to have the temple of God to be enlightened by His presence, then your temple has to be cleansed.

Interviewer: Let's talk about God, or Your concept about God. You were raised as a Christian, were You not? Or were You born as a Christian?

Shri Mataji: I was to be born something – either I was to be born Christian, Hindu, Muslim. Any where I could have been born. But I, I choose a father and a mother, and a father (who) was an enlightened soul and a great man. It was He who told Me about human beings, how they are. I didn't know they were that complicated.

I: Where did you learn about Kundalini and, and the various techniques that You now teach?

Shri Mataji: I didn't learn anything at all because I knew all this from My very childhood. This is innately built within you, the whole knowledge. Like as you are born as a human being, you can see it is bad smell, isn't it? Nobody has to tell you it is bad smell. But a horse doesn't feel the bad smell. In the same way you are born at a higher stage, you see many more things and you know many more things. I knew that, I was like that from very childhood. As you know that you are a human being as soon as you are born.

Interviewer: Did the people around you recognize this in You very, very early in your life?

Shri Mataji: I mean, some people like My father did recognize. Not only that, but he knew the purpose of My life and all that. But some people, I mean there were different reactions, I should say, according to their understanding. But all of them knew that there is something unique about Me.

Interviewer: Does Your belief now, how does that connect to Christianity? If You were raised in a Christian family, have You risen beyond the Christian religion, or beyond all religions?

Shri Mataji: I am beyond all the religions, I should say. And you also rise above it because the religion that we know of now are once upon a time were real flowers on the living tree of life. But they plucked it. They said, "This is mine, this is mine", and they took it away and these flowers have become now ugly and dead. They are not living any more. So, all these religions are just giving you a lip service. They are not giving you actualization. Actually the attention from the Spirit is gone.

Interviewer: Do You believe that the Jesus Christ was Holy?

Shri Mataji: Of course, He was. Not only (that) but He was Holiness completely, that He was the Pranava, He was the Omkara. He was the Divine Power Himself when He came on this Earth. And through Him only we give Realization because He is settled in a center here which is the door. Door to the limbic area which is...

Interviewer: Which is the center of the forehead.

Shri Mataji: Beg your pardon?

Interviewer: The center of the forehead.

Shri Mataji: No, it is not. It's shown here at the center but it is between the pituitary and the pineal body on the optic chiasma. There is a very subtle center of Christ which is the door and through which the Kundalini has to pass. If the Kundalini stops there, invariably in a Christian it does because Christians are not following Christ, they are following the church. They should follow the Christ as Christ has said I'll be calling you Christ, Christ... you will be calling Me, Christ, Christ and I wouldn't recognize. This is what exactly happened – that they do not recognize Christ. Christ has said the first and foremost thing a Christian has to do is to get rebirth. You, your Spirit has to come in your awareness. This is what He said and that attention is not there. We are organizing churches, we are organizing this, we are doing all other things. Living work is to be done. This is the living work and this is what it is. This is real true Christianity and true Islam and true everything because that is what they taught us – to be one with the Spirit. That's the main thing we are avoiding.

Interviewer: Can you describe what you believe is the purpose of us all being here? These days people seem to be searching more, seem to be more and more confused. I am sure there are many people who don't feel they are but there are an awful lot of people who do seem to be lost, do seem to be searching for some truth, some reason for being here. Can you explain, what You believe is a reason for being on Earth?

Shri Mataji: You see, they are seekers. Why? Because they have not found their own meaning; we have not found our meaning,

we do not know. Even the science cannot explain why we have become human beings; Why the nature has taken so much trouble to discard so many animals and things and to make us as human beings; What is the purpose. They are trying to find out their purpose – Why are they here on this Earth? And they are here only for one purpose, is to become one with the Spirit so that they understand and enjoy the beauty of God's Kingdom.

Interviewer: We were created by God?

Shri Mataji: Yes, of course. Who else you think could have created such a wonderful thing like a human being?

Interviewer: Do you see the God being the same God that the Christians worship and the Muslims worship?

Shri Mataji: Yes, just the same.

Interviewer: It's all the same God?

Shri Mataji: That's not the Christians I would say, but that's what Bible has described is the same. So there's a difference between what the Christians believe because they've put interpretations some times, you see.

Interviewer: Well, the Bible describes, for instance, in the first testament the very revengeful God, in many ways, a very angry God at times, that sort of stories. I am wondering how Your view of God fits into the Bible's description of God. Is it identical?

Shri Mataji: It is very much so. But you see, Bible was written at various places by various people and it was synchronized also. Christ's life was only for four years there and people didn't allow Him to talk much, you see. Just they just killed Him and crucified Him and He had His disciples who were just fishermen. How He could talk to them about Parasympathetic and Sympathetic and all those things? And they also did not believe Him till He got Resurrection. It was a big problem at that time and that's why the whole thing becomes very narrow; though very deep. So to understand Christianity, you must get your Realization, then you can go deep into it and see what He wanted to convey to us. There are many things you cannot explain like, "I will appear before you like tongues of flames. Those who are not against Me are with Me." Who are those people He is talking about?

So all these things can be only explained once you get Realization. Now the concept of God is, the way people interpret is very funny, as if they think He is a rock of Gibraltar. One, God means that He doesn't have eyes, nose, everything, but He has aspects. God has many aspects and the aspect, that is, the witness act aspect of the God Almighty has another aspect, which is His Power. And this Power incarnates and this Power has three other Powers by which She creates, She desires and She wars. These three Powers are there and that's how there are many aspects of God out of which the God's aspect that they know of, is the God who is just a spectator. He is the spectator and His Power is the one that creates. He is the only spectator. Now, when He doesn't like spectacle, when the people or whatever is created is no good, He takes out His attention, and that's how it is destroyed and finished. So He has to be punishing God also. Otherwise, human beings in their freedom, do not know how far to go. They even challenge God. They do not believe in Him and then they have to learn it. Cancer is one of the things that's a punishment of God I think. Because we are too much occupied, preoccupied with our own problems and with our own understanding of life and we project ourselves too much into extremes, we go beyond human sustenance and we develop these diseases. And then a balance is needed. It's most surprising – even in nature you can see. When you work very hard, you get a Heart attack. When you work very hard with your brain, you get Heart attack. And when you work very hard with your Heart, means when you are say get very emotional and weep and cry, you get a brain damage. Something so interesting, how the balance is even created by nature, it shows in the same way God also punishes us when we do not look after our sustenance, our human being, as He requires the different qualities to be maintained within us, like the gold has a quality that it is untarnishable. In the same way human beings have these ten qualities described in the Ten Commandments and we, we just say, "what's wrong?" You see, this is all Ego oriented societies. They say, "What's wrong? What is wrong with it? Why should we condition ourselves?" But we forget that if we do not look after this right, our Ego develops and it becomes like a big balloon. We start seeing it, as if it is coming out like a horn and get you frightened. Then you take to drugs and alcohols, you want to run away and escape, you can't bear your Ego. You just see the colors, all stuff coming on you. So all these problems come because we do not understand that we have to keep a temperate mind, we have to be in moderation. We have to be in the center and not to go to extremes.

I: Mataji, You mentioned a number of things that I wanted to question You about. One is satan and You said that some of these people who have young followers in cults are satanic and in just a moment we'll talk about that I think... [Radio station specifics/advertisement.....]

My guest is a practicer of or teacher of Sahaja Yoga, Mataji Nirmala Devi, and She is in Australia to speak to Her followers, and to speak to people who would care to listen about a method of discovering Self Realization. I think that's the best way to put it...

Mataji, we've talked about God, let's talk about satan for a moment, You obviously believe there are evil forces?

Shri Mataji: Of course, there are evil forces, very many, and they come to us from the left and the right side within us called as, left side is called the Collective Subconscious areas and the right side is called Collective Supraconscious area and these are the busy bodies.

Interviewer: To say that again, the Collective Subconscious area is the left hand side?

Shri Mataji: Yes, left hand side and Collective Supraconscious area on the right hand side. Now these are the areas which are unknown areas as the doctors say, from where they get some attack of proteins, which like protein-58 and all that, which attacks and triggers the cancer, you see. This I've said about ten-fifteen years back. But now the doctors have started seeing them and photographing them. Now these are the areas where all the dead spirits who were two types, one the sly type are on the left hand side and the ambitious type are on the right hand side.

Interviewer: Dead spirits?

Shri Mataji: Yes, dead.

Interviewer: Inside the skull?

Shri Mataji: Inside us. You see we can approach them within ourselves. Now they are, that these areas are within us and we can get out of these areas also. Because if ours, if we spread our attention side ways, we can go to these areas also. And once you go to these areas, those people who are sensible, who die sensibly or those who are Realized souls, they go to another areas where they are to be born again or they remain there. But those who are still dissatisfied or cruel people or satanic forces, they remain around and these are the people actually maneuvered by people who try to mesmerize, and they have their ways. In Sanskrit language it is called as Pretavidya, means the knowledge of the dead. The knowledge of the Smashana, means the burial places. They go and practice these things there and try to overpower these spirits, those are evil ones, and use them for mesmerizing and using them for their own purposes. It's a science known to India for many years, how people do these things. It's a evil science. Even in England, I was surprised, they had witchcraft and they knew about witches and all that. And still they are busy too much doing all these things. They ...

Interviewer: Do these Spirits have a Power? Do You believe; these evil Spirits?

Shri Mataji: They, they have no Power. They are just like human beings who are dead, but they are evil people and they can enter into your psyche and they can affect you. They give you epilepsy. So many of your emotional problems come from them; most of the lunacy I've seen. I mean all the lunatic people I have seen have this problem. Even the cancer people, I have seen, have the problem more from the...

Interviewer: How do you know they have this problem? Can you see a demon?

Shri Mataji: No, not by seeing, but you can feel them on their hands. For example, if you have a cancer patient facing you, you see, you find the left side, left hand starts shaking very much like a lunatic shakes and things, and the heat starts coming from the left hand side. Not so much from the right hand side to begin with. That shows the affectation is from the subconscious area, I mean the collective subconscious area. Also epilepsy comes from the supraconscious area when the people start projecting themselves, say, they say that we want to fly in the air or they want to think too much ambitiously about things – to create gold out of something. All these nonsensical ideas you see. Then they project to the right side. And when they project to the right side, in the beginning, somebody who is on the right side can enter into the being and can possess, and such a person can be very ego-oriented and can be successful for the time being. But then, riding two men or two human beings on one body, he becomes very tired and even at the sight of a thing like a garlic, that person starts racking. Even a church they see, they start racking.

Interviewer: A Church?

Shri Mataji: Church even. Even a incense if they see, they start racking. Any temple they see, rattling; they cannot bear the name of God. They start rattling. All their nerves are finished; they become recluses after sometime. In the beginning they become very, sort of, active, over active and become very successful sort of people. But then they collapse and they collapse very badly.

Interviewer: Perhaps I should just ask You in that line, the whole idea of spirits and of evil spirits. Does this come from an idea of reincarnation, of a sort of wheel of life? What do You believe happens after death?

Shri Mataji: You see, after death you would never die. Actually only there are five elements you are made of, out of which the earth element really falls off and the other four elements remain. And the water oozes out a little, little like that, and you become a small entity, which is the Soul. The Soul has got the Kundalini on top of the head and the Spirit on top of the head and all the four elements are there intact. So you, you can think you can do many things; you can materialize. For example, you can move

any instrument that is here even without seeing the person. You can just move the things from here to there. But people must understand this is not God's work. All these things are not God's work. Like sitting down and talking to dead bodies and dead people is also very wrong, because there's no justice done to that. For example, if you say somebody loves the father or the mother; they want to talk to them. Is very wrong because you must give them freedom, they belong to another area. And why do you want to entangle them with this present times, because they are in the past now. You have to be in the present. They have to be in the past. Leave them alone. Now, like, I would say...

Interviewer: Do they come back and are reborn, or not?

Shri Mataji: Yes, they come into you. I have seen now this disease anorexia, asthmas, can be cured. Most of the people who get asthmas have a problem because their parents have died early.

Interviewer: This is asthma?

Shri Mataji: Asthma. Or may be that they have a bad father, or they have been bad fathers or something, now what we called the right Heart center, and this can be cured. Today only I cured gentleman who had asthma big trouble. Because of this, because he was pining for his father; his father died when he was twelve years of age, he was very much shocked. You have to just tell that, "father you take your birth again", thrice. It works out. Anorexia is another thing. Is the same thing...

Interviewer: Well, in the series of reincarnations, incarnation of the Spirit goes around and rises. It just comes back, is born again in another body and rises, becomes more and more knowledgeable or pure. That's the theory of reincarnation, isn't it?... Is that what you believe?

Shri Mataji: Yes, I, I... not believe, but it is the truth because Christ didn't talk about it much. Why Christ did not talk? Because it's a very, very controversial stuff. If you tell somebody that there is reincarnation, even today I find the same thing. Like Indians, the first thing they will ask, "What was My first birth?" Because you go into your past, you see. Christ wanted them to be in the present. So He didn't discuss it. But He said, "I'll come again." How He will come if He cannot reincarnate?

Interviewer: Well now, You believe the, the evil Spirits are people who have died and have not reincarnated?

Shri Mataji: Yes, and some of them can be satanic forces who have taken birth, (and) they have been doing always satanic work. But people do not want to believe that there is something evil. They think that everything... that's very good of them to say that. But once Christ criticized others. So they asked Him, "Why are you criticizing? They do not criticize you." So He said, The satan is not going to speak against themselves." You see, is the only the holy person can see these two things. He is the only one who discriminates that these are satanic.

Interviewer: I don't understand. I don't quite understand what you are saying. Could you repeat that?

Shri Mataji: You see, if the satanic persons are there, they will always say that there's no satan. How will they say there is a Satan? Because, then they will be found out. So they always say there is no satan; every thing is good, every thing is fine and that's how you enter into the lion's den, you see. To be really [not clear – molested?] to be tortured. But this is the only way one can say.

I: All right, we'll start after the break... [Announcement] We will now take some calls... Hello, yes good evening...

QM: Hello, how are you?

I: I am well. Thank you.

QM: Look, can I ask Mataji a question or...?

I: Yes please, She's listening to you.

QM: Right. Mataji, how do we get the baptism as described by Christ? I think You said, "You must be baptised in the Holy Spirit."

Shri Mataji: You see, we have a center within us, as I told you before, between the pineal and pituitary body on the Optic Chiasma. A subtle center is there which is the center of Christ. Now, when you raise the Kundalini you find that at this spot the Kundalini stops if you have a little problem with Christ. For example, if you have been following Christ in a wrong way, in an unauthorized way without understanding Him or if you are not a forgiving person also, you might get this center blocked completely. This is the door, which leads to the limbic area, which is the kingdom of God. Now, when this center is blocked and you see the Kundalini just pulsating there, then you have to take the name of Christ. A Sahaja yogi has to take the name of Christ and request Christ that, "Please be awakened on this center". When he says only Christ's name, no other name, and that of Mary, then only this Kundalini rises through that center. Christ's other name in Sanskrit language is Maha Vishnu. So you can also take His name as Maha Vishnu by which the Kundalini rises; you see it. And the person becomes thoughtlessly aware. That's how you get your realization through Christ only, as far as this center is concerned; because this is the last center where you enter into the realm of limbic area, which is actually the kingdom of God. But from there, you have to get realization through another center, which is the

last one.

I: Can I ask just here how, how this all comes about? Does one meditate? How does one start this all happening?

Shri Mataji: It's like, as I told you, that they... in the beginning they stretch their hands or you can say the palms towards Me as we do in the Namaz and then...

I: That's stretching the hands out?

Shri Mataji: Yes, stretching the hands. Yes, like that. And then from the fingers ends the energy flows inside and invites the Kundalini; tells that there is somebody who is the authority. Then the Kundalini starts rising. It's a very quick thing. Some people get it in a split of a second – if their Kundalini is all right; if they are simple people, not complicated; if they do not have any emotional problems and all that. They are very quick; they just get it in no time. But those who have problems have these pulsations. You can see them going here and there. If you have a liver problem, you see the Kundalini going to the liver and just sitting there and giving energy to sustain it. Like that. Then it rises gradually and you see the gradual progress of the Kundalini. And those who have got anywhere obstruction, you have to say a mantra or a chanting or an awakening thing which awakens a particular Deity.

I: So, it is a sort of meditation?

Shri Mataji: You become in meditation. You cannot meditate, you become. It is the becoming; you cannot do meditation. There is no technique for it; it's a happening which is spontaneous. But afterwards when you have got realization, when your Kundalini is awakened, to increase its expansion, to have better Chakras and all that, you can repair it with a technique. But after realization, not before it. You have to make your car start to see where there is mistake, you see.

I: Right. So You are saying at this point once you've taken the Kundalini into you or opened yourself up to the Kundalini, that you can then call upon God or Christ to, into you?

Shri Mataji: No, Christ is within you. He resides in this point, as I told you, in the Agnya Chakra which is placed between the subtle center between the pituitary and the pineal body. He is there, but He is not yet awakened. In the sense, He is awakened by Himself but He is not come in our consciousness. When the Kundalini reaches there, She suggests that there is a... Christ is not allowing the Kundalini to pass through. He is not allowing, He is not happy, so you have to request Him that, "please allow the Kundalini to pass. But this request must go from a realized soul, from an authorized person or you can even sometimes maneuver it by giving some vibrations in that area through your hand, or may be through the photograph or something, and then the Kundalini rises. You have to take His name. That is what...

I: Now, how is this different from what Christians say when they say you should open up and let the Christ, let Christ into you? Is that the same thing?

Shri Mataji: No, because that's just a lip service. This is a real thing; if it doesn't happen, doesn't happen. It happens, it happens. It's just a lip service – nothing happens to your fontanel bone area after baptism, nothing happens to your eyes. It should be dilated when it is opened out. Nothing happens to you, it's just a lip service. You do like this. It's all artificial like, I'd say that "you eat this food", there is no food; "you take it in your hand", there's no plate. You just imagine that there is plate, there is food and you eat, will you get the satisfaction?

I: "Interesting", I don't know whether the call of yours, the question, has been answered.

QM: [Not clear]

I: Thanks for calling. The caller mentioned "baptism as described by Christ". What did he mean by that?

Shri Mataji: This is the same thing He said. Every word that He said is to be proved today through realization, because after realization you are connected to the mains and a rapport is established.

I: What did He say? That follow me and you will... [UNCLEAR]

Shri Mataji: Yes He said, "you have to be born again." Again and again He said, "you have to be born again." But when I went to America and I said, "You have to be born again", so everybody was sitting with tape-recorder and all that and they taped all My speeches. And people warned Me that they will publish books, these are writers. So I said, "Let them publish." So they started also some cults saying, "Born again," you see. How can you have self-certification like that? If you are born again, you should be able to tell about the Chakras of another person in your own Chakras and about the Kundalini. Isn't it?

I: What's a Chakra?

Shri Mataji: Chakras are the subtle centers through which this Kundalini rises. These are subtle centers within us placed in our backbone and also in the brain, which are the milestones of our evolution.

I: All right, well... As the caller said, it's a bit mind blowing but we'll keep talking about it. And let's talk about Self-realization as Mataji Nirmala Devi sees it. She is indeed a remarkable person and has given us an awful lot to talk about. Some of it is very

difficult, I guess, to understand. It's a concept that I certainly have not heard about before. And all the talk about the energy within us, the life-forces within us... And so many people have talked about the forces we are supposed to have within our Spirit or our Soul or physical and spiritual bodies. Tonight we are talking to someone who has a definite concept of what that's all about and if you would like to talk to Her... [Advert]

Interviewer: And tonight on the Forum, we are looking at the subject of Self Realization and talking about Sahaja Yoga and its practice and my guest tonight is Mataji Nirmala Devi....

And perhaps just to recap, I can read from the brochure about Sahaja Yoga and its practice. After many years of careful and tremendously successful experimentation we feel it is time to tell all genuine seekers that Sahaja Yoga, the discovery of Her Holiness Mataji Nirmala Devi, can definitely take one to the higher dimensions of consciousness, which has been promised by all the scriptures. It opens within us the central channel leading to the inner space of peace and joy, of complete integration and harmony; it happens. Sleeping within each of us there is a potential, spiritual energy called Kundalini. This Shakti, and a very complex mechanism relating to it, is not revealed before the happening of Self Realization. At this blessed moment, Kundalini rises within the spine and pierces the fontanel membrane at the top of the head. The subject feels, then, pervaded by total silence and exquisite well-being. He is absolutely aware but without thoughts and He feels in his hands a kind of wind of vibrations. The experience can be weak or, on the contrary, very powerful depending upon the conditions of the inner mechanism of the subject at the time of the experience. The guidances of the great Sadgurus, Sadgurus of the past who taught us the rules of Dharma who are meant to keep this delicate mechanism fit for Kundalini rising.

Well, that's part of this thing called Sahaja Yoga and that's what we've been talking about. My guest is the discoverer, is Mataji Nirmala Devi and She is here to talk to us tonight.

49:40

Interviewer: Can I ask you what these words Dharma and Karma, what do they mean?

Shri Mataji: Dharma is the sustenance, sustenance within us. As I told you before, that human beings have ten sustenances as described – ten commandments, in the Bible. This is the sustenance of human beings. If he has to be a human being, he has to have these sustenances within them. In the animals, the sustenance is there with no free will for the animals to change it. For example, a lion remains a lion, a mango remains a mango; It cannot change itself. But human beings can become a lion or a scorpion or can become even a snake or can become a tiger. So human beings only have the free will to change their sustenance. But to be human being is very important, so that you become a super human being. Unless and until you have Dharma within you, you cannot go beyond it. Because these sustenances then get enlightened, then you become. Then you have no temptations. Nobody has to tell you, "Do not get into temptation." Nobody has to tell you then : "don't tell lies"; nobody has to tell you that: "don't steal." You just don't do it because you become that. You become that light. This is what happens through Kundalini awakening.

The another word is Karma is very interesting. Karma is the fruit of the action that we have been doing, whether good or bad. Now, this was all said very long, long time back, much before Christ, when people had all their sins and all their Karmas or good things or bad things stored in them, and they had no way of getting out of it. They had to go through various circles of birth and rebirth, again and again, to overcome all those things. For example, a person, say, he is an ardent Muslim. So he will be born an ardent Hindu next life. Like that he goes on choosing and ultimately he reaches certain conclusions that you have to be in the center, you don't have to go any extremes. You are not to be a fanatic or you are not to deny God. But you reach a stage where it is beyond you. Then Christ came on this Earth as the son of God and He died for our sins. Means, He is the one who has created a door for us by which our Karmas can be absorbed. So now, when the Kundalini rises, when She crosses through this Agnya Chakra, the position I told you where Christ resides within us is a subtle center between the pituitary and peneal body on the Optic Chiasma is the one, that one gets opened up and that allows the Kundalini to suck your ego and superego, both. So taking out all that is supposed to be the Karma and that's how, when the Kundalini awakens, She takes most of it. Your Karmas just dissolves – if the force is great, the whole of it can be dissolved. But...

Interviewer: So Karma is like your, your sins?

Shri Mataji : No, it is a myth. Actually it is a myth, because for animals there is no, nothing like Karma because animals do not think they are doing anything. If a, if a tiger has to attack a man, he has to attack because he must eat. He doesn't think it's a sin. But human beings in their freedom start feeling they are doing it. You see, they think they are doing this. They are doing nothing. They are just doing dead work. You see this is all dead – from dead to the dead. Can you ask anyone of them to transform a flower into fruit? Human beings do not do one living work. It's only dead work they do. Like some birds take some straws and

make a nest; they don't think we have done something. But human beings, they say, "Oh, we have built this building, we have done this", and also they have harnessed some of the material powers, you see, like electricity, you can say, and other things. And then they think we have done this and we have done that – is a myth. And this myth drops out because living work is very different from what is a dead work is. So this myth that "I am doing", just drops out.

54 :20

Interviewer: Interesting. All right, let's take another call... Hello.

Auditor : Good evening. There are a lot of things to say. I have to start off by asking, "Is the Christ the conscious contact between the human and the Divine and was this link recognized and protected by the man Jesus?"

Shri Mataji: No, He could not. You did not allow Him, He was crucified. I wish it could have been done that time but it was not. You just... it was very premature. You never... the people never gave Him any chance. I mean they just crucified Him for nothing at all. They never understood, they never recognized.

Interviewer: But is the Christ the link between man and the Divine?

Shri Mataji: Of course. He is the door.

Interviewer: The door?

Shri Mataji: Yes, but it is. He's not the destination. Destination is the Spirit which is also Christ, in a way, which can be explained later on, if they come to our center; how Christ is everywhere. Because He is the embodiment of Divine Love. He is the embodiment of that Power which flows in your hand. He is the Spirit.

Interviewer: Well, the Man, the Man Jesus, if we had let Him live, would have been able to open this door for all of us?"

Shri Mataji: It should have happened, but they did not. One could have worked it out, but it's rather difficult.

Auditor: He obviously did recognize the [UNCLEAR] else He would'nt have been able to resurrect Himself?

56 :15

Shri Mataji: Yes, He will.

I: The point the caller was making was, "Christ did realize this and He was able to resurrect Himself."

Shri Mataji: You see He was, He was the Divine Power. Nobody can kill Divine Power. That's what Krishna had said that it cannot be killed and that's what He proved. What Krishna said He proved it very well that He cannot be killed and that's how He was resurrected. And that resurrection is the message of Christianity that you all should be resurrected. You should become your Spirit and not this body.

QM: That is He is saying to us, "Don't make Me an idol, make Me the Ideal.

I: He is saying that Christ said, "Don't make Me an idol, make Me the ideal."

Shri Mataji: That's true. You see, if you now get your realization you will understand Him much better. You will do full justice to Him and you'll recognize Him also and you'll recognize Me. You never recognize. None of you could recognized any one of the incarnations who came on this Earth, and how we tortured them and troubled them. But now after realization, through your vibrations you can recognize because if Christ comes, you will see, the vibrations in your hand will increase tremendously.

I: How many? Have there been any other, I am not just putting a question here, have there been any other men apart from Jesus, who have been as Holy as Jesus was?

Shri Mataji: There have been so many incarnations of different aspects of God on this Earth. Much before Christ was, the first one was that of Shri Rama, we can say, as a human being who came and He lived like an ideal King. Because, He had to say what an ideal King and a ideal Man has to be. And His wife was the Holy Spirit with Him. Then came Krishna, who was another incarnation of Shri Rama, that aspect of a father, and then came Christ. Also Abraham, Moses and Mohammed Sahib, Nanak, Janak, all these great people.

I: These are all Holy men?

Shri Mataji: These are, these are prophets and these prophets are actually the embodiment of a principle called as Primordial Master, Adiguru and they incarnated on this Earth. And the main of them are ten and they reside in the visceral cavity we have in the stomach.

I: Are you, are you a prophet? Are you an incarnation, yourself?

Shri Mataji: That you better find out. I am not going to say anything about Myself because whenever they try to say the truth even, we crucified, Christ only tried to say that. Krishna told to one disciple only. Rama never told even to His father. And if I now do not take advantage of experiences, then it won't be good.

I: (laughs) (both)okay (Mother Laughs)....

Shri Mataji: I must be something. But if you had the knowledge of Hindu scriptures you would know what I must be. The way Kundalini rises in My presence it has a definite significance and it is described very clearly what sort of a person can do that.

QM: What is the spelling of this particular form of yoga?

I: S a h a j a

QM: What does the Mataji think of, or what can She say about people called Siddha people?

I: Are they in Australia? I think we have to be careful that we are not talking about any particular groups. I don't think we want to name any particular group...

Shri Mataji: No, No, No, No. There is no need to have any controversy. Only thing you should judge, one thing – what have they achieved; have they got their own powers? Those who are followers. This is the main thing. Have you got your own Powers? Are you Master of yourself? Do you know what you are doing? Do you know? Can you feel others, can you feel yourself? Can you say exactly, what's wrong with you? Exactly can you say what's wrong with others? This is what it is. Are you fully aware? That's how you judge yourself. Not by names and things, is not proper. Because, have you achieved it?

I: I think that's the answer of the question.

QM: I read a series of books called "Life's teachings of the Masters of the far east" written by an American who was born in India and migrated...

I: What is it called?

QM: The Life and teachings of the masters of the Far East.

I: And who was it by?

QM: A man named Spaulding. He wrote them over a number of years. The first in 1924 and the last in 1955 and he is talking about a journey in India, in the Himalayas and he was quoting from ancient preachings and these preachings were attributed to these people called Siddha. And this name of course pops up in a lot of Indian literature and...

I: Siddha?

QM: Siddha. There's another word [INAUDIBLE] This word Siddha seems to pop up in a lot of reading that I have done.

I: I request Mataji to comment. What is Siddha?

Shri Mataji: I'll tell you. Siddha means the one who has got realization, who has been proved, who has got realization. But not... you cannot have a self-certificate "I am a " by paying some money to some one, you see, or by doing something. It is a happening, which is living happening. Again I say that there is no effort. You cannot put in any effort. What effort did you put to become a human being from a monkey? You just became spontaneously. In the same way it is effortless. It should just happen effortlessly, that is first thing. And you cannot pay for it. Now, the books, and books and books, they are to be written. This is another kind of exploitation – is to write books about somebody. If an American goes to India, or anybody goes to India, did he have eyes to see? Did he have eyes to recognize? How can he say anything about somebody who is a Siddha or not? You cannot make out anybody who is a Siddha or not unless and until you are a realized soul yourself. You must have eyes to see. In darkness if you walk and you are blind, what are you going to write? I mean, I have seen people writing huge books about Kundalini and they don't know where the Kundalini is. I mean, it's surprising such honest people how they indulge into this because somebody writes. How much does it take to write? You take... I mean you pay little money and you just can write any book you feel like. How many books did Christ read? There's no need to read any book. By reading if you are going to get realization then it's a very surprising thing.

I: But Siddha is someone who has...

Shri Mataji: That means that. I mean this is elf-certification, you see. Just say that you are a Siddha because you have paid so much money, fees or something like that. That's not the way. Siddha is a person who is a Self Realized person, who is, who is being proved. Siddha means the one who has been proved to be a realized person, and that's a high state where you are collectively conscious; that you know how to raise the Kundalini; that you can give realization and that you understand everything. The whole technique of it is the Siddha; not the one who, who pays the money and becomes a something. It's not that way.

I: "Does that answer your question?"

QM: Oh, yes. I was aware that money should not be the object. The thing is in what direction you are going. When you see the cost, it's obviously not...

I: We've got people waiting with their questions.

QM: All right.

I: Thanks for calling. [Radio station specifics] My guest tonight is a yogi and a mother who is Mataji Nirmala Devi, who is here to give a program of public talks to Her followers and anybody who would like to come along. The dates for the talks for those who are interested (we had lot of people calling to find out) will be this Wednesday and this Friday night at Maccabean Hall, 146, Darling Hurst Road, Darling Hurst at 7.30 p.m. If you would like to hear Mataji talk. Mataji, You did say that this energy that we can get from You perhaps can be got through the Radio, from your voice, by reaching out hands, palms facing upwards...

Shri Mataji: Yes, and listening to me. If you put your hands towards Me, facing towards Me as if you are asking for something. and if you listen to Me, I think it can work out. Because in big roofs like six thousand and seven thousand people in India where we don't have such good system of also broadcasting and I have seen people getting Realization only through My voice and they don't even see Me so clearly. Now what you have to do is to just stretch your hands towards Me thinking that I am there and close your eyes. Now...

I: Not if you are driving?

Shri Mataji: Not. if you're driving. Then you have to stop your car for a while because your, your eyes might get dilated. So it's better to stop your car and just stretch your hands and if you could loosen your feet from your shoes will be a better idea. Even to take out your feet out of your shoes will be good idea, and a loosen little bit of your tie if you have any and sit in a relaxed manner. Now, for raising the Kundalini I'll have to see the different centers, normally, that you catch, you see, and in general I will be able to tell you what is to be done. Now, what I feel is (that) the first center that you are catching now is the center where you are feeling guilty; because when I talk to you, you must have picked up on some words which makes you feel guilty. And this again I have to tell you that you should not feel guilty any more. Because Christ has done the job for you. So you should say, "I am not guilty." It's a very big fashion, in Australia specially, to feel guilty all the time. I don't know what is the training is.

I: To be a sinner, original sinner.

Shri Mataji: No you are not. Your sins have been taken away. Why? What's the use of Christ coming on this Earth? If you are a originally sinner, all right. Now, why did He come on this Earth? So you should say, "I am not guilty." Get over this feeling. "I am not guilty." That's another thing the Christians are doing now is to ask people to confess. Why to confess? I mean Christ has done that for you. Whatever you have been committed, sins and all that, will be forgiven. If the Kundalini rises, it's all forgiven. So you have to go on saying that, "I am not guilty." I can feel the center now, sitting down here. Most of you are having this very big center in you saying that you are guilty. First of all you have to go on saying thrice or four times that, "I am not guilty." It's very important. Then the second center, which you are catching, is also very Australian style combination. What we call is the left navel center. It comes from your spleen. That means you are a speedy person. You are extremely speedy and you talk telescopically, you walk telescopically. You have no time for breakfast, no time for lunch and you make your spleen absolutely crazy. And this crazy spleen is a very dangerous thing. It leads you ultimately to something very, very serious which I would not like to mention to frighten you. But this speediness must be brought down. Now, to bring the speediness down, what you have to say that, "I have all the time for Meditation. I have all the time for God. I have all the time for everything. I am not in a hurry at all. Just say like that; it will help you a lot. "I am not in a hurry." That's the thing. At this time, specially in such a relaxed program, at least at this time you can say, "oh I am not in a hurry." Just say that. This will bring down your speed. You are extremely speedy and that shows on My fingers and on My toes. I can feel it that you are speedy. Then, some of you have been to unauthorized Gurus and to unauthorized people. In that case you have to say, "Mother, am I my own Guru?" Just ask the question thrice; just say, "Mother, am I my own Guru?" If I say that, again you catch on the guilt. If I say anything you don't catch on the guilt because once you say, "I am not guilty", you are not guilty for anything. So when I say to you, you just say this what I am saying that "Am I my own Guru, Mother, after realization?" Just ask the question. Now another thing we have to do is to forgive others. Really we should forgive. Go on saying, "I forgive everyone. Mother, I forgive everyone"; say it thrice. It will help you. It will relax you very much. Go on saying, "I forgive." Actually, Lord's Prayer is a mantra. Is a chanting on the same Agnya Chakra I told you, where Christ resides, on the Optic Chiasma. That's what you have to say. "I forgive. I forgive. I forgive." Moreover, when you don't forgive, what are you doing? It's a myth. You are just torturing yourself for others. You are not torturing them whom you are not forgiving. It is they who are torturing you, and you are playing into their hands. So you go on saying, "I forgive. I forgive. I forgive. I forgive all of them." This will relax you very much. You'll have no thought in your mind. Close your eyes. Closing of the eyes is important because when the Kundalini rises, there is dilatation of the pupil. So better close your eyes. Now, you have to say that "Mother forgive us", or you can say to God that, "Pplease forgive us if we have done anything knowingly or unknowingly against God." This is to be said without feeling guilty, again. Without feeling guilty you should say that because once you say it, it is forgiven. It is forgiven. Then there should be no guilt. If it is forgiven, why should there be a guilt?

This is a big disease, I think, in the west to feel guilty about everything. You have to get over. This is a very bad disease and it gives you lots of problems starting from Spondylitis of the neck, and then rest of them come after that. So not to feel guilty at all. You have to love yourself and you must know that you are men of God and women of God, are to be made prophets. And once you are made prophets, you can make others prophets. This is what William Blake has said about the times of Sahaja Yoga. He has clearly said all these things. Not only He has said where we are going to have a Ashram in Lambethway, we have our Ashram in the Runes [UNCLEAR], the foundations will be laid. He has said also where I will first go to England – is the Surrey Hills. All these things He has so clearly said it. It's all going to happen to you because you deserve it. Now after saying, "forgive me" thrice, you have to ask for your realization. You say, "Mother, give me my Realization." Say twice, thrice and you start feeling the cool breeze in your hand. After sometime you'll find even the cool breeze coming out of your head, on top of your head on the fontanel bone area. You will find there's cool breeze coming out like a jet. And if there is air conditioning, you better close it because it will quite cool now. You'll feel very relaxed, extremely relaxed, will be thoughtless. Now don't think about it, it has not happened to you by thinking. So don't think about it; it is beyond thinking. And do come and see Me in Macabean Hall, where you will have to grow more and understand more about it. It's like the sprouting of the seed, which has, which takes place without much difficulties. But as Christ Himself has said that "Some seeds fell on the rock and some fell in the waste in the same time", it happens with us also. So it is better to know how to make this germination manifest itself into a big tree.

May God bless you all.

I: You are listening to the Forum and my guest to night is Mataji Nirmala Devi and She is talking tonight about Self-realization and I hope you are enjoying the program. It is interesting to me; It is something quite different. Mataji will be giving a program of talks this Wednesday and this Friday night at 7.30 at Macabean Hall, Dunning Hurst road, Dunning Hurst.

Mother, I am not sure what to call You. I don't know what I should call You. How do I describe what You are?

Shri Mataji: Just call Me Mother. That's all, sufficient.

I: Does that describes what You are?

Shri Mataji: Yes, that describes everything.

I: All right. We have with us the Mother.

QL: Hello Mother.

Shri Mataji: Yes.

QL: I wanted to know, is the cool breeze that You have spoken about, you feel on the hands the cool wind of the Holy Spirit, as spoken about in the Bible?

Shri Mataji: Yes. Yes, yes, same thing, same thing. You have done the good job now, I must say.

I: Is it the Holy Spirit?

Shri Mataji: Yes, of course, is the Holy Spirit.

QL: Aha... I am feeling it now on my hand through the [not clear]

Shri Mataji: It's good.

I: Did you want to say anything more than that?

QL: No, I just... That's all I wanted to know because I...

Shri Mataji: Because you are thoughtless now. Enjoy yourself.

QL: Thank you

I: Hello

QL: Hello

I: Yes, good evening.

QL: Good evening, and good evening Mother Mataji.

QL: "Mother, when You began Your program, I think I heard You say that cancer invading the body could be an evil spirit. Is that what is understood?

Shri Mataji: Yes, yes. It comes through, you see, invasion of some of these things within you. Even a virus infection is coming from some vegetables who where out of circulation of evolution...

QL: Yes...

Shri Mataji: are affecting virus. And also these other proteins they talk of are nothing but some sort of a infection from the collective subconscious area from the left hand side. That's what I have seen so far in the all the cancer patients that either they have been to black magic, or their parents have been to someone, or they've been to some sort of a clairvoyance or some sort of

a thing like that, or one of these Gurus or some sort of like that, which is an unauthorized things to deal. Even psychologist can do that.

I: So you are saying, You believe that Cancer is an Evil Spirit?

Shri Mataji: No, I didn't say that. Cancer is triggered by an entry of some sort of an unauthorized handling of the left sympathetic nervous system, to put it very precisely and scientifically.

QL: Yea, I tried to understand You Mother Mataji, but not quite. My father had cancer and I developed it six years ago in exactly the same part of my body as my father had it.

Shri Mataji: Yes. May be your father is to be told that "I am all right. Don't worry about me. You get your birth and get your realization.

QL: yes

Shri Mataji: And he can leave you. And you can be perfectly all right if he leaves you, because he is worried about you.

QL: Yes. And an another thing Mother. My daughter had a very serious car accident and she has epilepsy through the injury to her brain. I, I cannot accept her. It is over fifteen years ago. I haven't been able to accept this crippling of her body and I wonder if your Sahaja Yoga would help me.

Shri Mataji: It is still helping, but is she a seeker?

I: She said her daughter. Her daughter had a car accident and developed epilepsy...

QL: But I have not accepted to see that beautiful body of my daughter now so crippled and I cannot... I try very hard to accept it. But I can't, Mother.

Shri Mataji: See, you can cure her through Sahaja Yoga. You must come and see me at the Maccabean Hall and I'll tell you how to do it. It's not difficult.

QL: Yes.

Shri Mataji: But if the bones are been removed, and if doctors have put some sort of a dead material, then I won't be able to work it out.

QL: But the doctors have told me that there are so many cells of the brain that are absolutely dead and will never ever be regenerated.

Shri Mataji: Let us see, we might try.

I: I think, perhaps I should say that we are not in the business of healing people over the radio and it think it will lead to a lot of trouble if we pretend we are so that's not what we are suggesting. Mother Mataji is simply saying that she believes that this may work out. So the best thing is perhaps to go and see Her.

QL: Very well. Thank you.

I: It's an area we've got to be careful with I think.[News break].....(Advertisement] My guest is Mataji Nirmala Devi and She is from... originally from India and is now living in England and She is touring Australia for a series of lectures. This week it'll be on Wednesday and Friday night at 7.30 at the Maccabean Hall.

I: "Mataji, I wondered if I can just ask you about the daily troubles that we have. For instance, I am generally worrying about my business and financial pressures and so on that I have in a business I set up it goes up and down all the time. How does this sort of approach help us sort out daily, daily worries like financial worries?

Shri Mataji: Within us we have a center which is called as the Navel Center which is responsible for looking after our well being – financial, material all these day-to-day problems as you call it. Shri Krishna has said that, "After yoga I look after your well being, but after yoga." First you must be united with the Divine Power, then you become a member, or you can say a citizen, of God's owned province and He looks after you. As your government, Australian Government looks after you, in the same way the Divine Power looks after you and your financial problems gets solved. They get completely solved. But you do not get over rich or extremely rich. If you are very poor you become all right. The main thing is the satisfaction that you get out of your endeavors and your financial things. For example: I will give you a simple example of this thing. They came and they asked Me, "Mother, what would you like to buy in Australia?" They told Me, "We import everything here, so what would you like to buy?" I said, "I would like to see a crockery shop." Now, they took Me. They wanted to take Me to a particular crockery shop. But they took Me to another one saying that you cannot park the car here and there I met a lady who was given realization a year back and is a great seeker. But she is lost because she started sort of getting more busy with other things of life, mundane life and I just met her there. And after meeting her, it was such a, such a satisfaction to her, she said "Mother, I couldn't come to your program so you have come all the way just to see me". And they couldn't understand why I wanted to go to a crockery shop, you see. Now what happens that when you are realized, your dimensions are so much alert that you start seeing things in a much better perspective.

Like a business, immediately you know how far to go with it, the acumen, the business acumen as they say – just start getting you that enlightenment. For example, there was a gentleman who had lost his job when he came to Me. He got his realization and I told him, “All right, now you do some business.” He said, “What should I do?” I said, “All right, start with carpentry”, because, because of Christ I think I like carpentry very much. He said, “Carpentry, I am very bad at it.” I said, “All right, take to interior decoration.” He said, “I don’t know what is the wood is. I don’t know.”

I: Sorry, I did not quite follow... He said...

Shri Mataji: I don’t know what wood is. I mean, I don’t know what are the different styles of woods are, what is vineer, I don’t know a word about it. I said, “You will know everything. Just try your vibratory awareness.” And he started his decoration and he got lots of people coming to him and asking for him; and he just started arranging all the different woods and different styles of things and people were very happy with it; and he has made remarkable things. He has made lot of money out of it and people are still calling him for that work because he just suddenly developed that awareness by which he produced things, which were aesthetic and were appealing to people. Another thing is, those evil forces also bring you down. Like, we had a gentleman in Poona who was very bad at his business. Nobody would come to his shop and he was not selling anything. He said, “Mother, will you come to my shop one day?” I said, “It’s rather difficult for Me. But one day I’ll just... If I can, I’ll just drop in.” I went there. After that he started getting lots of people in his shop and now he’s become a rich man. He couldn’t understand why, how it has happened. Only My going there has worked so much.

Second Part

QL:Spirituality. Would Mataji say any of these cults are valid, or is Sahaja Yoga the only true path?

I: Is this Sahaja Yoga the only true path?

Shri Mataji: I wouldn’t say so bluntly, because you’ll be shocked. But I’ll tell you the other way round that if you have to germinate the seed, what do you do? You have to sprout the germination. Isn’t it? You have to germinate the primule of a seed. Isn’t that... That’s the only way you do it. Isn’t it? There’s no way, other way out. So in the same way, if you have to get your realization, it’s only the Kundalini awakening and it is done through Sahaja Yog only. But today it has taken a shape of Maha Yog. Means a great happening by which there is en mass realization. There are people who are getting realization in a mass. It’s not only one individual or two individual, but masses after masses have to get realization. Now if you say, “Which is the way a flower has to become a fruit?” There’s only one way. There are no two ways. Living things do not have two ways and five alternatives. These are all for human beings to take lots of decisions and do all these things. But for any living thing, it’s only one way it works out and that’s how it is. The germination within you, which is a living force of the living God, is the only way – is the Kundalini awakening. And that’s why we can say Sahaja is the only way. It is; there’s no other way out.

QL: Well, Mataji, for those people who are seeking and who don’t want to come to Sahaja Yoga, what’ll happen to them?

Shri Mataji: You see, they should come. Why not? They, they will all come and I can see your concern. Same concern I have. But they go after circuses; they go after people who are false; those who take money from them; those who befool them. They do not want to come to reality. What can you do about it? The choice is your own.

QL: Thank you very much.

I: Thanks for calling. What happens if they don’t come?

Shri Mataji: They just don’t come because they don’t like reality. See they crucified Christ, why? They didn’t like Him, why?

I: They were frightened?

Shri Mataji: They were frightened; they are just frightened for nothing at all. Perhaps they are possessed, some of them. They are ego oriented?

I: All right. It’s three minutes to eleven...Hello...

1:24:55

Auditor : ... I would like to ask a few questions....

Shri Mataji : I can’t hear

Auditor: You mentioned that diseases are only expressions of spiritual and emotional disarray.

Interviewer: You mentioned that diseases are an expression of emotional and...

Shri Mataji: Physical imbalances.

Interviewer: Physical imbalances.

Auditor: That asthma could be caused by one of a person’s parents dying young. I, I’ve always believed that diseases are caused by an expression of spiritual disarray because someone is not obeying their karma. I wonder if you would like to elaborate a bit on that? Is it the bad karma that’s not being obeyed or could have some result for instance or any disease because of one’s

parents, a child's parents died young, or suffering from anorexia, I don't know what you're going say...

Interviewer: Mataji is having difficulty in understanding you. If you could just speak a little more slowly.

Auditor: You mentioned, in speaking, that diseases are caused by spiritual and emotional disarray in a person. I am interested to know, or to reconcile, how some diseases could be caused – you mentioned asthma for instance – could be caused in a person?

Shri Mataji: You see, first you mentioned about karma. First thing I must tell you, what we understand in karma is something very, very narrow also. You see, supposing you are in imbalance, all right? Now, if your father or anybody's father, for example, you are too attached to your father, and if such a thing happens that your father leaves you or something happens like that, your principle of father in you is shaken. I mean this is not your karmas, but this is your father's karma that it shakes you. Or may be his death is not your karma nor his karma. But something like that happens while you have been so attached that, that portion is shaken up, because human beings are very delicate things. As they are very aware, they have to be extremely delicate and very beautifully made. As you see any machinery, which is very sensitive, is extremely delicate. In the same way, human beings are extremely sensitive and delicate and we don't know how to handle ourselves. That's why the problems come in. But the karma business is very gross stuff.

1 :27 :27

I: Mataji, I would just stop you there and we will come back to this after the news. We must pause for the network news, we....

QL: Yes, Thank you.

I: Thank you. Right, and we'll be back after the news and we'll talk some more about Self-realization and stay tuned with us...

(News) Tonight we are talking about Self-realization and my guest is Mataji Nirmala Devi and She is here tonight to talk about the technique, perhaps, by which we can free ourselves from the physical and emotional and mental disorders that are caused by the stresses of modern life as they say, one way to put it. Just before the news we were talking to a caller and we were talking about karma, which to put it in modern terms would be all pluses and minuses of your past life, of your life until now and this is within you, and the caller was asking whether this is responsible for illness and Mataji is answering. I think, if I've got it right, that we don't need to feel guilty and we don't need to get any poison out of ourselves, and we don't need to try to clear ourselves of past deeds or past sins but we need to progress now to a higher state of consciousness of Self-realization and let's ask the caller. Are you there?

QL: Yes.

I: Mataji was talking about karma.

QL: Right. She has answered the question. Can I ask another one?

I: Sure

QL: About the Kundalini... I have a friend who meditated for about six or eight hours. He has unfortunately gone through an awful, emotional experience. He did not experience the cool breeze but rather a burning fire.

Shri Mataji: That's very true. If you do not know how to do it, you get all these problems. Like villagers coming to the city, putting their hands into the plug and saying that the electricity only burns you. You see, it is to be done by a person who knows the job, who is authorized and such a person has to be a holy person. It cannot be done, everyone. So somebody who knows the job, in the sense not scientifically but through the authority of God, should be able to do it. So it is always the fire and all these business come because, not the Kundalini that punishes you. Kundalini is your own individual Mother. She does not punish. But there is a deity, sitting at the base of the Kundalini. It gets very annoyed and it starts lashing you on the sympathetic nervous system. But it's not that only you feel fire. Sometimes people even get blisters and things. Is a wrong way of doing a thing.

I: Just from meditation?

Shri Mataji: Yes. You see, if you try to do... there are certain nonsensical things they do, which I do not want to talk here. But all these nonsensical things can lead to problems.

QL: Another question? Regards, I guess it regards karma and dharma once again. God said that we were all created equal and we are. But then, we are not born equal. And we're not born equal because of our past and our reincarnations. I was wondering if in the end whether we will all have been reincarnated the same number of times, every person on earth?

I: Is there an end? Are we heading to an end where we will all be reincarnated the same number of times?

Shri Mataji: Yes, you are reincarnated again and again. Improved on to, like an instrument is always improved on one after another, isn't it? But now the time has come for you to manifest the purpose for which you have been made. So you become that like a light is in the process of being made till it becomes a light. Then it is put to the mains. Then what is the job of the light? Is just to give the light; It has become that now.

I: Right, is there an end to... Is there an end for all of this at one point? Are we all heading to one end?

Shri Mataji: You see, first you get germinated, then you grow into a tree. Then you want to come back again to help others. It's out of compassion.

I: But there's no end; it keeps going?

Shri Mataji: And if you want to end it, you can end it. But you like it. You want to come back again and again to help people.

I: But for all of us, there's no end?

Shri Mataji: I mean it is, it is later on when you are realized soul it is your own free will, if you want to continue or don't want to continue. You are not forced to come down.

QL: Ma'm Mataji, if you accomplish all your karma in one life and you do good, why would you keep coming back continually?

Shri Mataji: You see, the karma theory is now over as I told you. There's nothing like karmas left any more. You see, Christ has opened that center for us in which the chakras, you see, are all get completely enlightened and when the Kundalini rises, She sucks in the ego within you which makes you feel that you have done this karma and that karma. Right?

I: So, you are saying that Christ really has taken all the sins?

Shri Mataji: Yes, He has definitely. I mean He doesn't tell lies. So He has done it. Now, the main thing is that when you die after realization, if you want you can come back, because out of compassion. You come on this Earth out of compassion, to help people because you are part and parcel of the whole. Is a different thing, now you do not come to take anything but to give.

QL: Good. I feel that there's this inner thing within us, or within some of us, any way, within us all wants the union with God. And if we achieve that karma, I keep thinking we must want to have union with God and not keep coming back to Earth. I mean, even now if we come back to do good and for compassionate reason...

Shri Mataji: No. I would say that, you see, this is not what you feel or believe. It is what it is. Should be. Now you are thinking too much about the future. You have to think of the present, of this moment, of getting your realization, to be in the present. You shouldn't think of the future so much, of this... karma is the past. In the future coming and going is... you are not in the present. You are thinking either of the past or of the future because you've read a lot, I think, about these things and you just believe in it. Your belief and your feelings are not the truth. You must face them as it is.

I: The caller was talking about the heaven, I think...

Shri Mataji: Yes. Thinking of heaven and all that. But see for yourself, keep your eyes open. I didn't have any conception of this place, where I'm sitting, this studio. When I came here, I saw it how it is to be worked out and then I decided. If I had decided before hand, it would have been all wrong.

QL: Very true, Thank you.

Shri Mataji: My blessings.

I: Thanks for calling. It's twelve past eleven and my guest tonight Mataji, Mother Mataji is here to talk about Sahaja Yoga and its practice and Self-realization and She'll be giving lectures, talks, on Wednesday night and Friday night at 7.30 at the Maccabean Hall, 146, Darling Hurst Road, Darling Hursy. And. is there any charge or... ?

Shri Mataji: No charge. It's all free.

I: Okay. There's no money involved. This is just something She wants to give to you and that might interest many... Hello. Hi, good evening.

QL: I couldn't listen... [UNCLEAR] Mataji. She did speak on Cancer. I could understand people could I have cancer from a... [UNCLEAR]... But I don't understand why the small children have cancer. Would She have an answer to this?

I: Why do small children get cancer?

QL: That's right. Especially if they have healthy parents.

Shri Mataji: There are many other things, which gives cancer to children. One of them is very common is blood cancer. Now blood cancer we give to children ourselves, by our speedy nature, over conditioning. All the time, telling them when they are eating food, "You have to go to school; now get ready; now you have to do it; you should be on time." All the time putting watches on their heads. This is how we give them blood cancer.

I: We create stress?

Shri Mataji: Stress on them for nothing at all. Then the schools themselves are horrid. Sometimes, the schools give them education which is not needed. They condition them. Then the sex knowledge is not needed to be given to children. It's just opening them to something that they need not know at all. They are innocent. We disturb their innocence by so many things. Then all your nonsensical pornographies and this and that and talk of sex to innocent children. We really play with their... we

should blame our society for that, if not an individual parent. But everybody has to face it. Now this sex education is not needed for children at all. There's no need. When they grow up, the Mother's should tell the daughter and the father should tell the son, in a very private and a sacred way. Not to just tell them so openly that they become curious, they start experimenting with it. All that can be possible. Then also, there was a gentle man whose son got cancer at a very young age. They were surprised, how he got cancer, because the man was very good and the child was very small. And then we found out: the grand mother had a habit of taking the child to the, to the, what you call?, the burial grounds and things like that and she always had a great fascination for these places. Even churches have got these dead bodies. Now, what to say? We expose our children without understanding where we are taking them. We put them to stress. So that is the result.

QL: Thank you.

I: Thanks for your call. (Announcements) Hello, good evening.

QM: I would like to ask Mataji a question and... Mataji, I have heard you speak about negative forces and: one, what are these forces? And two, are they causing and increasing problems facing society today?

Shri Mataji: Facing what?

I: Society today.

Shri Mataji: Very much. Now...

QM: First, what are these negative forces you talked about?

I: What are these negative forces?

Shri Mataji: These are the forces that are built during evolutionary processes when people became ambitious or became very sly, and they took to ways and methods which are anti God. They are punished many a times. But they are born now with a vengeance because they want that the last step now, by which human beings are going to get their realization and they are going to solve their problem and the step where they will have a break through in their evolution, they want to stop it. That's why they are trying to destroy you in so many ways.

I: You are saying we getting very close as a race of human beings to a point where we will all get Self-realization; that time is coming now.

Shri Mataji: Yes, yes very much. That last judgment has started.

I: How long will it last?

Shri Mataji: Depends on how long you take... (Laughs)....(Both of them). You see, maximum time will be given for people to be resurrected.

I: That's hundreds of years or ten to ...

Shri Mataji: Not hundreds. Should not be hundreds. But there should be sufficient time for many people to get realization, and then few are left there because already the hell is full of people there and there isn't much room for others to go in.

I: And those evil forces are massing too?

Shri Mataji: Yes, they are. They are very much in hands-in-hands and they are all joined together and they are working it out. Destroying our Spirit, destroying our attention from Spirit, they are taking us away from reality. They are doing all kinds of subtle things. It's all spirits, spirits, spirits; so many of them. But your Spirit, the Spirit that is God within you, is the most powerful thing and once it is enlightened in your awareness, they all run away. They're frightened.

QM: How important is it for one to gain realization?

Shri Mataji: That's vital for every one of us. If you are human being, we should know why we are human beings. It would be something a question that, "if you are a lamp, how vital it is for the lamp to be the light?"

QM: Yes. All right, thanks very much.

I: Thanks for your call. (Music)...It's 21 past 11 AM; 9295555 and the forum we're talking about Self-realization and Sahaja Yoga. My guest is Mother Mataji, who is here from England.... In fact, you live in London; Your husband is a Diplomat. Is He not?

Shri Mataji: He is elected as the Secretary General of the International Maritime Organization, which is one of the UN agencies. There are fourteen or fifteen secretary generals. He is one of them elected by, I think, one hundred twenty nations. That's how I'm in England. But, this is temporary. He is reelected again; He has been elected thrice. So we've been there for seven years now. Five years more we have to be there.

I: You will keep traveling the world and keep spreading the word?

Shri Mataji: Up to some time. Then I would like to retire. If somebody wants take over from Me, will be a good idea.

I: Are there people to take over?

Shri Mataji: Yes. There are very capable people; they can do it. I can stay in one place and they can do it.

I: Do you have any thoughts on the future on what's going to happen to the world and to all of us?

Shri Mataji: Very optimistic.

I: You are.

Shri Mataji: You are all going to be saved and we are going to have all the blessings of God and all His power is going to flow through us and we are going to enjoy ourselves in full bliss.

I: Sounds wonderful. Let's take the next call. Hello.

QL: I would like to ask Mother, "Is She not infact preaching a combination of Hinduism, Muslim and Christianity?"

I: Are you preaching a combination of religions?

Shri Mataji: Complete integration. I asked... you have seen that through. I'm happy to know that. It's complete integration. The relationship between different Incarnations and different Prophets is to be established and is to be proved. It can be proved also through Kundalini awakening. You can prove it, how they are related to each other.

QL: Yes, well I believe all religions...

Shri Mataji: That's very great. But the belief becomes the Truth and you can prove it to others also.

QL: You were asking to know religions. Basically they are worshipping the same but they are just... call this God by different names. But I find it confusing, you were talking about karma, dharma. There has been no mention of Nirvana....

Shri Mataji: No mention about Nirvana because you are not interested in Nirvana so much as they were interested in karma and dharma. Nirvana is the one where you get your freedom by becoming your Spirit. That's what I'm saying.

QL: Yes. But then, if you follow the Christian teaching, one would believe we should all have this because that's why Christ died, to give it to us.

Shri Mataji: Yes, you should not have all these problems at all. I mean this is not... that's what I'm saying.

I: But the caller said we should have Nirvana. If you follow Christ, you should have Nirvana.

Shri Mataji: If you follow in the true sense. That you become a Sahaja Yogi then only you get it. Isn't it? Not by going to some organized places, where they've organized Christ also.

QL: Yes, I agree... You don't have to go to an organized...

I: You have to find Christ in yourself?

Shri Mataji: Yes, in yourself; through realization. Not the way by just becoming members of something.

QL: Who would You... [UNCLEAR] acquire in Him from Indian religion, the Goddess Kaali?

Shri Mataji: Goddess Kaali.... I think you better come to My program and I'll tell you all about them. Goddess Kaali.....

QL: Who in the Christian teachings would you related to?

Shri Mataji: Goddess Kaali? You see, the Mother of Christ was Maha Lakshmi. Did you hear about that point? She was Maha Lakshmi and Goddess Kaali did not incarnate at the time of Christ.

I: Who is the, who is the equivalent in the Christian religion of the Goddess Kaali? Is there any equivalent in the Christian religion?

Shri Mataji: Is the power of Saint Michael.

I: Saint Michael? Hmm...

QL: [UNCLEAR]

I: Why does Christian religion say, "All children are conceived in sin?" All children are born sinners. Why this? Why does the Christian religion say that?

Shri Mataji: I mean, you were... better go and ask the Christians. I don't know why they say all these things.

QL: I've asked them and they can't...

Shri Mataji: They can't, you see, because there are so many ideas they have got in their heads. You see, they've... I don't know. They have grown horns out of Christianity. What am I to do?

QL: Something which is written in the Bible and they.....

Shri Mataji: No, it is not said that you are born in sin." You see, you said that in the basic sin is there that a man has started thinking for himself. Is the basic thing, is that; he is free to think for himself. By that, the Ego and Super ego develops in a human being and he develops his own independence, as "I" ness, and he is separated from God's desire; in the sense, he has his own desire exerting itself. This is the basic sin: of separation.

QL: "Yea, but then [UNCLEAR]"

Shri Mataji: Then after Self-realization, you become one with that power. Like all the animals are one with God's power, they have no free will. We through our free will reach certain conclusions of good and bad and after realization, we are aware. The animals

are not aware. But we are aware: what is God's will is.

I: I think, the caller was saying how do we, how do we reach Self-realization?

Shri Mataji: Through Kundalini awakening. It's a spontaneous thing. It would be a question like this, "How do we transform a flower into a fruit?" It's spontaneous. It's living.

QL: Yes, but in on the one hand you are saying [not clear]... but how can one be expected to get Self-realization without thinking for yourself?

Shri Mataji: Without...?

I: Thinking for yourself.

Shri Mataji: No, because this is beyond thinking, it is spontaneous. By thinking you do not sprout a seed. Do you? It is a spontaneous thing. We must understand living processes first of all.

QL: But then...

Shri Mataji: By thinking you do not, do not live. You see, living process is different from, thinking is dead.

I: Automatic.

Shri Mataji: It is automatic.

I: Like the heart beat?

Shri Mataji: Yes, but we can say spontaneous – Sahaja – is better because it has life in it; you see.

QL: Yes, but you know thought also has life. Without life we can't think.

I: Thought also has life, without life we cannot think.

Shri Mataji: No, that's wrong.

QL: Any thought...

Shri Mataji: No, you see inspiration is different. But thought is different and it has no life. It is beyond thought that you achieve this power. Actually...

I: It's not meditation that we are talking about...

Shri Mataji: No, no, no.... you cannot do it. You have to become. It's a state of mind where you are beyond your mind. It just starts flowing through you and it relates to you beyond your thought.

I: Perhaps you should we explain to people who have joined the programme?

Shri Mataji: Yes, it's better; it is not easy to continue with this on the Radio. But I will; definitely it can be explained very easily and can be proved also.

I: Okay. Thanks for your call. Perhaps we could go over the process by which you say we awaken the Kundalini, the energy within us. This is a matter of stretching out one's hands to someone who is authorized like Yourself, You say, someone who is holy...

Shri Mataji: Yes, yes. Even if I blow on this thing it will work out. Even blowing will help; My talking will help. Yes, it will help many people. If they are sensitive enough, it will help them.

I: Mother, why don't you do that?

Shri Mataji: All right. Now you stretch your hands, pleased, towards Me like you do it in the mass asking for your Self-realization. Close your eyes; don't attach your attention anywhere, on any center. Just keep it loose, absolutely free. And I'll now blow in the mike. It will have an effect on you and you will start feeling the cool breeze in the hand in a big way. Now try not to think, is better because this is beyond thinking. Thinking will stop it. So please try not to think and you need not even try, it will just become that you'll become thoughtless. (Mother blows.....). Now feel your fingers. You'll find a very slight movement of energy on your fingers. May be there may be tingling, may be some little burning, pins and needles, could be, because you are opening out and those who have got realization will feel a cool wind blowing. These are the different stages that can take place. Ultimately, you all should get cool breeze in the hand and also the cool breeze jutting out of your fontanel bone area on your head. You can put your right hand towards Me and the left hand on top of your head. You'll feel that there's a cool jet flowing upwards. Those who smoke may not feel so much because the Vishuddhi Chakra, meaning the center that looks after the cervical plexus, is little bit numbed. The nerve, the cervical nerve, which has to carry the message of the cool breeze, is numbed and they cannot feel it. But they definitely feel first the smoke coming out of their head and then the cool breeze coming out of their heads. You can even smell the smoke.

I: So it's 28 to 12, my guest to night is "Mataji Nirmala Devi" and She's here.....(Announcement in detail)....(Music).....

QM: Hello.

I: Yes, good evening.

QM: Good evening. Talked about Self-realization. I think, possibly, my opinion would be that before we sort anybody else's

problems out, the greatest thing we've got to sort out would be our mind.

I: Our own mind.

QM: Yes, because I think that we are the ones we live with, if you can understand what I am saying. Twenty-four hours a day, when we are sleeping or whatever, dreams or working or whatever, we are the ones that we have to always fight or put up with or enjoy or not enjoy, apart from our partners. wives, husbands.

I: We have to sort our own mental processes.

QM: I think this is the greatest problem and people will not accept the fact that the greatest sin in the world would be accepting defeat.

Shri Mataji: ... (Mother laughs)...

I: Okay. Mataji's comment on it...

Shri Mataji: Now, the word mind is very confusing. We have to understand our mind is... can be divided broadly into two halves. One, the mind which is conditioned, which we call as Superego or Mana in Sanskrit language. And the another mind is the Ego which is called as Ahamkara, means the one by which we accumulate a kind of a idea that I do this and I do that and I like it. All those things come from that I, which is Mr. Ego. And the another is the Superego by which we are conditioned and we accept the conditioning and we become a person full of these ideas like "I don't like that" and "I am afraid and I am frightened" and all sorts of things. So these are the two things that are really in our mind.

QM: But who...

Shri Mataji: Now, just a minute. Please listen...

QM: Sorry.

Shri Mataji: I'll explain to you the whole thing. Now the, the Superego is the past that we have. So we get our thoughts from the past, or the Ego is the thoughts about the future. So we have two types of thoughts. One from your past and one from your future, because in the center, where it is present there are no thoughts. It's a thoughtless area. It's a very small area. For example: a thought wave starts within you. It rises and you see the rising of the thought, but not the falling of it. It falls and then another thought starts. It rises and falls again. Like that the thoughts start rising and falling and we jump on the cusps of these thoughts – sometimes in the future or sometimes in the past. We have no control over it. All right? Now, what happens with realization? That when you, your Kundalini rises, She goes in the center and She sucks in the Ego and the Superego and you become one with the present where you'll see the reality as it is. I'll give you a simple example that whatever we try to solve by our mind can be very defective because we never face the reality. What we think about is the future, which doesn't exist and the past, which is finished.

QM: But this... doesn't this go back to accepting things?

Shri Mataji: Pardon?

I: Doesn't this go back to accepting things?

Shri Mataji: No not... you need not accept; it is a happening. Unless and until this happens to you, you need not even accept Me. But should not also deny. What I am saying you keep an open mind about it and it works out. So, when it works out, then you live in the present. You try to solve anything through your mind, you'll find it will have a relative value Always. It may be successful, it may not be successful. It may be correct, it may be incorrect. It's all relative. That's why there is confusion. We have to find the absolute point. When your Kundalini rises, She takes you into the realm when you are in the present and you see all the dimensions. For example: what is present and future and past? Is nothing but the two shadows of the present. For example, somehow by any chance if you can hang over the curve of the Earth, then you can see the future and the past, at one point, all the time and wherever you are is the present all the time. Its something like that happens to you. It's a new dimension of awareness where the mind takes a new dimension where you become the present. The problems get sorted out so easily when you are in the present. It is to be seen and felt and to be experienced. Then your mental activity becomes very little because it is such a waste of energy – just thinking, thinking, thinking, reaching nowhere.

QM: OK. Can I just get a few words here? You missed my entire point. If I am brought up in India, I would speak Indian. If I am brought up in Greece, I would speak Greek. If I am brought up to preach to a God who is made of wood...[INAUDIBLE]....., Now, what the hell chance have I got, judging by any laws or... I mean it's relevant, no matter what anybody says, an actual fact if you want to admit, admit the whole thing. Nobody knows anything, and you can think that I am...

Shri Mataji: All right. This is again Mr. Ego speaking.

QM: I beg your pardon?

Shri Mataji: It is the Ego that is saying that nobody knows, because Ego covers up everything. It covers up all the knowledge. So

you have to go beyond this realm to see. For example: you can say that there is nothing under your skin. But a doctor will say, "No, there is, there are cells and you can see them." But you have to have a microscope. Now, you must have the microscope to see. But if you deny, "I don't want to see the microscope", you will never see.

QM: I agree with all...

Shri Mataji: All right. So you must get your realization. You must have your Spirit and then you can see if you cannot see or not. But just now to deny it is just to refuse to know. You will be adamant.

QM: Now, look, I agree with it. Even if You said... all I am saying is that I think the biggest hassle that everyone has apart from being a millionaire or a puppet or a Mongol or a Cripple is the fact that they have to live within themselves everyday of their life and irrelevant of what you might say, or I might or God...

Shri Mataji: Now I follow.

QM: ... let me finish. Irrelevant of what anyone might say, we have to live with ourselves and until such time as we can solve that part out of it, we will not believe in anything that anybody says because we have to be happy within ourselves. And whether you call it God or whether you call it the Devil, or whether you call it Buddhism or Hinduism or whatever you want to call it, you will never ever achieve that.

Shri Mataji: May be now I understand what you want to say. All right, I'll explain. This is very simple. You see, when you are living with your mind, naturally you have to depend on it. Isn't it?

I: Can you hear? Can you hear?

QM: Yes, I can.

Shri Mataji: Yes. When you live with your mind, you have to depend on it. But with Kundalini awakening, you go beyond your mind and this power starts flowing through you. Then you have to judge it by asking questions. For example: you get this cool breeze flowing in your hands. You cannot explain through your mind. All right, then you just try to ask, ask questions. Supposing you are a computer and you are put to the mains. Now, is this the computer answering the question? Then you just ask the question, one simple question, "Is there God?" A simple question. Just now you ask the question in your heart, "Is there God?" and you'll see that these cool breeze forces will increase tremendously. So what happens that through this you understand the powers of the beyond, the working of the beyond and the beyond of the mind things. Then you start using a new awareness. Not only of your limited mind, but that of the unlimited vibratory awareness that is within you. You become a different personality.

I: OK. I think we could answer that question. Thanks for your call. (Announcement in detail)... ... Hello.

QM: I am most interested in the, sort of occurrence of, in... to me has been choice

I: So, you mean about reincarnation?

QM: Well, Yea, in a way. It seems central to this Self-realization, the state, that one did not have a choice. Now I was just wondering how we become more aware of these choices and what choices are Mother Mataji's are. In fact, mine.

I: You... What choices have you made? Did You choose to return to earth or...

Shri Mataji: You see, about Me the less said the better. But of course, I did choose to come here and to give realization, no doubt. I am here for that. But one has to understand, this is so important that an egg has to become a bird. Isn't it? In the same way, you are an egg and you have to be born again when you have become a bird. It's a different awareness. That's what has to happen. A mother bird has to lay the eggs and then create chicks out of that. Isn't it?

QM: Why did you make your choice?

I: Why did you make your choice?

Shri Mataji: That's My job. What can I do?

I: It had to be made?

Shri Mataji: Yes, it had to be. You see, it is My desire, or you can say that's My nature.

QM: So we are... it was not a question of personal choice. It was...

Shri Mataji: Beg your pardon?

I: It was your personal choice?

Shri Mataji: Of course. (Mother Laughs)...

QM: I was just... Personally, the difficulty in my life would be just knowing, when the choice exist between 1, 2 or among many forms of action.

Shri Mataji: You see the choices are changed. Your priorities are changed because your awareness is different. You see the... when your awareness is different, you start behaving in a different way. Your whole priorities change, your standards change, your values change.

I: And you choose differently?

Shri Mataji: You choose differently, you're... You see, because you choose through vibrations. You see you may choose to buy something because it has better vibrations than to buy something which has no vibration.

I: You're saying everyone chooses?

Shri Mataji: It goes on, you see.

QM: But on... Now it boils down to how you become more aware.

Shri Mataji: Yes, of the living forces.

QM: Yea, how you become more aware., Then you do have a choice because to me our society seems to [INAUDIBLE]What you have got at the moment is freedom from choice. I mean, how do we...

Shri Mataji: First of all, you become aware of people who may appear to be very humble, but are sinister – you get very bad vibrations from them, from people who are giving you food not with love, but with jealousy and anger. You become quite aware of it. You just vomit out. And you get aware of your Spirit; you give up smoking, drinking, gambling so many things which are there just because you feel so bored of life. But you enjoy yourself so much.

I: I think the caller was saying that perhaps we don't... we feel we don't have any choices. Is that what you're saying?

QM: No. I was just wondering how to become more aware. People seem to be... Mother Mataji said that people seem to be...

Shri Mataji: The accent is more on get... wherever you find the vibrations, because the vibrations give you the joy. So you take to things which are vibratory, which are holy things, automatically. You do not get bored anymore because you feel your Spirit. So you give up so many things. You just take them because you are bored.

I: Sorry, I couldn't quite follow what the caller was saying.

QM: Well...

Shri Mataji: He's saying that what are your choices then? Afterwards, what happens to you?

QM: Yea. With these sort of negative influences from the... sort of force that you were talking about earlier...

I: I see. Well the caller is saying that where we, we can make choices but there are forces, there are negative influences that are preventing us from making...

Shri Mataji: ... You stand on truth; you are not bothered.

I: Are there negative forces that are preventing us from making our choices?

Shri Mataji: Of course, there are. They, they do all kinds of things; they even create accidents for you. They create so many problems for you. They are the ones who are troublemakers; they are naggers; they are like mosquitoes; they are like bugs and they are like serpents and scorpions. (Mother Laughs).

QM: Are they in fact creating their own hell?

Shri Mataji: What was that?

I: Are they creating their own hell?

Shri Mataji: Yes, they want to have that. What to do? They are used to it. They are used to filth. They'll go to filth only. They want filth. They cannot even smell flowers. What to do with them?

QM: Is this then what you think is hell, is it?

I: Is that what hell is?

Shri Mataji: Yes. Hell is the place where you enjoy all the filth.

QM: "Well, thanks very much. I'll try and come along to... Where is it?

I: Macabean hall

Shri Mataji: Thank you very much, thank you. May God bless you.

QM: Thank you, bye.

I: Maccabean Hall... (Announcement) Hello

QM: Yes, hello. Mother, I would like to ask you a question. If I come to the thing tomorrow night, would you be able to cure an addiction without any effects of withdrawals of this addiction?

I: Caller wants to know, "Are you able to heal and cure addiction? Addiction to whatever drug?" Is it a drug?

Shri Mataji: Yes, yes.

QM: Anything?

Shri Mataji: Yes it does. You see, all misidentifications fall off. Once you're identified with your Spirit, they fall off. You have to use a little bit of will power sometimes. But for some people, they've told Me... A gentle man in Singapore, who got his realization

– he’s about 78 years of age – and overnight he got rid of many of his addictions. He was surprised how it happened.

QM: Right. Then you wouldn’t get any painful, sort of, side effects?

Shri Mataji: No, not at all. On the contrary, it’s very blissful.

QM: All right. I got it...

I: Thank you very much... (Announcements) Hello, good evening.

QM: I just want to ask Mother about a quotation from the Bible.

I: Yes, what’s that?

QM: It says, “But the comfort of the Holy Spirit that the father will send in My name would teach you all things.” I would like to ask Her about that.

I: Could you just repeat the quotation again?

QM: But the comforter, the Holy Spirit, [sounds like “whom”] the father will send in My name, will teach you all things.

I: And that’s from where?

QM: John chapter 14, verse 26.

Shri Mataji: I think you should take your realization and then you will know the answer to it. Because, logically if it points out to one person, then you have to reach the conclusion, isn’t it? That’s a logical way of looking at things. But I am not going to say anything or claim anything. It is better you people find out yourself.

I: Does that answer your question?

QM: Is the, is the comforter on the Earth at the present time? Has the Comforter incarnated? Mataji should be able to tell us this because She said that through these vibrations on Her hands, She ...

Shri Mataji: Yes, He is very much here and He’s talking to you now. Can you believe that?

QM: Well, I feel something cool on my hand. Is that some indication of the...

Shri Mataji: Yes, very much so. So that’s the proof of the thing. You’ve already started feeling it in your hands. (Mother Laughs)

QM: Can I...?

Shri Mataji: Ask the question, “Mother, are You the comforter?”

QM: Mother, are you the comforter?

Shri Mataji: Ask it thrice.

QM: Mother, are you the comforter?

Shri Mataji: Again.

QM: Mother, are you the comforter?

Shri Mataji: Now, what do you get?

QM: Oh, I feel this kind of cool tingling passing all through my body.

Shri Mataji: (Mother Laughs)... That’s the answer now.

I: Okay, thanks for your call.

Shri Mataji: Thank you.

I: Hello.

QL: Good Evening.

I: Yes, good evening.

QM: Now my question... Don’t you think we all have a choice like love or hate, fight or fear, good or evil, positive thinking or negative thinking, a backbone or a wishbone, and believe that we are... I believe that we are all made in God’s image and it is upto us, and nobody else, whether we answer these things correctly? Therefore, Self-realization that is love, good, positive thinking, backbone people with no fear, have acquired lives, they’re able to absorb or discriminate without outside intervention or help and we are able to give, not take and feel ourself. Over to you.

Shri Mataji: (Mother laughs) I wish you could do that; but without Self-realization you cannot do it.

QL: I am doing it.

Shri Mataji: You, you have to give. That doesn’t mean it’s a rational thing. Or giving is just flowing, it’s emitting; that should happen.

I: I think the caller is saying that we can all make a decision to be strong and to be positive.

Shri Mataji: That’s only mental activity. That’s only a make believe. Is not the actual, actual thing. You can believe that you are very strong and you may be dominating. You believe you should not dominate, you should be humble and you could be sly. Unless and until you get your realization, you will not know whether you have reached the absolute value of those things or not.

QL: [UNCLEAR]...

I: Oh dear... We always have one of those.

Shri Mataji: Always, they bring in someone. Now, what about these great philosophers? What have they done? Have they given you realization? Why should you talk about them? Like when Christ came, they talked about somebody who died long time back. Why talk about them? Now I am facing you. Why do you want to talk about people who are dead? We always want to build temples for the people who are dead. Now the present is, I'm with you. Why do you want to talk about these people and bring a controversy? Don't you want to gain something yourself? All right?

I: Mother, thank you for joining us tonight. I found it fascinating, really. (Announcement)... Mataji will be speaking at the Maccabean Hall.

Shri Mataji: Also Melbourne, we are having a programme.

I: Yes, but...

Shri Mataji: That we can announce later.

I: I don't know whether we've got any listeners from Melbourne. But, there would be a programme in Melbourne also. But in Sydney, this Wednesday and Friday night at 7.30 at the Maccabean hall, 146, Darling Hurst Road, Darling Hurst. Thank you.

Shri Mataji: Thank you very much.

I: Thank you for joining us.

[1] Since the talk is a conversation, the speakers are identified as QL – question from a Lady, I – Interviewer, QM – question from a Man, SM – Shri Mataji

1981-0402, Aim of Seeking

View [online](#).

2 April 1981

Aim Of Seeking

Public Program

Royal Exhibition Building, Melbourne (Australia)

Talk Language: English | Transcript (English) – VERIFIED

It is really gratifying to come to Melbourne. I came here because somebody who had come to Sydney said, "Mother, You must come to Melbourne. We need You." When I came here for some other purpose, I felt the vibrations of Melbourne are really very good and here it is quite possible that there may be many seekers.

It is really gratifying, as I said, to be here among you. It's a fact that the time has come for thousands and thousands and thousands and millions of people who are born as seekers on this earth to get their realization. They have to know their meaning. They have to know why the nature has made human beings out of amoeba. What is the purpose of their life? Unless and until you find the purpose of your life you are not going to be happy, you are not going to be satisfied. You may try anything else. You may go on ego trips, or other trips like seeking money. You may try other ways like taking drugs, alcoholism, levitation, all kinds of things. But these things have not given anyone satisfaction. You have to find out that absolute without which we are in confusion.

That absolute is within you. That's why Sahaja Yoga is a spontaneous thing, a living thing. "Saha" means with, "ja" means born. It is born with you, as in a seed. All the maps of the seed that is going to manifest are built-in. In the same way, your spirit and your kundalini are already within you and they are just waiting for a chance to give you your Self-realization. Before telling you about the benefits of Self-realization, I have to tell you that you must keep your minds open as you would for any science lecture or any other lecture. There's no jugglery, there is no shopping, guru shopping in Sahaja Yoga. It is a happening, it's an actualization, it is within you. It's a living force, like a flower becomes a fruit or an egg becomes a chick, you get your realization and you become a different personality. A new dimension of awareness grows in you and this new dimension of awareness is an actualization, it's not just a mere word or any kind of brainwashing. It is an actualization which happens within, by which you start feeling the collective consciousness. You are a part and parcel of the whole, as many others have said. We also believe that we are part and parcel of the whole but so far in our awareness, in our central nervous system, we have not felt that. So this should actually happen to you. For this to happen, we have to accept whatever is nourishing for our growth after realization. Gradually you start accepting and I'll tell you why it happens. But the thing is, in Sydney I found that people are extremely honest about their seeking and they really appreciated My honesty.

This is a process which was built-in within us long ago. Here that you see different chakras. These centres are placed within human beings and they exist as subtle centres in the spinal cord and in the brain. These are called in Sanskrit language as chakras. These centres exist within us as milestones of our evolution. For example, the lowest chakra, called as the Mooladhara chakra : is the center – has existed since we were carbon atoms, we were matter. At that time we were innocent, for matter is innocent. So the first thing that was created within us was innocence. This whole universe was created after the creation of innocence. This chakra is placed below the kundalini which is the pure power of desire. Whatever is pure, we call holy. Is the holy power of desire, which remains dormant. This power is the desire to be one with the Spirit. Without knowing the Spirit, you cannot know God.

You have to be input to the mains, you are not yet connected to the mains. For example, if this instrument [microphone] that we have made, is not put to the mains it has no meaning. So that has to happen. It's like the primule in the seed, a germinating power in the seed; that you have got this power, residual power sleeping, waiting for somebody who is authorized by the Divine and not by any organization or certificate that human beings give you, somebody who himself is a realized soul, an enlightened person who knows what this power is. It waits for such a person to come and then it awakens itself and you get your

Self-realization. It has to be spontaneous; everything vital in life has to be spontaneous. Our breathing is so spontaneous that we take it for granted till it stops, or till we feel that we cannot breathe. If you have to go and read books or put in some effort to breathe, then how many of us could even exist for more than five minutes? It is so vital, it is the culmination of our evolution and as the whole creation was created by the Divine and you are also created by the Divine, this great happening is to be done by the Divine.

Now some people have asked Me "Can it not happen by itself to us?" We do not know that at every stage of our evolution some aspect of God had to incarnate or some guidance had to come from the Divine to give us a higher awareness. But especially at this time it is very important that somebody has to do it because you have reached a stage where you have to know it in words, and the Divine has to speak. I think people are ego-orientated, they ask, "Why You, Mother?", it's a very common question.

"You better be there. I would be very happy if you could do it because I am a happily married woman, I don't need anything from anyone, I have to just give. But if you can do My work, I will be very happy to retire.

It's very easy to say, "Why You?" I mean, you should ask God why He gave Me these powers. But they are there, but you need not feel so hurt about it. After all you have so many powers which I don't have. For example, I don't know how to drive, really I don't know. I don't know many things, I don't even know how to open ordinary cans. But if I know how to open the kundalini, why should it hurt your ego? And why should you feel bad because I have to really work day in and day out to do this work? For you it's something just a free gift, there is no shopping to be done, you can't pay for it, it is beyond your control. To conceive God, you have to see, as reality is. You have to give up your misconceptions.

Supposing I had conceived this hall before seeing it, I would have had funny ideas, but I really know what it is like after seeing it only. In the same way people have written books, thousands or even millions of books they have written, so what to do? They have written books, but have they given you Self-realization? Have they given you that experience of the absolute by which you know yourself, you know your centers and the center of others and you start manifesting your own powers? You become the master of your powers. This is what should be the criteria of your seeking. Why should you be identified with anything else but yourself? Because I get people belonging to this cult, or this group, or this religion. But you must understand that you are not here to plead for any one of them. I mean you pay them to be their pleader or to be their lawyers or solicitors, whatever you may call it. But you should really try honestly to seek the truth and ask for this truth. Then only you will get the truth.

So first thing you should understand that you cannot purchase Divine. You cannot pay for it, that is an insult. And secondly you cannot put in any effort for that. When you have to sprout a seed what do you do? You put it in Mother Earth, and she sprouts by itself spontaneously. It has got that force in it, only have to put it in Mother Earth. And Mother Earth by her warmth germinates the seed. Do you get angry with Mother Earth for that? If she has to do it, she has to do it. Whatever the sun has to do, has to do, and whatever you have to do, you can do and whatever the animals have to do, they do. If we understand that we have not yet achieved what we wanted to, then you will realize that there is a very little gap. kundalini awakening takes split of a second, but it may take more time to rise in some people because of blockages in a center or maybe some imbalances within us.

In short I will try to tell you what is the kundalini and what is this picture about. I hope you have got some books with you so that you can see for yourself. Those who haven't got a book can also get one from them. It will be easier to understand. At the back of the book you will find a nice chart.

Firstly you have to be honest about your seeking, absolutely honest about it, then everything will work out. Now here you see this chart is the first center called as the Mooladhara Chakra, as I said, and the sacrum. The word sacrum means sacred. The sacrum is the bone in which the Kundalini is coiled, there. This blue- colored balloon-like structure comes down from the top up to the first chakra. Now this represents a subtle force within us, which is the power of desire. It manifests outside the left sympathetic nervous system. This is the emotional side of a human being, but it is not only emotional. This is the one that accumulates conditionings within itself when we say, "Don't do that, don't do that, don't do that," thus creating a balloon-like structure called superego, which in Sanskrit is called mana. So this is the power of mana, of mana shakti.

The English language is a little confused. When you say “mental cases” you do not mean the mental cases that has something to do with the mind which thinks. But when you say mental cases, you mean to say that they are the people who suffer from emotional problems. It’s a little confusing thing, but in psychology it is very nicely described by Jung, who was a realized soul . The superego and the id part is this power by which we get all our conditionings within us and pass it to our past. Beyond this area on the left-hand side lies, beyond the subconscious, the collective subconscious. All that is dead since creation lies this side on the left-hand side. This as I told you, is the left sympathetic nervous system. Now in the medical science there is no difference between the left and right. But you will find out that they have two entirely different functions. The left sympathetic nervous caters to our emotional side, which can be proved in Sahaja Yoga practice.

On the right-hand side there is another power, which is the power of action. When we desire, the desire has to be put into action. And this power of desire is called the prana shakti or the power of action, the kriya shakti some people call it, and it looks after our intellectual side, our intelligence, the mind with which we think about the mental side and our physical side, through which we go into action. This activity creates another balloon , you can see it there, a yellow color balloon which we call as ego. E G O, ego. And this two powers meet at a point. When a child is about twelve years of age, he is completely calcified here.. But in childhood, at the age of, say, one year or one and a half year, you start feeling the calcification of this soft bone called as fontanel bone.

In the center is the third power called the power of evolution, the power of sustenance, the power of religion, which is innate within us. Now “religo” means a capacity, or you can say a quality. Gold is untarnishable; that is the quality of gold. Carbon has four valences; that’s the quality of carbon. In the same way, human beings have also got ten sustenances and these ten sustenances are the dharma or the religion of a human being. It has nothing to do with outside religions, what you believe in or what you have fallen into or what you are born into, but there are ten sustenances within us, which are in this area call as, we call it Void but it’s not the same void as in Zen . In Sahaja Yoga the Void is the visceral cavity. In this area we develop our sustenance. We can only evolve by developing our sustenance.

For example, first a fish came out of the water and developed a sustenance by which it started crawling, and became a reptile. First only one fish came, and then shoals and shoals of fishes started coming out of the water. So evolution went on like this till we became human beings. In this process, as you know very well, there are left-sided and right-sided animals – the right-sided are the more ambitious, the dominating type, the left-sided are the sly. There are many nocturnal animals that are left-sided, they are frightened and live on the left : those who are aggressive are on the right-hand side. They were discarded, even some vegetables and what you call plants were discarded in the process of evolution. They were thrown on the right or the left-hand side. And God created man in His own image. That means man has everything that God has. If He is the primordial being, He is the macrocosm, then you are the microcosm, you are a cell in His body, although you are not aware of that. There’s a difference between awareness and just consciousness. Awareness is an actualization, while just to be conscious means you believe something mentally, rationally you are conscious, “I know that. We think we are brothers and sisters.”

Now the centres that are placed within. The first one, as I told you, is the Mooladhara Chakra. You will be happy to know that in the universe Australia is the Mooladhara Chakra. It’s a fact, you will know that on vibrations, if you ask the question you will know. Basically you are innocent people. You don’t know when you commit sins that this is sin, you just do it very innocently. You don’t do it knowingly, innocently you do it. And the second centre is the centre called Swadishthana Chakra.

The first centre manifests your pelvic plexus. The right side, as I told you, manifests the right sympathetic nervous system. The centre one manifests your parasympathetic which is broken, which is not yet complete. Whatever you have achieved in your awareness as a human being is there, and there is a little gap that you just have to bridge to become united with that force.

Now this second chakra is the chakra called Swadishthana Chakra. You need not worry about the names, but it’s the centre for action by which you think, think for the future. And this centre looks after many other viscera or you can say organs, within us. It looks after your liver. Our attention is looked after by this centre. Then it looks after your pancreas, your spleen, your kidneys and the uterus in women. The most important function of this centre is to manifest the aortic plexus in the gross and to convert the fat cells of the stomach to replace the fat cells of the brain. because, after all, The fat cells of the brain are to be replaced

because you think, think, think, think and go mad with thinking. You think so much that as if two horns are coming out of your thinking. You may say "Mother, the mind is very important", but in fact the mind is a problem." Don't you know that this mind is limited? This rationality is limited. You have to go to unlimited. When I came to this hall, we had to leave the car outside. This mind can go up to a point and if you try to go beyond that, then you really go crazy. We don't bring the cars inside, in the same way this mind cannot take you to the unlimited. It's a limited thing, you have to go beyond the mind.

This centre is doing its job of supplying the fat cells and when you think too much all other viscera, all other organs are not looked after, they are neglected. By which the person who thinks too much, who lives in the future, who plans too much, also then drinks in addition to that and in addition to that does other things like taking drugs and eating lots of greasy food and so on, so he really finishes that poor liver. And that liver is the organ that sorts out all the poisons in your body, all kinds of poison. The liver gets out of order, and you don't feel it. Only the heat starts accumulating, you always feel nauseated and you feel so unhappy you don't want to face the present, you want to run away. You feel terrible, you don't know what to do with yourself. All that comes from a bad liver. Then not only your liver but your pancreas goes out of order and you develop a disease called diabetes. With that you also drink coffee and other things, which all add up. The amount of coffee that people consume, sometimes I can't understand. And that coffee can really spoil the pancreas to such an extent that you can develop even more serious diseases of the pancreas than diabetes.

Beyond the pancreas lies the spleen. The spleen is the real victim in modern times. The spleen is the speedometer within us, it regulates your speed. When you are eating your food, you turn on the news on the TV or something, suddenly horrible things happen. You get a shock. Emergencies built-in: the spleen is already busy producing RBCs, red blood corpuscles, for the digestion of the food, and suddenly it has another emergency and a third emergency. The way you have your breakfast, half a sandwich in your mouth, half outside while stepping into the car, telling your wife "Do this, do that" and then rushing through the rat race, ending up yourself into a very crazy spleen. The spleen does not know how to cope with such telescopic behaviour, it goes so very crazy that it starts producing crazy cells, and these crazy cells ultimately create a very serious disease called blood cancer.

The other day somebody asked Me a question, "Mother, is it that children get blood cancer?" I said, "If I tell you, you shouldn't be angry with Me, but it happens when we are always getting at our children. Poor things, they are small children. We are trying to make them good citizens.

So this crazy spleen becomes absolutely uncontrollable, it starts producing blood cells which become malignant. They are produced randomly, at any time, and the malignancy starts. One cell becomes very big and overbearing. We are also malignant people sometimes, we want to be important in society, dominating everybody, encroaching on other people. In this competition we want to have everything for ourselves, and by the time we are old, we find our hands and feet are shaking, we can't walk properly or we develop diseases such as a heart attack or a stroke. This rat race is very competitive. Competition for what? Everybody should be able to grow in relation to others. For example, if only your nose starts growing like that, not in relation to your body or face, what is going to happen to the rest of you? On your own, you start growing without any relationship or coordination with other people in society, or other parts of the world, then you become malignant. You lose all balance; you don't know what you are doing.

This is the tragedy that when this happens to us we are so ego-orientated that we are not aware of it till we reach a stage that suddenly a person goes what you call in American English "gaga" (crazy). You find people like this, they can't talk, I have seen in Paris. Some people, not very old, younger to Me in age, got on the bus and they were talking loudly, all sorts of French words, and I asked, "What are they doing?" They said, "Mother, they are talking about the last war." I said, "Why?" They said, "They just go on talking like this, they are crazy". This happens because you are having such a running jump towards the hell that the progress, so-called will make our society into very funny, jittery people with twitching heads, necks and everything, while their children are so aggressive that it is impossible to understand why they're behaving like this. We have to understand that we are part and parcel of the whole. And anything that is done without relationships with others can create tremendous problems for the whole world. already happening. and it is creating

The second centre is very important for modern people, as I told you, because when you start thinking too much also, what you do, you use your right side, and the left side gets frozen. By improving all your thinking processes, thinking too much of the future and planning, and of course most of the plans go waste. We waste such a lot of energy in thinking, only to find that if we had not thought so much, we would not have been so frustrated. The planning also to such an extent doesn't help in any way. Supposing I have to come to this hall and I do not know the way. What use is planning ? I have just to ask somebody which way to go and follow directions. Supposing a seed has to grow into a root, does it do any planning beforehand? It does not. What it does is that it faces. It's a little cell but it is so wise. It knows that there is some obstruction, that it is no use fighting with this rock so it goes round it, finds all the soft places it can pierce through and gets itself embedded sensibly and wisely ; it even uses that rock, uses that rock to strengthen the tree.

So when you try to dominate others, I mean the sophisticated, the more sophisticated you get , the more sophisticated this ego gets and you are very pleased with that sophistication. You say "Sorry", "yes", and so on, but inside a big Mr. Ego is developing like a balloon. It presses down on your superego, which is squashed. There is no longer a gap between the two, there is no more room for the superego and the ego presses down on it till you become aware of how colossal your ego has become. And then such a person looks for ways to escape, it he takes to alcohol which gives rise to superego or it takes to drugs and all kinds of escapism in life to run away from his own ego because he can't bear it. Now the wobbling starts, the ego and superego start wobbling, and that's how you get people who are absolutely confused. Moreover, to add up to the whole problem, the modern times are the ones that in this confusion Last Judgment has already started. Through your Kundalini awakening only you will judge yourself and correct yourself and you will enter into the Kingdom of God. These confusions actually have led human beings into such frantic, precarious ages that Sahaja Yoga had to come on this earth to solve the problems once for all. After getting realization it's so remarkable when you find your absolute through Kundalini awakening and see people they give up so many things overnight.

For instance an old man in Singapore who is very rich and a very well-known personality got his realization and he told Me that overnight he gave up gambling, drinking and racing. These are also types of escapism, ways of escaping from our lives because we are so bored with ourselves. Imagine a person is imprisoned. If he is imprisoned in a nice place, he should not feel upset, after all that is a very good way to face yourself and that's the most beautiful thing we can do. But because we are so frightened of ourselves that we don't want to be left alone, we think we are lonely. We want to run away from ourselves. We want to have somebody else, it's better to have somebody else, and even if somebody else comes in, we do not want to face him squarely, but we want to have something in between, like a bottle of beer or something.

After realization you time start enjoying each other for the first time. You time start feeling the vibrations of another person and you really enjoy the beauty of that person through this cool breeze that is coming from his being . And this should happen to all of you. You all should achieve it, it's very important because you are out and out seekers. But first you must have self-estimation. You must know that you are not here to play games with yourself. All kinds of games are available, provided by industries since the Industrial Revolution, by all modern thinkers and books, and to add to all that, gurus have come from India to supply this market demand. So the picture is complete. This should not upset you, because behind all the fake and falsehood there has to be reality. Among thousands of artificial flowers, you must know there has to be one real rose. And in the same way behind all this falsehood and confusion there is reality which is so beautiful within yourself and which you have to achieve through Kundalini awakening. In short now I will tell you about the other centres. If you go through this book, you will know about the names and things, but in short I can tell you.

The third center is the centre of our seeking, is the center by which we are seeking, is the navel centre, is by which amoeba, an amoeba felt hungry, he was seeking food. In We went on seeking only food until the stage of, say, mammoth and all these big animals. They were such unwieldy big things that they could not maintain themselves. So then the intelligent animals came in. In that also some of them were very horrid ones like foxes. Then very powerful animals came up who had more physical power and a smaller body. Like that we developed with this seeking up to a point when we became really human beings and when we became human beings we started seeking things like possessions or else like power in politics, economics, social work, social things and lastly the Spirit.

The Spirit is the solution for all seeking. Without the light you cannot see anything in this world. I cannot see you without any light in here. To me, in darkness you are nothing but darkness. I can't see. I cannot relate one to another, I do not know who are sitting here and listening to me. Once there is light you can see everything clearly, and that's what it is happens. When you get your enlightenment you become the master of yourself. This is the end of seeking . In this enlightened seeking only, around the seeking are, our sustenances are developed gradually, and ultimately we become human beings. And for human beings there are ten sustenances described in the Ten Commandments. When I talked about Ten Commandments, one gentleman got very angry and said, "You are a Christian, you are a Christian, you are a Christian!" But the Ten Commandments were written by Jews, they were not written ... Moses was not a Christian, he was a Jew and this Jew got angry with me because I was a Christian. Moses, Abraham, Confucius, Socrates, Mohammed, Nanak, Janak, Lao Tse, these are all primordial masters, the principle of primordial masters, the Adi Gurus, who incarnated on this earth to teach us how to keep our sustenance. They talked against all alcohol and strong drinks. Christ did not talk about it, but that does not mean that when He converted water into wine, He fermented the wine. You cannot ferment wine in a minute, you understand that. Wine is a very common word, even today you'll find that wine means grapes, the grapevine is called a wine, even grape juice is called wine. Nowadays, to differentiate we have started to call it grape juice. But it is very, very [loose, but your will be very surprised it is a very confusing?]. People must have started doing that about fifty years back in India, or maybe abroad, I don't know. Even today many people call a wine "raksasa", even in Indian language it is called wine. Any grape juice is called wine. So there are many other things which these people told us that you should not do, to keep yourself in the centre.

Now I divide our mistakes into two categories. The first mistake we have is not to believe that God Almighty is going to look after our well-being. Krishna has said very clearly that "Yoga kshema vahamyahamini " Meaning "After yoga, after union with God, I will look after your well being." That means you should get connected. Supposing I am not an Australian citizen why should the Australian government look after me? In the same way if you are not members of God's community or if you are not entered the Kingdom of God or if you are not a citizen of His Kingdom, it is not His responsibility to look after your well being. I mean of course He has created you, so He looks after. But otherwise it's not certain that He'll look after you. People demand so much from God, they think they are already connected. They treat Him as if you can find Him anywhere under a stone. They go on demanding. "Please look after my son, please do this," praying morning till evening, just pestering. When you are not connected with God, if you go on doing like this to any human being , you'll get arrested. We live in a fantasy world, "Oh, I have been praying, and God has given me this, and I have been doing this." But do we deserve it? Are we the Spirit? Have we tried to be the Spirit? We have done all kinds of things but we have yet to become the Spirit. When you are the Spirit then you are really blessed, not only by His powers but you become the master of your being and you start manifesting your own powers.

This seeking and the surrounding dharma which is looked after by the primordial masters is in this centre here and above that is the centre of the Mother of the Universe, who gives us security. This one when spoiled, the sense of security spoiled, especially among women, when they feel that their husbands are negligent or they are flirting with other women and so on, then this centre goes out of order. When this centre goes out of order, they develop diseases like breast cancer. Breast cancer is more common in societies where they have divorces. I have given a speech on this which you should get from Sydney and you will know all about it.

Now the right side Heart, which you see here, is the centre of the father and the left one is the centre of the mother. The right side Heart centre catches when you have not done your duty as a father, or if your father died very early and you were shocked it can also happen. Anorexia and all these diseases can also be caused by this kind of happening, or also asthma. Asthma is invariably caused by this centre going out of order. The left side is the centre of the Mother. We chose our father and mother before our birth, we chose them. If we were foolish enough to choose horrible parents we have to pay for that mistake. It is better to pay it in one lifetime so that next time you won't have them again. But we are not to judge them. If they are not seekers, it's very difficult to live with them, I know. It's very difficult to live with parents who are morning till evening counting every penny, counting every tin which is emptied, every tube that is emptied. They store everything, they are so materialistic and you just can't bear such people, I can quite understand. Even your wife or husband may be extremely materialistic and you will be fed up. They write down everything, count everything.

Today a lady who interviewed Me asked Me, "Mother, how many people have You given realization and how many people You have cured." I said, "You'd better ask the sun first of all how many leaves it has made green, then talk to Me."

I never write any accounts, let alone of human beings, not even of money. I never write, I have no time and I have no understanding as how to write accounts. Next life maybe I will be an accountant for you.

So this happens to us when we become against our parents. I don't say that you should carry on with mad people, it's no use asking the bull to come and hit you, is correct. But you need not judge them. You can leave them, stay away and do not have them in your life, it's all right. But if you are taking interest in them as well as fighting with them morning till evening, then you catch on this Heart chakra. I would say that in this respect Indians are sensible people. They are very sensible, they keep their parents all right. And the parents are also very sensible people. They love their children; they give them everything that they have, and the children start really loving their parents. They look after them until they die. The result of that is of course very bad, because here in all the western countries the parents are still in a bridal mood, they are brides and bridegrooms, they never become old enough to be parents. Even an eighty-year-old man you'll find marrying an eighteen-year-old girl. This is going on all the time. God knows what sort of intelligence is that. But with all that happening, poor children do not know which parents to choose. And the Last Judgment has started. Now, what to do? Putplace yourself in their place and think. What would you do if you know such crazy parents that today they are together, tomorrow they are divorced? On the streets they will be kissing, hugging each other, doing all kinds of nonsensical things. Very embarrassing too. Then if you ask them, "Where are you going?," they will say they are on their way to the divorce case!

These kinds of absurdities are taking place and because of that children don't want to get birth in all these places: England, Germany, Switzerland, everywhere, the birth rate is low. In Germany especially, West Germany and East Germany of all the things people are given so much money in family allowances that a woman if she produces three children she earns more money than their prime minister. But still women don't want to produce. They want to be free and independent; they don't want to be mothers. As a result poor India has to accommodate for all the children born today and we are blamed for overpopulation. What can we do? We have to bear the load. It is also your responsibility to see If you do not have children at least those who are producing children have some compassion for them and have some understanding. Do not blame them. Everybody asks Me, "What about Your problem of population?"

I tell them, "Now, who is responsible for our population? Because in that country, even if they have fourteen children, they love every one of them. They are not so ego-orientated that their hearts are not closed, they are not so unemotional, anybody who has not got a child will go to all the holy places and ask for blessings that they can get children. To get a child is such a blessing in India and child is such an important thing. But the mistake they are committing is just the other than yours. The mistake in those developing countries is that they do not believe that God Almighty is the One who is going to look after your well being. They don't believe in the power of their Father. By not believing in their Father's capacity to look after them, they do the crime or a sin against the Father.. So there is bribery, corruption, all sorts of things going on, cutting corners, money and all those things. Still in India I wouldn't say that ordinary people are dishonest. Maybe our bureaucrats, politicians and business people are. But ordinary people are very honest in India.

On the other side, if an Indian comes to your house, be careful, he may run away with anything that you have in the house ! But if an American comes to your house, keep an eye on your wife, he may run away with your wife or with your daughter. Or if an Englishman comes, he'll do it in a subtler way because he's a scholar. So he reads some poetry to your wife and during the night you'll find she is missing. This is fundamental. The wife who runs away like this creates a fundamental problem for the household. Just imagine, the children and the husband, kitchen and all the places are sleeping peacefully and then early in the morning they find that the mainstay of their home is missing and the whole family circle is collapsed. What will happen to the children? Nobody thinks. Nobody understands. Or they think they are being in love so they must go? Men do the same. I mean there is no difference between men and women. But this is the sin against the Mother that the Women have to be both respectable and respected.

The housewife's position is within us here on the left-hand side Nabhi, and if a housewife, the deity that is not just a woman but also a housewife, is not present in our house, not that the woman but the housewife, then our spleen goes out of order. We get, Children go crazy. Why is there indiscipline ? Somebody asked Me today, "What happens to people like man who tried to kill Reagan?"

I said, "Ask his mother." She must be getting at the child morning till evening, and that's why he's misbehaving, or else is a reaction of what has happened to him. These complications originate in the family, in the nest that is your home. You have to live in that nest as a father and a mother looking after your children. Children are the most important things in the whole world for human beings. Let politics go to hell, and let the economy take its own course, but children are to be looked after. That's your primary duty. But in India we go to the other end: when we start looking after our children we don't mind selling even our country in the name of our children.

But we live with two extremes, I feel that we sin against the Mother and against the Father. When we Australians sin against the Mother, let us face what happens to us. We get emotionally absolutely blackmailed, by ourselves. We torture ourselves, we live with artificial concepts. If a wife wants to run away with another man we will even go so far as to get a honeymoon ticket for her because we are very good, considerate husbands. Same thing with the wife, if she finds that the husband is interested in another woman, she should not be jealous. In Sahaja Yoga this is not very much appreciated. The husband has to behave like a husband. He should make his wife run the house. And the woman has to be a woman. She must see to it that the children are in no danger. We have no business to hurt anyone like this and we do not know how much we hurt our wives and husbands; they can even get cancer because of what we have done. We cause all kinds of horrible diseases and mental torture; we make them mad by our mad, capricious, very shallow understanding of our emotions. A man starts going to another woman, then he goes to yet another woman, then to ten women; then ten men go to ten women and end up in a lunatic asylum or in the orphanage. In England we had a neighbour who had a huge house. He was an old man, and when he died they did not discover his body for one month. Because there was no family feeling, nothing, even a rat didn't enter that house. Can you imagine!

This is what has happened in thinking: "I am original, I am individualistic, I am exclusive." If you are really individualistic, if individually you are really mature, then you are perfectly aware of the importance of unity. You understand that you are the support of the whole because you are so mature. No wonder our children are not maturing, that they are behaving in such a manner. We are responsible. In India we don't have such ideas about compatibility and all that nonsense, so we are quite comfortable and we are producing children quite all right. We have no problems. Why do you run after these capricious, shallow ideas?

You will be held responsible for all these horrible diseases that men and women have got and for the children who are going to suffer. If you want charity, you'd better start it at home. Better be charitable to your own wife and to your own husband. Be charitable to your children. Don't give in to the concept of falling in love, you'll fall really and make others fall too. It's a concept, just a concept. I think some of these horrible people must have given you this concept. If you really fall in love how do you get up and marry another person? You fall, marry another person, then again you are ready to marry another person. You are holding the hand of a person who is supposed to be your beloved and looking at someone else. This concept is absolutely wrong. You have to grow in love. Just as your own child is, in the same way, your companion. They are two parts of one chariot, one is the left and other is the right. They are not unequal, they are equal, but they are not similar, they have their own role. And women have to play their role courageously, to be the mother. As I always say, "Look at Me, I am a mother and in no way, in any way, I cannot think of anything better to be than this."

Now if I start thinking, "Oh God, I am a mother all right, but I must know how to drive," then I'm finished. "I must know how to drive a bus, I must know how to drive a train." What is the need?

I saw one photographer who came to see Me. He was supposed to take My photograph and all hands were covered with blisters.

I said, "Let Me first cure your blisters. How you are going to take My photograph? What have you been doing with your photography?" He said, "No, this, I went to a forest and I cut down some trees." I said, "For what? You are a photographer, your hands are soft and deft. Why do you want to kill the deftness of your fingers?" He said, "No, we must do other things too." I said, "Why must you? The nose doesn't do the work of the eyes and the eyes do not do the work of the ears. Why must you do, your hands are all ruined ! "

And this is what it is. To us We feel that men are great so we start wanting to do the same work as men. Men think, "Why should women be like this?" You are companions, you are eternal companions. You are two beautiful wheels of a chariot. This has to grow and to mature within you. And when this centre is out, you get the problems of this centre: by which asthma, tuberculosis and breast troubles. Men get asthma, very serious asthma and other problems of the lungs and ultimately lung cancer can also develop.

When you work too hard with the right-hand side, you are ego orientated, is that the ego develops too much. Then your left side is neglected, you become unemotional. In time, your heart gives a signal, you get a heart attack. When you do too much sometimes you may escape the heart attack, but you may get a brain paralysis. We are bent upon destroying ourselves. The destruction is going to come from within, not from without. Some people try to shock you by predicting that such and such will happen, that the sun is doing this and ...This is nothing. It's all within you the destruction has started. You are facing it because you cannot accept it. You have to accept that this is a challenge, "I am not going to allow myself to be destroyed by foolish and stupid ideas going around." And then you will be surprised by your own glory and self-esteem. After realization you will be enriched, but without realization, I don't know, it becomes just a lecture and yet another, just a brainwash. Have this beautiful experience of Self-realization and you will find the beauty within yourself. I have seen people change overnight. Overnight it happens and I hope that it will happen to you tonight.

Today I have talked to you about this centre and later on I will be talking to you about two other centres which are here and here. And the realization that takes place out of the limbic area, in the fontanel membrane, which is called the Brahmarandra in Sanskrit language. Thank you very much. May God bless you.

If you have any questions you please ask Me. But questions should be something which are helpful, something which are not some sort of quarrel. I am not here to quarrel with you. If you don't want your realization I am not going to force you. Please do not plead for any other organization or any other guru, because I am not interested. I am only interested in you. I see that sparkle in you, that's why I am only interested in you, I'm not bothered about others. So you do not try to bring other ideas that "This guru has said this," or "This one has said that and this is in the book." The proof of the pudding is that you haven't got your realization. If you have got it, then you can go out. If you are sure you have got it, I don't want to force it on you. There's no quarrel about anything. There's no election on, nothing. You cannot give Me anything. There's no shopping. It's a temple; you have come for a blessing. All right? Now you can ask the questions, all right. Thank you very much.

Dr. Warren: Any questions? What commonly happens at times like this when Mataji has been speaking, because of these vibrations which She is emitting, you enter the silence, you become thoughtless. You find that all the rational things that you want to ask, which really only come from our ego, just quietly sit down. The noisy radio gets switched off. And this in fact is what happens at the time of realization. You enter the silence.

Shri Mataji: You must realize there's nothing to be frightened about. The kundalini crosses this point, (Shri Mataji places Her finger on Her forehead) and you feel thoughtlessly aware. This is the first step. You are aware, but you are thoughtless.

Dr. Warren (repeating question from the floor): Most people find it too time-consuming in this modern life to devote enough time to their Self-realization. What does Her Holiness suggest?

Shri Mataji: Firstly, are you realized or not? Have you got your realization ? You have got it. Now, if you have got your realization, actually you are in meditation, you are in meditation. Now for doing the meditation as they say, although there's nothing like

doing but cleansing is needed because you have to be on the watch in the beginning – how the vibrations are coming, if there is a proper flow or not, what chakras you are catching on. Moreover your life pattern also changes, because you do not enjoy the things that do not give you the real joy of the Spirit. And the greatest joy of the Spirit is that you give light to others. If you do not give light to others, you will never be satisfied. You may feel better because you are realized, but the completion of that or the development of your being doesn't take place, unless and until you come into collective places.

The best thing will be wherever you are, you start a little group and meet there every weekend or some other time, and meditate. That would be a very good idea; then you start feeling the sweetness and the beauty of another person. You start seeing it clearly and enjoying it. You don't spend so much time on other things when you take to it and you enjoy it; you also grow.

One lady who got her realization told Me that she had become very different, she didn't remember the names of all the things that she had and the quality of this and that. She was a sales girl or something like that, she had her own business and she used to sell things. I said, "What has happened?"

"I do not remember all that and I am not that alert, but I am very happy and joyous and things are selling better: I am making a very big profit."

It's a fact, it has happened to so many of them. That's the blessing of God. I am not telling you lies, you have to see for yourself how these blessings work out. And then you will just count your blessings one by one.

Dr. Warren: The meditation practice is very simple. We'll tell you about it later. Very simple. The point is, as Mataji says, is to be in meditation – all the time. And that's what we have to develop.

Shri Mataji: Is there any other question?

Dr. Warren: Any other questions ? Then Mataji can now give you all the experience. I suggest you slip your shoes off, just to get your feet first onto the floor and hold your hands out, resting them comfortably on your lap. But most of all, be in a receptive frame of mind in the sense that....

Shri Mataji: They are, they are very much so.

Warren: Just ask Mother for it. Just ask Mother for your realization. It's a spontaneous thing so with humility, just ask Mother for it, nothing else. She is here as a Mother to give you the gift.

Shri Mataji: You just put your both the hands towards Me just like this and you will be asking for it just like that. Now close your eyes. You have to close your eyes because when the Kundalini rises above agnya dilatation of the pupils so you close your eyes, it's better.

(to Warren) Can you put off that light ?

Dr. Warren (to yogi) Can you turn the light around ? But you can just turn it off.

Shri Mataji: This here. That's better. Just put both the hands towards Me and close your eyes. (Mother works on seeker)

I don't think he's got it. (To seeker) Did you attend a programme before ?

Yogini: What's the matter ?

Shri Mataji: He has a little liver. (To seeker) Put your left hand on the liver. You've got it. Are you feeling the cool breeze now? Or are you feeling the hot breeze ? If it is hot, then put your left hand towards Me like this and right hand on your liver. The liver is

here.

Dr.Warren: Left hand on the liver.

Shri Mataji: I'm sorry, left hand on the liver. Right hand towards Me and left hand on the liver. iver is where he is showing you. and should be like this, towards Me, like this. A little lower, it is under the rib. You can move the hand and see. Maybe you'll find it.

dr.Warren (to Shri Mataji): Left heart and right Swadishthan. A little right nabhi.

Shri Mataji: I would request you not to disturb people in meditation. If you want to go, you should have gone earlier. This is another kind of aggression, you see. I mean, nobody was torturing these women, but this is just to disturb the whole people here. There's no need to leave the hall during the meditation, so you have to leave earlier. Be considerate isn't it.

(to seeker) Now you can put your left hand towards Me and right hand on the heart. No, it's the other way round. Left hand towards Me and right hand on the heart. Now close your eyes please. You can ask the question in your heart: "Mother, am I the Spirit." Ask this question in your heart. Go on asking this question. Now say "Mother, please give me my self-realization. Please give me my self-realization" you have to ask."I am a seeker, Mother. Please give me my self-realization."

(Shri Mataji blows into the microphone)

Dr.Warren: It's good. A little bit of left heart still.

Shri Mataji: You must say that "If I have done any mistakes in my seeking or anything else that I have done, please forgive me." You have to ask for forgiveness from God. "Please forgive me, because you are the ocean of love, compassion and forgiveness. So, oh Lord, please forgive me if I have made any mistakes." Now, while you are saying this do not pick up any guilt within you, because that's very common. Just to say that I do not develop any guilt because once you say "Please forgive me", you are forgiven. So you should not have any guilt saying that "I have done this wrong, that wrong". Say it right, very humbly you must say that "If I have done any mistakes or if I have tried to destroy myself, oh Lord, please forgive me." Now, have no guilt. Actually ,you have to say "I am not guilty". You have to say it at least thrice (= three times), clearly, that "I am not guilty", because Christ has crucified himself for your sins and for your karmas, about which I will tell you tomorrow. So you just say "I am not guilty". Say it thrice, it will really help you very much. You are unnecessarily analyzing yourself, criticizing yourself and calling yourself guilty. If you are really shaking please open your eyes. You should not shake. If you are shaking that means there is a problem. Now put both hands towards Me. Start feeling the cool breeze ? That's it then. It's a very subtle thing, very subtle. Our attention is on the gross and the feeling of the cool breeze that is the cool breeze of the Holy Ghost you have to feel it in your hands.

(Shri Mataji blows into the microphone again and again)

(to seeker) Again say "I am not guilty". Are you getting the cool breeze now, in the hands ? Try to concentrate, closing your eyes, concentrating on your fingers. See if there is any cool breeze coming in. If not, you forgive others. First of all , you forgive others, go on forgiving and then say "Mother, give me my realization". You must forgive, you must forgive others, that's very important. By not forgiving you are really harming yourself and destroying yourself. Nothing is happening to the person you are not forgiving. So just say "I forgive, I forgive, I forgive." Now ask for your realization. "Mother, please give me my self-realization." Alright. It's good.

Dr.Warren: Very cool.

Shri Mataji: Just enjoy yourself. Enjoy. Enjoy yourself. Keep your eyes shut. Come here. Do not think, please do not think. Relax and enjoy. Put your hands on your legs and enjoy, on your lap you can put your hands. Alright ?

Dr. Warren: Quite good. Good balance.

Shri Mataji: All of you who are feeling the cool breeze raise your hands. Both the hands. Please raise them higher. Both the hands, those who are feeling the cool breeze. Great ! what a response ! Those who are not feeling the cool breeze can take help from the Sahaja yogis who are here. Please put your hands down. Thank you very much. We wanted to see how Melbourne will work out and I would like to come back here again on Monday evening. I'm going to Sydney and we'll be back again on Monday evening, same time, same place, definitely, to tell you about the other two chakras. Those who have not got realization should talk to the other Sahaja yogis. Please come and stand here, all the Sahaja yogis. Talk to them and take help from them. They can come a little bit later. Come along. They look just like you, but they are collectively conscious and they know about Kundalini. These are the people who are here and you can talk to them, converse with them and ask them if you haven't got the cool breeze. If you have got it, don't think about it and tonight you work it out. Please, you come along and talk to these people and you will be able to understand Kundalini better. They are Australians, they know the problems of Australians and they have given realization in my absence. Only Warren and Terence, both of them, came from India and they gave them realization. So just talk to them, tell them your difficulties if you have any, give them your addresses and Monday I will be here so bring more friends, more relatives and more people and get them their realization. Thank you very much, all of you. Thank you. I hope to see you on Monday when I am going to tell you about two more centres, that is those of Shri Krishna and Christ. May God bless you.

Go through the book and find out what is to be done.

Dr. Warren: At the door is a large book. We'd really consider it a privilege if you'd just sign that book with your own name and address because this is really your birthday for those people who got it - your second birthday. There is a contact address here in Melbourne which we'll give you for those people who want to actively develop it and find out more about it but for the time being, just settle in, read at the back of the book where it explains how to meditate - it's very simple. But more than anything, establish your vibrations, establish your realization and come along on Monday night, Mataji will take you that extra step further but also these centres here, here and here will become more firmly established. Hope to see you then. For those that didn't feel the cool breeze or who have any particular problem, just stay behind here and we can at least help you.

1981-0403, Christ prepared you for the Spirit

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3 April 1981

Christ Prepared You For The Spirit

Public Program

Maccabean Hall, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

The other day, I told you about the center of Christ and the center of Shri Krishna and their relationship with each other. Now the last and the most important one within us is the center of Sahasrara is the limbic area. When you enter into it, you become thoughtlessly aware. This is the area to be entered through the Kundalini, through the center of Christ, through the Gate of Christ and that's why it is written that you have to enter through Him. But not by somebody else saying, "I'm the Christ" or he saying, "I profess Christ and Christ" It's not that way. Christ is within us and when the Kundalini rises, if it stops at this center, you have to take his name. Not the people who are not Realized, but Realized people have to chant his name, then only the Kundalini pierces through that center of Christ. That's the door, that's the gate He's talked about, and then you enter into the Kingdom of God. "Thou shalt inherit the Kingdom of God." Inherit. That's your Father's Kingdom and that you have to inherit.

But now the most important is the last center of Sahasrara where you have all the seven centers placed one after another. These centers are really the seats of all the Deities we have talked about. The seats are in the brain. Their aura is around the heart but they are actually sleeping in the "sthanas" as we call, the places of centers. So, it is in three ways you can understand.

Now one. In the brain, there are seven centers of the seats and their auras are falling on the heart. Their places are in the center. And the first stage of the awakening of the Kundalini only these Deities get awakened. That means when you chant any word or you call Them by name, they react, in the sense that they open the chakras. You can feel it; you can see it clearly with your own eyes the Kundalini rising through them. Then later on, when you grow more and more, these Deities leave Their places and occupy Their seats and even the Spirit, which is in the heart, comes up here on the fontanel bone area where there is the heart, seat of the heart center, which is the heart here, opened goes there. But it is at a much later state, that state at a much later time, we can say much later state of your mind it's a, you get into that speed in which you just achieve that state. It is an achievement. It cannot be a false certificate from somebody or one can say this is written in the book. So this and this. There's no calculation like that. It has to mature in its living way and you yourself will know that you have got now complete Self-realization.

First thing you get, is thoughtless awareness. With this you cross the Gate of Christ. You can cure people, you can raise the Kundalini. You may also be able to give Realization to people. But still, you are capable of falling out. Supposing somebody, a person comes with negative forces and fanaticism. He may encompass you and you may go down. But the second state is called as the doubtless awareness. If you rise into that, then you have no doubts whatsoever. You never fall down. Maybe your Kundalini comes and goes and supplies and sometimes you can feel the catches, it's all right. But after that, you are so sure of yourself and of your achievement, your Self-realization that you never fall off.

But the last one is the very important thing where many Sahaja yogis also falter, is the integration. For example, somebody's born a Christian, he's born. He could have been born a Hindu; he could have been born anything. He could have been Muslim. Muslim I have seen one fanatic, like a Muslim if he a fanatic he is born today as a fanatic Hindu or a fanatic Christian, these are all fanatics. They go from one swing to another swing and they profess. He will have Koran in his hand, this fellow will have Bible in his hand and another will have Gita in his hand, three of them are fighting. He says, "I'm correct". He says, "I'm correct" and he says, "I'm correct".

Now what is the authority? Even of these books, people will ask, "What is the authority of the Bible? What is the authority of the Gita and what is the authority of the Koran?" They'll say what is the authority of The Old Testament? If they ask authority, what is the answer? And you can ask what is my authority? You must ask this question. In the beginning people do ask what is my

authority. My authority is that I give you Realization. And you ask the question, "Mother are you the authority?" You get vibrations. This is my authority. Then you will understand why Bible is right, Koran is right and Gita is right. Because of the narrow vision we have, if they are born as a Christian then they'll stick into it. If you are Catholics you will be Protestants, if you are Protestants you'll become a 7th Day Adventist, Pentecostals, this, that, born again, this, that nonsense. We go on ending up like that in a Christian genealogy, from one madness to another madness achieving nothing, believing into some sort of a theoretical thing like 7th Day Adventist.

I can't understand it. These theories and these things are not going to give you living experience, which is beyond rationality, which is beyond mind, which is Baptism, the real sense of the word, where you get this breeze in the hand, of the Holy Spirit. But we want to play about with these things with our narrow visions now see one case of Christ. Christ was definitely, as I told you, was Pranava, Omkara, everything was there, no doubt. But when He was born, there was signs and everything. Despite all that there was a king who wanted to kill Him. See the negativity. No intellectual accepted Him. No bureaucrat accepted Him, no educated person accepted Him. He had to actually beg of those very ordinary, mediocre people like fishermen to come and become His disciples. See the situation. And He was allowed to live only for 4 years by these horrible people. They may be born today as Christians and must be saying we are Christians and Christ and Christ and Christ. That's why Christ has said I will not recognize you. They might be the people who might have crucified Christ. And they're again crucifying Him by denying the living force of the living God. Four years. Now, what can you do in four years? I told you four years, with all my powers, I was struggling with six hippies giving them Realization in London city.

He never even thought of giving Realization because He thought first of all they have no brains even to understand what is Realization. Whatever He said, He said it very precise and deep. If anything that is narrow has to be deep. Which cannot go into the heads of people who just listen to sermons and lectures and read books and sort of have big theories built up into anything. It will only be possible when you get your Realization, when you get your collective consciousness, when you become baptized. Then only you will be able to see what He talked about. Before that it's only mental activity, quarrelling, fighting and living on artificial things. How long are you going to do like that? Your forefathers did it and their forefathers did it and their forefathers have done it. Now is it not time for you to see that a new age has come? What are you going to lose by that? You form organizations false and false and false. There should be some honesty about it. Just talking talking morning till evening, you are not going to receive any knowledge about Christ I can tell you.

This narrow vision of Christianity has killed Christ and Christianity good. The narrow vision of Jews has killed Moses and Abraham. The narrow vision of Krishna and the narrow vision of all these people has killed them. They have dead in them. Your children are going to challenge you. They are going to ask you, what foolish things you have been doing all your lives. They are going to ask you why did you do it? Have you any answer to give? For that one has to understand that we have now found our absolute. You be honest yourself. Have you found your absolute? We have not yet found our absolute. That's what you have to find. You are to be born again. Not to certificate yourself that I am born again. I have seen many people, I am born again. Really? How do you say? Can you feel the chakras of another person? Are you collectively conscious? Can you feel your own chakras? Can you clarify yourself is there any transformation? No transformation. Then you have among Jews also very fanatic people. Muslims have lost even the recognition of God's mercy and compassion. It is such a sad state.

At this sad state and confusion, there has to be the integrating force. And that integrating force is your Spirit. That integration takes place in this seventh chakra of Sahasrara. All the seven centers are there and all the centers are coordinated and co-related and that's how, at the seventh chakra only you can get your Realization. He didn't allow any one of them to say anything about it. If they try to say anything you brake bright out of the book, oh see this book is written it is written in so and so and this is written so and so. Say for example when Christ was born. It was said that a child will be born to a girl. Kanya. In Sanskrit language it's Kanya. Now in England there was a controversy about it, Now I think the Jews started it maybe, I don't know who started it. Or maybe the Muslims. God only knows. They go into all these details of that thing to find out they said it was not said that He will be born of virgin but it was said of the girl.

So, one of the Sahaja Yogi wrote a nice letter to them, of course under my guidance saying that at the time when Christ was born, even before that, this prophecy was made and that time, a girl meant a virgin. These are not modern times when a woman who is

divorced 10 times and 80 years is her age, and she's still called as 'my girl'. These are foolish stupid modern times where there's no difference between a girl and a woman. That time a girl meant, even today in India, Kanya means a virgin. Girl means a virgin. It's the same thing. All such things have been raised against either Christ or Moses or Mohammad or this and that. I mean there only busy raising things against each other, that's what they are doing. According to them, what they say is the truth? What have they found? First thing, can they cure cancer? Let's see, let's have this challenge. Can they give peace to anyone? Are they peaceful? Have they been able to get over their adulterous eyes? Any transformation? Nothing. So, accept it. Be honest with yourself. You have no business to cheat yourself, or anything whatsoever. If you are hypnotized awaken yourself, arise and find what is the best, absolute and the only thing that you have to find, your Spirit.

Your Spirit resides in the heart. It is the reflection of God Almighty. It enjoys itself, by itself. It is the spectator of the world, of its power, The Holy Ghost. It watches you and is called as the knower of the fate. It knows what you are doing, what are your aspirations, what mistakes you are committing. It goes to a long extent to forgive and forgive and forgive. Forgiveness is one of the qualities of the Spirit. It forgives you and says it will work out. It will come around. But when you go too far, say if you pay too much attention to your physical being or to your mental being, if you try to think too much, the Spirit indicates its displeasure and you get a heart attack. Heart attack comes to you through displeasure of the Spirit. If the Spirit is angry with you, you get a heart attack. That means you've neglected your Spirit, you've paid attention to things which are not important. You have looked after things which are not important. You have not worried about yourself, about the Spirit, about your seeking. Even if you're lost, say in any fanatic behavior of reading some books and things and taking out certain things and remembering them by heart and having an argument and goes on later all that, in all genuineness and goodness but stupidity then also you can get heart attack. Heart is very important. It sometimes gives you first warning by giving you a partial paralysis because in the heart is sort of a, resentment is created by the Spirit which creates a clot, a clot, and that clot when goes into the brain you get a partial paralysis, so that you do not move any further. Your attention is taken to it. Then you start thinking of God, thinking of all the things and maybe then if you come to Sahaja Yoga you get cured because again your Spirit forgives you. We are taking too much liberty with our Spirit.

It is true God has given you freedom and He is not going to take away your freedom at any cost. You have to be absolutely free to choose whether to go to heaven or to go to hell. He is not going to force you. Only thing one can do is to explain to you and tell you that this is the way you go to hell. Even then if you want to go then what can anybody do about it? Even God, He doesn't want to challenge your freedom at all. He doesn't want to make you, in any way bound to Him, like some people are, bound just bound, without understanding. But He wants your complete liberation. So the first stage is that you have to choose your liberation through your own freedom of choice. Now, up to this point, till you were human beings, there was no choice for you, but after becoming a human being you were given the choice because you could develop well to understand what is right and wrong in your own freedom, so that you can enter into the Kingdom of God as people who are free and have chosen good in their own glory and in their own freedom. This is the only small little step where we always confuse our freedom with our ego.

For example, now, this hall is here say, for me to speak. Somebody comes from outside who has been sort of worked up in some sort of an organization and he thinks he is doing the greatest work in the whole world in such a myth. Comes down here in that ego state, sits down here and asks me questions after questions, questions after questions, questions after questions, doesn't allow anybody else to speak, takes away all my time to himself as if this hall is booked by him and all the audience is gathered by him. He is least bother as to see that this is an ego that is working. So we should not confuse our freedom with ego, that's what I have to give you a counsel. Try to differentiate your ego from your freedom. When you are ego bound, you are a slave of your ego. When you are super ego bound, you are slave of your super ego, of your conditioning. For example, you are born a Christian, you are a Christian you are bound forever then. All right, you are a Christian but what about real Christianity within you. What about your rebirth in the real sense of the word. So you become enslaved to these things, so there is no freedom. And Spirit is the freedom, is the free being within us. It is detached. It cannot be killed. It cannot be blown away. It cannot be burnt away. It is eternal. Anand. It is eternal. That Spirit is joy. That Spirit is the source of joy. That emits joy. Joy is different from happiness and unhappiness.

Ego, when it feels pampered, it feels happy. I like it, I like it. This "I" business is ego pampering that is no joy. Because you like to drink today and tomorrow you don't like to have a headache. It has the double side of I like and I don't like. You like something

through your ego, dislike through your super ego. So it is a one coin and there are two faces, one is happiness and another is unhappiness. Joy is beyond that. Joy is a drama seer, is a witness. You see a drama. You know it's a drama going on. You just watch it as a drama. You're not involved and you are seeing it and enjoying it. You are crying if you see something, you're weeping but you know you are not that, it's a drama. Seer, the witness. Your Spirit is the witness and when you become the Spirit you become the witness. You become the witness. For example, you are seeing something through a window. There is something exists in the window for example. Now you enter inside the room and you see through the window. Your conditioning is like one way arising in you as a thought, which comes from the past. It rises again and another thought comes up and goes in the past. First the past thought is there and then another future thought is there it disappears. You see the thought rising but you can't see a disappearing of the thought. In between, that is the present. That's the place is established, that present is established when your attention becomes enlightened by the Spirit. Either you think of the future or of the past. But I say 'now', at this moment, at the present. You cannot stand there because your Spirit is not enlightened. Because Spirit is the present.

When you get your Realization, you find that you are not thinking of the future or the past, you are just enjoying. Everything becomes different. The whole life becomes a drama and the joy out of it starts coming out and you really enjoy small, small things here and there and you really understand how much joy was lost before Realization. This is not a mental thing that gives you joy but the joy pours on you from your head just like this, cool thing starts pouring down. As some people have a feeling of a tension rising up, it's the same way, a cool sort of thing, flow of joy you feel in your whole body pours out. Sometimes this cool breeze that rises in the head also starts becoming like a fountain pouring down that joy within you. You look at the pictures, are examples see this star of Moses. You David star you see that when you see than you can think about it or else just watch this. Watch it and don't think. The joy of the creation of that thing, whole thing, becomes one with you. Like all the creation around a lake is completely felt in the lake if the lake has no ripples. Completely. In the same way, all that is joy, the creator, whosoever it may be has put there. You get the complete joy within yourself because there is no thought. There is no barrier. No conditioning. The whole thing becomes one with you and you start feeling extremely happy. Extremely joyous. A feeling, which is indescribable. It is to be just enjoyed, to be felt.

Like Kabira was asked, "Why don't you speak now?" So he says in Hindi language, he is one of the terrific poets we have, he says, "Jab mast huye to kya huye. When I have gone into the nectar of the intoxication of the Spirit, now what can I talk. There no word. No cup can fill this joy, no words can fill this meaning. You better be with me and get it and enjoy yourself." That's all he could say. That's what I say, the narrow vision has closed your eyes to so many things. Even Christ you cannot understand. About Christ it is written in Devi Mahatmya, about Maha Vishnu, all His life is written, if you can read it you can find out that before coming on this earth you will see how He was created, what powers He was given, how He is the Son and all that is written. But for us, only you think that Bible is the authority. It is. But even to understand that Bible, as I told you, to understand Gita you better get your Realization. In the same way to understand that Bible also you have to get your Realization. The One about Whom it is described had never been to a school. None of them have been to any school. For the first time in this life I have learnt this English language. I never knew this language in any one of my lives before. Because I knew I have to talk to you. And I have to tell you about Spirit in this language.

But to understand it, we have to read ancient scriptures. Beautiful ancient scripture are there which describes the nature of the Spirit. It is said that Spirit has got three qualities. Satchitananda - Sat, chit, Ananda. Sat means truth, chit means attention. Anand means joy. Sat is the truth. What is the truth now? If you see something white it is the truth, all right. But what is the truth of this shawl. A realized soul can know not you because his Spirit is enlightened. He sees the fifth dimension of this shawl. Let him hold it in his hands and he will know that this is Mother's shawl. Immediately he'll feel those cool vibrations coming out of it. He'll know that this is Mother's shawl. That is the truth. The four dimensions, which we know of, is not the truth but the fifth one which is the truth, which is the Spirit. Sitting down here you can find out anybody what is he suffering from what are his problems, what are his chakras, it is absolute. This knowledge is absolute. If you have five or ten children who are realized and if you tied her eyes and ask them about a patient, which is he suffering from, they will all raise their fingers this or this or this or all of them, whatever maybe the case. All of them will raise the same fingers it is absolute knowledge. It cannot be argued. It cannot be refuted. It is what it is. And also today, the man may be having these problems; tomorrow he may not have at all. So then whatever was there is finished whatever is today that's what they are going to tell you, so this is the truth. The rest is all is a myth, is false.

I was once going in Kashmir driving through some very remote corner and suddenly I felt tremendous vibrations in the air and I asked the driver "Is there any temple here or something?" /ecause in Kashmir there are many temples which are vibrating. So many things have come out of the Mother Earth, as it said in the Ten Commandment that "Thou shalt not worship anything that is created by the Mother Earth, reproduced and worshipped." There are many in Kashmir like that. So, I asked him and he said "No there is no temple, there are no Hindus live in this area. I said but still I feel tremendous vibration so my husband told driver "All right, let's go the way she says." So, we followed about three miles and we reached a colony of people who were Muslims living there. When we asked, "Is there any temple here?", he said, "No, but there is one great mosque." "What mosque is that?" called as "Hazrat Iqbal." That means one hair of Hazrat Mohammad Sahib of Mohammad Sahib one hair was there. And even now to take His name, the vibrations start flowing. How can I deny Him? He was the truth. Spirit will not deny. It is the falsehood that denies all these real people. It is the Spirit, that gives you the truth, which integrates all that is truth and throws away that is untruth. That's why you must get your Spirit. Before that anybody talks to you about God, about anything they can even crucify. They are such stupid foolish people that they can do anything. They'll argue with you they'll fight with you, they'll do all kinds of stupid things but understand you.

This is what my father told me that, "You have to find out an 'en masse' method, a method by which you give Realization to many people so that they can see that there is something beyond. They are all standing on the first floor. If you are born on the tenth floor and you tell them something that you see on the tenth floor, they're not going to believe you, they will fight with you, they'll quarrel with you, they'll pull you down because their ego is challenged all the time. So, best thing is to transform them, give them 'en masse' Realization". That is what is the Spirit is that every one of you have got Spirit but it was very difficult in those days to give 'en masse' Realization, the blossom time had not come. Today, the blossoms time has come. And the wind that blows the cool wind gives Realization to so many of them. Thousands of people have got Realization, you also many of you have got your Realization.

So, this Spirit is established, you feel you are something different now. The transformation has started, the baptism has been done in the actual sense. and you start feeling its moving, you feel the cool breeze. Now, when you take to your collective being, you become one with the others also. You try to give. Now you are taking from me when I go, you stand here and give. When the light, the lamp is not enlightened, then all right try to enlighten it. After enlightenment what does the light do, is to give the light. Spirit gives you, your meaning. Spirit gives you your understanding of the truth that is reality not unreal things, me you cannot understand if you are not Realized you cannot I'm just like you, there is no difference. But those who are Realized know about me very well. Even living in Ramuln. A saint who met one of the Sahaja Yoginis, she was American, and he just bowed to her and made her sit higher than him and said, you have met Mother. I have not yet met Her. And she was surprised that, "How did you know all these things?"

There are so many saints in India who are real saints, who know about me. But those who are very close to me also, because you know my husband is highly placed in life and we have friends of very elite and ver- I have seen all Prime Ministers of the world, I've met them and I've met all sorts of kings and queens and this and that and every day I am shaking hands with them. They don't know me, they don't recognize me. There was a gentleman who we knew very well he is now the President of the High Court, World High Court and, I mean, we knew him very well a great friend of my husband's and all that, and suddenly he saw, his wife saw my photograph with one of the Maharajas place, one of the Maharajas having in his pocket. So the Maharaja suddenly took it out the photograph and put it to his eyes and put it back. So she said, "What is this? Such and such lady, I know her very well". He said, "Yes, but don't you know she is the Mataji, who has cured me of my heart trouble". She said, "Really? I didn't know she was a Mataji or anything. She comes to the party, she's very quiet. She just sits quietly. I never even heard her speaking. For the last 25 years I know, she speaks very little. Oh God, she gives lectures and there are thousands of people. Can she speak?" She was surprised. "We have never seen her speaking anything. I won't even be able to recognize her voice even my husband of course speaks a lot and her husband speaks a lot, I also speak but I have never heard her speaking anything, she just keeps quiet, sometimes amusing to herself. She seems to be a dignified lady but otherwise she never makes any efforts to impress us or anyway tell us that she is Mataji". Immediately the husband got such a shock and he immediately telephoned to my husband, "I never knew she was Mataji. It was such a thing. You knew I am a seeker, I'm a seeker, a seeker". And he said that. So my

husband said, "She's now in Delhi, go and meet her". Immediately he sent for me and he got his Realization in five minutes. But his wife didn't get it. So, he sent her back. He sent her by plane, that "You'd better get it. This is the thing one has to get".

Now the emphasis that you have to be your Spirit is very much reduced in the modern society. Emphasis should be that your Spirit is to be achieved in this life time. This is what one has to do, is the only thing one have to do, that is not there in the western societies. Secondly for this you have to control your attention, don't allow your attention to spill out. I hope I told you the story of Janaka did I tell them I do not know but I'll again repeat Like there was a Raja Janaka, the father of Sita father-in-law of Rama. And Narada went to him, another celestial being, he went to see him and he said, How is it, you are a king and you move about like a king, you have everything like a king, you have gold and everything and how is it people say that you are [unclear] above all these things, above your body? How is it?" He said, "All right, I will tell you in the evening, but just now you do me a job. You carry some milk in this pot." The pot had no rim also. So poor fellow was carrying that. The whole day he was carrying got tired. He said don't allow even a drop to spill out. He was looking at it all the time. In the evening he got tired and put it there and he said, "Now will you tell me, I've had enough of this." He said, "What did you see when you were moving about?" He said, "Nothing, what could I see? I was just watching this milk that it should not spill out." He said, "In the same way I am at that stage where my attention does not spill out." That is the state you are achieving your Self-Realization, where the attention is completely enlightened by your Spirit. It doesn't envelope anything like that and even if it goes round it comes back as it is. My hand when it touches it, it doesn't become this metal, does it? It comes out. It's absolutely detached from this. I can touch it but I am not that. Just now I am matter. I am everything, I am worried about my children my house this thing, but when I become realized I get completely detached. I am a spiritual living being. Then nothing can keep you down, nothing can dominate you. And you do not dominate anything. That is the state of the Spirit. When that happens you become beyond dharma sustenance, you are beyond it.

For example there is no temptation for such a person. There's no temptation. There is no mental activity either there is no stealing nor telling lies. Such a person is extremely honest and fearless, like Christ. He had nothing to do with the prostitute. I mean she was a different style, He was a different style. But when people started stoning the prostitute He stood up before them and asked, who are the ones who have not committed the sin? They could have stoned Him. This His honesty and His strength stopped it. They will stand by all those who are tortured and troubled by people who are oppressive. They are not afraid of anything. They are fearless people. Neither they frighten anyone. They are compassionate. But when it comes to protesting they stand up fearlessly against those who try to torture and ruin others. There is no oppression. Even I cannot force you to get Realization. I cannot argue it out with you. It has to work out. It is as simple as that. If you do not want it, you can never get it. Out of question.

So there is and us I say, if you don't want it, you better go away But still some obstinate people will sit there. No, I'll sit here. For what? Such people also give out very bad vibrations to others and they disturb others getting their Realization, it is satanic. Still I make them sit all right sit down. You cannot force it. It's a light within you a flicker. And the analogy could be, like the gas. That rises and touches the flicker and the whole gas gets enlightened. The flicker is awake all the time and watching. Then the whole thing becomes the truth. Truth is very different from what we know as truth. Is a new dimension, by which we know this is the truth and this is not the truth. You can ask any questions when you are connected with your Spirit. Ask any question. Ask the question about me. Then ask the question about Christ, about Moses, about God. Ask any question. And when the answer is yes, you will get cool breeze coming into you. If you ask any negative questions, you lose your vibrations. Might get tingling, might get heat. Because now your computer is connected with the Absolute and the rapport has been established of the truth. This is a new awareness you get by which you become aware of truth which is the vibratory awareness. Through vibrations a child also can know. There are many children who are born Realized. And they know where is the Kundalini. They know. They will tell you where is the Kundalini. It's the truth. Because they know the truth. For that you don't need too much of mental development. They are very dignified. They understand it better than many elderly people and people who are placed very highly in life.

Christ has already said that rich men are not going to enter into the Kingdom of God. He has already said because they are running. But I would say even those who think they know a lot, all knowing, they will not enter. Because they do not want to enter. They know everything. They do not want to enter inside. They want to carry their mind everywhere. They want to carry their car inside the hall. How they will enter inside? They are not willing to keep their mind outside because they are always dependent on that mind which has given them nothing. But to achieve Spirit you have to come there ego-lessly, to receive. The light of your

being is going to enlighten the whole thing. Your temple. And when this light comes in, when this line shines in you, then you can feel your collective consciousness, you can feel it, the cool breeze of the Spirit manifesting through you, is described in the Bible in very short but deep. But, Adi Shankaracharya has written such a big book, one is called as Saundarya Lahiri or Chaitanya Lahiri. It is not easy to talk about all these in such a short time. He wrote treaties of philosophy. Great personality he was called as Vivekachudamani. First of all he gave conscious the call. Where is your conscience? Vivekachudamani. Then he wrote many books and ultimately he wrote Saundarya Lahiri. In that he says it's only the description of the beauty of my Mother I can describe and in all details he has described nothing but The Mother. Her fingers, Her hands, Her movements and everything and what he saw how the vibrations move in Her, every words that She speaks. You have to read that book to understand Sahaja Yoga. It's very clearly given all these things.

As I told you the other day, William Blake also has written about Sahaja Yoga very clearly. But unless and until you have Realization you cannot know the truth. So He's the truth, "Sat". Then is "Chit" is attention, He's the attention. Your Spirit is the attention. Attention of God. God is attentive to you through your Spirit and when your attention is enlightened by Him that means you've come in the attention of God. You are looked after by God. All His powers flow into you. All His protection comes to you. You will be amazed there will here Sahaja Yogis will tell you. How they avoided accidents, what happened after accidents and miraculously how people are saved. It is nothing new to me. It is the minimum that can happen to a person. This is the minimum of minimum, because all the angels they take charge. You are on the stage, the angels are there to look after you. And you really start gradually feeling the presence of that blessing which is the attention of God. So He's the "Chit". "Sat", "Chit" and "Anand" He is the joy. He is the joy. Because God is joy. He created this universe not to make us serious and unhappy and sulky. See how many flowers, how many beautiful things, how many colours what He has created for us, for us to enjoy. He has created all this not to indulge into nonsense, into filth, into dirt, the dirt of the mind, the sin, the filthy ideas. But to have a clean heart and to have a clean morality within us. He has created this beautiful world for us to enjoy without that you cannot enjoy, you cannot enjoy unless and until you have a clean morality within you, you cannot enjoy yourself. And that joy is your own once you get your Realization. This joy is the compassion and grace of God. When the Kundalini first rises through one small little thread, She touches the Brahmarandra here, just one thread. She opens and the grace and joy. Because here is the seat of Sadashiva, here is the seat of your Spirit. When it touches the Spirit, that seat, the flow of the grace starts coming on your sympathetic nervous system and you feel relaxed.

First thing happens to you, you feel relaxed. Is the grace. Only one thread has reached and then the flow that is flowing today this one is the Brahma is the power of God flowing through you. This is what you have to get. This is what you've to remember, somebody touched Christ and the power went. For us it is necessary to know that we are the first Australians to get Realization. You are the first people to get it. And it's a great responsibility on you, all of you who have got Realization today and before, to keep it strong. Make it into a tree, because you are responsible for all the progeny that is going to come to this beautiful land of yours by which you are blessed. So this is the beautiful place and beautiful people, so many children of mine.

Today is the last day. It's a very sad thing that one has to say good-bye. I hope you all will make it convenient to come and see me on Sunday. I'll be looking forward to you. Here I will try to cure you also if you have any problems, but don't bring all the hospitals there. I will teach you how to cure and how to give Realization. Best thing is you bring the case to me and I will tell you how to cure yourself because if you are Realized souls, you can cure also. We always in India do, when a cancer patient comes in, we call one of his relations, give him Realization, teach him how to cure cancer and he looks after the patient. Because that's the best way one can do it. He can give Realization, to that person he can look after better, he knows the person better and it works out much better that way. So I hope you'll make it convenient to come and see me. I must say, I was very much impressed by Sydney people who have been so kind to come here and listen and get their Realization. I have to say that because I am a mother. I cannot just leave it to your senses. I have to ask, I have to request you. I have to be very, very patient with you, extremely patient and loving so that you listen to me and take your Realization. I have to actually go to you to do that. It's all right, that is mother's job, only mother can do it. When Christ will come, He will take His eleven powers and He will just sort you out. Before that, please, have yourself completely judged through your own Kundalini awakening and work it out. Those people who have come with ideas of their own should just go and see for themselves what they have achieved by these ideas. There have been so many organizations, one after another. There is no way to organize God. Better organize yourself through your Spirit, which is the absolute.

May God Bless You!

Please put your hands towards Me and close your eyes. Those who are still struggling with your questions, I'll tell you that I went to Melbourne and not a single question was asked, and all of them got realization and I've seen those who ask questions never get Realization and they disturb others also who start thinking on their lines and get ruined. It's very sinful to do that to others. So please try to get your Realization and understand. Questioning has never helped you. Please keep your questions to yourself. Ask them to Me some other time. Just now, get your Realization. Some people who have been to gurus and all that will feel tremendous heat in the body. Possibly, they may feel some sort of a pressure on their necks. If they have been taken to mantras or wrong things, they might feel it. Everybody is welcome in Sahaja Yoga. Whatever wrong has to be brought outside. That is very important. For Me it is important that you get your pure spirit. Please close your eyes, just close your eyes and do not analyze anything. Even if you have problems with your vibrations, do not worry about it. If it gets too much heat then you can just throw it away, twice, thrice as if you are throwing away water. It will work out.

Those who came for the first time may not feel cool breeze, which will definitely come some day. All are welcome. Close your eyes. Close your eyes. The first center is the center of Christ. You have to forgive. All forgiving. Say, I forgive, I forgive, I forgive. Specially those who have been professing, unauthorized about Christ without Realization, damage this center very badly. So you have to ask for forgiveness from Christ for that. Or from any other, like Moses or Krishna or anyone who you have been worshipping without any authority. Without any Realization you have no authority. Misidentifications can be corrected. For example power's the same. Supposing you are a Muslim, you can ask the question, Mother are you Mohammad? Just ask it. You are a Christian, you can ask a question, Mother are you Jesus? Just ask the question. Because power is the same. I am here at the integrating point. So just ask the question. It will work it out. Ask Christ from your heart. Just ask the question. From your heart. Not just for making fun, from your heart, just ask the question. If you are a real seeker and a true person and honest to yourself, you will ask a question from your heart. But if you are frivolous and you have come here just to be a frivolous person then nothing is going to happen. Just ask a question like that. Any question of that kind you can ask Me.

Put your hand on your heart. Left hand towards Me. Right hand on your heart. Now ask for forgiveness. If you have done anything wrong in your seeking without your knowledge or with your knowledge you have to ask for forgiveness from God almighty. He's the ocean of forgiveness. He's the ocean of Grace, ocean of compassion. You have to ask for His forgiveness and do not get any guilt with it. That is very important. Once you have asked for forgiveness, you are forgiven. As I have already told you that Christ has suffered for you and He has taken responsibility of absolving your sins. Once your Kundalini passes through that center your sins are absolved So do not form any guilt after saying that, please forgive me. You need not say precisely but in general that please forgive me if I have done anything wrong against you in my ignorance or in my knowledge.

In all humility you have to ask for forgiveness. Ask for it thrice. That's all. You cleanse your heart of all burdens, of so called repentance and mistakes that you have committed. Say it thrice. Now ask a question, 'Mother, am I the spirit?' Please ask the question, 'Mother, am I the spirit?' Ask twelve times. It is a very subtle happening. So you may start feeling the cool breeze on your fingers. It is very subtle, while you are a person suddenly become that subtle being. Just ask the question. You become that subtle being. Like an egg becomes a chick. There's nothing in the egg. Same way you become the subtle being. You become subtler. Ask the question 'Am I the spirit.' 'Mother, am I the spirit?' Now ask for your Realization. 'Mother please give me my Realization and sustain my Realization, let me grow in my spirit. Do not feel guilty. Just say I am not guilty. Ask for realization. Mother give us our Realization. In a very simple way. Do not feel guilty about anything. Not at all. That's your right to have your Realization.

You have to desire. Your desire is weaker so there is no action. You have to desire from your heart. Your left side is weaker. Put both hands towards Me now let's see. You are getting more vibrations on your right hand, less on the left. You can raise your left hand like this if it is less, you can raise your left hand like this. Do it seven times with the right hand. Just see how this [UNCLEAR] on top of your head. Good better. Now raise the Kundalini. Now see yourself how to raise the Kundalini. You can see in the photograph inside it is Me and you'll see how to raise the Kundalini. Now you tie it up. You will feel it. Let's raise it again. No the

other way around. Do it like that. Do it thrice. Now you'll feel it better. You feel very relaxed. That's what it is. Its all right, balanced now. Both the sides. Mostly you feel the left side, in any society which is western, is weak. Because of the desire is less. As I told you the desire to achieve the spirit is less. We don't want action than the desire so you have to raise the left side and put it to the right. You'll find the Cool Breeze on your head. It's there. Now you can take it down also like this. Good idea. Put down the pressure on the Mother Earth. Raising and put it down. Again. Do it seven times. You will feel much better. Because now your hands are now emitting the Cool Breeze. Do it with respect to yourself. See now, if you have done seven times. Feel very relaxed. No thought in your mind. I hope you will all make it convenient to come on Sunday and whatever I will tell you, whatever needs to be done.

Thank you very much.
May God bless you all.

1981-0404, Shri Ganesha and Shri Gauri Puja on the occasion of Gudi Padwa

View [online](#).

4 April 1981

Ganesha Puja

Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Today is a very unique thing that is happened – is a special luck for Sahaja yogis of Australia. This day has never been celebrated before in the history of Sahaja Yoga. Today is the New Year's Day for Sahaja yogis, because this is the New Year's Day of the Shalivahan calendar. As you know, Shalivahan is My dynasty, and they are called as Shalivahan because they are the carriers of the shawls of the Goddess, they are called as the, because – as you are also carrying so many times My shawls around – and they were called as Shalivahan.

So this New Year's Day is the first day of advent of Goddess – the nine days there are. Then in another times that there are Satya Yuga, then there's Dvapara, Treta, Kali Yuga: there are four yugas. So in two yugas the Goddess incarnated, one before the Satya Yuga and one after it. So today is the day to mark absolutely the first day when She incarnated on this Earth. That's the day also of the Gauri, because Virgin is the first form of the Goddess. And She created also Ganesha on Tuesday, just starting this week.

What is the day? The day today is ...? Today

[Yogini: Today's the fourth. Saturday, Mother. Saturday.]

Saturday.

Now, now, it's over. Now don't stay, all right? While I'm speaking you should not take My photographs. It's a very wrong idea, because it disturbs Me. Moreover, you see, when the speaking, while I'm speaking and when you take My photograph sometimes I've seen they come out very odd. Best take photographs when I'm not speaking, you see, because all the time the sound is coming, everybody is distracted and the attention doesn't fix, you see. Is a very important thing I'm talking, all right? Now don't take any photographs, please. Pay attention to what I'm saying. [Hindi]

So Tuesday is the day when Ganesha was established, and then the Goddess started working. The first one, the one day when She started is, was the Wednesday. She started working out on Wednesday. Wednesday is the action day, that's why she started on Wednesday. Today is, under the circumstances it is Saturday; but I'm telling you about the original timings. Because Wednesday is the day of the Swadishthana, that's the day She started working it out, the whole thing. So first, Tuesday is the first day in Sahaja Yoga, Wednesday is the second day. And you'll be surprised that the stars are also the same, because Tuesday is the day of the Mars which is resided by Shri Ganesh. Wednesday is the day of Mercury, and Mercury is the Swadishthana.

Third day – yes – third day is the day of Jupiter: what you call, we call it guru, is the day of the guru, is the Jupiter, is the teacher. Now, Friday is the day of the Goddess. Now see the chakras also, of the Goddess, Mother of the Earth, Mother of the Universe, Venus. But in Indian Sanskrit language the names of the days are exactly the same, tallying with the stars, so

Then Saturday is the day of Shri Krishna – Shani, is Saturn. Then Sunday is the day of Christ, the Sun. Monday is the day of Sadashiva – is of realization, of integration. These are the seven days when God created the whole universe. That's what I told yesterday, that in this narrow way you cannot understand Christianity. You'll think it's all mad, which is not. Only when you read other things, other scriptures, then only you will understand what Christ said.

So today is the day of – first day – of when Ganesha was created, in the sense that, though today is not a Tuesday, but according to dates of the moon, today is the day, first day of the moon in this month. [Marathi]

We call it Chaitra. Chaitra is the month. And this is the time when –

[Marathi] – Gauri is the Chaitra. So the establishment of the Gauri is taken place during these nine days. But Ganesha has to be established before anything else. Though first Gauri had to come, you can see that. Gauri had to come first to establish Ganesha. But Ganesha is always put before even Gauri. Before the puja of the, worship of the Ganesha, nothing starts; because He's the one who takes out all the obstacles, all the negativities, all the hurdles that are going to come up, all the attentions that are here and there. So that's why we first worship Ganesha, just to ask Him to protect us.

But first the Gauri has to come, and that's how the Gauri is this nine days. She came on this Earth to fight the devils and demons, negativity, for people to transcend the Bhavasagara, the Void, the maya, the illusion. When they were praying, when they were doing anything, people used to obstruct and then they troubled the bhaktas, the devotees of God – rakshasas.

In those days the rakshasas were separate and the saints were separate; there was not such a mixture as it is today. We find in saints there are negativities sitting there. Was never so before. This is Kali Yuga. It's such a confusion that there is no absolute saint or there's no absolute rakshasas. These rakshasas have come and sitting in our heads. They are within us, so the negativity is there, so we are not absolute saints. And this is the big problem of Sahaja Yoga is, that even when you are worshipping Me, try to be more on the saints than on the negative side. Try to be more on the saintly side. Because you are saints, no doubt, but these horrible things have somehow or other gone into your heads and they are sitting in your superego and ego, these horrible negativities, which you must really decide today to throw them away. Because you are really saints and these are the bad spots – kalanka – is the thing that really ruins you, is within you. So try to throw it away; try to become positive, be one with the puja.

The second thing is the importance of this day is, that I have never celebrated this first day anywhere, so far. It was to be in Australia. It is the right of Australia to have this day here, celebrated here. We had other pujas, other Navaratri we had; with that I celebrated the first, second, third, over nine days we have done. But never this Navaratri as such we have celebrated this day anywhere, of the Shalivahana. Though in London they had a little sort of a thing on this, which I, we had on the seventh of April, then I spoke about it; but actually on this day we had no puja, before. So, this is very creditable that it should happen here. I'm very happy, because this is where Gauri established Shri Ganesh.

Now for today we have two things to be worshipped: one, Ganesha, because Ganesha can preserve our status, our heights, in our realization. He protects us when we are getting our realization, we are rising high; so He preserves and He protects. And He looks after us and gives us wisdom, to have our ascent in such a way that we do not deviate into the left and the right side; we have full dignity; and that we are fully integrated with our heart, with Shiva Tattwa, with our realization, and do it with our heart genuinely. That's why we worship Shri Ganesh.

But today is actually the puja of the Gauri, that is, the Kundalini. So Shri Ganesh we'll do first of all, and then we'll worship the Kundalini, which is the Gauri.

Now luckily I got a sari: this is really remarkable, because this is the color of Australia. Green is the color of the Gauri. Gauri wears the green sari. And there is also – this is the, this is the, this is the symbol of Gauri only. This is the symbol of Gauri, and this one inside is the Ganesha, is in that color – is most surprising this sari I got. So this one also is just the other way round – more of Ganesha color and less of the Gauri color. This is a very traditional combination in the Indian color scheme, because red is the color of Ganesha. In you people it is very red and it can become more crimson, can become absolutely black, can be absolutely reduced to nothing. But in Me it is the color of this clay, because it's absolutely obedient, it's absolutely one with Me, so it's the color of the clay. And the Gauri is the Mother Earth. That's the place where the Gauri exists, in the Mother Earth; and that's why the color is green because Mother Earth is always covered with green – at least She's covered with. And Ganesha's color is that of the clay because He's made out of the Mother Earth, element is the Mother Earth. I hope I have been able to explain to you the symbolic relationship.

Do you know the story how Ganesha was created by Gauri? So that I will tell you; and then we all can have. It's very interesting, that's why I said I'll have My bath here. It is said this

[Yogini: Excuse me, Mother, excuse me, we can't hear very well down the back. Is there any way You can speak louder or that we can hear better?]

What's she say?

[Yogi: They cannot hear.]

You can't hear Me?

[Yogini: No, Mother.]

All right, so I'll have to shout. Not at all?

[Yogini: Yes, a little, most of the time ...]

All right. Should I use this? All right. This you can hear. So I'm now going to tell you the story of Shri Ganesha's birth. Is very interesting, it's very symbolic. This is Christ, and that is, He is the Omega and He is the Alpha and all that they talk of – they don't know what they are talking. There's so short form of what the whole thing is. They don't know Ganesha at all, nothing. They just take one word here and there, just talk like that.

So He's the first one created. Now it's very symbolic: the pure power of desire to be one with the spirit is symbolized in the Gauri. The primordial Gauri is that power which has separated from Her Lord, we can say. In Her previous lives She was separated, and again She's born as Parvati. And She wants to be one with Shiva, which is the Spirit.

So now the marriage has taken place, in the sense that now She can meet Him. The wedding kindling has to start. But She's not yet married, in the sense that She's still a Virgin, but married otherwise – means She is now about to rise. Before that She wants to have a bath, because She has to meet Her Lord. So She must have Her bath, the bridal bath. She's a virgin, absolutely virgin, and She goes for Her bath.

Now, She's afraid that anybody might come inside when She's having Her bath. Look at the delicacy of the whole thing: this desire, which just is meant for the spirit, doesn't want to be exposed to anything else, any negativity coming in, anything happening like that. So She closes the door, but still She's worried from the back side somebody may come.

So She puts this scented powder, which we use in India – for the bride specially it is the right one – and rubs Her body with that, and She finds that a lot of it comes out. So She makes the Ganesha out of that – now imagine how much vibrated it must be. She puts that – is made of camphor and all these beautiful things which are really celestial – and that is completely vibrated on Her body. She makes a Ganesha and puts Him to the back of the bathroom; She's having Her bath nicely. At that time Shiva comes suddenly, knocks at the door. She doesn't hear Him. So He goes from the back door. There He sees Shri Ganesha sitting.

He asks Shri Ganesha, "Who are You?"

So He says, "I am the Son of Gauri."

Shiva can't understand; She is a Virgin and this one is saying, "I am the Son of the Gauri." See now the Immaculate Conception – try to understand.

So Shiva says, "How can She have a child? She is the Virgin."

And He thinks [She's] He's bringing slander on His wife who is a Virgin. So He cuts His neck in anger, and He enters into the bathroom. And Gauri is ready to receive Him. And She looks out and She sees Her child is dead.

So He asked Her, "What is this?"

Said, "That's My child I created out of My, this mala" – what you call this, all the body things that came out – "I've created Him, and I have put Him down there. How dare You kill Him?" She said, " Now what to do?"

He said, "All right, what You do is to go and find the head of any animal that is available, and we will put that on this trunk and He'll be My son again."

Now it's all prearranged; because this child was not to grow into a human ego and superego business. It had to be the embodiment of childhood, embodiment of childlike innocence, because He's the embodiment of innocence. So they had to get the head of an animal.

Now the wisest animal on this Earth is elephant, and elephant was saved in evolution in a very miraculous way – is also another description which I'll give you later on. So a she-elephant, mother elephant was lying down with her back towards her child – that's why in India women never sleep with their back towards their children, never. The child has to be in front, pudhe, in front. It should never be put at the back of the mother – never. Mother will get up and go on the other side and change the sides, but she would never put the child at the back. So the head of that little animal was cut, and He brought it and was put for Shri Ganesha. And that's how Shri Ganesha was created.

But you know, elephant is the conveyance of Mahalakshmi. So the body is from Mahakali, but the head is given by Mahalakshmi, the evolutionary power.

Now this Ganesha within us resides in the Mooladhara Chakra. Some people who tried all kinds of tricks to find God must have seen the trunk of Shri Ganesha, and must have thought this is the kundalini – because as a Mother I give them few marks for that – and that's how they started all these perversions and wrong things about Ganesha.

But He is embodiment of innocence, and later on you must read in "Devi Bhagwat" how He incarnated on this Earth as Christ; and how He is going to come with His eleven powers on this Earth as Kalki. It is very difficult for Hindus to accept that Ganesha, such a dynamic personality like Him, should become a person like Christ, who got Himself crucified. And it is impossible – at least Hindus have much wider knowledge and much wider sense – but it is impossible for ardent Christians to understand that Christ could be this elephant boy. That is beyond them, because for them Christ should be a man who has no power to kill anyone. And then they say that He's coming to kill us – I don't know how they manage these things. They catch hold of one thing, like He was the Omega and Alpha, finished; now how are they authorized, God knows? But whatever it is, they do not see the other things – that He had a Mother; He said about the Holy Spirit. He said it in such a good way, that "I'll be sending Holy Spirit." And also He said that "Those who are, those who have sinned against Me or have insulted Me, it's all right, but with the Holy Spirit nothing will be tolerated" – very clearly. Why did He say so? He's Alpha and Omega, but why did He say so?

Of course, He's the first who was created, and at this stage, at Kalki stage also it is He who, He's there at the end of it, no doubt. But that doesn't mean because you are Christians you have a special right – not at all. On the contrary, I would say many Hindus have much more right on Ganesha than you have, because you have spoilt your innocence. They have not spoilt their innocence.

So though you may call yourself Christians, Christians and fight for Christ, but you are not; because the basics of Christ is innocence, which we have ruined. So those who – also Sahaja yogis – get identified with Christ must know that this identification is actually a conditioning; it is not factually so. If so, you have to become innocent. You must re-establish your innocence. Then you are really Christians, and then you are really so.

And I would say people in India – as it is, you know, luckily we did not get advanced as you people got. We never fall into the traps of advancement, luckily: too sluggish, elephant-like people, we could not fall into anything. India is like, large like an elephant. Anything comes in, this just goes on throwing this side, that side, that doesn't accept anything. We never bothered about Freud. For us he's some sort of a legendary fellow living in fool's paradise – we never accepted him.

Nothing can penetrate that elephantine thing. You see, it just goes on blowing off all the things that comes round, so nothing got into their heads. They never spoiled their innocence, simply because they are too large and very lethargic to new ideas.

And that's how they have, despite everything they are not converted Christians, they never heard of Christ, some of them. They have maintained their innocence much more and their sincerity of their heart, because they are not disconnected. When Ganesha is destroyed you get disconnected. Your heart works on one side, your brain works on another side. So, that they have not been able to yet achieve, that kind of a dissociation. And whatever they may try, they know in their – that it is wrong. They may try, I mean, like people steal but they know it is wrong; in the same way they still know.

So for us, we must know that we have to achieve our position as innocent people. But your Mother is very gracious, She's very powerful, She's very loving, and She has created you on the same pattern as Ganesha. You have all the powers that Shri Ganesha has. The greatest power that Shri Ganesha has, that you can come so close to Me. No other gods can come that close to Me as you can come. Kundalini cannot be risen by any gods, any incarnations but Shri Ganesha. He has to inform the kundalini, otherwise kundalini cannot rise. And it is you who have the power to raise the kundalini on your fingers. How many powers I have given you – you have no idea at all. I have made you in the pattern of Shri Ganesh. So you have to establish that innocence within you; that is being also established. You'll get back your innocence.

But the second thing which is so important about Shri Ganesh one has to learn, that He does not know any other god but His Mother. For Him nothing exists but His Mother. He's so dedicated. There's a story once when Parvati, His Mother gave – said that "I will give You a big present, that there should be competition between You two brothers." Second was the Kartikeya, the one, another brother of His who came on this Earth just to destroy this Narakasura. Is the, all the destructive powers were combined to create Kartikeya.

So She said, "Whosoever goes round this Earth, I'll give You a prize."

So, the conveyance of Kartikeya is such a fast one, is a peacock. So He got onto His peacock, started flying out like an aeroplane. And Shri Ganesha's conveyance is just a little mouse, so what should He do? He took to wisdom. He said, "Who can be greater than My Mother? She has created all the gods. She's the Mahakali, She's the Adi Shakti. She has created all the gods, She has created all the universes, She's the one who has done everything – who can be greater than Her? She's the greatest of all."

So she just, He just went round Her only thrice and He got the prize. And still He was flying in the air – Kartikeya. He fought even Shiva. He fought everyone. It's a very interesting story how all that happened, that shows complete dedication. And for Sahaja yogis it is important to understand complete surrendering, dedication, and also a genuine feeling from the heart.

I will ask Raul Bai sometimes to talk to you about the protocol – that's important, though I am so close. Even Christ would not say anything; sometimes the way you people talk to Me, I am amazed. Certain things you say to Me, I'm amazed: how can you say these things to Me, knowingly what I am? But you forget.

So it is important to understand that they were great because they knew the greatness of their Mother. In the same way, you all have to learn certain protocols which Raul Bai will teach you, so that you do not make any mistakes of saying things which are not proper. It comes from bad Vishuddhi, no doubt, but consciously if you work it out you will do good to yourself; because you know, anything against the Holy Spirit won't be tolerated – anything, can you believe it? What strong words these are! Just think of it – anything against the Holy Spirit.

So one has to understand the protocol, for Sahaja yogis – don't talk against the Holy Spirit. But the protocol is there which one must understand, and how far to go, how far to understand is very, very, absolutely rudimentary for Sahaja Yoga.

So today we have a great day of Shri Ganesha's Mother being established, incarnated. Today is the day She had Her bath, we can say, and that's why I said I'll come and have a bath here.

About the times and timings, one should know that Mother knows best, and everything works out with the timing properly. Because the, you know you are, you are ahead of India, and all the timings work out in that way. So everything has to work in the way – actually the timings are of the moon, so you don't have to worry about what is the timing, what time this works out, this thing, that. The watches and all that, in Sahaja Yoga, work out according to My understanding.

So one has to relax and just enjoy the puja. I think today you are going to receive lots of vibrations. Just enjoy them, just enjoy them. And if your ego is there or anything, just ask them to shut up, that's all – all right? Now

Now, so first we'll have Ganesha Puja, as Modi will be doing, and he will be explaining what is to be done. How Ganesha is pleased with small, small things you will see now.

[Hindi] Who will come for the – children should come for the puja? Let all the children come for the puja.

1981-0405, Talk to Sahaja Yogis: With Kundalini awakening you get Nirvichar Samadhi

View [online](#).

5 April 1981

Conversation

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Talk to new Sahaja Yogis

Mr. Modi : This Nirvichar Samadhi comes to you because of the Adishakti. This we found. This aspect of Adishakti we found in Mataji. And therefore there was no question. When the state of thoughtless awareness came...

Shri Mataji : (speaking in Marathi)

Mr. Modi: ok.

Shri Mataji: ...else they will not understand. You see he is so clear cut. But he knows the difference between the mesmerism and the nirvichara Samadhi. So It's better to tell the other way around I said. Because you see, he is there clear cut, you see. But you do not know that part that's why. [UNCLEAR TEXT] You don't know. They confuse nivichar Samadhi with mesmerism.

Woman: Ah..yeah

Shri Mataji: Also you see...

Mr. Modi : Well if you are mesmerized and got the nirvichar samadhi the greatest difference will be...kundalini will be frozen as it should be. And therefore

(Shri Mataji and Mr. Modi speaking in Marathi)

Shri Mataji: Yes.

(Laughter)

Shri Mataji : You see because this is not there explained in any of your...any books. So how will you know. You see, that mesmerism what happens? You see and what is a kundalini awakening and with Kundalini awakening you get nivichar Samadhi. You see means crossing of the Agnya. Is not possible without the Primordial Mother being there. She is the only one who can do it. It's precisely said. In am-mass basis though it is out of question for anybody else. It's very clearly...I mean books after books are written like this.

Mr. Modi: And Indian scriptures are full of these things. But when the kundalini rises...I mean by collective consciousness one can feel that well in a particular person if I can see which state of kundalini... whether it has risen or not? Whether thoughtless awareness is felt or not? This has to happen by the grace of Adishakti. And we have found out ourselves that it is because of Mataji this has happened. If Mataji was not there this would have never happened. And therefore we feel that kundalini awakening is a must. After kundalini is awakened by the Grace of Shri Mataji you should get a thoughtless awareness state in your own total freedom. There cannot be a bias to it. If there is a bias kundalini will not again rise. And all these expressions which we have felt...this can be seen by another sahaja yogi. That is why Mataji in my first lecture I told them that first of all rather than questioning you go into the meditation. And feel where is your kundalini. Can you feel your kundalini? If you can't feel your kundalini something is wrong with you. Find out...(Shri Mataji gestures laughingly and is followed by crowd laughing)

Shri Mataji : He is at that level you know. (Shri Mataji's hand held high) Actually he is...Modi is at a very high level also.

Mr. Modi : Mother but many of them have felt it.

Shri Mataji : No no..

Mr. Modi : They have found out their chakras. They have found out their defect. Of course this fifty percent of this group was not here. First meditation program was there. Fifty percent of the group had probably gone to Wurunda and they were not over there. So this more or less a repetition for them.

Shri Mataji : You see, what he is saying is true. But you see, the thing is they do not have ego problems there. This is the main thing he doesn't know. What happens when you are mesmerized or you are ego pampered, you see, you cannot differentiate because basically they know that the kundalini has to rise. Now how do you know there is kundalini rising. That they should...must feel cool breeze on their back. You see so they know it is...kundalini has risen. You see, anybody whose kundalini is risen they know that it is risen. Whether I am there or not to tell them is not the point. But they know it is the cool breeze that shows. You see here the people can even doubt that. You see. Because basic knowledge you don't have, right? This is the basic problem, you see. They are at that level...they know most...you see they know what is what. Supposing you know what is Australia. Alright then you know this is the place you have landed. This is the place. But if you don't know about it and you never heard about it. People have not even heard of the name kundalini, what it is supposed to be. You see so many people thought kundalini was the horoscope. (Laughter by crowd) Yeah. With such people when you are talking then they have doubts. Isn't it? This is the problem. But in the.... India you see, people know that I awaken kundalini, that they know that I am the Adishakti and they know everything but they do not have the desires as you have to be awakened. This is the problem. That's why he is meaning they are very deep. They are. They are seekers. And there we don't have seekers. You see as if when you have teeth you don't have food and when you have food you don't have teeth. This is the thing. So when he is saying that, he is saying from that level where the understanding is complete for Indians. Anybody who is brought up in Indian culture, who knows something about Indian philosophy and Indian things, who knows, who's a Hindu, in the sense that he has studied Adi Shankaracharya, who was the founder of Hinduism at that time. If he has read it then he knows for definite that this is this. You see they know all the background of bible. For them it is not difficult to accept Christ at all. Just like that they are understood. Because He is described in their bibles...in their books. He is described clearly that He is like this, He will be like this..He will be that...So they can put two-two together. His name is Maha Vishnu – doesn't matter. So for them it is easier because they already have read it...about it. But are they not... they don't want it....they don't want realization yet because they are still developing countries, you see. While you want it but your ego is so developed that you are just questioning Me. Why so? That's what he cannot understand because they don't question Me. [UNCLEAR TEXT] are seekers and they just want it. That's all. Finished. Thousands you know six thousand people coming just ...from all village they come by bullock carts this that...they get realization. Six thousand people you can see very clearly.

Man : They all use simple bullock carts.

Shri Mataji : Very simple people. And here this is the problem. Is that you question all the time, question. You don't know...you want realization still you question.

Lady: This is... is it about education?

Shri Mataji : I don't know. Whatever it is. I don't want to blame anything. But it is true. I mean because you have had no education about it also. I mean you don't know what it is. That's what I said bible you understand so narrowly. It's so deep. To say only that it's alpha and omega. Now what do you mean by that? There is a big mantra on that.

(Shri Mataji speaks in Marathi)

Shri Mataji: He'll say the whole thing. What describes Christ....now you listen to him.

(Shri Mataji Speaks in Marathi- ha suna, atharva shirsha mandha)

Shri Mataji: Complete...this is the description. See now.

Mr. Modi : That is the description of Lord Jesus.

Om twameva pratyaksham tatvamasi,

Twameva kevalam kartasi,

Twameva kevalam dhartasi,

Twameva savadam kalvidam brahamasi,

Twam sakshat atma si nityam,

Ritam vachmi, satyam vachmi,

Ava twamam, ava vaktaram,

Ava shrotaram, Ava dhataram,

Avanu chananam, ava paschatat,

Shri Mataji: These are the aspects of his powers.

Mr. Modi : Ava purastat.

Ava chodhvaratat, Ava dharatat,

Sarvato mam pahi pahi samantat,

Twam vangmayas twam chin mayas,

Twam anandamays twam braham mayas,

Twam sachidanada dwitiyosi, Twam pratyaksham brahamasi,

Twam gyanamyo vigyana mayosi, Saravam jagadidam twato jayate,

Sarvam Jagadidam twatishtasthiti, Sarvam jagadidam twayi pratyeti,

Twam bhoomi rapo nalo nilo nabhaha, Twam chatwari vakpadani,

Twam guna taraya teetaha, Twam deha traya teetaha,

Twam kala traya teetaha, Twam mooladhara sthitosi nityam,

Twam shaktit trayatmakaha, Twam yogino dhyayanti nityam,

(UNCLEAR TEXT/Mr. Modi says something in Marathi)

Shri Mataji : No no, keep saying...

Mr. Modi : Twam yogino dhayanti nityam...

Shri Mataji: All the yogis worship...take a...meditate on you. Yes..I mean so many. The whole description is there. What is alpa omega? Alpha and omega? What does that mean? It's such a vague terminology. It's like saying how do you go to Australia? London and Australia finished. What does that mean?

Mr. Modi : Twam Bhramha, Twam Vishnus, Twam Rudras, Twam Indras, Twam Agnis, Twam Vayus, Twam Sooryas, Twam Chandramas, Twam Bhrama bhoor bhuwaswarom,

Ganadhim poorvam ucharya, Varandhim tadanantaram,

Anuswara para tarah, Aradhendu lasitam, Tarenu rudham,

Etattwa manuswa roopam, Gakaro surya roopam, Akaro poorva roopam,

Anuswara chanta ritya roopam, Bindu rutatra roopam, Nadha sandhana sandhi saisha,

Ganesha vidya, Ganaka rishihi, Nichrid gayatri chandaha, Ganapatir devata,

Om Gam Ganapataye namaha.

Eka dantay vidmahe, vakratundaya demahi,

Tanno danti prachodaya, Ekadantashcha, Chaturhastam, Pasham ankusha dharinam,

Radam cha varadam hastairhi bhibhranam, Mooshaka dhvajm,

Raktam Lambodaram, Shoorpakarnakam, Rakta vasasam,

Rakta gandhanu liptangam, Rakta pushpai supoojitam,

Bhaktanu kampinam devam jagat karanam achyutam,

Aavir bhootam cha shrishtiyadau, prakritaye puroshat param,

Evam dhayayati yo nityam sa yogi yoginam varaha.

Namo Vratapatayae, Namu Prathama patayae,

Namaste Ganapataye....Namaste Ganapataye

Asthu Lambodaraya, eka dantaya vighna nashine,

Shri Shiva sutaya, Shri Varada moortaye Namoh Namaha.

Sakshat Shri Mataji Shri Nirmal devi namoh namaha.

This is the description of....

Shri Mataji : This is one of the. One of the. There are thousands name, thousand names. From alpha to omega. And omega to alpha.

Mr. Modi : Now the translation if you want to know it will take at least two hours to tell you the translation. Rather than getting the translation I wish you to take the experience. And that is why in my earlier talk I requested that let the attention, your individual attention which is outward be inward towards yourself, towards your kundalini, towards your chakras and try to feel them. Try to find out where you feel your chakras. I requested you earlier in the gross side whether you feel the chakras outside? Whether you can feel them in your spinal chord? Which are the locations? Can you feel them in your hand? Can you feel them in your head? Can you feel them in your feet? Try and feel. This is what I have requested earlier and requested most of you to go into the meditation.

And I have found that some of you were so deep in meditation that I had a desire to request them, "Can you say what has happened to you?" I am sure nobody would have been able to describe what sort of depth they have achieved. So in order to know that one has to go deep into meditation again and again and find out for themselves what they have. What they have achieved? What they have got? How do they feel it? Where are the problems? How do they feel their problems? And how would they like to sort them up? So in order to give them a little opportunity to talk to other sahaja yogis we had a break. Instead of half an hour it went through more than one hour. And may be some of them would have got their doubts to a certain extent sorted out. We thought that after that we can again go into the meditation. And feel for yourself what you feel. For all the sahaja yogis who have been staying in this house they know through and through how the divinity has been working through them and how they are decently, extraordinarily blessed by Mataji.

Shri Mataji : (speaking in Marathi).....

Mr. Modi : We have also found out that...as I had explained in my earlier talk Mother that we have also, like you lots and lots of questions but when we got it there was no point in asking questions to the Mother. So may be in the last ten years I might have asked probably only a few questions, only a few questions just by the way. I don't think I have asked....because all my questionsif I put the same question to myself I would get the answer by the grace of Mother. Because it is Her power. It is Mataji's power that works out the opening of chakras. It is Mataji's power which has helped us to feel the deities on each chakras. It is Mataji's power with which we learn to feel the Kundalini. It is Mataji's power with which we learn how to give an awakening to

Shri Mataji: (in Marathi)

Mr. Modi : And since for us it is an origination as Mataji. And for Mataji She has developed this science by Herself. If She has developed it, She knows everything. And lucky enough She can answer any question also. But it is wise that I don't express myself so openly that, "What am I?" And let me not be open to all the sahaja yogis because they know me. They know what are the chakras I am catching. They know what are the things I am catching. So let me not be so open, I would say that. So let us....

Shri Mataji : I'll give you an example now. Please. I think just now you can tell what happened about the flowers. Just tell them. Simple example, yesterday it happened. You see how the attention works. You just see. It's very simple.

Man : Well yesterday we had puja for Mataji. And as many of you will know...

Shri Mataji : New year's day. New year's day it was a Ganesha's puja.

Man : New year's day....I think in Indian calendar.

Shri Mataji : And Ganesha's puja.

Man : And we were worshipping Mataji as Shri Ganesh...

Because we in Australia have been blessed to be named the mooladhara chakra. But in that worship many of the things that we do...in worship include such things as mantras, shlokas and various other things. But inclusive of flowers of course. Very important. And each one of us decided to put flowers at the Feet of Mataji making a beautiful array at Her Feet. And I asked Mataji on the way here, as driving along in the car, "What are the flowers Mother that would be most acceptable, that befit on this special day of the beginning of the year, and for Shri Ganesh?" So She said, "Well, red flowers. Pink or red flowers would be best" And then She looked out of the window as we were driving along and there were the hibiscus flowers everywhere. She said, "They are the ones."

Shri Mataji : Jabakusum as they are called.

Man: They've got another name in Sanskrit....

Shri Mataji : In Sanskrit they are called javakusum. Is very much...Ganesha is always worshipped with javakusum.

Man: And the hibiscus were there by the road.

Shri Mataji : And the Gauri also. And another was the Virgin. We worship Virgin and Ganesha. So they both like javausum. It's a very famous thing in all the Indian scriptures. So I said, "This one javakusum. This hibiscus..."

Man: So when we got here, we said nothing.

Shri Mataji : No, he said we will tell them by phone, isn't it?

Man : We said nothing.

Shri Mataji: No no, but he did not tell. You see what I am saying is that I told him better to inform them to get javakusum.

Man: And when we got here nothing was said but later on in puja a very big basket of hibiscus flowers just arrived. Everybody had been out picking the hibiscus flowers. This is what is happening in collective consciousness.

Shri Mataji : And the garland was made of.....Garland also was of...

Man : The garland was also made. Yes, this was absolutely spontaneous. So this is collective consciousness. As one person thinks we all share and we all get the same thoughts.

And if so, this behooves us to be together in a positive atmosphere. And this means we are all sharing and working it out. It's really beautiful.

Shri Mataji: It is the same attention you see. Your attention is enlightened now and it looks after. Like he asked me what are the flowers which are auspicious? I said that way many are. You don't have all these flowers. And Begonia is one of them I was

telling. But today being Ganesha's and Gauri's day its javakusum, is the red flower I saw. I said this is the one. This one is the one. It's very good. He said, "Really, then I must tell them to get it." I said, "You better telephone to them." But there was no chance. When we came here there was a garland of that, the whole thing of that and they had only collected those flowers. I don't know what happened. And they said they just got it.

Like this place you are occupying itself, you see. They had sold their house. They wanted to buy a big place...and to sleep there. All of them wanted to live you see. And they told about 200 people here, the property dealers to get them a house, purchase or something like that. There were only two houses available at a very high price, see, for sale. But they did not know how to manage that you see. And then Meera one of them telephoned to Me and saying that they have no house, nothing, they are very upset this that. She was so upset on the phone. So she said what to do. So I said, "Alright we will get it tomorrow." She was surprised I am not that precise and that I said, "Now you will get it tomorrow. Don't you worry." Then really they got this tomorrow. That's what happened. Really the very next day they got it. And they were surprised. How it happened? Suddenly they got it. And it's such a big place, you just see. Don't get it on rent and things... just they got it. So it's only the attention you see it works out.

But one should not ask out for material things. It's better to ask for spiritual things. You see, material things are looked after just like that. No problem. But you must ask for...really for the spiritual and that is the best way. And as far as doubting is concerned is a problem of ego, you see. And you doubt everything. But what do you doubt for? This is the point you see. Because, why? Why should be there doubt about Me? Now let's think the other way round. I am not a person who is floating any business. There's no possibility. My husband earns very...lot of money and I come from a rich family. So money doesn't matter. My husband holds a very big high position in life. So I don't want any position either. Alright, thirdly it could be that I am running political stunt or something like that or working some political leader. So have no identification with any political parties. So now why...why am I doing this? Clear and simple. What remains last is love. It's purely love. I mean I do not take any advantage of it or credit of it or nothing. It's just love. Simple thing like that.

Now what are you questioning. Do you go and question the sun? Why do you give us light? I mean the way some of them ask Me question, "Why do you come to Australia? What is the need for you to do this?" I mean imagine as if by coming to Australia am taking away their lives or what am I doing to them? Very rude you see some of them. I was surprised. Somebody comes to give you love and to emancipate you and give you the divine love and that is how you treat. But it's better than crucifixion. So I don't mind because I am used to all kinds of things. But you better not miss the point by your ego because you start doubting, thinking. It's nonsense.

See what he said, nirvihar Samadhi is very different from mesmerism. Mesmerism - what happens, that you just get lost. You have no powers in you. You see apart from the cool breeze what happens when you get mesmerized. What happens? You feel for the person. You want to do anything with them. You give all the money. You give this. You want to this and do that. You feel happy also. Because there's somebody else who is working it out. Some extent you feel happy, to some extent. It's like getting drunk. But you lose all your powers. You have no powers. You are not empowered with anything. You do not know what you are doing why you are doing it. You cannot explain. There is no logic behind it. There is no knowledge behind it. Nothing. You just do it because you are just driven into it. You are mad. That's what it is. You cannot explain. You cannot understand the chakras. You cannot say where it is catching. Nothing of the kind. There's no logic behind it. It's just a sort of an infatuation that you are just drawn into it without even controlling yourself. Here the control is complete. And the transformation starts. You just start seeing the transformation coming into you. Absolutely it transforms. This is what it is. So firstly you have to know that I have nothing to earn from you. You have to learn from Me. You have to get something from Me. But most of your questions are barriers for your progress. Most of them are. So do not... Why do you want to be your own enemy? As it is we have built up so many things by which we are destroying ourselves. And I have told you that the destruction is going to come from within not without. So why do you want to do such a thing? You have to be kind to yourself and reconstruct yourself. And you will be surprised at your own transformation. You become a different person altogether. But still because of ego and superego you stick on to the past. You just think, "Oh I was an egg. Why should I become a chick?" The question is just like this now, "I am an egg. Why should I become a chick? And when I become the chick also I..." You go on saying, "Still the shells are there so we are struggling with the shells, breaking them." Better to break them out and come. Come out of it. Come out of that shell. This is what it is. And these shells

are...can be very dangerous for your progress, very dangerous.

So when I go away I know this happens many a times. Should not happen but suddenly there will be a big attack from the negativity. Big attack will come. Remember the day of your realization, the feeling of your realization. They are all standing around to attack. When the big attack comes and one person starts murmuring. Christ has said about the murmuring souls. Half-baked people just jump into it. You see just have now perched on the edge. So you are bending this side and that side equally. When I am there you are bending that side. When I go away you may just drop down. So first of all stabilize yourself. That what Modi said, stabilize, stabilize, stabilize. You must stabilize yourself. If you stabilize yourself in full awareness...Not that I like it and I like it. You should know what the chakras is catching. Face it. I like it, I am in seventh heaven, all these fool's paradise are of no use to Me. You have to face it as reality. See for yourself. Where is your chakra catching? What chakra is catching? How to cure it? How to put it right? And then you'll see...you will be on top of the world. Really, it's very interesting. You'll be free of these worries. Free of all these problems.

Just now your Sahasrara is catching. Just imagine. Now this is the worst thing that should catch. Not everybody's but of some people. By that others are also catching. That's why people who are doubting type, who are negative type we ask them to get out because we start sharing with them. That's why there's a problem. Now as Modi has said that for them it is very easy to know what I am. If they see the kundalini rising they know it's Me because it's written down, very clearly. Not in one book but at least any book that has anything to do with kundalini or anything to do with God. So they know. This is a very big handicap the western people have. And there are more [UNCLEAR TEXT/ cries] as they like. Because you see there's a way of believing. It's an organized way of moving. You see like Seventh Day Adventist or Born Again Adventist. All sort of things. Because the books that are written are not by realized souls. Now even bible was not written by Christ, for your information. Even bible was not written by Christ. Somebody can say Geeta is the last one. It was not written by Shri Krishna. None of them have written any books so far. Thank God for that. Because they would have changed those book and said this Krishna said and this Christ said. So what is the authority of the bible if you say it is Christ? Christ has never written it, finished. Now what is the authority of Christ you will only know when you are realized? Just put your hands towards Me and ask the question was he the Son of God? And you'll feel the vibration.

Because for Indians it is very difficult to accept Christ as Shri Ganesh, who is so powerful but yet nobody can reach Him and He was crucified. They cannot believe it. It is impossible for them to have such a miserable picture of Ganesha. They can't believe it. Moreover the way we put Christ which is skeletons, see, it's impossible for these people to believe that such a powerful personality is put like this. This is all our own imagination about Christ. He was never miserable. He was a very healthy hefty man. I always said he could be always compared with any Australian. Only he has been properly, let Me say, painted by Michelangelo who was a realized soul in Sistine chapel. He has shown a powerful man standing with a big stomach like that throwing people here and there. And this is what one has to understand that our conditioning has really narrowed us very low. And that narrowing has to be expanded. But thank God there is no organized religion in India. So they have made a mess out of it. But that doesn't matter. They make fun of all the priest who come to their house. Do any worship and all that. They treat them just like useless people. Because they know mantras that's why they say... They have no respect as they have respect for our priest you know. These priests who come to us are also not realized souls. If they are not realized then how can they talk about God. They cannot. What is their understanding? You see whatever they have read in the theological college from other unrealized people blind leading the blind into blind. Isn't it? So we have to see. We have to see that there is knowledge much beyond our narrow vision. That's why I have told you already. And getting into your realization you jump into it in no time. As Modi has said he does not have to ask me questions. It's true. The whole knowledge is within you. You just start putting your attention to that knowledge. Then you get the answer.

Somebody asked me in Australia, "All your disciples are the scholars?" I said, "What makes you think?" "They are so knowledgeable." I said, "They have become knowledge, that's why." They are so knowledgeable. Even a little girl Amanda, who is hardly I think... what is here age...is about..?

Yogini: Thirty

Shri Mataji: About thirty. She speaks like a learned master. Really! Here she is. If you read her poem you will be surprised how beautifully she knows about things. So this is what should happen. But when you are mesmerized you just go...gaga...That's my guru. That's my this thing. Go on sitting like, moving like this all the time. Like a madcap. And if somebody talks to you they just think that you are off your head. You are all saying Hare Rama, Hare Rama, Hare Rama like a madcap.

Or somebody who is jumping in the thing. I said, "What did you do?" "I did flying sidhis, you see." He can't keep his seat alright. And what flying is he going to do? Jumping in the air. Mad! really I tell you, one boy...he came to us. We don't know if he had had experience or no experience. They just took My name and he jumped so far as that. He just can't look at Me. He started rolling and 'hoohoo' he was on. They said, "What's the matter?" He said, "I can't look at Mother." You see, She is just...I am so frightened of Her. What are you frightened about? There's a bhoot in him who is just frightened. All sort of things we have had. Horrible! And they would come and scream in the ashram and this. So you see people from these things coming and we get the bad name for nothing at all. (Laughter)

Very true. I wish this should not happen with this ashram, I beg of you. If you are screaming type you finish all that exhausted at home and then come back. You see we don't want to have a bad name for nothing at all here. People jumping...you see all kinds of people coming to here because it's an open thing. But they come here and start jumping and screaming and shouting and growling. The neighbors see us...and they'll put a notice against us. That's exactly what happened you know in London. We had to change our place. And they...they themselves live like recluses in their little ashrams and this and that. Then they took out their clothes and jump and do all kinds of thing. And we are decent normal people, we live decently. And it is so surprising the way they behave so abnormal and obnoxious and horribly smelling. Their body is smelling and it's too much. And we did not know what to do with them. So we thought we should start another ashram for these people and from there they are cleansed then they should come in. Because it was too much and then the public really opposed us. And we had a bad name so we had to change the ashram.

We went to another one. And there I took My foot down. I said anybody starts screaming ask them to get out, or shouting. And they do not take baths for days together...and filthy people, dirty people. They call themselves yogis. They have no sense of cleanliness, anything. And no...they sleep. All the time 24 hours they were sleeping you see. And we were just feeding them like children. Like a bottle being put in a little one. Again they wanted to sleep and sleep and sleep. And they paid thousands of pounds you see and they have taken to nothing but sleeping. Twenty four hours you won't believe for weeks together. Just sleeping, getting up little bit in the morning again taking some food, nibbling something and again sleeping. They go on sleeping and they are mad people. They are mad, I tell you. Really mad. So I would say you must have been to all these people doesn't matter. You have spend money, whatever you have done, forget it. But please do not come here to sleep, another to scream and third to jump and fourth to take out your clothes, you see. That's another thing we have faced. I have to request you for that.

In a program in India some people came. They started taking out their clothes. They first said, "Hwoo hwoo hwoo". And we looked at them. What are they up to? And suddenly they started taking out their cloths. And I, "Throw them out." And then they went on the street and they took out their clothes and they were arrested. And everybody will say this happened in the Mataji's program. Really I tell you, we have faced such horrible things that I must tell you.

In England also it has happened. In England it has happened. All kinds of things, all sorts of funny people. You know when you go around you don't know how many types of things you catch. There's no end to it. One fellow just always used to come and go into tantrums like becoming a yogi. He used to breath in, breath out and make big sounds and all that. So now from where this mad man has come. But he would not go. We told him "Baba you go. whatever." I said, "Baba, whatever you want I will tell you at home. You go home." Then he told me that he...once he was in a war. Somewhere he was caught and then he escaped the jail or whatever it is, from prison somewhere. And he came out and he hide himself in one of the....shamashana, what do you call it? Yeah, cemeteries, one of the cemeteries somewhere. And in the cemetery I think some hath yogi must have caught hold of him. And he said I have never done Hath yoga. And his wife says once he starts he does it for three hours, four hours. He is just going rumbling into it, tumbling into it. The whole[UNCLEAR TEXT] he is doing like that. Now after three years he is alright. Poor fellow, he used to vomit blood, do every sort of thing but he could not get out of that kind of a thing. Now he is alright. Imagine three

years but he used to do like that. You see so all these bhoots and all kind of tricks they do. They just stand up start shouting. Become so abnormal.

In Sahaja yoga you become very normal, extremely normal person. All these abnormal thing you have to give up. Please understand. Or if you believe in abnormality sahaja yoga is not the place. You can go to any circus you want but not here. There is no circus on. You have to be normal. You have to dress up normally. There is no need to wear any particular dress, or any brand or any band. It's in the heart. It's in the heart. It's in your kundalini. You are not to show off. They look exactly like you but immediately today I was coming in the car. Looked around...I knew there was something and there was a sahaja yogi. He got his realization only two weeks back and I saw him coming. I knew. You see if there is a sahaja yogi is there you don't have to ask. You just reach there. You just reach there.

Like when the people came from England, I told these people were coming. They did not know the names or anything. They just walked into them and they just walked into them, direct. Vibrations! (And) they know each other. Absolutely they know this is the sahaja yogi. There's a...no need toThis knowledge that what is vibrative and what is not vibrative comes to you because it is built within you. But just it is to be released. That's all. Of course all these details that this centre is felt in this...and this and this and this...and all this details that I have told you is not known till before. The reason is it was never told to them. As he said that I have done the job so I know what it is. But even Bhramha himself, the creator Bhramha the one who was...who talked to some great seers and He said I know upto a point...beyond that I don't know. The only... the One, the Primordial Mother will come. She will tell. But upto a point I can tell you. That's a fact. But I am with you. I am your own. I am just like you, absolutely normal. And you can talk to Me. And you can understand. Is this intelligible? I speak your language. I mean what more can we do? I mean there cannot be anything more than that. But now that I am born in India, I have to be born somewhere. I am born a Christian. I have to be born in something. Everybody is branded, what to do. You may be born anywhere you are branded as this and that and that. But this branding goes to such a limit that in India people feel that Christ was born in England. It's such a funny thing I tell you. So it doesn't make a difference to Me where I was born and what I was [UNCLEAR TEXT]. Everything was done deliberately. But I was born a Christian for a particular...reasons also. But that doesn't mean I am a Christian in the real sense of the world. That...what was Christ's religion? In the same way you have no religion. You are beyond religion. Gunateet, Dharmateet. That's just now...they described Christ. He is beyond Dharma. He is beyond religion. He is beyond Gunas. The roots, he is beyond it. So all these things to be done...understood. Because you are not here to profess something but you are here to be something. Professing is a profession. But to be is your right. It's what it should be. So if you have any questions I have no objection. Sensible question should be nice because that's how I know your problems.

Man: I'm just gonna tell you an experience of innocence in children. On Friday my own nephew who has never seen You before, You kissed him three times on the head. We are not gonna [UNCLEAR TEXT] him. He asked me, "Could he have some water to drink?" and my little niece who has not seen you. And I gave him to drink the water you energized. And he started to laugh. And I said, "What's funny?" and he said, "There's a stick in my stomach."

Next day I put on a tape of You on the radio so that my sister could hear it. He was watching TV in the lounge room. He came straight into the kitchen room where it is being played and said right way, "I think you should put on a candle."

Shri Mataji: Children know Me too well. You see these are realized soul like first time we had a boy from....Of course in India I can understand but in England we had a boy called Kevin and he had a very miserable childhood. And he came with his father. He was hardly about five-six years of age, you see. And he came you see like a roman he stood before Me like this and just came and stood, said, "Mother, I bow to you." And like that he went on and people couldn't understand and said, "What are you doing standing like this, sit down, sit down. Bow bow bow. Everybody!" He started hitting everybody on the head and then there was a....I have a staircase. I have a staircase to go up. He said there is no red carpet or anything. Let us spread it. He brought one small carpet and threw it on that and he said, "Mother now you come." And the way he was humble and everything you know, the whole thing worked. You see it was remarkable. They were surprised. Same he used to say, "What are you doing ? Where are you looking? Come, come, come along, see, see." I mean the way he was seeing the whole thing he is a great sahaja yogi we have got in London. There were many like that. There were some muslim little boys who are very good. And so many of them.

Like My own grandchildren are realized souls that in childhood when they were very small early in the morning they would be like puppies near My feet, you see. So, husband would say that, "What is this? In the morning time they are hugging on to your feet and..?" And so they would say, "We are sucking vibrations. We are sucking the cool breeze you see." He couldn't understand sucking the cool breeze and all that. But they are so sensitive. One day My maid put My saree on the ground. Immediately the younger one came and lifted it up. She put it there. Can't you see whose saree is this? My Grandma's, who knows you! Do you know who She is? What you're doing by putting it on the ground? All Gods will be angry with you. She picked it up and put it to her eyes. She said, "Now don't do it again. I am telling you." She was hardly three years. Hardly three years.

Woman: You recognized the child the other day who You said was born realized. What is the role of a parent of such a child who can also be very naughty and very difficult on occasions?

Shri Mataji: Yes they can be because, you see, you don't understand them so they play pranks and tricks on you, you see. So best thing is to get realized, bring them to the ashram here.

Woman: Yes.

Shri Mataji: And then they will start. You see they cannot manifest their realization so then they get naughty with the parents, you see. They really get naughty with the parents. They don't know what to do with them.

Like My own granddaughter eldest one she told me one day very seriously that you are after all the Goddess I know, Mother, Grandmother, but one thing is there. Can You do some mistakes in life? I said, "Why?" She said, "There is one thing I don't understand. Why didn't You give realization to my mother when she was born? Now she is very difficult for me." I said, "Really?" "Yes", she said, "Now she has become hard. It's difficult. But at childhood...in childhood You should have given realization. But I said, "You must ask." "Not for children. It's alright for a...older people that they should ask but for children You could have given her realization. It would have been much better for me. Now she is very hard." So on their side they cannot understand.

Now your infatuation with Indira Gandhi is over or not? You better go to India. I tell you. No no no no. I will tell you for Indira Gandhi you better go to India. Take a house there and stay with her. It's a good idea. What are you going to gain from Me? I have nothing to do with them.

Questioner: I just...I've asked You a number of question. And You've answered them very very well. But I have got two or three remaining ones. If I can ask You....

Shri Mataji : But the....

Questioner: Well if I can just read the question out? It's not an easy one.

Shri Mataji: Are you My examiner?

Questioner: No, No....

Shri Mataji: Then what?

Question: I am not a journalist. I am, I am just a

Shri Mataji: No no no. But what am I saying...why are you asking Me questions? In what relationship?

Question: I...I really would be happy to know the answer.

Shri Mataji: But why? But what right have you got to know the answers from Me? First of all let's see this point.

Man: Sure sure.

Shri Mataji: Alright?

Man: Yes I understand so.

Shri Mataji: See this it that the way you are taking the time. Then if it is something to do with sahaja yog I don't mind answering.

Man: Fine.

Shri Mataji: But you ask Me questions like Indira Gandhi. Like the other day we were taking a TV thing from... with Me. And one man who has taken the photograph of Jawaharlal Nehru about twenty five years back. I don't know how he was carrying lots of photograph with him. I don't know what he is. Suddenly he saw Me and came rushing to Me, stop stop, stop, stop. And I was busy with the TV person. I thought he must be something to do with the TV. I thought – see the one who's calling. So I stopped. He came he opened his bag. You see they are all preoccupied with their own things. Whatever it is. Why involve Me poor thing? See, and he opened it. And he said, "Now You must wait, You must wait." I thought he has something to do with this lady. See I didn't know he has done nothing. He said, "Just wait, just wait, I have to tell you very important, very important. I said, "Why Me?" He said, "No, no You only because You are an Indian." He took out a very old photograph of Jawahar Lal ji. And he said, "See this is the photograph, one of the photographs I have." So I asked this lady, "Is it your program? TV?" She said, "I have nothing to do with it." So I said, "Why is he asking Me?" And he took half an hour for that only. And this lady thought that I know him. So this is it. So you see what I am saying, you are here for realization. If you want to take realization you take it. But why do you want to ask Me questions which are irrelevant to this program? Alright? With relevance....If there is something relevant with it I don't mind. But there is no relevance. Is there anything relevant?

Man: There is one question. Just one.

Shri Mataji: Oh alright, Thanks. So we reduced out of three to one. I hope it is relevant.

Question: Fine, fine. You speak out against public display of embrace or kisses between the sexes. Yet I'd seen you spontaneously embrace females in Your own audience. Can you explain that as well. (gasping by people followed by laughter).

Shri Mataji : You see. That I must tell. No No. Embrace is very good. But you must embrace your own sex....is your women... You see in India if you tell anyone 'homosexuals' they don't understand. You see even Modi or anyone they are educated but we don't understand. You see this is your brains...have gone this far. For us we have no idea as to what is this between women and men, we don't understand, you see. Women...we always sleep with women, live together. We have no such problem. You see our brains are not so developed. (Laughter by crowd)

So we really don't understand. We are too...too stupid to understand that. You see and... I was surprised....we, we...not only that but supposing our Raul Bai has come in. She won't sleep with...in My bed because I am the Goddess or something but any woman sleeps with any woman and hundreds of them sleep together. We have no problem. But we will never take bath in the presence of each other.

You see embracing a child is a very important and loving a child is even more important. Alright but not an elder man than Me embracing just embracing. That's not done. Not done.

Man : Cuddling? Cuddling on the street?

Shri Mataji: Cuddling on the street is embarrassing you know. Cuddling on the streets and going to the divorce case later on.

Man: Yeah. Thank you very much.

Shri Mataji: Alright?

Man: Thank you.

Shri Mataji: So this is all absurd ideas. You will also get rid of them. This is some sort of wave that has come that you become homosexual and this and that. I mean still I do not understand, I am telling...I cannot understand it. You see, doesn't go into My brain. But even Modi said he doesn't understand.

And I asked [UNCLEAR TEXT] and he was quite shocked. He said, "What?"

Moreover they are shocked when you take baths together. They just can't understand how men can take baths together. They just can't understand. I mean you see we are so simple that I'll tell you that when My husband was First Secretary General there, I mean he used to embrace all of them and all of them do embrace even the Arabs and all the Eastern people embrace each other. But I told him, "Do you know this?" After three years. He said, "God, really! I didn't know." (Shri Mataji laughs) He said, "They used to be suddenly shocked. I didn't know why."

It's surprising I tell you, really how we are. Hey, do you brand everybody as homosexual? You mean every woman is homosexual or what?

Questioner: No no

Shri Mataji: No no no no no. But what do you do I mean when you say that? I mean I am just saying that if a woman holds anybody's hand do you condemn both of them as homosexuals or what? Is it? I mean I am just wanting to know?

(Multiple people reply in the background)

Shri Mataji: Huh? According to you every women is homosexual?

Woman: No no no no. Not according to me.

Shri Mataji: No No. According to the.....

Woman: According to public people.

Shri Mataji: Yes? Is it?

Woman: Yeah.

Shri Mataji: Every women is?

Woman: I think they do.

Shri Mataji: Really? Every women is according to you?

Crowd: No no no....

Woman: No no no. Not according to us.

Shri Mataji: No no. But according to public of Australia.

Crowd: No no...[Unclear]

Women: To a lot of extent. To a great extent. If I walk on the street and I hold a girls hand because I love her. Because she is my friend and I love her. Then people look at us and say, "Why are these women holding hand? They must have some relationship that is bad."

Shri Mataji: Naturally you are not going to hold your [UNCRLEAR TEXT/dogs] hand.

Man: Depends where you [UNCRLEAR TEXT]

Women: No it doesn't..no,no. Because I really like holding my girl friend's hands. I really like walking down...

Shri Mataji: I mean its natural.

Woman: Yeah, its natural.

Shri Mataji: And you feel better with a girl than a man. You know. (laughter by crowd)

Shri Mataji: Isn't it? A girl would like to hold a girl's hand and man should like to hold a man's hand. It's natural, absolutely.

Man : Not common here...

Shri Mataji: You see and we don't touch any man in India.

Woman: But in India everybody walks.....the men walk hand in hand. And the women walk hand in hand. And it's good.

Shri Mataji: Ah Huh? Yes. But you see there is something...a total understanding in their upbringing. I think it may be in our good conditioning that you see if a younger person...say for example you are much younger to Me or somebody much younger to Me...is like My brother-in-law or something. He can touch Me and I can touch him because he is like My brother. You see he is younger to Me. But a person who is older than Me I am not supposed to touch. Neither he will touch, never. Even as a Goddess he will not. He will touch My feet. That's all. They need not touch My body. It's done like that. It's accepted. We don't understand these things you know.

First thing I discovered in London, this thing, when we had a visitor, just came to correct the gas. Now imagine a person like Me so ignorant and my two servants. The elder one was 75 and another was about 31. Poor things they were busy with the man who came, the young man. And they were talking to him just like they would talk to any young man. That he is English. Let's go to London, we will go together and there will enjoy very much. And the older....the old man was as they tease in India. They... was teasing him like this...like that. See we do like this to younger people. And they are....they were very natural you see. And this man went and reported to the fellow. And they did they telephoned to Me, "You better tell Your servants to behave themselves. They are little funny type. They can't.... (Crowd laughs)

So I said, "What? [UNCLEAR TEXT] why will they do it?" I just couldn't understand, you see. So I asked the servants what happened. Nothing we were just joking with him and enjoying him and all that. So I did not understand and we had a sahaja yogi there. You see, that was Gregorie. (laughingly) Swiss fellow you see.

And I told him, "What is he saying I don't follow. What is his complaint? I don't understand. So his face went red you see.

He said, "Shut up, you. Don't give ideas. They don't understand these things.

I said, "What happened?"

Mother I can't tell You. I am sorry can't tell You.

I said, "What happened? What did these people do I must correct them."

"They did not do anything. It was the head of that fellow...was wrong". But I said what happened you tell Me. So he called my neighbor who was an English lady. And he told her what had happened. So she came, gave Me one hour lecture on this. She said, "You know in this country there are homosexuals." I said, "What is this? What did they do?" I mean I did not know and poor thing I broke her completely. You know as you are asking Me questions I asked her questions. So she told Me all this story about it. And she said told that, "You better tell Your servant that they should not touch any man who comes here." So I called both the servants and I tell them, "You should not touch any man who comes to see you. Because I was half based Myself. So they said, "Why are they women that we should not touch them?" Only women are not to be touched in India. But they are men. "Are they women?" I said, "They are in the dress of men, but they are women. So don't touch them." (Laughter by people) They did not know how to understand. They said, "Are they women that we should not touch them?" They couldn't understand this thing when I said they should not touch them. Are they women? They...Now just to explain, they are men to look at but they are women so don't touch them. They said, "How can we believe?" I said, "Alright don't believe it. But I am telling you not to touch them. That's all. So I cannot tell you anymore." They started wondering, "What's the matter with the lady?"

Women: Is there no homosexuality in India?

Shri Mataji: No I mean nobody is conscious of it. You see, may be some madcaps might be doing it. You see we have mad people also, we have lunatic asylums we have everything. But not to this extent. I mean I have never heard of these things before. I did not know.....

Man: Very rare, very rare...

Shri Mataji: Very rare, I mean, they don't understand these things you see. It's a very different upbringing altogether. Women will sit together. Men will sit together. There's nothing like that. We do not understand these things at all.

Man: I can't understand anything wrong with a man and woman holding hands or...

Shri Mataji: Yeah...

Man: ...walking down the street...Is this just perhaps a cultural difference?

Because I am sure there is.

Shri Mataji: You see... because... you see...you are being conditioned like that. You see that's why. It is conditioning. What is wrong? I mean you hold somebody's hand. Do you thing...hands are....Where is hand.....what will go wrong with you. I mean I just can't understand such a...I mean by touching somebody what is going to happen? See he is a man. You are a man. I mean I think...

Man: No he is asking, if a man and a women hold hands. What's wrong with that?

Shri Mataji: No. Of course a man and a woman is not....because if man is the...You see then there is no morality. What is it? If you hold any man's hand...See, Why should you hold? Only you should hold the hands of younger people where there is no question of sex or anything. Then anybody can hold anybody's hand. See there should be certain limits about things. You see, we do not hold anybody's hand in India, woman. Only with woman or with smaller people. You see we never hold hands like that but the girl...you see, if there's a woman walking, we will hold hands always. We'll never go separate. We will always walk with holding hands because it's easier if are crossing or something you know each other, you can tell, you can communicate. But you do not only communicate sex you know. This is the trouble. How can you communicate sex to a woman I still don't understand very... to be very frank with you. Now that's how some of our conditioning is...little conditioning.

Man: We've destroyed the quality of innocence because we are so scared about what people are going to say. You know if we touch somebody or something. We are so scared.

Shri Mataji: That's it. You see My child. This is the thing. Nothing wrong. I mean.

Man : We have such....Our culture is so down at the moment.

Shri Mataji: I mean...haa...that's the...that's it. You have said it. Really that is it. Even I mean if sometimes a man touches us we do not feel so startled. But normally we don't touch men who are older than us. And the men who do not touch girls who are younger than them. But very young girls they will. You see we'll be amazed how My husband, you have seen him, I mean, My daughter sleep with him in the same bed. And I sleep with My son-in-laws if they are there...we all. We never get sex ideas at all into our heads. It never goes. You see it never comes. I don't know from where this idea comes. When you are with your father you don't get ideas of sex.

Man: I think there are couple of good reasons for holding on to the...even if the... precisely...there are some rough people around.

Shri Mataji: Hmm...Then this is better.

Man : If you'll go to [UNCLEAR TEXT] two paces to that side in the wrong street you'll get something like that coming along and you know, whispering you know making a bastard. If you hold on to it, You are saying...

Shri Mataji: Yes that is there. Then there is no harm at all. You see that's why I am saying it's the protection. It is the protection. I mean that is the only idea that comes to to [UNCLEAR TEXT]. But then unnecessarily if you are holding onto My hand it doesn't look nice. It is indecent. But what I am saying is if for women when they are walking they always hold hands because it's a...they need all the time protection. They should know....in a group they go mostly. You see it's a very different attitude, I mean. I don't know. We'll take at least a hundred years to develop somewhere near but I don't know. It's something that is over developed. I think that's what is true. Is innocence is lost. That's why in innocence you see you don't feel all these things. I mean never comes to our head. Never. You see all time people are flirting. This man is flirting with that woman. All the time it's madness I tell you. Actually, don't you go mad with this? On the street you are flirting. You go out you are flirting. You are seeing something you are flirting. In group you are...Aree Baba, you will go mad I tell you, really. Seeing you I feel funny.

It's exhausting, I tell you. And why do you flirt? What is the joy? Because there is no joy in flirting at all. What is it? Just think about it. What is the joy? When you will be seeing somebody like this and seeing another one like a poster hanging in the air...walls you see. You must see very poster and go on like that. Just can't understand this madness.

She felt I am really exhausted. She brought something. No but it is true. Just... It's not logical. Isn't it?

Man: But there is joy. What is that called? Is it a burpiness? Is it weakness

Shri Mataji: I think it is...

Man: Because I do enjoy looking at all of them, yeah. This is the bonus, its lack of control...

Shri Mataji: I...You see what I found that when My western sahaja yogis, some of them they say it's a bhoot. I said, "How do you know?" They said, "We experimented with it." I said, "How?" One of them said, "You see..." One of them said that I was just standing and suddenly I felt I must look back. And then I looked back and there was a woman standing." So I said, "Really?" Then I said that, "It was that she had a bhoot in her and I had a bhoot and they had a nice talk to each other. So they enjoyed each other and like a fool we turned around both of us, looked at each other blank. And while they were enjoying. That's what they were saying. That we have experimented why this happens, you see. And the only way to get out of it is to put your eyes on the Mother Earth. Just Mother Earth. She takes away all these bhoots into Her. It's really horrible and that's why you get troubles. So many troubles you get. Of your attention see if.....imagine.....I mean it is unimaginable also. About say hundred years back if somebody had told Me that you have to all the time see like this...I mean its mad thing isn't it? I mean Your attention wobbling all the time. Just think of it, so logical. But the basics are missing. Like I was telling him that in India from childhood the parents will say, "Where is your attention? Chitta kutte? Where is your attention?" See that is never said here, "Where is our attention?" So you have to keep your mind on the attention. Where is it going? See so chitta nirodha is the basis of Indian life. And because you are brought up like that even if we do wrong we know it is wrong. It's bad. You see that attention is to be controlled is not here. Because of your ego orientation. What's wrong? Then wherever attention goes it gathers all the rubbishness. Like English came to all over the places. They tried loot them, they carried all the stuff with them. Now they are worried about their migration...immigration. Why did you go? Who asked you to go to other countries? It is like that. When you put your attention to something you get back all the rest. So the attention should be first of all stabilized. Now attention has to be respected. See our attention to be very very respected. Why should we put our (attention) to anyone.... I mean, it's not dignified. It looks so funny you know. Everybody looking at you like this, you know. Very embarrassing ...Feel very self conscious I mean. We don't understand what's wrong with you the way people are looking at you like that. (Shri Mataji laughs)

It seems...it is I tell you...It is funny. For people like us who are not used to this kind of thing. All Indian ladies said, "They...what are they doing?" I said, "They are flirting?" So they said, "What is that?" "That's the system." I said. What system is that? Said they are trying to enjoy, you see. But she said, "How can you enjoy? Whatever is your own you should enjoy. You enjoy your wife. What's the use of enjoying such people. You never enjoy." I said, "It is true. [In Hindi/ Whatever is yours thing]... Whatever is your thing you should enjoy, your thing. How can you enjoy somebody else's thing? I said, "They enjoy with their mental...mentally. And that's how our mind has become nothing but sex point. Just see where are we reduced to. Just think of it.

You are saints. That's why Christ has pointed out. And imagine Christian nations are doing most of all. We never knew of adulterous eyes. He is the one who said that thou shall not have adulterous eyes. So the Christians said, "Alright we will have them." They fixed them up properly. Whatever is said they do just the opposite. They [UNCLEAR TEXT/ordered] for it. To get adulterous eyes, isn't it? Same...just like in India...It is said that everybody has got the spirit. Now how can you have caste system in India? But they made caste. You see what they actually said is the aptitude of a person. If you are a person who is seeker is a Brahmin. If you are a warrior or you are seeking power then you are kshatriya. Like that they made aptitude...as a...your aptitude...you see born with aptitude. Here they made it according to your birth. How can that be? And they said it is written in the Gita. They have changed it. They have changed the Gita completely. Because the one who has written the Gita was himself, was an illegitimate child of a fisher woman. How can he say? The proof is that this. How can you say you are born a Brahmin? They have changed it? They said you are born. And if these are the Brahmins God save us. These are the devils. Calling themselves Brahmin. Most of the Brahmins in India are devils. Absolutely devils. Most of them. Don't say this to Indira Gandhi otherwise she is also a Brahmin you know. I mean all of.....

Man: [UNCLEAR TEXT/ English] people love her.

Shri Mataji: No no no no I am not saying they love her but I am saying that...I don't say all the Brahmins but so many Brahmins are...

Man: Sure...yeah.

Shri Mataji: I do not want to have anything to do with the politics alright. So keep me out.

Man: I understand.

Another man: Can we learn to clear our own chakras?

Shri Mataji: Huh?

Another Man: Can we learn to clear our own chakras?

Shri Mataji: Of course. That's the power you have. That is self-realization. You start realizing what is in you. You do...all of them are clearing out. That's a very good question. And you do. You can. That is what you are empowered to cure, your own chakras and chakras of others.

One Woman: How?

Second woman: Yeah. How?

Shri Mataji: Alright I will tell you...Modi tell how it is done. Sit sit ...Modi will tell you because I have never cleared my chakras, you know. Let us hear from him how he has done. You see some of these problems I have never had you see. So even to tell this is not easy.

(Shri Mataji speaks in Marathi)

Gradually you can learn. Slowly slowly you can pick up.

Mr. Modi: We covered some subject on this in the first lecture when I spoke to them first.

Shri Mataji: Is it so?

Mr. Modi: yes some of it was covered.

Shri Mataji: But...they were not...All of them were not...

You were not there, all of you.

Mr. Modi: Now how to clear the chakras...are the very important questions. And

Shri Mataji: (in Marathi)

Mr. Modi: I expressed it. I'll just narrate what I said earlier to those who were not present. So that we can catch up to that very well. When you meditate it is the inwardness of your attention. When you go into meditation I mean to say this is from the sahaja yoga point of view I have no controversy as far as I am concerned. So I imagine that you also have no controversy. Now when you meditate or we meditate in sahaja yoga our attention is inwards. Towards ourselves in kundalaini.

Shri Mataji: It is automatically there.

Mr. Modi: It is automatically thing. Nothing has to be done. It automatically happens everywhere.

Shri Mataji: Because the happening is there inside. Because the kundalini is working it out. That's why your attention is attracted. After realization you can go inside. You can see somewhere heaviness somewhere...you can even now feel it.

Mr. Modi: Second point I suggested earlier was to feel the kundalini. I said you put down your both the hands towards the photograph because Mataji was not there that time. Now Mataji is also here. All of you can put down your hands like that. You will feel that the cool breeze is coming. Now when the cool breeze is coming to you...even if your eyes are open by looking at your hands you will come to know that the cool breeze is coming in my hands, ok. But there are how many centers? One, two, three, four, five, six, seven and this one eight. As many centre are there. Now you identify on which chakras are you getting cool vibrations.

Shri Mataji: Put your hand straight, like this.

Mr. Modi: If you put your hands you will come know on which hands....

(Shri Mataji speaks in marathi)

Mr. Modi: You have to put both the hands. You have to see whether on left hand you are getting vibrations or on the right hand you are getting vibrations.

Shri Mataji: Or both the hands?

Mr. Modi: Or both the hands are getting cool vibrations?

Shri Mataji: Or which is more which is less? You see for yourself.

Mr. Modi: Alright

Mr. Modi: In which hand you are getting more vibrations? In which...I mean...hand you are getting less vibrations?

Woman: Does vibrations mean the same as..?

Shri Mataji: Cool breeze. Yes of course.

Mr. Modi: Cool breeze. I mean to say...

Shri Mataji: Not tingling or anything. No..

Mr. Modi: Now if somebody is getting any hot sensations then that means....

Shri Mataji: After sometime it will improve...

Mr. Modi: It will improve but that I will explain to you subsequently. Because that is another side to be explained little later on. So once you start feeling...now supposing on this chakra, that is on this finger if some of you are not getting vibrations as much as you are getting over here then there is something wrong with this particular chakra.

(Shri Mataji speaks in Marathi)

Mr. Modi: Ok. In order that you should have a balance in both the hands, what we do is a little exercise. It's a just....

(Shri Mataji speaks to Mr. Modi in Marathi)

Mr. Modi: Now supposing in one of the hands you are not getting cool vibrations I mean as much as in the another hand, the hand in which you are not getting enough vibrations should be drawn out of the window, towards the window.

(Shri Mataji speaks to Mr. Modi in Marathi)

Shri Mataji: He is confused.

Mr. Modi: No, no, I am not.

Shri Mataji: No, no you understand it, right? In Marathi it is different and in English it is different. So

Mr. Modi: You see in one hand, supposing in the left hand you are not getting vibrations

Shri Mataji: So you put towards the photograph.

Mr. Modi: That hand should be

Shri Mataji: You have to get more vibration.

Mr. Modi: Like that. Supposing the left hand you are getting....you are not getting enough vibrations, so you put left hand towards your Mother. Ok? If you are not getting the right hand enough vibrations...

Shri Mataji: Just now I am sitting so you put towards Me.

Mr. Modi: ..then you put the right hand. Which one....whichever hand you are not getting enough vibrations out of the two. The one which is carrying less vibrations you should put it towards the Mother.

Shri Mataji: Alright...This is correct.

Mr. Modi: Then...

Shri Mataji: Another one should be..

Mr. Modi: The another hand, you just either put it...since you are in the room you can either put it like that, up.

Shri Mataji: Straight...another one. Another one. At that like this not ...

Mr. Modi: So that it cannot be towards Mother. No no no. Not like that. It should be like that. That's it. So this way..

Shri Mataji: The one which is getting less should be towards the photograph. And the one which is getting more should be at the back.

(Women talking in the background)

Woman 1:[UNCLEAR TEXT] vibrations coming in.

Woman 2:[UNCLEAR TEXT] cool vibrations coming in.

Woman 3:there's wind coming in..

Mr. Modi: This is where ...This is exactly where you have got to develop your sensitivity.

Shri Mataji: Ah hmmm.

Woman: Yeah, yeah.

Mr. Modi: This is where you have to develop your.....No not that way, this way.

Man: You feel it...you feel the wind massaging your [UNCLEAR TEXT]. Then you can differentiate between external wind...

Mr. Modi: and what is coming from the vibrations....both you can differentiate.

Shri Mataji: Afterwards even if you are in the wind you will know, what is which you see. You just develop a little bit of sensitivity.

Mr. Modi: So this exercise for a while

Shri Mataji: Now there is no wind...much coming actually. Just close the door, let's see. It's better. So we used to put off all the air conditioners you see in the hall for the same reason. Just putclose it I think.

Woman: Very difficult Mother with people sitting [UNCLEAR TEXT]

Shri Mataji: Just, just close it.

Mr. Modi: [UNCLEAR TEXT] You come in.

Shri Mataji: It's alright you can wait outside for a while. Doesn't matter.

Mr.Modi: Some people who are, Mataji,..coming...

Shri Mataji: No [UNCLEAR TEXT] Come from this side. Come along from this side. They are all sahaja yogis. Aren't they? Yes, they can come from this side. Alright, they are all sahaja yogis. They have been with us. Poor sahaja yogis are thrown out and you are inside. They are very sensible. They understand. Yeah.

Mr. Modi: Now with this...

Shri Mataji: Now...now, are you feeling it?

Mr. Modi: You again put both the hands towards Mother.

Shri Mataji: Now see

Mr. Modi: Whether you are getting equal vibrations in both the hands. If you get equal vibrations then that is an ideal situation. Now you can see in which particular finger there is a either heaviness, tingling sensation or burning sensation or itching...

Shri Mataji: Or numbness.

Mr. Modi: Or numbness.

Shri Mataji: You have to develop the sensitivity. You see, just now because you are realized most of the time you will be feeling vibrations also. But then gradually the kundalini goes then and points it out you see. Then you start feeling...Now see. Where do you feel the heaviness? Yes that's it. If you are feeling there on these fingers that means the left side is weak.

Mr. Modi: Now supposing...now I will have to give you an...

Shri Mataji: It will clear out.

Mr. Modi:some examples at random you see. I will give you some examples at random.

Shri Mataji: If the whole of the hand is catching it's better to put another hand up like that. It clears out much more...faster. You put right up there. Yes. The left will clear out. Just like this. You see it's like a chimney going out. Now it's better?

Women: Yeah.

Shri Mataji: Put your hand like this. Like this...Like this...You see so the outlet is there. If both hands are towards Me then there's no outlet. So you put one hand towards Me and this is the outlet. See some people...now when one hand clears out much faster.

Man: The hand that catches we put towards You?

Shri Mataji: Yeah, the hand that catches and has less vibrations all that. Catches more put it towards Me.

Man : I always get numbness and tingling on the little finger.

Shri Mataji: And then....Have you been to some...He's been to some?

Man: Yes...This is Aneek's friend.

Shri Mataji: Huh?

Man: This is Aneek's friend. Aneek from Paris.

Shri Mataji: Ahhh....I know, I know. It's alright. That's an indication....Watch it [UNCLEAR TEXT]...Now once it is cleared out now you see your...

Man : Cool breeze..

Shri Mataji: Now there...

Man: Its gone.

Shri Mataji: Its gone...Now this one is? Where is it?

Man : That one?

Shri Mataji: Its alright.

Man: yes...

Shri Mataji: Now see...the...only in Sahasrara, this is the point where two are. Its very important too...that the right side goes to the left and left goes to the right. You see, mostly right hand catching means your ego is catching and the left side catching

Mr. Modi: May I explain?

Shri Mataji: Yes tell everything (To Mr. Modi). (To audience) is the superego catching. Alright? So he will explain to Me? [UNCLEAR TEXT] Now I think you sit more relaxed. I'll go inside. And he will tell you everything into details what is to be done. Alright? For a while. Why don't you come up from there... [UNCLEAR TEXT] I will look after the sahaja yogis. Now feel relaxed. You sit down. Relax. Move out a little. He will explain to you and you can discuss.

Mr. Modi: Put bandans over there and the heaviness can be removed. How the bandhans are to be put how the things can be removed. The heaviness can be removed? How the burning sensation can be removed? This you can learn practically after about another two minutes of my explanations to you. Like this all the seven chakras could be identified. And all the seven chakras can be cleared. Now I have to tell you only one thing which is about ego and super ego. How they cross? That is the only thing I will tell you. And then I would request the sahaja yogis who are staying over here to again stand by so that you can mix with the group. One sahaja yogi can answer two or three people over here.

Man: Mother would like to have the sahaja yogis.

Mr. Modi: All of them there?

Man: I think..

Another man: You can try[UNCLEAR TEXT/Phil]?

Mr. Modi: I think one or two of them.

Man: [UNCLEAR TEXT/Phil] just taped me on the shoulder and said sahaja..Mother would like sahaj...sahaja yogi..

Mr. Modi: OK

1981-0406, The innate nature of God

View [online](#).

6 April 1981

The Innate Nature Of God

Public Program

Royal Exhibition Building, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Public Programme, Second Talk. Melbourne (Australia), 6 April 1981.

Dr Warren talks about many things which are beyond me to understand. I can't help laughing why people get stuck up on them, I really don't know, because it is so obvious that God cannot be bought, you cannot pay for God, it is absolutely obvious for any intelligent man, it should be obvious. How much did you pay to become a human being from a monkey, what did we do, did we cut our tails or anything to become the monkey? We have become by the grace of God. What can we pay for the grace of God? It is very simple, you cannot, God doesn't understand money. It is human beings who have created money and all the things like economic woes and all the economic problems. God doesn't understand these economics you have made. He doesn't understand! This is all your own doing. Your own projection and complication and you are entangled into it. It is as simple as that. And when you see these people who live on other people's money, I call it OPM, are parasites. You won't live on other people's money, you, any one of you. So they do not have even a simple self respect. Not only that, but these parasites are cunning. It is so obvious, so very obvious, that we like to be fooled. The more cunning the befoolers, the better we are. I went to Calcutta once for a program and I had many programs, but one of them was in a very posh place as they call it, in a hotel they had the program. I said this hotel is an irrelevancy. These people will not be interested in Sahaja Yoga. They are too rich. All over the world very rich people will never understand, they want somebody who will take money from them, and they can show off their money. And we had a program and there were two halls. I told them take a very small one because I know them too well, and the bigger hall was occupied by another fellow who had some sort of a show on, stuff, and they were amazed that, except for two people, most of them who came inside went to his program and after eight days he was arrested in Poona for robbing people. But all of them went to his program and not to mine. When it was written articles about him and all those things and he looked so dishonest from his own photographs of, if you could see him, he was so dishonest to look at and people could not see that it was so simple to see that. See, so that shows you have lost every sensitivity to know what is plastic and what is real. It makes me laugh sometimes, when the other day in the aeroplane they were discussing these things and they were telling me most seriously how much he was tortured by another group and they took three thousand pounds just to get some horrible mantra which has no meaning and they worked very hard for days together and she broke his back and they broke every part of his bone in his backbone area, all sorts of things that he did and he became so nervous, a recluse, they even became frightened of a garlic, if they see a garlic, I mean after getting realisation you have to become a person who is absolutely powerful and in control of yourself but not aggressive and not to be such, become cowardly recluses and he told me all these things and I did not know what to do because it was such a description. They don't know whether to laugh or to cry really because this thing behind it is all hocus pocus absolutely hocus pocus, I mean this is absolutely absurd to say that you fly, see the light and all this nonsense, and on top of that there is the suffering of a person, a person who is a genuine seeker, a seeker, who is seeker. He is a man of god and he being tortured like this makes him so unhappy. I just don't know what to say about the whole thing, things that are happening. You have to wake up to your/self-esteem and know that you are created human beings for a special thing, and not to be vamoosed and cheated by these horrible fake people. One has to understand this and the innate nature of God to understand what will happen to you as realised souls, if you become abnormal and freaky then it is not that you have got your realisation, on the contrary a person who is realised becomes extremely normal, is the most normal person.

Apart from these things there are some diseases built within us which make us extremely stupid. Really built in I should say, because we have come from matter, we are gross, our origin has been gross, we came from matter and we grew up to see that there is something beyond the matter that is the spirit and we are the spirit, but we get dominated by this matter, we really get dominated by matter, all through in our ventures, for example, if you are sitting in a chair, and you can't make a chair out of some

matter, you cannot sit on the ground, you have formed the habit, the habit of matter, matter starts growing on you, you become such a slave, such a slave of matter that you cannot get over it, any matter that you start using, for example if you start using a bath, then you can't do without a bath, you use electricity which is a material form, if it fails everything goes out, you cannot do without it. So matter is all the time trying to overpower the spirit, but the beauty is, through your evolution, you evolve to a stage where you are human being and you start seeing that matter cannot dominate your spirit. This should be the self estimation, there should be the understanding that you are the spirit and not the matter. When you see this simple point then you understand that you cannot purchase God. Then also another point, that one understands that it is not the way, that materially you see, somebody say somebody you should but spiritually, if he does say something spiritual then you should accept for example seeing the light, if they say you see the light, to see the light I have to be away from the light, do you see the point? You have to be the light. So it is a very simple thing, if you understand it is commonsense, that if you have to be the light, then you have to be inside the light, part and parcel of the light. But to see the light you have to go further. Actually from this distance I can't see the light, if I really have to see the light I have to go much further to see this light. All these things that they are copying and telling you is such a camouflage and they have been very good at befooling you. It is impossible to convince people who want to be befooled. It is impossible. It is easy to befool them because they are anxious to be befooled. Alright, but those who want to really be alive, then they should get it, then their attitude is very different. Then they should like to go and see what these disciples have got, these people who have paid so much money, that they been with people for fifteen and twenty years, go and see them, what have they got? If they say, "alright, I am feeling very much better, and happy", you look at the face and know they are not. Supposing they say "I feel relaxed", so what? What is so great about feeling relaxed, so called relaxation, you can feel relaxed even in some company you might feel relaxed, so what? What is so great, is that something God's work? Just to relax you? Some people say "I feel better", this might be ego pampering. But what powers did you get yourself? If you become the spirit then you have to have powers of the spirit flowing through you, isn't it? It should be common thing, logical conclusion. 'What is the power, what have I got from that? They have taken all my purse, my money. thousands of pounds have gone to him, what did I get from him? "We should have an understanding, but this nobody asks because there is a big mafia in all these organisations, you are not supposed to ask questions, you are not supposed to talk. You are put in different compartments, there is a big secret going on, I you tell the vidya they just laugh, nobody knows the meaning of the words, are so stupid. Some of the words of the mantras mean this finger, some of the words mean scorpion, some of them mean the serpent, all kinds of things, and some of them means the silence.

In a ridiculous way these people have befooled you. I think it is a spite they have, or is it a spite of the satanic for the divine people who have come on this earth to seek God? It is that attack of these negative people who are trying to divide you completely, ruin your nature on this earth, you have to be aware of that. You are very vulnerable because you are saints, you are born vulnerable because you have no self esteem, you treat yourselves so cheaply. You do not judge what lions' den you are entering into and you can be so badly hurt, with all your sensitivity, with all that, you do not give a second to think that even if there are thousands of them going before I am going there I must find out what kind of a nonsense is going on. If you go there as an ordinary visitor, you will immediately find out that this is a fake and a false one, you have been warned in the bible there will be fakes and false people coming on this earth.

Now there are another type of people also, having covered the chakras later, we will learn how to avoid, who are bound by futuristic idea, as he said about Krishna, of giving very subtle forms of this. But we must see what it is doing, like Church of England, can you imagine, Church of English owns the whole of Soho. And the question was raised, "how can you own Soho, where all the prostitutes are earning their living?" And the answer came in that Christ looked after Mary Magdalene, who was a prostitute, you can see, and the people accepted this answer. Then the whole thing with the ritual starts, "come along here and sit down, and bring the child and we will baptise it." It's a joke, it's a very big joke. Baptism is a living process, it's a living happening. Did Christ baptise anyone himself? Did He put His hand on anybody's head and say "you are baptised by me"?

Ask the question, did He really? Then how are these people doing it? They are taking Christ in their hand as if they found him somewhere in the storm somewhere. What right have they got to say they are baptising?

It is a living force of God which resides within you and says, "I will appear before you like tongues of flames." Let them explain this quality. Let them say, "He is our Father who art in Heaven", what does that mean to you? For that you have to read Bible.

What was Christ? Who is Me? (...?) Why he came on this earth? Really, what was His purpose? There is nothing there. Just some few people who were not realised saw him and noted down, finished. How can that become such an authority for anyone who was an observer, that you are writing. It's very deep, it is because it is so narrow that it is extremely deep. You have to be right in it to see. For example, you are standing on a well which is very narrow, but just hardly you can see anything inside, you can just see something in the middle. To see the complete vision of that well you have to go in and see the narrower side, and that we are not able to do because Bible is the last word. Now I could say that any other persons would come and say, "now what is the authority of Bible, now what authority is there, if you say Christ is the authority of Bible." Take it like that, Christ never wrote Bible, He never wrote a word, so you are correct. Could be some journalist who wrote about Him, could be anything absurd. If they do say Gita, ask them "who wrote Gita?" Krishna never wrote Gita, never, did he write it? So what is the authority of it. Gita has no authority as such, how can you say it was written by Krishna? He had nothing to do with it. Anybody, supposing you' see me today and you write about me, you can write anything, anything you feel, like a journalist came just to sort of find fault with me. She was paid by some fake guru and she wrote that I chewed betel nut, which I have never eaten all my life I wish that I could because I think there are some people, but I never eat and she said she saw me eat betel nut and she never has.

If she had written bible about me it would have been very funny than that is not the authority either. Moreover they did not have tape recorders to tape anybody's lectures or anything, even the photographer was not there, that is today all these things are there, so what is the authority? This is the problem with us that we accept certain things as an authority because we think we can control people by this misappropriation of authority to ourselves.

There have been people who have said "I am the Christ". I said "alright" I said, "alright, walk on the water"(...) no chance because Christ could walk on the water because he was Omkara Himself. Omkara he can walk because he has no body as such he can walk on the water, (...) alright, "walk on the water", first step he can take on the water, the second he will go down. All such hocus pocus will be found out. if -somebody says "if you give me money I will make you fly", let him go off this leaning tower of Pisa what it is meant for, after all it must be used sometimes, and throw him down, see how far he goes with flight. Have a nice show for it. That how you can find out these people whether they have it or not. So this is how I find in this country, also is in a very bad state from these people who are here to spoil your chances of realisation. And it is very difficult to give realisation to people who have been to these people, have been initiated, have been really spoiled in their Kundalini. I have worked day in and day out to neutralise it, I have been working. For the interest in your Self can only come when you have such a thing that is very important and that is the you about Visshudhi.

The Visshudhi is the centre placed at the back of the backbone here which has given to human beings a speciality which separates him from animals, that he raises his head up. By raising his head upward he has been able to create a new dimension for himself. And this new dimension is a dimension by which he creates ego within himself. Before becoming a human being your brain was flat and all covered with the super ego. Animal like dogs, or you can say horses, they have the super ego. I hope you can see all of you before becoming a human being, and when you become human beings a locking system took place by which you started developing, or you can say a twisting system took place by which you started developing our action. For example an animal does not know how to make a chair out of wood, an action physically, at the most it might carry this chair you have made, put it there and let you sit on that. It can take the chair a man has made and sit on that, but he cannot make anything for himself. Maybe he can weave for himself a small little nest or something like that at the most. So you with your action can overpower the matter. You have been able to achieve great heights in overpowering all the five elements and by using them as power, for example, electricity, magnetism, sound, (everything?), ether. But animals when they come in contact with human beings they also can become conditioned as far as their understanding of relationship with human beings is concerned, but it is not that they could be made to act on to some matter, and this action, physical action has given a by-product which is called as ego.

This is the beginning. Then the second action is the thinking. The animals don't think of the future, he doesn't have any insurances. Animals are not bothered about-insurance, of what will happen to my great grandchildren when I die, what part of my house will be going to which children, he is not bothered about all these things and he does not-even have such a sense of possession as human beings has, so it happens that we start developing our ego when we start planning for the future, thinking

of the future, going into the future and also when we use our physical being to create something or any physical work or aggress something.

If any animal goes and attacks a cow or something, say a tiger, and brings it home for his family, he is not a cow, he is not egoistically like human beings are. Like human beings, if they earn about five hundred dollars they become very egoistical, they think they have earned such a lot of money and they have done so much that they have earned the right to dominate the wife and vice versa. But an animal doesn't think he has the right to dominate, for whatever he does is in the nature of his own personality, he doesn't do it as the idea that he has to do this and he is very important and he doesn't have this ego, so he does not even think that this is karmas and he has to pay for it and he has done something wrong and go to a Brahman and pay a lot of money "because I have done such a thing", these ideas do not come into the head of an animal because he is not into that dimension. A new dimension of karma which human beings are because of this situation, because of ego, if you feel you have done that the Mother will come, if you had no ego you would never have felt that. These two things are at this point and you should see very clearly (...) It should start from there and pull down from there, actually it should start from these two points, animals start developing

But you cannot put your attention inside, that's imposible. I cannot tell you just to put your attention inside, some happening has to take place within you. Supposing something is (...) false then your attention goes there isn't it? In the same way when your Kundalini awakening takes place, then your attention goes through that which is awakened there and you just start seeing the way, or, you can say, feeling the way, but it is such a quick thing, a split of a second, that sometimes you miss everything except that you see the cool breeze and start feeling it.

Sometimes you do start feeling it, and it's here, and here, and so many people feel that it has come up now, and its throbbing, now its alright, it has started. It depends on what sort of runway you have, if the runway is horrid, then you go on feeling all the bumps. Sometimes the runways are so badly spoiled that it takes months for the Kundalini to rise, but now I think in Sahaja Yoga we have developed such methods and techniques, such permuations and combinations, that now it is much easier to raise the Kundalini than it was, say, ten years back.

Then I had twenty disciples with whom I worked for two years to give them realisation. In London I had six disciples for four years working to give them realisation. There are now nearly a thousand in UK and in Sydney we have lots of them also. And in India also we have thousands.

And they just get it in a second, but it is a different thing now because it has evolved so well. But this happening is a living happening, this you can't jump, take off your clothes, stand on your head, wear some badges, wear some clothes, but you can't make the Kundalini rise unless you see the pulsation at the triangular bone, you can see the pulsation of the Kundalini, until you feel the pulsation of the Kundalini and see the pulsation, you can see the rising of the kundalini. You can see. You can also feel the cool breeze rising, you can also feel with a stethoscope the sound, lap lap lap lap coming up to here which Kabir has

very clearly said (...) coming up to the apex of your head.

Anahat is the thump of your heart, and that is how we feel the Kundalini and then it breaks through and then you feel it on your fingers, actually feel it, it is an actualisation of the experience. This is what the baptism is. When Warren has said that we have never had our real baptism, do not be angry with him. Because it is a fact, you have not got your realisation. Christ has said you have to be born again, you understand He has said it, so now they are saying we are born again, another form of self certification. First it was a baptism, now there is another thing started, we are born again. Now when they come and us, these people they change from one to another. How is it that Christ, that how is it that through Christ, who has said so, and you will see that only through Sahaja Yoga, ultimately you will pass through the gate of Christ only, to get to the Kingdom of God. It is a fact, what He said, and He never told lies. He told the complete truth, and nothing but the truth. But the way you interpret it, the way you understand it, is so narrowish, that you do not want to accept it.

This is the gate where our start, and this is the greatest thing we have done. Now this Visshudi chakra is the centre of Shri Krishna. If I say this is the centre of Shri Krishna you may start doubting me. You may doubt me also, it is not proper, with Indians because they know of this centre, they know where Shri Krishna resides. They know there are sixteen petals for this and they know he is called as the complete incarnation of the sixteen petals, all this they know, I do not have to bother with it. And the centre here of Christ is actually bit confusing because it is called as Mahavishnu. Not as Christ, but as Mahavishnu, and he is called as Bodha not as Buddha, but Bodha, it is a difference of language.

In one of my lectures on Christ, you will find out what is his origin, why He was called Jesus, why He was called Christ and what is the origin of these things, why He arrived, who was His mother and everything you will find out from that lecture. It is better that you go through that lecture and see for yourself. We have lots of these tapes already in Sydney and we can send it over to you and you can look at it from that angle because in this small little time I cannot elaborate talk about Krishna, and about Christ, but the only thing I have to tell you is there is a very great relationship between both of them, and Christ is the word that comes from the word, Chrinsa, and Chis in India is means for agriculture and Chrisna and Chisi also is the word for-agriculture and agriculture means the one where you sow, and they are the sowers of the seed. They are sowing the seed in the fields. So the sowing of the seed is done by Shri Krishna, and the Gita he is described is also another very interesting thing about Shri Krishna which they have very much confused. Krishna never wrote Gita, first of all, and it was never written by an absolute Brahmin or anything who was a born brahmin, it was written by the illegitimate child of a fisherman. How can he write, a man like that, that you are born as a Brahmin you have to be born as a Brahmin what he was meaning, then you have the aptitude for. it, that means you are a seeker of God, all the seekers of God are Brahmins and all the seekers of power are Shachtihis, and seekers of money are payshics, which means the attitude, but Hindus as usual have made like all others, have made a mess out of these, made a Mess out of all their philosophers. According to them if you are born a Brahmin, even if you are born the greatest crook in the world, you are a Brahmin. And even if you are a person who is a very highly evolved person, then if you are not born in a Brahmin family, then you are good for nothing. This caste system is such a horrible thing in India, it has no explanation at all in the scriptures because it is written that in everyone resides the spirit, the spirit is in everyone of you, how many have mastered it? You can have those aptitudes, but as usual, people have escapes for everything, on this point that everybody has the spirit within them. Gita has described it, that everyone has the spirit, but one has to know when he says that the spirit within them that every human being has the spirit within them, not the devils. Because Krishna himself has killed so many devils in his lifetime, because one of the powers is sobhandana, means to kill so many devil on this principle that there is spirit in everyone, why did he kill so many devils? The devils do not have spirit. There are devils, and devils and devils, for example say, Hitler if he comes to ask for a realisation, do you think he can get it and should get it? His greatest reward would be for all his lives to come.

Question from audience: how can you be sure he wasn't Shri Krishna casting out devils?

Shri Mataji: For that you must get your realisation. That's all, you see, when you reach Nirvikalpa then you become the absolute. For example I'll tell you, when you get your realisation, you get your vibrations, alright? And with these vibrations you can find out what is true and what is not true. For example we had some Brahmins at one of the programs I had first arranged, and I didn't know they had a big fight with the organisers and they said, "She is not a Brahmin, so how can she hold a program here", or something like that. And they were sitting in the front of the hall and I said, "who is Brahmin among you, who thinks he is a Brahmin, just come forward", so five or six of them came and sat, so I said to them, "put your hand like that" and they started shaking their hands, and they got frightened. I said, "why are you shaking", and they said, "because we are Brahmins, and You are the power." And I said, see to your neighbours, "are they also shaking?" And they said they be also shaking, they be also Brahmins. I said, "see now who are they", and they said they were some people who had come from an lunatic asylum. He said only two people there are shaking, I said "will you believe what you have seen, that when you thought you were Brahmins, you are mad too to believe such a thing". Now to believe that Hitler was also good, is a typical sign of escaping, to like horrible things, you see, just to have an idea that everything is fine, is the best place for jumping into the devils' hand. And that is what is happening to people, they never doubted anyone.

And I don't know where you people get these ideas about everybody's life, even Christ, he too a (...) in his hand and He was whipping them all. He was love and compassion, no doubt, but He did whip them, and He also said "don't throw pearls before the

swines", was true, His compassion had a special purpose which I will tell you just now, why He got himself crucified, which is a very important thing, but when we just say that everything is fine, everything is good, the reason is we do not want to face the reality. Because, maybe we cannot understand that there could be anything bad, but after realisation, you will discover that yourself there are problems, is something wrong, even in the best there are problems you have not seen and faced. Perhaps there are problems in you which you have not wanted to see in others but after realisation you get out of yourself. Like this sari I am wearing, if I am not identified with it, I see a spot I would like to clean, I will have to deal with, I see and I deal with it, I am not saying it is a good thing to have a spot, but supposing I am identified, I say, "oh, there's nothing wrong, absolutely normal". There are among these gurus, not one, but so many these days, that you have not at all any idea, if you had you would not have allowed.

Now whatever happens to us in our consciousness, is only limited to our human awareness, and whatever we see in our human awareness, like at the time Shri Krishna came, we got our human awareness, in that we got only two points, one is our super ego, which is our conditioning, and another is our ego, which we have achieved at a rate that we have done this, I am that, I am this, I like that, you like this. So we are only two things, either super ego, or ego. We wobble it. The third thing which should be in us, is our spirit in the heart. And for that the point is the central point by which we balance, between these two, the desire and the action. We've got a balancing in the centre, by understanding what is the best.

For example a person drinks a lot, he kills himself by drinking. He suddenly tells himself he knows it is bad, that his father killed himself by drinking, so he takes a life which is very much more in moderation. You start learning by so many experiences, right and wrong, how to keep in the centre, that's what you can learn with human awareness, if you can only learn how to keep in the centre. Now, you have to go beyond human awareness to be the awareness of the spirit, and when you become the awareness of the spirit, should become that you should ask for, when you become that the whole picture will be before you. Because you can feel it yourself, and understand what is right and what is wrong. On your vibratory awareness, which is a new dimension. Even children. Take ten children who are realised souls. If you ask them what is the matter with another person, then immediately they will raise the same finger and say this is the matter. If you ask the person "have you got a cold or bronchitis or something", and he will say, "yes". If this hand shows the whole left side, then it means he suffering from emotional trouble. You do not know anything about your chakras at all before realisation. One must accept what it is, that is nothing wrong, it is only your ego which stops now listen. Then once you get your realisation you start feeling your different centres, you start feeling it inside you and you start feeling the centres of others. Anyone who wants to know if Hitler was or not only has to ask the question and you can feel it, and can't even bear it, horrible vibrations you get from him.

Once some Sahaja Yogis were asking about some devilish people and got actual blisters, specially with this Hitler, actual blisters, they got, actual blisters. After realisation you get real actual self consciousness because you become the spirit within the heart. The spirit resides in the heart but this is the base of its' seat. There are seven seats in the head, and the seat of the spirit is here. when the Kundalini goes, it is just a small thread of Kundalini rises because there are lots of problems and a very small thread through the Brahma nadi in the very centre -most channel, rise and opens and when it opens the grace comes to you, and when the grace comes down you get completely relaxed, and it falls in either side of the ida and pingala nadi, the sympathetic nervous system manifesting our left and right sympathetic nervous system. By this you first feel relaxed, thoughtless, and when it is little bit established you start feeling the cool breeze, because your spirit has started manifesting, and you just feel a cool breeze, like a wind coming. First you may feel a bit tingling, giddy, heat, all that going round, sometimes people a little bit shake, also because the nerves are not properly built up, if they do not have the strength to bear it, then it sometimes happens that you shake, doesn't matter. It takes some time to work in some people, in some people it doesn't take time at all. It is the quality of the central path of your Sushumna that is important. if it is very simple, there is no problems, then the Kundalini takes no time She is anxiously waiting, She is your mother, She is the desire, the pure desire within you to become one with the spirit. Unless and until you achieve it, whatever you may try, you can do anything you like, you spoil your Sushumna, but you have to get it because otherwise your seeking will not cure, but you have to reach the place where you can say "I have found it." If you have not found the spirit, you will never be happy with anything sort of thing you do. Anything you do., Be kind to yourself. Be gracious to yourself and get your realisation. This is the simple thing as a Mother I would like to tell you.

There is nothing to be done except by getting your realisation. But if you are an adamant person, and if you are employed by some of the false gurus, like some of the poor people who come here who have been to false gurus, you cannot get realisation. I am sorry if you cannot get it, I cannot help you. But if you are coming here by yourself and you want to have it, if you do not have

the desire for it you will not get it, at any cost.

You are not being forced to do it, your freedom is completely respected. If your freedom is not respected, how are you going to enjoy it, the freedom of your spirit? So it is completely in your hands, be free and accept, whether you get realisation or not. Now this chakra of Visshudi is very important because there are sixteen sub plexes which are looked after, for example ear, nose, throat, all these things are looked after by this centre of Shri Krishna, and this centre has got two sides, one is the left, and one is the right, I have to talk about it because people in the West somehow suffer from the left visshudi, one of the main reasons is the heavy smoking, right is affected by the smoking, but later on it goes to the left also. But more important, you people have developed a theory, I don't know how, that you have to be guilty for everything. Maybe it is from your childhood, your mother said don't do this, don't do that, don't spoil the carpet, maybe your confessions in the churches, I don't know what to blame but it is a very good indulgence for people to sit down and think "oh I shouldent have done this I should not have done that", criticising yourself. This is also a very good escape of egoistical people. They are egoistical, they dominate others, then they sit down and weep on their left visshudi. This left visshudi is such a dangerous place, that it creates problems of the worst nature in human beings. For example, if you have any cancerous growth in you and if you have left visshudi, it is going to be difficult to cure. Because the escape of the Kundalini has to be through the visshudi chakra, and the escape of all these tensions of the cancer. And if you have this kind of a bad habit of sitting down and indulging into this kind of a nonsensical thing, like sitting down like Lord Byron and reading some tragedy and making some tragedy out of it, it is a drama! What is there to be tragic about? What is wrong with you? You are very rich people, you have everything, don't you very say count your blessings one by one? How many blessings have you got? You are specially blessed in this Australia, I think you are specially blessed. But you want to show that you are extremely miserable. The worst at this are the French I should say. "Mother you should

For when I went to France, they said, not say you are a happy person because they will think you are not sensitive", I said, "Really?", for the French are very sensitive people, to what? Not to holiness, not to purity, they are sensitive to God knows what. Ten feet you walk along the road and find a prostitute standing on the road, walk another ten feet find alcoholics lying in the street, are these sensitive people? Sensitive to their spirit? What are they sensitive to? Is this a very good thing that in the night you drink a lot, sleep with ten women and in the morning they feel guilty. Who asked them to go into this kind of a life and then sit down and cry and say "I feel so guilty, I have done so wrong and so forth." That is why I have to talk about this centre, is very important also because the centre of the sister of Shri Khrishna, which is so very important, of Shri Vishnumaya. The relationship between brother and sister is absolutely God given, in all relationships. For us Indians we do not have this problem, really we don't. I tried to explain it. The other day we had a very interesting talk, because two Indians have come with me, very great Sahaja Yogis they are, they said "Mother, why did you say that girl cannot hold the hand of a girl?" I said, "you won't understand." They said, "no, no, we would like to, does that mean to say we should close our girls' schools in India? I mean for a girl to hold the hand of a girl, it is much better." I said "this is rather difficult for you to understand." They said, "if a girl holds the hand of a man is that a holier relationship?" Is absurd. They think will it be holy to hold the hand of a man, it won't. They value the holy relationships. To this holy relationship is gone, it is the sole power of the brain. Like, if you go and see the zoo. If there is a wombat, it behaves like a wombat, if there is a monkey, it behaves like a monkey, if there is a tiger, it behaves like a tiger, but a human being if you put him in the zoo, you will see, he will eat up all the foods, he will cut down all the trees, he will go to all the depths of it, he will break his nose, he will lose his ears, he will spoil it all, he cannot sit quiet. You give him a tree, he will eat the fruits, he will have the bark inside himself, he will have the roots inside himself, he is so irresponsible, it is so horrid the way this brain is moving, all the time with this relationship, that relationship of all the types, he cannot sit quiet. You see when he is sitting for five minutes he thinks it is a jail, it is so boring, he must always be doing something important. And what is the important thing he does? Is to really ruin himself. He must go to a pub, he must go to a friend, he must go somewhere he will really ruin himself for his sense of holiness and all his sense of sanity. That's why we have no sense of sisterliness, the relationship of a sister. This is so much missing that to talk about it in England was impossible, because they said this is a Victorian or a Georgian or everything moves according to whatever moves that horrible England to the kings that worked so hard to ruin it.

The kings themselves were such horrible things, I don't know how they managed to stay. So you are branded a Georgian or a this or a that, whatever you say, they cannot see the integration of anything, after one second they say, this is absolutely Victorian, so I say alright, doesn't matter, what is good, I would like to know. They said to be Victorian everything has to be condemned, there has to be something good about it also? This is how the whole outlook of the people always trying to brand you, what about yourself? What brand are you to give to yourself? That's the point nobody wants to see. What brand am I? What is my brand? I am no brand. That's what you are. Sometimes I feel so many people the way they think they have no sense, like in the night like nocturnal animals they do that and that, and that is how they have broken themselves like mad, for what? For what? Be in the

centre. You must just wait for something to happen, you are. For what? You just have to wait, it is going to happen, this is your own, you are the people who are searching the soul, for which it is all created, the whole seed is there, you just have to get it, for why are you breaking everything that God has given you, it is such a beautiful being he has created, you are the most beautiful one, have you not seen when you go to the zoo all the animals are looking at you?

It is a better bet they are looking forward, what have you got to give to them, I don't know. But once you have your realisation you will know the meaning of your being, you will know what you are. This is what one has to establish. We have really done lots of wrongs to ourselves by not understanding really, self realisation. One must know that you are the diamonds, that you are the saints, that you have the rights to the kingdom of God, you are specially made for this purpose, like being the people who are, you have climbed up there, instead of that you are lost into your egos and super egos and frankly what you are doing is destroying all your chances of your ascent which is so easily to be done. It is such a living process which is going to work out, it is not going to harm you in any way it is for you only, it is all there, it is Sahaja, it is within you, it is spontaneous, and it is going to work out, only thing you must know you must not treat yourself so shabbily and with such hatred towards yourself. It is no good to have such a low opinion towards yourself. This is the left side, the right side of course is the people who talk big, the people who say, like politicians, who talk down people, when they speak they just dominate and by their speech they control you. This centre, right side people have who are hot tempered, who lose their tempers and frighten people with their tempers and say such horrible things and people are so frightened just to keep them quiet they manage somehow. This type of people have the right vissudhi and if they have the colds it is a balance come to them, and if they talk too much they have the problem of trying to speak and some people lose their voices if they talk too much because the balance comes into them.

Now the centre one is of Shri Krishna. Shri Krishna is the one who creates the witness in us, he is the one who refuted all kinds of formal ritualistic things in religion. But he didn't become a hippie, that's one thing one should understand, he didn't go to another extreme. You see when he said that all these junks and formal things that are there, he didn't say that you take to drugs and other nonsensical forms of things, he said that if you have to get over this, you have to see it as a drama, the whole thing is a joke going on, it is a drama with life, but for that you have to become, it is not a question of achieving it with rational thinking, you have to go beyond your mind to achieve it, and that going beyond is done by your Kundalini. Now that he did not do it does not mean he was there, he was very much there, like a painting you have first the background, then you have another colour, then you have another colour, then you have a third colour, now the fourth colour, and now the time has come for the whole picture to be there. Everybody has played his part, a very important part in our evolution, everyone is needed, among you may be many who is having trouble with his vissudhi, especially Hari Rama Hari Krishna people, they suffer mostly from throat cancer. Because they go against Shri Krishna, by taking his name so vainly on Oxford street, they would stand with those things they get in the market, then they attach it here, and go on dancing. Making mockery out of Shri Krishna. Apart from that they take the name of Shri Krishna unauthorised. Who has authorised them to take the name of Shri Krishna? They spoil this chakra completely because if you take the mantra this way you spoil the left visshudi really badly.

All those who have been given mantras have spoiled their left visshudi, because these mantras are not like one mantra to somebody. I mean, are we only one chakra, or part of a chakra? And that too like Tinga they say, and all these things, where are they within us? They ran short of the names I would say, so they started getting hold of any names, or they were sinister giving such horrible names to you. This left visshudi you catch so badly. Most people who took these mantras when they speak their lower jaw will be like this, they have difficulty to talk. They cannot talk properly. This is one of the things you will find they have pain in the left hand side at the back, this is the beginning of it. Anything mantra that has been given to you has to have logic. It is a big sign, it is not something nonsensical, you come here, I give you a card, finish. It is a big science, you see how many deities are there. You must know where the problem is, it is like the Kundalini is rising here, a very big power, and now that here is an obstruction, and you want to get rid of that obstruction, then you say again the password, and you go on again, but if the Kundalini has not started, what is the use of saying a mantra? What is the use of having a mantra? If the Kundalini is staying down there, and you are saying a mantra about a chakra and it would be something like this, "that I am frozen in England" and saying a password for a bridge here. This is absurd. Because you are so naive about it, our Indian women think they are so very westernised and sophisticated, they also are equally naive, they don't want to know anything about the scriptures, they are not half witted or anything, they do not know anything about Lord Krishna, the mantra has to be connected with your development in your Kundalini. Not only that, but it should relate to the movement in your Kundalini. It should be given by a person who is a realised soul. Jagrut, awakened. The mantra has to be awakened. And that you will find in Sahaja Yoga is such a simple thing.

For example, the Kundalini is stopping at this point, then what is the mantra for this point, Lord's prayer, or "I forgive", to make it shorter. That is the weapon Christ has given us of forgiveness, at this point, which stops your thinking. If any Dick, Tom and

Harry cannot do it, you have to have realisation for it, and then because the Kundalini has reached there, and is stopping there you have to say alright, this is Lord's Prayer, you say Lord's Prayer. what is the mantra over here? It is Allah Akbar, you put these fingers here, and say "Allah Akbar" three times, if you don't want to do sixteen. But you have to be a realised soul, or the one who says to do it has to be a realised soul. It is an authority from God, not some theological college. It is a mockery, do you get knowledge of God from a theological college? I mean you must enter the Kingdom of God to know what He is, what He is like, what is His whole vidya, His knowledge. You will find that His knowledge is very different from the knowledge you have. Have you ever known that this is the visshudhi chakra?

You have not known this before, it is not written. Some things had to be just told by Me also, because this was left for Me to be told. Now this chakra, the visshudhi chakra, gives you the witness that Lord Krishna has described that you become the (...?) I would like you also to listen to the tape on Shri Krishna which is very good, recently I spoke about him in a very detailed manner. You can have all these tapes brought down to Melbourne, and listen to them, but listening to them only is of no use if you start living again in a funny way. I do not want you to make a pickle out of me as you have pickled out others. Put it into practice. Because when I spoke in America they were all taping me down, and everybody said "Mother you should not allow them to tape because sitting there are writers and this and that and they will use your knowledge and spread the, and I said "what can I do?, after all the Kundalini I have to awaken and I said "let them do it, I will be very happy to sit down if they can do it, let them do it I would be very happy." Anybody who says why should it be you, I will be very happy to settle down, because I gain nothing, what do I gain? For anybody who is willing to do it, I will be very happy to retire, absolutely. Because by God's grace I am a married woman, very happily married, I have my own children, I have grand children, why should I bother my head, travelling around like this? Yesterday in Sydney, today here in Melbourne, then again to Sydney, then to India, why should I do this? For what? Only because I love, I know this is my mission, I know I have to do it, this is my job, but if anybody else can do it I will be very happy for them to do it.

Now when it comes to this awakening, and all that, it is the thing that happens to you, it is the thing that moves within you, and you have to feel the movement, it is not a blind game where you throw the money into the fountain and say "now I am going to enter into the marriage." You can do what you like. Somebody says jump, do this and so that. Nothing. Every bit is logical. First your Kundalini must arise, if it does not I cannot give you a certificate, nobody can give you a certificate, It is nothing like this. So in America when I went and they all had tape recorders, something bad has come out of it, it is called Born Again.

All these things have come from there, only from my lectures. Because I am told when the Christians, when they called me, thinking they'd be Christians in the churches they called me bonafide because I wasn't baptised according to them, so I should be baptised by these people so I would be alright, I was bonafide. They called me in the church, and they also collected a collection for me, very interesting. But best part of it, some of them caught up as they were, I say you have to be born again. Born again, so they have got a college called Born Again, finish. It is very difficult with these mad people, anything you tell them they make a cult out of. Anything you do they want to pickle, it is such a difficult thing. They don't want to take to reality, they want to keep their egos everywhere asserting by which they pluck out all that is living and make it dead, ugly and say "this is mine, this is mine." Absurd. But this is what happened to us. Now about Christ, I think they just listened to Christ, they said (...) they showed what Krishna has said in his lifetime, that the spirit doesn't die, it cannot be killed, it cannot be lowered, it has to rise, what ever, and it rises. Whatever you may try, it is eternal, that is what Christ has proved by His resurrection. But by His resurrection He has achieved a great, which the Jews cannot know and the Christians have not carried the message because they also do not know. But the greatest thing He has done, to our awareness is, that if you pass through that centre your karmas are sucked, your sins are forgiven.

This is the beauty He has created within us, by which our egos are sucked in, He sucks in our ego, He is the sucker of our ego. And all the Christian nations are the greatest ego orientated people. Very difficult to talk to them. First thing they will do is to box your nose. If not crucify you. They are extremely aggressive people, extremely aggressive and very ignorant. They are so naive, so naive, In India it is not so difficult to talk to them because they know what is knowledge. I mean they know what is Kundalini, they know. They know what is the rising of the Kundalini, they know who can do this, it is not difficult to talk to them, because the people are so naive, in spiritual life, and then they are so ego orientated, despite the fact that Christ is the one who is the sucker of your ego, He is the one who sucks your ego, so there is no karmas after realisation. You become the spirit, and spirit does not have any karma, it is a myth, it is sucked and this is what Christ has done for us.

So, when Christians, so called, came to India, they converted people in such a crude method by putting a loaf in a well which the poor Indians ate - they are naive as far as Christianity was concerned - and they said this was the meat of the cows and now you

are all finished, you are Christians, so the whole village became Christians. Like that they tried all dirty tricks on Indians and they all became Christians-and now Indian Christians are the worst of all, poor things, they think they are so condemned forever, now they can never be converted, they can never be realised, they cannot be resurrected, they are doomed people, who have eaten the cows' meat, not they, but their forefathers. It is such a wretched state. But if a realised soul had come they would have seen that this is what Christ was supposed to do, which is written in the Devi Mahatmayam, that He is the support of the universe.

But the narrow visions of Christians and the narrow visions of Hindus, and the narrow visions of Moslems have made such a mess, that the time has come to get the whole picture, the complete integration, of all these great incarnations, who are within you and to understand them in reality, what they are, and becoming yourself such a vital personality and a collective being Of Christ, I don't know, I must have spoken hours and hours, about Krishna I must have spoken hours. In England also we have got about 300 to 400 tapes on different subjects which you should get them and listen to them. But again do not make it a big (... ? for you, it is to be actualised, it has to be felt, it is to be practised within yourself. It is not for giving you any big knowledge. We have a book called Advent, which is written by a French Sahaja Yogi. It is a very beautiful book, but we do not sell it to people who are not realised. We do not, because it is very difficult for a person who is not realised to get the book, that is why they crucified Christ. That is why they tortured Mohammed. That is why they tortured all the saints, because they could not bear to the truth, their ego could not bear it. So we do not give those books to people who are not realised, if you are realised then you can order a copy, you can get the book, but otherwise not. I am sorry we have certain experiences, and we feel on these experiences that unless and until human beings are realised they are not going to value anything like that, they will value anything else but their mukta, and here you do not pay a single pai, so there is no binding force.

Like many people say, I say "why are you still doing these things", and they say "we have paid for it, so let us go through it", even if it is hell you go through it, that's the mentality. Now here there is nothing paid, there's on attachment, it is your freedom which is attached to you, if you are really a seeker you will go deep into it and have the blessings, have the beauty of that spirit which is within you, which you can have. The time has come, this was the time was promised, this was talked about in John's Revelations. Also in many of the Indian scriptures it is described. But the best is William Blake, who has described it very beautifully in his book called "Milton", even the place where I lived, was Surrey Hills, he has said, the first beacons will be lit in Surrey Hills, he has also said where our ashram is, that in the ruins of Lambeth Way, foundations will

(end of tape 1)

(...?) That now you want to go to my car. Now my car has shifted to London. Better go to London, that's what it is. One has to realise that when we talk of anyone like Christ or Moses or Abraham or Mohammad or anyone, we should know they are all related to each other. While we are identified with one or the other. Let us identify ourselves with all of them to understanding of Kundalini you'll be amazed, when the Kundalini rises, if somebody's a muslim he has to take the name of Nanaka otherwise Kundalini doesn't rise. All the fanatics have to give up their fanaticism before the Kundalini rises. And even if their Kundalini rises and gives them realisation then again sinks back into their fanatic (...?)

So all these things will only disappear, all these related things will disappear as soon as you find your absolute, that is your spirit. About the Spirit, I'm sorry I cannot talk in such a small time, but there's a very good tape on Sat-Chit-Anand, that is the spirit and it's best to listen to that because I would do no honour to your spirit if I just finish it in two minutes or three minutes like that.

It's a very wide subject and very beautiful. Most enjoyable to know about your own spirit, about yourself, that, truly you are not this body, not this mind, not this ego. Neither these conditionings and these old ideas you have, conceptions. You are what you are. Thank you very much. Now I'm going away to India on the 8th, and tomorrow there's a good programme in Sydney and 8th I'll be giving up and then I'll be in Europe a short time and going back to London. Maybe next year I'll be coming here.

I would request you that you must attend your collective programmes because the message of Sahaja Yoga is collectivity. If you take my photograph and meditate at home after some time you'll find you'll lose vibrations. You will not grow. You have to grow collectively. It's very important that all of you should grow together collectively. Collectiveness must be developed otherwise you must work it out, how it works on others and how it cures others and how you help others, is to be seen. Some people will be

coming from Melbourne, from Sydney to Melbourne, in the beginning still, who understand Sahaja Yoga and then they will go away. Of course there is no money, nothing involved as you see, we have started in a very small way. Now next time I come I'm sure Melbourne will be a (...) of very good Sahaja Yogis. Not doubting, but understanding, doubting doesn't give you much chance, you see, what is there to doubt, is nothing but your ego is doubting something. There's nothing to doubt, just come and see this is a new university to which you have entered, you don't have to pay anything - that's all. When you have to pay, do not doubt and ask questions, I know you'll go head long, but here you are free, you have freedom to doubt but do not pull it too fast because you will spoil your chances of realisation. May God bless you.

(applause)

QUESTIONS

Q: Why is Hatha Yoga an impediment to the heart chakra?

Shri Mataji: The Hatha Yoga that you do here is an apology for the real Hatha Yoga. Real Hatha Yoga was written by Patanjali thousands of years back for students who used to go to their gurus and they were picked up specially for self-realisation. All the children used to go to gurus in childhood from 5-25 years of age and they lived a very celibate life in those places. There was not question of their marrying each other even when today we see these gotras with the universities, we cannot marry. In the same gotra, supposing my gotra is a (...) I cannot marry any boy from the (...) gotra. None of my children can also marry the gotra of my husband so that purity is still maintained as brothers and sisters. You can imagine the celibacy, that all the students of the universities were brothers and sisters. These are the times when long time back they had this (...) where people used to have four stages of life. First was the Brahmacharya when celibacy was there. Second was the (Grahasta?) where they were married, then was the (Vanavastha?) where the husband - wife used to retire as grandparents in the forest and live with their children to give them love. And fourth one when they were Sanyasis - when one of them died they lived like just, like detached people - and helped everyone around.

Like that we had (Charturtvaisvath?). Now in this (Charturtvaisvath?) conditions you see the Patanjali was the great great master of realisation and the first thing that you have to do in Patanjali Yoga is (ashtung?). There are eight things, but simultaneously to be done. First thing is Ishwars, means establishment of God, means realisation. That's the first thing to be done that establish your God. Once you're established to your God then the Kundalini starts rising. Then supposing there's any problem on any centre, alright, then there is, there are other ways also of curing it. There are ashtunga and one of them is also a typical exercise for a particular chakra, if it is on the right side part of it we do use that but depending on what's the trouble. For example, I have a trouble in the throat and I try to do some exercise for the stomach, stomach will go out and the throat will remain as it is. It is like taking all the medicines in a medicine bottle without discrimination. That also is only (...) which is the 24th part of his eight ashtungas. Eight multiplied 24.

Now why have chakra catches, also can be understood that when you pay so much attention to it is the (... yoga?) means physical exercises, isn't it? Just to, which I don't know people do it to become slaves and things and all these things. But if your attention is so much in your body only, alone, you are not only your body, you are your body, you are the mind, you are ego, superego, of all the things you are your spirit. There's no attention on your Spirit! That's why heart gets a problem because you don't pay attention to your Spirit, but your body. If you divert your attention too much to your body the spirit is angry; that's why the modern Hatha Yoga (...?), not the real Hatha Yoga, but the so called modern Hatha Yoga, even today in India, in many places, they practise the real Hatha Yoga but there are very few places and everybody's not allowed to enter there. It's very (...?).

We do use, we do use Hatha Yoga. But we do not sort of use the way you people do. When the Kundalini rises we know where is the problem is and different asanas are given. To all of them. I teach them which is to be done for each chakra if it is pertaining to the chakra that catches.

Q: I've always been given the impression, through reading about spiritual things, that you have to be a very evolved person before you start anything around Kundalini, and that it's actually quite dangerous to arouse Kundalini before you're, you know, you're

cleaned up and gotten rid of your karmas and the whole business.

Shri Mataji: Very true, it's very difficult to raise the Kundalini, no doubt about it. Nobody should mess about. You have to be a very holy person to do it. Actually these people who have written books do not know a word about it. There's a one big book I read, when they said the Kundalini was in the stomach, I was astonished, I mean how can they write, he's a western man. So dishonest to write such a thing, that Kundalini's in the stomach. He doesn't know a word about it. See and how they write - God only knows from where they learn these things like that. And just to publish, just now, please, will you listen to this answer and listen to things first and tell it, because your mind is just on one question, please keep your mind to what I'm answering alright, now what happens that when the Kundalini rises She rises only under the authority of God, otherwise She does not. Because you are not in India, you will not know why I am raising the Kundalini, But Indians immediately know that what I am, there must be something about me, and they know who I am. Which I am very afraid to tell you. But they immediately know who I am. I don't have to tell them because it's already written, that only such a person can raise the Kundalini, so they know what it is. Because they have seen with their own eyes, the raising of the Kundalini. Alright, there's something special about me. That's how, alright now, what about this gentleman?

Q: If the highest and the lowest meet at the place of the Sahasrara, why do you associate Australia with Mooladhara chakra?

Shri Mataji: You see Mooladhara chakra is not the lowest, it is the holiest of holy. Is the highest. Is the first to be created. Is the greatest to be worshipped. Is first to be worshipped. If you ask an Indian he will know what it is to G..?) mooladhara chakra - if I have to declare to them that Australia mooladhara chakra they'll give up (Kashi?) and all these places and come down here (laughter). The mooladhara chakra is adorned by Ganesha who is purity, complete purity, he is innocence, he is the highest of highest, nobody can reach Ganesha, even Brahma, Vishnu, Mahesha cannot reach. Now he felt that, I respect you because you are born here. Oh, he must have thought, and you are so pure, that's why you are put there. You are the highest of highest, that's why you are put there and nothing can make you impure. You are like a lotus, born in the mud.

Q: Can you feel your Kundalini rising more than once, and can you feel the sensations?

Shri Mataji: The kundalini is like many ropes, or strings tied together, like a rope, you see, you can say and one rises, then the second one rises. You can, so many people feel it, very much. Hugo told me that, Mother I was near (..?), left vishuddhi because we had done this mantra business, and he was cooking in the kitchen and suddenly he felt a cool breeze and the cool movement of the Kundalini and the left vishuddhi and he said, "I know Mother you are working there." It's like that. (...?) it's always right, once it is awakened. So I did, but you can feel it also by certain things, you can, if you want to, I mean even (...?) has freedom to do what they like. The Californian Indians, also, what to do if they are (...?) or folly, how can you help them.

Q: Can India be in the land of dharma?

Shri Mataji: Are you Indian?

A: No, Australian, Mother.

Shri Mataji: If I say something will they get angry with me - Australians?

A: Yes they would.

Shri Mataji: Then you tell me what is there, discretion is better part of valour.

A: Discretion Mother.

Shri Mataji: India is, India is a, I know what is the next will come after that, that why there is such a problem. India is a spiritual country, no doubt about it. Because the accent is not on material developments but is on the control of the spirit, the control of

the attention. From the very childhood, the children are taught how to control the attention. "Where is your attention?", a mother will say. She will not say, "you spoiled the carpet", she will not say this, that's it, accent is not on the carpet. But, where is your attention? And still it's (basic?). So we can say, apart from that, this country has the Kundalini of the Universe. It is the Kundalini, and England is the Heart.

So I don't know which one is better, which one is less, everything is so important. But definitely, India is a Yoga Bhoomi, no doubt. But yours is Punya Bhoomi, I said, Punya means where people have earned lots of credits, credits, good credits from God, is a Punya Bhoomi, no doubt about it.

They have earned, their conscience is good, Australians have a good conscience. No doubt about it, it's a Punya Bhoomi.

Q:(Warren repeats question): There are people in Australia who play straight stock on Shambali consciousness. He's surprised you haven't mentioned it.

Shri Mataji: No, I don't know them, I've not met them. But maybe they are doing some sort of a supraconscious stuff. He says it is (Warren: invisible master). No, no, that invisible master is a joke, I tell you it's a big joke. You better be your own master. Because these invisible masters that I have been to some places in America, where they, having invisible masters and all that, they're all possessed, absolutely possessed people. None of them

you see, actually one should understand one simple thing, that none of the masters can possess you, can never, they give you complete freedom.. They do their job without possessing you, how can you get connected with them, unless and until you have got Kundalini awakening? You have to be awakened, otherwise how will you be connected, just sitting together like this, and this is all supraconscious activity which you can, listen to one of my lectures where I have described all these things very clearly. You see, it might have started from the seeking only, but while seeking, when they don't find it, they want to break their heads, that's what it is. All these things have started from seeking.

(Not big nonsense?) I do not think. I do not want to say even that people who are using sex for Kundalini awakening are also wrong, because I am a Mother, I want to excuse everyone. I said maybe that they might have seen Shri Ganesha sitting there, and his trunk they might have misunderstood as the Kundalini, might be, you see as a Mother I have to make excuses for my children. But, it's a big mistake, not to, a big mistake, but plunging into the nonsense - that is true. Proof of the pudding is in the eating. Anyone you meet who says I've got it, alright, tell me where is my chakra? Where are your chakras? Finished. Where is my Kundalini? Where is your Kundalini? He will tell you, Hugo can tell, Sahaja Yogis can tell. Any great realised soul will say that the Kundalini is there. This is, this is the way you should know. Does he tell you about the Kundalini? Where is the Kundalini? What is the chakra, and when did he say. Actual thing, if someone, supposing there's a doctor, then he should be able to diagnose. He says I'm a doctor of this university, doctor of that university, ultimately you find that he's not even a doctor.

Not ever a fisherman. So anybody says anything, you should not believe, but see for yourself - what realised. Unless and until you have got realisation, you cannot understand it. Now what is it?

Q: Do you want to keep the body in God or do you want to take mote incarnations?

(Warren: I think the language is very much styled by some of his reading, Mother)

Shri Mataji: I just don't understand, my child, you are reading too much; better stop it. One should not read so much that you go mad. Actually, really this is too much. That's why Kabir says when I was born, I read Kabir, he said (...?) means by reading too much, even the learned have become stupid. I said how can they become stupid? I could not understand. If you read too much you get so confused, you see. All of the (...?) are in your head, and you are lost. Now, don't be funny. Don't ask about Me. I'm not going to tell you anything about myself. I'll only tell you about you, alright! Better not, because I do not want to fall into any controversies, I do not want to be crucified this time! Alright. That's between you and me.

Q: Twenty years ago my father used to tell me that I was not to make myself (...) the first half an hour of this programme was

spent criticizing other people. I would have thought...

(Warren: He's a little upset at the fact that you're criticizing.)

Shri Mataji: Yes, it is necessary. Because I find that here people have suffered a lot. I have to tell about them.

You see when a Mother sees (...?) that children are doing and killed by other people She has to tell them. It is a very sad thing, I don't like it. I did not do it for years but I cannot help it now, to tell them. I find somebody like Hugo coming to me with all his backbone broken and monies lost, everything. I have to tell him. I should say "now go and garland the fellow and give all the money you have, also, and give away?" Should I? What should I do? Criticizing is only possible when you see you want to see that what is wrong. Like Christ, people said "now why do you criticize?" They do not criticize. He said the devil is not going to talk against his own home or house. It's true, they are not going to talk against, they are all friends! But they will all fight, you will see, and fall down. Do you know what harm they have done to people? Then you will not say I should not criticize. It takes courage to criticize them. Who will criticize? Will you?

A: (...?)

Shri Mataji: Why not?

A: I'm not going to say anything.

Shri Mataji: Will you, will you not criticize, if you find your own child being hurt and bothered by someone?

(Warren: it's a pointless discussion, Mother)

Shri Mataji: You are pointless really, Useless. If you are such a compassionate person do something good.

A: Yes, Mother.

Next Question: Did you explain about karma, about letting go of karma? What happens then?

Shri Mataji: You see, I was saying that you let it go mentally, or rationally. You see, it happens to you. Your karma gets sucked in by the ego, this chakra is that of Christ, alright and this chakra, when it is opened, He sucks your karmas. Ego is sucked in, is absorbed. And it is neutralised. This is what Christ has done, which nobody has been able to say, (...?) he absorbs it, we say that he died for our sins, (... means what? Still you say, "we are sinners." Now he died for, (...?) "we should suffer",. why should you suffer? You are saints! Why should you suffer? And if anybody tries any (?) at you, or makes you suffer, I will not allow. They had a very bad time before, no more. They better not try these tricks, I'll flog them openly, and expose them, all of them, one by one. Whether you like it or not. I have to protect my children.

Q: I've heard said that Kundalini's the power of the imagination. What truth is in that?

Shri Mataji: You will see for yourself. It is not. You see this is the trouble, everybody starts talking about God, about Kundalini, everybody has a right, whether you have authority or not. Who's going to ask you? These are like villagers coming to the city, touching somewhere in the plugs and saying that electricity gives you a shock. They are so naive and so stupid and lwnely people. Then they all start talking like this. I'm telling 1 you the truth, you can see for yourself. Don't believe these people. what good

have they done? You see, anybody who says anything, ask "what good have you done?" Why do you talk? Finished. How many people you have given realisation. But you will start giving realisation to others once your Kundalini is awakened. The proof of the pudding is in eating. It is easy to talk.

A: Well actually, I read it in a pretty reputable book.

(Warren: what was the book?)

A: In search of the miraculous.

(Warren: the miraculous, who said it's - does it give vibrations this book, that's what you have to check)

Shri Mataji: So many reputable people, you'll find them very soon, are absolutely horrible people. You'll find them.
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First you get your realisation. Can you tell where is this Kundalini? Finished. Sahaja Yoga doesn't deal with all these-dramas. You have to tell me where is the Kundalini of another person? You have to raise the Kundalini. You should be able to give baptism. You have to see that the cool breeze comes out. That's what Sahaja Yoga is. You might brand yourself, anything. So what? You might brand yourself as Shri Krishna, what to do? You can, you see this is all imagination. This is what imagination is.

(Warren: not books, not books)

Shri Mataji: You see, Sydney people never ask so many questions and they got realisation - about five hundred of them. Melbourne are more asking questions and less people getting. And this is all imagination, just think of it. Who would like to be in such imaginary powers?

(Warren: just finish your question)

Shri Mataji: But there is no question, you see people have questions ...

A: No, I don't have a question, I just want to say that...

Shri Mataji: Question has no meaning, you must get your realisation.

Q: Didn't Lord Chaitanya in the 16th century propagate the chanting of Hare Krishna in India? Wasn't he a very great person? Some say he was an incarnation of Krishna himself.

Shri Mataji: You see Lord Chaitanya (...?) 16th, in the 16th. This, the one who started was this Hare Krishna fellow. I need not say, but you see his ways only. Now he's no more, thank God. But you see his ways. How does he look like? You always used to say he carried who was the jockey. His face was so (...?), Did he look like a happy man, by any chance? What makes you think like this, that by chanting God's name you will reach God? On the contrary you'll be arrested. I'll tell you a simple thing. For example, if you have to chant God's name, this is, say the prime ministers name, I don't know who's the prime minister. You go near his house and start chanting his name. They'll all arrest you. What right have you got to chant his name they will ask you? As simple as that. Lord Chaitanya was there, it's alright (...?) this gentleman was saying, actually he is not Lord Chaitanya, so you better (...?) confuse him with that. It's like any saying (...?) "I'm Christ" (...?) is like that, is not to be considered here but what I would say that is simple thing, use your logic.* If you want to take somebody's name you should be at least connected to that person. Supposing there's a telephone and is not connected you go on ringing a person, Shri Krishna, Shri Krishna will you reach there? You have to be connected.

It spoils your throat completely, you will see that it's an antidote of smoking, you take it from me is a nervousness in the throat, you see, and some people find an expression for the (...?), it is just an imaginary thing, there is nothing like enjoying something in the imaginations. Take the reality into your hands what Krishna has said, that you are to become the (...?) You have to know it

means you have to become realised souls. Even in baptism he said you have to be (ananyabakti?) Now (...) means you are realised when you are not the other, when you are realised then you do the bhakti, he also said the same thing.

Q: But didn't He also say that to realise him you have to have devotion towards him, to realise him you have to worship him?

Shri Mataji: And did I say that you should not have devotion? You should have devotion from your heart but not this imaginary thing, "I'm in love with Krishna and the river Ganges and I'm the Yamuna river" or "I'm feeling the picture", all this nonsense, and then "I'm walking and Krishna breaks (...?)", all this imaginary thing you should not do. Just you must have devotion not only for Krishna but, for all these people. Hare Krishna movement, do they tell you what Christ did, did they tell you what Mohammed has done, (why did they cancelled all other?) Enjoyment is not the (...) you must get the joy, not enjoy.

A: NO, but is like, is not even a reward is, just that I am saying that ... truly, I find joy, I don't chant like a (..) "Hare Krishna, Hare Krishna"

Shri Mataji: Why don't you do it, you should if you belong to that cult you should, you should wear that horrible sari which is called (... ?) and dance with that, that's what you should do like all other sadus, if you don't do it you're a sensible woman but still you have to get your realisation.

A: Yes but you see,

Shri Mataji: If you are satisfied with what you are I have nothing to force you, I also cannot promise you realisation my child that is one thing I have to tell you very humbly.

A: I agree with you Mataji that we should look at all the great teachers, I'm not closed off, I read all the great teachers.

Shri Mataji: That you do, but it's all on the mental level I'm saying you have to go beyond, you have to become.

Q: In this age is it possible to get realisation from any other than you or your devotees?

Shri Mataji: Of course, you also can give realisation once you are realised, of course, that's what it is and that is what William Blake has written very clearly. About him, he has said that men of God will become prophets and these prophets will have the capacity to make others prophets. This is what it is. You can do it. They, you see, you don't know in Australia, just a minute, just a minute, In Australia I didn't come before. He and his friend, Terence, were there in India, and they are half-baked because I live in the villages you see, I have most of my disciples in the villages-because the city people, the city people (...) they all want to try this show and circus, so I go to villages, I mean in the villages we don't even have (...) or anything. (...) with the whole show that they wanted to run away you see, but I said "No, no, no, stay back, stay back", somehow or other, (...) they got their realisation, very difficult, this one (...) He didn't listen to anyone. Jai Rama, Jai Krishna, everything he has done, he's gone through every sort of a myth and then he got his realisation and then he gave realisation to two hundred people these two, so you can do it also.

Q: Yes, alright, I agree with that, but it can only come from you or your disciples, or can it come from people other than Sahaja Yogis?

Shri Mataji: Could be

(Warren: there are great realised souls) Shri Mataji: Yes, there are one or two of them, four or five I should say who I know. One of them is ... ?) and I said "Why don't you give realisation to them?" You see these gurus are not so simple like your Mother. He's very difficult personality. One day he told me "if anyone troubles you you had better send him over to me, I'm not going to give realisation to anyone. I gave to one and he turned out to be nothing." I didn't know he was such a difficult thing, one day this gentleman was just troubling me for nothing at all, "Why do you want to give realisation to all of them, they don't deserve it", and all that sort of thing. Always they used to ask me. Questions and trouble me.

I said, "(Gotal1) (Maharaja?) calling you" and this man doesn't receive anyone normally, you see, so he was very happy, "Oh he's such a holy man, that (Maharaji?) calling me." Really I don't know again whether to laugh or to cry, the way things happen. After some time he came in such a horrible state, poor thing, his legs were tied up here, and he was dangling them, two people were carrying them. "What happened?", really tears came into my eyes, "What has happened? What has he done out of him." So he came in and said "Mother do anything, but don't send me to (Maharaji?)."

And what did he do? He said, "you don't know, he's very cruel." I said "What did you do?" He said that, "you see, I just told him." I said, "You talk against me?" "Yes, I said, "Mother gives realisation to everyone, everyday, Tom Harry. She doesn't (... ?) anyone and this and that. I said, That's all! Yes, and a little more I said something against you I know", But what did you do, you see you said you did not do (... ?) They had broken his legs and hands so he goes about on a tiger and he said his tiger came in the night and threw me into a (... ?) and I was lying there for three days with the broken legs, nobody bothered about me. For he dropped some rotis, that's a kind of bread we eat in India, that you eat now, lie down there. I was just there in all filth and everything. I was lying there for again three days, he was giving me rotis from there and then of the seventh day he sent some people to carry me out. And he said, "Now you go to that Mataji with your legs round your neck, dangling, and she is the one who is going to fix you up and now don't say a word against her."

That's what they are. Another doctor who was troubling me a lot, so I said "why don't you (...?)", this was before this thing happened, you know. So the doctor came. absolutely, in a very run down condition, I said "what happened, he said "that Maharaji asked me to clean a Shiva temple. He said its very nice you'll enjoy it very much. You are cleaning Shiva - this is a very great temple of Shiva, clean it. And everyday I used to walk three miles up the hill, clean the Shiva temple with water, buckets used to carry, and then come back, carry buckets and all that." In one month he became a very thin fellow, just like as if he has been climbing Himalayas. So I asked "why did you do like this? He said "donkeys must be given donkeys' job." Another (Maharaj?), he's a great person, I know of in (...?) I asked him, I said "why don't you go to America." He ran away. In three days he ran away, he said, "they are useless people, why are you giving them realisation? They are good for nothing! They are useless people, they don't deserve it. Let them hang themselves!"

And one of the disciples who were in America had given him realisation. He was an Indian, and he started earning money out of Sahaja Yoga. I did not know. When he came to Bombay, people found out from his vibrations that he was very hot, so I asked him "what do you do?" and he showed me the brochure! It was written: "for ordinary vibrations \$200, and for special ones \$500". I was shocked, I said "how can you do it?" He said "now I have to run a hotel for them", and I said "you run a hotel or do whatever you like, in the name of God you cannot run a hotel like (...?), you have to run it for your own sake. It's alright. And you don't pay for their stay, but you cannot make money out of it. You cannot. I know. You can do some other work, what you were doing (...?)" I was teaching." I said, "now you should teach. You cannot go into enterprises like this in the name of God. (...?) to pay for vibrations. How much did you pay for your realisation? That you are charging?" He got very angry with me. He said, "you must have money otherwise what will you do", and this and that. I said, "see, you can do any business you like on your own but you cannot do it in the name of God and nor organisation like this is going to be raised in the name of God. And I will not have it. I really tell you, forbid it (...?)" I was very strict. Got very angry. Till (...?) Maharaj took it. And then he came back about a month or so. He said, "I had a very bad time in this Maharaj". I said "what happened?" "I don't know how he came to know that I have been to you. But I went to his place, I went into the gate and he started throwing stones at me. And I got hurt very badly, so I ran away to the station. Then he said to one man there saying that ah, how dare you come to see me when you have insulted Mother. And you wretched fellow" and all sorts of things.

So then, poor man, he said, "for that I'm sorry, but I must see Maharaj" and all that. The third day he allowed him to see and then he said that you go and tell Mother that I will come and pay my respects. (...?) and he sent a very nice tape with all the Sanskrit music that he knew with him. When this fellow came back he telephoned to me, he said "Mother, please forgive me, this has happened." (...?) and he said this thing, He said it on the telephone "I want to meet You." But you'll be surprised he's tried and tried. He went to America, came to London, he never met me. This is what happened.

You see, I can understand your questioning is alright, but I can tell you, I asked a gentleman this morning, that before 3000, paid

3000 pounds do you find out why you are paying or did you ask any questions - said nothing. "I just paid." Before these gurus you don't ask any questions. Just go headlong before. It's only with Mother, you take liberties, go on this way or that way. For example, this lady who is Hare Krishna, did she ask any questions to her guru?

A: Yes I did Mother.

Shri Mataji: Nothing,

A: No, I asked many questions,

Shri Mataji: That's it. What I'm trying to tell you, that when you have freedom, use it for your good. Use it for your good. No. None of them has said that you should have your realisation, did they say? On the contrary, they said "perform your (...?) here (...?) your money. We have to run an organisation. We have to run this." Did they say that "I'll give you realisation"? Any one of them? And when I say I'm giving you realisation, you want to ask me questions. What does that suggest? What does that suggest, that you have no self estimation Simple thing. If you knew that you are (...?) with it: You'll get it. Now you don't ask me any questions, because your questions is pointless. Are you sent by somebody here?

A: I'm very pleased to see you.

Shri Mataji: Ah.

A: I said I'm pleased to see you.

Shri Mataji: Then why do you ask questions, now disturbing everyone. If you really love me, then sit down now and have your realisation. Be a nice boy. Come along. It's too much.

A: What is?

There's a real difference between and awareness that's free.

(Warren: words words words)

Shri Mataji: Now you see, disturbed us now, he's going out. Now how many of you want to.... I do not want to answer the questions of the people who are just here to ask questions. Don't want to. All those who are asking questions are going to go away. I know that.

1981-0407, Shri Gruha Lakshmi Puja: Marriage is very important in Sahaja Yoga

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7 April 1981

Marriage Is Very Important In Sahaja Yoga

Lakshmi Puja

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft | Translation (Marathi to English) - Reviewed

Shri Gruha Lakshmi Puja, Sydney (Australia), 7 April 1981

Today is the anniversary day of the wedding, and I have allowed them to celebrate it because marriage is very important in Sahaja Yoga. It is one of the most important things for Sahaja Yoga, that one should get married.

Firstly, marriage always gives you a balance of understanding, if you have proper ideas about marriage. If you have funny ideas, and if you are just marrying for fun's sake and you do not understand the value of marriage, then it is just a joke, it's not a marriage. But in Sahaja Yoga you really understand the value of marriage first of all, what it means. And then, luckily today we are going to have some Sahaja Yoga weddings, in which you will see how we try to conform to the divine laws of marriage, and get married under those laws.

Here I find, in Australia, as well as in other countries, that marriage has lost its sanctity. People don't understand that by doing sin against the marriage they are committing such great sins that many generations will have to suffer for this kind of a thing.

One has to understand that fidelity is the basis of marriage. If there is no fidelity marriage has no meaning. If you are not capable of being fidel (sic), that means you are not yet a human being. A human being has to be a fidel animal.

In marriage we confirm that the problem is over now, we have finished with the choices we had, and now we are going to settle down with one person. And the sharing of life, in even absolutely private life, is with one person. So you have to be very much harmonised with that person and in complete understanding, and loyalties to each other one has to have.

Now the marriage is for the reproduction of the species as they say. Now as you are another species, you are Sahaja Yogis – it's a new awareness – marriages between you will bring forth children of very high calibre. There are great saints who are anxious to get birth on this Earth, and if they find good Sahaja Yogi husband and wife, who love each other, are good progressive people in Sahaja Yoga, who are dedicated to Sahaja Yoga, they would be definitely descending on this Earth through you. So it is very important, and imminent at this time, that one should understand the value of the marriage of Sahaja Yoga.

So many marriages have taken place before also, but what is the validity or what is the credibility of those marriages when the person who marries them in the name of God is not a Realised-soul? He has to be a Realised-soul to marry them. He has no authority to marry in the name of God. Alright, registration is a different thing altogether because they do not marry in the name of God, they marry in the name of a nation. But if you have to marry in the name of God you must have a Realised-soul to do that. And one should understand every bit of the marriage that is performed: what you are doing, why you are doing. There are certain promises that are to be given.

We have taken this marriage system from the old Vedic system, also changed it very much according to the Sahaja Yoga, where we have been trying to use also certain ceremonies which are done in the churches and other religions. But mainly it is based on the Kundalini.

So the promise is to the fire. In this marriage the promise is to the fire because fire is the one that burns off all that is ugly. And Kundalini is also like a fire on one point, because that's the only energy that rises above. So, like the fire goes upward, the

Kundalini also rises upwards. That's why it is compared with the fire. But fire is the energy which is in the stomach, which is the dharma, which is the religion. And the religion of the Sahaja Yogis is to keep in the centre, not to go to extremes. And when they get married, by their understanding of Sahaja Yoga they pull each other towards the centre much more, and enjoy themselves: the present, the present moment, and the present as it is.

Sahaja Yoga marriages can be really fantastic if the Sahaja Yogis who marry are sensible, are equally balanced, or are not criticising each other, not taking an upper hand. It is possible for one Sahaja Yogi to marry another one, to gradually upgrade that Sahaja Yogi. It is possible also to degrade. If another Sahaja Yogi is more powerful or negative so much that it can degrade also another person. It depends on your quality to be upgraded or degraded.

So marriage is a very big blessing in Sahaja Yoga because all the Gods and all the angels are watching these marriages and they will see to it that these marriages are successful.

But if you are bent upon making them unsuccessful because you still have the same kind of an awareness which you had before and you want to go to the same it can fail also. Like animals, you see: if you live with the animals even human beings can become like animals.

So the Sahaja Yogis must know that their awareness is changed. They are different people. They have to live with Sahaja Yogis and not with other human beings who are not yet Realised. They can talk to them, but they must know that the Sahaja Yogis are at a very different level of awareness. If they realise this point, if they understand this simple point that their awareness is very different, they would adjust much better in married life.

There's no divorce in Sahaja Yoga. We do not think of a divorce but there's nothing forced. I mean, if they fail to live together it's a shame but, so far we have had no divorces. But as the people are coming from every sort of culture and things, there is a possibility that people may like to divorce legally. But in Sahaja Yoga there is nothing like divorce. But there's no force on anyone. And one must try to understand marriage, that it is for your enjoyment. If you cannot enjoy the marriage then it is of no use to you.

In Sahaja Yoga it is to be ensured that people enjoy their marriages, and live very well, happily, with each other. It is a responsibility of all the people in Sahaja Yoga. But, say in My case, own case, My husband was not a Realised-soul, nor did he understand realisation, nor was he a seeker.

(A child comes: It would like to come to Me for sitting in My lap throughout!)

And despite all that, you see, I didn't get upset or anything, I didn't push him. I didn't push anyone. I said, "Gradually he will be able to see it through."

So even if the person, another person is not a Realised-soul one can manage it very well, and can live very happily. But in case you get both the people Realised then it's a much better thing and should be enjoyed. But the interest should be in Sahaja Yoga. If you have other interests then there could be problems because a Sahaja Yogi would not tolerate his wife or a Sahaja Yogini would not tolerate her husband to waste his energy on nonsensical things. And a new sort of a conflict will start between Sahaja Yoga and the Sahaja Yogis and Sahaja Yoginis.

So it should never be a matter of conflict because we have so many ways and methods of finding out what's the matter with us. And if there is anything wrong with us we should try to face it and clear it out. We should not try to clear each other's chakras but our own. Actually we do not pay attention to ourselves, we start paying attention to others.

Moreover, I must say that Sahaja Yoga marriages will be the most successful marriages, have to be. They may re-establish the institution of marriage on very sound basis. There's no doubt about it. And those who'll be married in Sahaja Yoga will be really remarkably happy married couples. But there will be an attack of the negativity on them as soon as they get married, because it

is not a very happy thing for these negative forces to see that people are happily married. And they would try their level best to bring all sorts of problems, all sorts of complications in the beginning, to see that these marriages are broken. And when you start playing into their hands you will also be spoiling the chances of getting good Realised-souls to you, because they would not accept such a situation. If you have been quarrelling in the beginning also it's not good, because you go down in their estimation. So you have to be very patient, very soft and good to each other, to see that you create an atmosphere of invitation for these great souls to come on this Earth. And if that is not so then they will wait, they will not incarnate because they don't want to have parents who are quarrelling, who are fighting, who are suspecting, who are troubling each other.

Now, one has to know that Sahaja Yoga marriage has a precise reason. It is not [that] you are marrying just out of fashion. You are marrying because you want to have children who are Realised-souls, on this Earth, to come. We give them a place, parentage to do that. And if you do not understand the value of that marriage then it is better not to be married in Sahaja Yoga. It's better to spare the Sahaja Yoga!

There's only one snag in Sahaja Yoga is this, that you are all born of the same Mother so you are all brothers and sisters, in a way. But when you are going to marry each other then this point becomes a little funny that, how can a brother marry a sister? Now, we can say like that, that I would say that it would be better if you marry not in the same community, but marry from somewhere else. At the most a Sydney Sahaja Yogi should marry a Melbourne Sahaja Yogini. Some distance should be like that, so that it is kept like not brothers and sisters - should be better.

But I have seen, when this happens, there is more conflict, because they still carry on with the idea that they are from Melbourne and another from Sydney. Now the Sydney and Melbourne should not be a matter of conflict, because as soon as they start quarrelling they'll say, "Oh, you Melbournian, I know you are like that."

And she'll say, "You Sydneysans, you are like that."

And immediately you become like that, and you start quarrelling about it. So you must know that you are not a Sydneyan or a Melbournian but you are nothing but a Sahaja Yogi. And Sahaja Yogi has no caste, community or any race, or any religion, or also no bar of any nation. Whatever nation you come from you are a Sahaja Yogi, you are a universal being. You are. You can feel the vibrations of anyone sitting down here. Whether he's from Hawaii or from America doesn't matter. So, when you can feel about everyone, that means you are no more belonging to any community or any particular country, you are a universal being. And that's what we have to do, we have to create more universal beings. And to expedite that, we want to get these great souls on this Earth, so it's a very important work.

They have to be on this Earth, because they are the great channels for this divine work. Once they start descending on this Earth, the real ones, it will all expedite. It will be such a great, it will be such a great sudden explosion of Sahaja Yoga. You will be amazed how it can grow faster with these people coming down. And we should try to make such arrangements that we get the real blessings of those people, that they come down on this Earth. It's very important.

So I would request you to think about the marriage from a new angle and from new ideas by which you can really understand the value, the value of these marriages. And then you make it a successful marriage and not a failure, a nonsense, of it. That's such a great simple thing to do because you are married before Realised-souls. So there is no question of being just married like other people are married and then they, they take a name-plate on their car saying 'Just married' and they are going to a divorce case. There cannot be such a thing for Sahaja Yog – it's a serious thing. If you are not serious enough about it better not marry. If you have expectations about marriage it is better not to marry. It is better not to marry. Nobody is going to force you to marry. Just say, "No, not at all, I'm not going to." But if you are going to go on like this you will really be harming Sahaja Yoga in the worst possible way. It is like stabbing Sahaja Yoga from the back.

So there is no need for you to get married, in case you do not want to have it. On the contrary, it would be better that there are many married couples who can produce children, and they can have those great people born to them. But if you think that adjustment and all that means all kinds of these old ideas of married life, it's better that you do not get married. It's a new

heavenly marriage, for which you should be prepared to receive the beauty and the blessings, and also the greatest of greatest, the ultimate meaning of it.

I hope you will understand that Sahaja Yoga is emphasising on marriages, and we do not believe in any asceticism, the running away from family life. We believe that family life is the most important thing. We have to establish it very well on this Earth, and that we have to see, in these beautiful nests of divine love, that great souls are born, and we have to continue with it. There's no escape from having a very good married life. And I wish you, all of you, that you will have a very good happy married life. And those who are not marrying I wish them that they also will have a very happy married life.

Now I have been married- I think thirty-sixth year is this [of] My marriage today. There're so many years have passed but still I still feel like a bride with My husband because really, we have been very wise people to live like that. And of course there are ups and downs, but ultimately one feels very different about the whole thing. He has sent a beautiful letter today, thanking you all for your kindness shown to Me, and for all the kindness you have shown to him.

So we should have the puja, this today, as a Gruha Lakshmi you are worshipping Me. As a Gruha Lakshmi in you and which is very essential also, to worship Me as a Gruha Lakshmi, because you all have a problem with your Gruha Lakshmi. That's the Left Nabhi.

So I hope it will work out better for you, and we'll start with the puja.

After this short puja that we have, then we'll start with this Devi havan, because this we have not been able to do so far, and this is very important. We have to somehow or other manage it today if possible. We should do thousand names. Would be a very good idea.

Marathi

Sahaja Yogi in background to Shri Mataji: Who should be the host?

Shri Mataji: Do you need a deed to be the host, you can only do it. Before Christ, Brahmins were like tenants ("").

Sahaja Yogi: We are not tenants.

Shri Mataji: Hence hosts were required, you can take it. (laughs in the background)

Shri Mataji: What do we have to give by calling them (Brahmins)?

Sahaja Yogi: It is better if someone from here conducts.

Shri Mataji: Take someone new. Someone who is getting married, take them.

English

Sahaja Yogi in background: Kuno (calling out a Sahaja Yogi), both of you.

Shri Mataji: Who else is getting married?

Sahaja Yogi in background: Who else?

Shri Mataji: You also.

Marathi

Shri Mataji: You come and sit here in the front, how else will it be done?

English

For Modi you have to give him something there.

Marathi

Shri Mataji: Take it a bit forward and sit. There must be something small to spread.

Marathi

Shri Mataji: Did you sit?

Marathi

Shri Mataji: Do you want anything?

Sahaja Yogi: No, I don't need anything else.

Marathi

Shri Mataji: Do like this, first start with Ganapati puja. Give it in my hand the puja (offerings). You have the Ganapati (puja offerings) with you.

Sahaja Yogi: Shri Keshavaya, Shri Krishna's names should we recite?

Shri Mataji: It is not required.

Sahaja Yogi: We will take Ganapati's names.

Shri Mataji: Ganapati puja in our way, we are prepared for it.

Sahaja Yogi: Atharvasheesha.

Shri Mataji: Yes, Atharva Shirsha. Mataji's feet needs to be washed, arrange for the water. Do one thing, you Raulbai [one of the first Sahaja Yogini] sit here and you should recite. Means what will happen that if you get up and recite, then they all will be able to hear you and Raulbai can here instruct what needs to be done. Will it be possible for you?

Sahaja Yogi: Yes, it will be possible.

Shri Mataji: No, No I was asking Raulbai. What needs to be done is to ask them to put water and other things.

Sahaja Yogi: Will put water and other things. We need to tell them about 'panchamrut'.

Shri Mataji: 'Panchamrut' give it to the hand, put it on the feet.

Sahaja Yogi: Like you say.

Shri Mataji: On the hand.

Sahaja Yogi: And on the hand...

Shri Mataji: Have you brought the red cloth?

Sahaja Yogi: Yes, red is there here and here is the green and..

Shri Mataji: Ok let us start.

Sahaja Yogi: Also on the hand, we have to do the puja of Bhagwati, right?

Shri Mataji: Yes, on the hand Bhagwati. Let us start. It can be of Lakshmi, Mahalakshmi as well.

Sahaja Yogi: We have the Mahalakshmi stotra with us.

Shri Mataji: Yes, Mahalakshmi stotra is there. It will not take much time. It should be completed in 5-10 minutes.

Sahaja Yogi: Ok.

Marathi

Shri Mataji: Tell the meaning, is it possible a little bit?

Sahaja Yogi: If we tell the meaning, it will quite some time.

Shri Mataji: No, no, till such time they will do it. Till such time they will be washing the feet.

Sahaja Yogi: You can let it be, you can tell them about (continuing to) wash the feet.

Shri Mataji: Ok, you can stand up, stand up and also tell them the meaning of it. Means, they should know the meaning. Is it possible?

Sahaja Yogi: I will tell as much as possible.

Shri Mataji: Ok, tell as much as possible. You can stand up.

Sahaja Yogi: I will stand up and explain.

Sanskrit

Sahaja Yogi: Harne

Shri Mataji – Harne means who takes away all the problems.

Marathi

Sahaja Yogi: I will complete this shloka and then explain.

Shri Mataji – Ok.

Marathi

Sahaja Yogi: Means when the whole universe will be destroyed, even then he will there. He is there even at the time of destruction.

Marathi

Sahaja Yogi: Means 'chatvari vak-padani', all the four types of speech which is there, that is 'Para', 'Pashyanti' 'Madhyama', 'Vaikhari', these are also governed by him.

(Meaning of the four types of speeches

'Para' is the word form Parmeshwar i.e. knowing the word Brahman is called Para, it is related to Param.

'Pashyanti' - Words are seen in Pashyanti. As the seer of the mantra, the sage Maharishis saw the mantras. Be seen what is being said.

'Madhyama' - Those words which are not pronounced, which no one can hear, like the name is chanted.

'Vaikhari' - The pronunciation of words that are expressed which someone else can hear is called Baikhari.)

Marathi

Shri Mataji: What is it (the shloka)? Ganadim.. what?

Sahaja Yogi reciting the shloka: 'Ganadim purvam uchcharya' means who are all the ganas? Their..

Shri Mataji: Gana or Gan?

Sahaja Yogi: 'Ganadim'

Shri Mataji: 'Ganadim'

Sahaja Yogi reciting the shloka: 'Ganadim purvam uchcharya' 'Varnadim tad-anantaram'. Firstly we have described who all their gana (all celestial beings on the left hand side), these are all their gana and now what is his character (""), his character means 'Aumkar', is what it means.

Sahaja Yogi: 'Varnadim tad-anantaram'

Shri Mataji: Explain to them in English.

Marathi

Shri Mataji: Means whatever characters ("") has been created on this earth, all the 'varnas' have been created after him.

Marathi

Shri Mataji: 'Anu-swaraha'?

Sahaja Yogi: 'Anu-swaraha' means a point, means the state of a point.

Shri Mataji: But they will not understand it in English.

Sahaja Yogi: Now we will not be able to explain this state in English.

Marathi

Shri Mataji: (Mentioning the three states) 'Ardha Bindu', 'Bindu', 'Valaya'.

Sahaja Yogi: 'Tarena Riddham'. The power to gage (") is also his.

Marathi

Sahaja Yogi: In this way you are in the form of a comma.

Marathi

Shri Mataji: Can you see that?

Marathi

Shri Mataji: Generally, we can only see the bhoots (pointing to the sky)

Marathi

Sahaja Yogi: Now it is a description. 'Gakārah purva-rūpam'. Now I don't know how to explain 'Gakārah', I am not able to understand.

Marathi

Sahaja Yogi: 'Akāro madhyama rūpam'. Means it is the description of 'Aumkar'.

Marathi

Sahaja Yogi: After that, last of all is the form of a dot ('Bindurup').

Marathi

Sahaja Yogi: 'Uttara' means the north direction. This is the meaning of 'Bindur-uttara-rūpam'.

Marathi

Sahaja Yogi: 'Nādah sandhānam, sahitā sandhih'. Now if you have to know this through the sound ('Nādah').

Marathi

Sahaja Yogi: Now how to explain 'Gayatri' – 'Gāyatrī-chhandah'. How to explain 'Chhandah'?

Marathi

Sahaja Yogi: Again in the 'Chhandah' there is 'Gayatri'.

Marathi

Sahaja Yogi: 'Chhandah'?

Shri Mataji: 'Chhandah', 'Chhandah' is a re-oratory, is it?

Marathi

Sahaja Yogi: No, 'Chhandah' means there is a wire along with the 'Chhandah', means Music.

Marathi

Sahaja Yogi: 'Ni-chid Gāyatrī-chhandah' means there is 'Chhandah' of 'Gayatri' in it. 'Chhandah' of 'Gayatri' means Ganesha.

Marathi

Sahaja Yogi: 'Aum Gam Ganapataye namah'. In this now Gayatri is explained. In this mantra what is the correlation between Gayatri and Ganapati, is what is explained that 'Aum Gam Ganapataye namah'.

Marathi

Shri Mataji: How to awaken?

Marathi

Sahaja Yogi: Reading the shloka 'Radam cha varadam hastair'. 'Varada hastha' means he is offering the hand...

Marathi

Sahaja Yogi: Reading the shloka 'Bibhrānam Mūshaka-dhvajam' – Now (thinking how to explain this).. A mouse is his carrier....

Marathi

Sahaja Yogi: Reading the shloka 'Yogino' means 'Ye na jayate iti yogaha' – means the connection through which you know the divine..

Marathi

Sahaja Yogi: Reading the shloka 'Shivasutaya' means The Son of Shiva.

Marathi

Shri Mataji: No, it is that they know the meaning of Shiva. You know Shiva, you know.

Marathi

Shri Mataji: of blessings.. you are the statue of blessings. Is it over now?

Marathi

Shri Mataji: Now tell something about the Goddess ('Devi')

Marathi

Sahaja Yogi: Now for the Goddess ('Devi') means, should I recite Devi's Mahalakshmi Stotra?

Marathi

Shri Mataji: No, is there the other one? Anything that is recited for the Devi normally.

Marathi

Sahaja Yogi: There are many for the Devi in here.

Shri Mataji: You can recite that the Gods praised the (Goddess)

Marathi

Sahaja Yogi: Yes.. The Shlokas 'Ya Devi Sarva Bhuteshu...'

Marathi

Shri Mataji: Along with it..

Sahaja Yogi: The Gods have praised is very special.

Shri Mataji: Yes, very special. Do we have its translation in English?

Marathi

Sahaja Yogi: Which stanzas are to be recited?

Marathi

Sahaja Yogi: Yes, the Devi Stuti is there after the killing of the Mahishasura.

Marathi

Sahaja Yogi: No, when the Gods prayed to Vishnu to create..

Marathi

Sahaja Yogi: Ratri Suktam, it is this only right?

Shri Mataji: Yes this is it.

Sahaja Yogi: Yes that only.

Sahaja Yogi: Yes I have opened the same only.

Marathi

Shri Mataji: Now you will tell right how it was created?

Sahaja Yogi: Yes.

Marathi

Shri Mataji: Is it there in Hindi?

Sahaja Yogi: It is there in Hindi.

Shri Mataji: Is the translation in Marathi?

Sahaja Yogi: I will recite the translation.

Marathi

Shri Mataji: Do the translation.

Sahaja Yogi: I will translate it.

Marathi

Sahaja Yogi: I will only recite the translation now.

Sahaja Yogi: Only the translation is there now.

Shri Mataji: Tell. I will tell.

Marathi

Shri Mataji: Now let us start reciting the next one, the other, let us take any other one.

Marathi

Sahaja Yogi: We will take the Mahalakshmi Stotram.

Shri Mataji: Take the Mahalakshmi one.

Marathi

Sahaja Yogi: It will be difficult to translate this one.

Shri Mataji: Ha..

Sahaja Yogi: It will be difficult to translate this one.

Marathi

Shri Mataji: Translation is difficult?

Sahaja Yogi: It is difficult.

Shri Mataji: It is not there?

Sahaja Yogi: Ha..

Shri Mataji: Then leave it. We can do it later.

Marathi

Shri Mataji: It is very easy, there is no need to hurry.

Marathi

Sahaja Yogi: I will tell by myself first, I will first recite it.

Shri Mataji: First recite it.

Marathi

Shri Mataji: Only take this out in the other thing.

Marathi

Shri Mataji: What are we going to get by teaching? Why do it?

Marathi

Shri Mataji: Keep this down. Keep it down, take it like this in your hand and put it in my 'Oti'. Take now in your hand.

Marathi

Shri Mataji: Take that, take that out, take that in your hand and tell to put it in my 'Oti'. It is done.

Marathi

Shri Mataji: The fruits are there, put it in that.

Marathi

Shri Mataji: It is all mixed in this.

Marathi

Shri Mataji: Now put this in it.

Marathi

Shri Mataji: These are people are great.

Marathi

Shri Mataji: is it done? If it done then I will tie these threads.

Marathi

Shri Mataji: But not for the head right? Is there one for the head?

Sahaja Yogi: Yes, there is for head as well.

Shri Mataji: It is there ok.

Marathi

Shri Mataji: It is ok if you put it on another finger. In this there is not much there for you.

Marathi

Shri Mataji: You all have given me so much respect today, that itself is sufficient.

Marathi

Sahaja Yogi: Where we would get this?

Sahaja Yogi: It is all by your grace Shri Mataji.

Sahaja Yogi: Without your grace nothing will happen.

Marathi

Sahaja Yogi: Without your grace it is not possible. How will we on our own give you the respect?

Marathi

Shri Mataji: We should tell these people that they should not step out of Shri Mataji's grace.

Marathi

Sahaja Yogi: Yesterday that is what we spoke.

Sahaja Yogi: Yesterday that is what we spoke all important things were told.

Marathi

Shri Mataji: Put a cloth here. Keep a red cloth here.

Marathi

Sahaja Yogi: It will have to be cut.

Shri Mataji: No, it is not there.

Sahaja Yogi: The cloth is there here.

Marathi

Shri Mataji: The audio is not clear to translate

Marathi

Sahaja Yogi: Should we tell these people

Marathi

Shri Mataji: You can lay this all there up with it.

Marathi

Sahaja Yogi: I have got all of these laid down, only we have to ask these people to step aside.

1981-0407, Shri Lalita Havan

View [online](#).

7 April 1981

Havan

Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

Talk after Shri Lalita Havan. Sydney (Australia), 7 April 1981.

[Whether] it is [seen?]. It is this when the Holy Ghost came in the form of the cold breeze. Like this.

(H.H Shri Mataji blows air into and mike and everyone laughs)

[The Power? had] [left no doubt].

Now I have blessed you all.

But the problem is, if it is a formless and there is nobody to decode. There has to be a decoding, explaining, isn't it? And that's how there are lots of mistakes committed by them also. Because they didn't understand that blessing should be their capacity, their vision and dream about it.

But to communicate, with the people to communicate with the Spirit, to understand the Kundalini the vibrations and their different decodings and all that. The Holy Spirit had to come with a mouth and with a voice and with an intelligence that is intelligible to you with the knowledge and everything. Otherwise, it is not possible to communicate. And that's why somebody has to come and you have to just recognize. Recognition is the best way of understanding the powers that are given to you.

You have been given powers, no doubt. But these powers, even if somebody gets realization like Buddha got realization he thought that there is no God. He did not believe in God because he just got realization through a formless uhh formless wind you can say. And he just did not know, he even did not talk about Kundalini, he did not talk of God also. And he started talking only of the self. Somebody has to be there to give you the complete picture. You get realization you get vibrations but then what? What about the (UNCLEAR complete). For that, the Holy Ghost had to take form. Alright. May God Bless you.

Thank you very much. I thank all Australians. (UNCLEAR)

1981-0414, Welcome Address to Shri Mataji by K. Subramanyam (from Nirmala Yoga, Issue 3, Pages 22--24)

View [online](#).

14 April 1981

New Delhi (India)

Welcome Address to Her Holiness Shri Mataji Nirmala Devi by K. Subramanyam, Mavalankar Auditorium (from Nirmala Yoga, Issue 3, Pages 22--24)

As the famous German philosopher Schelling remarked once : " If God would appear to me with the truth in the right hand and the quest of the truth in the left, asking me to choose between the two, I would rush towards his left hand telling him : Oh God! keep the truth for yourself alone." This is because the modern seeker is more interested in the game of truth seeking than in the Truth itself. It would not have mattered if subject was only for academic discussion like the question whether God exists or whether re-birth is a fact or fiction. But it directly affects the life of a large mass of humanity today in the world. Millions of people have taken to one course or another under the name of spiritualism. They are all wandering in wilderness, treading the tracks which they believe will lead them to their goals. The spiritual guides in this country who show these tracks are called Gurus and Maharishis. They even usurp the attributes of God and call themselves Bhagwans. How to know who is a real Guru and who an imposter? In Indian thought, Gurus are held in high esteem. The tradition demands absolute faith from a follower and his complete surrender to the Guru. It shuts doors to the discerning eye and the discriminating mind. No surprise that shrewd men with greed and passion don the garb of spiritual guides and their Ashrams become dens of vice and corruption. A craze for spiritualism is raging all over the world. Spiritual masters and their Ashrams are growing like mushrooms. Hundreds of books are being published to preach the so-called spiritual ideas and thoughts. Thoughts of gullible people, desperately seeking solace, fall pray to self-styled saviors. India has become a focal point of this Spiritual craze. So far, India is known for her great spiritual wisdom, as the land of enlightenment. This has attracted a huge influx of lay seekers into this country and large export of spiritual leaders to the affluent countries in the West. In India, the spiritual phenomenon, as it is commonly believed, has innumerable ramifications. For instance, formal worship of a deity, invocation of ghosts and spirits, reciting of mantras and lastly the meditation on a God's name or form or with a blank mind, for achieving occult powers by difficult or odd rituals and they are all believed to be spiritual practices. Devotion and surrender to God, control of mind and body, introvert search of the ultimate reality, physical austerity and fasts, indulgence in intoxicants and sex, have all been postulated as ways of Sadhana. This is broadly the so-called spiritual scene today. It is a matter of great concern for all those who are real seekers and who have a genuine urge for spiritual development. It raises before them the questions—" What is right and what is wrong? What is true and what is false ? What is base and what is exalted ?" And the crux of the problem— " What is exactly the spiritual phenomenon?" The answers to these questions are essential to clear off the mass in which spiritualism is enmeshed today. We have gathered today here to hear the clear message of Her Holiness Mataji Nirmala Devi who interprets this phenomenon differently. She defines the Sahaja Yoga/ Kundalini Yoga as the Yoga innate to the human nature. Since it comes so natural to our personality, we need not impose any external discipline on ourselves for spiritual growth. What we have to do is to just understand the cosmic force working within us and allow it its free play. Let our Kundalini awaken from its slumber and flow up in its natural course. According to the legend, Lord Krishna, in his young age, used to pelt stones and break the pitchers of the Gopies (milk maids) of Gokul and Brindavana while they were on their way home from the Yamuna. He enjoyed the fun when the milk maids were drenched with the water pouring down from their pitchers. Poets in the past have interpreted this mischief as an amorous sport of Lord Krishna, the saints saw in it divine love between the Gopies and the God. Mataji Nirmala Devi interprets it differently. She says, cosmic vibrations were saturated in the waters of the Yamuna through the touch of Krishna, who was a manifestation of the cosmic power. When he broke a water-filled pitcher, the vibrated water flowed down the back of the gopi to the base of her spine and there, by contact, awakened Kundalini, the serpent power which is a fraction of the cosmic power in the human body. In other words, by his apparent mischief, Lord Krishna bestowed on the Gopis the bliss of the divine energy. This interpretation was given by Her Holiness Mataji Nirmala Devi in one of Her discourses in Delhi. The Kundalini Yoga is centuries old in India. But Mataji has given it a new interpretation and a scientific base. What is amazingly remarkable about her is that she awakens your Kundalini just by the grace of her glance or her mere presence, as though she is an inexhaustible reservoir of the

cosmic energy awaiting you only to stretch out your hands towards her. This awakening of the Kundalini brings you all joy of life and enables you to live better, she says. In the presence of Mataji Nirmala Devi, the Divine Kundalini Shakti of the seeker is awakened to its glory. Realization of God is possible only after the sleeping Divinity Kundalini Shakti is fully awakened. By regular Sadhana and dedication, the divine Kundalini Shakti aroused in you by Mataji can grow in strength and envelope your whole being. You experience the divinity within you, which is the essence of truth, bliss, beauty and love. Then the complete integration of the mental, physical, emotional and spiritual self in you takes place. Gradually all your physical, mental and emotional ailments are cured. Cool nectarine vibrations of divinity flow through your body and hands. You can grant self-realization to others and cure them of physical ailments. The awakening of Kundalini Shakti by Mataji Nirmala Devi when it blossoms into its fullness will give you the experience of the divine which is in total conformity with what is described in all our scriptures. Nobody would doubt her claim when one sees her in exuberance of health and joy and attending to the various ailments of people. The most lovable thing about Mataji Nirmala Devi is her disarming informality and contagiously affectionate disposition. Unlike other godmen she bestows her grace on all without discrimination and delights in personal contact with everyone in a congregation. That explains why she calls herself your mother, rather the mother, and not your master. It is our great fortune that Mataji Nirmala Devi is amidst us today in spite of her hectic tour of Australia. She has returned only a few days ago to Bombay to cheer our minds and grant self-realization. I, therefore, appeal to all present here to be simple and humble in receiving the divine vibrations and listening to her message, Let us stop our game and stand in the sunrise, behold the smile of the goddess. The birth of the new day! Let us recognize Her, the goal, the Devi, the Maha Devi.

1981-0504, Talk before Sahasrara Puja Day: Heart must be kept absolutely clean

View [online](#).

4 May 1981

Heart Must Be Kept Absolutely Clean

Sahasrara Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Reviewed

Sahasrara Puja - Chelsham Road, London (UK), 4 May 1981

...Such a pleasure to come back to you all. I was looking forward to it. I received all your letter and greeting and all that you told. It was so loving and so encouraging to know about your progress here and when I was really working very, very, very, very hard, I used to think of you and I would put this idea into my mind that a day will come when the prophecy of William Blake must come.

I went to Australia and I was amazed the way miracles took place in that country. It is said that in the Puranas there was a saint called Thrissanku, who committed some mistake, little mistake and he was sent as the Southern Cross hanging in the air and was told that you must create your own heaven. And really Australia is heaven, no doubt, but it's Mooladhara. It is Mooladhara.

The people are of course getting all the ideas, over read, as we are here. We have accepted all these also wrong ideas quite a lot. But somehow I feel it still in the heart of heart, they feel that this may not be correct way of life and they still feel that some of the things we do is not absolutely perfect or is not the thing that we really [unclear].

There are all sorts of gurus in Australia, all sorts of people who have got it. But basically they do not accept now people who come there and preach absurd things without any [unclear] to the ancient scriptures and things. So they are traditional people in a way, as far as their religious ideas are concerned. But they are very, very open-minded, for example, the first miracle that took place was that there was a lady who was an actress, who was very sick. She got her paralysis attack or some sort of thing like that and the doctor said that she will not be cured. She will die maybe next day and there is no possibility of her getting cured. So the friend of hers, who is a very big journalist, he came to a homeopath who is a Sahaj yogi, and asked if she could help with homeopathy. So she said I can't help you with homeopathy, only thing I have got is – 'photograph', which you can take it and put it under her pillow and maybe this might work.

So he took the photograph because she was a [unclear], there was nothing to be questioned, and put it under her pillow and next day she opened her eyes. And they couldn't believe it. And as usual doctors said, 'oh must be this - must be that, use see, (laughter). She should not she should not in any case survive, because in any case her brain is damaged, no doubt, we have seen it that her brain is damaged. But next day she started talking. They couldn't believe it that she is talking, that means that her brain alright. She improved gradually.

But all this clicked a different atmosphere, a very different atmosphere for Sahaja Yoga, because the one, the friend who was her friend, the one who was very much interested in her here, was a man who is very highly placed in journalism, though he is not a Sahaja Yogi or anything but he sent a journalist to me, to our program, he and his wife, who is the president of journalist association in Australia, got realisation. And that really clicked the whole thing.

So these medias can be also use and they can be used you can also do lot of things. But at the helm of affairs we should have people who are not arrogant, are mild. You can say people who are humble, humble enough to understand Sahaja Yoga. Of course as usual there were some encounters. One of them was 'twice born' had come. So they came to fight with me, twice born. And this is actually... Twice born, this has come from America. When I went to America last time, they had told me that I must get all my lectures registered and all that kind of a copyright I must keep. I said to her, 'why should I keep it like that?' They said, 'no, no, no, then they will use your lectures'. I said, 'let them use it, after all, realisation I have to give it in any case. They can't give

realisation. So when I said there that 'you have to be born again, you are to be twice born. They started an organisation called 'twice born'. (Laughter) There are so many, like 'true vibrations' all sorts of organisations have started, in America on those lines.

So this twice born came to fight with me, saying that, what is your authority? I said, 'what is your authority?' 'My authority is bible'. I said, 'alright, what is authority of bible? They said authority of bible is Christ. I said, 'Christ never wrote bible'. He never wrote it, he had nothing to do with bible. He never wrote it. Laughter!

So they never knew how to answer me...laughter! They said, 'still you must have an authority. I have, I will prove my authority. Firstly of all you tell me, your authority to ask these questions. [Unclear] they said...you know if I am Alpha and omega. I said, he is he is but you don't accept it. You believe in Christianity alright, because you were born in it. If you were born a Hindu, you would have been born a Hindu, because you are a type who would belong to something somehow. I said to him, that he was the omega and he was the alpha. Then they started attacking this that, somehow everybody threw them out and it was over.

It was very interesting because so many people got realisation and they came to programs that we had, so called seminars. In the open we arranged seminars, because we had no place to go too, with 500 - 600 people. So, so there is one gentleman who has a big house, which has got a big compound. So we invited them, all of them there because [unclear]. And the whole [unclear] was there. It was like a sermon on the mount, sort of thing. So many of them sitting there and having their food and they talking and all that. So many people getting cured, it was really remarkable the way these people took such interest and came all the way and from the first time they had their realisation and every day they came for about seven days, every day, every evening they all came from all over the place. We had people from Tasmania who came down and we had people from [sounds like - Lybon], from New Zealand, from all over, we got people there. They came and stayed in the ashram. Ashram itself is another beautiful place.

There's a miraculous story, they say that, one day Meera rang me up to say that, they have already sold their house, we've got no place to go to. We can't find a place to live in, because they were expecting some place to come through but there is no place available. I said alright now don't worry tomorrow you will get the place. And she couldn't believe it, how can that be. And they had told about two hundred agents, who said that, there is no such place available and we just can't get you a place. And, when he, Terence, her husband had gone out and he was looking out for things and he came back home very tired so Meera said that, "Mother has told that tomorrow you going to get it. He said, 'tomorrow'. Can it be possible? Said no there was a telephone call in the evening from somewhere and she gave the number. So he rang up in the morning to ask that number, what was it? It was from an agent. They said, we have found a place for you. If you want you can occupy it right now - (laughter). So the next day they moved into the house. Actually they did. And it is a beautiful place with fourteen bedrooms and a huge big hall. It's a beautiful place. So that's how they got it.

So many things work out this way. And they said that not only that we have got the blessing but so many miraculous material things are happening that we are really surprised. But I've already told you that it is written that, 'Yoga Kshema Vahaka' - First you must get your yoga and that kshema will come afterwards. The wellbeing comes afterwards. Of course in the discussion it turned out to be something much more revealing when I was talking to people. So many things which I have not told you people or Indians so far, I told them about Christ.

Shri Mataji: I hope you have received their tapes. Ha...

Yogi: Not yet, they sending

Shri Mataji: Have you heard them?

Yogi: Not yet?

Shri Mataji: What is [unclear] saying? I think you are going into thoughtless awareness isn't it - that means I disturbed you.

The thing I told them about Christ was this that everybody did something great for our awareness, like Moses, who brought in the idea of dharma. He gave us the idea of balance and we had Ebrahem and all these people. But Christ did the greatest thing in a way, because he came in at a point, which is the Agnya chakra where ego and superego cross each other. And, but really all these karma theories that was there, so far that you had to suffer your karmas, he came to counter act it, by saying that, 'He died for our sins'. Means he can suck our karmas. So this theory of karma is over now because Christ is born. If Christ could be awakened in your agnya chakra then all your karmas, past karmas, all your sins, will be sucked by this awakening.

But Christians, those who went to India, were stupid people. They wanted to extend the empire there, on their own, not of Christ. So they never communicate - I don't know if they even saw what it meant - 'dying for our sins' what it had relation with karma theory. So when they went to India, they put Christ in such a funny way, that Indians would not accept, would not accept Him. And because of that, the integration of Christ's life, with Indian philosophy could not take place. On the contrary, they repelled, completely repelled Him. And they could not understand Bible. They would not see it. That's how Christ who came on this earth, for such a great purpose was to suck our karmas, was completely lost to them. And still so many gurus are talking about our karma theory and making full advantage of it. They are not aware that Christ came for this thing. He has already done it for us. Once your agnya is established and you get your Christ awakened within you, all your previous sins are sucked in.

But the most unfortunate thing is that those who are supposed to be Christian nations have the worst agnya's. This is the biggest tragedy is that they have forgotten the 'Lord's Prayer', which is the mantra for our agnya. I think forgiving others is a very important thing. We must learn to forgive. All the time we must learn to forgive. That is the best way we can keep our agnya in control and our ego at its proper level. What right have you got to be not forgiving, because by not forgiving you are harming yourself. That's why forgiving others is the only way we can really control our agnya. Even forgiving ourselves, we have to forgive ourselves and we have to forgive others.

Today is a day, when I should be talking about Sahasrara. Because tomorrow is the day of Sahasrara and that is the greatest blessing of Sahaja Yoga after Christ's advent. Even if He had sucked your sins, you are to be given realisation. Without realisation it has no meaning and so this Sahaja Yoga which is today's 'MahaYoga' came into being because you all have to be realised. You have to know yourself. The strength that is the Spirit; that is the only way we can know God. There is no other way that we can know God. We have to be our Spirit.

The second thing that we in all the Christian nations have done is to forget our Spirit. It is a double catch. If the ego develops, it covers your heart. You can even become emotionless. When it covers your heart, then your heart becomes like a stone and the Spirit does not shine. All the time what you have to say, that 'I'm the Spirit!' All the realised souls have to say: "I'm the Spirit. I'm not this body, not this mind, nor this superego, none of these 'uphadis' [unsure of the spelling] as the call them', but I'm the Spirit, the pure Spirit I am." If you could recognise that part in you, that you are the Spirit, your realisation will be fully established.

As long as you are identified with other things, this cannot be established. So first and foremost thing you have to recognise that you are the Spirit. You are not the thoughts which are overcrowding you. You are not the fears with which you suffer, you are not the ambitions with which you run, but you are that pure Spirit, which never changes, which is eternal, which is blissful, which is Sat-Chit-Anand. We all the Sahaja Yogis have to know, that we are the Spirit. This is the mantra that one has to recite for heart catch.

If your heart is not clean, you can never get realisation. Anybody who comes with funny ideas about Me you have seen, he never gets realisation. You have to have clean heart. You have to cleanse your heart, that's why I sometimes say that you have to put your guru into your heart, who will clean your heart. Just to clean your heart, as you employ a maid in the house, to clean your heart you can employ your mother for that purpose. Cleansing is My job, morning till evening I'm cleansing. That's My name means also. But cleansing is such a big thing, such a big thing that, that brings forth everything else with it. If there is dust on the diamond, on any diamond which will be very expensive, you cannot see it! In the same way if your Spirit is clouded with doubts and fears, cunningness, then your Spirit cannot shine. Now, it is such a vicious circle that it is not easy to break. Even there your mind can cheat you. For Sahaja Yogi it is very easy, is to sit before My photograph, put your left hand here and one on your heart

and say: I'm the Spirit. Mother, I'm the Spirit.

Can you try that now? Just put it and say it together.

Yogis say out aloud: 'Mother, I'm the Spirit', again 'Mother, I'm the Spirit', once more, 'Mother, I'm the Spirit' again, 'Mother, I'm the Spirit'. Better? And a humbler way could be also: 'Mother, am I the Spirit?'

Yogis say out aloud: 'Mother, am I the Spirit', 'Mother, am I the Spirit?', 'Mother, am I the Spirit?', 'Mother, am I the Spirit?' See now...

Now, Sahasrara breaking took place on the 5th of May 1970. I was just pushed into it. Then I said one has to now break it. And if you see a very thin line of Kundalini really breaks the Sahasrara through the heart chakra. Here is the heart chakra. Through the heart chakra point only it breaks. If your heart is not clean, it will not break. So the first and the foremost thing is your Shiva Tattwa, is your heart. Heart must be kept absolutely clean. There should be nothing, that is doubting, that is confused, that is angry, that is ambitious, that is afraid of; nothing of that kind should be in the heart. Just be confident. Just leave it into the hands of God. Because that is the point where the Kundalini breaks it and if that point is heavy, you can never break the Sahasrara. Then it happens, it's such a vicious circle again sets in, those people who have a bad heart, they come to Me and they cannot get their realisation. So they have an additional chance to attack Me by saying: 'We never got the realisation, we never felt the vibrations, so how is it, that You are this?' Because already your heart is dirty, you see. It starts there emitting manifesting its Spirit. And it goes and adding up and adding up and then they can build up a big story against Me.

But the main thing is you have to come to ask for something so great. You have to be, have a heart which is humble, steadfast and also proud of it self. Because in this heart is the Spirit which is going to be enshrined. But what do I do about your realisation. My heart is very pure, absolute purity. There is not even the slightest ripple of anything else but love for you. Even if I get angry it is out of love. Even if I say something sometimes harshly, it is out of love, to keep you out of troubles. But, in My heart there is nothing but pure love, pure love. And this pure love is the pure Vidya, is the pure knowledge. Is the pure knowledge, is pure Vidya. The complete technique of purity it knows. How does the water purify you? Do you know the technique what the water does to you? The complete technique of purity resides in the heart and how do I give you realisation is to put you in My heart. Bathe you there nicely. Have you seen crocodiles? Laughter! Crocodiles have - are very ferocious - but when they hatch their eggs, they take all the little, little crocodiles in their big mouth you see and you should see the eyes of the crocodile, like it is full of love and all such... Laughter! ... as the children hatch. And the crocodile then put the mouth inside the water and cleanses them like this. Laughter! First thing I do is to give you birth in My heart and then cleanse you there in My heart, and then take you through My Sahasrara. I give you your second birth.

Many people ask, 'that what happens to our karma and this?' I say, I cleanse it! It has to be cleansed. So many people have asked one question so many times, that how is it that Kundalini is such a difficult thing and how is it, You can do so well? I say, there must be something special about Me. I need not tell them who I am. If I say Adi Shakti they say some sort of a (inaudible) woman, see who is about to Adi Shakti or else Shakti itself - power itself is horrifying and then on top of that is 'Adi Shakti'. But this is the Adi Shakti of love which is beyond human conception. Only by its power you can recognise it and understand it. How it cleanses you. That's how people get cured. They don't know how they get cured. Just with a photograph under your pillow.

There is another actress in India who is getting cured, a very famous actress, with Sahaj Yoga. Just they can't understand and they cannot explain. But this is a pure knowledge of cleansing which is built in that photograph, built in! It knows vibrations. It knows everything. The whole technique is built inside. Once you have the vibrations, you don't have to learn any technique, it works out by itself. It is very subtle. It is complete Brahma Shakti. It is a very powerful, very penetrating, very understanding - but it has all its knowledge built in itself. It's the Shuddha Vidya, is the pure knowledge. When you say Nirmala Vidya is also the same. It is immaculate. It cannot be compared with anything else. The technique is so perfect, that it never fails. It knows all the permutations and combinations. It knows how to work it out.

One has to enter into the kingdom of God to see the working of all these techniques. That is why it was necessary to open the

Sahasrara of people. Otherwise everything is Greek and Latin for people who listen to all these great prophets and to great Avatars, they thought they were talking through their hats. I mean that nowadays we talk through our hats only. Because Sahasrara is there and through Sahasrara we hear and we talk. To break the Sahasrara was very important. Of course you were also ready to receive it. The time had come. Mutual understanding was there and it worked out. It's a tremendous thing that has happened.

It should work out in England. I should be here on this day because as I have told you before, England is the heart, heart of the Universe. So we should see what's wrong with us. Very important for us to see as English people, living in England, what's wrong with us, with our heart, because we are responsible for this great happening, because only through heart.... [Tape one ends here]

[Tape Two starts here]... political structure and as an individual. Because if the English could clear the atmosphere of England, it would be very easy to click the Sahaja Yoga throughout the world and that is why the responsibility of English is much more.

One good thing has started after my visit to Australia; people have started donating land to us. Now we have got a plot of land in [unsure], Bombay, very near there about, I think, about fifty miles away from Bombay. We've got another plot of land of seven acres which was donated to us. There is also possibility of us getting a bigger land of twenty five acres, which some of you have seen, along the River Neda. And also there is a possibility of getting another nice land of seven acres in Pune. In Delhi they have offered us a very, very beautiful land along a lake and a beautiful surroundings of a forest, very much near the river Yamuna.

So now, my visit to Australia has materialised but my stay in England must materialise, other thing is the cleansing. First of all let us all start from our individual, our individual hearts and then try to expand it. Every time, what I find is this that whatever you are supposed to do, you do just the opposite. Like 'liver', as I said is Europe and liver breaks the most of it. They produced the best wines; they're experts in the wines. The 'liver', liver produces the wines. You see this is the best part – (Laughter). If you imagine, if you imagine distillery in your liver, what will happen. So the liver has become the distillery. This is very surprising. Now, this is the heart – heart has to be large, heart has to express and one has to be large hearted. So you have become small hearted. A man with a heart is very courageous, very bold, very hard working. Here we have lots of fears and problems and poets like Lord Byron – (Laughter!)

Our idea of universality is so limited that we think we live somewhere away from the rest of the world and we are just here and we should not be touched by anybody else. This is our heart, with the heart has to circulate all over the world and gather all the filth of the world and cleanse it. You have gathered the filth alright but cleansing part...Laughter! Circulation they have done alright – They have been up to China, they have been up to every place. I mean every, every nook and corner they have reached you see, with their little heart. But when they have gathered all that with them, they don't know how to cleanse it. That they better do it, this is their job.

So this test you should put to all your problems here and you'll be amazed the heart needs cleansing, enlargement of the heart, greatness of the heart, the health of the heart and the all-compassing forgiveness of the heart. And ego is the worst enemy of heart, is the worst enemy. If anything gives you heart attack – it is your ego. And you have egos of various types. All kinds of egos can be found here. (Laughter) All kinds see as you can find all kinds of wines in England.

So we have to also know what kind of food we require for this heart to be kept cleansed. First of all we must develop a heart which has sweet feelings for others, understanding for others, generosity for others. It is not reading the novel that you get there, but an understanding of a heart that loves, that cares for you. It may quarrel with someone, may be jealous of someone, maybe that, but you love from the heart. You can never see that person being harmed by any chance. All the wealth of the world, all the ego of the world you will deny to give your love. The love giving capacity has to be increased and nourished by things that talk about generosity [unclear], like save the power business is useless.

Save the heart you should start with. You have to save the heart because it is you the English who are going to save the heart of the universe. So the Sahaja Yogis will have to have very large heartedness. Very clean heart. There should be no cunningness. No cunningness in the heart. Well you know English have been the most cunning race all over the world. People know about war, if

there is an Englishmen - had it! (Laughter) Only somebody who can beat English is Indian (Laughter). They know how to out beat you. There is a big competition. I don't know which one wins. But if it comes to Indians, they can out beat it.

Now the latest is the guru system. From here the English went and all the Western people went to raid all the developing countries. So the greatest of greatest, our India, has created such cunning people, absolutely cunningness, that they be fooled you very nicely. All the English went nicely be-fooled and all the Americans and all the Australians. All of them put together could not find a few cunning people from India. So I should say for the time being they have an upper hand. Maybe the English today with their clean heart develops such a sharp such a sharp edge to their intelligence that they can expose all these people and cleanse the minds of the people who have been fogged by the mesmerism of this cunning people.

So one has to realise that every action has a reaction, but the reaction comes the way the reactor is. Like the Indians are cunning but sly. English are cunning but intelligent. So they do it in such an intelligent way you see, they'll cut your throat and not even a single drop of blood will fall out. They know all the laws and regulations, how to cut the throat of a person. But the Indians, they will not even cut your throat and you will become mad. Just they know how to do it, they even more dangerous and subtler. I mean, I don't know, they might have got first initiations from English and now they are teaching their gurus, like that I believe. The cunning they all learnt, there is now end to it. And for everything they have an argument and a suggestion, whatever it is. You will be happy to know that one of them - Ravana has got a paralytic attack now and he has got a broken neck and he is lying in a hospital secretly. So that's one thing that's already been done.

Now, today is a day of very great celebration, very great celebration, because it celebrates the rebirth of the universe. It is nice to celebrate the great advent of great people and their birth dates and all that. Like we celebrate Christmas, we celebrate the birth date of Nanaka and all these people – is great, no doubt. But this is the greatest when every human being needs to be reborn, such a great thing. It is a very great day and an event when all the humans being were promised to get their realisation. Without that we would never have known the spirit. We would never have known God Almighty. We would never have known the love that is the meeting all of you. We would never have felt that love, that power that controls the whole universe. You would have been blind and blind and blind. So this is one of the greatest days that we have to celebrate with great joy and happiness because it celebrates the emancipation, the evolution and the rebirth of the humanity.

For the advents and all these great incarnations do not need any rebirth. They are permanently just the same, they are permanently chiefs. There's no change in them, nothing. So what is there to celebrate their birthday, I don't understand, every year they are just the same, their age is just the same, they remain the same. What is a birthday, they never grow, they never mature, they over matured already. But it is a great thing that you all should jump into that great realm of Divinity, that you should know about the all-pervading power and that you should become aware of that flow of the power through you. Without this everything is useless. Everything is darkness. Everything is confusion and relative.

So let us all really today celebrate for other Sahaja Yogis who have received realisation, all over the world. They are all putting their attention to you and today they are all doing their pujas in their own places. We have to think of them because all of you are one, connected with each other in love and in common bondage of your Mother.

May God Bless you!

"Can I have some water?"

As desired by you, we already got a video. Video tape, did you get the video tape, did you get it?

Yogi: Yes, yes, [unsure] Australia, it's all coming...

Shri Mataji: From Hong Kong, imagine in Hong Kong the Chinese are great people. Chinese are tremendous. I mean they have our traditions, Indian traditions. I mean they are very traditional people, and they are westernised as far as other things are concerned. I mean there is a big palace, Chinese have a big palace and they have not lost their aesthetics as Indians have lost.

You they have all your labour class aesthetics. Indians have plastics and nylons you see, but not Chinese. Chinese have maintained their aesthetics, I was surprised.

Any questions?

Bala, I am so sorry for the whole thing. But we have done a good job, I must say. We have done a good job. I tell you because we had no communication with you here. Phillip did not know any address, nothing. I did not know how to contact those people in Ceylon and we had already planned out to go to Hong Kong. All my plans as usual, were all upside down. You know this, it all works out this way.

There was one lady called [unsure]. She came from Hong Kong and she wanted me to go to Hong Kong and just to give her lesson you see, it worked out that way. So what to do? They say there is no plane direct from Hong Kong now to come back to Singapore, if you have to go to Australia. So this was a big problem. We thought that better go Hong Kong and come back and then to Australia. Moreen was there Rahul's wife was there, both of them went down.

India has done one good thing; you are getting donations of land. This is something great. If we have no place we can at least pitch our tents there. (Laughter)

What else...something?

Yogi: Can we do your Puja?

Shri Mataji: Hmm

Yogi: Are we doing your puja?

Shri Mataji: Puja, now, alright, let us have it.

1981-0510, Organisation of Sahaja Yoga

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10 May 1981

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

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"Organisation of Sahaja Yoga in England" Chelsham Road, 10th May 1981

...A personality that everybody wants to follow, to become, to love. This would be very selfish to say that, "I am enjoying!" It's something very funny. You see, some people are like that: self-certificated; again I call them. "Oh, I'm enjoying myself, I have no problems, you see, why should you worry?" This is all nonsense, absolute nonsense it is. It is that you are enjoying your ego then. But to enjoy yourself means you are enjoying everyone and everybody's enjoying you; everybody likes you. You are not extreme neither too ritualistic. You are so flexible. You are adjustable. That's like water, whatever you mix it with, it takes the colour. However you put it, it washes. If it appears in the eyes it makes you look beautiful. It's like that. That's the spiritual quality of a person. They have to be adjustable. In whatever way you are, people enjoy you and love you.

Vibrations have improved. Alright?

Don't blame anyone for anything, not yourself [or] anyone. Enjoy! This is the time for enjoyment, not for blaming others, sitting down, sulking. No it's for enjoyment.

Good. Beautiful! Are you alright now?

Good. Now put your hand towards me. Alright? Put your hands towards me straight.

Be alert! Some people need alertness. Be alert!

Look at children, how alert they are. When there's an aeroplane going, they'll all come and, "Bye-bye aeroplane, bye-bye aeroplane!" Now the aeroplane is gone, so that work is over. Then they come inside. Then they see something else then get into it.. You see, to them the whole world is their responsibility. The aeroplane is going: somebody must say bye-bye to the aeroplane! (Laughter) So all of them will come out and say, "Bye-bye, bye-bye!" And then they'll come inside the house and then they'll get very seriously involved into something else they were doing. Then they'll pull out this and pull out that; put everything together. And whatever it is, you may call it a mess, but according to them they are constructing everything. They're responsible for the whole world, you know!

If they are realised-souls they are even greater. Every time they say something it's so remarkable that really, the way they take attitudes towards things. Like this time, at my elder [granddaughter] Aradana came up to me and she said, "Did You ever study a very nonsensical subject called moral science?" I said, "No, never." "You see, it is such a stupid subject nani, that you need not study at all. It's horrible!" I said, "What do they teach you?" "They teach you 'don't steal! Now, do we steal? Are we servants or what? Why should we steal? Are we thieves? That's tell us don't tell lies. Why should we tell lies?" So they are realised-souls, they can't understand. They can't understand, can you cunningness and all that. They said, "Why should they teach us like this? What is the need? I mean, everybody knows!" You see, it is like teaching somebody that food is good for your stomach, or something like that. According to them it is so essential. I mean, it is so much there, what is there to tell them. "This is a stupid subject of moral science!"

So I said, "Alright, but supposing you have to deal with criminals, then you have to tell them, isn't it? What is to be done and what is not to be done. So if you become teachers tomorrow you will have to tell criminals: 'Don't do it this.'" So the younger one says,

"By telling anybody, do you think they'll be alright? They'll punch your noses!" (laughter) The younger one, Anupama 'aunty'!

She said, "They'll punch your noses! No use telling them. It's useless to tell them, 'Don't do, don't do.' They're will do it. If you say, 'Don't kill.', they'll kill you, immediately!" So they said, "You should give them Realisation otherwise they will never listen to you, because how will they know that killing is bad?" "Because if you have vibrations," this elder one tells me, "then you will know that you are losing vibrations, if you do like that, but otherwise how will they know?" See, look at that.

I said, "But still supposing there are criminals, what should we do about them? If there are murderers, what should we do?" "They should be destroyed, no question!" I said, "Really?" See the other side of a person. I said, "Do you think that?" "If they do not want to take Realisation, they must be destroyed. If they want to take Realisation, well and good. Otherwise they have to be destroyed!" I say, "How do you destroy them?" So the younger one says, "All right, put them in the fishpond!" (laughter). So the elder one says, "But the fishes will be ruined. Think of the fishes! How can you put them to the fishes?" So the elder one says, "All right, is there any serpents who can devour people?" So I said, "There are serpents. But then, what about the serpents. They are already serpents. So these serpents can go to serpents, makes no difference, you see." So, I said then, "What do you do?" "You get a serpent," they said, "Fix it to a machine. Machine is the best! Fix it to a machine. Keep the mouth wide open. Don't touch them! Just shove them inside!" (laughter) "Because if you touch them, you will be spoiled."

You see, without any fear of any kind of violence - so innocently. "And then, when they become serpents, they will learn. Then they will come back. Then they'll be better off and you can give them Realisation. Otherwise they have to become serpents."

You see, simple solutions. "But you don't touch them. Nobody should touch them, they are serpents. No use teaching such stupid subjects like, 'Don't do, don't do!' It's no good."

I mean, these must be the saints of ancient times who must have realised that Ten Commandments is not going to help this human beings. You need a better way of doing it. This is what it is, I think. So their way of thinking and their styles are very different.

Like Anand, I must tell you about Anand. He said that, "How is it that people don't realise that Anukampa is..." – Anukampa is a very special Sanskrit word. It is said that he'll become a great Sanskrit scholar, you see. He tops the list to the class and nobody knows how he does that, you see. Very clever. So, I said, "What did you say?" He said, "The God has His Anukampa. His grace. Everywhere spread. People don't know that. Do You know nani, they don't know that there is grace everywhere. There's something like God's grace everywhere. There are many people who do not know. What can you do about these people?" This is Mr. Anand asking me this. "How can you solve this problem to make people know that there is grace of God all around us?" But if I tell him, that there are many Sahaj Yogis who do not know, he'll be shocked! I said, "I am surprised that people do not know that God's grace exists everywhere." What a Realisation!

And a person who was not getting Realisation, he was on my feet, you see. So he (Anand) went and brought one of my garlands and put it in his pant, like that. I said, "What are you doing?" He said, "I'm decorating the Kundalini." And the Kundalini shot off! It shot off just like that! He worshipped it. He worshipped his Kundalini. And the Kundalini shot off like that. And then he took back the garland, washed it, and put it back. What a sense!

They are all coming up now.

Now this one point is, we have to form a brain trust. Somebody should write it down.

Then there is another possibility of our spreading Sahaj Yoga is this, that there are two great artists coming from India, who are Sahaj Yogis, who would like to have my photograph for their programme and who would like to talk about Sahaj Yoga a little bit and about me also, praising me, or something like that. And we can organise their programmes in some halls and we pay them part of the money and you can keep part of the money for Sahaj Yog. We can do it. There are two artists coming, so you have to write to Venugopalan. Somebody has to telephone to Venugopalan and get, Pandit Jasraj is one of them, whom you like very

much. Do you have the record of Pandit Jasraj here? Do you have his record? No? Sure? All right. I have got one.

He's very good at bhajans, no doubt. He's very good at bhajans. But he sings beautifully classical music. So for all Sahaj Yogis it should be a classical music programme. In Caxton Hall we can have. We should have a little money paid for him and we can give him part of the money. Or we can give the whole of it from our side. But in any other thing [if] you want to have programme, for example I was thinking, if you can write to people of certain organisations who would like to have bhajan programmes, like Crawley people might like to have. Or some places which we can save.

Then we have got this fellow Parag Rajan. He's another person who can be contacted. Bharatiya Vidya Bhavan and all these places. He's a great bhajan singer. We can organise that. And we can get the proceeds and we can get part of the proceeds. We can have tickets and things. We can organise it. But this has to be done in June.

We have so many people, we can do this.

Now this is for the person who sings classical and the bhajans. And the bhajans will be more accepted by Indian communities. For example, near Birmingham we have got this Vyas, you can talk to him. He can organise one programme there. But the dates you must get.

Now there's another one whom you have heard, that sitarist. Do you remember? Debu. Debu Chaudhari. You just find out from Mr. Venugopalan. Somebody has to find out from Venugopalan, when are they coming. Debu Chaudhuri is a very famous, very, very famous artist from India. He's something like at par with others like Ravi Shankar and all that, but he's not so much accepted, so far. I mean, his name is not so much spread out. But what we can do is to arrange his programme, but for English audiences it will be perfectly alright because he plays sitar.

So [for] these two things, somebody has to make a committee and to find out where you can take them, what you can do. And then the money can be collected also. Every programme you can collect about a hundred pounds at least, minimum. Wherever you want to: say [in] Brighton you can have a programme. You can have it at every place. Wherever there has been Indian music, or anything, you can start it, or wherever they want to have it. Indian music is nowadays appreciated. One of them is a sitarist and another one is a vocalist. And for vocalist you should try more Indian audience than this. You should find out. I have asked somebody to give me the addresses. But try to get more addresses from Indian organisations. And also you can contact I.P. Singh and all these people to say that we are organising such a programme, would you like to have one in the high commission. Get some addresses from Mrs. I.P. Singh.

So Gavin you [must] sit down, make a list of things that are to be done. Get a few people who are interested in doing this. We can earn money out of it because they would like to give money for Sahaj Yog. And it would be a very fair thing because we'll be organising it. But you have to do it in a better way. You see, he's not a hocus pocus like the one we had last time. But we have to really work it out. First advertise it in Caxton Hall and then later on.

You see, we should tell them to play really ragas and not some sort of a, you see they try to please the Indian audience by playing some sort of a cheap music or something. You should say that, "You should really play pure ragas." And there then we can work out our Realisation also in such programmes. And could be a good advertisement because if the Sahaj Yogis are singing...and also he can, this fellow who is a musician coming from India who sings, if he could sing, you ask Venugopalan if he can sing some songs with Mother's name there then we are interested, some bhajans with my name. He sings bhajans to the Kali, but he should take Mother's name in between. So if you can write to him, tomorrow, a letter, you might get that "this is what we want". And also the other fellow, Debu, who is coming from there: if he could say something about Sahaj Yoga; that he has gained so much in Sahaj Yoga. So that it's an advertisement also. What I am saying [is that], apart from money, it's advertisements.

So the whole thing we'll organise in praise of Mother. If they are willing to do it, we are willing to do it here. You see, it has to be helping the Sahaj Yoga, that's all. So you write to him tomorrow a letter, suggesting that this is what we have decided, we have a committee here now [that] Mother has formed. We would like to know exactly what nights they are going to spend there, when

they are going to come. We'll do all the expense of advertisement and selling of tickets and all that, and part of the money we'll keep for Sahaj Yog, very little part, most of it we'll give it to him. But the main thing is they should advertise Sahaj Yoga, among Indian communities and things like that.

Now this Jasraj who is such a great...have you heard him, Jasraj? No? He's a very famous artist, very famous. Alright I'll send you his things. But he sings beautifully, beautifully. He doesn't drink, doesn't smoke and he leads a very good righteous life. And you should say we'll give all the publicity he wants, but it should be done for the sake of Sahaj Yog otherwise we are not interested. We are not interested in the artists but we are interested in Sahaj Yoga. And as a support to Sahaj Yoga, if they are coming here, we'll get the money for them alright. But the main thing is they have to support Sahaj Yoga. Alright? So tomorrow you write a letter to him.

Yogi: Where are they they going to stay?

Shri Mataji: Ah?

Yogi: Where will they stay?

Shri Mataji: Oh they'll arrange their own stay and all that. You don't have to bother about them. Also you ask, "Have they arranged for their stay?" I think they have arranged their stay and all that, mostly. They have not asked me to arrange for their stay or anything. But in case they have not then we'll see about it. But we'll see now what to do with them. But you just ask, "What about their stay, where will they be?" You see, they are already invited by some other people, so we are only interested in arranging their programme. So why to put also ideas? We should say, "Where will they be staying? We would like to know their address," and all that so that there's no problem. They are quite well to do people, I mean, they don't have a problem of money. And nowadays in India you can purchase foreign exchange, and you can live here.

Third thing is, Alan, I want to see you tomorrow morning. Where is he? Alan? Did you find the angle of the thing?

Alan: Yes.

Shri Mataji: Then can you bring that drawing and let's see tomorrow if you can come morning time, I'll tell you what is to be done. Hmm?

Now about our programme in London and outside. Tomorrow have you advertised it? Alright.

Now every monday we'll be having it in London for all these days. I'll be quite free from Monday onward this week. And every day I would like to meet three or four of you personally, either in the ashram or there. For about two or three days, till Wednesday morning. Or you can find ten people or something, a group like that so that Monday or Tuesday I can meet you if you want. Or if you want I can come here and talk to them personally. You see, I must see to you individually. Alright?

So Monday and Tuesday I'm definitely available. As we are having [Caxton Hall] meeting on Monday we can have some sort of an after Monday session, if you like, after the meeting. With few of us you can come to my house and you can talk to someone. Or form these committees if you want to. Or we can meet on Monday and let's see what you have done about it. Two or three committees are to be formed: first for the programmes in London, another [for the] programmes outside. Then for the programmes of these people coming in. And fourth for the publicity. All these committees should be formed. We can have two meetings. Monday meeting after the programme, and Tuesday. If in my house or here, wherever you say, I am willing to come. Alright?

Now those who want to give their names for the committee, you must give your names also. Programme outside means you have to take me out, you have to go beforehand and establish and then I join. Now I have decided not to go by car because it's too much for me. I'll go by train because I don't want to exert myself so much because then I have to go to America. You see,

mine is like a marathon! Your's is a relay! I have been so very busy in Australia, then in India, then I am back here. Not one day I rested in India: horrible it was! Then I am here, again I am running about. I don't mind going to any place but it should be once going out in one week: once only. Not that I'm travelling throughout like that. And I'll go by train. If you can't afford it I will afford it. But I will not like to exert myself too much. Alright?

So first you have to establish there, then I'll go. Not that I'll establish it. It's better you go and establish something; advertise, have a meeting, talk to people. Take four, five people, who should form a group of people.

Now the holidays are there, those who want to take advantage of the holidays can do it. What about your [housing] co-op, what's happening about it?

Jason: We've asked several associations and councils for houses and we've had some very interesting promises so far Mother.

Shri Mataji: Really? Good! What's that?

Jason: Some associations say they're going to give us some houses when they know what their programme looks like.

Shri Mataji: Which associations are these? Private?

Jason: Er, no charitable Mother.

Shri Mataji: Oh I see. So they have some houses here?

Jason: Yeah there's some houses Mother.

Shri Mataji: You have seen some.

Jason: I've seen some that we might be able to get, yes, but it's not definite yet.

Shri Mataji: Where is it?

Jason: Notting Hill.

Shri Mataji: Notting Hill is very beautiful. But it's in the Notting Hill area or somewhere? It should not be in dangerously placed areas you see, where there is danger. Because I don't want to put you into places where you could be harmed, because negativity when it starts it can be...I mean, where there is a labour class thing, where conflicts of labour and all that, I don't think you should go there. But if it is something in between it's alright. But where absolutely rugged people live, they get into tempers for nothing at all and then negativity works through them: very rugged, or over sophisticated is just the same. If they are over sophisticated they are also gone cases. Then they know how to hide all their sins in their sophistication. It should be something in between. Overly rich, over-ly rich.

Yogi: We are looking at lots of areas though Mother. So it could be a good area it could be an in between area.

Shri Mataji: You see for yourself. Alright? Good vibrations and things, will be a good idea. I'm very happy if it is working out. It was your idea Jason and if it works out it will be great, really. We have to have. And then we'll have, Notting Hill, now what are you doing in this area? You better put up here something, Sahaja Yoga centre or something, if they allow, if this is a freehold house, and start attracting people here in this area. You go round in the...you can talk to them, meet them. Even they are selling, these days, I have seen some soaps, people come into your house and tell you about some soap or something. Suddenly you find somebody is coming inside, "I want to sell this soap." Then some tell you, "We are selling this kind of windows." (laughing) So why not we do something about selling Sahaj Yoga without taking any money? Is there any word for doing like that? Selling

without taking any money? Is there any word in English language?

Yogis: Giving.

Shri Mataji: Giving. But giving can be quite challenging. People might feel, "Who is he to give? I'm the lord of the whole world!" Find out something. Supplying. Supplying maybe. I don't know. A nice word you should find out. If you say, "I'm giving you enlightenment," they say, "Oh you are great! What do you think of yourself?" (laughter)

Try to find out. Must be there are some poetic words. What do you say Don, with all the studies you are making? (laughing) Are there some gracious words?

Don: It's not a very gracious language.

Shri Mataji: Gracious?

Yogi: It's not a very gracious language.

Shri Mataji: Aaaaah! You know, every Sahaj Yogi will have to learn English. That way I'm speaking for England. And Marathi, maybe some other. So everybody has to learn English. Poor things these two girls who came from France, they wanted to talk to me, they couldn't talk. But I can't learn twenty-one languages. So I had to tell them, "You'd better learn English." All of them are, poor things, learning English. But even Raol Bai had to learn English. Yes! Raol Bai, poor thing, trying to learn English. She said, "First of all, I must learn to say sorry!" "But you may say sorry at the time when you have to say thank you." "Yes," she said, "that I have to remember!" She said, "People then complained that, 'Give her anything, she doesn't say thank you!'" I said, "You forgot to say thank you!" She said, "But she gave me just some food to eat. Am I to say thank you then?" I said, "Yes! You have to say for everything! If she gives you food then it's an even greater thank you!" So she said, "Alright, greater thank you!" (laughter)

You see, the whole idea is different. Now in India, if you offer somebody the food, then the person who takes is obliging. See the juxtaposition of the whole thing. Because he is eating food in your house, you have to go on saying that, "Please grace my house with your presence and please accept this humble food." Maybe a big plate of silver! "This humble food in my humble home which is a hut." Maybe a palace, you see, and the fellow is calling it a hut! (laughter) If they have to say that, "You come to my house," they never say that you come to my house, if it is a palace, they say, "come to the abode of a humble poor," garib () khana (Hindi: poor man's food). 'Garib' is a poor man. "Come to a humble abode of a poor man." You go and see a big palace. And when you come to somebody's hut you say, "Oh I have seen your daulat khana (- wealthy), I have seen the house of riches." You see, you come to a hut and still you say that. The whole culture is different, nah? If somebody accepts some present from you then you feel obliged in that country. It's just the other way round. I mean, you people are materialistic, but the idea of materialism is different there.

Like, say, in a puja, we had one gentleman used to come in. He would not tell these people how much he was spending, because he thought that it's such a pleasure to spend in that puja, in Mother's puja. Gavin used to be very angry, then he said, "Then Mother you ask him how much he's spending." He said, "Oh, it's not much Mother, how can I pay little money for your puja?" He would not say. Here, I mean, if you can make money on that, they will. I have seen it. Because the auspiciousness part is not there. Even [though] the people are poor there, but they understand the auspiciousness. Only when it goes too far then they start complaining: like in Delhi, these Australians improved their liver and their liver was so much improved that what whatever hunger they had before started working out.

Now this fellow, the one, they were fed very well, I mean, he did very well for eight days, but then he came to me after eight days, aghast, absolutely. He said, "Mother I can't manage these people. I know they are very gracious, they eat well, they are very, very happy because I cook well, I know, but I can't afford it. I have finished all that I had brought for them for the whole month. It's over now." (laughter) "There's nothing in my store room left. They eat such a lot." I said, "Really?" "I should say they are saints, but they eat such a lot." (laughter) So I said, "What do you make?" "Morning time," he said, "they eat porridge. Then they

eat full bread with butter, jam. Full bread! Then after that they eat parathas. On top of that they don't mind having something sweet." I said, "Really?" He said, "Yes Mother it is so. I don't know what has happened to them." So I told Warren. I said, "Warren, this is the limit of things!" He said, "He must be thinking we are monsters Mother!" I said, "I don't know what he thinks but your liver has improved so much that you'd better put it down and bring it to the middle." Like this, small, small things happening, interesting.

Then we had a culprit from Bombay who went and told that, "You have paid so much money for your food, so why should you pay for your travelling?" Now six rupees to go twelve miles and come back! Can you imagine! Twelve miles altogether, going and coming. So one of them came and said to the fellow that, "We'll not pay for the bus. We are paying such a lot for the food." I mean, that the food [money] was not sufficient at all was substantiated by Indians. You know always they are paying, Gavin knows: always they paid for it. This put me off completely. He said, "Now we have hired this bus. They don't want to pay Mother. Who is going to pay?" I said, "Alright, I'll pay but I'll talk to them." And then I really told them that, "This six rupees you can't pay?" I mean, this, Indians would never say. But it was a westernised Indian who came to Delhi and gave ideas and they just, "Ah! That's it now!" Union demands! They said, "Where is our money!" Started! Suddenly forgetting where you are. This is the grace. Forgetting what are you doing. Forgetting you are in the blissful chambers of God. They just forgot. I was amazed. I said, "How could you?" There were three, four like that who had joined in. But everybody felt very sad and started. I said, "I don't know what are you doing? I mean, are you mad?"

And they saved all their money to buy presents. As usual India is very attractive, it's beautiful things you get there. I said, "Alright, but not at the cost of Sahaj Yogis. But Sahaj Yogis were put to trouble, they were. And they had to shell out money [for you] and your Mother, as usual."

So, it should be understood that, next time when we go there we should be gracious. We should really give them some money for their programmes as Sahaj Yogis. And they are spending such a lot of money. They spend much more money than you do. You just paid for your food, just so! And you cannot get so cheaply. Anywhere you go in Bombay you cannot get or also in Delhi. It's a very expensive place. And staying in a hotel sometimes, staying here, and then saying, "Oh the whole organising was difficult!" But the graciousness of spending money has to be learned. Cutting corners there, trying to save money, it was not a good thing. When English will that, I would say Sahaja Yoga is complete in England. Indians have to learn some other things. Indians are different. They have different problems, but that I'll tell them.

This is one thing, how to be gracious. That's one thing you should counteract, just to give up your misidentifications.

Now, those who have come from there, must write letters. Have you? How many have written letters to India? Good! Good! Such a sweet man. You did that? What about Malcolm? You don't believe in corresponding I believe. Your great friend Benoit was asking about you. You better write to them. They'll feel very happy. Write to them. Correspond with them. Australians are good. Send you photographs, they'll be happy. They'll put the photograph there, show everyone, Malcolm came here, see he typed this, and all that. Make friendship. Enjoy that friendship with them. You must write to them, find out about them. Everywhere we go, whatever country we go, we must establish them.

So, I think this was a good year, good beginning. And five years more, that's all. Five years. Keep moving, steadily, faster and faster. Accelerate your speed. Only five years move we need. Complete dedication and devotion, complete understanding of the importance of Sahaj Yoga. You have had your parents before, you have had your families before, you have had your marriages before, you have had everything before. Now is Sahaj Yog. But that doesn't mean you spoil your family lives. It doesn't mean [that] at all! On the contrary if your family lives are spoiled, you are spoiling Sahaj Yoga, absolutely, and you get into punishment.

Now you know about Rustom. Do you know about his story, what happened to Rustom? You don't know, I must tell you. Rustom was so high-handed and he said, "I can't bear this woman!" and this and that, and all that. He started all that. I said, "Alright. Now so what have you decided? You sent her money?" "Yes, that I may do but I can't get along and I can't bear her. She's this, she's that!" I said, "Alright." "Now I'm very happy I've got vibrations and I am going to give vibrations, I am going to give jagruti." And he was doing all that way in Jamshedpur. He would not call his wife. I talked to his wife and she also was so upset about the whole

thing, she didn't know what she had done to deserve all this after all. She said, "This man has been so angry with me all the time and he says I'm difficult. What have I done? What is so difficult about me? He should tell me. And better to talk and argue and fight it and take it out than to sulk like this and put me into trouble."

Then I talked to him, I said, "This was very wrong of you. And I asked you ten times before if you wanted to marry her. And you have no business to ruin her and bring such a name for Sahaj Yog." "I'll take her to London and this and that if you say so Mother. I'll do this." As if he was trying to oblige me he said he was willing to do that. I said, "Alright, go ahead." Then he never wrote to her, nothing. He tried to be very funny. Once he slapped her also, just imagine! She's a Sahaj Yogini. He slapped her. And he said, "I did," and all that. He thinks no end of himself. I said, "You 'great' Sahaj Yogi, you'll have your time! Go ahead!" "I have my vibrations." Nothing! You see, it's just a myth he has got in his head [that] he has got his vibrations, he's a great Sahaj Yogi, this, that. And he was trying to give Realisation to everyone. Very high-handed that fellow. And he would not look at her, he would not write to her, he would not have anything to do [with her]. All this. "You can't just do it!" I told him this again and again, he would not listen.

(break in recording)

..be yourself and better produce children. And every year one [child] would be a better idea! (laughter) Why are you looking so miserable? You have to promise me, otherwise you don't show your faces! I'm telling you today. Marriage is not a joke in Sahaj Yoga!

I told him beforehand, why I want you to get married, why marriage is essential. All these marriages are a waste, I tell you! We'll not have any more marriages now unless and until these people produce children. Useless! You can't produce children! In this respect I must give all my congratulations to Pat and his dear wife Grazyna. I'm very happy about them. They are the sweetest of all. I really love them. I have blessed them with such a beautiful child that you will be happy to know. All of you will be blessed if you behave yourself. We have to have all of them here. These are great saints, very, very great saints who want to be born. And I am here to tell you these things, and you are just playing with it. As soon as you get married some bhoots come into your heads and you go off your heads I think. Better go ahead with it alright? And it's very important. Everybody asks how many children have they produced so far. In India they would have produced at least ten! (laughter)

Another is Douglas [Fry] and his wife [Deviyani], I'm sure they are going to show some results!

There's no divorce unless and until there is something really very serious.

If they are not capable of producing children they are out Sahaj Yoga, they are divorced and finished! Alright?

It is not the outer compatibility that is important. Cooly I'm telling you and your wife [Dawn]. These two came to me and they said they want to get married. You'd better now produce children, both of you, and love each other. Alright?

Dawn: Yes Mother.

Shri Mataji: Now Rustom is coming back with his wife. He has to produce also! (laughter)

We don't have many children with us. We need much more.

And the women must look after the children, not the men. But that's also another thing: that the men start looking after the women. Not that way. The women have to look after the children; the men don't have to. It's most surprising that, in India, if a woman doesn't get a child, she'll go to all the shrines, all the places, to have a child. But this is a westernised idea not to have a child. Something very westernised. And it's bhootish; it's a sign of a bhoot which is giving you these ideas. Absolutely it's bhootish, I tell you. It's a bhoot that tells you; who is against Sahaj Yoga. It's anti-God activity, absolutely.

All the wretched people are producing children and the great Sahaj Yogis are not producing children. Imagine what will happen! Just like in England they say [that] after some time the Asians will be more than English, in the same way we'll have more bhoots than good people, who are the saints. Because bhoots are producing children and while you people are not producing any children. At least minimum you do that much if not anything else. We did all the arrangements, dressed you up and made all photographs, for what? You are just the same! For what we did all this?

So this is a warning. Now you don't need any other. This is nothing symbolic! Absolutely you have to produce children. Otherwise I will see to it that you go out of Sahaj Yog, out of the circulation of Sahaja Yoga completely. Don't tell me stories. I know everything. You just have them and you will know how beautiful they are and how sweet they are, how they make you happy. Ask Gavin. His face is changed since he has had [Olympia]. Even [his wife] Jane: she's so different. And what a sweet little thing they have. One little thing is so beautiful. What about we have Datta here! Better have it. They will make you feel so nice, happy. Flowers they are, beautiful. Am I supposed to eat my dinner here? Or not?

Yogi: Yes Mother.

Shri Mataji: If not you'd better tell. No formality.

Linda Williams: Regis has cooked you something lovely Mother.

Shri Mataji: Regis has done the cooking? The French one? I hope without the wine!

Hmm, there he is! Hello Mr. Dattatreya. How are you?

Linda Williams: He's nearly crawling.

Yogi: He is crawling. He crawls on the floor.

Shri Mataji: Good, good! Come along! Hello Mr. Dattatreya [Williams], how are you? Eh? Better grow up fast! Alright? (Mother kisses the baby) He's good now! Look at that! Hmm? May God bless you!

Are you alright? Are you alright? Hello! (laughing)

See how alert they are. Poor thing had to fight a lot with all of you.

Olympia? Hello Olympia how are you? Ha ha!

Now you tell, Jane, how you feel now, with Olympia with you. Like a doll isn't it. Aren't you happy now?

And also I'll tell you what: you don't give your children to women who are not producing women. Alright, just don't give! They are inauspicious. Nothing! Till they produce the children we are not going to give them. Outcasts. And all the men too who do not produce children. No use producing moustaches! (laughter) That anyone can do, whether you are married or not. You don't have to impress me by that! See I wanted Cooly to go for acting. Now he's put on moustaches he can very well go. But first he should produce a child otherwise he will not be allowed to do anything!

(talking to the baby) Are you alright? See, in meditation. What's there? What's there? What's there? Ohh, yah! How they know the love! You know the love! You know me!

See how confident, how confident. What a blessing it is. You know in India people don't take water given by a lady who does not have a child. Can you imagine! People don't go to such houses. It's inauspicious. Ask anyone.

Can I have Olympia now? Can I take Olympia?

Can you go to her? Do you feel like going to her now?

Linda Williams: He talks a lot now.

Shri Mataji: Try to take him now, let's see!

Linda Williams: He doesn't want me! (laughter)

Shri Mataji: Now take him. I'll take Olympia for a while.

Linda Williams: One day we were on the evening train and we had been putting up posters in Epsom and we came back on the rush hour train and all the people were sitting like this. You know how the English are reading their papers. And John Watkinson was with us. He was in his little trolley and he said, "Ub bub bub bub bub!" (laughter) And after a bit they all put their papers down and they started smiling. After about ten minutes the whole carriage was happy.

Shri Mataji: That's what they do! They know how to bring down!

Hello Olympia! How are you? After a long time! So what have you been doing here?

(baby starts crying) She's forgotten me! You must show her my photograph otherwise doesn't recognise.

Jane Brown: She talks to your photograph!

Shri Mataji: She talks to me? You talk to me? Alright, alright.

Now what has happened Olympia? You know me very well! Forgotten me? What has happened? Why are you crying? Alright. On this lap you'll be better. Should we? Can we? Alright, let's see. There's something wrong I think. What's it? What's it? Just see her vibrations. No, no, no.

Jane Brown: Just the last few days it's been like that but before that it's been ok.

Shri Mataji: She has had fever?

Jane Brown: Just a little bit

Shri Mataji: Just see this. You'll be alright, you'll be alright. Better get some sugar vibrated. The Right side is hot. Hmmm! What is there to cry? Alright? This is alright? Right side is catching. Hmmm! Alright? What do you plan so much that you have bad liver? (laughter) What do you do? What do you think so much that you have a bad liver? Jane, you be careful about your diet. Don't take any fats I think for some time.

How do you get a bad liver? Your daddy has it, alright? (laughter) He plans for everyone. Does he? I think it's little inheritance isn't it. Sometimes the liver also and the heart. See the combination is that. Right Agnya, Right Nabhi. Better now? Are you better? Are you better now Olympia? Are you alright? She'll be alright. This is liver.

Now you have to be careful with all that. She's better now. She has a liver problem. And Agnya too: Right Agnya. You have to forgive! Now it's alright, now it's alright, everything is fine.

Now, alright? Everything fine? Olympia, come now.

No, I won't have it. Now will you come?

Olympia, what is there to cry?

1981-0510, Talk to Sahaja Yogis

View [online](#).

10 May 1981

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – Draft

1981-0510 Talk to Sahaja Yogis, London, UK

Today I think we should first of all talk about organizing Sahaja Yoga in England. How we can do it and let's have it in a very informal way. How do we propose to spread Sahaja Yoga in England? That is important. I have been here now two, three, four months and I would like to have your ideas about it.

But before we start that you have to see that what Australia has done, how they have worked it out it's better to see because their performance has been really good and we have to learn from them,

Australia is the land of Shri Ganesh and Shri Ganesha's miraculous powers are working perhaps because so many things have happened so suddenly and so beautifully there that you can say that you are amazed at it you see and it starts with a miracle always. I have seen something happens. These people went back and say they wanted to have an ashram so that this miracle. They have no house for so long they can't get any house here. It's such a big house. It's very difficult nobody is willing to give us on rent. So we have to take a house on a frustrating sort of a thing. When we start half of the money you pay now and part later on. It's very expensive to do that way. So somehow I told her that she was so frantic I said, 'All right don't worry you'll get it tomorrow.' And they really got it next. In searching for two months they never got it and they really got it next. [unclear] was very sick just before my going and she was cured by one of the Sahaja Yogis with my photograph. She was cured. She was in intensive care and she got cured because she had a paralysis or some sort of a very serious thing and they said she was going to die. Out of it she came out. So naturally the people around her [flushed] the news and that's how we had it.

Now we have another one. Did you bring the other one of the.. But there's one thing about these people that they have dedicated really their life to Sahaja Yoga. They have no other side interest in the sense that they do work. They earn money but for them Sahaja Yoga is the main thing. This is something I have seen about that country, something so great. They have got their, say, jobs. They are in the ashram. Whatever they are doing, to them first and foremost is Sahaja Yoga. How they spread it. What they do. All the time the mind is on that. For them they do not want that we should have a holiday or we should do this or do that – nothing. Complete attention is on how we spread holidays. True holidays. We spread holidays in such a way that true holidays are working. I was happy to learn from Don that he wants to go to Portugal and to Spain where he can pick up the lost treks there. I didn't even tell him who to contact.

Sahaja Yogi: I'm finding out Mother.

Shri Mataji: I think you'd better write to this girl [Adrian] in Switzerland. They are also [unclear: Milena]

Sahaja Yogi: I've written to Gregoire's sister [Mari Lou]

Shri Mataji: Did you write to her with all the addresses and everything? If you write to her then she will definitely let you know because I have really done some good work there and you can go and really pick up all these people. She has got addresses of all the people, the people who would like to do something about it. So holidays you see, what they do – every holiday they use to go to some place to spread Sahaja Yoga.

Now also ashram is another fixed thing there. Like say there are fourteen people living in an ashram. Now what they do that two

of them will get out of ashram to some other place and those who are out, out of Sydney, like they went to Melbourne. In Melbourne they advertise this, that, they gathered people there, and when the people started coming in Melbourne they established a centre there. Then two more people went to Adelaide. That's how they go on connecting and they settle down there. That's the main point. Unless and until you settle down in that area while this is not possible in England because of all the jobs and things like that. But that's how they do it and one of them, his tenants, is going round places to places. Like that he keeps connection and is moving. Every weekend he goes to say Sydney and then to – if he's in Sydney he went to Melbourne. And from Sydney he goes to Adelaide or to some mother place. He goes like that. He goes and holds meetings - talks to people. Tells them about [unclear] now this is the force and all that. But you see they have had some good posters also. Did you see that, Behold the Mother poster? It's very, very effective I think.

Now I would say there's now travel quite a lot in England all throughout. I mean there's no question of [My saying] that I have not done. I have done much more traveling in England than I have done anywhere in the world I would say. In India I have not traveled that much in the sense that I have not gone to places so extensively because I have gone to places so extensively because [England] is such a small place. I have crossed here there and all that.

Now I would say that if you can form a group of people who on holiday would camp like that in some places, go there. Work it out with them. Then they realise because despite the fact that you are [catching waiting happening] you give them realisation. As today Peter told me that it's very good observation which I was happy with, that Spirit is unattached. Spirit cannot be caught by bhoots or anything. It is unattached you see, so you should not [give way] to these groups, this is catching, frightening and all that. Don't. You have your self-esteem. You must have your self-esteem. And know that through this self-esteem only you are going to achieve realization of others. You see it is like a candle which is enlightened and doesn't want to believe that it is like that a hundred times you must have self-esteem. Now thank God you have faith in Me. There's no problem on that. There's no doubting on that points.

So now the second thing is to have faith in yourself. This is the second position. Have complete faith in yourself. I mean you do have. I have seen that but you take time to mature that way. It's not a trick thing. You see you go like this and like that for a while and you mature – take time. While in Australia people mature just like that. You see they just jump on to that. I've spoken a hundred times I think. So you see this fear all the time or you can call it introvert as in say as he said this introversion. This introversion should be stopped and go with some extroverts I should say. Expose yourself to others. Talk to them freely about it. All this habit of being frightened or how to say and all those things. They are of no use whatsoever. But you need not be aggressive and hot tempered. That is what one thing I must tell you. Because it does not matter whether you [no shootings] here and there. The only thing is you should not create a bad impression on others. First is hot temper is one thing should not be allowed any cost. Only cost because I see that that hot temper bring Sahaja Yoga to [unclear] Somebody is from India and the person knows how to do a particular thing. All right? But that doesn't mean that person should try to do something which is rough. Like we went [unclear] is a very great Sahaja Yogini in India but in Australia it was a failure. What happened that she was she went to Australia and of course she's very confident about. But she doesn't know English also that's another point. So supposing somebody's cleaning this and she's holding it this way or that way, whatever it is. Which is very [unclear] This lady would take the cleaning in her hand herself and start doing it herself. She didn't mean to any way to hurt the person or anything but to another person it was terrible. Like one day I was sleeping and they are not supposed to wake Me up when I am sleeping. It's a fact, you should not do it. So a lady came and she just woke Me up that "Mother please get up". It's all right. Well she had to tell that person that you should not do it. You should say in such a way that the person doesn't feel bad. That is very important. Hurting each other is the worst thing you can do. You can hurt anybody else but not Sahaja Yogis. Can't hurt Sahaja Yogis. And to say harsh things and angry things is absolutely prohibited in Sahaja Yoga. Otherwise Sahaja Yoga will never, never spread.

What's the matter? [unclear] Sit down sit down. I make things like this for you people. Come along sit here is better off. For those who cannot sit on the ground. You can sit there.

Sahaja Yogi: You're not too hot are you?

Shri Mataji: I'm very hot. It's really hot. You can open all the windows I think.

So harshness, talking harshly, saying something harsh or asking somebody to do something. Say somebody is living here, you are supposed to clean the kitchen. I am telling you now for you. Somebody has to keep, clean the kitchen. Now that person is doing it out of grace. Is not supposed to do it. I have told Linda also let's give an example that she should get a maid to do it. But if the [unclear:boys] are willing to do it one by one they should do it. But one should not say, "You haven't done this. You haven't done that." That should not be in Sahaja Yoga. That should not be in Sahaja Yoga, that you should say "you should keep this place clean. You should keep this properly. You haven't done this properly. But that doesn't mean the other person should become clumsy and nonsensical. Because you see the whole thing is the [unclear] atmosphere is created. Both persons are equally responsible. A person who is saying horrible things is also wrong and the person who is doing things horribly is also wrong. But one does not neutralize another. You see one should know it's spoil-sport. [unclear] somebody has done something horribly alright, then you scold that person [unclear] because this is the integration of both the things. How you do things gracefully, graciously, beautifully and how you talk, behave towards other [unclear] Both things are important. Then some people start becoming aloof from certain things. You just can't do like that. You are harming Sahaja Yoga. You are harming the cause of Sahaja Yoga. You are harming the collectivity. That's mean. You have to become ideal people. Absolutely ideal and work it out to see that you are ideal.

So let us move on to the point, how are we ideal? The point comes to that. How do we become ideal. First of all self-esteem. That you are realized souls. That you are emitting the dharmas of your spirit. That spirit is the highest thing and that you are connected with God and that God looks after. First of all establish yourself as in Hindu we say virach. Let it permeate in your existence. You feel it that I am permitting that confidence. They make take a pride and say "Oh" and things like that and you become very mundane. You become just ordinary just like other people on the street. They are all just like this, "Oh I am this or I am that". What's so special. So establish yourself first of all. Establish yourself. Please have complete faith in yourself. No blind but a real faith. You would not get your realisation if you were that hopelessly bad. But the way you are acting sometimes. The way you are frightened. The way you are doing all these things you see getting yourself all right also. Some people are least bothered and some people are too much bothered. There should be some middle path. So first establish yourself and you will know how to move over. For example as I've said now you have become the bird and not the egg. You are no more the egg. But still you are tied up with all the shells of the egg. You are sticking to it and you are going back. How can you fly? Now fly. You are a bird now. You are no more the egg. Know that . Have faith that you are now the twice born. Those who are not are much more confident than you are I tell you. I met some of them in Australia where an organization is called as twice born sells certificates and they talk to us. "We are the Bible". We are the authorities of the Bible". I don't know how to punch this into your heads. I don't know how to sort of put a bit of history in your brains. What are you worried about? Your vibrations?". Now don't you worry. Put your hands here. You will be all right. What's happening? If you get slighted by vibrations you get upset. Just put your hand outside you'll be all right. Put your right hand outside you'll be all right.

Sitting before Me I find people frightened because when they get vibrations some think "Ah Ha" . It is right or left, it is all right. Better now? See. So simple as that. Oh I am tingling, what? And some are so over-confident they are absolutely superficial. So you have to be in the centre. Now how do we know we are in the centre? When you are in the centre, you are in the centre. Say a person is walking on a rope. How do you know that he's on the centre? He knows the balancing and the same way you also know that you are going this way, that way too much. Keep alert. Watch yourself. I am going too far. I shouldn't go. I have to move forward and without balancing you cannot move forward because it's a rope trick I am telling you. Just balance yourself and see. Do not justify yourself. Do not say that I am right and Mother is wrong. No. You are [Unclear: having] to Sahaja Yoga and how we have to integrate Sahaja Yoga by our behavior. Those people who are clumsy, who do not know how to do things must try to learn.

Those who are hot-tempered must not talk, keep quiet. Beat yourself with shoes. Stand before the mirror. Tell yourself while you are beating yourself you are a great big fat fool like that, that I have tried to bring bad name to my Mother. Those who are idiotic in behavior [unclear: can't move] if they are idiotic. It's not difficult. With the Spirit with you, you can. Those who were ego-oriented, they will know it is ego. You can balance it. How will you know? When will you know? Only when you are in collectivity you will know relatively how are you. Any kind of high-handedness is a sign of stupidity. Absolute stupidity. If you try

to be high-handed I will allow you for a while and then you will have such a somersault that you will say, "Mother how did we get into this position." So no high-handedness. Keep relation with everyone else. If you think you are something great and you can get away with everything. I will not do this then you will see that one day you will be sudden in shock. Absolutely.

So self-esteem means the correct understanding of oneself. It doesn't mean yes and no. If I say self esteem people think it is ego. No ego is falsehood. Super-ego is another falsehood. Both are false. The real rising of yourself must be understood and standard. In your heart of hearts you will know that this person is wrong. He should not be like this. But in some places you should have indifference and in some places you should correct the thing with your grace. Grace means Nirmala Vidya. By using Nirmala Vidya. You see if I shout at you supposing. I don't. But if I shout once all the bhoots will run away. I know that. They will not return back at all. I also know that. If I slap you then for all your lies you cannot have a bhoot on you. I don't do it. Why? Out of grace. I mean My beating you is a blessing, real blessing. But I don't do it because grace is much more important than anything else. So if somebody thinks I am a great Sahaja Yogi others are not. Please know that such a thing doesn't exist in Sahaja Yoga. Doesn't. The whole thing is to be [unclear] and for example some fellow says, "I am the best and the rest are useless and starts showing off. It's malignant. It's malignant. It will spoil the whole [unclear] Like you see like your nose bleed like that. So nobody thinks that you are superior and inferior to others. We have to live in harmony with each other. Like I've seen some people in a fair will sing horrible or loudly. Others will be like. All of you should sing such a thing that only one person is singing. It should appear like that . And then you will start enjoying each other very well. That's the only way one can enjoy.

What makes life most happy is a complete concord. You see the nature how it is beautifully built. How it works out. How it gives and how it emits. It's so simple. And such a personality emits vibrations. Today these boys just cleaned My room and you can see how pleased they are, just cleaning my room. It's like any other room in the whole world. Maybe one of the most neglected one. It was neglected I mean I was out all these days, and when they cleaned the room, just cleaning it, just being there in that room. Because then whatever I do I do nothing but emit vibrations. That's what should happen to you. For that your mind should be brought to the proper understanding,

Some people just get into a drool like and say or some sort of a drag where they just don't think that sitting like this can [unclear: emit]. Others are over-active. You have to be absolutely tranquil and alert. I would not put it like this. I know that tranquil is certain. First alert and then tranquil. We have so many ways in Sahaja Yoga by which we can exist in this world. Just like normal people and can be realised. It's an impossible thing. It's a very difficult. Because I have done that on that Myself. But normal doesn't mean mundane is the point you see. If you use the same methods as everybody else is doing then you are wrong. Doesn't mean mundane .

A normal person is a person who knows how to balance things. So this is about ourselves. So when we come to the organising of Sahaja Yoga – whenever we sit down we should talk how do we do it. That's how. How are we going to do it. And just make an attack you see. Except there are some people who are waiting for Me to go down. You go and talk to them. You should say you'd better get realisation and then talk to Mother would be better idea. Otherwise she will think that you are good for nothing. Why not go five, six of you there. Try to give realisation. You can give realisation you know. Is there anybody here who doesn't believe he has been given realisation? You can give realisation. All right. You start giving realisation. You are catching, tingling, whatever is happening, you start giving realisation. You will be amazed as soon as you just get rid of this fear and just give realisation your realisation will be established. What happened to [Unclear] loudly, loudly.

Sahaja Yogini: Nothing Mother.

Shri Mataji: you are not yet talked to them?

Sahaja Yogini: No Mother.

Shri Mataji: You'd better have it. You've forgotten about it? [unclear] You go and talk to them and tell them we have to have that program again in Sahaja Yoga. Everywhere that you go you talk about it to everybody. Then when I go there, before I go you must prepare that place. You should be willing [unclear] Ordinary is lop-sided. How many people come with all these things , I mean

they are shouting [unclear] this, that. In the same way you should go to a place and take – go to the marketplaces, talk to them. Tell them. Do you know there's a force within us which gives you your self-realisation, by which you really become a Sahaja Yogi. [Parvan?] has tremendous plans for Rome. How to attack Rome. Tremendous. Except for the hall he's thought of every sort of thing that he's going to do there. So I told him this year I am just going giving vibrations. Next year I will do that. You have to take once, go all out, meet people, talk to them, take hand bills, give to them, spread books. Now they have been able to get a publishing company who are willing to publish [unclear: Advent] as a pocket book, to sell it in Australia. It will be a good idea. And that such a book if it is published, then you can sell and people will start knowing about - So I am going to write to them as soon as possible. You may write to them. Go ahead. Do what you please. You have such tremendous people there. Did you get one of the [flyers] they sent on the date? Did you get it?

Sahaja Yogi: Yes we did. A letter. We got a letter, a letter Mother. It's written out in a letter.

Shri Mataji: Oh but he sang so well.

Sahaja Yogi: None of the tapes have actually arrived as yet. They are on their way. I had a telegram the other day saying the tapes will shortly be on their way.

Shri Mataji: On I see. Have you have got video. Did they send you the video?

Sahaja Yogi: I don't know coming. I'll know when it arrives.

Shri Mataji: They will be sending you video tape. The complete conversation I've had. Now for our media here I don't mind meeting those people at all. But we have to brief them first of all. Like they did. You see they rang and talked to them. Now you have got background it takes Australia things to show them. I'll read this one out. See now this is one of them. Read it loudly.

Sahaja Yogi: The power within us by Gavin Beez ? "The audience was a strange mixture. Middle aged business couples, elderly conservative men in blue serge suits, with waistcoat and fob watch. Young families with children and then the element the Cross is famous for, the eccentrics. From existentialists to members of Ananda Marga, and other cults came in curious and antagonistic for the first public meeting in Australia of Mataji Nirmala Devi. At the advertised starting time the audience was still small but growing rapidly. More chairs were wheeled into the [Cenfield] lounge of the Jewish Community Centre. As the crowd swelled then overflowed and finished at standing room only, Her press conference earlier in the morning at Sydney's Wentworth Hotel, Mataji had startled. A number of reporters with Her comments on gurus and cults. The tiny Mataji had nothing but scorn for those cults that demanded money from their followers. Followers of the cults were out in force to attack Her at the meeting. Surprised to say it was no contest. The questionnaires quickly alleged [unclear] moved them greatly. It would be very easy to be cynical but it was a very calm, subdued audience that left. The imprint was clear. The Mataji is a very remarkable woman. And then. An interview with Mataji recorded that a press conference on the 23.3.1981 and transmitted in sections on 2JJJ the popular music station of the Australian Broadcasting Commission -a three hour interview and talk-back session live with Mataji on radio station 2UE from 9pm to midnight 27,31st of March

Shri Mataji: Now you people should follow greatest. Who should work it out? Talk to these people that Mataji is not fond of publicity. But publicity helps it. She has come – She had to help us out. She's not here for Her personal gain in any way. She's the one who will neutralize all these gurus and things. You talk to them directly. But if you try to be nasty with Her and try to be cynical She will [unclear] And that's how She never wanted to have much to do with publicity in England. Because many people have told Her that English publicity is only sensational sort of a nonsense. All these things if you talk and say you will be amazed that they will be prepared for Me much better. All right. Otherwise it is very difficult and you take about ten very intelligent, well-educated people. Because to them, you see you are educated, your dignity is behind you because they are gross. They don't see your Spirit. While they see you are very well educated. You are scientific minded. You have known this thing, that thing, they will think, "Oh, great". All such things you see happen when you understand one more point that they are gross. They are gross people and only your grossness, which is beautified with your inner spirit is going to make them happy. Or to attract their attention that it is too hard to be in such a way, that they should see that there is something in you and too much for them.

Actually I've seen they have bhoots in them. As soon as they see Me they go.. They don't know what to do. They go mad. So prepare them. She's too subtle for them. You have to be prepared by telling them how She has transformed our lives our lives. How She has changed our ideas of these things. How they have given up all these drugs and .things and how we feel that we have found something. I mean to such an extent that they ask me a question in Australia that, "Mother your disciples are they all scholars?" I said, "No [unclear] scholars? They said, "The amount of things they know. We've never heard of these things." How much they know about. They know about medical science, they know about science. They know about this They know about that. They know about Indian Mythologies. They know about all these centres and chakras. I mean they are scholars. Because this was a knowledge unknown to them before. I said, "This knowledge is expressed in your [sweet words] they are surprised. You see if you talk of Tennison they don't think you are scholars so much. I have discovered another thing, Tennison was a realized soul. Also find out from his works. Maybe something great might come out of it. And you can use Blake and you can use these people and that. You should say this is what it is. What Blake has described is true.

You form a trust now I think, a brain trust and try to find out what you can do about the press. This is one thing very important. You should have some ladies and some gentlemen and behave like ladies and gentlemen with them. Sahaja Yogis when they confront all these gross people in India oh,oh,oh. That should not be so. You must know they are gross people. You must have really sympathy for them. And a kind of a very, very gentle way of doing it. I am sure when you go and you dress up in a way that will appeal to them also and they should feel that there's something – a greatness. Because you see one thing they will identify with you that you are English too and you will know English. You are not [unclear] we suddenly expose that – [unclear] immigration, all these things, then they get after My life. You have seen all the questions they ask Me about India. They know more about India than about themselves. They cannot think that an Indian a person can be a universal person. Only English could be. Yes absolutely you see. They think like the English mind. They think they are the only people who can teach law. They can do geography. They can go round the whole world and they can agress the whole world, and they can exist as aggressors everywhere. Like the Indians or anybody who comes to their country as an immigrant. So because of this ego and this grossness in them you be careful. You tell them now see now, because She is an Indian She is not an immigrant first of all. Remember that. She's not a guru. She's not quoting any organization like a guru. She saved us from the clutches of the gurus.

Better now? This is what is a permanently closed thing?

Sahaja Yogi: A temporary arrangement Mother. It's only a temporary arrangement till we've got the building made. We thought of putting four screw type things in a brass [unclear] with a nice cowl coming down here so when we have a havan here the smoke goes up instead of around.

Shri Mataji: Well we can do something. You see if you know how to do this havan there's no smoke. I'll tell you how to do it. There should be no smoke created if you are careful. But you see you should have something like that there. Be good idea.

Sahaja Yogi: Maybe we should get one of those things like we have at the weddings. You know one of those steel things like they have at the weddings.

Shri Mataji: That sort of a thing you should get. You can get it done here though. Simple. No problem. But this thing is, is there no This won't work out.

Sahaja Yogi: We could do it there. I was thinking of picking the inside out of that chimney and dressing it up to a big way.

Shri Mataji: That is a better idea. Better to do havan there. But normally we can do it outside also. It's very warm eh. If you open that I think if you can have a Brain Trust like that Bobby you form a brain trust. And then I'll tell you how you have to neutralize certain things. First of all anything [unclear] You don't talk to them about Ganesh or anyone whatsoever. Do not try to connect Christ with India. Let them have a feeling he was born in England only. Because they are so gross you should not try in any way to make things look like that and one has to really work it out in a way that would make some impression in their heads. All right? So now questions from you would be good idea.

Sahaja Yogini: Is it all right to advertise Sahaja Yoga in things in pretty [unclear] magazines like [unclear] and slightly less-known publications

Sahaja Yogi: Write articles in smaller magazines.

Shri Mataji: She should just go ahead. But don't try funny things eh? First of all understand Sahaja Yoga and then do it. First get your realization and then do it. All right?

Sahaja Yogini: There's a journalist who'd like to interview You first.

Shri Mataji: No, no, no. If they see me first I told you they see basically, [unclear: they don't understand like that] Basically in England. You should see the temperament of the English you see and then work it out. First talk to them. Try to give them realisation. If possible. [not many] and then bring them. Because if you suddenly expose them they will never understand. Even Indians are like that. Why you think about English? Moreover we have a speciality here by branding someone. You see they can call Me a Victorian or a Victoria thing. Victoria herself. They can brand Me as anything. This is possible. So it's better not to do it because they are gross. Try to make them little subtle. Talking to them and this and that. You do not take aggressive attitude towards them. Otherwise nothing is going to work out.

He's got his realization?

Shri Mataji: Are you feeling the cool breeze? Good. What else? You have to use your brains, which you are not. Not criticizing each other and cutting each others throats. No. Better to do it the other way.

Sahaja Yogi: Mother if we talk more on natural vibrations because the people here, you see people here they don't like rituals. They are very much against rituals .

Shri Mataji: Don't talk of rituals at all in the beginning. You see, nobody's allowed in rituals normally you know that. You don't allow everybody to come to a puja. Very few people are allowed you see. So don't talk about rituals at all. Prohibit it. See like [unclear] It's very innocent. So unless they are fully realised how are they going to take the advantage of puja. Nothing, you see nothing is going to happen. They may sit for hours together on the contrary they may say, "What is all this going on"? Only the liver will be pumping. Every time you do something their liver will become bigger and bigger. They will never recognize. So no use. No more. Talk about vibrations.

Sahaja Yogi: At a new meeting what happened is that one lady said that she felt afterwards she was watching people working on her and she told me that for new people this creates a bad impression. You know if we could explain more.

Shri Mataji: You should explain first of all that we have to – if realization has to be given the kundalini has to be ready. Now we say we are realized people. We have got realization. We have got these vibrations flowing from but you haven't got it. Don't feel bad because we will get there. Now we have to raise it by putting our hands towards, you have to put your hands towards this photograph. Just for doing. Just put your hands towards the photograph that's all. You want to have your realization isn't it? So this is how we have to do it. You see a very good way of preparing them first of all. How you do it. You can do it also. You see for yourselves. But if you are already aggressive it won't work out. We have nothing to gain from you. You don't have to pay anything. There's no cult. Nothing. We feel it and you should feel it. We want to just share the experience. That's how you talk to them. But ritualistic there's no need. Not to say the mantra.

Sahaja Yogi. [unclear: It's a bit too much the hand movements. You know]

Shri Mataji: Yes you have to be careful. He must be thinking that lots of rats must have bitten these people In the hall. In the meeting, when you are with other people please don't move your hands at all. Even with your attention you can do it. Realization.

But if you explain to them that you don't mind. You see a doctor when he calls a patient in he doesn't take all of his notes with him or if he is a dentist he won't put you like that. He has to do some [unclear] I mean this is common sense. It is common sense. So you see this is – I don't know what you call this kind of thing but it's absolutely absurd. If anybody comes – please come, sit down. Be nice. Give some tea or something and be normal and then say do you know there is a power within us and you can feel it growing [unclear] And you can feel it also. It is some people do. That's the way we are, anybody comes in catch their hair and just.. No you have to be very gracious. You have to be really gracious. I never do like that. Just imagine if I had done something like that. What would have happened? On the contrary I've seen others sometimes do it like – I remember we went to America first time. There were three or four people they just came and hugged Me and kissed Me and I was just [unclear] I was stunned. I didn't know to turn the whole thing back also, how to say anything to them and what they thought of Me. I just couldn't understand. Whether they were confused and this and that. So this is how it is. I mean Imagine an Indian lady coming and suddenly you go and hug her and kiss her. She'd be shocked. She would think they are mad people. You see one has to understand what sort of people you are talking to.

I can tell you. We went to Australia, Melbourne and one of the Australians said, "You'd be surprised that the girls hold hands of each other in India. Says what aren't you supposed to hold hands of men. [unclear] So they said here you know here you are not supposed to hold hands with each other. And so she said "Then what? You hold the hands of men. I would never do that". Why should you hold the hands of men. See it is like that, simple. You must understand what sort of people they are. What background is there. What you should do. How to talk. This is the art. This is the [unclear] Well I am not an English lady but I know of their sophistication. How to say thank you. I got fed up with their thank you's. All the time thank you sir, thank you sir. She told Me if you know these two words you know English. And you do whatever you like. You just say sorry, finished. So this is what happens you see.

So every country, every place has it's own style of thinking and because they are gross they are mis- identified. You have to go accordingly. So the approach to these people has to be according to what background they have. They are not coming from Himalayas. One has to know. The way we put them sometimes see might be embarrassing also for some people [unclear] to one or two people and they were shocked. They were just shocked about it. I mean he didn't mean anything bad, poor thing but the way he handled them they got shocked. And they told Me over the phone that I don't understand. You see. Some machine. So all the formalities that are observed in any organisation or in any culture must be understood first. Do that and then you approach. Because that's how you enter into that land where they are. You have to stoop down to conquer. So stand first does not mean by any chance any sort of an aggression. It means that you know how to handle the situation. And that you should know that you know if the point. I think it will work out. I am sure.

There's a very nice letter this Gupta, doctor Gupta has written about cancer. Did he tell you?

Sahaja Yogi: I think I saw it in Delhi and he bought it along to show Dr [Matua] and I was there. He bought it show Dr Matua and I was there. So I saw it there.

Shri Mataji: You see this one perhaps it may be published. You see in one of the magazines. But I would say there are two [Reggies] There's one somebody in Poland. You must get hold of him. He's writing about mathematics. Those who are interested in time. You see that Indians should go into it to connect mathematics with Sahaja Yoga, to connect science with Sahaja Yoga is most [unclear] But you can give them, support them more from the science point of view. All right. And they can give you something from that side because they have that background and they are trying to fit both things together. It's very interesting. You'd better get hold of it and add to it and see to it what it is, get it corrected. Same with this Polish gentleman. Did I give you some letter from Poland? [unclear: Gregoire] was with me. He was going to write. But I'll give you his address in Poland, and also his letters are with Me which I'll give to you. So be on the look out and get other scientists with you who can write and you can talk about it.

Other people who are doing science. You can take [unclear] I heard him in London. He has written very well I must say. Except for one thing. He said that the Sahaja Yogis should not run away with some Sahaja Yogis were harsh with them. One should not confess you see in Sahaja Yoga you see if you start confessing then they'll sit on your head. You see one person can spoil the

whole game. I know that. You should not confess for them. If you say that yes we confess you see somebody will harsh you say in Sahaja Yoga we have people who are aggressive [how does your Sahaja Yoga] we have people who have no manners they shout and beat each other. So what sort of a Sahaja Yoga you are? So one person can ruin Sahaja Yoga like that. We should not confess. If we confess that means you see we all feel see that. It becomes a collective guilt. So we should not confess that I find that you should not write like that. But if somebody says, he is not a Sahaja Yogi. Just discuss it. If somebody behaves in a manner that is not beholding Sahaja Yoga say he is not a Sahaja Yogi. He's mad. He's coming from lunatic asylum. If anybody is disgraceful just say he is not a Sahaja Yogi. Anybody who behaves in such a manner you just tell that person. Just discuss and support each other. Otherwise you get people telling you are mad you'd better go out of Sahaja Yoga. You must feel the grace. Is a very big must. Must, must, must, must. That is one thing very important. The calm, the tranquility, the dignity. For anything whatsoever, anything whatsoever please keep the dignity. And if you are doing that mistake again and again then know you have a bhoot in you which is trying bring bad name to Sahaja Yoga. But there are other people who are very complaining type also. All the time complaining, complaining, complaining. They are another type. You see there are naggers. You see they go on nagging. A woman goes on nagging her husband. She nags him ten times, twelve she nags him. All night. The both are equally disdain in My eyes. You provoke someone and the person gets provoked. But you should know you are realised souls. You have such a great responsibility. You have to bloom like a flower and be fragrant like a flower. And strong, attractive magnetic. Just like a flower attracts the bees. But it's so delicate. So delicate. It doesn't harm anyone. How does it aggress we can say or how does it capture others by it's fragrance? Your fragrance should make people come to you. Your vibrations. Not your hot temper. Not these screwed ways of handling. That is one of the things saints did before also. Saints used to handle people very roughly. Even today. If you go to a real saint in India he'll first beat you. If not he will throw you down the hill. If not that he may put stones on you. Unless and until beating them up is seen they have that temper which they developed in their search. Because they were searching, searching. They were so frustrated with that. All that settles within them and if they see anybody a seeker is coming they just bring out the whole thing on them. And that's what happens to you people also. You have been seeking, seeking, seeking. Lots of frustration tempers, anger starts within you. And you find another seeker coming and you just come after them. You think that O God when will this fellow come up.

Have patience, have patience. As your Mother has patience you must also have patience. Have patience. Otherwise Sahaja Yoga is such a blessing. It's such a joy. Such an enjoyable thing, isn't it? It's such a grace. Just friends to your servant. Just [unclear] yourself. Such a beauty. You are covered with the bliss all. Just here in My room imagine. These three people. I was working on them. I got so tired I told My husband I must sleep for a while. I worked so hard on all of them. I was very tired. Just couldn't get out of that. Tired absolutely. And here I come. They are perfectly all right. I said, "Ahh the feelings – was blissful. I sit in complete bliss when I am alone. Absolute bliss. [unclear] Never alone. Such a state. What a joy. What a happiness. We cannot describe. No words. Nothing. That's what you have to enjoy. That's what you have to feel within you. And that everybody should see that exists in you. That is to be emitted.

I was very happy because thinking so many of you have entered into the kingdom of God. I feel so happy you don't know. So many of you. Just enjoy that. Just enjoy it. That enjoyment itself. You must see how much you enjoy. That's one of the ways of knowing yourself. How much are you enjoying living. You develop such a sense of humour. Not that you [unclear] anybody but you make others happy. Enjoy. Are you enjoying your spirit? Ask your question. Am I enjoying my own spirit? Such a joy-giving thing. If your spirit was not awakened I would not have given you so much joy. I could not have. You cannot feel it. You are not connected. Any amount of pujas, anything. It would have been just a waste. Absolutely. So why am I enjoying myself. Am I worried about, worried about that anything. Enjoy your seeking. But by doing that you should not become a cracked fellow. You see. That's another thing I always feel. Oh I am enjoying myself, really. When you do not feel the feelings of others, your responsibilities, your duties. Nothing. All enjoying. I am very happy. Why are you here now? When you are enjoying everybody else is enjoying you. Otherwise you are not enjoying [unclear] ideas also. Everybody else must aspire to be you. If you are enjoying you become luminous personality. A personality that everybody wants to follow - to become - to love. It would be very selfish to say that I am enjoying is very funny. You see some people are like that. Some certificate again I call them. Oh I am enjoying myself. I have no problems. You see. Why should you worry? This is all nonsense, absolutely.

1981-0511, Christ and Forgiveness

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11 May 1981

Christ And Forgiveness

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED...to seek the truth about which all the scriptures have described. All the scriptures have said, "That you are to be born again." You are to be born, not to read about it, not to just imagine that you are born again, not to just believe that you are born again or any artificial ritual that certifies that you are born again is to be accepted, but something definitely has to happen with us. Some experience of reality must take place within us. It's not just an idea that it is so, "Yes, yes we are born again! Now we are the chosen ones, we are the best people." But definitely there's something evolutionary that should manifest within us [which] has been predicted by all the scriptures, no exception at all. Right from Hinduism up to the most modern personality, [which] we can say, is the new Guru Nanaka, is the one who wrote a scripture.

In the Koran it is very clearly said that you have to become the pir, the one who has the knowledge. Vedas itself says that, "By reading the Vedas" - veda means, vida means, 'to know' – "if you do not know then it is useless." In the first chapter in the first stanza. It's so clearly said there that you have to know!

Something has to happen to our awareness, which does not know. That means that we are, so far, away from the knowledge and that something has to happen to our awareness by which we will know more. This knowledge is the pure knowledge of the science of Divine laws, of the Divine powers.

It has been said that there is Divine power, All-pervading Power, the grace of God, all around us. Now if I give you a big lecture on this, every week I can give you a lecture "There's a Divine power here and oh what a great thing it is!" Like the other day one gentleman came to see me and he said, "Oh I am a realised-soul, ah, ha, ha, ha, ha, ha. I am a realised-soul. I said, "Really." "And I am in the Divine power ha, ha, ha, ha, ha, ha, ha!" Then he said, "It is the Divine power I'm feeling ha, ha, ha, ha!" I started looking at him. I said, "Whom is he befooling?" He's befooling himself! Who is at a loss? It is he. It is nobody else. I mean he's not befooling me by any chance. Even if I am a fool, no use befooling me. It is he who is befooling himself. He's cutting the branch on which he's standing. He is not understanding that his own personality is not worth befooling. And he was on and on for half an hour before me and I didn't know what to tell him, because what can you talk to these blind people? Those who are blind and know they are blind and profess they have eyes! They are the most dangerous people to themselves and to the society. Because once they believe into such nonsense they want everybody to believe into that. Some of them could be genuine fools, some of them could be sinister people.

So it's an experience that has to take place within you. You are not to believe me either on this point. Like I may say, "Oh, this is it!" and maybe I may create a big scene. That's not the thing that is going to help us at all. We are the seekers of truth and unless and until we find it, why should we be satisfied with anything whatsoever.

So here we are to find out the truth and the truth is very simple. It is so very simple that it's not possible to believe in it, that you are the part and parcel of the whole, and you have to feel the whole. That's what you are seeking. All your seeking from amoeba stage to this stage is this simple seeking: is to become the part and parcel of the whole, which you are already, but to know that you are, to know.

So to know means in your awareness you should feel that you are the part of the whole. Once you become the whole you do not seek any more. If that seeking is completed you do not seek any more.

I think today is very warm can you open some of the doors Douglas please. Since I have come it has become so warm!

So the main thing one has to learn [is] that you are not to be persuaded by any talk, by any miracles so called, by any tomfoolery, but the basic happening must take place.

Now this happening has been planted within us since we were amoeba. Like a seed sprouts into a tree, today we are at a stage where we are a human being. And this stage is just a transitory one to jump into another stage where you become that knowledgeable personality. And because that stage is so close that's why you are seeking very ardently.

Now to talk of God in this age of science is impossible. But scientists, when they will know there is a knowledge beyond their human understanding, and when they get that awareness within themselves, then only they will know that whatever they have known so far has been of no value. That's why all these endeavours, all these so called manifestations of human intelligence and all that, has lead them into confusions and problems. They don't know what to do with themselves. There's an atomic war on top of heads. There's another shock on their heads. They don't know what is going to happen in the future. Despite all their good wishes and benevolence they have not been able to achieve any blissful state for us.

Now if I say there is God, yes there is, and there is that blissful state within us which we have to achieve by becoming one with the whole, you don't have to believe me, but don't deny me.

Within us lies that pure desire, absolutely that unmanifested desire within us which in Sanskrit language is called as Kundalini. And this is lying in the triangular bone in three and a half coils.

Now in the process of Sahaj Yoga you will see the pulsation of this Kundalini with your naked eyes, the pulsation rising. You can also feel the pulsation on the top of your head, about which many great saints have written very openly, especially one of the latest, Kabira has described it very, very clearly. In the sixth century Adi Shankaracharya has described it. Even in the Bible you find the description, but in a little mysterious way because people were so funny that you couldn't tell them anything straight off. As it is you know what happened.

Everything that has happened on this Earth has a Divine plan, especially all the advents of people. Like Christ coming on this Earth, Moses taking people away from slavery, Krishna's advent on this Earth, Rama's coming on this Earth as a benevolent King. All these things have given us a special power within ourselves. These powers are all dormant. They are dormant, we can say they are sleeping, just like some candles which are not yet enlightened. When the Kundalini rises she enlightens these powers within us. So this pure desire that is within us to be one with the whole, this connects us to the whole; not only that, but it awakens all those deeper powers within us which are yet not awakened.

Today I want to tell you about Christ's powers which has never been talked about before, because those people who talked about Christ never knew this. They were not realised-souls. They were just ordinary human beings. And even those who are talking about Christ are not realised-souls. They are talking without having any knowledge as to this subtle side of Christ.

Christ resides within us in this evolutionary process, in that crossing point. His Deity is placed there. Now this was not placed after Christ came in, it was placed much before when the human being was created. And then he incarnated on this Earth.

Now this Deity was specially created to cross that point, that door into the Kingdom of God, which is the Sahasrara, is the thousand-petalled [lotus]: that round place which is opened, called as limbic area. On the gross level it is called as limbic area. And He was specially created for a very special job, which was never interpreted by people.

When the Deity of Christ is awakened with us what does He do? It is said that, "He died for our sins." Everybody says, "Christ died for our sins so you become Christians. So He has died for us and everything is fine!" You are not a Christian unless and until you are baptised. You are not a Jew unless and until you are baptised. Now what is the baptism we are having? Do we really get the awakening of Christ within us? Do we get the awakening of Moses within us? Do we get the awakening of Shri Krishna within us? If so we do not have those powers. When this Deity is awakened within us it is said that He died for our sins.

In India we had a long theory of karma. That was at the time of Krishna [who] has described that, "Whatever karmas you do, accordingly you are born, accordingly you suffer." This theory was at the time of Krishna, who was about six thousand years back. So by this they wanted to tell people that you build up your karmas and you will suffer accordingly. The suffering are due to the past bad behaviour, or anti God behaviour of human beings.

But they found the human beings were just the same. When Moses brought Jews away from there, they were just the same. When Krishna preached, nothing happened to them: they were just the same. They would not look after their karmas, they were not bothered about their karmas, and they suffered. In their ignorance they suffered because they did not believe in those incarnations. They did not believe in any incarnations whatsoever. So they continued with what they were doing: going against their sustenance, against their dharma, against their human benevolence. So something had to be done by which one could create an instrument, which would absorb those karmas once for all.

That's how Christ was created with very great effort, with very great understanding of human problems to incarnate on this Earth as an ordinary human being. And when He resurrected Himself, He showed by His life that Spirit is eternal. That's what Krishna told you: that Spirit is eternal. Somebody had to prove it, that it is eternal, and Christ proved it, that it is eternal.

So far till Christ came in, all the powers of incarnations were expressed as their personal powers: means the Goddess She came on this Earth to kill demons, Krishna came on this Earth to kill demons, to tell them what is right and wrong, Moses came on this Earth to save people.

But we needed somebody who would take away the sins, who would pardon the people, who would go on this Earth as the embodiment of forgiveness. To forgive the erring human beings who were so ignorant with that love and compassion. Not to show off His great powers, which He has still, but just, through his compassion and forgiveness, to absorb the sins of these people.

And this Deity was placed - long, long time back He incarnated as a human being on this Earth, but we never recognised Him. Can you imagine? Now we have so many thousands of Sahaj Yogis all over the whole world. Can you imagine there was not a single person who really, but for His Mother, really understood Him? Till He got his resurrection then they all started saying, "Ah, ah, ah." Till then nobody would believe Him. Not like you people. But it's all right because they were not realised, so even that is forgiven. That's why He said that, "Anything against me will be tolerated," because He knew people were not realised people. But after Realisation, after getting your enlightenment, if you do not recognise God then He's not going to forgive. Imagine! The ocean of forgiveness has denied His forgiveness. That would be the greatest crime and sin, not to recognise God after Realisation.

Now, He came on this Earth to absorb the sins of the people. When the Kundalini rises, and if this Agnya opens out, which is a very difficult thing - for others I have seen it's very much difficult. But in Sahaj Yoga today it has become really easy to awaken Christ - all the sins get lost, completely absorbed. There's no karmas left.

There are many people still flouting this idea of karmas. They are still harping on that. Because when Christ came on this Earth, and did all His miracles, and when He told them that, He's dying for the sins of the people - and they knew this, they said it; they started preaching about it - they took Christ like a book. They used Him so wrongly and they never interpreted what it meant: that after becoming a realised-soul, when you are born again; as He said, "You are to be born again". He said it again and again these things.

I must tell you I went to America in seventy three and when I was talking they were all taping me and people told me, "You should not allow them to tape You. You must have some sort of a patent or something." I said, "What? It's very difficult." And they taped me and they said, "They'll be printing all this." I said, "Good material then! Let it go. It's a very good thing." After all for Realisation they have to come to Sahaj Yog. Kundalini awakening that has to happen. But let them talk about it."

So actually human beings are so wonderful they know how to make mess of everything. They created organisations called twice-born because I said, "You have to be born again." So they said, "All right, we have an organisation [called] 'twice born'." And these self-certificate people are all around quarrelling with me. And they said, "This we got it from America." And they are many like these, who believe in this or that; and they have formed organisations. By forming an organisation you are not going to be born again. It's a living process. It's a living thing. You cannot just brand somebody, "You are born again". You cannot brand someone. It has to happen. But all right whatever has happened to them will come round very soon.

So, the principle of Christ when it is awakened within us, all our karmas are absorbed. What a wonderful thing it is, just think of it! Just think of it! No more sins. The past sins are lost - every sin! And when the Kundalini pierce Agnya you really become thoughtlessly aware, absolutely thoughtlessly aware. This happens to you. It's not that, because I say, you should believe into it, but it happens to you. You yourself should find out. And when the Kundalini pierces the fontanel bone area - means when you really get you baptism in the real sense of the word, when it pierces through - then you feel start feeling the cool breeze in the hand flowing. It's a happening; for which you cannot put in any effort.

But then to keep this Deity alive you have to do something about it [so] that furthermore you do not commit this. Your sins are finished at the point when the Kundalini rises and Christ is awakened. But keep Him awakened. In the beginning it happens I have seen that you take to all things again and He sleeps off. You have to keep Him happy. And the methods which are implied to keep them happy is called as Shuddha Vidya or Nirmala Vidya - means the pure knowledge.

Because once the attention is enlightened, it's not like this light. Of course this has certain powers: when there is light we can see all this clearly. You start seeing clearly all your centres within yourself and you can see the centres of other people by feeling them on your fingers. This is the minimum of minimum that happens.

But you will be amazed, when these powers are properly raised within us, you get an awareness by which, if you pay attention to anything, it acts, your attention acts.

This is what is called as, really, Nirmala Vidya: is the one where the attention starts acting by itself. You pay attention to something, you just think of it, and it works. Normally your attention is nothing but wherever is your desire, wherever you want to go, you can go with your attention. But it doesn't act anywhere, doesn't report anything to you. You pay attention to someone you want to know about and you get connected with that person and you know what's the matter with that person.

So first of all because the Kundalini spreads in the brain, you get the awareness enlightened.

First that has to be established, that the attention becomes enlightened, and that it becomes active. Active not in the wrong way, always on the right side. Whatever it does is good, it is good, good for your Spirit. There's a Sanskrit word for that is hita. All your decision making becomes very easy because if you use your vibratory awareness immediately you know that, "This is the right, this is the wrong". You can feel it on the vibrations because now you are connected with the absolute, with your Spirit and you know what is to be done, what is not to be done.

But Realisation is something like jumping from dead to life. The attention that was acting like dead becomes alive, every particle of it. So it's a tremendous change within you and to establish that tremendous change you have to have patience and understanding. Those who have shown that patience and understanding have achieved that establishment very well. Those who have not shown that understanding have again gone back to [the] as it is position.

I am here in no way to form any cult or anything, no way to get any money or any such nonsense. I am here to make you that knowledgeable personality, which you can be, very easily. Someone has to do it. You can do it tomorrow. There were two people who went to Australia and they got a thousand people realised. In India there's one gentleman who got ten thousand people realised. You all can do it yourself; first of all you have to establish yourself. It is easy to doubt something, you should doubt,

there's nothing wrong in doubting but one should know that I have nothing to gain.

There are so many fake people, so many money-makers and so many misleading personalities that, when you come to me, it is going to be that way, I know. But I also think that you have come here for seeking. There's nothing to lose. But if you get this experience, this is what you are seeking for ages and you are born on this Earth in these modern times when this Maha Yoga has started. But it works slowly.

You have to get it. There is no way of enlisting you as a Sahaj Yogi, there's no way. It has to happen. I cannot have you on the register or something like that, "Put down your names, all right these are the Sahaj Yogis". You cannot just do it. If it has not happened to you, you are not there. You have to be there. If you are not there you are not a realised-soul. You have to have it. So we cannot behave the same way as others do.

The other day some Sahaj Yogis asked me that, "Mother, they are used to courses, that first day you do this course of pulling your nose, second day pulling you ears, and third day pulling your chins." There's nothing like that in Sahaj Yoga, a course. And I have to tell you that this is a living process. It's something very different. There is nothing like a course because whatever you have to achieve, you achieve through your Kundalini awakening. And you realise it, that from thoughtless awareness you jump into doubtless awareness. It's an awareness, a state, which is built within us. How can there be a course for it? There cannot be any course as such. But of course you can learn about Nirmala Vidya. You can learn how to awaken your Deities. You can learn how to raise your Kundalini. You can learn how to raise the Kundalini of others.

The other point - which might upset some of the people who come for the first time, I have seen it happens - is that there could be some people among here, who call themselves Sahaj Yogis but are not up to the point. Because the door is open to everyone to come in. All kinds of people come in. Some of them may proclaim they are Sahaj Yogis, they may try to misbehave. But that doesn't mean that something is wrong with Sahaj Yoga. But the person has not achieved that stage so far. There is nothing to be upset with people who behave like that. You should say, "He'll be all right." They get all right afterwards no doubt. We have people who are coming directly for lunatic asylum, you'll be surprised. Don't be frightened, but we had [such] people. I don't know if there is somebody like that today. Directly from lunatic asylum one lady came to see me, in Leeds, and when she went back they said, "We don't need you here now you are all right." But now such a person comes in, if you meet that person he'll say, "Oh I am a Sahaj Yogi. I am this. I am that." And you are not to believe such a person. You have to believe in your achievements and not the achievements of other people. This is what the Sahaj Yoga is.

While in an artificial place they create a big halo around them: they'll have ten people dressed up just to attract your attention, to impress you. They'll dress them up, they'll study how to influence other people - such books - and they'll make these people look very attractive and very impressive. And they'll pass you through such big, big halls and big, big corridors and impress you with that. And you'll be amazed when you reach there you'll find somebody sitting seven steps ahead of you and you have to go a bow to the person without asking any questions and you'll do it. Because you will see all these things very, very much the same as you see if you have to go to see a king, or you have to go and see some pope or somebody, that's how all these things are very impressive.

But for God it is not at all impressive. He can demolish all the wealth of the world and He can recreate it. For Him nothing is more impressive than your Spirit, the Spirit that is within. That's the most important thing. Not what country you come from, what race you come from. All these nonsensical differences do not exist in the realm of God. You are a seeker and your Spirit has to be enlightened.

So maybe today we've got Caxton Hall, tomorrow maybe we could be sitting near a sea, or maybe somewhere on a hill. We had a problem in Australia, and we had too many people, we didn't know what to do. So we went to an open space, one of the parks, and arranged a programme. It does not matter where we have the programme, how it is organised. Maybe it is a little bit disorganised sometimes, maybe there's a little problem here and there. That's not important. You have to experience, the experience that is very beautifully organised within you. Inside you're well organised. See that organisation that is within you and not the organisation that is outside. The thing that is within you, the beauty within you, you must see that and experience that

and enjoy that.

I hope it will work out with all the new people - I think most of them are already realised - and you all will have a deeper insight into yourself and you'll enjoy the bliss and joy of the Spirit and feel the power of collective consciousness within you.

This is all for the new people, but today I want to talk to old Sahaj Yogis also, something about them, about the Saraswati power within us, which I have not yet talked to you [about] so far, because you're already using it too much.

The power of Saraswati...

(Mother drinks some water and pauses)

This may also upset people that shoes are put up. You see, in England people might think, "Why to put up the shoes?" But you see they are supposed to respect even the shoes of a person who has vibrations, because there are lots of vibrations there. These are all things you have to gradually see why it is done. Not to get upset with things but to understand how we have to respect Divinity and the Divine power within us and within others.

Now about, we have three powers within us - so that it will also be helpful to the people who have come for the first time. The one power which is starting from the right side goes to the left side, is the power of desire. In Sahaj Yoga language we call it the Mahakali power. These are also awakened within us. All these powers are awakened within us because whatever we desire, the desire comes true.

After some time you find you do not desire anything that is not wanted. You only desire something that is for the good of your Spirit and the Spirit of others. That's all you desire; you reach that stage where you do not ask. In the beginning people do ask like this, "Mother my father is sick, will you look after him?" "Mother my brother is wayward he drinks, smokes this that and can you look after him?" Then something else like that. It's not bad, but it's not the ultimate. But then you start asking, "Mother please give Realisation to people." Then you do not say, "My brother, my sister," you start thinking about the whole. Then you may say, "England," you see, come up to that point, "Let England be awakened Mother, please try to help English people" like that. Then it goes to the whole world, then to the whole universe. That's how you start expanding yourself and your awareness starts expanding. The desires change, the priorities change. Absolutely you change your priorities. You hanker after something, specially the desires of your habits. People are used to certain habits, for example some are smoking: you don't have to tell them don't smoke, don't tell them. There's no need to tell them also it causes cancer or anything - automatically they stop it, overnight. I have known people who have been drunkards: overnight they have stopped. The desire changes, the whole priority changes because it is enlightened, the power of desire is enlightened.

But the other power, which is enlightened within us, is the right hand side power, is the power of action. The power of action is called as Mahasaraswati. You really act quite a lot by thinking, by planning, by physical exercise. Physically and mentally we are overactive, specially in the societies where we are supposed to be developed. We develop through using this power, the power of action. We act, and when we feel we have something surplus we take to violence also, very easily. This power of action within us is absolutely exhausted as it is. That causes lots of problems. But because of your change of desire, action also changes. The persons who were going to pub every night stop going there. They start doing something else which is much more joyful and blissful. The desire changes the action automatically. But you can also change your actions.

But the subtle thing of the action is such that you realise that the power is flowing through your fingers. You realise that there's emission of power. You go to some place, suddenly you find there's a release of power; you find some things flowing out in that area. You find out, "What sort of area is this?" You find that some great saint might have died there. Sometimes you go to some place and you find your hands are tingling. You don't like it. You ask them, "What sort of a place is this?" "This is a place where people were murdered, this happened, that happened people are very, very disturbed, there is no peace within them."

So the action also changes, you change your movements. You go to places which make you happier. But the subtle side of the

action is this: that the movement of these fingers, even the movement of your hand, the speech, the turning of your eye, everything is enlightened. You start growing with it.

When you become subtler and subtler you get to your principle, the principle that is the Spirit. And once you reach your principle you can reach the principle of anything. But for that one has to develop the Right Side in a proper way: is to use your hands properly. For example you'll find many people raising the Kundalini like this, and many people have a very conventional ideas about things. For example if a pope takes a child, puts it in his hand, and puts some water from somewhere and makes it baptised, everybody accepts it. Nobody has an objection for that. Or if a priest wears a funny type of a dress, which makes children frightened to begin with, or a donkey hat, nobody objects to that, because it is accepted by all our norms you see.

In Singapore I was surprised that there is a pub down below and a temple on top, and run by the same organisation! Is accepted. Nobody finds it funny! But if anybody says, "I have to raise your Kundalini." Just moves the hand: "Oh they're queer people you know, they are mad." According to the standard of the unrealised they are mad. Now how do you raise the Kundalini? You can raise it with the attention. But it should not be done [like this], because the others should know that something has been done. Because people, unless and until they see something has been done to them they are not going to believe.

Yesterday we had somebody who had bad eczema, very bad eczema. All his hands were absolutely charred and horrible, both the hands, and I asked him to put his hand towards me. Maybe he might have been cured only by putting his hands. But I had to make the mark of a cross and a swastika on his hands and it cleared out, it all became solved. So he saw me doing something. If I had said, "All right, he'll be all right," - it happens, with Sahaj Yogis it can. But if I say that and if it happens, because attention is enlightened: "Oh it might be a coincidence!" So you have to raise the Kundalini with your hand, so the person who raises can also see [that] as far as the hand moves the Kundalini moves. You can feel it within your spine. You can see in the spine of another fellow. Then you raise it, "Oh God, it's coming up, coming up!" You see with your hand movement, and the others can also see this, and this is the action which one has to understand.

When I say you have to give yourself a protection, a bondage, you have to give yourself a bandhan through your aura, you have to take your hand round and put it down like that and bring it back. When somebody does that, immediately people say, "Oh, they are mad people, they are doing hands like this!" I would compare it to Indian classical music: when an Indian classical musician sings. Why not? Our jazz music or this shaky music then they take the thing in their hands and are [making strange gestures] (Laughter). I mean, you feel they are going to break or you are going to break, the way they are all are all, "Ha, ha, ha, ha, ha!" they go on. So in the beginning it was a shock to see what's happening: "Is he alright? Has he gone mad or what is he doing about it?" We could not accept it. It is, really, for old people like me, it was a shock to see the way people were holding on to it (the microphone) and, "Ho, ho, ho!" And the other people were shaking their legs like this and shaking like that, so they were going like that, this one was raising the head. (Laughter) This was the first show I saw, I think about '65, when I came here.

And just to entertain us, I don't know what got into their head! Many ladies had also come. And they invited us to this place called as 'Talk of the Town', I believe. And there these ladies came and they were turning their legs on top of the heads you see. All the time and we were looking everywhere, "What are they up to?" They said, "This is dancing." "Oh this is dancing!" We couldn't believe that dancing legs is take like that is a dance. According to Indian standards is not. In Indian standard the dance cannot be with her long leg like that, raising up straight like that. This is exercise: according to Indian standard it is exercise. I mean, for us the old people, I am saying. But the young people may accept this kind of a [thing]. And the whole thing filled us with such nauseas. And we didn't know what was happening to us. I was so stunned. I mean, somebody should have taken our photograph - the way we were ignorant about it.

In the same way the people might find it little abnormal the way we have to do the Kundalini awakening, though it's not so bad, you see, I must tell you. (Laughter) It's quite gracious. It acts very graciously. But one should not have fixed ideas also. You must keep yourself open to see that this is the work of the Divine and one has to raise that.

Now somebody might see Christ standing with a finger like that. It has a great meaning, what it means, in Sahaj Yoga you can understand. In Sahaj Yoga you can understand what does this mean, is His Father. You know. Those who know what are these

fingers for, you will know what it means. He always pointed to these two fingers. That is His Father, which he described. Everything that...now Buddha sitting with another kind of a mudra, somebody is doing like this, somebody that: you don't understand why, why they did it. But we have accepted that point. And we have accepted that, so we don't mind. But when this is a new thing that is happening to us people do not want to accept.

This was a very, very secret knowledge once upon a time. Just like you had only one king who had seven wives, but nowadays everyone can have twenty-one if they want to, in the same way in your inner being you are all now capable of becoming kings. You are all capable of becoming great people.

Outside you have lost inside you have gained. Outside you have lost much by thinking that all these wrong things that these so called powerful people did was something to be achieved. That's how you have lost, but your Spirit has gained. It has gained a lot because you realise now: you have reached that stage where you realise that it was a mistake. It was a mistake that we thought this kind of power is going to make us happy, this kind of thing is going to give us joy. Now you are realising, all of a us are realising that, that was not the thing we asked for. It's a miserable state that we have landed ourselves in...

(tape sound drops out here)

...and the inner joy has to be experienced. And you are just ready for that.

So this action power within us has to be kept very clean.

Now for Sahaj Yogis as I say, there is no ritual that way. Ritualistic things always make you absolutely dead. There should not be any. Like early in the morning you start with a mantra go on repeating mantra like a mechanical thing. It's absolutely paying no respect to the Deity. But in a proper way whichever Deity you want to awaken: think of the Deity, try to cleanse it, with all understanding and deliberations, with respect, with a protocol. And not just to take somebody's name, just go chanting any mantra you feel like.

It's not a mechanical thing. Some people just start doing it mechanically because they have done things before also mechanically.

Sahaj Yoga is a thing that has to come from heart. It is heartfelt. If you do not do it from your heart it has no meaning. You may carry on like that but you'll find after sometime you have lost your vibrations, you have lost the cool breeze. Because heart doesn't like mechanical things. Every day it does new things - like the living things, they are everyday a new flower, a new style, a new method. It never sticks on to habits. It never sticks on to the same routine of things. This way you come sometime, the other way you come sometime. It's bubbling everyday with new appearances. And so the mechanical things that you do deaden this power of Saraswati.

One has to do it with complete love towards yourself and towards others; with complete esteem of your being and the esteem of others. The whole behaviour should be such. While I find some people are still taking to very childish behaviour. And some are taking to very broodish behaviour. Sahaj Yoga should be in the centre. There's a difference between childish and childlike. You can be innocent like a child but you are matured, you understand things. And the both things [combined] make a special dignified personality of such a person. All these things come to you from this Right Side power when you use it properly. Unless and until you have this properly established you cannot impress other people by your behaviour. Other people, new people, who come to you should see this majesty, this royalty within you, which you are enjoying as a bliss from God Almighty.

May God Bless you all!

I would like to have some questions from the new people it's a good idea.

Hello! Hello! They recognise me. Let them enjoy, let them have their freedom they know what to do. Whatever they do they have a

meaning.

Can I have some questions?

Seeker: Can you be sick and then be born-again after a great illness or something like that? After a great illness, something that you thought you were not going to be here any longer?

Shri Mataji: You mean to say, after a great illness can you be born again? Yes, yes of course yes. Actually when you are born again you are cleansed completely and you get cured. We have cured cancer. Cancer is very easy to be cured by Sahaj Yog. So many diseases are cured just as soon as the Kundalini comes up. It has a cleansing power: it cleanses, your physical, your mental, your emotional being. It does cleanse you, no doubt about it. It does. But it just does it because that's its job, swabhava (), is the nature. That's the nature of Kundalini that she cleanses you.

Same Seeker: Yeah, when I came here the last time and they did say I had something with my chest. Well, afterwards I went to the university hospital and all of the other places and they said there was nothing wrong with my chest. And when I came here I couldn't even breathe and you said there was something wrong with my chest but the doctor never said that.

Shri Mataji: Yes. Now you see, this is the thing: doctors only know the physical side of human being they do not know the mental side. And you'll be surprised that I found out [that] even a disease like cancer starts from mental side, it's from the left side it starts. Now the doctors have accepted that there are some proteins within us, which are placed in the areas, which are unknown to us, since our creation and they attack us. So the problem you have had, doctors will say there's nothing wrong with you, till it manifests its physical side. So if there is any problem in your chest we will know first and doctors will know much later. Maybe it would be so difficult that they may not be able to do anything about it.

Now the other day we had a boy who suffers from asthma, who could not be cured by anything. But it could be cured by Sahaj Yog, because it not only caters to the physical side but to the mental side - you don't have to go to psychologist and to a doctor; only your Kundalini does everything - and your spiritual problem.

Like we had a telephone call from Australia saying that there's one gentleman who has come from Transcendental Meditation and he is behaving like an animal: he's growling and he's making all kinds of noises and this and that, and he has been to doctors to show this. And the doctor said, "We cannot cure the people who go to TM!" Better ask TM people. He asked TM people, they said, "You are stressing and you are taking out the stress," and this and that. And he said, "This is an eternal process. For the last twelve years I have been nothing but stressing out, and what am I stressing out? Nothing comes out, it is increasing!" But on the phone I told him something which relieved him of his problem.

So these things cannot be understood by doctors. Even the doctors have to come for this. The psychologists do not know about the physical side and the physical doctors do not know about the psychology. When I said it to you [that] there must be some problem and now if it is clear we'll see about it. And you yourself will know that. You yourself felt that way.

Same Seeker: Yeah, but I knew it was there...

Shri Mataji: Yes it was there. But doctors won't be able to. So it's such a subtle thing. It finds out everything. Even before the trouble starts, which is manifesting outside, you know it inside - even the slightest of it, even the slightest of it.

Yes, what is it?

Lady seeker:

Shri Mataji: You feel terrible things? Here is our attention in the stomach, you know. Here is the attention within us. And is the Principle of the Guru, is the principle of the Master, the Primordial Master. He's within us here. He's to be awakened. Now the

guidance we take from others you see sometimes could be upsetting that; or the way we listen to some people. You see, some people talk we just don't like it. Sometimes with me it is that even if I see somebody I feel something is like that, you see. That sensitivity is a very good sign. And it can be corrected in Sahaj Yoga that you can register it, but you do not feel that sense. You just register, of course, that sensitivity is not lost, but it's impact is not lost, but it's impact is not so much: you just feel it and you just say, "He is catching on the void," you see – that's how. Then you see that it is happening to another person, not to yourself. That's what happens to you after Realisation. You get rid of all that. It's a very good sign to have all that.

Lady Seeker: It is?

Shri Mataji: It is of course it is. Yes, that's a very good sign that you are very sensitive about it. That means you are a seeker of ages.

Seeker: I had a type of operation on my kidney. I didn't know I had a damaged kidney at the time, but I went to somebody and they told me that I'd got a stone on my kidney. So at the time I was more dead than alive and I didn't care about anything. But he decided to operate on me. This doctor was very good man and he told me. And I didn't know I had anything wrong with my kidneys. But I had to see him for something else and he said I must see him before I go away I must see him and get this thing done. That was in 1952.

Shri Mataji: That's what it is, that's what, without seeing what it is how can you say? And you must see it. You must see for yourself. This is what is Sahaj Yog: in which you have to see it. And the knowledge that comes through you is so clear cut, but first you don't believe it. You just can't believe it! It's so fantastic you just don't believe it.

But like this lady says, now if she goes and tells somebody about this they'll say, "Oh this woman!" Either they'll say she's mad, or they'll say she needs psychological treatment or they'll say, "Forget it!" Nobody is going to believe because they don't have this problem. You see that's it. Unless and until you see it you are not going to see it, that's very true. What you say is true: unless and until you see it how are you going to believe.

Any other question?

Same seeker: (Gives a very long speech) At the same time when that happened, I didn't go for my kidney....and it's much better now. And I didn't know it at the time that there was anything like this. It was 1952. I saw him once and I've never been back to him.

Shri Mataji: So then how are you feeling now? No it was something else you see which you will know, gradually what it was, it has to be cleared out. It's not a germ. It's from the Left Side you are getting it from the back here. It's the yellow centre you see here, has two sides right and left it moves on both the sides. And on left side is the centre which we call as Left Swadishthan, we call it Left Swadishthana is the centre, and which is for black magic. You see, when people do any black magic on you, you get a problem. And naturally when it starts manifesting it affects the kidney because it's very close to the kidney. So first it starts as a black magic thing. And then, when we raise the Kundalini it was pushed up to here and it could not get out from there. So the thing is that it moves also, you can feel the movement of it. After some time, if it is not gone you feel it's here, it's here, it's here. The thing starts moving and doctors may say, "You better take B complex to get rid of it." And you cannot. It's a Spirit. It's a Spirit that moves and once it starts moving we know how to take it out and how to work it out.

So there are ways and methods by which we really take it out. There is a force, a satanic force, that does all these things. It's a fact. He has felt you. He has that sensitivity. You must be that sensitive to act. See on the stomach. Because your stomach is weak. They know how to work, where to work, where to go. I'm so interested in that.

Lady seeker: If the centres get blocked then is there one particular centre that gets blocked then how do you clear it?

Shri Mataji: If they're blocked we have ways and methods how to raise them.

Lady seeker: If the centre heart got completely blocked up what would happen?

Shri Mataji: I think the first, second, third, fourth one you mean to say? That is the centre of security. And if it is blocked you problems like breast problems and things like that and also breathing sometimes you get. Is a sense of security and there is a Deity there. Is the Deity which is the Mother of the Universe, and you have to awaken Her. If She's awakened then you don't have those problems. It's very simple.

Are you feeling the cool breeze?

Seeker: Yes, I'm feeling as though the electricity is flowing through me and I'm feeling it. (Laughter)

Shri Mataji: (Laughing) .Just put your hand towards me. Yes it's something like that!

Seeker: Yes, and now I'm thinking that something's blocked in me.

Shri Mataji: (Laughing). Now all of you just put your hands towards me like this. Close your eyes. Put your both the legs straight on the ground, straight on the ground. Just like that.

But as I told you even if you get Realisation doesn't mean that you have achieved it. You have to establish it, which is very important, because the whole thing is a transformation and to establish it, it takes time. So just coming today, getting Realisation and finishing off, is of no help. It's wastage of time for me and you also. And again you'll come back with a greater problem because once you are realised you must establish it. You must establish: is an essential part of the whole thing.

Will you please place your hands towards me.

Lady seeker: (unclear)

Some people get it really permanently I think, some people do get it permanently but some people leave it for a while. You see, it is for us to maintain it, to establish it. Once it is awakened it is awakened. I have seen people who get lost for about four, five months - again they come back. But then they are not so much progressed as the people who have continued to progress, you see. You must know that you are the seekers and without seeking you are not going to be happy. So why go half-baked about it? It's not a shopping. It's something that is real, that's important, that's vital. So you must know something that is vital.

Lady seeker: Should you meditate for (unclear)?

Shri Mataji: No, no. There's no time. Now, no space, no time, nothing! It is all the time you are in meditation. All the time. Whatever you are doing, you are in meditation.

So please put your hands towards me like this. Put your hands out.

Close your eyes please.

She too has a little breathing problem that needs to be corrected.

Close your eyes. Please close your eyes.

Put your hands straight towards me. Straight, like this. Because if there is any shaking in the hands you can see. Little bit away from your [legs], like this. Not on the knees, because in the beginning you must see where is the heaviness.

Now what I feel is more on the heart. Now put your right hand on the heart, right hand on the heart.

Now you have to ask for forgiveness. Saying that, "If we done anything wrong please forgive us." You have to ask for forgiveness.

Now when I say that ,immediately you start catching the centre which shows that you are guilty. You are not to be guilty. Once you say that it's finished: that's why you say it, just to clear it out. Just put your hand on your heart and your left hand towards me.

You say it without any guilt being built within you. Just say it. Because you could have committed mistakes. After all to err is human and to forgive Divine.

Do not build up any guilt at all. What is this guilt for?

Let someone take the baby and take him around.

Do not build your guilt. That is one thing happens very often. You catch on the heart, you ask for forgiveness and you start thinking, "I've done this, I have done..." Forget about it! Forget it! Forget it!

So it goes to the third point. This is a very common circuit in the developed countries.

The third circuit is where you have to forgive yourself and forgive others. Agnya chakra you catch.

So you forgive. First of all you forgive yourself.

You have to respect yourself because you are the temple of God. Forgive yourself! Can you forgive yourself?

Close your eyes and forgive yourself.

Respect yourself. You have to respect yourself because you are asking for something because you deserve it.

Whatever you have done is finished now so just forgive yourself.

Now you put your right hand towards me, and left hand on the stomach and forgive others.

Just on the stomach, more on the liver. And forgive others! Forgive others! Forgive everyone!

Even if they have harmed you, just forgive them. Because by remembering that you are miserable for nothing at all.

Now put both the hands towards me and watch me without thinking. Let's see if you can do it without thinking.

Just watch me without thinking. Watch my face, without thinking.

Now there are many ways you can still feel and you can stabilise with it. But as in your awareness you have everything, but in the beginning you try to raise the Kundalini and establish it. Then only certain things are supposed to be explained to us: how to do it, which is more. Because the truth is helpless, you cannot bear it, change it. They could not bear the truth that Christ was the incarnation, that He was the Son of God, and they killed him. It's very difficult. Human beings have such a tremendous ego that they cannot bear anything. So everything is not told to you at the beginning. But gradually you will build up that sense.

And once you are ready to receive the truth, in its full capacities, you will know. But not at the beginning (inaudible) of the Diety the Spirit that you are. But even with this you can show people and give it to them.

But first of all you must cure yourself, you must respect yourself, and cure, that is very important.

If you have been to other gurus and you have been harmed by that, then there are certain things that you have to do. If you have left sided problems or anything, there are certain things that need to be done. For that you have to come to the centre, enquire and find out all about it: what has to be done. Because now you are realised you can cure yourself, you don't need anybody else to do it. Only thing you have to know how to do it.

Once you cure yourself you can get to another people.

For curing this trouble or any of your troubles there are particular things that have to be done. And they will tell you how to do it, how to awaken the Diety of the Primordial Master within us, by which He looks after the void.

And all the other problems can be solved as soon as you know how to solve them. All that knowledge is absolutely free, with love, with great joy. You can't pay for it, you never pay for it.

I hope every Monday you'll be the first ones to come here. There may be some negative forces which will come and stop you, but don't listen to them.

Secondly, ego-business is quite a lot. Just try to establish yourself .

Go deep into yourself. And establish all your powers. These are your own absolutely your own, which you get.

May God bless you!

You can see the feeling on top of your heads. You can feel it very clearly. Feel the cool breeze. So that you will know that there is Realisation.

Then you start seeing things, how it works out. It just works out. Just works out.

So can I go?

1981-0514, Awareness

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14 May 1981

Awareness

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Seekers who have achieved something, those who have achieved a [lot or a develop] and there are some who are still seeking. So, when I talk to people who are still seeking it should be [?] to people who have really found out [?], because they have to talk to such people and we should have them to talk to people who are not [?]. Firstly one has to know that there are many people of [?]. [I Mean ?] in the market [as well] and they have many solutions to give and many things to [say or pay?] also. While in Sahaja Yoga one has to understand logically what should we expect, the logical [side?], logic is different from [rationality or ration?], one has to understand. Rationality is a thing that is an edge of your ego. Whatever ego says, you go ahead with it [it's an ex-fashion?], what's wrong? You go ahead, what's wrong? It has no [time now?], it has no history, it has no experiment, experimental evidence, nothing, it is just what's wrong because it is like a [bounder?], you can call it, it's a [bounder?] who just wants to jump into everything. That is rationality which helps you to rationalize everything. But a logic is a very different thing, it's a very deep and a wide thing, it comes from the experiences, from the knowledge of others.

You are half baked, half baked, "[and] I got a headache Mother", this happened, that happened [for Mother, it has to work?], in any case, because you have seen My face, you are obliging by coming down here [...? faith]. But what is it? Is it fair? Is it fair? Is it just? You must have some justice done to Me also and I would request you that some justice should be done toward yourself. That's the main point, what justice have you done to yourself. If you waste your life in frivolous things you are going to suffer no doubt. If you get out of the grace of God, you are going to suffer. If you get His grace, then you are going to [enjoy]. It's a very simple thing. And in this [be aware?] it's such a lot of joy, so much. I know, people don't understand, but if you can really understand a person who enjoys loving others. Anything [which is or with this?] love, that's the only thing somebody enjoys. That's the first and the last, the most [specific?] and the joyful happening for [yourself?]. If you can imagine of such a thing, then think that there could be someone who just wants nothing.

May God bless you.

Let's have some questions. See the awareness is that to be free, it's freedom. Next time I must talk on freedom but today I want to [see about?] awareness. Let us see. If there are any questions please ask. Don't be afraid, all right?

No questions? Any question, anyone?

Seeker: Yes, why do you have to have this Kundalini?

Shri Mataji: Why do you have to?

Seeker: Why does the Kundalini have to rise to become aware?

Shri Mataji: What, why did we have to?

Seeker: Why do we have this, eh...

Shri Mataji: Evolve?

Seeker: Yes, why do you have this experience?

Shri Mataji: Why should we evolve, isn't it? We are already human beings.

Seeker: Yes, I mean I could see why. But why this particular experience of awareness?

Shri Mataji: Why should we seek?

Yogi: No, she is asking why the Kundalini must rise? Why must the Kundalini rise, she is asking.

Shri Mataji: I mean why should we have self realization?

Yogi: Yes, in a way.

Seeker: Why that particular type of awareness?

Yogi: Why that particular type of awareness?

Shri Mataji: Oh, why should we have [...] that's the point, isn't it?. Now first of all, why should we become human beings? [...] amoeba is better off. Why did we become human beings? What was the need to become human beings? You have these rates to be paid, and [the or this?] insurance to be paid and all [that?]. You are better off as amoeba, [?] no problems, all right? Logical, all right, first question is why should we be human beings? First question you should ask. All these horrible appendages we have like a nose and [narrines?] why to carry on this load. And also tension on our heads. Why should we be human beings, where we have freedom to choose whether right or wrong and bump our heads everywhere. Why should we be human beings? Question to be asked, why? This is the question, if you ask you will know why you are human beings, and then you will know that to get the answer you have to get Realization. Because we have no meaning to our life, we don't understand. Either God must be a crazy person to make us into human beings. Monkeys are better off than us, I can tell you. In a way they are better off, they don't have problems, they don't have to see newspapers, there are no problems of any kind, I tell you. I mean, I don't know if you have seen monkeys. If a child dies of a monkey, child, [his] own child; as soon as it dies, [it's not bothered?]. It knows it's dead and finished, it knows that. They know how to live in the atmosphere, they live, they have got everything. The birds know how to do it. They know how to cross the Atlantic, and [everything?]; [think about our fate Or to work with fate?]. They have everything, we don't have. We have to make [airplanes?] even if we have to go from here to Scotland. The problem for us, you see they have these nice wings, they have no problems, nothing.

A tiger can eat a cow but for an Indian it's difficult to even think like that. What a problem it is? Dos and don'ts and this and that, laws and regulations, and you have to carry a passport with you [like to remember?]. I mean anybody would say why this human race? The way we have faith, amazing. Animals are not so much insecure as we are. So why God has made this beautiful thing called as human race? Why has He made? We can think about it, we can ask this question but animals never ask, "Why am I a tiger with such a heavy tail behind me to carry?" It does not.

So we have the sight or vision of something by which we start asking, "Why am I here?" They don't think like that, I mean the animal part, only the human beings do. And the answer is: you are here to become one with the whole. The whole is the primordial being, you are [saints?] and you have to become one with that. Unless and until you become that, all the problems that are created by this half backed awareness of human beings can not be solved. None of them can be solved. Anyone of these problems, say political, economic, anything economical, anything, physical, racial, emotional, nothing can be solved because you are not connected with the whole, you can not solve the problem. It's very simple.

Supposing this finger has a problem, it can not be solved unless and until it is fully connected with the whole. In the same way, unless and until you are fully connected [also?], you are connected in a way because you are living, but you are not aware of it. You do not know how you are connected. So you have to become one. The instrument, if you make an ordinary instrument, it

does not think that I am not yet connected with the mains, it does not think, whether it is connected or not makes no difference. But human beings think, "Oh God, what am I doing here? I have to be connected with something, is it?" Then you see these things and find out, "Yes, I have no meaning unless and until I am connected."

But some people have this seeking from very very long time. They have reached there rationally, then it became their character, they develop [?] on that and that's why [it never happened?]. They have got everything, people have got cars this that, and [UNCLEAR PHRASE... you can't understand, I Mean?], you think you should become [modern, I can't remember?]. But tomorrow you find [?] it's over, what's the matter [with you Or with me?]. She was supposed to be such a happy woman. What happened? She didn't get the essence of joy in her life. That's how you jump here and there, looking at places where you can find, you can not be [satisfied?]. If you say so, then you have not felt [anything?]. No human beings have, of course the awareness [?]. Some people have a real intense seeking, intense seeking. I mean, they want to seek even if a devil comes before them, [they say, are you going to?] give me my name, all right, [I'll give you my name?]. Anything, they don't mind anything, they are such intense. Some people have less some people have [more?], like I would say people who are developing now, they come to Me, "Mother, my son has no job", "My [head or hair?] is not all right", [this and that, that, that]. Those people are over developed, they suffer from over developed [?]. So they say we can't see, I am artificial, my eyebrows are artificial, [?] is artificial. So we have from primitive to over, overly, overly [dull?] people, half [dull?] people, we have many sorts of things, isn't it? In the same way.

Now this [?] exists in everyone one of us, but only thing is that some of them are manifesting it very strongly, some are not. For example somebody takes to drinking now for example. I am not against drinking as such, just now, for the time being, you see. I don't want to say that, because if I say that some people may not like it. But if you [have drinks?] then your awareness is dull. Then [one minute?], if I have a little whisky in the evening, what's wrong? Finished. But your awareness if it is alert, and if you see around you'll find a solution and then you'll know something is missing in human beings. That's why we have problem, that's why we are confused, and if you are sensitive and concerned about others, you would like to know how to [cure it?]. That's how you seek for yourself and for others, all right?

Any other question?

Seeker: I was meditating the other week before last and I had big problem because I was very happy and I was very [?], do you understand? But what I would like to know is can I or anyone else [?] in their own mind to do this, to raise the Kundalini? [?] while looking at you, do you understand?

Shri Mataji: Have you got your Realization?

Seeker: Well, I'll tell you what happened, actually it was really a problem for me. As I was meditating [here?], and I am realized into this,

Shri Mataji: Meditating how?

Seeker: Well, I was [hanging of having?] my hands like this.

Shri Mataji: Towards the photograph?

Seeker: Yes, towards the photograph and then suddenly an [UNCLEAR PHRASE... came a completely uncomfortable, completely uncomfortable?] it was really wonderful actually I felt very happy, and then suddenly I have a big problem. The face distorted, the neck turned into a [coats grow?], a big boil grew from the nose. And I had, I started to loose control, do you understand? I really started to [swept?], you see and I had to fight really hard to get rid of this distortion, to get rid of this bad distortion of the face and everything, for sometime to get better. Now did I bring this on myself? Or I am not completely concentrating on You?

Shri Mataji: Did you concentrate on your Agnya Chakra before? Did you concentrate here before?

Seeker: Yes, I always do concentrate there.

Shri Mataji: That's it. That's it. That's the point, you see, this is the bridge or this is the door as you call it.

Seeker: Yes.

Shri Mataji: And if you are really concentrating, and it's a weak thing, of course Kundalini must be, [I have seen that? Or you are a seeker?] actually and I am very happy to know this, I mean this is a great gift, this I had said that once a number of people get Realization, on the photograph they'll get Realization, it's a very great news actually. Now if your Agnya is all right, this point, you see, this is the point, [Shri Mataji repeats twice this is the point], this is weak; so what happened when it rushed out, you see, you felt all that, but when you came down your attention suddenly was pushed into right and left. If this [was correct?]. See for example this is the door, all right, this is the door, and [I mean] it's weak door here. When the Kundalini comes up this is a good thing, it sustains it, and it's all right. But if this is weak, what happens? That the Kundalini comes up and She takes the attention upward but then suddenly this breaks, when this brakes, Kundalini goes down, and then the attention spreads on sides. And there you see all sort of things, you see heads and noses and things like that. It's absolutely LSD, we call it supraconscious, supraconscious thing.

You see, people see so very often when I am lecturing also, you see, they see [some or so?].

I am surprised that they don't run away. They see light coming out of Me and one gentleman when he came to see me, never saw Me, he never saw Me, he just saw the light, he just saw the light, [you see?]. And he did not know to whom to talk, he was [seeing or feeling?] the light was speaking, or what was happening. But he had taken lot of LSD, always. I hope he didn't come to Me [?] but he was absolutely happy. And then, another lady who came to see Me, her eyes were down like that. And when she tried to raise her eyes, you see, she saw nothing but burning of light, like flames of lights. And she couldn't see that, she couldn't see that's false. And she was so frightened, and she said "Now what is this?"

But, all this is because of your supraconscious problems or your subconscious problem, where you move on your Agnya. It's very important to have this point all right, I don't know who had told that you should concentrate here? I don't know. It was a big mistake those who have done it. I'm told that somebody has written even in Gita. How could Krishna say that? I don't know, they have, I tell you, spoiled everything, that's [how or what?] I can say, I mean, how can you concentrate here when the door is here. How can you concentrate here? It is said in all the books, much before Krishna also it is said that it is Brahmarandra which is to be opened. Krishna himself has said that Brahmarandra is to be opened. Then where are you concentrating? Because concentration is done with your attention, isn't it? And you are putting your attention here, the Kundalini is not going to come out from here. Can you imagine a [hole?] coming out like that? It's not that way, it has to come out here. And so, this door which we say, "I am the door", you see, He is the door and the door is weak. But we can put it right. No problem, there's nothing to worry.

But I am happy you enjoyed [the evening?] and remember [what you are going to get?]. But you are giving Me the greatest news and a great great encouragement. Because of the photograph people start getting Realization. I don't have to go to all these places.

Oh God, I've been traveling for five, five months continuously absolutely continuously, by plane, by trains, by buses, by bullock carts. Any, any conveyance you'll say, I have used that. You see, every [deity or Deity?] had one conveyance. I have used all, even [elephants?]. So it would be a great idea if you could get this Self Realization. That's the best and that [what or when it] happens, I am sure the day is very nice that the gates of Heavens are going to open. No doubt, no doubt.

May God bless you.

But that definitely means that you should consult other Sahaja yogis about it and get it all right. This is absolutely supraconscious. You see those people who are coming here, they look so simple. They are scholars in Sahaja Yoga now. You see within 6 months you can become a scholar in Sahaja Yoga. So it's very simple. You just ask them and you'll become a

scholar yourself. You will be a scholar of Sahaja Yoga very soon. And in Australia people ask Me, "Are your disciples all scholars, [She repeated twice : scholars]?" I never knew, who are these scholars? They said, "The way they talk, and the amount of things they know, we think they are all scholars." I said they must be scholars in God's [grace?].

So what do I do now, would you like to have your Realization? [?]Put your hands towards Me. I [...?]. [Close your eyes?] And do not concentrate things, allow your attention to be free absolutely. [That's good?]. If your attention is going here and there you can put your attention on the top of your head, means on the fontanel bone area.

[Silence about 8 minutes]

Did you feel any cool breeze in the hand? Did you feel? No? You should feel cool breeze. That's important. You have any [cold, cough?] or something? You get it very often? If [your Vishuddhi Chakra?] is not all right, then you get problems with these vibrations, you don't feel the cool breeze. But you just sit here, may be [?].

1981-0517, The Power of Kundalini

View [online](#).

17 May 1981

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The Power of Kundalini, Talk to Sahaja Yogis, Chelsham Road Ashram, London (UK), May 17th, 1981

Today I told you about Kundalini, and that Kundalini is the Pure Desire within us, that manifests or is awakened to give us our Self-realization. Means the desire is only fulfilled when you get your Self-realization, otherwise it is not manifested – it is just dormant; it is still residual.

It has created the whole universe, but until and unless you get Self-realization, unless and until you become one with your Spirit, you have not achieved the manifestation of this power, which will go on making you run and run and run, thinking that you have not yet achieved, or you have not found out your meaning. It will be there, all the time, sleeping, but giving you a feeling of vacuum, you see.

So this power must be made to manifest, but when it manifests... [Shri Mataji pauses to comfort an infant: "What's it? What happened? Well, let it be, let him sit down, come. What happened? Come along. What's happening? Eh? It's alright." (Shri Mataji kisses the child) "All right. All right?" (The baby: "Yes") "Good. (Laughter) Now one has to keep quiet, all right?" (Shri Mataji kisses the child.)]

Then, this power has got certain qualities. The first quality it has got, this is ungrahavati, means it goes against the gravity. It goes against the gravity. You see, a thing rises, it doesn't go down. So a person who has to be aspiring by nature. If a person is not aspiring type the Kundalini doesn't rise. Because, like, you see that, when food passes down our stomach it presses the sides of the intestines. By that these movements of going down takes place. Do you see my point?

So, when the Kundalini starts, and starts pressing on the sides of the chakras, she creates a feeling of throwing it higher and higher, so the chakras bounce it upward.

All the heavy things, all go downward, but the Kundalini rises higher and higher and higher, because it is like fire. Fire never burns downward. It always burns upward. She looks also like fire, and she has the capacity of fire within her. The fire has a capacity to purify, and to burn off whatever can be burnt off. It purifies the things which it cannot burn, and burns off the things which are inflammable, which can be burnt out.

[Aside: "Come along, come forward".]

Man: "Thank you very much".]

So, the quality of fire that exists in the Kundalini burns off whatever is useless. Like in our house we find all the useless things, and we take them in the garden and burn them off, finished – once for all they are finished.

So, when the Kundalini rises, She also burns off all useless things that you have, all your useless desires, your useless ideas of action, all sorts of useless accumulation of feelings and egos, and every sort of a nonsensical thing that is in between. Everything is burnt off fast, because they can be burnt, they are not eternal by nature. They are not eternal by nature. They are temporarily there. All that is temporary, she burns off, and that's how she enlightens the Spirit, because Spirit cannot be burnt by anything. But this burning is so beautiful that it burns off all that is bad, stagnating, all that is polluting, all that is a disease, and

cools down the system. It is very interesting to see how this power of fire becomes the cool breeze.

But in the science also, you find that electricity can give you hot breeze or cool breeze. You can transform from one to another, but there is no ultimate for these things, they are always reversible. Supposing something becomes a magnetism, you can always convert into electricity, electricity can always be converted into magnetism.

But Kundalini is such a thing that once she burns off everything that is there, that's how you get heat, because she's burning. But when she cools down and becomes cool then she is not reversible. That's why it is a living process. Living process is never reversible. All dead processes can be reversible, but anything that is reversible – now, supposing you are grown up: you cannot become a little baby. Whatever you may try - you may have any number of operations - you cannot become that (laughter).

Now you are grown up, now you are modern, over-developed. You may try anything to become a primitive person – you cannot. You just cannot, whatever you may try. That will be all very artificial. You may just feel that you have become primitive by wearing some sort of a dress, by feeling that, 'Oh, now there's no modernism in us, and now we have become very, very subdued', nothing of the kind. It is curable, but not reversible. But, it's a living process.

So, Kundalini within us expedites the living process within us of our evolution. So the power of Kundalini is to purify, she purifies us like fire. She doesn't purify us like water, it's surprising, she doesn't purify us like water. Now, water, what does the water do? Water never burns off anything, but it dissolves certain things. It can take in something within itself, you see? It can contain some of the dirt within itself. Supposing you put a color in the water – it assumes the colour. But Kundalini does not assume the colour. She burns off things. Do you follow My point? So, if you have anything wrong within you, she'll burn it off, but she'll not absorb – she's pure. She cannot absorb those things into her that will pollute her. She cannot be polluted.

This quality of fire - say for example, if you put gold in fire, silver in fire, you can purify these things. Their pure form comes in: that's how you know. But if you put gold and silver in water, nothing will happen. At the most you can wash them from outside. But in and out you cannot do it. So, outwardly you can do with other things, but with Kundalini you do in and out.

The face also looks beautiful, as if some blazing has taken place on the face, a new, bright face. It's not sallow, neither it is horribly burning, nor is it pale and ugly-looking, but it becomes radiant. Radiance, that's what Kundalini gives you.

It looks also, as if a molten iron, you see - have you seen molten iron? – Pillar of – supposing you take a pillar of iron and, and heat it, to a point where it starts showing, you see, copper, every color in it, copperish and all sorts of color you see, see it's golden, copperish and all that, you see, like a furnace. But very silently, very silent, it works out.

Now, the sound of Kundalini I have told you in one of my lectures, how it creates sound. For example at Vishuddhi, it creates the sound of all the vowels that are in Sanskrit language. The English vowels are very few. Sanskrit language are a aa – i ii – u uu – ru ruu – lru lruu – e ai – o au – am ah. These are the sounds at Vishuddhi we can say. But she creates sounds on all the chakras.

But when she comes to Nabhi it becomes a "vani". "Vani" means information, coded information, that's the nearest you get, coded information. First, it is the "paravani", which you don't hear. When it rises from the Kundalini point – means Mooladhara Chakra and Mooladhara [sacrum], then it is not heard, there's no sound.

When it comes to the stomach, the "paravani" starts. Then it comes into the centre, where, in the heart, always you hear it: madhyama- where you can hear it: 'Lub dub, lub dub, lub dub', just like heart. Properly, with a stethoscope you can hear it.

Then it comes to Vishuddhi. It becomes a witness, means "pashyanti", the one who sees. You might have noticed yourself, when you are caught up in Vishuddhi, you feel the thing going on here. But here, she sees. Then this sound, which is the sound with which you speak, when it comes to the throat, it becomes "vaikhari", it says [speech]. This is even before the Kundalini is there, the "vani", the coded information, the language, which is first only coded, becomes decoded here, she's called "vaikhari", which talks.

But after Realization, the Kundalini enlightens the "vani", as it enlightens everything else. Because of that enlightenment, your mantras become enlightened. And that's how, when you say a mantra, it is effective, it's lighted. Before this, any mantra said has no meaning, it's just ordinary Vani, just like in any ordinary person. So, it is called as the mantra which is "jagrut", awakened. So, a mantra which is jagrut cannot be created out of a mantra which is not enlightened. Like if you have, say, an earthen pot or an earthen thing like this, or this one as it is, and you have all the oil and everything there: still it won't give light till it is enlightened. In the same way, the mantra is nothing, it's just a dead cup.

Unless and until it is enlightened by Kundalini, it is from ordinary vani, which cannot give you enlightenment, and which cannot give enlightenment to the mantras. And that's why these mantras have no meaning at all. A person whose Spirit is enlightened, and his vani is enlightened, such a person, whatever he says comes true. Whatever he asks for happens.

Even before he says something, the desire, the desire within us which is the "paravani", which is the coded information of the desire you have, becomes enlightened. And that's how you get the results. Suddenly you get something. You say, "Oh, I have struck the jackpot", and "Mother has done it". That's how it works out. The whole system works out this way, of Kundalini.

So, this pure Kundalini creates purity within us. Without the purity we cannot see anything. Anything that is impure - say, say my hands are not clean, I can't see the lines. Anything that is dirtied, you cannot see the real picture of it. You cannot see the reality if it is not been purified. But, even if it is superficially purified or artificially painted, still, you can always say that it is artificially painted, and you cannot see the beauty of this one, because this is done from outside. But this Kundalini burns off everything: "bhasmasat", makes everything into ashes. And whatever remains is the pure gold of the Spirit within us.

That's why, when people try to raise the Kundalini by wrong methods, she shows her temper. Actually, she never gets angry. If Kundalini gets angry such a person can never exist, is impossible, but doesn't happen normally. But it is Shri Ganesha, which is the Deity of Shri Kundalini, gets angry, and He creates this problem of heat. Because she's fire, and He's the deity. So the fire of this Kundalini works out in such a manner that your sympathetic nervous gets excited with heat, and one may get even blisters and things, if you try any tricks with Kundalini, any unholy behaviour... (inaudible words)

The Urdhva-vati of Kundalini, the rising of the Kundalini, is its nature. But when she goes and touches the Sahasrara, that is an important point. If she does not touch the Sahasrara, then the Grace doesn't fall in, and the Grace has to come in within us on our both sides of the Ida and Pingala Nadi. That's how you feel relaxed.

Now, how important it is for us to preserve our being, before coming to Realization. To preserve it as it is. But we do not preserve. We make mistakes. Kundalini is not forgiveness, she does not forgive you. She is not the one who can forgive, because her nature is hot, like the fire. She cannot forgive. Only the Spirit can forgive. Only the Atma can forgive, because she is the one who indicates all your problems. She is the one who cleanses you. She has to cleanse you. If she starts forgiving you, your dirt will be left there. As we do, you see, we clean: "Oh, it cannot be cleaned, leave it alone, what to do?". She is not like that. If it is not clean, she'll burn.

Cancer is the cause of neglect of Kundalini awakening. Unless and until Kundalini is awakened, you cannot cure cancer of any person. So, if somebody, say, has a nice mother-in-law, she might be a relation, and she was a good lady, she also tried to take vibrations and all that, she was quite aged, maybe she might be also a seeker.

But it acts best on seekers, because the Kundalini has to be awakened and she will not be awakened unless and until you have aspirations. And if you have no aspirations, if you just try to get it for your curing, you might get cured, by her awakening, but it's a very forced action. It's not so natural, there's no suction about it.

We can say like that, supposing in this room we light fire, there is no oxygen, it won't live. So we have to have that oxygen within us of our aspirations. If that atmosphere doesn't exist, Kundalini takes time to rise. Unless and until you are realized you cannot

keep Kundalini up there. You may just touch it, go down, again you'll touch it, go down, again you'll touch it, go down.

So, as a result of this, some people start feeling the guilt. 'Why should I have done this? I should not have done that', and all that. But after Realization, this guilt is a big problem. Even before Realization, I find, it is. Because guilt is an escape, where all the things are accumulated, which have to be burned off. You see, all things accumulate on the side, very nicely stored - stored away you see, kept there nicely, so they do not face the Kundalini and get burnt. And that's how the left side of a person goes on recurring all the time, all the time, through these two points of left Nabhi and left Vishuddhi.

Allow the Kundalini to burn it off. Just put this to the fire. And when you put this to fire of Kundalini it will burn off completely. Don't build up any kind of guilt. At least after realization. Before realization, of course, one has to worry a little bit. But, even telling all this, it is convenient to feel guilty. You avoid all problems by feeling guilty, 'Oh, I should not have done it, I'm sorry' - English language (laughter). Very simple - 'I'm sorry, I should not have done. I'm sorry. I tell you I've done a mistake, all right'. But you do not say like this, that: 'All right, I'm sorry, forget it.' That should be added, too.

You see, when you say somebody 'I'm sorry' to somebody, he'll say: 'All right, forget it'. The other person also should say within you, that 'Forget it'. If you do not do, try that thing, you see, this is very nicely accumulated here all the time, and this feeling guilty is a very convenient method of escaping the truth, you see, showing that you are very frightened, you are very upset, this and that, and just storing up the whole thing up here in the left Vishuddhi. How will you progress?

You cannot progress with this idea that you are guilty, you are - even if you are, what are you going to do, what? You want to go to jail? Take two running jumps and go there! (Laughter, She laughs) I would say like that. Why come to Sahaj Yog? Just go to hell, you can go very fast, there's no need. But, if you are to be saved, accept that you are saved, and do not build up these left Vishuddhi problems. It's a bit too much now.

I think it's high time that we should burn, burn all these things, these guilts, these wrong ideas which always keeps us down. It's like putting something in the neck, a heavy stone, and saying. 'I can't cure, what to do'. Now, the stone must be removed, how can Mataji pull you out?

See, whatever I may try, there's a big stone and that's pulling you down. It's a very big problem, I think now, because Kundalini doesn't know what to do, and how to reach your left Vishuddhi, to burn out that nonsensical thing which you have stored very sweetly: 'Ah, I'm frightened, I'm afraid, I'm sorry'.

In Sahaja Yoga, certain few English language usages are not allowed - one of these 'I am afraid'. Even a politician who is so dominating will say 'I'm afraid'. I mean, what are you afraid of? Everybody is afraid of you (Laughter). What is there to be afraid of? So this usage is not allowed, 'I'm afraid'. This is not allowed at all, to say 'I'm afraid'. What are you afraid of? As I said today that 'Wages of sin is fear'. All right. But wages of sin is fear, so, if the sin is removed, then the fear should go or not?

But still, it is like this, there is light, still you behave as if you, you are in the dark, still you: 'I can't see, I'm frightened'. Arey Baba, there is light, see for yourself! This is a thing one should know, that your Kundalini is awakened, that your Spirit is shining.

Open your heart to this, accept this, recognize it, know that you are a realized soul now, and that Kundalini has purified you. Now, please do not accumulate this dirt here, on the left side, because you like it, because it's very convenient to put up faces, to say 'Oh, it's all right'.

(Maybe talking to somebody) Little bit heat coming up, send it up here, goes like that. It will be cleaned out. Leave it alone. Let us face it.

Somebody gets a little heat, 'Oh, I'm again bad, again I'm lost, God knows what have I done?' (Shri Mataji imitates a frightened voice, laughter of the yogis). Correct? It happens, very commonly. I find suddenly people... (gestures to laughter) without My saying anything. Just imagine! "Good morning, good morning!" "Good morning...." (Said by Shri Mataji imitating a shy, shaking

voice, laughter) "What's the matter?" "It's very hot". Is this the way to greet your Mother? You are the soldiers, you are the warriors. But, what I find, hands are shaking. Where should I put these swords? (Laughter)

This is My experience now, that this pouch of the left Vishuddhi is a very difficult thing. My ears are also becoming absolutely clogged with that vibrations, so much flowing on the left side, all this left Vishuddhi, that I can't hear from the left side. So, at least have some pity on Me, and give up that nonsense of guilt. Even a minute you feel guilty, just look at outside and look at the birds chirping, look at the sunshine, look at the beautiful Nature that has given you such a beautiful color and all that. Look at that, and just take the beauty within yourself and without.

Enjoy, and give up this miserable look. You should at least look like realized people. Look, at least, if not feel (laughter). So, this kind of seriousness has no meaning in Sahaja Yoga. A Sahaja Yogi stands like this, and talks like this, and walks like this - normally (laughter). So, feeling guilty is not only speciality of English, but I have seen it with all the Western people have this very good idea of feeling guilty, everybody is so.

Went to France – I told you about French people. As soon as I went there, they warned Me for one thing, that, "Mother, never say You are the happy person, You are very happy people". I said: 'Why? Because I'm - I am a happy person, why should I tell them lies?'. They said they will never believe Me, and they'll think You are absolutely ignorant of the truth. You are ignorant of the reality, and that You are an uneducated person. You have not read books on 'shocks for future' and things like that. (General laughter)

(Shri Mataji laughs) I said: "All right". But then I really lashed all the French on that, and they laughed and laughed at themselves. "Les Miserables". I said, "You people, everybody is miserable because of you". Any Frenchman coming anywhere, the people don't know where to sit, they don't know this camel, which side it is going to sit, on whose head it is going to sit, and the camel is very miserable. And here everybody is frightened of the camel, how he is going to behave. Very difficult person if he's French. Everywhere internationally they are known to be difficult. And now, here you are, what are you miserable about?

And English have taken certain qualities from Americans, which they need not have taken, and some from French. They don't understand their quality of mind is the best. They have taken from here and there, and that's how they are also becoming French, you see. Bathroom culture, that's what it is (laughter). And you don't have to learn anything from them. It is they, they are who have to learn from you. What have they got? Have they got any scholars? Very few. And you, your this weakness for becoming miserable, and guilty, and all that, is coming from where? I really can't understand, what is there to be miserable?

If you don't have a job, you get a dole. Nowhere in the world people get doles. Do you know that? Nowhere! Nowhere people get doles. While you get your doles quite all right, it will mean (indistinct) you don't starve. Germany, France, anywhere, you don't get a good dole. So what is there to be miserable? At least you people be happy people. At least, the English should show the way.

Feel happy within yourself. Then only you'll be able to see the Spirit. Don't be miserable. There's nothing to be miserable. We are special people, who have got the blessings of our Spirit. We should all sing, laugh, enjoy, be [sprinkling? Indistinct] with vitality. There's nothing to feel miserable. I mean, after some time you'll find really you'll have to act to be miserable. It will be difficult for you to be miserable for more than five minutes (laughter). I can bet on that.

With Me, same problem. I find it impossible, you see. I try to be very serious: 'I'm going to now say something serious' (She laughs) - suddenly I burst out laughing, because to Me the whole thing is nothing but a big joke on. So don't have these French ideas in your head of becoming miserable for nothing at all. Be a happy people. Emit happiness, joy to others.

There's nothing like 'future shock', for you at least (laughter). There's nothing like future problems. Future is beautiful, just you have no idea. But do not lag behind with a big stone tied to your necks. For people who know that they have found the Spirit, they should know that they have found the joy. Spirit is the source of joy, and that should be evident when you talk. No inhibitions, no curbing, it's complete freedom. But do not try to mold yourself into the molds of the people who are not realized. Now you are different, you are changed, it is irreversible. Whatever you may try, say after two years or three years, all of you will be bubbling

with laughter. But why not do it now? If it is going to happen later, why not have the blossom time now?

We start thinking about it, we start worrying about it, there's nothing like that. Our problems are solved, our lives are beautified, everything is so nice and good, just to make you happy. Still, if you are not happy, still if you are worried, then the Divine recedes, it recedes. It's like sunshine. If you do not want to face the sunshine, you do not get it. You have to face the sunshine. You just don't get it. Every tree moves to the sunshine, every leaf tries to be towards the sunshine. They have innately built wisdom, in the same way you should be, and you will see that with this – your life will change completely. Every moment you'll enjoy. Every minute of life you'll enjoy. Everything that you do you'll enjoy. Every small thing you do you'll enjoy.

People are sometimes amazed with Me, also. Once, I climbed up a place called Palitana which is about seven miles one has to walk, with My son-in-law, daughter, and they said: 'If You cannot go up You'd better sit on those palanquins and all that'. 'No, no' - I said - 'I can walk, let's go, I'll walk'. And I was just enjoying, you know, I never felt I was walking on a thing like that, because I was enjoying the Nature, I was enjoying the people, how they were coming down, and how the people were going up and all that, and their gaits and things, and I was just enjoying all that. And when we reached there, these people who were going with Me, absolutely fagged out and tired, they sat down: 'Haaaa'. (Laughter)

And I also sat down with them, I looked up, I said: 'Look at these – so many elephants of - they made, and everybody's tail is differently twisted. How they must have thought of so many permutations and combinations?'. My son-in-law said: 'How could You see the tail of an elephant when we are so very tired here?'. (She laughs, laughter)

You see, I just - spontaneously I saw the thing, I said: 'How surprising that they have twisted the tail of the elephants' – there were many elephants created, you see, at least there must be about hundred elephants in that pattern, everybody's tail was twisted differently. I said: 'It's so, I mean, imagine, one hundred elephants with twisted tails in different ways, hundred ways. It's remarkable for Me'. They said: "How could you see the tail? We are so tired, we want some water!".

(Laughter, She laughs)

That's what it is. This is inexhaustible. This power of enjoyment is inexhaustible. I want you all to enjoy that, to drink that nectar of your Spirit, and to forget about all these artificial problems that you have. You just enjoy, because now you are drenched in your Spirit. So enjoy that. Why worry? Some people haven't got it, they will get it also. Don't worry about anyone, they will all get it, they will all have to get it, all those who are seekers will have to come.

It's nice you have come earlier, it's a nice thing, but now do not stop your progress by lingering with this load around your neck. Let the Kundalini take you up. But She likes light things - she's a light thing herself, that's why she rises. Everything that is heavy within you she'll burn, but do not make yourself additionally heavy.

May God Bless you.

I'll have some water please.

[Shri Mataji relates a story about thieves trying to steal silver from Her home, making particular reference to a heavy silver statue She refers to as the 'heavy gentleman']

You brought this gentleman here? You brought him? [Yogi: "Yes, Mother"] Ah ha.

[Yogi: "Is it the correct place in the temple...?"]

Anywhere, it's great, you know.

Some thieves came into our house. And this heavy gentleman had come from India. He was very vibrated. And the thieves came

with some silver put in the dining room.

They had collected all the silver, put it on a tablecloth, and put the whole thing on the dining room. And then suddenly God knows what happened. They just ran away, leaving that there. And this gentleman was there, in the passage. They just ran away. Can you imagine, these thieves - I mean they are burglars, competent absolutely, experts - nobody could believe it, except that we saw some steps and our door was opened out.

Otherwise nobody could believe it. Not here, Oxted. But they did not take even a spoon. God knows what happened (laughter).

I was not there. (laughter)

Recently brought from India. You see, poor - were very hefty people who brought our luggage - do, leave it there - and they brought this one. She said: "This is a very heavy gentleman from India". They were both hot and exhausted (Shri Mataji laughs), but their Kundalini had risen up.

[Showing statue to group]

This is Kartikeya. Hmmm! This is the fire of Christ. This is the one that is going to come. Really. The fire of Christ. The destroying power, Rudras. This is one of the Rudras of Christ.

Hmm, it's quite warm, I think.

Kundalini is working it out. She is rising.

How are you here? [Somebody says: "Fine"] Alright? Alison? Hm. Come, come. I would like to see all the children on My feet today.

[End of audio]

1981-0518, The Right Side

View [online](#).

18 May 1981

The Right Side

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

“The Right Side,” Caxton Hall, London (UK), 18 May 1981.

I'll talk to you about the Right Side, Right Side sympathetic nervous system, which is expressed by our subtle energy of Mahasaraswati, which gives us the power to act.

By [the] Left Side we desire and by using the Right Side, the power of Pingala Nadi, we act.

I was telling you about the Right Side the other day. Let us see how our Right Side is built up. I am sorry for people who have come for the first time but every time when I start the introduction to the subject, again it becomes the same but later on I'll explain to you about Sahaj Yoga.

Now this Right Side, Pingala Nadi, is a very, very important energy-giving energy which makes us act and activate.

Now this one is made of all the five elements: you know all the five elements that have created our physical being and our mental being. That's how it helps us to work out all our physical and mental problems, mental activities and mental and physical growth.

Now this, being made by those five elements, when, first time, human beings started thinking of doing some action, about anything, say in India, they first thought, “Why not, somehow or other, reach to the principle of these elements, which is beyond physics, which is beyond chemistry?” And to reach to that point, they thought it would be better if we try to invoke or to awaken the Deities which are governing those five elements.

This was a very big mistake though, I should say, because human beings, whatever they take up, they do not know where to stop! If you tell them that you have to clean your teeth every day, then they'll go on cleaning it twelve times in twelve hours. [If] you tell them anything, they'll go so far that they will destroy the instrument which is supposed to be looked out (after). That's the nature of human beings: they cannot have brakes to themselves. They do not have common sense as far as balancing their life. So, anything you give them, they become so mad after it that, in Marathi, there's a word that [means that] they ultimately put ashes on their head, to say to declare that, “I am dead now, I have become ashes.” Like that, they get so frantic that even while doing this awakening of these principles they forgot, lost their sight, that we are after our Spirit and not these elements. We are beyond that, we have to reach beyond that.

All these elements are only useful for us to achieve a state in which we can create things and we can have more time to devote to meditation to enjoy our Self-realisation. They got completely blinded by the advances they made on this side which is, in pure and simple words, materialism. They became so responsible, so efficient.

First in the Vedas, it's written, the first stanza is such that, “By reading these Vedas if you do not know your Spirit then it is absolutely useless.” But this stanza they always close down I think. Then they started worshipping those Deities, this, that, exciting them and doing all ritualism and all that. And they just went into it headlong, absolutely headlong. They would not turn back.

So by exciting these elements, they discovered the principles of these elements; for example, they discovered that gravity is the

essence of the Mother Earth. But [actually] it is not. That is not the essence of the Mother Earth, that is the energy that is asserted by Her, but Her essence is Her fragrance.

They could not cross that limit where they could see really the subtle thing which was [that] the subtle principle of this energy of gravity is the fragrance. All the fragrances come from Her. Of course man-made [fragrances] there are, that's different, but even the man-made are also coming from Her, if you go, trace, source it up to the point, it is from there.

Like that they went on discovering the subtler, so-called subtler, energies or the principles of these elements, from the Vedas time.

Then it became the science. People started studying physics, chemistry, this, that: understanding what was there before them by going into it and trying to find out what is it made of. For example, they went into atoms, they went into molecules and things and they tried to find out. And there they find the oscillation of the protons and they find the oscillation of these atoms [and] they just can't understand, "Now, from where this energy of this oscillation is coming?" They could not capture that energy so they thought, "Better use the energy." So they started using the energy.

Now it has gone to such a limit of the whole thing is, now I read, saw that, microchips or something coming up. After some time you won't be using your hands or head or anything, it will be that microchips will be going on. But with this kind of a thing, with this extreme behaviour, you will become a machine yourself, a slave of the machine. Today the petrol is exhausted, tomorrow electricity is exhausted, then what are you going to do? You don't know even to count two plus two! So you are left without any counting. You will become the same primitive man and I don't know what you will be doing, climbing on the trees and living like monkeys? I don't know what will happen.

So all this advancement that you did has gone too far. But as a result of too much efficiency, too much responsibility and all that, you became sort of addicted to it and then, with that, you started dominating other people. The machinery came in; with that you produced such a lot of machinery stuff that you didn't know what to do so you had to find out markets where you'll sell them, so you started capturing other markets where you started selling them and that's how all these economic problems and all these have started. There are developing countries, there are developed countries, all things going on in this mad world. All right!

But we reach a point now where we realise that this machine has done something nonsensical within us. When we reach that point, we start thinking, "Now, what are we to do?" We have been very responsible, not you people but your forefathers maybe, who went to fight the whole world and do this and they had to be at right time at right places and do all sorts of things. By that over-responsibility you became fed up. You just didn't know what to do. For example, morning you wear a grey suit, in the night you have to wear a tailcoat and then if you have to drink your wine, you have to take a separate glass; or for that, this. It became too much messy, [so] you said, "Throw them in the sea! We're not going to have all this nonsense. We have collected all these forms and horrible things that have made us so rigid." That's how you tried to throw away everything but even then when you throw away, where do you go? I mean you have to exist, you cannot just hang in the air.

So you said now take another style. And the another style is even worse, much worse. Because then: no responsibility, no respect, no understanding. So this power goes absolutely zero and you are tired very soon. I have seen, I mean in the BBC and all that, young people, and I am a very old woman compared to them, after saying two three words, "Haahh!" they go down. Again after saying something, "Haahh!" This is very big acting these days! In any play you see a person says, "Haahh!" What does it take to act for this kind of a thing? This is what is very common now, you notice it. The reason is you are tired, you are absolutely tired. Why? Because your brain is the same old brain and you have taken a new life, and you cannot adjust yourself to that. You say that, "Now I am sitting down, doing nothing. I am not going to be efficient anymore and all that, I'm sitting down," [but] the brain is going, "chuk, chuk, chuk, chuk, chuk, chuk, chuk, chuk," morning till evening. How to stop this brain? This brain is working so hard, using up all your energy [so] you have no strength.

So to counteract you will say, "Let's take to some sort of a thing by which we go out of this madness." Let's take to something that takes you [to], as we call it, the Right or the Left Side, take something like say hasheesh, or something — like another thing

they took — LSD, to go to the right or to the left. Now what happens with that you know very well. Now, thank God, you have realised also that that was nonsensical also, that was no good.

These are two areas within us which are called as Adi Bhautik and Adi Daivik. Now, the Adi Bhautik are the ones which take you to the Left Side is the subconscious. And the Adi Daivik are the ones where you try to invoke the devas and all that on the right hand side, that one is the Adi Daivik where we call it supra-conscious area. These two are of no use to human beings, actually. They are not meant for you. They are meant for people who are dead, who are dead souls, who are good for nothing. Now, they cannot get Realisation. It's not meant for you. That's the area you should not reside in. But you enter into these areas because of extreme natures.

Some people by going into these drugs, some [by] taking to some sort of movements like mesmerism, spiritualism and all sorts of isms. Some people onto the right hand side like taking to what you call these people who are racialsists and all such organisations which are racist and this and that and you know all that kind of a people, like Hitlerish type. All this is nothing but is a kind of an intoxicant which makes you forget the reality that you are a human being, that you have to become the Spirit. That you are the Spirit is the reality.

Now the present trend in the Western life is very much set in this country, about which I am very much concerned. I have talked about [this] to many people in person, and also otherwise, that the quality of mind — because we are with the English, let's talk about the English — quality of mind of English is excellent, I have said it always. And the young people of England have a very good quality of mind, but their heart is like this. They are frightened of what? God alone knows, but they are frightened. Or they have taken this course? I don't know. Now to do any work, also they are frightened. Supposing we put this colour then it may not match: [if] it doesn't match it doesn't matter. What does it matter? Because of those previous ideas they are so frightened of doing anything. Though they say they have broken all those ideas and they have taken to a new liberated ways and all that. But this liberation is also another madness in which their fear has not gone.

So the quality of mind of we the English Sahaja Yogis and English people is excellent. If you talk to them you will think you are talking to a scholar; I mean no less than Shakespeare! They could be very well read. They will know about anything you ask them, "What is this road?" "This is the road!" "Now, what's the name of this road?" "This is the gentleman." Who was he, his grandfather, what he did, what was the gossip about him, scandals, everything! You can get everything from them. They know everything about everything.

Sometimes I am amazed the way people know about things, about all the details as to how many women he had, and how many wives he divorced and what he did and where he went and what he wrote. Take anyone! Take a writer, or take an artist, take a hooligan, or take a robber or anyone who has appeared on the newspaper. As if they have drunk all the newspaper into their memory. The whole thing is so clear cut in their mind that it's sometimes amazing. But if you tell them to fix one chair, never trust that chair! (laughter) Never trust it! If you ask them to do anything, they'll tell you, "All right, tomorrow at 7 sharp, I'll be there!" Even if he comes after seven days, thank your [lucky] stars! I have known people who have done this to me [and] now it's four years, I have never seen their faces again. They are supposed to be XYZ from Oxford and ABCD from Cambridge. They have got first class first and this and that [but] if you go into their rooms, you will find it's a pig sty! You don't know where you have landed. I mean, you don't believe that it belongs to any educated person! There's no sense of responsibility left in their head. I mean this energy that is working in the head, if it is not put into a responsible channel, [then it's] no wonder we find every third person is a paranoid: something wrong with the brain.

What is wrong with the brain is that so much energy is here and you are not channelising it at all!

By what ways are we to channelise it? Even after realisation, I find people have no respect for anything. Sometimes it's most surprising that with all this brain activity going on, they get all the satisfaction from the Spirit, they are raising the Kundalini and all that, but they have lost that capacity to be responsible. And that's why, in Sahaja Yoga also, they are not responsible. This goes on not only about their own private work but about Sahaja Yog, about everything. So this quality of mind has no heart. It has heart in nothing!

Supposing I am telling you something: I don't know about Sahaja Yogis as such, but now I have seen with people, [if] you give them a lecture for one year, one hour, it's lost, finished! They are just the same! What has happened? It's only the vibrations, it's only how you work it out that the life changes and all that. But as far as they are concerned, nothing is recorded in the memory. Sometimes I feel how do I talk? Is it too much on their heads or below their feet? Where is it flowing?

So the reason is that the heart is not there. If you register it through your heart, you will do it. If you put your heart into things, you will do it. The heart is, as I told you, is chicken-hearted, is absolutely chicken-hearted. And that's why, this is what is lacking in our character.

For that now the stage has reached [that] we have to raise our Right Side, not the Left Side. Our Right Side is absolutely finished and there the leader of the Right Side are two persons. The Deities are two persons. Of course Brahmadeva is the one who is The Creator, who has created this Universe and who is The One who is busy still creating and doing lots of things for you people. But I would suggest that you have to pay attention to two ideals we had in the history, for this, to understand what sort of ideals we should have. Because the Right Side is a Rajoguna is the one by which you become majestic, you become royal, you achieve all the Rajoguna as you know that.

Now two persons are really to be followed in this. One of them is Shri Ram. Shri Ram resides on the Right Heart and is the Father. He is the Father and He is the fatherhood. He is the one who came on this Earth to teach us how to be a father as a king. He is a Father King, He is a Benevolent King, which was described by Plato. He is the Benevolent King. He was the ideal that came on this Earth to teach us how to be responsible to others, how to respect others, how to understand the feelings of others. To such an extent He went, that He had to sacrifice His own wife for the sake of His own state. He did that and He had to ask His wife who was pregnant to go and live with a very great sage. One may say that, "What was He doing about His wife?" She was the Goddess. She was so remarkable that He was not bothered about Her. He was so sure of Her powers that He did it. And there is nothing wrong in leaving things to the Goddess to do, instead of meddling with Her all the time. But this gentleman, Shri Rama, understood the responsibility of a king and that responsibility is lacking in us: that responsibility towards ourselves and towards others.

It is very, very surprising. I mean I came from India. I had never met Englishmen at this close quarters till I came to England, I should say, because before that all we met was missionaries. All missionaries were terribly responsible for converting all the people into Christianity. They would get up early in the morning, take their Bible, go around to all the places, clean all the dirty lanes and clean all the children like Pickwick Papers, you see! Clean all the dirty people there, kiss them and do all the impressive things to convert the people. They would go even to the forest to convert them. They were so responsible about it and they felt they have to do it, this is God's job, they are doing God's job, they must convert. And they went on with this and that's how, some of the people I met. Then the rulers were extremely responsible. They were ruthless and they thought this was the greatest thing they were doing, was to spread British Raj and that was their responsibility. When it comes to spreading God's Raj we are not. First of all in our own life, we should see, "Are we responsible?"

Now, in the modern time, I find that we have got rid of that sense of responsibility. It's called as a sense of diminishing responsibility. We'll just say, "Yes, yes, I know. I shouldn't. I know, I know." I can't understand: if you have a heart, how can you say that "I know I should not have done it"? "I know I should have been here." The reason is, there is no heart and the heart always catches when your Right Side over acts. That means your brain is acting too much and there is no real action, the output of it. You think too much and do not put it to practice. "I should have gone," "I should have done this," "I should have said so." And this is the problem with our Right Side.

Now, among our Sahaja Yogis also, I find people have the problem of the Right Side. To worship the Right Side, we have to see to Shri Ram: How He felt responsible for the whole world, how He used to look after people, how He looked after the things of other people, how He behaved towards other people. That's a very important thing which we have to learn.

But I find people coming, if it is somebody else's, they'll throw away. They will just jump into something and say that, "All right, this is my house I just settle down here the way I like." There's no sense of responsibility at all about it, that you have come to somebody else's house, you have to have some care about it. In the same way you have to know you have come in the world of God, this is the Kingdom of God where you have entered. You have been a stranger. Today you are a guest in His house, what are you doing about it? How are you behaving? Are you responsible? Are you like Shri Rama who took upon Himself all the problems of the world and still He was so responsible? He would not do anything even this much to disturb a person. As far as possible He would like to try to console, and to have the formalities of good living. Formality is meant for good living and good understanding.

Unless and until you have this sense of responsibility, your collectivity cannot be all right. You cannot be collectively all right. You need not be a machine for that. There is no need to be a machine, like Japanese — only one person says, the another doesn't talk. But this one kind of a funny individualism that you have got will never give you that collectivity that is expected of Sahaj Yogis. We all have to be one, being responsible for each other. Not only for one or two persons, because he is my friend, he is my husband, she is my wife but for all of us. We have to be responsible for them, for their things, for their children, for their house, for everything. We have to be responsible. And if this sense of responsibility is lacking, how will you have responsibility for your Self-realisation? Only it can be a self-centred thing, thinking that, "I am very much better, my powers are better. I must have more powers." But if you do not have this sense of responsibility why should God also give you powers?

The main thing is, your Right Side is complete within you, that is the Surya Nadi, that is the nadi which is called as the nadi by which people hold their prana. So it gives you the pranashakti. It's the pranashakti within you which is the vital force of energy within you, which is lacking.

Now this lacking is added up by your heart. At least for a man like that whose pranashakti is exhausted. At least for such a man if the heart is there, he can really use that power which is accumulating in the head and exhausting him, like eating up his brain, if he has the heart in him.

Now this is what I have told you last time that the Right Side of human beings is very important when it comes to Sahaj Yog. Because, when the Kundalini rises, your Right Side is also, Right Side is also awakened.

Now the question is: why Sahaja Yoga does not spread in England so far? Is a very good question many people have asked me. While in Australia it's spread so fast. The reason is the Right Side is missing. For the Right Side to be awakened first of all there should be some Right Side! If there is no Right Side, what do you awaken? If there is no light at all what are you going to awaken? There has to be a lamp to be awakened.

So all these topics and talks that we have in the society, "I know! I know!" and then you ask them they just say, "I know!" "How are you?" Like that. All these accents and all that, one should give up. One should know that you have to be responsible: that's a very, very important thing of life.

I personally think, unless and until you feel that responsibility, that heart, into Sahaja Yoga, you will enjoy just my talk as you would just enjoy anything else. Real enjoyment comes when your Spirit really blows out the vibrations. You are taking my vibrations, all right, you are feeling them, but what about yours? Are you blowing your vibrations out or they are just taking your brain. Simple question is, are you blowing any vibrations outside? We have some Sahaja Yogis when they just enter into a house immediately everyone feels it. Everyone can feel it that somebody has come. Immediately the whole thing cools down in no time. Somebody has come. There are some here also, not that there are none, but they are few people.

You have to blow out vibrations otherwise you are just a liability to yourself. Why don't you blow out vibrations? Because you don't feel responsible. In your day to day life, morning till evening, you have to see that you develop this instrument of responsibility within you, otherwise the vibrations won't flow because, the main reason is that, our nervous system comes to us through our Right Side.

Our nervous system is built up by our Right Side. All the elements within us have built [it] up. If the elements are weakened, if the chakras which are made by these elements — as you know all these charkas are made by elements — if the pot is weak, nothing is going to work out. You should be able to hold that water of love or you can say the water of bliss and should be able to pour it out to others. Unless and until you are able to do that, Sahaja Yoga won't spread. It will spread very slowly. This is the difference, I feel, between English and Australians, that the quality of mind is thousands times better than Australians. They are not scholars. I found very few people there who are even graduates. Here everybody is a PhD or maybe a 'MAD': but they are all very well educated. Despite all that, Sahaj Yoga does not spread out, why? The reason is the quality of mind is good but the action is extremely poor, because you are exhausted, tired, you are fighting in the mind. You are not doing anything by which you blow it out.

The Right Side is what you call the Brahma's, Brahmadeva's, creation and the Brahma Shakti as they call it. This is the power of Brahma which is flowing through you. We'll call it the power of the Spirit, it's true. But the Spirit, the power of the Spirit, flows on your central nervous system. If there is the electricity all stored up here and there are very weak wires what can you do with all that stored up energy? The wires have to be improved and for this wire your Right Side has to be improved immensely.

Every minute you have to be responsible, and this is what is lacking. Then I find when some people who are responsible, they feel extremely hurt and they feel that they should really shout and scream and should do something. They don't know that these are really the saints, they are realised-souls. They are great people, no doubt, but their Right Side is weakened. But that is not a great thing to accept, it's a very bad thing. But that doesn't mean you should feel guilty — again, I am saying. Because very nice! This is the way you manage: is to feel guilty. Because feeling guilty is the best way, "I'm sorry, I'm sorry. I should have done it. I know, I know, I know!" — finished! Then how can you improve? If you have a pouch here filled up (of guilt in Left Vishuddhi) all the time with responsibility denied, all the junk you have created out of that, you are pushing into that pouch and then you say, "Yes, yes, I know, I should not have done it!" Now what can you do? As I Mother you can't say, "You hang yourself by the nearest tree!" What do I do? But I just look at you flabbergasted, I said, "Really?" "Yes, I should have done but I haven't done it." For example, I should tell somebody you'd better cook for ten people, they are coming. And the person says, "No, I'm sorry, I forgot, I didn't cook." You are doomed! You cannot hit him with the pan can you. What to do? That's how you are at a standstill and you really don't know how to eat them!

The point is: in all this talking of Spirit and God, one has to know [that] the vehicle has to be better. The vehicle is so very poor that it cannot carry: otherwise you will emit vibrations like this. I know you can. Wherever you will stand you'll attract people. People must gather round you! You will be amazed, I went to Australia for how many months? At the most a month or so, and I came back from there: already seven centres have started and every centre has got at least three hundred regular people coming!

It is not to feel guilty: I am not saying [for that], but to awaken yourself, to arise to this point, to be elated with understanding that you have to rise up to that point and that you have to take up that position because you are the warriors of Truth. You are the people who are seekers, you have been for ages, and you have no business to be irresponsible and you have to do it. It is my earnest desire that you understand what I am saying.

Just sitting, meditating, putting hands towards me or towards the photograph is not everything. You are still receiving. You are still at a receiving end. You have to be on the giving end. How will you do it? You get so many vibrations sometimes that you cannot feel after some time, it's so filled, the pitcher is so much filled. But what about pouring it out? Why you cannot pour it out? The reason is that the vehicle within you, which is the Right Side, is the Pingala Nadi, is out of gear. And this is what one has to understand.

That can be built up only when you know about Shri Rama's life, the way He led His life. Every minute of His life was dynamic. Not a single minute He wasted in life. Every minute, whether He was in the forest or...He went to a place with His wife when He was in exile, and there — He knew His wife was a very shy lady and She would not take Her bath in the open — so there's a rock

which is completely honed out, such a big rock honed out, can you imagine? (a place called Sitanani near Rahuri) Inside, there is a water tap sort of a thing coming out, there's a water coming out. So that there's a stone here, stone here, stone there, and at the end of it there's a opening so that there's light coming from this side and light coming from this side. But inside [if] you go, nobody can see you. There are trees with which it is hidden. There are trees which are called as shikakai (used as hair shampoo) means that's a kind of a soap giving trees, are created by Him for His wife.

Anywhere He lived He created a new dimension, a new house, a new style of life. Of course He was an incarnation you can say. But He is your ideal and not those people who sit out for hours together drinking something and thinking they are great martyrs. I see all of them sitting near our church here and one of them was asked by someone who was passing by, "What are you doing?" "We killing ourselves!" Very proudly saying that! I mean I just don't understand, what business have they got to kill themselves? How much time it has taken God to create them? And here they are sitting and proudly telling that, "We are killing ourselves!"

This is the situation in which I suddenly find myself. So I ask you what should I do? How should I do?

You have to feel responsible in every way of life. But you do not think that there is anything wrong if you are a hanky-panky person. If your feathers are falling everywhere [you think] it's all right! To you it does not matter but to the Divine it does. That means a person cannot convey the message of God, cannot communicate the bliss of God, cannot pour that love.

We have to become very responsible in every day life, I am not saying that [only] in Sahaja Yoga, but in every day life, how you live, what you do. Are you only worried about yourself or you are worried about others? Are you responsible for others? I mean the modern style is not even to wish good morning — is regarded bad manners. You see, it is bad manners even to open door to someone, is bad manners, they think it is slavish. I mean, all manners and all those things, all responsibility, seems to be [regarded as] slavish. And this kind of these modern ideas that are floating in the air, you should throw them away! And you have to be human beings of a very great quality. You have to be people who have created new worlds. You are going to create that, I know. You have to just rise up to that point and not to sink into your guilts and say, "Oh God, what we have been doing?" No! Awaken and arise and get it what you have to do.

That's what I feel about England. England is so great and it's the heart, it's the heart. And look at the condition of the heart! Your heart is so weak, and there's no heart into anything. All right, you love me and I love you, but what about you loving others? And loving other things? Loving doesn't mean writing love letters. Doing something about it! And that's what, the doing something is missing and lacking. And that's what we have to build up our Right Side properly, into proper shape. If we have to really do the cooking we have to know how to light the fire within us and not to sit down and worry how to do it.

It is a very great thing to come to England for me, really, for one reason that this is the place where Sahaj Yoga is going to work out. It is going to circulate in the whole world, I know, through you people. But if you do not improve the communication wires of yours it will become completely stagnate, and the responsibility of this stagnation will be on you the Sahaja Yogis of London, because you did not put your life together, that's why it did not work out. It's a tremendous responsibility. Of course, to be responsible is wrong for wrong things but not to be responsible for Divine work, when God has blessed you with Self-realisation, is absolutely against God, against your Self, against Sahaj Yoga.

The other personality which I was talking about is Shri Hanumana. Shri Hanumana is such a great powerful personality about whom I did not tell you. That, I mean, Rama once, you see, His brother was hit by an arrow. And Rama told Hanumana, that, "Why don't you go and get a particular type of a medicine for him and you get it on a particular mountain, so you go and get that particular thing." So he had a power, he had nine powers, navadha shaktis he had, nine powers: by which he could become small, he could become big and He could lift anything. He had lots of powers like that, so nine powers: anima, laghuma, garima, like that. He could become so heavy that nobody could lift him (garima). I mean these are the powers he's got of the right hand side. And so he went down to that mountain and he couldn't see that anywhere, he just couldn't see. He said, "Why not take the whole mountain?" He took the whole mountain on himself and he brought it to Rama and he said, "Now you select whichever you like!" He could have come back and said, "Oh, I can't find! I am sorry, I know, I have been useless!" (laughter) If he was an Englishman! But he said, "All right, if you want!" He brought the whole mountain, "Now come along have it!" In every way of his life, you see his

sense of responsibility and how He carries on.

For example, he was sent to Ravana and he was asked by Ravana, he told him that, "You cannot stay in this place, why did you come here?" Actually, first he went to Sita and told Her that, "Shri Rama had sent me," and he showed the ring, and She recognised that was the ring of Her husband. And he said, "Mother if you want, I can take you on my back." But She said, "No. Already I am a woman who has come with another man. I don't want to have another bad name and you'll have a bad name, so I will not come. So it's all right. You can go back and tell Rama that I am all right. 'You as a husband, come and fight this man. Otherwise I'm not going to come with you.' " So then he was caught up and taken to Ravana.

Now Ravana said that, "You are a monkey and what have you come to do it?" He said that, "You'd better release His wife of Shri Rama and He is such and such." So He said that, "You monkey, you are telling me these things?" "All right," they said, "burn his tail." He said, "If they burn my tail, I know how to use!" He knows how the responsibility of the tail is! He started burning the whole of Lanka with his tail and he could have said that, "All right he's burnt my thing, I'd better run away! Why to do such a thing? You know, better avoid, get out, so forget it! I'm not going to go to Rama, he's burnt my thing, tomorrow he will do something else." [Instead] he burnt the whole of Lanka, the whole of it he burnt till Ravana had to say, that, "Please forgive and go away." He did all kinds of tricks to show that he was really powerful.

His so many ways of his sense of responsibility and his dedication and love is expressed. But, they say that, even if you take once his name, whatever work you want to do, it can be done. Any work that you want to be finished will be done. And his day is a Tuesday. On Tuesday, if you request him for anything, he will help you to do the work. But it's not like this that you sit down, "Now come along Hanumana, will you please do this job?" (laughter) But if you are doing the job, then he comes to help you. Means that he activates, he activates and he makes your energy flow into that direction that your work is done. He's so helpful in so many ways that you can't imagine. Our so many Sahaja Yogis have tried it with them. And he has created such miracles. Specially the Australians, somehow they have such a feeling for him, I know the reason, but they have such a feeling for him that every time, anything happening, they tell Hanumana, "Hanumana, now please look after us!" And they have told me that such miraculous things have happened since they have been using Shri Hanumana.

But you must have the vehicle to carry this Hanumana! He's a very subtle Deity within you and if you are irresponsible, he hates such people, he hates, he just can't bear it. He thinks they are absolutely useless people! He doesn't pay attention to such people, those who are not responsible. They may give any excuses, they may show off, they may do anything, [but] he just doesn't care for such people. He has no love, no respect, no attention for the people who are not responsible.

There's a very nice English saying, "God helps those who help themselves." English language has so many beautiful things in it, all its nursery rhymes and everything. I wish people would not just utter those sayings but do it. They listen to me but they don't do it. Now you have heard me today you should see how much responsible you are.

Now we had our first ashram and if there are others, please excuse me, because it's an open thing and we have to talk about it. And I was surprised that in our first ashram, when I went there, I was amazed! I mean, young people living like pigs! I couldn't understand. I mean, they are not hippies, they are not taking any smokes, drinks, or anything. They are so irresponsible! They go to the bathroom, they come out as if a bull in a china shop has entered! And they really live like that, I was amazed! How could they? And they were all graduates, MADs, PhDs, and everything. I was wondering, "What has happened to these people?" Slowly, slowly they improved. But this lot went away then a new lot came in and a new lot came in. And it's so surprising that once they become responsible and good, somehow or other Hanumana takes them out, and they just get out of it.

Now, I have to tell you to determine today, to decide, that every moment and movement of your life you are going to feel responsible as Hanumana does. Any work you tell Him: about Him it is said, "Har kaarje karne ko, tat par." Means for doing any work, he is just ready! He's just ready! You tell him anything, he's just ready to do it. It is his quality that you should have. And that quality is so much lacking today in England. All your strikes, all your problems can be solved.

First time when I came, I was surprised, I asked somebody, "Are you working?" He said, "No, I am successfully unemployed!"

(laughter) I said, "Really? You are successfully unemployed so how do you eat?" "Oh, we get our doles." "Oh really?" "We have securities." What a security, it is nonsense, you are parasite! There is no self-respect. Leave alone the respect of others, there's no self-respect. I was amazed! Then I told them, "All of you have to take to work. Anybody who takes to doles is not going to stay in the ashram." I wish your government can take some note of it! That we have to create responsible citizens. In England itself, we have to show that by Sahaj Yoga you have turned the tables, you have got smart people now, efficient, responsible. This is what we have to show. Once you show this to others, people will be amazed at it!

With other's money [it's] the same thing. If you can get hold of somebody else's money that's the best thing! It's a very common feature.

First time the Sahaja Yogis went to India they came back here, they never wrote a letter back, thanking them. And I was amazed. For six months, I said, "What are you doing?" "I know we should have written. I know we should have written." "Then why? Why didn't you write?" No responsibility! What is this, I could not understand. Gradually they developed and developed and developed. Now they feel. But those who have started feeling are the matured Sahaja Yogis I should say. But others who are coming it must know that you have to have a sense of responsibility.

Sometimes people who are realised have a feeling, "Oh, now we are realised! Now, nothing! Settle down, have the bliss of Mother. Sit down and enjoy it," Nothing doing! It will stop! You have to be able to give this to others, you should emit. If you cannot emit those vibrations yourself...If you are enlightened, you should be able to give light to others. You can raise the Kundalini, all right, but what about your own personality which is so irresponsible? Which is nowhere near Hanumana's. This Hanumana style of complete obedience to your being, the complete emission of that love that you have received, that Divine Power you have received. Unless and until you achieve that state you should not be satisfied with your Self-realisation.

Self-realisation is only complete when you yourself become the giver of light. You the guru, you the great stars: that's my ambition. I know I expect [a lot] sometimes from my children. And I want them to understand that I want you to be really honoured in the Kingdom of God as great sons of your Mother.

May God bless you.

Left Side also, you know that, but keep it up.

I do correct, by saying all these things. I do awaken Hanumana and Shri Rama within you, no doubt, I know that. But keep them awake, keep them alert.

And you have to be alert and active, responsible and respectable. You have to realise that you are saints, saints of a very special quality. The saints who can give realisations to others! There have been not such saints, many, before, nor even today. There are saints who are realised-souls but they don't know how to give realisation. They don't know so much. You have so much of knowledge and everything, except the vehicle is poor, it cannot carry the bliss.

And the cup has to be all right otherwise it cannot carry the beautiful fountain of love that is pouring down on this Earth. And that is how you must know that, within you this is awakened, keep it awakened, keep it going.

Please close your eyes, [feet] straight on the ground. Put both the hands towards me like that.

Thoughts are gone now, there are no thoughts. So even if you want to feel guilty you cannot.

There's nothing to feel guilty. It is to awaken yourself, within yourself, that fire of Spirit, that makes you express and emit.

We have to move very fast. We have to achieve it very fast. There isn't much time left for us. It's easy to say that, "It's rather difficult," and all that. These things are not to be talked by us. This is meant for some dramas and things. It's not for people who

are chosen by God.

Just lift your hands a little bit and you'll feel it in the hand.

Better now?

Right side opening very much!

Not to have any fright, nothing. You know your Mother can never be angry with you, never. But I have to awaken you. That I love you very much, that I want you to have your due: all the heralds and all the glory.

Close your eyes now and let it flow, let it flow. See the responsibility of the Spirit is so great. Whatever may be your vehicle, once it is awakened it gives Realisation to others, it acts. Be responsible like that Spirit. If you become the Spirit you will be like that Spirit.

Close your eyes. Just close your eyes.

By rising your Right Side only you can really give balance to your Left Side: otherwise there is no way out.

You just try to be responsible, you will be amazed. You just try to be responsible and you will be amazed, your all financial problems, all your problems, will be solved, because you are awakened! And you have a special power. You have to be just this power! The responsibility becomes a heavenly power within you. You get the power from your heart. Put your heart into it. Put your heart. Put all these things into your heart: "I have to do it from my heart! I have to be responsible from my heart. I have to be innately responsible."

1981-0520, Real baptism

View [online](#).

20 May 1981

Real Baptism

Public Program

Selfridges, London (England)

Talk Language: English | Transcript (English) – Draft

Public Program at Selfridges (department store, organized by a yogini who worked there). London (UK), 20 May 1981.

The scriptures they have talked about our second birth, that you have to be born again. And it is a vague talk one doesn't know what's that mean, to be born again. For example Christians say you should be baptized. And Hindus say you have to be twice born. Muslims say you have to become a [pink / PIR ?] but nobody knows what is that mean, at least they haven't been able to explain it very clearly. But if it is written in all these scriptures either they were all wrong or false or there is some truth about it. If there is some truth, it has to be revealed sometime. Now the time has come that the truth has to be revealed. And it's such a precarious time that if the truth is not revealed we are out for a complete destruction of this universe. If the humanity has to be saved, if this creation has to be saved then God Himself has to do something about it. Because He would not like His creation to be destroyed. And the most beautiful thing that God has created is the human beings, perhaps you won't believe it, and you think it is not true because our experience may not tell us that but it is the fact. It is the most delicate, most sensitive and the most alert being created by God. And if the human beings are destroyed this creation has no meaning.

First of all the human beings must find out their own meanings. They don't know what's their meaning. Why are you here? Why did they become human beings from amoeba to this stage? What was the need for God or any natural forces or whatever you may call it, what was the need to make human beings? And because we are not been able to find out our meanings all the problems exist, problems of stress, strain, tensions, then quarrels and then fights and wars and everything are because we haven't been able to find out our meanings. Now as a scientific approach one has to keep your mind absolutely open about it. In the science also when a person is told about something it is just a projection of a hypothesis they put it before you and then they try to prove it, by proving it they make it a law. In the same way we have to see now whether what I say is truth or not and then it is to be proved and if it is proved then one has to believe Me that these are the Divine laws. That's how we keep ourselves completely open to it.

Now he must have explained it to you about what we are talking about. This is the hypothesis. To start it lies within is this power called as Kundalini in Sanskrit language. Why in Sanskrit language because India being an ancient country it is not separated from the world it is one part of your world, this is yours and that's the part of it so nothing that it is said in India so it is something foreign to you. For God nothing is like foreign. He only made one world, only we are like that thinking that some countries different that is different. In that country people meditated because they did not have to fight the nature so much like we have to fight it here. Just before coming I had to wear a coat, cover Myself properly because I've taken a bath and My husband would say, "Oh! No you can't go just like that, you have to cover up yourself very well. It is very cold." This and that but India is a warm country. You can live under a tree, no problems. And they had lots of support from the nature as such because there was no problem from the nature so these people had much more time and much more - I should to say energy left in them to seek within themselves. And they started seeing within themselves, "Why are we here?" This question started coming to their brains - much before here people thinking about it. And maybe that here also I have a feeling that we had lots of people who thought of it because I see the places Stonehenge and all that, I am sure there exist civilization that people thought of it but the whole discovery was lost.

Now this Kundalini is the force that resides in the triangular bone. Now when you try to raise the Kundalini, everybody cannot raise it. Like only an enlightened light can enlighten another light. You see a light which is not enlightened cannot enlighten so if somebody who knows the job tries to raise the Kundalini in so many people you will see the pulsation of this Kundalini with your

actual eyes. Now this you cannot do. You can do all sorts of things, there are somebody will say that, "If you do this then you will start jumping on your own." Jumping on your own is not God's work. We can do it yourself with our mind. But something we cannot do it with our mind is, the raising of the Kundalini. You see it's rising, you see it's waiting there and you can feel the cool breeze coming out of your fontanel bone area which is the real union, baptism. Now this real baptism takes place because it is a living process, living process of evolution. So you are created as human beings, a complete machinery, a complete mechanism and then you are put to the mains. And that's how you know your meaning and your working. This has to happen. If it does not happen how are we to know what are we connected with.

There are people who give theories that you are a part and parcel of the whole but how are we to know? Unless and until we are connected to the whole and this happening has to take place. That's the time, today is the time it has to happen, that's why it's happening, thousands of people now all over the world. I was surprised in Australia, I mean, we had people about six to seven hundred in a hall and all of them got their Realization. All of them felt the cool breeze of the Holy Ghost as described in the Bible as well, in all the books it is described that you get the cool breeze as the indication, that's called as Rooh in, say, in Koran it is called [as a Rooh ?] as the Divine power. This you cannot do, you cannot do this by your mental activities or anything, you cannot do it, it's just something beyond your mental activities comes from Divine that's within you, that's the Spirit that resides in your heart.

This Kundalini rising has been described in all books and later on so many people, Germans and all these people went to India and they have written very big books about Kundalini but without seeing yourself, without getting the experience yourself, if you start writing something about it, it could be something very funny. For example, now I've been to Selfridges before also many a times. I came here in 1965 to begin with and when people told me about Selfridges I had very different ideas till I came here and saw the place Myself. In the same way unless and until you have the experience yourself whatever people talk is talk, talk, talk, talk, talk and this talking is not going to help us. You have to be there. You have to experience it and you have to get it. Unless and until you get this experience you cannot know what is it like, what it means, what is to be Self Realized.

Now what I said is that it is not talk, you cannot pay for it. You cannot pay for God, that's one thing that way everywhere they take money. I mean there is no place where they do not sell God, I am yet to come across were people do not take money but really you cannot pay for God. God doesn't understand money. He doesn't understand. It is all your own doing, money this business and all that, it's your own. For God, love is everything. He loves you. That's why He has created you. He loves you that's why He wants you to have Realization and to achieve that consciousness by which that you know Him, that personality by which you flow His powers through you that you are empowered to feel His power flowing through you. So you cannot put in any effort either because what effort can you put in for a living thing? For example, there is a seed, the seed has to grow. It grows spontaneously. You cannot make it grow. You cannot - stand on your head and say now the seed has to grow, as soon as you put the seed in the Mother Earth She just sprouts the seed. It's all built in it. In the same way the whole thing is built in us and the whole thing is like this in a subtle way within us built. Now these subtle centers give rise to the gross sub plexuses within us which work out all the physical side and also mental side. When the whole thing take place, automatically as a by product you will feel better physically, mentally, emotionally.

Now for the last ten years I have been telling people that cancer only can be cured through Kundalini awakening. There is no way out. But people have believed it. Those doctors who come to Me who got cured and who talk about it that we got cancer, we got cured, they say, "Oh, he's gone mad, how can it be because it is a very [machinery ?] thing." You can't think that you can't be cured by not taking money. I know doctors would accept the situation where he does not take any money for curing people. It is very funny attitude of people that they want to make money out of all these gracious things that God has given us but you cannot sell this Divine love and when this curity takes place people are amazed how this happened. Mentally you feel absolutely relaxed. There are many people who are suffering from mental troubles in the Western countries especially because of the stress and strain of the family life in the society. In India we have problems more of physical. Here we have problems are more mental and these mental problems can be solved if the Kundalini could be awakened. We have got people with us, if you can come any time to Caxton Hall you can meet them who have been cured of their epileptic trouble with Kundalini awakening, even they - the door keeper of the Caxton Hall was suffering from epilepsy. He got completely cured. But it is not for curing you should come. You should come for getting your own power, power of your Spirit which resides within you because it is your own, only thing what I

do is just enlighten you because I am an enlightened light and when you are enlighten you can enlighten other people. Like a, say, we can say a candle has everything in it. Only thing another candle just goes near there, which is enlightened enlightens. So there is no obligation, there is no any gratitude about it. It is just a very simple method by which it works out. Everything that is vital, everything that is important has to be, has to be absolutely simple because, supposing we have to pay for our breathing half of us would have finished in a second or we had to make any effort, we cannot read about it either. I mean if you read something or talking to you something, it is not the way you can get it. It is the way it happens. It's a happening. It has to happen. You have to become. It is not just a brain washing that I give you a brain washing, all right. It is not that. It's the happening, it should take place, the sprouting has to take place. Once it takes place you know you have got it.

But after getting is the main problem. Once the thing sprouts, it's like a small little seedling, just now Don told Me there are five, six girls got their Realization here, the sort of you see they go up and down and they got lost. But I have seen some great seekers in this country, very great seekers who have come to Me, got their Realization, they settle down. They have mastered, they have mastered completely the art of raising the Kundalini and giving Realization and this is not their profession or nothing, they have to earn their living as you are earning but this is something God's gift by which you become that consciousness by which you feel others. It is a collective consciousness that you can feel of other people, sitting down here you can feel what's wrong with her, what is the center that's wrong. We don't bother what dress you are wearing, how you look like or how you talk, of from what race you come, what country you come, nothing matters. What matters is where are your centers, where is the problem, in what center.

Supposing there is insecurity in this region you feel insecure then there is one center, that one, the blue one that you see there, that is in danger. If this center is goes into a greater danger of insecurity, such woman can develop breast cancer. The center that is down below you see there is the center that is - responsible for our evolution, also this center is very important if a person is fanatic. Now you won't believe that the fanaticism gives cancer, you will be surprised. If you are a fanatic (a bell or lift bell sounds here) about something you may develop a very serious type of cancer, it can be only cured if you accept that all the religions are the same and the people who were born in those religions are all related to each other, we are only fighting, while they are all related, they all help each other, they are all connected to each other and you can find out their integration completely within us.

Then no conflict because it is such an absolute knowledge that even a child, say about five year child or two years old child who is a born realized, there are many now in England I have seen so many children are born realized. They all say the same because you feel them on your fingers and if you ask them now what is the finger catching they will immediately say this one or this one, this means that center, all of them will say the same thing, they can feel it, they sort of a burning sometimes or sometimes you feel a little [chart ?] in there or sometime you might even feel a little tingling. And the children know which finger is catching and they say these are decoded and you can verify it. Like somebody talk to Me on the phone the other day I said, "You have very bad liver. What is the matter with you?" He said, "How do You know?" I said, "I know because I am catching on the centers which give you the liver problem." So I said, "I know that." He said, "Yes, I am suffering I really telephone for that only to you." I said, "All right." Then now I told him what is to be done about it. All these things can be overcome; you can enjoy very good health apart from that all your habits.

Habits come to us because we get bored. You see all habits are there because we are bored of life. We don't know what to do with ourselves. We have too much time. So once you find yourself all your habits stop automatically. I mean, we had people first time six people who came to Me, out of them four of them were hippies and they were indulging into a very serious type of drugging and next day they gave up, just next day after getting Realization they just left it. They don't want it anymore. Because they started enjoying themselves, very miraculous, I know of another gentleman who used to smoke cigars and cigarettes, and he is about 80 year age at least, must be about 80, now he is about 83 years, must be about 80 years of age and he told Me that over night he gave up, over night, next day he gave up. And he said, "I just forgot what. I just forgot that I have to smoke." Now we have French, also from Algeria, and there is we have French from all over the world.

Now whether you are Hindus or Muslims or Christians or Russians or anything this can happen to all of us and once it happens we know that we become part and parcel of one God. We are all children of one God and we have to understand, unless and until

we understand this we are not going to be happy. We are not going to live happily. And there are going to be problems and problems. The world is under shock now and they think that tremendous things can happen to us or horrible things can happen to us and they are very precariously placed now. But God is alert, nothing can wrong. He is there to help us and I'm sure one day will come when so many of you will be Realized souls. I mean this is the last chance I should say because this is the last judgement. The last judgement has started. Now how God is going to judge us? Let's see, is He going to put us into any measuring weighing machines? He is going to only judge us by raising our Kundalini, [years it has started years full time ?] correct yourself to be all right. You will be all right and once you are all right, once you are place in such a situation you start enjoying yourself.

Now it is nice to see young people from Reading, especially from Reading I am surprised. Young people have very good quality of mind and that they do feel we have to do something about it and we gone too much head along with this mechanism and this and that whether it give us joy or not. But any extremes are not good but by telling anyone is not going to work out. One has to work it in such way that they find the meaning of their life. And they automatically they start enjoying. They start enjoying themselves because you are nothing but your Spirit and the Spirit is the most beautiful thing. It is the most beautiful thing and once you have that state, a glimpse of that then you start enjoying yourself. You don't want anything else but enjoy yourself and then you develop that respect about the glory that you are! But it has to be executed, it has to be manifested and it has to be retained and it has to be established. If it happens I have seen people getting it and they are such beautiful people. So beautiful that you can't believe it that the same people who were just standing on the streets and misbehaving and such destructive things have become beautiful souls. And such joy to their parents and to all.

May God bless you!

And now if you have questions ask Me. It is a very, very vast subject and I must have spoken, I don't know how many, hundred of times in London, it. Ah, apart from abroad and I would like you to ask Me questions. It is remarkable that to give a lecture like this I should come to a store, that I was saying that it's a store. It must be unique for Me to come to a store. I am very happy because I have respect for this store and a very well known store for a long time and the first store I visited when I came to England was Selfridges. I have a feeling for it. I am very happy that I can come here and talk to you people. I would like to have some questions from you.

Aside: "Can you give Me some water?"

Question: Raja Yog and meditation is it same or no.....?

Shri Mataji: I'll tell you Raja Yog people are preaching about is something very outside it is that you do like this and I mean there are Bandas and all that they use, have you done any studies in Raja Yog? No, then I would say that you see, they would talk of creating a situation, for example, Raja Yog can be very dangerous because they cut the tongue down just like that put it back into the throat and they say this called as [Kichari ?]. I mean like putting your tongue back into your throat, if you can get caught, I just can't understand, how can people accept it. People have accepted it and I've seen those people doing Raja Yog with their tongues back. In America there are so many like mad people, I mean one must understand that these things cannot give you God. You see this is how in modern days they have started all sorts of things. They say, "We will teach you to fly." Now you want to become birds? Why do you want to fly, I just don't understand.

I mean, it's absurd, to fly also that's another thing this Hatha Yoga people talk of . Now Hatha Yoga was actually originally practised in, I should say thousands of years back when Patanjali was there. When the system, the whole social system was different, where the children were sent to school. Some children were selected who were seeking God and they were given instruction and these so called the Hatha Yoga that we do these days is exercise, just a wee bit of it. But we also do exercises, we teach people some exercises but depending on what center is catching. For example, we are suffering from this center, now if you start doing all the exercises, how will you cure this center? Isn't? You have to know this center you are catching which is the problem. Unless and until your Kundalini is opened out, unless and until She is awakened you will not know what center you are catching. Now doing all these exercises means that you are taking all the medicines at the same time without knowing

what's the problem is so it is absurd some of things has come out of Hatha Yoga. Actually in real Hatha Yoga the first thing was called as Ishwarapranithar means first of all the discovery of God, or you can call it establishment of God, means Realization. The first is Realization and then other things were there and a very little was there with that kind of language celibacy is most important thing.

Now that's over. Let's see the modern times are there. We have to have something as you have got we can say, everything is a [mystery? Very discreet ?]. We have to have something that should work out en-masse Realization so many must get it, otherwise nobody is going to believe Me or believe any one of them. Supposing if I was born on the 10th floor I am telling people I see that and I see this, they say, "You're mad, we don't see that." So let's some people come up to see, all right. So this is what Sahaja Yoga is. Sahaja Yoga the difference between other, these so-called yogas, I called them so-called because there is no yoga, yoga means union, where is the union, first they do cleansing they say you must to cleanse your mind, you can do this but you cannot. You cannot do because supposing you try to cleanse your mind you do it through your mind. You have to get out of it you see and when you do cleanse your mind you develop an ego. How do you cleanse, you cannot, so you have to get out of it. First you must get your Realization. Once you get your Realization they you start seeing it yourself because you can feel it and you don't like it. When you don't have eyes how do you clean yourself? You must get your eyes then you see and then you can cleanse it, isn't it? That's why it's called Sahaja, Sahaja means born with you, it's spontaneous, it's living, it's a living process. I am talking of living God and not of something that's dead. It is what Kabira has talked about, this is what Christ has talked about, this is what Mohammed has talked, that's what Sahaja.

Question: What is the proper time for meditation, early morning or evening time?

Shri Mataji: Once you get your Realization, you are in meditation. You see, you have to be in meditation. For example, I am in meditation in the sense that for Me, it's peace inside, I have no problem. I am talking to you and I am doing everything, but inside is the peace established. You are in meditation. There is no time to be taken out or anything but your awareness becomes different. You don't have to sit down and say, "Now I must do meditation (a bell & announcement in the store)".

Of course, we have certain things we can do. Supposing you now meet someone and he tries to sort of say something or you don't like it or something you feel disturbed or upset. Because of Kundalini awakening, we know how to clear out ourselves, you see, through water element, through- we have methods how to clear out and that's how you can spend some time within. But there is no need to sit down for hours for meditation.

You are a different person altogether. You become the Spirit. So the time is not needed as it is, but you become a different person. You see, like an egg becomes a bird, then you just enjoy, with all the drama finished. First, you see, you are involved in the drama, but then you see the drama going on. There is not fixed time, nothing, you see, they are all the time flowering, even when you are in the shops you are enjoying. You are enjoying every part of it. Actually, every moment is filled with enjoyment. But we have lost, I should say, the sensitivity or we have to deal with that sensitivity or we can say that it has to happen to you.

Once it opens out, you would like it, the entire attitude to life changes. This is how you become a saint. Actually, you become saint but you live in this world. You don't have to run away. If you are a saint, you should be the most noble person, isn't it? A saintly person should never run away, I mean if he runs away from the society, that means he is not a saint. He is an escapee, escapist, I should say, he escapes from life. If there is beauty in life, why should he runs away from it? You are just not there, enjoy and make others enjoy.

Any question from you?

Question: I think we all want to know how to get there quick.

Shri Mataji: Ah, that's like a Puja. This is great. Let's have it. Just put your hands like this...

[Shri Mataji is giving Realization and continues with working on people]

1981-0524, Subconscious, Supraconscious and Our Correct Ideals

View [online](#).

24 May 1981

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"Subconscious, Supraconscious" Chelsham Road, Clapham, London (UK) 24 May 1981

...these people saw it and thought [they are] kind of mad people. All kinds of things that are possible. And the new theory is that mind can't do anything. People say you better do something which is uncontrollable by your mind, you see.

But there's a simple answer to that; I say let's see, what's the simple answer? Let's see. Sahaja Yogis... from the brain trust? What is the simple answer? They say that, you see, mind is limited all right, so whatever the mind does is limited. So if there are any deliberations by which you come to the control of our mind, whatever we do, is the mind's doing.

So if something is done like that, it is spontaneous according to them, "This is spontaneous!" So let somebody else do it. I mean it's something [as if the] Divine is doing it to you."

Let's have all the intellectuals down there! What do you answer to that? Did you hear that Linda [Williams (Pearce)]?

The question is very simple. The question is this: that they were saying that the mind is limited. All right?

Hello. Is Maria here? I was thinking of her. Where is she? I don't see her. Hello! I was thinking of you today, somehow, to meet. I'm very happy you could come.

Now the question is this, a simple question, that they are saying that - through our mind whatever we do, and through the control of our mind whatever we do, is done by a limited energy of mind.

All right? Now this limited energy of mind, is doing something which cannot take you to unlimited. So something has to happen to us which is beyond the control of the mind. That's the only thing that is spontaneous. Now see the confusion!

Now on mental level you can answer that.

Let's see. Come along! Don. Who is there?

Yes?

Yogi: You could say it has to be something spontaneous that happens to you, which increases your awareness. Whereas these people were degrading themselves.

Shri Mataji: No. You see, but you see the proof of the awareness is not there, all right? So they'll say, "How do you say you have a greater awareness?" because that is subjective.

So they may come out you see. They are very clever.

So now. Another answer here?

Yogini: It's another perception.

Shri Mataji: The same thing! You are saying the same thing. You say you have a different perception but how are they to believe?

So you see on mental level, on discussion only, what can you say about Sahaj Yoga?

Lets see. It's a very good question. Put your mind to it. Very simple the answer is..

Yogi: Vibratory awareness.

Shri Mataji: No, no, but that's it: you say you have vibratory awareness, but who believes you? Is the point.

You may say anything but who will believe? "Come along, the computer!"

It is very simple. You see, just go in a very simple way, then you will see the point. You may.

Yogi: There's, there's no effort involved?

Another yogi: The results.

Shri Mataji: Results? That's too far fetched!

Just on discussion point, what should we say?

See that's too far fetched [for them], "You see the results. I can feel your Kundalini. I can see this, that," That's abstract.

Man2: Could you say that we should be able to think when you want to?

Shri Mataji: Eh?

Man2: Could you say that you should be able to still use the mind if you want to?

Shri Mataji: But they can say, "We are using the mind!"

Those want to cheat you will say that. They can cheat you.

If they want to cheat you, they'll say, "Yes, we are using the mind! We are in perfect bliss and happiness. We have vibrations." You know, if you say, "Your Mooladhara is catching," they'll say, "Your this chakra is catching."

How can you quarrel with these people? - On mental level, not on any substantial, what do you call the... proof's to be given.

Yogi: Mother, do they say the mind can see itself act, can be its own witness?

Shri Mataji: No, no, they say that mind is limited.

Yogi: Ah, it's not its own witness.

Shri Mataji: So you have to give up your mind. Somebody else should work it out: the Divine.

And when they jump or they do anything [they say that it] is the Divine that is making them jump, or shout.

So simple.

Chaya: Mother, if Divine is working out through them, then Divine should be able to solve their problems and give them -

Shri Mataji: That's too far fetched, Chaya. That's too far fetched. They will not believe that your problems are solved.

Only just on discussion point - what is the basic difference between Divine and human?

Yogini: How can we discuss about it, if it is really the mind which is limited, so how can they discuss it with them -

Shri Mataji: You can, you can. You can tell them something, even on the limited level.

You can have the Divine in limited stuff.

You can, you can do it. Now should I tell you? Or you have given up?

Let's have the last word.

Linda: This has happened before, actually.

Shri Mataji: Ah?

Linda: Something happened today on the telephone which is... it's been my experience it happened before. If you are talking to somebody on the telephone and you're sort of discussing if Sahaja Yoga's a good idea. This made me very... catching very, very badly on the whole of the left, in fact my hand was shaking. And just for my own comfort I started putting a bandhan on it because I thought my hand would go on shaking. And she said, "What are you doing to me?" I know if I made it clear. You can hear, hear the lady, "What are you doing?"

I was putting a bandhan on because my hand was shaking.

Shri Mataji: But Linda, for this also they have to believe in you. Might be your hand is shaking because you are getting some bhoot, your own bhoot working it out.

You see, you have to understand that at what level they are talking. You see, they are doubting you as you are doubting them.

The very simple answer is, that what you can do with your mind, you can always do, all right?

When you get to that position also you shout, howl - the same way you can do it.

But you cannot make the Kundalini pulsate.

Whatever you can do with your mind, and without your mind, is just the same, because you can howl, you can shout, you can jump, you can do everything that you are doing under the same circumstances. So the one who is doing is not Divine, but some human being or some human agency.

But the Divine if it has to do, it has to do something extraordinary which human beings cannot do.

To pulsate the Kundalini is only possible for the Divine. It's a living force. Man-made things are dead and they can do dead actions. But a living force cannot be activated.

Kundalini cannot be seen pulsating by jumping. That cannot be done by mind.

You see?

Whatever you can do with your human mind that can be done always. What is there to need to go to these gurus? You can always howl and shout and do all these things but you cannot make the Kundalini pulsate.

Divine does something which you cannot do. You cannot make cool breeze flow from your hands.

So if you go beyond mind it has to be something extraordinary. It should be something different. Limited and unlimited are two different dimensions.

This is the secret of your Mother's maya, also. This is the secret of your Mother's maya, that I live on limited plane and do unlimited things. That's how I create maya.

You see, you can only know me through knowing your vibratory awareness, by shaking on my head. Nobody can, shake, make you shake if you put the hand on the head, head of someone.

So the Divine force is a thing which human beings cannot do through their mind. You cannot make pulsate the Kundalini. It's a living force. Human beings cannot create life, cannot generate life. They cannot generate life. They cannot make the Kundalini pulsate. They cannot make the pulsation come down here. They cannot raise the pulsation going up. With the stethoscope you can feel it. They cannot make the pupils dilate. Do you see my point?

Because they cannot feel the vibrations so we cannot talk of a vibrated thing, but you can see with naked eyes. They cannot make the cool breeze come out of your head. They can feel the thing coming out of our heads. This is extraordinary. Do you see my point, now? Clear cut?

So the limited, whatever I can do with the limited instrument myself, I can also do unlimited. That's the sign of Divine Mother. It's a tremendous thing to understand.

In the same way you are limited now but you have jumped into the unlimited so the things you can do, that's why you are saints, you are saints. The things you can do on the unlimited, you could not have done it before Realisation. You start doing something that you could not have done before - is to raise the Kundalini of the people.

They can howl, shout, do all these things, but they cannot raise the Kundalini of the people. [With] all other things you can say, "It's arbitrary, subjective!" "You are saying this happens - you got cured, it's your mental attitude and all that," But on this point [you cannot].

Dawn I wrote a letter for you. I have not brought it. You'll have to come to my house.

(Mother spends some time with a baby on her lap, giving kisses)

Could we have some questions before we start.

Suddenly silence!

Antoinette Wells: I have a question that Matias wanted to ask you about the curing powers coming from the supraconscious.

Shri Mataji: What's this?

Antoinette Wells: The curing powers coming from the supraconscious. Because there are many people who are curing other people with supraconscious forces and what is the difference between this curing power and the curing power of the Kundalini?

Shri Mataji: You see there could be two types of curing people. One could be those who get the power of the collective subconscious and those who get from the collective Supraconscious.

Both can cure, partly, depending on where is the problem. For example a person has, say, a left side problem, then a collective subconscious fellow can cure - the left side.

And if there is a supraconscious person he can cure more physical side - you see? - because he's on the supraconscious side.

Now what would they do? You see now for example, take the question of collective subconscious people; those who indulge into going into say...we have two types of people in India called as mantrikas and tantrikas, you see. So the mantrikas are the people who go to the funeral pyres and also go to the cemeteries and there try to capture these spirits, you see. These are dead spirits and the sly type of dead spirits, they catch them.

Now these sly spirits are interested in doing some sort of a...you see they are the so-called 'social workers' sometimes - busybodies trying to help others. Some people might have collected say hundred pounds only and wanted to collect two hundred more, you see, something like that type. In the category of this chaturvarna (caste system) they are the shudras (lowest caste), as they call it, the people who believe in serving others and sort of doing something in the service of others - such people. They appear to be good people because they want to serve others and they want to help others and that's why they don't want to die their real death; they want to stick on around and they are a busybody to serve each other. So there might be, say, a servant class, we can call it; these are servant class people. All the time they are the first to serve. Of course none of us are like that, so no question, nothing to bother! But they are a different type. They are the people who are servile, absolutely servile. They like to be whipped, they like to be beaten up, they like to be ill-treated - that type of people. Absolutely another extreme, horrid type of existence they like to have. You know that kind in the psychology it is described. All such people are around.

So they get hold of these people, they are very timid, afraid all the time, nudging, you see - Left-sided people. So they get hold such people and tell them, "Do this work!" and, "Do that work!" "You have control this!" "You have to go there!" and these people feel very happy about it. So if there is somebody suffering from a mental trouble - due to somebody has been through a death, somebody's death or something, and he get's a mental pushback into the collective subconscious. So these people can be 'cured' if you go to one of these mantrikas that they go and they just tell that, "All right, now you have been there for such a long time troubling this man, you get out from there. You get out from there!" And when they say so, "You get out from there!" they say that, "We'll put somebody else in your place and we'll give you another place to go." You see?

Sort of a rapport is established; they are mediators, liaison officers, you can say. And they create this kind of an office by which they catch hold of these people and put them into somebody else.

A very good example of this is a lady whose husband used to drink a lot, so she went to one of the ladies of this kind. So she said, "All right, I'll manage this man and he won't drink. So you have to give me a hundred rupees for that." She paid a hundred rupees. So she put one bhoot in this man, removed this man who was drinking - you see there must be a drunkard in him.

So this fellow started, you see he gave up drinking but he started going to races. So she removed that bhoot and she put another one who started going to dirty women! And then this lady got frightened, she said, "What are you doing? Every time I'm paying you hundred rupees, and hundred rupees," you see?

She had paid her a lot of money and suddenly she found that this fellow is doing all the three things together. So she went to fight with this woman! She said, "How dare you do these things to my husband!" And this lady put a bhoot in her. Since then that woman is still mad and I have not been able to cure her. So you can imagine how dangerous it is to go to these people for getting something! Still when she sees me she goes on like this and [she's] quite funny.

You remember one lady who came to [me]? The same one! This is the case. She's a very good looking woman, married to a very rich man who owns a factory and this is the life both of them are leading, burning the candle on both the ends! So this is one thing. This is the one of the cases.

The second case is of the supraconscious fellow. Now you go to a supraconscious fellow, like this doctor - who was that late doctor?

Yogi: Laing?

Shri Mataji: Lamb!

Yogi: Laing!

Shri Mataji: ... "Late Dr. Lamb's Curative Centre," you see. "International Curative [Centre]". International bhoots he had! (laughter) Yes really! Curative Centre! And you had to write to them, that, "I am suffering from this disease." Whatever disease you have. One lady was suffering from an uterus trouble.

So all the great doctors you see, all the great lawyers, all the great scientists and all the great engineers and architects and all these great supraconscious people, very ambitious, Hitler and all such great warriors; all such people gather on the right hand side. So, he being a doctor, he met all his friends there. He met his friends and then by that, what happened that he could talk to them, "Now let's start a clinic," because these doctors would not die. They had been experimenting with this and experimenting with that. So they started this 'Late Dr. Lamb's clinic' and for that, I don't know if you know the whole story but if you read Gregoire's book it might be there I think, that this Dr. Lamb lived in London who died and who had a son. Now this Dr. Lamb when he died his bhoot attacked a man in Vietnam where he was fighting and an ordinary soldier who had never known what is education is, you see, and he told him that "I am Dr. Lamb, I'm from such and such place. You'd better go to my son and tell him that you want to start this thing." He did not attack his son because he knew his son wouldn't be able to bear him, because he wanted a very healthy, sturdy man, you see?

And this gentleman then went to this son and told him that, "Your father is within me and he's talking like this." He said, "I can't believe it." He said, "All right." Then he went into trance, he started talking. He said, "See, we have got this things in the secret pocket, you go and see there's money kept for you." and, "We talked like this secretly and this was this..." And then the son had to believe, you see. Then he believed him. And he started this clinic for him. So he gave all the money and everything for the clinic and all the bhoot doctors - international - were helping this particular doctor to act anywhere they wanted. So the intercommunication was established on that level, on the collective supraconscious.

Now a lady was suffering from high blood pressure and kidney and also some uterus trouble. So she went to them and she said that, "All right, I am suffering from such and such disease." So they said "All right, you write a letter to our centre in London." She wrote a letter here. So they sent back a letter that "On such and such date exactly..." You see living forces do not act like that, they don't give you a date or thing. "On such and such date at this time we'll appear within you and cure you. At that time, you lie down in your bed." And suddenly she got this "O-ho-ho-ho-ho!" into her you see. So one of the doctors must have entered into her. And she got cured of it, absolutely cured. For a year or so she was all right. Then she started feeling very dizzy. She just started feeling very dizzy and all sorts of coming up. When she came to me she was in a tattered condition, absolutely finished; she was like this, you know.

So, she knew that a spirit had come in her. But now she said, "There are at least ten or eleven of them within me, and I can't bear them." This kind of curing also can take place from the supraconscious people. Supposing there's an architect, if he goes to one of such people he can get an architect who is dead upon himself and he can start doing this work.

Now this man who was a ripper and all that was himself, was possessed by some ripper who died or something like that, whose ambitions he is sharing. You see you have to have inclination for that, no doubt. You have to have that weakness within you otherwise it won't work out. But if you have that weakness and if you are very weak, otherwise also from mind, then these things catch hold of you.

And if it has something to do with physical side the supraconscious can help you. If it has to do something on the mental side then the subconscious people can enter you. But they help you very temporarily and then they come back with a big force on you - it is like that.

But Sahaj Yoga makes you so powerful and so pure that impurities just go out. It's a cleansing force. It's a very different thing where you neither put any bhoot into somebody, or your intention is not to cure but as a by-product people get cured.

Now tremendous things are happening: like I met a lady and her husband in Australia - a very dynamic journalist - and the lady was the president of the Journalist Association. Do you know her?

Yogini: Not yet.

Shri Mataji: All right.

Journalist Association of Australia. She could not have had a baby. Doctors had said she can never have a baby! She's very short, extremely fat; all that problem was there. Still they were carrying on. I mean, husband wanted the baby very much. And now she conceived, after Sahaj Yoga. After so many years - fourteen, fifteen years of marriage now she's conceived. So the her entire ideas about life are changed. She used to indulge into so many things that she used to do: she went to gurus, this, that, she did everything then she was a Catholic to begin with then she became something else, everything she has done. She overcame all that when she came to Sahaj Yoga and here she finds this answer, physically. So, I've not put any bhoot in her. I have made all the bhoots get out of her, you see. And she said that, "Now we are going to take up a project," which I had told them, that "You have to expose these gurus." Just even if you write what these people are doing, you will be able to show that this is madness, this is real madness! And once you have talked about it then you prepare a base for Sahaj Yoga and then you should say, "This is the reality that makes you sane, powerful and loving." Then only people are going to see to this.

So this is a very good thing that Sahaj Yoga creates miracles, really creates miracles. You have seen on material level, on mental level, on emotional level and ultimately on the spiritual level. You are all endowed with such powers. Even if you are doing anything wrong or anything, you are a realised-soul; if you want to give Realisation you can do it. For example, if this lamp is enlightened, it may not be good, it might be unclean, it may not be very good to burn, but once it is burning it can enlighten other lights. Like that, your Spirit is pure.

But one has to know that we have to fight all these evil spirits. On the unlimited I am working hard, very hard; that's how they're exposed. But on the limited you must work hard to fight them, and should be prepared to fight them. You should prepare yourself to fight them; you have to fight these evil forces. Because they are the ones who are ruining your own beings around so you have to fight. There is big depression coming on you; people will just obstruct it, they'll trouble you like anything. But you have to fight these and for that you should be strong. They are so strange. And the great people, the children of God, the men of God are born more in the West than in the East, most surprising. I think they were rewarded by God to come to a country which has more affluence, did not have so much poverty and the troubles. And these are the people who are lost, and the reason, one of them, which I discovered only yesterday, is that the modern concept of life is to make something that can be demolished easily. And

this is what one should know that our foundations have been made very weak by satanic forces. Our foundations are very weak.

We have been given all these ideas for days in and day out, the satanic forces have built it up since long; since long these ideas have been built up. On all the Western front if you see the kings how they were, the queens how they were, the way the people lived and the kind of life they led, and if you read the French this thing...I mean, sometimes you read other Kings of Spain and Portugal, you're amazed, and the kind of life they led was so horrifyingly funny, even you can see the Catholic churches, the so called very religious people, the way the pope lived, and all that is so horrifying sometimes! He even doesn't know what is right and what is wrong!

So your foundations were laid like that, wrongly, they are shaken up.

You have to rebuild your foundations. So the foundations on which you stand, you [must] change them completely. You have new foundations of dharmic life. Absolutely you have to accept dharmic life in your life, that's the way only your foundations can be good. In India the foundations are good - specially in Maharashtra, very good foundations they are - but the yearning, the aspiring, is not there. Like an aeroplane, one aeroplane which is got nicely built but it is so nicely built that it can never fly. The another one is so built that it wants to fly - as soon as takes off, everything goes and finished! (laughter)

So, one must realise that our foundations were laid down like that by the satanic force. It's much deeper than what you understand. You have to fight those foundations they'll say, "Oh, what? He was like this, he was like that. Oh what?" They are not your ideals, one should know. They are not your ideals - these horrible kings who killed seven wives and things and things like that. They are not your ideals. Your ideals are your Self. You have to build new ideals in the Western countries. Then only you can change it. Because you are such a dynamic force.

Every one of you have to come up to build yourself into ideals and try to lead a life of that ideal within you. You have to sacrifice, the greatest thing that you have to sacrifice is your ego which makes you so obstinate and hard-hearted. Face yourself up! This ideal has to be created. There is someone sitting before you if you want to accept which is a very difficult life this side; that, one has to have compassion, one has to have love, understanding. Never talk ill about each other, never. Try to help each other. We are very few. We cannot afford to fight among ourselves. We are very few people and wedded to a very great cause. So we cannot afford to fight. We cannot have wrong ideas. We cannot waste our time on mundane things, even like marriage. If marriage has to be, it has to be compatible, good, try to build up your things now; must try to patch up things. You have to make it a beautiful thing. Do not indulge onto small, nonsensical things which are petty, useless otherwise we cannot do it. You see we have to still go a long way, a very long way we have to go. It's a long, long way.

These satanic forces are very nicely built up in these areas. They didn't bother about India because India is a poor country. Poverty teaches one thing is to have proper foundations. That's the blessing of poverty: that once you give up even these foundations then nothing is with us, at least try to have some foundations. But the very poor are just the same as the very rich. But the very rich are not your ideals, not at all; [also] not the very poor. But you are your own ideals. You have to create new ideals. You are the new presidents of America and prime ministers of England. You are the one who are great people and you have to stand up to it: people of character, of integrity, of hard work, proper understanding, otherwise you cannot do anything. You have to come up! It's easy to study something, pass M.A., or MHD or anything like that, but to become an ideal you have to mature. You have to tell yourself that, "I have to come up, I have to do this!" Which is not difficult now because you have the source under your command! Anything is possible. Just ask for it and you'll have it. But build it up. Even now if you cannot build up your own personality and the new ideals when will you do? When I am here with all the chakras intact.

Easy to justify yourself. There's no justification needed for anything. "This is wrong, that is wrong." - all finished! You have to become that.

So one is, that you change your foundations. Despite all this, we have people like William Blake, Shakespeare, Tennyson - great people. Tremendous people, Mozart, this, that. Lots of people in this country also. Taking their names itself liberates vibrations. In those conditions, single-handed, they created their own ideals. Just think of them how they must have fought this horrible... it

is only today that we accept him, who accepts these people? Jung? Who accepts him? Only twelve Jungians - horrible Jungians these are.

Every one of you is capable of doing that. Every one of you has to become a leader. In Poland an ordinary factory worker did that (Lech Wałęsa). He was an ordinary factory worker. But he was not a realised-soul. He could not communicate with God, he had no way of knowing the Absolute. So channelise yourself properly, cleanse yourself properly and dedicate.

For dedication you don't have to do anything. I do not want anything from you for dedication, except give up your egos and superegos, that's all. These loads you must take it out. Just create a little space there, which is the heart actually. A little space and it will work out.

And that is, one has to understand now, when you these films and things - thank God I did not see. You see it's easy to kill these rakshasas, it's easy do all this but what about these lost souls? Everything works out very well, say about a year or so, or two years. After that I am going to blast them. Before that you should be ready. Because once I blast them they'll come back on you people. So you should be such strong people that you are not finished by that. You see blasting is so easy for them. For me it's the easiest thing to blast all of them and finish them off but once they go to subconscious area they'll attack you again so I want them to live, with paralysis, with diabetes, with all sort of things; but they'll live, they'll not die.

It's a tremendous task and I'm working twenty-four hours [a day], twenty-four hours. I have no sleep, nothing, you know that. It's all just a life that is so enjoying and itself. The whole vision I can see clearly of those beautiful days when we all will be enjoying each other and the bliss of God together - that's all I want. We have to pull out so many human beings from the clutches of the evil forces, for which you have to dedicate.

Our attention is too much on useless things, materialistic things: there's no end to it. Be satisfied with less. There is no end to it. You will be looked after also materially; there won't be much problem. But don't run after too many of these things. Just don't have interest in these. What is it all? It's all trash!

But you should be loving and affectionate. You see, once you start giving up these things, what you become [is] you become like a hard-hearted person: "I have no interest in anything!" - finished. Who has interest in such a stone?

(Shri Mataji talks to a child)

Good. You are feeling cool breeze in the hand? She's just in meditation.

Yogi: She says her hands feel nice, Mother.

Shri Mataji: She's in meditation actually.

Yogi: Sometimes at home. Mother, she sits in front of Your photograph and she won't speak to anybody afterwards. She just, she'll just wander around and she'll play with her toys, but she doesn't want to speak to people. She just goes very quiet.

Shri Mataji: Let them grow up. But you are the foundations. Now they will talk of you as the foundation, not of these horrible people who have been. They will talk of you, "Oh, such and such person was the Sahaj Yogi, the first Sahaj Yogis." Where is that, the first one? He's not there, missing all the time.

Yogi: He's getting the door!

Shri Mataji: Will you come in? (laughter) Come here in front!

That is how they have to talk. You have to be ideals of love and affection and not of domination and nonsense - all of you. You

will be the first Sahaj Yogis. You are the one who are going to change the complete concept of life. The new ideals have to be established.

I don't know if you people really are aware of your responsibilities. Sometimes you are only worried on, "Oh! Where am I catching? What is happening to me? What is this?" So self-centred! Or you are worried about others: "She should not have not done this!" "He should not done, he should have not sat next to Mother! He should have done this." Nobody should think that they love me more than anybody else. Nobody should think like that! Some people know more rituals, some know more in protocol, doesn't matter; but I know who loves me. The one who loves others loves me the most. I don't care [about] your protocols and your ritualistic things. It's nonsense for me. What does it matter for me? The one who loves others is the one who really loves me. Take it from me. I have had all these rituals and all that and I have no care for these things. Makes no difference whether you say, "Good morning," to me or, "Good evening to me," it's not important. What you say to your brothers and sisters is the most important point.

Sahaja Yoga will never work out if you do not look after that side: how you behave towards your wife, towards your husband, towards your brothers and sisters. That is the most important thing. Anybody who tries to play such tricks will get out of Sahaj Yoga. You know that I've thrown out very, so-called 'important' people out of Sahaj Yoga when they did like this, to dominate others, by saying, "This is not good! You should not put your hand there!" or "Put your feet there!" or "Do this and that." Who can know the protocol of Divine Mother? You cannot bind me into protocols. You can not bind me to anything I am unlimited. I am detached. You cannot bind me to anything. To think that you can have me attracted towards you by your protocols, which is dead, has no meaning. It has to be a living protocol of being kind and generous, being beautiful.

Some are lethargic: Say a husband wants the wife to work all the time. The wife wants the husband to every time. Everybody finding faults with each other! They are not Sahaja Yogis. Sahaja Yogis are the people who take it sahaja.

If somebody is not working that person will go down - just like this. I'll put that person out of Sahaja Yoga. But why? Why did you come to Sahaja Yoga? You are seekers. You have been seeking for ages now. You have been built up from ages now. Are you going to waste your life? In any case you have to sleep and rest for the rest of your life. So why not now work it out. In every way act!

Firstly you will become real, very good citizens, with moral values which are your foundations. You yourself judge you are realised-souls. I'll leave it to your judge. I can not going to tell you why did you do it. No, it is you, you judge yourself. You will lose your vibration. And losing vibrations is the

You can become silent. Silence can be from other agencies. Negative forces from the left side of the Agnya are giving ideas. You must have your own ideas. "I can't, I go on thinking," this nonsense goes on. Just tell yourself how dare you do all this nonsense of the Left Side. Those who are left sided better go in for lemon treatment, beating [with] shoes, everything. Get out of it! Those who are Right Sided better go on with a nice hundred and eight beating to oneself. Get in the centre! Cleanse yourself! If you really love yourself you cleanse yourself. Be in the centre. Never be proud of your ego, never be proud - "Oh, I think it's correct. Yes I feel.." Beat yourself hundred and eight times. You see, you can be very high handed under the circumstances. You can do absolutely without any embarrassment of what you are doing, you can be absolutely shameless, you can be. I mean, you are a Sahaj Yogi! How can that be? You should feel embarrassed about things. There should be a little sankoch. You call it 'formality' but I would not it 'formal'. 'Sankoch' is the thing: "How to do this?" "Why to hurt anyone?" There should be such reservations about you. How can you say such a thing to someone? It will hurt.

One if the victims of this is David Baxter. He was hurt so much that his Agnya bloated more and more. Because if your Agnya is hurt, your Agnya just bloats out; you don't know what to do with it. So many are like that I know. Somebody tries to show off they are big gurus and try to push down others: "Oh, I know, I know. I know Sahaj Yoga, I'm a great Sahaj Yoga this thing!" And then I will make a [horn] come out like that! A horn. But that comes out from here. You see in the mirror, you can see your ego jutting out from here. Just feel it. All of you. It's there. Push it down. This nonsense, this is the sticking point, you know! Though the balloon goes thin, it's sticking on here; there's a sticker. Push it down. Here it bloats outs.

This is how Buddha is...Buddha. Buddha is the one who is realised: 'buddha,' the one who is [an] enlightened one. You are the enlightened one, how can you have an ego? You are the buddha: the one who knows. You are buddha, you are enlightened people. Put your hand over here.

Ego is the greatest enemy. I have seen people who suffer from superego: if you take it out they'll go to the ego. It's the greatest enemy you have, this superego, when there is no ego. But if there is ego then whatever you may try with superego it will come back to ego.

So for us, in the West, we have the greatest problem - is of ego. Whatever appeals to ego we run to that. That's how these people are made mad. They said, "Oh, you can fly." (in TM) - gone into that. Somebody will say that you'll become very powerful - gone into it. Somebody said that you will become a great guru - finished!

When you become the Spirit you become one with the Whole - nobody says that. That's Jewish! (laughing). I am not saying yet too! But Australia definitely is doing much better. They have a little love. That day I don't know why; just can't say

Now, it's coming again. Better?

When I say, "You are realised," "You are great," "You are saints," [there's] one more blow into the balloon! If I say, "You have to create your ideals," one more blow: is the balloon going on blowing up. When I say that, I say it to create that awareness within you that you are here for the torches. You are the torches. But the torches are to be ego-less! Because your ideals have been all full of ego. See anybody; say Churchill standing there with a stick in his hand - same thing. It's nothing but complete body looks like an ego, like that. Anyone! These ideals have to go away. We have to form new ideals. He was all right for war. We needed him for war, to meet another ego called Hitler. So it was all right to break their heads together. But now we need new ideals. That time is over now.

When there is flood you need boats to carry you across, but after reaching the shores you don't carry the boats with you do you? You leave them behind. But we don't. These boats are no good for us now we've done the job. Now we have to go ahead with our own feet. All right? So no bloating of the ego should be there.

And with that one would realise that we should not think that in any way we are exceptional. No one should think that you are exceptional! If you start thinking that only you are blowing up your ego. To Mother you are not. You have to be ideal. You have to be in the centre. You have to be a Sahaj Yogi. That's the most important thing is. Do not judge yourself by what you think of yourself, but what your Mother thinks of you. How much joy you are giving to your Mother? If you make her unhappy then what's the use.

Now don't go into [Left Vishuddhi]. (laughter) What a game eh? Immediately! There's a pocket here. The whole balloon goes down there, settles down. Again as soon as I say something, "Oh!"

Now you must have noticed that there are very few really seekers in this world, who are true seekers. And those who are seekers must realise also that seekers cannot be happy with anything else but their Spirit. This is the test of a seeker. And a non-seeker can never understand a seeker. And it is very difficult to live with a man or a woman who is not a seeker. Because you catch all the bad points and you suffer. [If] the person has an ego, you feel the thing here, [but] the person doesn't feel anything. He's hurting? He's very nicely off! He has his ego intact and he's torturing you as well!

But a person who is a seeker is a better person because you can give Realisation to that person and then your vibratory awareness can be shared, and nobody would mind anymore. But somebody who is not at all a seeker could be a very difficult situation. You cannot make a fruit into a flower. And the flower becomes a fruit.

Now you are changed, so you have become the fruit. But you must have a flower around, if you have a flower you can make it into a fruit. But if it's a leaf? No idea! Like "My mother, my brother, my father, my husband, my wife," and this and that. Those who are already entangled with such problems should learn to not to get more problems. Those who are not flowers should be avoided, forgotten and locked. Don't do anything about them. You just don't worry. The more you try to improve them the worse you'll become. They can never improve. I give you a big rope to see. If they are not seekers they will never be a seeker. You cannot inject seeking into them. They may come [for] some material well-being, this, that, but they can never become seekers and you forget it! You may have to suffer because of them. Because if they are catching, you have to suffer. If they have a Nabhi Chakra, you have to suffer: no doubt. But you have committed a mistake and forget it. It can never improve. The person is very difficult to become a seeker. Do not waste your energy. Christ has said, "Don't throw your pearls [before the swine]." "

You cannot force anybody to be a seeker; you cannot force. But there are millions and millions of seekers in this world. So forget about all such relationships and say that, "You are finished." They may call you mad, they make all you crazy, they make all you anything, [but] they will realise only one thing that you lead a much better life than they do; you are much more peaceful, blissful and dharmic and sane, but they won't accept your life. Forget it! Just play around with them understanding that they cannot change. Even if they change mentally they cannot have that urge to be seeking because for a seeker, nothing matters, nothing is important. Nothing gives them joy: even a little child like that. She's gone off! They are so relaxed.

So, any more questions? Mio? Cooly and Mio should come and see me tomorrow...

Cooly: Yes Mother.

Shri Mataji: ..before going to the program. Coming to the program. You come here, come there. I want to talk to you.

Antoinette Wells: I have another question: What about the people who are good people, dharmic people, not seekers, who have got realisation but don't see now the big...

Shri Mataji: ...vision.

Lady: The vision what's going on at the -

Shri Mataji: They'll go out of circulation. They have to come in Sahaj Yoga. They go out of circulation, absolutely. You see, the thing is, Sahaj Yoga doesn't accept. It rejects more than accepts. It's a judgement going on. Such people who go out of Realisation, they have to work it out. You may talk to them because they're realised, you can give them bandhan, you can work on them. They are the people in whom you could be interested, but they are lost otherwise.

I had given a very good example of this [which] was that they make butter out of the...what you call that? We call it 'curd'. It's yoghurt. They churn it. When they churn it what happens [is] some butter comes up, the rest remains as buttermilk. How do they do it? To separate it from that, they put a big lump of butter in that. Then they churn it. Now the whole butter gets round that big lump and it gathers into a big lump. But there are some particles which are left behind; they are butter, they are not buttermilk. If they do not stick to this big thing, they are thrown away with the buttermilk. So those who do not come up to Sahaj Yoga, who are not up to the mark, will be all thrown out, no doubt, that's a fact. You have to come up to the mark. And you should not worry about those. You should have nirapekshita. You should have no attachment for such people.

No channa for me? Can you give me some water?

That's good to eat away some bhoots, you see.

Yogini: Mother, Marcus has made a very beautiful Indian sweets, but that didn't work out.

Shri Mataji: I don't eat any sweets these days, you see. I'm going into a kind of a penance, for some time.

No sweets for me. You can all have it. I'd like you to do that. A little penance is needed sometimes for me also.

Yogini: Would you like a cup of tea, Mother?

Shri Mataji: Yes, without milk. With lemon. Have you got?

Yogi: Mother, I've got some channa upstairs. Shall I go and bring it for you?

Shri Mataji: All right, bring it, bring it. Channa I don't want.

[UNCLEAR: Little Kim?] what was happening? Where she is?

Yogi: She just felt... she was uncomfortable, she's...

Shri Mataji: So just put her on something comfortable.

Yogi: No, she's okay, she just feels a little bit restless; when you're three it's a strain to be quiet Mother.

Shri Mataji: Now who are the Exeter people who have come?

Yogi: Peter and Jane, Mother.

Shri Mataji: Who? Raise your hand.

Yogi: Peter and Jane.

Shri Mataji: Oh I see. Good. Nice to see you here.

Yogi: Mother Peter had some trouble with his back since he got Realisation.

Shri Mataji: Who had? Come along here. Will he be able to sit on this one? Can you?

Yogi: Shri Mataji, why do we feel cool breeze like the vibrations?

Shri Mataji: Because the All-pervading Power is felt like that when your Spirit is enlightened. It is existing everywhere but you never feel it before you start feeling it when your Spirit is awakened.

Feel hot breeze?

Yogi: He says when You talk about warmth, you talk about love.

Shri Mataji: Warmth?

Yogi: The warm feeling is a feeling of love.

Shri Mataji: You see, we never say that it is nice to be boiling but we always say it's nice to be cooling. All cancer patients give heat. Whenever anyone is diseased it gives heat. You see, another extreme could be this, you can say that, freezing; maybe.

But we say, "Wash me and I shall be whiter than snow." You never say that, "You, you burn me and I shall be brighter than charcoal." (laughter)

But you'll be surprised. It is very, very temperate. I mean it's not a thing that is freezingly (sic) cold. If it is freezingly cold that means Left Side - if you get very cold. I mean it can never be. Cool Breeze, actually, is never very cold, it's not freezing. It could be hot with some people, could be very cool because of their problems. But if you are a normal person you feel a cooler sensation.

Even here, how much ice people consume? Just think of that.

"On the rocks!" (laughter) They are always 'on the rocks'. The amount of ice cream they consume, the amount of ices they consume in this cold country is most surprising. Even your Prime Minister gave us to eat, rhubarb ice! (laughter) On an icy cold day.

I mean you use much more cooling than we use. And even you suggest, like say somebody is very much in a heat and is getting angry, they say, "Cool down, cool down." But if somebody is supposing is lethargic you don't say, "Boil up!" You say, "Awake and be active," but you never say, "Boil up!"

It is slightly less than your body temperature. It's not so very cooling as to freeze you. If it is hot, then something wrong with you. I mean the question 'why?' is such, that even if there was hot they would have said, "Why hot?" But [if] it is cool, it's cool. There's no 'why?' about God.

Good. Coming up. Very bad Swadishthana! The left one, it goes to the left.

That's the worst part. Because they don't believe in giving us any peaceful time. If there is an earthquake, they'll write it, first page. If there is somebody a ripper, you'll find five columns of articles written on this horrible ripper. Is he your ideal? And about Sahaj Yoga they are not willing to write even one sentence! Now he is the ideal of the people! So shameful, I tell you, the whole thing is. Feel like vomiting. What depravity. (Mother is talking about a serial killer known as 'The Yorkshire Ripper')

Another one I have got to show you, which some of you should try to answer.

Where is that? Did you bring one? John?

John Watkinson: Newspaper?

Shri Mataji: John? I mean I can't even discuss this. The brain trust should see it. I mean, how, where the mind of the people is going? Where they are attracted to?

What did you bring? Oh God!

John: Telegraph.

Shri Mataji: I wanted the magazine.

John: Oh, thought you just said The Daily Telegraph?

Shri Mataji: News, Telegraph, the magazine is there. Sunday. Sunday Telegraph. All right. Gavin, you can get it. Some of you should get it. There's something one should see - horrible. And they have tried to describe the prostitutes of Bombay.

Are you finished with yours?

In a very horrid way! Absolutely nude they have shown these women. In India pornography is not allowed. So this is a way of having a pornography. It's very, very subtle.

And that is a place where people just don't go to! I mean that road nobody would go through. It's regarded as an inauspicious place. If somebody has to go from there, they'll come [home] and have a bath. Only the sailors go there mostly.

But where is your attention is the point, you know. Very horrible pictures.

You go to Nepal. I mean we never saw anything there! Till Gregoire told me that this is all here. I said, "Really, where is it?" He said, "On top." I said, "Where?" He said, "Where this Japanese has gone up with three ladders, you see, hanging in the air projecting zoom lenses." This is just to support their weaknesses, perhaps.

Come in, come in. Come forward. You can move some of you this side, I think, there's lot of room. On this side? I think you all can come, Graham and all that, you can come this side. And I think you can come.

Phil? I mean, have I any place where I can talk to people, little bit in privacy.

Yogini: Yes Mother we can tidy the girls' room for you.

Shri Mataji: All right. So I'll go upstairs?

Yogini: Is that all right for you?

Another Yogini: You can go up now.

Yogini: What if we were to go upstairs, would that not be easier?

Shri Mataji: Eh?

Yogini: Wouldn't it be easier if we went upstairs?

Shri Mataji: No, no, no. Quite all right. You know now I have bought a house which is five stories!

Yogini: That was the problem, Mother. That was what we were all worried about.

Shri Mataji: No, it's all right.

Yogini: Why don't we go upstairs?

Shri Mataji: No, no, no, I'm all right.

Yogi: Linda it's very tidy your room.

Shri Mataji: Where has Cooly gone? Just call him here.

Peter Pearce: He's just busy at the moment.

Shri Mataji: Eh?

Peter Pearce: There's someone at the door for him.

Shri Mataji: Let him come. Somebody else could be busy!

People think we can be on our own, you see. They start thinking like that, [that] we can start working it out on our own. That's why if you write about chakras, be very careful. Nothing can be worked on you own. They think, "Oh, our relationship is with Mother, directly."

Yogi: No, this is for Sahaj Yogis; this is not the normal people.

Shri Mataji: It is for Sahaj Yogis?

Yogi: Yes, it's the information to further your knowledge of Sahaj Yoga. To know a little bit more about in Sahaj.

Shri Mataji: Oh no, then I would suggest that if it is the information for Sahaj Yogis - first thing one should say is that, what information they need is, that they cannot work it on their own. Mother only loves those who love each other. Anybody who thinks, "I can work it on my own, I have a special relationship with Mother," should know that they are going out.

This sentence you put first. Then I don't mind writing an introduction.

Yogi: An introduction?

Shri Mataji: Introduction.

Yogi: Ah, yes that's -

Shri Mataji: Because they will know all about chakras, and still not be in there.

Yogi: Yes of course, of course.

Shri Mataji: Better now?

Yogi: Very much.

(break in recording)

Shri Mataji: It is said that, "Eka hi akshara prema ka,

Wada is ho pandita hua." Ak-shara. 'Akshara' means, actually 'word' in the normal way. But what is akshara? I mean the one that is never destroyed, which never diminishes. So 'ek' - only one - word of love, the one who can read that word - becomes the pandita, the one who becomes the vidvana. All the rest of knowledge is useless. If you can only love people who are related to you be material life and not the others then that's wrong. Sahaj Yogis are your real relations.

You are better now. Why to produce children? That's why I said that, "Don't look after other's children," because all your desire to be parents will be finished with that and you'll have an excuse, you see! You better get selfish on that point and produce children, for heaven's sake. All [your] marriages have turned out to be wastage for me. With understanding, otherwise you will get thugs as your children. With understanding, with love, with aspiration that the blessings of God has to come, otherwise what [useless]

marriages? Oh God.

Better now.

As it is your foundations are weak and such great people want to get their birth on this Earth and you are so adamant. Poor things.

Yogi: Mother? There is also Patrick from Birmingham, is a newcomer.

Shri Mataji: Who?

Yogi: Patrick.

Shri Mataji: I could see that. Well he'll be all right, he's a seeker. He's all right. You got the cool breeze? Are you feeling the cool breeze Patrick? Not yet? Vishuddhi he has. Anybody cures his Vishuddhi, he'll be all right. Just put your hand. Douglas [Fry] will you please try.

(recording ends)

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The Time Of The Seekers

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Yes, are such that so many seekers are born, so many of them, they are really seekers.

That's a category, a category of human beings who are seeking something beyond. It's a fact, I mean there was never such a time before that so many seekers were born on this earth. This word was used sometimes for one single person or maybe about ten at the most but two thousand years back you could not find so many seekers on this earth. I mean they are seekers. Why there is so much seeking and why people are seeking, why they have this temperament of seeking? What is the reason? There must be some reason for it and as we all know in Sahaja Yoga that the last judgment has started and the last judgment is going to work out through the Kundalini awakening and everybody is now trying to seek it some way or another. The whole pattern has worked out in such a way that the seekers are born at this time and they have a background too. They are not just seekers today. I mean you were, as you know that you were evolved, evolved from a unicellular animal and then now today you are a human being and there are people who are human beings otherwise also, same way as you are but you are a category, no doubt about it.

There is a category of people who are seeking, not out of fashion, out of just because in the atmosphere there are many people selling their tickets but you are doing it because there is something within you which forces you and impels you, compels you completely, which propels you, which makes you mad and you do not know why, what's the matter within us and at this time as you know there are lots of things that have come up as in the market one has to supply something plastic if there is too much demand. But as there is plastic there has to be something absolute, there has to be truth. But what I find is this that lots of words have some or other emerged out of all this plastic supply and these words are extremely confusing. From where do these words come in? For example cosmic consciousness is one of the very common words used, cosmic consciousness. From where does this word come in? From where do you get the idea of all these things and that also make people quite vulnerable because they think these are the words they never heard about, you see something great, cosmic consciousness, oh great thing. All these words have come from the scriptures. It was unfortunate or fortunate I don't know, it can work out both ways. That it was said that after realization you will get this.

Though little secret, secretive, it's not so open, so straightforward but still from all the scriptures, you see especially the scriptures of the eastern world we can say India where the seers went very deep into themselves, kept it as a secret throughout till the time of I would say Shankaracharya the sixth century, it's quite modern for us in India. Never a word was uttered about Kundalini, not this word was used except also by Markandeya who was there long time back, much before Shankaracharya. But to people Kundalini was something unknown, something very much away from the understanding of people. In the Vedas you see the primordial Mother was called as E, E and that's why Kabira has used it as E Padar, means the state of E, the primordial Mother. All this has been said in the Vedas, agreed and is said again and again and then in other scriptures like Bible, Koran, everywhere it is mentioned that you are to be born again. But one had to say that. Now one says that. Nothing was sort of a primitive idea or sort of a crude idea or some sort of a imaginary idea, it was absolute, the truth, absolutely that. But when you just say even this much that you are to be born again, you see a very simple thing is that you are to be born again. These people pick up this word that you are to be born again, finished.

They brand themselves as born again, twice born people. Just [unclear]. There are cults and cults and cults who talk about that you will be getting your self-realization. That is this is self-realization, you must have this self-realization. And then with that other things also come in like cosmic consciousness, you achieve your cosmic consciousness. Now what is cosmic consciousness? It's not written anywhere in the scriptures that clearly what is cosmic consciousness. And it is very difficult for a seater who is

madly seeking not to get confused. Anybody would. Like they describe, you see when you become cosmically conscious, you become the tree, you become the mountain.

Are you going to become now the dead things? Use your brains when they tell you these things, that you start becoming a cloud and then you becoming a tree and then becoming a mountain and then becoming a stone. This is the idea of cosmic. You start everything, breathes and then talks. Yes it does, no doubt. But for that you have to be subtle. The gross understanding of a thing that you become identified with something else that is much lower than you. You see this is the most important point, point we should know, that you get identified with something which is much lower than you. All such ideas should be challenged by all people who have brains that how can you become lower than you. For example somebody says, all right you start jumping like a frog, a simple thing, very common it is in India.

You see so many people they come and sit with their feet towards Me and people tell them, now you are not supposed to do that towards Mother, you can't put your feet towards Her. They said, what can we do? We'll start jumping, if you don't put feet like this, we'll suddenly start jumping like frogs. And then you tell them, how did you get this? They said, one guru has awakened our Kundalini and it is written in the book, there is a book written, you'll be surprised. Where is they have said that you will start jumping like a frog when the Kundalini is awakened. Actually there is a book written, he is the guru of this fellow, he is the guru, he is Saraswati Anand is his name, the one who has written this one and I think he is the guru, he is one of these persons. And he is regarded as a very authentic book by people. And this kind of a thing is selling today that you are going to become frogs and you pay to become frogs now. We have to see with our understanding, with our intelligence, how can you become frogs, I mean is that the way God is going to now take down to frog level, very simple.

Or any one of such levels has to make you a mountain. Why do you want to become a mountain now? You have come out of that mountain, you were a rat, then you were a monkey, you climbed over trees and today you are on top of everything. Now you don't become the same dead thing. And then you start believing these stories and acting on it. It's a very subtle thing one has to understand. It's so cunning and so foxy. You do feel that way, you'll be surprised, you do feel it. You feel you are getting out of this body, you are moving about, you are going on top of all the places, you are seeing things down below. You just start feeling that you have become the mountain, it's breathing, this is breathing, that is breathing and everything is pulsating, you start seeing all these things, you start becoming that.

How does a mountain breathe? How does a molecule breathe? Now we have here some scientists, they know that there are electromagnetic waves within us. In the same way there are electromagnetic waves in the, all the elements in the elements they have got, atoms and all the atoms have got these electromagnetic waves and these electromagnetic waves make it pulsate, they are isometric, symmetric and all sorts of pulsations are there. These pulsations are coming only from electromagnetic action, only electromagnetic. Now see this, this is very important to understand. Out of five elements electromagnetism, so one of the elements is the light and another element is the magnet, magnet comes from the Mother Earth. So out of these two elements only these atoms start pulsating, that's only a part of it, that you had before even, when you even had no life you had electromagnetic vibrations within you. So you are not going to get those electromagnetic vibrations, you are not going to feel them. But the Brahma Shakti, the power of Brahma, the all pervading divine power of love is not electromagnetic, it has got five elements, it has got your emotional power, is the love of God, it has got your evolutionary power and all the powers that has created you within itself.

You are not only in electromagnetic, are you only electromagnetic? All these synthesized in one is the Brahma Shakti and that's what you should get. Of course, I mean after realization you will find that you find vibrations coming out of certain things, like certain kind of coefficients is there. If I've touched something you might get vibration from that also, they catch My vibrations, they can transmit. But these vibrations are very different from electromagnetic vibrations. You can record electromagnetic vibrations with your limited machineries you have created, human machinery, but this you cannot record is the synthesis, there is no analysis. You analyze all these electromagnetic things, bring it to that level where you can catch it when they are dead. You cannot analyze anything that is living, how can you? Even at the level of your intelligence you are analyzing only the dead, not the living. You cannot analyze it, you have to synthesize and when you synthesize, for example sitting in this room, see the color, see the patterns and see the carpet and everything, the whole thing gives an aura of some sort of a soothing feeling for yourself.

How will you analyze it? Is there any basis of analyzing even this, the aesthetics, just the aesthetics you can [unclear] it. You don't see through electromagnetic fields, do you see that? Say in a drama or a play you go there. So there is an actor, there are stage and there are people sitting down to watch it and the whole thing creates a mood. And this mood, can you analyze it? Can you analyze Shakespearean mood with your, I mean it exists no doubt, it creates a mood no doubt, it does within us, isn't it? But can you analyze with some machines, you see this will create Shakespearean mood. I must say through meditative process Indians have gone to a great extent to create moods out of certain things like what words to be used to create a particular mood, what time to be used, what tune to be used, how to render it. You see even in Natya Shastras is the drama, science of the drama.

But still whatever it may say that you should avoid these words, these are soft words, this will not create the feeling of say a warrior, for that you have to use these words with these accents and all that. With all that whatever you may do, the whole creation of the whole thing depends on the artist. Now how will you analyze an artist? For example a day before only I had a very good time and I should say very good rendering of a very nice raga called Puriya by some artist. Now this raga I have heard of so many people play before this raga, so many people are playing and some people just don't like it at all because rendering is difficult. But if it's a master hand, I've never seen such a rendering before the way it was rendered out by an artist. Now how do you analyze that artist through your science or anything, can you? Now this is even beyond that, that's just a part, just again the part, the mood, the thing that gives you a mood. What is the thing that gives you the mood? There must be something within you which gives you the mood and that is what we call as the Mahakali power.

This power on the left hand side is the one that gives you the moods. It could be any way, it could be your own, could be from something that is not your own, maybe some sort of another personality putting that impression in you. But deep down it is this side within you, the left side is the Ida Nadi that gives you the mood, that creates the mood. And the one that creates the mood is the right side. The one that feels the mood is the left side. For example this artist is the one who uses the right side power of action to create the mood for the left hand side to give you joy and to give you peace and that total feeling of that creation. But now we have to go to the mood of the God Almighty. He is in the mood of creation, think for example, I mean let's go to that point. So what does He do? He has his own rhythms, He plays His own rhythms, He plays his own tunes, His waves and all that, He creates the things the way He wants, it's created in waves after waves.

In His own joy and in His own mood we should say, in His own fantasy, in His own imagination, in His own fondness, He is God Almighty. Who are we to ask Him questions, why did you do this and why did you do that? I mean we think we are all BBC interviewers. We go on asking questions to God even, we cannot ask Him questions. He is beyond questions. So that's how He creates the beauty for us. And then we try to analyse it, break all the beauty and try to find out how can you do it? You have to join in with His mood, you have to become one with Him, to feel Him within you and then you can feel in that mood with which He has created those waves. Those waves which have all these powers within itself which are tremendous, which are fantastic, which are beyond your understanding but you can emit them through your being, you can reflect them through your spirit, you can reflect those waves. That's what you have to achieve to become into real cosmic consciousness you have to become that by which you emit those waves of God's love which has created this universe.

It's a thing much beyond these mountains and trees and things. Then what you feel is the vibrations of a particular tree which has more vibrations. There's a tree I've seen in Delhi which may have been planted by a realised soul I'm sure. It's a very queer type of a tree which has got from four sides, see the trunk coming up like that, like four sides and it has tremendous vibrations. Some trees have those vibrations, some stones have those vibrations but they are not aware of it while you are. These vibrations work it out, they act. They act through your attention. Wherever your attention goes they go and act there. It is that tremendous. As the attention of God, wherever it goes it acts.

In the same way when you pay your attention it acts. That's all what you have to become. You don't have to become something that is there. Once you understand this principle, this principle of your attainment you will discard all that is nonsensical. Of course only the seekers are going to come to Sahaja Yoga to begin with. Don't worry about the non seekers, just give them up. Have nothing to do with non seekers. Don't break your necks with non seekers. Those who are seekers are only going to come to

Sahaja Yoga. Others may come just for curing, getting cured or some sort of a thing.

It's like coming in the Kingdom of God which is the wealthiest Kingdom, the highest, the most dynamic, the most precious, the most blissful to ask for something very cheap. But you get that also, that's the minimum. But why not ask for the real, for the best. So it's the seekers who have to realize that this is what you have to seek. And not all these monkey tricks into which people are putting you. Of course you cannot pay for it. It's too great for you. It's too much higher for you than you can get. You cannot purchase it. It is not under your control that you can purchase it.

Humble down yourself before thinking of paying for anything like that. It's the blessing of God, it's the grace that is going to come to us which we have to receive with thanksgiving because He has chosen us to be in His Kingdom, to be in His love, to be protected, to be bestowed with all that is His beauty and grandchildren. How can we pay for that? People don't understand such people. They can't understand God, they can't understand such human beings also. Like a late gentleman came to see Me and I was talking to him and he liked a particular painting you see. And I said, all right you can have it. He said, for free? Yes of course I did, if you like it it's all right because I had done it so I can do many more. I said, all right you can have it if you like it.

Then he got frightened of Me, he said, how can that be this something absurd, how can that maybe give something for nothing at all? There's something wrong fishy about it, he ran away. They can't believe in a person who can give something for nothing because nothing can get it. This is a very, very simple fact about the truth that you cannot pay for the truth. Truth exists whether you pay for it or not, it will exist. That's why it is the truth. You have to accept that with thanksgiving, with grace, with joy, with such a feeling of glorification about yourself. You must see your own glory about your own dignity being glorified that it has been bestowed upon you. But when you get it also you are not sure of yourself, you start seeing it, is it true, let's analyze. Sit down now, why should I get it?

Oh I got it, no doubt. But there must be something wrong about it. It's something silly I think, to waste your energy except for analyzing. You are all seekers I know and I will never say that you came here just to, just to be here and not to take anything. But the ego part you haven't left out with your shoes and that catches you as soon as you put on your shoes, it suddenly comes out. Then you start analyzing. It's like if I give you a cake, I mean this is not a cake but it is a cake, I don't know of what should I say, a cake that tastes very well, is valuable more than gold or anything in this world. Such a cake I cannot describe and then you go out, cut it out and see that if it is anything near what you expected, start analyzing. And that's how many Sahaja Yogis who come to our program also get lost. Moreover Sahaja Yoga itself is called today as Mahayoga.

It has a great attraction power but in the same way there is another force working, the centrifugal and the centripetal forces. Both are equal and opposite, which throws away people very fast. The way it catches the wind, can throw away. So the first seven days I think are the most important things for people to study themselves. It gives you a good chance to understand that God has to give you this because you are the culmination of His creation, that He has to save His creation. He's doing it out of His boundless love and you do not try to limit it by your analysis. Gradually the whole thing will come to you very clearly. Don't lose it by your analysis. Whatever you analyzed so far, where did you go? You don't get your vibrations by analysis.

If you start analyzing you'll never get vibrations. That's why first I put you out of this point so you become thoughtlessly aware. Just now you are thoughtless, there's no thought. That's the best way. You put them out of thought. You see if you bring them here you become thoughtlessly aware and then break the Sahastrara so then you can feel it better. Because if you are thinking if the Sahastrara was lower than Agnya I could not have managed it. One had to put this Agnya chakra at a lower level. That's why Christ had to come before I could come on this earth to create this Agnya chakra that it could suck your thinking and your ego. Now we have before us a big task, a tremendous task.

As you know that thousands are getting drowned, they are seekers and only the seekers are attacked. Those who are not seekers are very nicely sitting down having a nice time, say might be in a pub or maybe in a casino, so called. Of course these are as I know is advertising departments for the hell, no doubt. But they'll finish off there. But those who are seekers for whom the whole creation is waiting to welcome are lost. And I have to tell you that this is very important to understand that everyone of you who has got Realization has to establish the Realization and has to save those people. And I'm sure very soon we'll find Sahaja

Yoga prospering in England, which is very important. The lethargy must be given up, the lethargy of the people is very important. Don't get involved into smaller things of life, like Sahaja Yogis also can tend to be like that. For example, I know one gentleman who came here from Australia.

When he was in England he never wrote a letter to his mother for I don't know twelve years or so, he never cared for her, not at all. And when he got into Sahaja Yoga suddenly he started remembering her and thinking bad about it and all that, he started writing letters to her. Then he went to Australia, we lost him completely and he's lost with his mother, finished. The whole balance is gone. It happens to people. In Australia there was a lady who never had a child and she came to Me, they say she is now pregnant, and now I have the report that she's so enamoured by that, that she doesn't do anything but to think of the child and make the clothes and things for the child and she's running about that. She has nothing else left now to do for Sahaja Yoga. One can get lost into things, even in Sahaja Yoga, so be careful these are temptations at the subtle level. Your heart opens out sometimes so much that you start getting again misidentified. Indians have another problems, they are too much attached to their children, to their mother, father.

When they come I have to give realization to the whole family to three generation upward and three generation downward. Otherwise they'll be always bringing out, my father is like this, my mother is like this, my brother is like this, all of them I have to give realization. Otherwise any third, fourth generation dies somewhere, they'll say, Mother see I came to Sahaja Yoga and he's dead there. I say, did he come to Me? So this is another style. When they come to Sahaja Yoga, you see, they start becoming unaware of this kind of an attachment to the people because they see they are not realized souls, nor that they are seekers they are placed among all strangers there, they don't understand their language and they become quite aware of it. So they start becoming, you see, detached. They can go to another extreme also. You see they can become very clear if they want to. Sahaja Yoga has the way to push you towards your subtle life, your subtle self, the Spirit but you have not to stick on to all these misidentifications, like sympathy, you see.

In England is a very common disease of sympathy. Sympathy is to share pathos. If you want to share pathos, better be sympathetic. Whom are you sympathizing? You see compassion is different from sympathy. In compassion you can even kill the person. Yes, you can. You can hit the person nicely. As Christ did Himself, was there anybody greater than Him in compassion? He couldn't bear the way the churches were running, He took a hunter in His hand, started whipping all the people.

It hurts. So the compassion is to be understood and not the sympathy for things which are to be shared, is the blessings of God. And once you start understanding this, then you will stand in the center, where you are compassionated, the compassion flows through you, flows. You are attached to your compassion, it just flows. You don't expect anything out of it. It radiates. It gives that bliss, that joy, that happiness, which the Divine is supposed to do. It doesn't judge you the way we understand judging through rationality, but it judges you by its own balancing. That's how you have to become, you have to become those radiators. It's a very great thing for some people to become that.

I think it's not difficult at all if you understand how you got your realization without any difficulties. And in the same way if you realize how you have to go further. So be careful about the temptations that come even after Sahaja Yoga, the misidentification, the oscillations from one point to another. Going from one extreme to another extreme. If we all understand this, that we are not to pay attention only to our own chakras catching this, analyzing, sitting down, oh I'm catching on this, I'm catching on that, morning till evening doing all kinds of nonsensical things. Forget it. You are useless if you are still analyzing yourself. You are not to analyze yourself. You have become a whole personality. If you are recording something just know that you have to record, that's all.

All these things I've been telling you in My own way, perhaps I've not been able to really make that progress in England as I thought it to be. As I was thinking about because of lethargy to record, register what I'm saying and to act. One listens from this ear and takes out from the same, doesn't even allow to go through the head to come out of the other, then it's not going to help you see. Of course the vibrations work out lots of things, the Kundalini comes and she works out. But this brain is first enlightened you know in Sahaja Yoga, it's the first the brain, first the Brahma randra breaks here, then the heart. So in the brain one has to realize that the whole thing should be registered first of all. The whole deliberations must come from your brain to

begin with. The whole thing is absolutely logical after realization if you see it. Once you accept it logically you will stick on to it very well and then put it to your heart but do not analyze it. Logical way of looking at things is this way, yes it has worked, it is going to work out.

It has solved this problem, it's going to solve all the other problems. Now you can sit down and analyze, oh it has solved my problem this way all right now but could be that and could be this, then you are gone. This kind of attitude towards Sahaja Yoga is very injurious to your progress. Just see how far you have gone and how far you have to go than to just go on criticizing yourself and blaming yourself and bringing yourself down. After all you got it because you are a special category, because you are seekers so I have to do it for you, I mean it. It has to be done, one has to do it. You deserve it. So why go on criticizing yourself all the time with this brain which is used to analysis, how can you analyze yourself? How do you analyze your realization I don't understand. Why did you get your realization, can you analyze it?

Can you? Anyone of you? In the same way one should not analyze whatever you are getting, go on accepting it, taking more and more. You have to have it. You receive back, you turn your back to the Divine. If you go on criticizing yourself all the time, oh why did I do it, why should I do it. The only disease you people have is the left vishuddhi which is you know feeling guilty about something that doesn't exist now anymore. Enter into the present, forget the past, forget it. That will take you to another dimension which is to be avoided completely. Not to feel guilty.

Be cheerful. You have to have a very cheerful disposition after Sahaja Yoga. Do not analyze yourself. As I have told you by analysis you'll go up to the point of electromagnetic level where you'll be just pulsating like that, paramecium you see. You are a human being specially created, so beautiful, so try to understand yourself. Try to understand yourself. There's no word which can tell you. If I say feel that means it can be any nonsense. If I say think it can be another nonsense. But to be, to be that is the point, to be that.

Just to be that is the enjoyment and the happiness. Thank you very much. May God bless you. I see some faces smiling for the change. Would not smile, even I certified that worth smiling it is. You see it is very certified, still they wouldn't smile at any cost, you see. Like Shakespeare describes. All right, let's have the [unclear]. Close your eyes. Close your eyes.

Just keep your eyes shut. That's important because as you know that Kundalini doesn't rise above Agnya or Hamsa Chakra if the eyes are not shut. So keep your eyes shut. Whatever your category is according to human understanding, you see, whatever race, whatever intelligence, whatever type of profession you have, whatever it is, it's not important to Sahaja Yoga. The category is only one that you are serious. You don't have to think what things you have done wrong or anything, please. Don't count all these things. Just forget it, just forget it. The time has come for you to have it and you are going to have it. Let your attention be loose, absolutely.

Don't put it anywhere. Do not concentrate at any point. Just let it be loose, it will work out. The Kundalini has to rise. Now you have to say that God is the doer, He does everything. Till you are Self-realized you will not know that He is the doer, see, because you have not seen His doing. If you just say that He is the doer, not me, I am not the doer, but I am the Spirit. He works it out through your Spirit. He is the one who gives you the capacity to love also. He gives you the capacity to evolve.

And He is the one who acts for it. So if you are the Spirit you become the witness of His play. Hmm. Because you are a seeker you have to respect yourself and love yourself and be kind to yourself and there has to be no awe because I love you much more than you love yourselves. I can prove it to you. So there should be no awe about Me. Hmm. That's better now. Those who have come for the first time, are you feeling cool vibrations, any one of you? Are you feeling cool in the hand?

Good. Are you? Yes, no. The one who is not feeling please raise your hands first of all. Raise it higher, higher. Yes, yes. Just can you have a look at them and those who are feeling, first of all those who are not feeling just see them. One, two, three, four. Yes. Can you come and do please keep your hands up there.

Please let them see that if you are feeling it [unclear]. It's important that you should feel it. Actually all those who have come for

the first time raise your hands is the best way so they can also judge it. All of you who have come for the first time. Is she feeling the cool breeze? Are you? You are feeling your aura. What about her? No? All right.

Feeling good, good. Keep it like that. Good. You are feeling it too. Now also those who are feeling it just see them, the centers. You have to have them. Those who have come for the first time ask them to sit here in front. Please, be seated. Good. Now is it all right?

Close your eyes. Working now. Left to the right, left to the right. All right. What do you say? No, right to the left. Is it all right? But still. Please watch here. Don't watch others.

All right. Just watch Me. What about these people that have come for the first time? Have you? All right. Please be seated. They will look after you. Sit down. Just put your hands towards Me. Watch them.

First of all you must see which side is higher and lower. You see? Just see for which side is higher and lower. Give them a balance. First of all you must judge. You watch Me here. It's all right. Left to the right. I will not. Right to the left.

I'm sorry. You've been to some guru or someone before. Have you? Never been. Or to some sort of a spiritualist or something. Never been. Are you a Catholic? Have you been to a Catholic? I mean have you been a Catholic? It's all right.

Now are you a Protestant or what? Then what are you? Never believed in God or never believed in any such things. Never. But there is God, isn't it? I mean you don't believe in God at all. Didn't think of Him. You felt that there is something beyond or not. That's the point. You did.

You did feel, isn't it? After all you are a seeker, you are a born seeker. And if you have discarded all these things it's sensible also. So it's quite foolish there sometimes. Ha. Is it? Is he all right? Are you all right? Now don't doubt. He's there.

All right? Don't doubt. What about him? Right. Right to the left. Right to the left. Forgive. Forgive. You must forgive. Forgive people.

All right? Just say. Oh you are very good. For? Oh they are very good people. They have come from Paris. What? You happen to meet all seekers of the world somehow? Now how is this gentleman? Are you all right?

Have you been to some guru whatsoever? Have you been to some guru? T.M. Put your right hand like this. All right? Left hand also. Right hand also. Ah, feeling anything? Put your hands still. Feeling?

Some movement. Very subtle. All right? What about him? Very good. Yes. Right to the left. That you have to be careful now. Lots of things have to be done to clear it out. Can you put him right to the left?

Right to the left. Yes. Yes? Right to the left. And Narakasura is [unclear]. What about him? Clear? Left side. Left to the right and this also. How are you?

All right? Better now. When you came you were not all right. You must do meditation. You must clear out yourself. How is she? Will you please remove her agnya? Clearly I would love to see. Just a little more. Can you.

On that side also. She has Ekadasha Rudra All right. Say the mantra and it will work. Just put the thing little bit. Have you got any? Can you give her a clip or something? Have you any got a clip or something just to see her ekadasha? You been to some guru? That side, this side, this side. Have you been to any guru or anyone?

What she say? You? She saw Me. Where? She never went to anybody else before that. She has ekadasha rudra somehow. But have you been reading about things like that? Hmm, that's it. That's how it's all accommodated here. A little.

That's all. It will work out, no problem. Just see the mantra. It will work out. Let him put his. Is he feeling anything in the hand? Huh? Warm. Put your left hand on the stomach, this side, little this side, on the liver. Ah, now better.

Cooler now? In the hand. The coolness. Is it cooler now? Try to see. Try to see. It's very subtle. See. So, left to the right you just put it. What work do you do?

Huh? You are studying what? I know. Biology. Better. Biology. Now don't start thinking. Just don't start thinking otherwise it'll stop. All right? What about this gentleman?

Ask him to watch Me here. Are you feeling anything in the hand? Bad Vishuddhi. Just put your bandhan on your Vishuddhi He is good. But don't feel guilty about it. That's all. All right? That one thing is not allowed in Sahaja Yoga to feel guilty. Don't start and think you have done anything wrong. That's it.

1981-0604, Improving our connection with the Spirit

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4 June 1981

Dangerous Sahaja Yoga?

Public Program

Hampstead Friends Meeting House, Hampstead (England)

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Public Program, Hampstead Meeting House, London (UK), 4 June 1981.

We, on Earth, understand God with our earthly understanding. We understand Him through our mind, through our imagination, through our books, and other things where He's described as such and such. There is a big mystery : God and His divine power. It's a big mystery, mystery for all the human beings and you cannot conceive it, with your limited mind.

The working of God's divine power is also very mysterious. Whatever we call mysterious means that it is beyond our mind, we cannot conceive it in our mind. His power of love is very mysterious. What we think is love, is not the way He loves us. Or His power of compassion, His power of forgiveness, is extremely mysterious for us, because we are so imperfect. Because of our imperfection we cannot understand a person who is absolute who is perfect. When we see Him, we see through our imperfections, and that's how we form our ideas according to our own imperfections about God.

Say for a small little ant, if we have to convey the political issue that is facing Britain today, is it possible? Because for the poor little ant, it is not even conceivable that we have a mind which thinks, which has imagination, which projects like an octopus, goes all round, catches this, catches that. It cannot even understand that we have a kind of a freedom by which we can do what we like. The conception cannot be contained in that little mind or little head of that tiny creature. But the difference between an ant and a human being is, that ant has no ego.

Now the problem with human beings is this [Shri Mataji smiles], that despite the same co-relationship, or we can say, despite the same parallels as a human being and God, and ant and man, to top the whole thing is the ego part, which in a way makes us even lower than an ant. Because our reception is so poor, that we cannot see that there must be something mysterious about God.

God has to be a mystery for human beings. And to understand the mystery, we have to enter into a new realm, more than what we can really understand with this human awareness. There has to be another plane from which we should try to see this mystery, because we cannot understand anything about it, how He does it. I mean see now, in chemistry if you see the periodical laws that exist it's fantastic ! Absolutely fantastic. Look at a little ameba, how it acts, and look at small animals who live in the rivers and who live in the seas. The number of creatures that are living harmoniously, not like human beings, but quite harmoniously, accepting each other's demand, even on the life.

So with this freedom, and such a big mystery and a big ego in between, it's difficult for us to conceive Him, His greatness, His compassion, His love. That whatever He does, is for the betterment of our Spirit. Even if he kills someone, it is for the betterment of the Spirit. Even if He thrashes someone and throws him down many hills, it is for the betterment of the Spirit. When he puts you to problems and troubles, it is for the betterment of your Spirit. Anything that happens to you is a testing ground for the betterment of your Spirit. He's working day in and day out just to improve your awareness in your Spirit, to feel your Spirit. Everything, the nature, the beauty, everything is working it out, so that you, the human beings, should feel His beauty, should know Him in your own awareness, should feel the vibrant love of God. For ages it has been worked out imagine! Since this world was created till today, with various Incarnations, who came on this earth to represent Him, to talk about Him, to work about Him, to improve our different centers within us.

And then suddenly, when we are placed face to face we can't believe that it can happen to us, which is a mixture of, I think, ego and superego, both. First of all we cannot believe ourselves that we are capable of getting Realization. And secondly, I think, that we are afraid to get Realization. Thirdly we do not trust anyone who talks of Realization. The third one is a good idea, not to trust anyone, but at least trust yourself, you start from that point. You trust yourself that you should get your Realization, otherwise why do you call you're a seeker. You have to get your Realization, no doubt about it. But when it comes to trust, whom do we

Say for example, when Christ said that, "God is My Father, He has sent Me specially to do this work," we couldn't believe it, this man a son of a carpenter talking like this, better crucify Him! And our compassion went to a confirmed thief, than to the adoration of the Son of God. Now when He's dead, of course, He's Son of God, there is Holy Ghost, everything starts, I mean, when He's no more. Then people start believing. I don't know why, even today they believe He was the Son of God. Why do they believe even the Holy Ghost? I mean even the Bible, why should we believe it? What is the authority of Bible? I mean, Islam can ask that question, a Muslim can ask a question: "What is the authority of the Bible. Why do you believe in Bible?" I mean, if you take out the Bible they say, "What is the authority?" They might say, "Christ is the authority." But Christ never wrote Bible.

So what is the authority is your own ego. You want to believe in it. You want to believe in it, that's all. You want to believe in it. That helps you to sort out many questions. Because anything happens, you'll say: "All right, it's God's wish." Because we can use Him better when He was crucified. Before that we cannot use Him, because he was independent, He was living there. When He died it's very handy so we accept Him, we do not question. So was that a mistake, for Him to say that He was the Son of God?

Do you think it was a mistake that Christ said that He was the Son of God? Because of that He was crucified. Do you think it was a mistake that He said the truth about Himself? Would you say that? How, how can you justify Him saying that : "See, if He was crucified for that, then He was indiscriminate" one would say that: "To say such a thing, there was no discrimination; it was not wise to say, after all He would have lived longer, He would have spent better time with His Mother, He could have built a house or something like that." He would have amassed some money or some sort of a very important thing He would have done.

But there's the mystery.

That's the mystery we do not know, because we want to see it from our angle and at a point we just give it up. We don't justify, then we do not rationalize it, at a point we just give up, "Oh, it's all right, He's God." We reach a point where we say, "All right, He was Son of God, let Him, whatever He wanted, He did. Whatever He thought proper. How are we to judge?" But now, not when He lived. I must say God is a mystery, but human beings are greater mystery than God- to me at least. I mean, they know how far to go and how to switch off, suddenly, to something, "oh that's divine". Up to a point they go on rationalizing, intellectualizing and then they say, "Oh that's divine, finished." None of you have seen Him walking on the water, did you? Nor He being resurrected, none of you have. So why should we believe that He did that? That's the question we should ask ourselves.

But He did, that He was the Son of God, but how are we to believe into it. We have to become something more to know the mystery of His life. Why He crucified Himself, why He accepted that life and why with all His powers, that He's going to come to destroy the whole world now, why did He not destroy these people who were trying to crucify Him? What was the role He had to play in his lifetime? We cannot understand it with this human awareness, we have to become something more. And that's why He again and again said, "You are to be born again." How many of us think that we are to be born again, are we born again? We certify, many people certify, "I'm born again, I'm a Christian," meaning born again, isn't it? Musulman means the same, and Brahmin means the same, those who are born again. Now how are you born again, is again, a make believe, that I am born again, self-certification. Walking around with the certificate, that human beings giving the certificate to human beings.

So where is the truth? But if you are ardently seeking the truth then the mysteries can be open to you. But you have to seek the truth, and truth, and truth alone and nothing else. If you want to live with your ego, go ahead, nobody can cheat you. When you start seeing your ego you have to know that this is not yourself, there's something beyond. Because through ego, whatever you have known is all a chaos, all that knowledge that you got with ego is creating all the problems of the world. All the fears you have gathered through your superego is another disaster for human beings. There must be something that God must have put within us, some light, by which we can see something beyond our ego and superego. Unless and until that happens to you, you cannot understand the mystery of God and His love, you cannot understand. Human love has no depth to feel the depth of God's love and His heart, is so self-centered, is so ego oriented. His heart has to melt, open, it has to melt completely and flow. This frozen heart is like an iceberg, has to be dissolved in the ocean of His love, otherwise you can never get to the depths of His love.

Some people write to me, "Mother I am not in love with some and some and so how can I be happy with that person, that person will be miserable?" Now you are living with that person for years, your are having children from that person you don't love. You don't love anyone, you cannot love, you don't know what love is. They fall into love, you see? Falling. [laugh]

And some sort of a thing for them is love, I don't know what is love for human beings, to be very frank I don't understand. Here they fall in love and next day they're out to the courts. And according to them falling in love is something, you see, out of the blue : "Oh! I've fallen in love, you see, oh, done." I've yet to come across a person who has really fallen in love. Because as soon as

something comes up, that companionship, and that love, that enjoyment of oneness vanishes. Heart has to melt. Hearts must meet where they have no stones in between, otherwise the stony hearts will just break each other. [Shri Mataji laughs] Imagine, two stones trying to meet each other, loving each other. How can they love? I can't understand. It's a big mystery that human beings know how to live with artificiality and with false beliefs, you see. They compromise, but Spirit does not compromise with it, I tell you, it does not. It forgives, because it loves. It just forgives goes on forgiving, forgiving, because it loves. And then it punishes also, because it loves and it destroys also, because it loves.

Thus the Spirit has to shine through your Self Realization. Talking big about Self Realization, pay hundred rupees get your Self Realization, all this nonsense is at such a low level and such a horrid thing, that the beauty of His mystery is just left alone. You are in the chamber of a Satan to believe in these things.

Here, in the Kingdom of God, there is forgiveness, there is love, there is compassion, there is understanding. There is complete all pervading assurances and a support, and a hand that wants to raise you. An anxious Father who wants to soothe you, to give you joy, to give you eternal joy. Can you think of someone like that in this world? He has problems, many problems. He has problems, but the greatest problem is that He cannot have a rapport with His own children. That He cannot give what He wants to give to His children, who have a heart, which has no emptiness in it, which cannot be filled like a cup with His love.

Kundalini does that suction in our heart, no doubt. But first, She enters into the brain, into the limbic area, and then it proceeds towards heart. So this mystery is solved once we start engulfing our brain, our thoughts, our thinking, completely drenched in the showers of His Grace. Otherwise this spiky mind can never receive those beautiful dews of love which fall, these dew drops. You have to be a flower to receive it, a very soft, tender, receptive person. And then only the fruit appears when you mature the heart, heart of a saint, which is larger than all the oceans of the world. Such wisdom of enjoying one's own love, just that love, that flows.

This mystery, I wish all of you could achieve in this lifetime. Give up your ideas of judging something on gross levels. You have to become subtler. Try to enjoy things, do not be joy killers and you will get the benefit of this, in such immeasurable quantities.

Try to receive, receive more of the grace, drench yourself with them, it's so soothing. It is the energy that soothes you. Can you think of an energy that soothes your mind completely, that gives you wisdom, that co-ordinates the whole atmosphere to make you happy? This Divine energy is all pervading, and to understand the mystery of that All Pervading Power, you have to become self-realized, you are to be born again, there is no other way out, and to mature after this rebirth. It's easy to make fun of someone, very easy, but what did you get all these days making fun. Now you are here to get really something substantial, better have it. Thank you very much. May God Bless.

(DELETE Today I would request you to ask Me some questions, because there's such still time and would be better if you ask some questions to Me. Some questions, David, you shouldn't get so serious about it. What's the matter, are you not all right? You'll be all right you just put your left hand up just like that. Left, no left I said. You see when they feel, you see)

Doctors treat physically, psychologists treat mentally, others treat, I mean, as I said that, "There's one doctor for one hand and another for this eye. DELETE(Seeker interrupts) No integration and no understanding among themselves. Now, even I've seen that, psychologists when they treat patients, I mean really, they're putting their hands into a mouth of a serpent. They don't know how they're affected. They don't what happens to them. That's why they're so perverted. I mean Freud you can explain because, you see, he must have been contaminated with all kinds of problematic people, you know, very pathological people, and when these people come to you, you try to sort of cure them, you cannot, because they are absolutely off people, you see. But you try to build them up and this is all artificial sort of thing, you try with them. And what you do it to exchange that disease, or to also share it. And then, that's why this psychologist when, they write they look so abnormal, because they always meet abnormal people, they never meet normal people. So to them, you see everything, like Freud every thing is sex, I mean, any normal people would say, " Eh, what's that, how could it be?" So that's what happens with the patients, that's why I said could be your profession because you meet all kinds of people. Sometimes what we call very physical troubles are starting from the mental, very much I tell you, even cancer. You'll be amazed, that I have now treated many cancer patients and have not come across one of them, even one of them, whose problem doesn't start from the left side, meaning the mental problem. See you'll be surprised that cancer is, actually the base of it, is a mental problem. Now the doctors have said that they saw some proteins attacking and triggering cancer, and these proteins they call as protein 58, and some such names they give them. And these are living proteins

they enter into us, into our awareness, and they live within us in areas, which are unknown to us since creation, they have said it now. But this I've said about at least ten or eleven years back. What are these areas, from where they come, how they attack us But this is the setting of thugs (?), and how the triggering takes place.

DELETE seeker interrupts.

Yes, there must be something that triggers it. But the left side is the side, which we call as the side, which has to do with our emotions. Now the trouble is, doctors also do not consider that left and right sympathetic nervous system are two different systems, they think they're one. I mean so far they do not know that they're absolutely two different systems and they work separately. But because they're so connected you see, that you feel that both are one, but they are not. In Sahaja Yoga you can find out, that they're two systems and they work separately, one is for emotions and another for physical and mental activities. And this must be the reason, you just put your left hand and you'll be better off I think, and your right hand like this.

DELETE (Now new people who are they? Good. Did you feel any cool breeze? Did you feel any cool breeze in the hand? Mother converses with seeker about feeling the cool in hands.)

I'll tell you what cool breeze is. When you become subtler personality, you see, it is everywhere, this is all pervading power. You don't feel it normally, but when you become subtler, then only this feeling starts coming in and that is the proof that you have become subtler. You must start feeling the cool breeze coming from here. That's the proof that you have become subtler, that means you are twice born according to us, because that is the sign of a realization. Now it's written in the Bible also that one feels the cool breeze of the Holy Ghost, you see, cool breeze of the Holy Ghost.

But Bible is a mystery of mystery, because first of all, they never allowed Christ to live long. I mean, he could only work for four years, can you imagine? Four years I was struggling with six Sahaja Yogis in London. Four years I was struggling with six of them. I must say Christ at least had twelve of them. He was better off. He could not though give them realization, he was a bit fed up, and this is what it is. And then to explain all the mysteries I mean, you cannot put your foot anywhere. See you don't understand there are limitations If they say anything everybody is sitting there, "You said so, all right catch hold of him. Did you say so, all right, listen?" As if you know, everybody is feeling attacked. There's such a lot of fear is in human mind is. That anybody says anything which is truth, they can't bear, can't bear the truth. In Sahaja Yoga also there are mysteries. Everybody doesn't know everything, in the beginning gradually they come to know. In the beginning everybody does not know everything because it's difficult for human beings to bear the truth. It's not that I have any fear from you. Like if you know anything about me I'll have any problems, because thank God, you cannot crucify me this time. But I have a fear about you because you'll be upset. You will be upset, not it's me, you will be upset, oh that's the truth. So the Sahaja Yogis are prohibited from telling much about me, better talk about Sahaja Yoga, Kundalini, this that, because people get upset about it.

DELETE(Now just put you hands like this, just like this, put your both hands (inaudible))

Now it's a spontaneous happening, has to happen. If it does not happen then there's a problem. And that problem is to be corrected, and there are ways and methods of correcting. Now, for that, you have first of all, to see where is the problem is. Now for those who are realized souls have got this flow of this energy in them. Now if they move their hand even like this they say, "Oh, they were doing hands like this." If they have to move, I mean supposing there's a screw that is to be driven in, you have to drive in the screw, isn't it? You have to do something about it. That is also objectionable for people you see, if you sit here transfixed if they try to do anything then people run away. We have had such horrible experiences of these, running away people. We call them Bhadaruyi in our language. Bhadaruyi means those who always run, take on the run, who are always on the run. That if somebody tries to raise the Kundalini also they say, "Oh," see these are mad people they just run away. They just want to hear what they want to hear. They have their own conceptions, and they want to see those conceptions being said to them, just pampering them. But that's not the truth. Somebody has to tell you the truth, and people are not willing for that. It's a big problem, to talk to people. They'll go on asking you questions after questions. Then what is this, then how is it, why is it Mataji alone, that's very common in England. "Why Mataji?" I said, "You do it please, for God's sake, I'll be very happy. I would like to retire." But why is it Me, better ask God Almighty, why is it Me? But if it is Me, I have to bear the cross, what to do. Why it was Christ? I mean, you could have been better that way, some people can say, that any one of you could have been better than Christ, could be, might

be, but why not?

So you come to the point, that you cannot explain everything in the beginning, if you do you get upset, people get upset. So just we say, "All right see now first of all let it be, first feel the cool breeze." If that cool breeze is there then we talk about it later, all right. So step-by-step we go. First of all you must feel the cool breeze. Otherwise the other day I was reading an article about because, these people have taken a bath or some bath they were sitting and meditating. So the lady had a big objection to the bath. I mean what is the harm, if they have to meditate in bath, what does it matter. If you meditate in a palace they will say, "Oh these people are all sitting in a palace, all right." If you are sitting in a bath they will say, "They are sitting a bath." What do you do, you hang in the air they say, "They were hanging in the air." I mean, you have to be something, isn't it? Like some of them have an objection, why should she be an Indian she could have been English, Baba, what to do, I became an Indian, I had to be something, isn't it? It's such a helpless condition. You don't know what to do with yourself. This is the problem and this what happens, that's why I say, you first get your cool breeze all right, then we'll talk about it. . Now this you cannot get by yourself, can you? You cannot. By thinking can you? No.. So you should get your cool breeze that's the first condition of Sahaja Yoga. If you do not get your cool breeze then you are not yet started understanding. This is the first thing that should happen you get your cool breeze, then maintain it, then go further, all right?. So we have to see if you are getting the cool breeze or not, then we'll talk about it later.

DELETE (Are you? Not yet, what about you? Look at this visshudhi. So are you a Jew, no, or a Christian, which one? Are you doing a catholic or protestant? Everyone did some sort of mistake, no doubt. You can feel it here, you see, just feel your forehead here. You can feel with your left hand, here higher, see there's a lump. Is there, can you feel, that's it that's the problem. It will work out, just rub it, rub it hard. Are you better doctor, just put this hand, stiff your not well doctor, you have to have some treatment, all right.) You are not normal according to Sahaja Yoga and you need little treatment, all right. So I'll tell you what treatment we have to give you for this.)

A seeker asks a question about raising Kundalini being dangerous and Sahaja Yoga

This is, you see it would be dangerous for anyone to do something which they do not know. For example if somebody says, "Car driving is dangerous," would be for a person like Me, I've never driven a car, you see. Next moment you'll find Me sitting on a tree and the car in (Inaudible). [Shri Mataji laughs] Absolutely I tell you, I can't drive even one inch. So with such a person if I say car driving is the most dangerous thing, should you accept that? The same thing, somebody has to know the job. First of all it's a Divine work, it's the work of God Almighty. Such a person has to be a holy person, has to be a honest person, has to be divine, otherwise they never come. (?) If you are not a holy person, can you raise the Kundalini, which is the holiest of holy within you? She doesn't understand unholy people. She doesn't like them. So such a person has to be something that, that's why it's difficult for these people who want to make money out of Kundalini awakening. Like some people might say that, "To sprout a seed is the most difficult thing. You have to pull out the seed, you have to pull out the primule," but for a farmer, it is very common knowledge, that you put it under the mother's care. The Mother Earth looks after the seed, very simple, She knows the job. So one has to know the job, and those who do not know they try all kinds of tricks, which is unauthorized, unholy and sinful, that's why they suffer.

But to Me it is Sahaja, to Me it is absolutely My nature. I'm a Kundalini addict you can say in modern terminology, or you can say that what else, I don't know what other words you use, I'm not so modern. But a sort of a - the whole attention in a person I have is of Kundalini. I don't know a person otherwise. The face wise I don't recognize people so much as I know from their Kundalini. So it's a different play into which we just go. After Kundalini awakening takes place, then your attention also becomes, you see, so subtle that you can see Kundalini around, you can. If there's a clear sky you can see Kundalinis around, you can. And you start seeing the Kundalini's of people and feeling it, I mean not with the eyes, but you start really feeling them, all around, you just go about like that. Like my own two grandchildren who have come now are realized souls. So today somebody came in and they came and told in my ears, that "This man has a bad stomach, ask him to go to bathroom." So I asked the fellow, "Have you got pain in the stomach?" He said, "Is terrible." Said, "You better go to the bathroom the girls are saying you'll be better off." And he had a big motion, he felt very much better. Now these two girls worked on the fellow, in such a miraculous way, he did not know. He said, "I was having a terrible pain, and when I came here it was even worse." They told me, and they're little girls one is nine and the other is about five, and they did it.

Now there is a nice announcement that I would like to make, that we are having a nice music program on,(DELETE Gavin you tell about that,) pure classical Indian music which will be good, from Sahaja Yoga point of view also, because you can use these notes for transmitting vibrations, it's very simple to do that. (DELETE, and I would request all the Sahaja Yogis to attend this program and we're going to have dinner after that together. And I hope Koolie have you fixed the hall. So will you tell them Gavin what time it is and where. Gavins speaks about arrangements.)

You see, this is just meant for Sahaja Yogis, because only the Sahaja Yogis can understand the value of this particular program, because it's more the notes, and the extension of these notes, and the permutations and combinations which we are going to work out.

(DELETE so please ask all the Sahajs Yogis to attend it, from Brighton and all these places if they could come would be a good idea. As it is they come for Sunday program so I think it will be all right. So are you all right now? Seeker answers mother.)

No I know, you see. So I tell you it is true, you see, it's such a big book I read, such big book on Kundalini. And the fellow says, "Perhaps the Kundalini is in the stomach." I said, "Now what to do?" And because it is written down, it's a law. You see for people if it is written down it become a Vedas. They just can't talk to them. Said, "But in this book it is written in this." How much does it take to write? In the stomach he writes in such a big book. And a German, imagine, supposed to be very meticulous and truthful, writing such a big book, and saying that it is in the stomach. When I saw it I said, "And such diagrams, you can't imagine." All the diagrams of Gray's anatomy is there, everywhere, all sorts of diagrams there. I said, "This man what is he talking, God only knows." You see God is something everybody can use, anywhere. There's no law against it, do what you like. People have used God for their own purposes.

(DELETE Is it working out? No. Good. Are you all right, are you feeling? Just you can feel it just see if it is not there on the head. May be a little hot there. Is it hot? Warm, all right it will cool down. It should cool down a little. Are you all right? Good. Are you?)

Seekers asks a question about facing one's real problems.

Now I'll tell you the answer to this very simple is. Say if you are in the water, and you see the waves coming into you, and you are frightened of them, but by some chance if you get into the boat, you can enjoy them, and you can see them. Now it's nice to say that when you are in it, you face them better, actually you do not, because you have no solutions. You have no solutions. And when you are above them, then only you can solve the problem. To give a very gross analogy we can say, you are going in a car, all right. And something is wrong with the car, you have to get out of it to see, you have to get out of it to see the problem clearly, to solve it. If you are in it, you are involved into it, you are biased, you are in fear, you are in trouble, you can never solve the problem. And then, it is even more dangerous because then you play into the hands of people who have vested interest. They may play about with it, and would like to use that to blackmail you, or to trouble you, or to torture you. But in Sahaja Yoga you don't have to tell Me anything. I mean, there are no confessions, I mean, there should be no confessions at all. What is the need to confess, because I know what's the problem is. But I know the problem, and the problem that is at the root of it, at the base of it, which has not yet taken the shape of an actual problem, but where it is really troubling you at the root of it. For example, before the thought rises in you, it is first stirred in the abstract, you see. In the same way the problem is in the abstract that comes to the gross.

So if you can know the problem at the abstract point, you can cure it, in a much better way and improve it. But you have to get out of the problem to see it. Your mind has to be out of it to see it, to solve the problem. And then, when you are solving it yourself you are solving it through your ego or your super-ego. You have only two ways, either you solve it with your aggression or with your depression, there's no way out. But the Self has a power of enlightening the whole thing, like this room is in darkness for example. One way would be to clean this room or to solve the problem of this room, is to aggressively come inside, go like a bull in a china shop, do what you like, hit yourself and get out. Another could be, to be afraid of, see come here, get underneath some, one of the chairs sit there like a rat, and go off go off to sleep, and get out, thinking maybe that we have faced the problem. But you have not because there is no light and your eyes are not open. But when the lights are open, you walk in, you know what's the

problem is, you clear it out. So one must have enlightenment. Without your awareness being enlightened, you cannot find out how to cure yourself, how to get out of the problems. Just see, anybody fighting a devil in the dark, you don't know whether you are fighting yourself or the devil. So light is important to see and that light is the Spirit.

Seeker makes a comment about actualizing the Spirit.

Actualize is the point, actualizing. Is not just talking about it, actualizing. No it is there, actually it is there, I can see it, it's there. It's to be actualized, and already God has placed within you this power, which is called as Kundalini, which actualizes it. Now why it rises, awakens, because something has to happen within you so that your attention is attracted inside. Once your attention is attracted inside then that attention gets enlightened. Once you get enlightenment you can feel your own centers and you talk in a way that people will say, "Mother my right Agna catching," means my ego. But they don't mind saying that, "Then Mother, I'm getting egotistical." They don't mind saying that, because they can see themselves. They might say, "Mother my center heart is catching," means your - I'm are feeling insecured,(sic) all right? It has to work our first, you can only have the value of this when you get it. You do not stand on the fence, just have it. Have you been able to solve your problems? Not so far. So better try this method. It is so dynamic that the problems do not exist. Your priorities change, then you start solving the problems of others, you become your own master.

The situation where, somebody who is afraid of a car, then the somebody starts learning how to drive a car, and the driver teaching. Then somebody learning how to drive a car. Then after that, the master of the car, you become. You become the master of yourself. Complete master of all the problems, you become, and you play them just like a drama. That situation is very much close, then must you deny it? Tell your mind to understand, magnitude of your own capacities, which have not yet manifested, you see. They must manifest, you have to know that they have not yet manifested. They must fully manifest, you must find out meaning of your being, you must find out the role of your life, why you are here.

(DELETE Better now David, now put your another hand toward me. The other one, Just (inaudible) will be better.)

There're so many ways also to correct yourself in Sahaja Yoga, which you have to try later on. But at the first shot you get realization then you have to establish yourself, no doubt. (DELETE No question from any Sahaja Yogi so far. Gavin or someone.) They're beyond question, they're problem solved, David)

I have to ask you one question, When are these journalists going to start writing something constructive? Otherwise, they are just waiting for some horrible things to happen, and to publish it. How to make these journalists understand, that the time has come, for them to write something that will not shock everyone. Actually we are under shock because we read newspapers, and the world is not that bad, human beings are not so horrid. There maybe one ripple here and there, but I mean, the way they make life so miserable that you find as if it's hiding here or there, everywhere. Why can't they think that they should publish also something that accomplishes joy and happiness? It's very difficult to understand this.

Seeker makes a comment About people getting paid for printing bad news.

But I must say that they must have found out also what they do with all this payment. You see, all they are having strikes, they are closing down most of the newspapers. That means it's not interesting.

Seeker makes a comment about bad news selling.

(DELETE Mother comments, they have.)

One has to see why people do not like them very much now, because of this, people are fed up, even from their economics point of view. They should change their trend and their methods and give some good news, and some good things. Always bad news doesn't sell. Even this manager of this lady, she is such a, I can't understand the disgraceful things they are talking. No respect for (inaudible)

(DELETE seeker interrupts and asks a question and Mother speaks in Hindi.)

She is asking Me a question, "Does Kundalini passes through all the three nadis or one nadi?" It only passes through Sushumna but the grace flows onto these two. Yes, see the question? Different. She's the one. Question is at a different level, see. See the difference. Attention is somewhere else. So the new people, all of you have felt the cool breeze or not? I don't think you are feeling it, (inaudible), it has to be worked out.

(DELETE what work do you do? Seeker answers that she is a theatrical agent. Theater. Um better now. Relaxed are you feeling in the hand. Good, this is remote control. Shri Mataji speaks in Hindi, and with seeker. Is she feeling, this lady who asked the questions, did you feeling any cool breeze. Just put your hands like this just a little bit, lets see. You've been to some spiritualist, never. What work do you do? Seeker answers Mother. "Office work," you have to forgive, you have to forgive, all right. Just say, "I forgive," that's all, just say, just see, in your heart. You say, "I forgive everyone," in your heart." (Mother speaks Hindi.)

It's very subtle, keep your eyes shut, it's very subtle thing, so please pay attention to your fingertips. Pay attention to your heart, to your Spirit in your heart, and say that, "Am I the Spirit?"

(DELETE Are you feeling, see now left hand. And you are relaxed, watch me without thinking, and just keep your eyes open, watch me without thinking. Hum, better, are you relaxed, are you thinking now? Just watch me again, better, still better. Yes, it is working out, you see, first day sometimes it doesn't work full way, but it does work out, is working out now, see. It's very subtle happening and sometimes it takes one or two days, three days, four days.)

Seeker speaks.

But what is the use of becoming that? No use becoming anything, you see you have to become the Self, that's all. All right, now keep your mind to that, that you have to become the Self, you have to become the Spirit. Don't put your mind to anything else. You cannot become anything else, but your Self, that's all. All that is myth, all right? To just become the Spirit, tell yourself, "I have to be the Spirit, I am the Spirit." You have to tell yourself it's important, that helps. (Delete Ah, now, better, good.)

May God bless you.

1981-0608, The Mystery of God

View [online](#).

8 June 1981

The Mystery Of God

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

“The Mystery of God”, Caxton Hall, London (UK), 8 June 1981.

Yesterday you all enjoyed the music and I was very happy, at your enjoyment. Music plays a very dynamic role in human life, one has to understand that. One of the mysteries I was describing to you, last time, also, created by naad, they call it ‘naad’, you can say the logos or the first sound, the Om, the Brahma. The sound, first time, the sound that was created, when the Primordial Mother, or the Primordial Power, of Divine Love, the Power of God, separated from God Himself. God was the Witness; Witness of the Play of the Divine Power.

There is no difference between the two. God Almighty, and His Power are just like the sun and his rays. For us, for human beings, this is impossible to conceive the mystery. Moreover, in our ego, we think that we can understand Him, is another mystery for me. But, to me it's a very sweet thing to see human beings trying to comprehend the mystery of God. It's like a little child trying to understand the table work of his father; or could be much more.

But this sound, the first sound, which is described as also ‘logos’ I believe, is the sound of this Primordial Power, of this Divine Power, that has created the whole universe. Now one may say that, “How are we to believe that this sound exists?” Of course, one should not believe. But whether you believe or not, it exists! So why not discover it. Instead of discarding something, why not discover it? Is a better way of looking at things. You should keep yourself absolutely open, and see for yourself if it is true or not.

For any scientific man, it is important to be an open-minded person. If he is bound by some traditional ideas or some sort of old-fashioned ideas or some sort of hypocritical ideas, or fanatical ideas, such a person cannot be a scientist. For any scientist it is important to be a very open-minded man, objective and not subjective. You remain subjectively very controversial when you are not Self-realised. Before that every subject is a different subject. Someone likes a blue colour, someone like a red colour, someone likes a green colour. Someone likes to eat ice cream, someone likes to eat something else. Everybody is a different person subjectively. Some person like a blonde lady, someone likes with the dark hair, and everybody has a different idea. There's nothing like absolute among people, naturally, because they have not reached their absolute. So you are absolutely subjective. For music or for anything, whatever you like, is all subjective - colours. I was watching a TV for interior decoration once and I was amazed the colours they used, were so fantastic, so beautiful. I liked them very much myself, but I had some other people watching they said, “Horrid! They are absolutely horrid!” I said, “Then what colours you would like?” “Something grey.” Really? “Or something pale or insipid.” They didn't mean insipid but the colours they liked were insipid according to me. Because if you enter into a room with that kind of insipid thing, I mean you would really recoil back thinking, “Oh God what sort of people are living here?” But the ideas have changed quite a lot that people now think of warmth. I mean naturally they have avoided many colours which are not warm, which are dull. But still it is subjective depending on the conditioning of people. I mean for example Indians like a particular type of colours and English like another type; everyone likes different.

So some absolute has to be found out. So everything that is subjective is useless for a scientist, no doubt, but scientists have not reached their absolute either. What they know as absolute also turns out to be not that - whatever law is said now. They said that everything moves, and goes on moving, like Newton's Law was; but Einstein challenged it. Some said that the things are made of atoms, then they came out with another theory saying, “No, it's made of molecules.” So you are also discovering something, challenging it, checking it, and understanding it. Whatever looks today the truth, may not look the truth tomorrow. So this is not truth. If the truth is changing, it cannot be the truth.

There's something illusory about the whole thing because what you think today as the truth doesn't remain as the truth tomorrow. So there's some sort of an illusion that is working in between. Something you like in childhood, you may not like it in your old age. It's all the time changing. The subjective mood depends on so many things: your family, your treatment, your childhood, your parents, your relations, the country you are born in, the culture you are brought up in. Everything gives you this personality which has that subjective feelings or subjective understanding.

Now the science confuses, confuses more when you see that whatever we have produced through science has not given us joy. Our hearts have become just like stones and we have created devils and devils and devils: like atom bombs and hydrogen bombs and this and that, and now we are frightened of them and we are fighting, "No more hydrogen bombs!" and "No more nuclear things!" and "We don't want nuclear weapons!" Who has created them? You have created them and now you are against it.

Human beings are wonderful. They create something, and then they create an organisation against it. It's rather wasteful I think to go about like this. First you build up yourself and knock it down. Then again build up something else and knock it down. It's very frustrating and one feels so puzzled and confused. But truth is never confused. Truth remains the truth. It never changes. It is absolute - it is nitya. It is never changed. It remains the same. It may manifest in different forms but it never changes. And what is the truth?

What is the truth? In very simple words, what is truth - that God loves us. This is the truth. That He created us because He loved us. It is His love that has created us. He looks after us. He protects us. He guides us. He gives us our evolution as a human being and then He gives us a higher status, higher consciousness by which we know His powers and the powers flow through you - [this] is the truth. This does not change. At monkey stage the truth was there, at human stage the truth is there. Whether you are a drunkard or a sinner or a saint, the truth remains that God loves you. He may punish you in His love - that's a different point. He may be angry with you in His love, but He loves you. Loves what? What does He love in you is your Spirit. The Spirit in you that sparkles. He sees that spirit. He tries to bring it out. For example, you see a diamond, and you see that it is lying in the mud - you lift it from the mud. You clean it, wipe it, chisel it, and make a beautiful diamond out of it. Anything that is created has had to go through some processes. In the same way, you have gone through your evolutionary process. But with what delicacy, with what understanding, with what love!

Imagine, supposing you have to become a monkey suddenly, how would it be? Very painful! Won't it be? And extremely embarrassing too. (laughter) But we have come out of monkeys as they say, supposing we have. Then, it has happened without our knowledge,

without any embarrassment. I mean imagine a monkey suddenly becoming a human being losing his tail, he must be feeling quite nervous about the whole stuff! That he cannot jump from trees to tree, he cannot behave like the monkeys do. I mean it's rather difficult, isn't it?

And to create this beautiful thing called as human beings, without any pressure on him, without any effort on him, without any money load. Because these days interest rates are very high up! God knows, if He had charged you money like the gurus are charging you, to become human beings from monkeys to this stage I don't know how much you would have paid off!

That's the thing is that He loves us and you can't understand His love, that His love is His own satisfaction. He loves you because He enjoys His love. His nature is to love. That gives Him completeness. That gives Him His own meaning. That is His play. That is His joy. And that's the only Truth. Everything may change in this world but that Truth remains. If you have this faith within you - that He loves you - despite the fact that you have had bad problems. It's all human beings who create problems for you, God doesn't create any problem for you. You do not know how much He looks after you. How many problems you have created for Him so that there is a barrier between His grace and you. People have created mountains and mountains between Him and themselves! They don't want to have Him. He's there to pour down all that He has and here such a big balloon of an ego carrying

you through without receiving a single drop of that grace.

So, we have to understand, that we are still children, and children have to behave like children. Not to say that we know everything. Actually you don't know anything, I would say, till you have got your Realisation.

His love never changes. Then His love is victorious - victorious. It surpasses all the efforts of human beings to lose it. Everything we do, everything that is possible under the sun, to make Him unhappy, frustrated, angry with us. Whatever good He does to people, they will turn it into something nonsensical. Say for example, give them money: let them have some Lakshmi's prasada is to, let them have some money, some well-being, materially - that's the best way to ruin people. Give them money and they're out for breaking their heads. Absolutely! You give them the power. Any power you give them, political, economic and other sorts of, social - finished! They know how to break themselves, completely destroy themselves.

The whole wisdom works out at destroying your attention and your holiness and your innocence, your beautiful being that has been created with such, tender care and love. This is supposed to be 'freedom' you know, - liberated. With this kind of mess it's rather difficult to make the children understand that you are destroying yourself so they have to have some shocks. You tell a child, "Don't put your finger in the plug!" But if you say, "Don't put!" Then that must go. It's a sort of a worm in the head! "Oh, they have said not to put? We must!" So they will put the fingers in there. You said, "Don't put it!" - still. Then again you say, "Don't put it!" Still. Then you say, "Alright, go ahead!" And then they get a shock! It can be serious, but what to do? They don't want to listen to you. I can understand children [being like that] and some very old people are like that, I have had very funny experiences of old people also. We had a gentleman here, a High Commissioner, long time back. Indian people have a speciality in appointing very old people as Ambassadors - shaking. I don't know! Americans also do that. And this gentleman was standing next to another gentleman whom we knew very well you see, so we went there and he said, "Meet Mr Gupta." I said, "Look at that! This fellow's name is something else. Say his name was Varma for example. So he says, "Sir, I'm sorry, my name is Mr Varma." He said, "What did you say? You mean I said wrong?" He said, "Not that sir, but my name is Varma." So another fellow comes in. He says, "Please meet Mr Gupta." He says, "Sir, I'm sorry my name is Varma." He said, "Do you mean to say I'm telling it wrong? What do you mean by this?" "But sir but my real name is Varma. Everyone knows me." "Doesn't matter! Do you mean I am telling you wrong names?" Then another fellow comes in. He says, "Now meet Mr Gupta." So the gentleman says, "But I know him, he's not Gupta, he's Varma. How do you say Varma?" "But because I say he's Gupta, you see." In the same way [if] the children are obstinate it's alright but what about the in-betweens? The people who are grown-up, who are mature, who do not suffer from senile decay, who are supposed to be sensible, at the helm of affairs, very responsible people - you see them and you don't know whether to put them as children or senile, where they stand. One can't understand their obstinacy and their stupidity! The way they deny all that is Divine, all that is beautiful and just run headlong, towards ugliness and unholy things, inauspicious. And then they end up with something tremendous that has no chance for them to return. Something horrifyingly powerful that engulfs them.

So, for us it is necessary to understand, basically when you come to Sahaja Yoga, you must have your wisdom intact. If you have no wisdom it's going to be very difficult. I mean I have seen people, walking out of lunatic asylums and coming to Sahaja Yoga because the door is open to anyone who wants to come in. It's free too. I mean anyone who has no place to go anywhere, they come round here, or they go to some cinema show, they didn't get the tickets can come and sit down here also, for seeing. There could be all kinds of people coming down from all kinds of places but, though Sahaja Yoga opens doors to everyone, how much do you open your doors to Sahaja Yoga is more important. That is what is wanted, is the wisdom. Wisdom to understand that, we have not found the Truth, and we have to find it. And that must happen to you.

There cannot be any brain-washing about it. There's no other way, but the actual happening, the becoming. That has to take place. But you cannot demand anything here. No! It's a humble asking for that happening. You have to ask for it.

It is, to be judged, by your Kundalini awakening: how much time you will take, how far you can go. Without that, we just can't say.

You see, there are people, "Can you give me realisation in five minutes Mother?" On the phone I hear the voice. I hear the vibrations! Oh God! I said, "Can you come tomorrow?" "Then will You give me in five minutes?" I said, "Then can you come day

after?" I know I can't give him in five years! Because vibrations are horrid! I have to work, I have to work for that person. Then he calls me. I said, "Come along today my child." "Mother, give me my realisation." - it works out. It's the attitude [that is] very important. If you have [an] aggressive attitude Sahaja Yoga doesn't work out.

You are all welcome. You are welcome in my heart, there where the rebirth takes place, no doubt. But you should value the love of God, and should know that He loves you. And you have to be humble to receive it: that the grace should flow on you that, you should be gracious to receive it. Imagine you go to some place as a guest, and there a big dinner is laid down, and you go and with a big thump on the table and you say, "How dare you do this!" Then they'll say, "Some lunatic has walked in!" They'll say "Oh, get out!" That's exactly what happens to many people who come down to us. In Sahaja Yoga you have to have a balanced - sainyata - balanced wisdom. Wisdom that gives you a balance. If you keep that for a month I am sure you will establish yourself fully and it will work out. It's your own, it's for yourself. You have to have it. You have every right to have it. Agreed. Everything is yours but you have to have a little patience with yourself and respect and attention. This is very important. Then this brahmanaad I was talking about, this Omkara, is made of three powers within us A U M, and these three powers are called as Mahakali, Mahalakshmi, Mahasaraswati in Sahaja Yoga.

These are the three powers that exist within us. Mahakali power is on the left-hand side, as you see, which comes from the right, comes down, is the power of desire. Right-hand side power, called as Mahasaraswati, comes from the left to the right, and the central one is the one called as the Mahalakshmi power which gives you your evolution.

So you have a left-sided power, which is called as Mahakali's is the power of desire, the right side one is the power of action, and the central one is the power of evolution - the third one, the centre one.

The centre one, is the one that has created you into a human being. This is the subtle power within us. But we have expressed them in the gross, that the left and right sympathetic nervous system, are expressed by left and right-sided power. And the parasympathetic nervous system is expressing the central path, called as sushumna - as far as we have achieved in our human awareness.

So in our human awareness we have reached a particular point. To go beyond this, is the modern problem is the latest, the extra, what do you call that - ultra-modern. Ultra-modern problem is how to raise our consciousness to that point where we become one with our Selves, with our Spirit. Otherwise you have no meaning, no meaning to your life. You don't know why you exist. You may go to a hundred places, do what you like, you have to find out your Self. And that is done by the power within you called as 'Kundalini' which rests in the triangular bone, in the coccyx, in three and a half coils, and it rises through all these centres, six, which are placed above it, and gives you your baptism; where the Kundalini breaks through this point, called as 'brahmarandhra' in the fontanel bone area. And you achieve that, you become that - that collective being - so that you start feeling a cool breeze flowing in your hands and feeling the different centres. It's the becoming.

And the whole system starts changing, the priorities start changing and you start seeing the working of the Divine Power. That is love. Not the love that we understand [which] is limited but love that is emitting all the time, ceaselessly. The love that knows, the love that loves, the love that coordinates and cooperates and runs this whole world. That's the Truth. The rest is all falsehood, is all illusion. It's that Power managing everything in this world. The rest of it is all a fake. That's what you have to achieve. That's how I hope you are here.

May God bless you all

Now. Any questions?

I am sorry I am taking tea and you are not taking the tea!

Any questions please? Any questions?

Thoughtless! The Kundalini has risen above this. You cannot think of a question. That's the first trick I do. Kundalini has risen over. Because thinking is a horrid thing! You don't know where you go, like an octopus here, there, there, what you gather.

Yogi: Mother would you please vibrate some lemons and chilies for me? (laughter)

Shri Mataji: What is it my son?

Yogini: He's asking Mother if you will vibrate some lemons and chillies.

Shri Mataji: Of course, of course. That I will do. Not just now. Just wait, I will do it later. Let me give them Realisation first.

That's very interesting. That's another mystery. We have a new relationship in our family and there was a doctor, and his wife has been sick for the last eight years and she's very nervous and she's having lots of problems, this, that. So I told her, "Alright you get some lemon and chilies I'll vibrate it, and they'll work it out." She said, "What? I've paid so much to the psychologist. I've been to this place and that place!" I said, "Only I need lemon and chilies but you have to pay for it. I can't pay for that!" She said, "Alright." I said, "Now you try me." So she brought it. In India it's very cheap you know, lemon and chilies. I vibrated and gave it to her. Next day she came up. "Oh God, what's happened? I'm perfectly alright. What did you do with the lemon chilies? What has happened, what's the mystery?" But her husband is a very fine man, a doctor. He said, "What is this? What is this magic? What have you done? I couldn't get this wife of mine cured all these days! We did every thing, operations, this that. How these lemon, chilies have cured?" I said, "Now I'll not tell you but later on." Such simple things. That's the mystery. The vibrations: same thing.

In Sahaja Yoga some things will sound very strange to people. For example when they give a bandhan to their aura. When they try to move their hands. Because from the hand, the power is flowing you see. So you put, a bondage to your aura, so that nothing negative comes to you. You see like this. Indians may understand it but not in the West. But I am sure [that] when Christ used to do like this, in the beginning, most of the people must be laughing at it. Not understanding what all this is. Or when they started doing Namaz. Now everybody's doing Namaz. Specially in London I think we are all becoming Arabic! That suits us better. I was surprised that there are schools and schools for all the executives to learn Arabic now. It's the money religion started. And when Mohammed Sahib started this thing, I mean, everybody used to make fun of him. It's complete Kundalini jagruti! Namaz is nothing but Kundalini jagruti it is. But these Muslims do they know? Or those who laugh at them? Nobody knows. Both are in the same boat, because one are doing blindly and another are just laughing at them blindly, again.

Now the Hindus when they do puja and aarti do they know what they are doing? They don't know! They do it because traditionally they have been doing it. They don't know how they are giving bandhan. They don't know what they are doing, what is this movement is, nothing they know. But traditionally they are doing it. Whatever it is all these things have meanings.

In Sahaja Yoga you know the meanings of everything. The meaning of these Incarnations like Prophets, like Krishna, Rama, Christ, Mohammed, Moses, every one has a great meaning in our lives. All that you discover after coming to Sahaja Yoga, not before that. Before Realisation nothing can be understood. But once you know, you know. Those who do not know should not laugh at people who know. On the contrary they should try to know and then laugh at them. Then they won't! Then they respect each other and love each other.

No questions there?

Seeker: I would like to ask a question actually. I got my Kundalini awakened by another guru and I've been doing sadhana, but I feel like I've reached some kind of blockage and we're not taught how to overcome these blockages at all and I just don't know what I could do.

Shri Mataji: How can they tell?

Seeker: They told to just keep doing more.

Shri Mataji: You see, that's the trouble with all of them. Naturally they have to keep some sort of a detective story going on isn't it, to sell in the market. They 'know', but they don't tell you, then why do you want to listen to them? You should not. You should ask them, "Please tell us." For example somebody says, "We can fly." "Alright, you fly for us!" You should ask. Nobody has said so far. Why don't you write letters to this gentleman who's teaching you 'flying'. Tell him to drop himself from Leaning Tower of Pisa. (laughter) Yes, good idea! To all of them. You see those who say, "You'll do this you'll do that." You say, "You show us what you do!" But you do not. You go headlong. But the trouble is, oh God, the way you are impressed by this circus! How can there be a circus of God? It has no pretensions. It cannot have any pretensions.

Seeker: I'm not actually doing TM. I'm following the teachings of...

Shri Mataji: What were you doing?

Seeker: I'm not actually doing TM practices. Siddha Yoga.

Shri Mataji: Who is that one?

Seeker: Swami Muktananda

Shri Mataji: Ah! Does he look like a siddha? How can you believe him, now tell me? First of all. Now I'll tell you, I agree with you, but you people are so simple. So simple. You go into his ashram, you meet his disciples: poor things you know, they are good people, no doubt; lost, absolutely no doubt. But what have they achieved? All good people tossing their heads there. Have they known anything? Do they know anything about the Kundalini? Do they know how to raise the Kundalini? They know anything about the chakras? Nothing. Then how is it that you are also there?

What I am saying is that these poor things do not know anything. Now you ask here all these Sahaja Yogis are sitting - they'll tell you where is the catch. Even a child will say the same thing. Not necessarily [that] they should be very intelligent here, or something very developed. Any child will say the same thing as others will say because it's there on the fingers; they are all going to feel the same way. But if you go and see these horrid people! I mean they made the guruees and all these, what you call these, spoons around, we call them chamcha in our language, means the assistants you know, who made a big ado out of these big things. There's no direct rapport with this Muktananda! Horrible thing I say. How many people he has finished like this!

They want money. Let them do smuggling! Why are they after all the saints? They want money that's what they want, nothing else. Their interest is money. But also they want to ruin the saints. They want to have it from the saints. Why don't they do smuggling, they'll do better, than many smugglers. That's their interest. You cannot purchase God. Have they transformed anyone? Why not see other people? Are they transformed? Are they relaxed? They all have blockages. And then they very nicely say, oh very good explanations they have. One of them came to me from this Muktanand, and he said that, "This guruji says, that, 'You have got this blockage because of your purva karmas, the bad things you have done in last life.' " I said, "Really, and what did he say that you were in last life?" "He said I was a pig!" I said, "What bad things pig can do?" "He says might be a pig might have hit a human being." I said, "I have not seen any pig hitting a human being. So what bad karmas a pig must have done?" I said, "This fellow must have been a real pig in his head to tell you that." He doesn't even have intelligence to tell you that you were not a pig, but something that is aggressive at least he should have told you! And then you must clear out your karmas you see. So I said, "What does he do about it? Sitting down there taking money for what? If he cannot clear out your karmas then he'd better retire!" If you have to cleanse your karmas, then what is he doing there? I mean, imagine he has opened a shop, for repairs, and if you have to repair your things then why is he there? What is he doing? "Oh he says he can wash off our one sixteenth of the karmas." Really? But why only one sixteenth? He can wash off all your money alright. And why only one sixteenth. But why do you believe these stories?

They made a big mistake, the Christians I should say: they misinterpreted Christ. The message of Christ never reached India in time to say that somebody was born on this Earth, to take away all our sins. If He's awakened within us, all our sins can be washed out because He is sakshat Parabrahma, He is sakshat Shri Ganesh - purity Himself. If He's awakened within us, all our sins He can, suck in. These horrible Christians went there to convert Indians, and now Indians have come to convert you! That's what it is. Nonsense! It's a very subtle action of negative forces - all anti-God. It has nothing to do with God. Christ is a part and parcel of God as Shri Ganesha is. There's no difference between the two. He incarnated on this Earth for this particular purpose.

Every time you see this church service, "God came on this Earth, to die for our sins." Alright then what are you doing about it? What does that mean? That means: if He's awakened within you, then He sucks all your karmas and your sins so-called. That's why these people give you these explanations. And nobody can tell them off because they start with one theory that side, that we have committed our sins, and that's why we have to pay for it. And here there are people, "We have done original sin, and for that we must suffer." The Christians are suffering from where? I don't know. And there the Indians are saying that we are paying for our karmas, that's why we are suffering and here these are suffering. This is all nonsense, I must say. How God must be feeling about the people, who have been bestowed upon, by all His grace, by all His love, by all His beauty and are 'enjoying' the sufferings and announcing to the world, "We are suffering!" He wants to suck all your sins. What sins can you commit also, human beings? What sins can you commit? You tell me. What sins have you committed? Specially you the saints who are seeking God - what sins can you commit?

Thank God in India the idea of sin is not so strong. In a village, Indian village, a pastor went there, and he told them something about Christ and something about, in their own way, he preached them something. And they didn't know what to say when he was going, for a farewell, to be kind to him. So they said, "Thank you very much for coming to our village and telling us what is sin. We did not know!" (laughter) What sins can you commit? You tell me. What sin? I am talking about Ocean of Love, Ocean of Forgiveness. Is He going to sit down and count your sins or He is going to count the days when you have to have your Realisation, you have to enter into His kingdom? He is your Father who loves you. Any father who loves does not sit down counting the sins of his children. He is just counting days and days just for His children to enter into His Kingdom to enjoy Him. What sins can you commit? And why are you suffering now? Christ did for you all the suffering. Now why are you suffering? That's why the Jews don't want to accept Christ because they say, "We are suffering." And wherever they go everybody had to suffer because of them! But they want to create a story [that] they are suffering now, because if they say, "We are not suffering," means they accept Christ and that they don't want to say. Two thousand years they must suffer more, make everyone suffer with wars and things. Because they cannot accept Christ.

So this kind of madness all over! I mean everybody is just the same. There's nothing to choose. It doesn't matter. Still Sahaja Yoga works out. Sahaja Yoga works out because, as I told you, there's one eternal truth: is that your Father, God Almighty, loves you. Remember that. Write it down everywhere so that you'll have confidence in yourself. Alright?

I'll put this Muktananda right don't you worry! How much money you have given him?

Seeker: Not very much.

Shri Mataji: Dekhiye! Abhi dekh lijiye! Mahati, apne desh ke logon ki! Kitne rupiye khae in logon ka! (meaning: Look! Our country's money collectors - how much money they have eaten of these people!)

Put your hands like this, just now.

Just put your both the feet straight on the ground.

I see someone there! Hello, congratulations! I have been dying to see the baby! Can I have her! Oooh ho! This dolly little thing! I'm sorry I couldn't come to see you in your house! Such a sweet thing as you are! Such a sweet thing! May God bless you. She looks like me! (laughter) Beautiful! I've been dying to see her! Beautiful! Born Realised. Great soul. Now the eyes have opened. Must put

oil there, vibrated oil.

May God bless you.

Hmm. Now put your hands straight with both your feet on the ground.

Close your eyes please. Don't fix your attention anywhere. Don't say any mantra or anything. Just leave your attention free. The Kundalini has to rise and break the Sahasrara, then you start feeling the cool breeze in the hand.

Anybody having just a handkerchief for me? Just I forgot to bring I think.

(5 minutes of silent meditation follow)

Hmm! Better now? Why don't you see these people who have come for the first time, from the back? Douglas, you organise!

Close your eyes! Close your eyes! They'll see from the back.

Just close your eyes, just keep your eyes shut! They won't touch you, you won't know what's happening. They'll just raise your Kundalini. Alright?

They will try to raise your Kundalini so don't worry about them. Just they won't touch you. They will know that you have got Realisation or not, where there are problems.

You got it? Have you? Are you feeling the cool breeze in the hands? No? What's the matter?

Are you?

Anna, just see.

All here is Ekadasha Rudra - complete. Put a bandhan on it. Ekadasha Rudra. Complete. No, this way. Whole thing.

They have got it, she has got it. This one has got it.

They get it fast, lose it fast.

He's got front Agnya.

Aaah!

Ask him to put right hand on the heart.

He's got Vishuddhi. Just give a bandhan.

Left Swadishthana he has got. Hmm?

Void. Void is there.

You can also do this, to raise Kundalini, once you have got Realisation you see.

She's got Void, she's got Swadishthana, Vishuddhi. Haa!

Right Heart. Ask him to put his left hand onto the Right Heart. Ask him about his father.

Haa! Now? Better.

Hands to be straighter.

Ekadasha still. Work it out. Say the mantras. Heat was Ekadasha. Turn it around. Alright now?

Hamsa he has. Left to the Right, just raise it. Other way round!

He too has been I think to some guru. Ask him, he's been to some guru. Ask him. All of them. Ask a question.

Is he alright? Void!

How is he? Agnya.

How is he? Right to the Left.

Not to feel guilty. Please don't feel guilty. Say that, "I am not guilty." Alright? Not to feel guilty at all.

Is he alright? Are you alright?

Alright, everybody feels that way, doesn't matter. The one who is giving you also felt the same way so it's alright. Haa! Now it's alright. Alright?

Seeker: Yes.

Shri Mataji: Good, good. Your face is changed.

Seeker: Very calm now.

Shri Mataji: Yes, very true.

Hmm. Ekadasha Rudra.

Douglas?

1981-0618, There must be something beyond

View [online](#).

18 June 1981

There Must Be Something Beyond

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Hampstead Meeting House, London (UK), 18 June 1981.

So many people are seeking the Truth. This is only possible because we have reached the stage of our evolution that we do feel that there must be something beyond. We have tried everything before. Like today, I received a letter from a boy from Australia. He must have been to all the gurus of the world. What a seeker, I felt. What a seeker he was! To begin with, he did science, then did music, then did painting. He felt that he had not found any peace, any joy. And then he started going to different people, to find out, where does this joy lie.

But even to be aware that there is something beyond, that we have to seek that joy itself, is very significant of these modern times. Modern times are highly blessed, I must say. Really very much blessed. It was never so before. Today I get another news from Brighton that archbishop of black magic has got Realization. I said, 'Oh, God'. I mean, just think of it! What a blessing that is pouring down. How can it work out that so good? I mean, when I was here, in the beginning, with six people studying for four years, when I think of it, [INAUDIBLE Hindi phrase?]. That means the time, the blossom time, is in its full bloom. Absolutely in full action. Now let us see what are we seeking and what God Almighty has done, nature has done for us. And why are we seeking? Why are we not satisfied with what we have? We have sufficient to eat; we are not starving people, we are not just surviving. But still, what makes us seek? What is there within us that has made us seek something beyond? It's better we understand ourselves, as I tell you about it. But I would request you to keep yourself open to what I say. That means, like a scientific approach towards the faith. That whatever I say to you is not to be accepted blindfolded, not necessarily. It won't help Me, either, that way. Blindness is not going to help, but to keep yourself open, so that we see something beyond, we feel something beyond. Like the hypothesis comes forward, like a theory. Even, say, the theory of relativity is still not been proved beyond doubt, but it is accepted.

But the theory that God exists, and that you are a part and parcel of that great thing, and that you have within yourself a Spirit in your heart, can be actualized, can be actualized. And should be seen from that. If it can be actualized, it's the greatest thing that could happen to human beings. Within us lies, if you see here clearly - this is of course a hypothesis which you may not have heard about. Doesn't matter. Because all this research I'm talking to you about, or all these theories that are theory for you today may not be tomorrow, of course. But these are not the work of one day, or two days, but thousands of years. Of the nature that created human beings, and of the human beings, those who went into the search of the topic.

Just like anything, I would say that, there is, say, gravity, existing in the Mother Earth. But it was found out by humans. So first it was created by some force, and was found out by human beings - in the same way, this all was created within us and was then later on discovered by human beings, who shut themselves away from the mundane research of the world, and the mundane things people are seeking. And then people themselves are trying to find out what are we here for. So it's the culmination today that is working out as en masse Realization. It's the culmination of all these people, and the culmination of all this knowledge. It is now being expressed, which is very rightly described in the Bible, in all the scriptures that at this time, it has to happen. The greatest of all was your great poet, William Blake, who has very clearly described these days. After Realization, you will know His importance. Perhaps in this country people have thought Him to be a visionary and some sort of a chemical action going in His head, that He saw all these things. But whatever He has said is coming true - every word of it. And to understand it you have to have this new awareness about which we are talking.

So within us lie these three powers. The first one as you see as the blue one, which arises from the right side and goes down on the left side. This is the power that exists within us - is a very subtle power, which runs into our brain and into the [INAUDIBLE (biological term - maybe optic chiasma ?)]. And this power is the power we have got by which we desire. This is the power gives us our past preservation; by which we have our past intact; it manifests our past. All our conditioning and [INAUDIBLE - maybe superego ?] as Freud has put it - or, you can say, other psychologists - it is this part. This is not the whole; this is just a part, but as I say these psychologists are also - they are not the people who have seen inside. They are not seers. So, whatever they have said about human beings is partial. And that partial thing that they have described is that, is only one small[?] part which also they have not been able to enter into. Inside out, but outside [yet?], so they have not been able to understand it fully. So this is the past, this is the place where we condition ourselves and accumulate all our past experiences. That's how our personality's built; that's how our desires are built. So this is the power which gives us the desiring capacity. Now desire, as you know, is the desire of the heart, or you can say it's an emotional side of life. It's not complete; it's not - it's abstracted. It is we may desire for the, say, the cattle of a big lord, or somebody, but we may not get it at all. So the desire is more abstract.

Then we have the other power, which you see there in the yellow color. Is the power by which we execute this desire. We work it out - is the power of action, by which we put it into action through our physical or our mental efforts. This one stands for our future: we plan to do it, and we think about the future, and is our mental and physical being which is looked after by it.

The central power is the power of our evolution, by which we have evolved. The [SOUNDS LIKE CORRECTED TO Many] people say that we were monkeys, or we were amoebae, or something like that, but they do not know how could it be, why we became human beings like this. I mean, such a beautiful thing like human being: why it was created. What was the need to create, with such a lot of effort and such a lot of [planning out / scanning out?] - why this evolution took place? Science doesn't answer that "Why?"; it just says, "It is so." All right. They have found out that there has been evolution, and lots of things went out of the circulation of evolution. Out of this, human being came up, and he's the one who is standing on this earth as the real - we can say the ultimate - the culmination of evolutionary power.

So this evolution has taken place through us in the central path, which we work the power of evolution; but its power comes to us by our sustenance. For example, a carbon atom has, say ... it's the tetravalent: it has four valences. Then the carbon atom starts attracting to itself H-ions and O-ions, and all these start creating a living cell. Now the living cell again goes into higher animals and higher animals till you become a human being. Now this process of evolution that is within us takes place because you have to become [SOUNDS LIKE Hindi word - samtay?]. I mean, you are not perfect. There must be some purpose to this evolution. The sustenance within us comes by different, we call it, Dharma. Is the sustenance, or in English language they say 'religion', but religion can make us frightened of ourselves. 'Religion' means 'your qualities'. Human beings have ten qualities. They have to have ten qualities, or ten sustenances. For example, gold is untarnishable; gold is untarnishable, and that is the quality of gold wherever you go. Carbon has four valences; in the same way, everything - the quality of a thing, of an element - in the same way the human being has ten qualities it has to have - maintain ten qualities. And once he has maintained these ten qualities, he can jump into the higher awareness where he has to reach.

So these ten qualities are what we call, is the dharma. According to Sanskrit language is easier to understand [INAUDIBLE] dharma; means the one which is sustained within us is our dharma. Is not what X, Y, Z has told you, or anything that we are or anything, but it is absolutely innate quality a human being must retain within himself to be there. And this one is the central path which gives you this quality, by which you are a human. And you have those ten qualities established in you. Now this is what Nature has done for you: that Nature has given you these three powers now. And that Nature has brought you up to a point - up to the threshold - that you have to enter into a new realm of awareness. It's the work of Nature. Nature has worked out also these centers for you. Now these are seven centers basically like seven notes in the music. Basically. But there are twelve because they again make [INAUDIBLE same?] basically; and there are thousands of these centers within us, which are all worked out very carefully by Nature to be there. Now these - all these centers are there to give us a different help in different realms of our life. For example, for physical being, for emotional being, for our mental being, for our spiritual being, these centers are within us. It's a very great thing that is done by Nature.

Apart from that, a very important thing has been done to bring forth this evolution. Is to send an aspect of divinity on this earth - an aspect of divinity on this earth to emancipate, to lead the people. To lead the fish, a fish came; to lead the tortoise, a tortoise came. To lead the human beings, also, a person like Christ came on this earth. They created these centers: for example, Christ has created the center that you can see there at the crossroad, here. This is the window of that. This is the window of Christ [INAUDIBLE arised?]. Now, if you don't mind, I'll talk about Christ. If there are Jews, they should know that Moses is very important too for us, because Moses is the one [SOUNDS LIKE opened up this green area for us?] (Mother pointing to Void area on chart?). So nobody should feel hurt if I talk of Christ. It's very difficult to [INAUDIBLE] in one lecture. But all of them are our leaders of our evolution. All of them are. Like Christ has said, "Those who are not against Me are with Me." Who are those? I mean they did not give Him time even to talk - the way He was killed in three, four years' time. Imagine for four years I was struggling for six Sahaja Yogis in London. In four years, what could Christ do? But crucifixion itself is a very big thing, which He was supposed to do, for a special purpose, by which whatever mistakes you have committed, or so-called sins, or whatever you have done against God, He came on this earth to ask for forgiveness for all of you. And for that He killed Himself, or crucified; got Himself crucified. There's no need: He's a very, very powerful personality. He's extremely powerful personality: in Sanskrit language He's called as Mahavishnu. And He has got eleven rudras, means eleven destroying powers, and He gives them to you later, also.

Now this may be little odd to you to share, that Mother is saying all this about Christ, but we can prove it. It can be proved that it was Christ who came on this earth, on this center within us. Because when this power, which is going to give you your union, the power which is going to give you your Self-Realization, which resides in the triangular bone as you see, is the pure desire of God Almighty. The pure desire of divine power that you should get your Realization. It is not yet awakened - if it had been, you would have been realized. So it is called as residual because He has created the whole human being. Clearly it is sleeping: it has not manifested itself. And this power of Kundalini is the power you can see there, in the triangular bone, in three-and-a-half coils, sleeps for this awakening. And when She rises, when She comes up to this point and stops, we have to take the name of Christ, otherwise it won't rise.

All these centers, which are governed by one of these leaders who came on this earth as human beings, to save us, to protect us, to guide us, to give us our sustenance, all of them are so important at different points that we have to find out at what point this Kundalini stops. With your naked eyes, you can see the pulsation of the Kundalini; with the naked eye you can see the rising of the Kundalini, and you can see the breaking of the Kundalini here. If you put your hand there, in the beginning you might feel a little throbbing, and the throbbing disappears. At that time, you'll start feeling in your hand a cool breeze blows - the cool breeze of the Holy Ghost, as you can say - it's blowing off your hand. It's actualization.

This is to prove all the Scriptures and all the Incarnations and all the Prophets who came on this earth. Of course also to prove those who are false, who have been false - when there is light, you can make out what is right and what is wrong. But is actualization that you become that; your awareness, [the love [in] that awareness? INAUDIBLE] that new dimension in your awareness, by which you can feel within yourself the power of God flowing through you as cool breeze.

Someone may say it's psychological, or, "I'm amazed"; I think because people are too brainy; I mean a bit too much brainy. You have to be slightly less. Balanced with the heart. But doesn't matter - it worked with everyone now, so doesn't matter.

Now, this idea that it can be psychological - let's find out. [And whatever is alone/ unknown?] is not divine. But that also can be proved: that it is divine. It's very simple - I don't know why people don't employ this method for finding out anything whatsoever. Once you have these powers flowing through you, you'll be surprised that it starts answering your questions. Like a computer. If you ask the question, for example, "Is there God?", you get a big blow of that [feeling?]. If you ask about a fake person, "Is he a real person?", you'll feel the breeze stop. Not only that, but you'll become collectively conscious, you'll become, like Jung has said, "You have to become collectively conscious in your next step of evolution." You become. Not by anything that, "You are all brothers and sisters, there should be no race, creed and religion". It just happens to you. [INAUDIBLE Praise God./Means what?] Even these children who are sitting here are born realized. They can say what chakras you are catching. They can just feel it and say it, what centers you are catching. Because on your fingers you have five, six and seven places. You can say what centers

they are catching - I'm just here to decode it. Now I have decoded it; I have told you that this center means this. This center you're feeling guilty - this is very common now. Everybody's feeling guilty for nothing at all. [INAUDIBLE] I mean, should not be there! It's ocean of love I'm talking about, and what is there to feel guilty? What guilt can you have? What mistakes can you commit compared to God's love? So feeling guilty - "Oh, I should not have done this mistake" or anything; whatever I say, I don't know, I didn't say anything like that. But sometimes it happens, works out, that people start criticizing themselves and this center catches. It's called as left Vishuddhi, this side. They have spondylitis with that; they have problems on the neck; most of the people have problems in the neck. It's all due to feeling guilty - you'll be surprised.

And this is very true, that you all can feel your own centers, and the centers of others. You will see your own power flowing. Of course maybe in the first shot you may not all get your Realization. May not. But don't get worried about it. Again, if you start worrying, it will not work out. Keep it open. It will work out. But once you get it you have to establish it a little bit; you have to understand. And you'll be amazed when you will know the [INAUDIBLE Laws?] of the Divine Power. [INAUDIBLE Hindi phrase or All that, then, that's ?], that's why Adi Shankaracharya said that this whole world is [SOUNDS LIKE Hindi word - Mica] - the whole world is absolutely false. Truth is only the Divine Power. [SOUNDS LIKE Brahmadra - this is the Brahmashakti [as you call it/ ?? power]]. And then you are amazed, how it works. And how it manifests itself through you. Oh, you think, "Oh, how could I? And after all you see, I am no good Mother. But how can it?" But it does.

I mean, do you know thousands of years have been spent in creating you? How can you be something insignificant? The whole stage is laid for you, especially for seekers. But seekers are the realists; and the realists want/for? God's love. Don't start counting your sins, because, as I said, Christ, if He's awakened within you, He sucks in all your so-called karmas and your sins. This idea of giving you, "that there are karmas ...": many gurus stop there. "We have got karma and we must suffer, and we are just suffering". Why? Why should you suffer, when Christ has suffered for you? Why should you suffer? So we are sitting down and suffering, and writing stories of our suffering? Suffering is only one that you have not met your Self. That separation is to suffer. You have not yet met your own Spirit. Your Spirit has not yet manifested - is the only suffering you have. And once that happens, everything flows with the wind, and the wind flows, and you can feel that thing happening. The subject matter is too deep and very extensive. I don't know when will I be able to say that [INAUDIBLE]. No more. But it is very extensive.

Today there are lots of new people, so I have said something which is basically needed to explain what is Sahaja Yoga. Sahaja: Saha means 'with', Ja means 'born'. It is spontaneous. Martin Luther said that, that it's a spontaneous happening. But the disciples of Martin Luther flouted it. Anybody who said anything, all these Incarnations, all these prophets, whatever They said, human beings know how to make a pickle out of it. See, they did it. Every one of them made such a mess of everything, I'm surprised, how can human beings think of making Them so dead and finished. Like the flowers on the trees: are so living and nice and spontaneous. But they pick them up as their own; they say "This is mine; this is mine". [Until?] they try on the same energy, of spontaneity. It is absolutely spontaneous. It has nothing to do with any doing or effort. Is absolutely spontaneous. Surprisingly, the word for effortlessness is also 'sahaj'. Spontaneous and sahaja is the same. Like, spontaneously we've become human beings. What did we do to become human beings from monkeys? Did we cut our tails? We didn't do anything like that - we just became. Spontaneously. What does a fruit do to become a fruit? Just the flower becomes a fruit. It's all built in - the whole map is built within us. This is a map that we have within us, which is going to give you your Self-Realization. It is your right to have it. Not only that, but the Divine is anxious to give you, I can tell you, very anxious. That's why there are so many seekers coming. Also, certain diseases like cancer and all that can only be cured through Sahaja Yoga; there is no other way out. Cancer is a 'blessing' of this, so-called, horrible modern times. And the cure of it also lies with the modern times. In the modern times, only, this en-masse evolution was possible.

On the mental side, people are so maddened, so confused, so upset; suffering from so many troubles of the mind. I mean, every third person you find, he says, "Oh God, I've a fuzzy head." Tensions, and all these complications of the nervous systems and all that; they are all because we have not found our meaning. We have to find our meaning. Unless and until we are connected with the mains, we are not going to find the working of our being. So far, whatever we have been worked out as human beings was in our own idea that we thought, "I like this, and I like that." "This is good, that is horrid/not?". [But quite contrary?] there's no relief. But after you have found out your meaning, the Spirit, it's so universal that everybody will say the same, that, "This is correct and this is wrong." There's no difference of opinion. Everyone feels the same way. It's not out of love, as they say that "you love each

other"; you just love - you can't help it. You are in it! You just drop down into the power of love of God. You just can't help it. You become that - you cannot help it. You have to do it. It becomes part and parcel for every one of us. And we don't have to sit down and think about love - it just pours and pours out of us, and pours and pours within us.

What is God? Is nothing but love. His grace is His love; freely distributed and felt within ourselves. That He has created us into human beings out of His love. Because He is the most loving, caring and generous Father we have, who wants to bestow all His blessings upon us. And He is so anxious that you should enter into His kingdom: to adorn you with all His graces and [INAUDIBLE these things?] and all His overwhelming love. That [He's just built within / His just [INAUDIBLE] - it should happen to all of you. It should happen. I'm just a catalyst, you can say. Because I don't want your ego to come up. Some people do come up with ideas, saying that, "Why You, Mother?" I say "Now, [INAUDIBLE] you'd better be there in My place; if you can do it, I'll be very happy. It's a thankless job. You'd better do it. I would like to retire." But the trouble is, I'm meant to be there - just somehow I am put there, see, for this job.

So, if this is My job, and you are put for this job, you shouldn't mind it. You can do it, the same. One enlightened light can enlighten another light. So it is not necessary to feel like, "Why Mother is the first?" Or somebody. It could be you. But He chose Me, somehow, I don't know what happened to Him, that He thought I would be the best to do this job. May be I have too much patience with people, perhaps, may be. Or, I have too much love. May be that. I don't know what it is that decided Him that I should take up this upon Myself. But, you should know that there's somebody who really, really loves you well, and that I can see that Spirit within you. I can see it. You don't see, but I see that star sparkling. And that's why I've worked, day in and day out, that you should see that; you should feel that - and you should get your own powers, [INAUDIBLE and thoughts?] I think people can't understand anyone who could be like that. But I suffer from My own love, you know - I feel it is too much. And I don't know what to do with it. If you can understand it, it will be better for Me, and better for you. That there's somebody who just loves - just out of love. Everything is done out of love. And, for this, you should never talk of paying, and all that. It's very insulting. You can't pay for it. Must know that you cannot pay for love. You cannot pay for love. It is so invaluable. One should not even talk about it - it's insulting. So, I would request you to see that you get your Realization; to establish it properly; to understand what are the implications of it. And not to just deny it - because it is for you; for you, for seekers, this is the best. Because otherwise you'll be seeking all your life. You have to stop it at the point; you have to find it and get it.

And those who get it will start thinking about it - you can't think about it; this is the [un-thinking?]. You become thoughtlessly aware to begin with. And once it pierces through here, then what can you do? Because, without any thinking, you have got it. By thinking, if you could get, then it would be the easiest to go into the library, sit down and think. But by thinking you cannot get it. It's a happening that takes place - it's a living happening. And everything within is done without thinking. That is what is to be understood. And whatever was possible in this short time I've been able to tell you, but, as I said, it's a very big subject. If you have any questions, I would like to answer them.

May God bless you!

[There is another one/ ??? because they are] born Realized. There are many children who are born Realized in this country. Surprising: in England, we have so many children who are born Realized. And I am sure people do not understand what Realization is. These children are going to suffer. These are going to suffer - we'll never understand them. Never. They talk in a different language, you know.

[a section seems to be missing]

MOTHER: I've seen the new line. The new horizon. And that's how you change. And laughing at things is natural, when you become - like, when they show Christ, hanky-panky like that; never believe such stories. He was a healthy, charming man with a very healthy face. He could carry a cross - I would challenge any wrestler of this country to carry such a thing. Such a powerful man, they show Him like a skeleton. Because they themselves are like that. So, no use feeling guilty about it. But doing something about it is important. And that's what is going to work it out. If you want to really help, [test /be placed??] with yourself; know yourself; know your powers. And once you are powerful you are so dynamic with your love that you can transform

the whole world. You can. I know one gentleman, who came to Sahaja Yoga in India, in a village: he's transformed ten thousand people. And the poverty goes out - of course, you don't become like Mr Ford[?], who's running after money, and materialistic, but your problems get solved. It is said, in the Gita, that "[Sanskrit SOUNDS LIKE Yogakshe mohamya]" - "If you get your Realization - Yoga - then I look after your well-being." It is true; it happens. You won't believe. It happens that way. After all, from where does this wealth come in? From where all these bounties come in? Not money, but the rest of it. All that is fulfilled: you solve your problems. If you are standing in the water, and the waves are coming to you, then you are afraid of it. But, if you get into the boat, you can see that. And you can enjoy. Not only that, but you may be able to help others to get out of it. That is the situation. All right? Because whatever you have done by worrying, or feeling guilty, [SOUNDS LIKE which is nothing / or what is that]. So try a new method. At least try a new method. Any other questions?

WOMAN: Do you advocate meditation?

MOTHER: Yeah. But this is the idea of meditation is not the way we understand - is to sit down, cross-legged, for hours together, and be lost to the whole world; not that. I am in meditation all the time. You are in meditation. You cannot do meditation - you are in meditation. When you are one with the Spirit, you need not do anything like that. But sometimes you just want to look into yourself; you can just sit down and enjoy your Self, [it's better/ in spare time?] But not to waste your time sitting, arranging. I've seen people arranging - I have seen that, when they go into meditation, they arrange all the seats, this, that, get all the paraphernalia, and just think about what to put/cook? next. But here you are in that state - it's a state, meditative state, into which you are. So, you don't have to waste any time meditating - you are there! Just there! I think all these trees and all, they are meditating, aren't they? They are one with the whole. But we have lost our connection - deliberately, or some development within us. They do not know that they are in meditation, but you will know that. This is the difference. You'll be aware of it. Not that famous meditation, where people say they fly and this nonsense. See - the flying business is not [SOUNDS LIKE here on?] I don't know why people want to become birds. Or to become frogs. It's absurd - you have to become something higher. And it has to happen within - everybody has said, "You are to be born again." Now, what does that mean? [Dvijaha] - means 'born again'. Only two things are called as Dvija - first the one is a Realized soul, and another one is the bird. Like the egg has to become the bird - it has to become the bird. A new dimension altogether. All right? It's a state. Of new awareness.

WOMAN: I was told it was a state that leads to Realization.[??] [obviously Mother heard something different but it does sound like that, but Her answer refers to 'danger']

MOTHER: No danger at all. How can there be any danger? It's all described about Kundalini, I know; you see, these people have written books on Kundalini - horrid! Absolutely horrid - take it from Me. They don't know where the Kundalini is - somebody says it is here, somebody says, somebody there. They don't know anything about it, and writing such big books, you see. Anybody can write anything about God. I'm surprised even Hitler used to talk about God, and even Napoleon used to talk about God; everybody talked about God. There's no law to forbid them. And these are the people most unauthorized. Kundalini is a very dear thing to you; She is the only Mother you have got, and you are the only child She has. And She's the holiest of holy. And She's looking after you. And She will mother you. She's not going to give you any trouble at all. Not at all. But, for example, now this archbishop of black magic, you see, he got his Realization, and then, when he went into his house, he started seeing things flying out from here, there, and all that, and he got frightened. But, you see, if you are doing such things, you see these spirits try to again show their temptation, you see; they try to create a temptation for you. For a while. But if you understand that you don't want all these things, they disappear. These are all temptations. They come to you a little bit, but not to normal people. I mean, if the Archbishop of Canterbury comes to Me, he may have some problems, but not you people.

WOMAN: [Where do the other chakras come from/You mentioned the other chakras??] You said this is Christ's.

MOTHER: Yes, there are many others. You see, all these chakras are there. The first chakra is down below - the first one is for innocence. The first thing that was created on this earth was innocence. And the second one is for our creativity. And the third one is for our evolution actually; the green one is for our evolution. The one that is higher is for our security, and the one here is for our collective consciousness. And this one is for forgiveness. And the last one is for our Realization. There are all the seven centers in the limbic area, which are integrated, and, when you get your Realization, all these centers get integrated. And because

the Deities there are awakened and it starts working out its own manifestation. It's fantastic. Fantastic.

WOMAN: So, actually it's a gift, is it? It's a gift.

MOTHER: Yes, of course, it's a gift of God.

WOMAN: You can't acquire it yourself; it has to be given by God.

MOTHER: Yes, of course. But He's so gracious; He's anxious to give. That's the way God is. Even in taking gift, we think we should return; there's no return. It's just giving. It's just flowing. It's just giving - that's all. You cannot [INAUDIBLE run it?] in material way, that, "It's a gift. Supposing I give you something of £2; you give me something of £3." It's not like that. It's just giving, like the sunshine. It's a gift. Gift of God. We cannot demand it. We cannot demand it, but it works. If somebody's so gracious, won't it work out? Like the sun's rays you see - we may not demand it, but we can have it. But supposing you run away from it, and hide yourself somewhere and then say, "Oh, I didn't get any sunshine." Then you can blame yourself. You have to expose yourself. Just expose. Any other question?

WOMAN: Is the meditation supposed to soothe the nerves, relax the nerves?

MOTHER: Yes, it does relax them. Completely. You feel very relaxed, very, very relaxed. And blissful - absolutely blissful. You can prove even sometimes, see, when after Realization, then you must have felt it - a cool sort of [strange??] feeling coming up, and completely relaxed. That's His Grace. That's simply Grace. Relaxes, blissful. You become at least ten years younger next day.

MAN: How does one achieve Realization?

MOTHER: That's the point! That's what I'm coming to, now. That's exactly the point. This question had to come to Me. You have to just ask for it. So, we are all at that threshold to have it, isn't it? Will you please put your hands towards Me like this, just like this? And close your eyes. Put both the feet straight. Even if you don't want to put on the ground, you can put it there, but should be straight. Connected with the earth, somehow on the earth. Now put your hands straight, just straight. Again, to say, "I'm not guilty" is important, because all of you have this problem. So just say within yourself, that, "I am not guilty". Say it thrice. If you want to have Realization, then you must know that how can guilty people have Realization? You should not judge yourself. Who are you to judge? Let the Divine judge you. Just say, "I am not guilty". Just in your heart of hearts, say, "I am not guilty". For anything whatsoever. Close your eyes. Just say that. That's going to help Me a lot. Close your eyes, and just say, "I am not guilty". Close your eyes. You have to keep your eyes closed, because, when the Kundalini rises at the Agnya level, then if your eyes are open then it doesn't rise, because there is dilation of the pupils that takes place, you see? Please keep your eyes open [I think She says this, but it's a contradiction of what She has just said!] would be a better idea.

Now watch your mind. You'll find there's no thought in your mind. When the Kundalini rises above Agnya, there's no thought. No thought at all.

Got it. Just start getting the cool breeze in the hand. Just put the hands like this. See [INAUDIBLE]. Enjoy yourselves. Just don't think much. When you get it, don't think about it. Just leave it. It will work out. Just it will work out. Close your eyes. Just you put your hands. I'm working on there. You just put your hands straight, like that. Just enjoy yourselves. Those who have got it, just put your hands like this, and close your eyes. Put your hands on your laps, if you want to. If you have got the cool breeze, it's better to drop them. Don't start thinking about it. It should work out. It will work out - I'm sure it will. You have to forgive. You have to forgive. First of all, forgive yourself. Forgive yourself. That's very important, because, if you are the temple of God, you cannot have a temple which is all time thinking it's no good. You have to forgive yourself. You are the one who has to get Realization. So forgive yourself. Don't blame yourself for anything. Forgive yourself. That's very important. That's what I mean by saying, "I'm not guilty". Just forgive yourself.

You must forgive yourself to begin with. Then, forgive others. Say it twice: "I forgive everyone". Just say that. Saying itself will

help you. You'll feel very relieved if you say that. That, "I forgive everyone".

Now, without feeling guilty, ask for forgiveness, if you have done any mistakes, "Forgive us". Just ask for forgiveness from God Almighty. Just ask for forgiveness. Without feeling guilty about it. When you are asking for forgiveness, you are forgiven, so don't feel guilty about it. Just ask, thrice. It will work out. Now, ask for your Realization: "Mother, give us our Realization". Just ask this within yourself thrice.

Put your right hand on the heart. Right hand on the heart, and left hand towards Me. And now ask for forgiveness. One forgiveness has to be asked, that, "I've not paid sufficient attention to my Spirit". That's one forgiveness one has to ask. But not to feel guilty about it; that's one thing very important.

SHRI MATAJI CONTINUES TO GIVE REALIZATION AND TO CORRECT PEOPLE'S VIBRATIONS, PARTICULARLY WORKING ON THE LIVER -

"Thinking is the Liver"; "We have so much heat, we can supply to the whole of London!"

MOTHER: And don't be that serious. It's the play of God, you see - it is just His play. We become so serious, you see. Children don't; they just play and throw it away. They're not bothered, they're not involved - they just play. That's how God is playing.

I must thank Ruth for her kindness towards Sahaja Yoga, because she wrote such a nice article, you see. It could approach people, I hope, and the media will also take kindly to us, you see, because we don't pay any money or anything, so people don't take that much heat.

[Mother still working on everyone]

Hm, better; it's good. Close your eyes. Enjoy yourself. Just enjoy yourself. Now don't think about it. That's one thing: 'don't think' is the first mantra. Don't think about it; just enjoy. Because you'll drop it soon, if you think. Let it be established. It takes about seven/eight days to establish itself. So they will tell you what is to be done to establish.

It's cooling down. Just allow yourself to drift into that, so that you enjoy it fully, as it's a very great impact. The first moment of Realization is very great, and you must remember it. Just enjoy it. Let it go, let it go. And become that. Allow yourself to be completely dissolved into it. So it becomes a beautiful memory in your heart, of your Realization point. Now don't wonder about the Kundalini, if it comes down, or anything - we know how to work it out. You have to sprout it first of all. You will also know how to work it out.

Are you all right? Good! Close your eyes; go deep into yourself. This is your own depth; it is your own beauty. Just try to enjoy your own beauty. This is your Self - your Self is manifesting this. Just enjoy your Self. Allow it to work out. Don't doubt it - don't doubt yourself.

After Realization, you really become master of yourself. And you can mould your life as you like. You can also feel the cool breeze coming out of your head, from the fontanel area. This is your baptism.

1981-0620, Seminar Day 1, Europe, the Liver, How to Love

View [online](#).

20 June 1981

Talk to Sahaja Yogis

Domaine de Montrognon, Champagne-sur-Oise (France)

Talk Language: English | Transcript (English) – Draft

Talk to yogis. 4 Chemin de Montrognon, 95660 Champagne-sur-Oise, France, 20 June 1981.

Like this room has got the atmosphere which is clean, so when the sun rises the light shines very well inside. Spirit is unchangeable, cannot be in anyway made impure nor can it be destroyed. But the attention, if not clear, you may not see the Spirit at all. We can say the lampshade, we can say, is the liver which contains the space which is the attention. Now if you put the light inside the lampshade and the lampshade is not clean then you don't see any light. If the lampshade is absolutely black you won't even feel the existence of light inside. This is an analogy of the dead things, but we are talking about living, so when the Kundalini rises, she first feels your Swadishthana.

Now, the Swadishthana is the one which looks after your attention. The Swadishthana clears out your attention through your liver, through your pancreas, and through your kidneys. And it sustain it through your spleen and it makes it richer by transforming the fat cells into your brain cells. Now, the human brain cells are very special ones. They have an attention which goes out. If a man looks at something he creates a thought wave of himself about that. So all the dimension of aesthetics and of- we can say the form and the color and all the dynamics are in the human brain, which animals don't have. For if an artist sees this flower arrangement he can project his attention in such a way, that he sees something beyond it and by using few lights, you can create the atmosphere that this arrangement is making.

For example, a dramatist can write a play and put the whole thing in such a way that he creates a mood. Or a musician can put a melody before you and create an atmosphere of abstract joy. So it's the only human mind that can do the abstract. Of course, we have very gross human beings also but they can develop into very beautiful human beings who can project their mind to abstraction. I mean there is no end to the dimensions of human brain. For example, a scientist can find out what is under this leaf, but an animal cannot see anything beyond it, but it's a leaf that's all. The animal does not know any mannerism or any method of expressing his love which does not hurt another person and there is consideration, all the beauties of human beings come through the brain cells.

So, this multidimensional brain cell is sustained by your attention.

But I've known great Indian artist, musician, getting completely lost because they became drunkard, or they 've affected some other organs within themselves, more than liver, by taking to something like say hashish and all these things, I don't know what all sorts of things human beings have done. But these ill effects of alcohol are not seen because it gives rise to your ego.

Now, how does a thing that goes to the sub [place?] to the subconscious gives rise to your ego? The trouble is to avoid the ego, you take alcohol. Because you can't face your ego so you want to escape your personality and you take to alcohol. If you had faced your ego it would have been much less. So when you comeback from that drink you have another big balloon coming up and because of this ego activation your brain cells start becoming very active. Yes, an egoistic man has a tremendous brain, for some time. For some time, you become extremely powerful, you have new inventions, this kind of things. With your ego you can be a very successful person and could be a great orator and you could be like Hitler for example.

11:20

And this would go on and on and if you were not affected by the after-effect, the hangovers. But all the poisons have a capacity to react. All that is not divine in the long run always reacts.

So then after sometime you find nations after nations finish off like the Roman Empire was finished off. Now England is leading the way, France I don't know, Switzerland. [Laughs] Switzerland has another problem also they are giving military training, God save the [unclear] fake military training. So Norway people are committing suicide, Sweden is competing with them. Now, I have touched all the European countries.

Sahaja Yogini: Spain is a major country.

Shri Mataji: All right Spain and then Italy. Spain: Spanish people, you know how aggressive they were once upon a time. They

went up to Chile, and Argentina, and all these things and now they are supposed to be developing country. They are a poor country. What about Portugal? Portuguese came up to India they ruled us for so many years. While the British, they ruled us for 300 years, but now they can't even hold a glass like this, how will they carry the crown of Empire on their head? They are having strikes everywhere, for drinking, why do they want more money? Just to have more drinks. Are they going to do anything better with that money? The more money you give [to] human beings, the first thing they will do is go to pub. You bless them with the good crops of say grapes they will make alcohol. You give them any power they will make atom bombs.

Now, this kind of confused attitude that people have developed is because of their awareness being completely flooded with smoke of poison. All the foundations of your values are shaken that is why people have no self -what you call- confidence, they have only ego, but the self confidence comes through your virtues, through the manifestation of your Spirit. When you enjoy your virtues, then you are confident, you are not bothered. But ego trips are bad experience. You stick your nose into everything and nose gets smashed every time. And that is how diffidence came in. But a virtuous person has no way to be defendant. He's not egoistical because the greatest virtue is to love. So, now how to love? [Laughs]

[Shri Mataji speaks aside]

How to love? Our idea of love comes to us from our ego. Love means- a husband or a lover should bring a flower for you and the wife must smile, whether you feel like smiling or not, you should smile. The whole idea of love is some sort of a make-believe. But they are right to say that "we fall in love" so we fall, that you have to fall, you cannot rise in love. [Laughs] And so many Sahaja Yogis have told me that "Mother, we have not yet fallen in love". [Laughs]

As if some piston is going to make them rush into that form or I don't know what sort of make-believe, it is a very dramatic stuff. They will take 3 years to fall in love and 2 days to get a divorce. [Laughs]

So to describe love the way human beings understand is impossible. It is all nonsense. It is all done through your ego. You have to do it from your heart, but where is the heart? It is all covered with ego. So, the idea of love is nothing but a very subtle expression of your ego. Whether it is a mother's love or a father's love this "I" is there. Like my son, my daughter, my wife, my voleyboc [?] [Laughs] and this my and mine is not love.

We want that we should love others, how can you love when you analyze everything about everyone? You deaden the person completely by this. For example, I love this flower, I want to love this flower. So as a human being I will cut its throat, take out every petal, make a nice paste out of it and then eat it and then say "I really loved it". This is not the way love is. It is a state of your heart. Really, the love is a feeling of giving, feeling of so called sacrifice, people call it sacrifice. Like somebody said to Me, "oh! are You sacrificing Your Holidays". It is giving. And the joy of giving is the love, but when you try to judge and decide on very material level everything, then it becomes the farce. Supposing you have a lover who has been to -say- in the military of Switzerland. So he comes back home and he has already grown a big moustache, and he goes on twisting his moustache and he says "you haven't yet saluted me". [Laughs] Then, he puts his left foot ahead then the right foot on the side, then he goes into at ease pose and then says "it's alright, let us kiss" [Laughs] And then you do two-three left right and go near him now he measures the angle of your forehead and then he just touches you and finished again like a swing.

[a big and sudden noise; Shri Mataji speaks aside]

That is so, that is not love. It is the state of mind one has to achieve. There you do not judge anyone, [the translator does not understand and Shri Mataji repeats] you don't judge anyone. You know there is a defect, but you envelope it with your love, make a beautiful pearl out of that. Like the sun shine that is spreading everywhere, it does not see any defects and count the leaves, it just gives and gives and gives. That's how one has to achieve that state where you just give without consideration of my-my or material considerations and other nonsensical gross methods of approaching it. Allow your heart to melt it, allow love to slip and you are enjoying it, nobody else, you really enjoy it. If others get angry with you so what, if they say anything nonsensical, so what, you are not enjoying them, you are enjoying yourself. This is real love and not a farce. For love I have to write books. If all the oceans become the ink and the sky becomes paper, I cannot write. It is so beautiful, it is so energy giving, it is so radiant. I cannot tell you how many words one can have for that.

You achieve that love, that 's real love not the way human beings describe it. It gives forgiveness that you enjoy. It gives complete confidence; it gives you complete self respect and respect of another person. It is the communication of the Spirit with others, it's not rational, it may not be logical. We cannot explain how God grace for it. For example an archbishop of black magic gets Realization. I am [?] enamored, I am enamored by the grace. Those who were going to hell are given the beauty of the Self. Can you describe it in human words, you cannot. This is love

[The talk stops at 30:29.

32:26 Shri Mataji speaks to a baby.....

The French Yogis had given a list of questions; the first one was about how to love others, and the second one was about the Swaddisthan, the function of liver and of Europe in the world, and the problems of the left Swaddisthan....

Shri Mataji starts to talk again around 42 minutes about the public program She gave in Australia, saying that Australian are more open-minded towards Realization than Europeans. For example, the place where She gave this public program was related to a synagogue and She did not know it. So the first day when She talked about Jesus Christ, the Jews who were there said that it was alright but that She could have talked about Moses first....

A baby cries...

Shri Mataji starts the talk at 47:02]

"Now the first question that comes to us you know is how to look after your Swadishthana, because as I said that Europe is the liver of the world. The function of liver is to eliminate all poisonous things that are detrimental to the growth of the being. All such things can be called as poisons. So the role of Europe is to eliminate all that is poisonous for the society, and I must say you have had great people in this country for whom I have tremendous respect and regard. One of them was Emile Zola who very clearly described the perversity of a human mind and how it gets poisoned inside.

In a book called Nana, he has described a society which is very decadent and very perverse and how it was making a man into a stupid fool. I mean he described the gentleman - something like Aristote. How one can be very stupid when he tries to bow to his lust, and a four sided woman how she could be very good wife and how she could be a horrid personality, the four sides of a woman. Then there is Maupassant another great writer, whom I read when I was very young I should say, about 13 to 14 years of age he's very great who tried to point out to the poisons of the society. And the religious writers who were Realized souls also have been there many in France.

For example, John of Arc is another example of a powerful woman. Her powers were of virginity. An ordinary farmer's daughter could controlled an army through her virginity. You don't have to see whether they were successful or not, but we have to see that they very clearly and boldly showed or expressed in their lives the existence of Divinity and of purifying power of liver.

Now we have many types of poison in the human beings. The first one is the physical. If you start taking poison within you, gradually your liver goes wrong. As a challenge to this universal liver, people started brewing wine into an alcohol. There are two things: wine is different and alcohol is different. Now, this wine or this alcohol, what we normally drink in Europe, spoils the liver within us and the universal liver also. Our liver is symbolic of the liver of the Primordial Being or we can say our liver is one of the cells of the largest liver, I mean the European liver. So, the responsibility of Europeans has been to remove the poisons of this universe, not the consumption of it, and then boast it off. This liver that exists as Europe could have been alright, but so many types of poisons have settled down in this country, that people could not overcome.

It's a very vicious circle as far as the liver is concerned, because liver sustains our attention. If you do not try to keep your attention on purification anything like alcohol also intoxicates your attention, so your awareness becomes dull. This dull awareness helps you to forget the so called "realities of life". Thus you start accepting it more and more, just to get out of this, or sort of escape out of the present - now, to be. And the whole system of European people became intoxicated. They started living in a make believe world. By taking these alcohols one becomes more impressed by its subconscious, I mean you live more in the subconscious.

And the beginning of subconscious starts from the sexe. So when you start moving on that line, the extreme point becomes most important. So, the whole descent leads you up to sexe point.

Now, why all the prophets were against alcohol, because once you take alcohol the vicious circle starts you start losing your human value. Then compromises start in life in saying "what is wrong in taking a little alcohol". If the dharma or our sustenance gets disturbed by these poisons intoxicating our health, then the basis on which we stand starts shattering. So, at this- at this point one starts thinking of, in this conflict, starts thinking of God and religion, but that too has a biased of this liver intoxication. For example, people took to ascetics. Catholicism in this country became very common, but they did not put any clamping on the drinks. In the beginning they did, but gradually that was the thing they relaxed. When your awareness is disturbed even your ideas about sex get disturbed. You start compromising with your sexual behavior. So, a kind of a funny conflict came upon human beings that they have to be ascetic and they take alcohol, by taking alcohol they lose all their values about sex and they don't know what to do with them. So, all the nuns and all the ascetic people, inside them they are so disturbed, but outside they had to wear an artificial life of asceticism.

I asked a friend of My husband one day, very clearly "what happens to you when you get drunk". He says that "I developed a new type of attachment for women and their body. I did not respect them as sisters or mothers, but I liked them as women". Like a

human being becomes an animal and he sees the other side of a sex as something as another animal. So, all the beauty that human beings have developed of married life and of virginity and of respect of women, is lost. The- another thing I found out from him that he told me that other friends of his, some of them started looking at their own sisters as women. The fathers started looking at their daughters as women, and the mothers started looking at their son, as a man. So, these sublime relationships which are existing in human beings, as the evolution has given them, is a special aptitude to develop this society of human beings, where the relationships are of different degrees, was lost.

When this happens in any human being, compared to other human beings, he feels that he is something inferior to others in his heart [box?] or he has done a mistake or a sin or something, a guilt, in his heart [box?], he feels that way. He starts fighting his own being, the sustenance the human being as he is : pure. He starts fighting his own purity, sense of purity function. And then he starts rebuilding himself on new premises by saying that "oh! I haven't done wrong, this is all nonsense, we should not have believed into it", like a thief who becomes a robber after committing three or four thefts. And that's how he concludes, or gets over his conflict, because he doesn't want to live every moment with that conflict. The problem is when the liver gets affected, the confidence in oneself also becomes very-low.

Now, as a Mother I will never blame anyone. I should take the blame on Myself. The reason is that when the Incarnations came on this earth, all these Incarnations or Prophets talked against alcohol, but they should have very clearly explained, that these alcohols are poisons and they are the creation of some devils who have been able to ferment them and they have created for the use of the destruction of this world. Say - supposing they had told that this is an atomic bomb, nobody would have drunk, but they did not say, they just said "don't drink". By saying that only they created a problem for human beings. Because if you say "no" to them then they do it ten times, that's how the children are. And once they get into the habit of drinking then there is no way of return.

But, for example, Christ did not talk against alcohol, because his job was different. Another thing, Krishna never talked against alcohol. Rama never talked against alcohol. To that extent, I would say none of the Incarnations ever talked against alcohol, except for the Primordial Master. And when these Prophets told "don't drink", as I told you, the people who are told, are the greatest drunkards. First of all, Europeans being the liver, were very conscious of it. And their conscience itself was so far in their guru, that they went against it with very great force. Just to overcome their conscience, the ego thought : "better put it down by drinking it". We can say the Muslims now, Mohammed Sahib has very plainly said that Muslims people should not drink. He said "no intoxication should be taken", but first they started smoking they said he never said don't smoke. There was no smoke at that time, He didn't know that human beings are going to develop smoke after him, and He also did not know that there will be something like LSD and bhang and all this nonsense. Otherwise, He would have said that "you should not have bhang, you should not have charas, you should not have this, you should not have that because that is poison, that it spoils your awareness, you become this, your society will be spoilt" but He didn't think that human beings wouldn't use their wisdom.

All these great Incarnations lacked their human achieveveness, I should say, human understanding. They could never understand that these human beings are so childish and they could be so stupid. Moreover, they had to do some other type of work with which they were busy. But a Mother understands and that's why she forgives, and she knows that you have to tell them very clearly about it. You have to give them a complete counsel, complete understanding.

[1:18 end of audio tape on amruta) This is the following on French CD and does not exist here on amruta.]

...about the dangers of these poisons , how far they harm you physically, mentally and emotionally So one has to remember after coming to Sahaja Yoga that if our attention is not clear, the light of the Spirit will not shine.

1981-0621, Seminar Day 2, how to use the Grace

View [online](#).

21 June 1981

Talk to Sahaja Yogis

Domaine de Montrognon, Champagne-sur-Oise (France)

Talk Language: English | Transcript (English) – Draft

Seminar, day 2, 4 Chemin de Montrognon, 95660 Champagne-sur-Oise, France, June 21th, 1981, how to use the Grace

PART 1

Shri Mataji: ...Yes, I hope today [we'll] have something practical about love.

Marie [in French]: Today, Mother would like to speak about something very practical about love.

Shri Mataji: That we should understand when something happens to us what should we do about it. Say, if you are, this time you were tired, you feel tired then what is happening?

We have on the right-hand side the "prana vayu", it's the prana, it's the right-hand side, the major prana. So, the right side energy is exhausted too much. And when it gets exhausted it freezes the heart, you see. I mean, we do the more work through the right, so the left is frozen. So, we should put our hand on our heart, right hand, or put the left to the right when we are tired.

Another way could be to put your left hand on your head, left side, and put right hand towards the photograph. Another very good idea is to get vibrations on the right-hand side if you are very tired or depressed, I should say when depressed. When you feel depressed, then you feel the heaviness here [Back Agnya] also. If it is too much on the back, then you put your right hand and the left hand towards the photograph.

But mostly, you see, this energy of mana is Manashakti on the left-hand side. And then, because of the exhaustion of that Shakti, you feel very, very tired. So then, that means ultimately, you'll find out that it is too much exhausted here, due to too much use of the left side. So, our right is to be, right is to be raised.

So, the first one is a physical exhaustion. And second one is an exhaustion of your mental, emotional [inaudible] I don't know what is in their mind, what they mean if it's superego. If it's superego, that is mind, I mean. In Sanskrit language, it is called as Manashakti, "mana", "manasa".

So, now, these two different things have to be understood that if you have, say, a depression on the right-hand side because of physical exhaustion, then you should try to take vibrations from the left. And when there is a mental exhaustion in the sense that you feel depressed and all that, then put right towards the photograph and the left hand on the head. You might feel also heaviness, you might feel also heaviness on the head, on the left part.

So now, you realize that when there is a depression due to over-mental activity, brain activity, actually your heart gets exhausted - not exhausted but frozen. But on the contrary, you see, when your heart is exhausted, I mean when you mentally or - what you call - emotionally you are exhausted, then your brainless start, the [inaudible] we can say, the brain is frozen. So, it is just the other way round, you have to do it.

Supposing you are physically exhausted, then you should listen to some nice poetry or some music or something romantic or something, say, solacing or peaceful sort of things. But if you are more exhausted because of your too much mental activity or too much of emotional activity, then you should listen to war programs or some things, [Laughter] some things of great

excitement [inaudible]. Excitement [Laughter]

But, you see, nothing should be led too far otherwise one moment you'll be listening to [??] music, to something melodious, you see, so you'll be this way, that way. Once you have recovered, then you just settle down in the center. This is for balancing.

Now we must understand how to take the Grace upon ourselves. It's just the other way round. Now, supposing you have the problem of exhaustion of right side and the heart is catching and you are taking vibrations from the photograph, then you put your left hand. So, when you have to take the Grace, you have to take it from the right side and put it on the left-hand side, like this.

Now if you are exhausted, physically you feel exhausted, then this is the other way round one has to go - I mean, I'm sorry - if you are feeling exhausted on the left-hand side, if you have exhausted your energy on the left hand-side, then you fill it up like this [with the right hand], all right?

So, for raising your Kundalini - and it's to be done on the point - like, supposing you have exhausted yourself physically, all right? Take it. Now, you put your hand on the heart, all right? And the giving of bandhan has to be at this time because the Grace has to come here, it has to be the other way round. See, we take the Grace like this. Now, say, if you have to take the Grace with it like that. I'm sorry- the Grace has to come to us on the right-hand side because if right side is exhausted, so what we do is to rise right side to take left. I'll give an example, one simple example. [Inaudible]

Now, this one [the white candle] is the -say- the sun or we can say the right side. And this [the red candle] is the left side, all right? All right. Now, this one [the red candle] is burning too much; this one is burning too much, it is exhausted, all right? And this one [the white candle] is dead. This one is dead, all right? So, we have to enlighten this one. All right, and this is to be put down a little bit. This is to be put down and this is to be enlightened. All right, do you follow this point?

Sahaja Yogis: Hum [means yes].

This one is enlightenment and this is to be put down or to be given more of energy because it is exhausted. All right? So, to give the energy, what we do is to bring the energy from the Grace on this side. All right? And to enlighten this we raise it.

Sahaja Yogi [to Marie]: Non, non, non avec la main droite, tu remontes [No, no, no with the right hand, you go up.]

Shri Mataji: No, no, no, we raise it like that. We raise the side which is not yet enlightened, which is frozen. Did you follow now?

Sahaja Yogi: Yes, absolutely. We take the right side and we pull it up, take the Grace and put it down to the left side.

Shri Mataji: Grace, you put down because Grace cools it down, gives it more energy. Did you follow that point? We'll be practising it, now, all of you. [To Marie] And you tell them now.

Reduce the recording...

[Cut in the audio]

And Kundalini is also reflecting Grace. So, whatever is present in the atmosphere is the absolute Grace, all right? So, whichever is sleeping is to be awakened, means the one which you have not exhausted, the one which is frozen. Did you follow that?

Sahaja Yogis: Hum [means yes].

Shri Mataji: Marie can feel it?

Marie: Yes, Mother.

Shri Mataji: Ah! You must ask Me. Gavin, did you follow? What is the conclusion?

Gavin: So, when it is- you want to raise the left, the right, then you do the opposite and you're going down-

Sahaja Yogi: No.

Gavin: No?

[Laughter].

Shri Mataji: I'll tell you. When, when it is to be awakened, you see, then you raise it, correct. [Inaudible]. This type. When you have to awaken, you have to raise. But when to have to fill it, when you have to fill into it, you see, then you have to move the Grace onto you. So, the reflected Grace is used for raising the Kundalini. And the real Grace is used for filling.

Gavin: When do we awaken and when do we fill in?

Shri Mataji: Now, the one we have exhausted very much,

Gavin: Yes.

Shri Mataji: We fill it.

Gavin: OK.

Shri Mataji: And the one which are not used, we awaken.

Gavin: So, it's a matter of how far we awaken left side and we fill it in into right side. OK, now we want to- right side, you awaken right side and you fill it into the left side.

Shri Mataji: All right?

Gavin: All right, OK now.

Shri Mataji: Now, say, if you have too much ego, what will you do?

[Laughter].

Because ego, you see, has crossed over so how you are doing is to put this thing left like this and the right side. Actually, ego comes up because of the exhaustion of your right side. All right? So to bring it down, you raise your left side, push up the left side and bring it down.

Like, you can say when we exhaust our right side and work for many – say we plan, we think, or we create something or we go into action of any kind physical or mental, means the brains, you see. Or we live in our future, spoiling our liver, then what happens is our right side is exhausted and the left side is very weak, is frozen. Also heart gets frozen because ego is created as a by-product. Ego is a by-product of our over-activity of the sun line or the Prana-Brahma Shakti. Then what we have to do is to bring it down. So, what we do is to bring the Grace upon ourselves and bring it down, the Grace with this. Do you follow that?

Gavin: Mother, do we do it this way to put the balloon of the ego? On the left side, this way: down, this way, right?

Shri Mataji: Ah.

Gavin: Like that.

Shri Mataji: No, no, no.

Gavin: Because the ego balloon is covering this way.

Shri Mataji: Yes, yes.

Gavin: So we bring it down this way, on the right side.

Shri Mataji: What you have to do is only the brain. There is nothing to be brought down because ego is not going to come up to your waist, you see. The brain stays here. Maybe, you see, in don't know in modern times where it's going to be.

[Laughter].

Now, these days, people are so particular about their waist size maybe?

[Shri Mataji is laughing.] So anything is possible with you, one day you can have a nose starting coming out of your laps, this time I won't be surprised.

And the nose, you see, everything is possible with human beings. They are trying hard to have a new evolutionary style.

Because there are some who want to believe that there must be some other way around. For human beings, they cannot think of one way. Because there will be no choice left to [inaudible]. But you are made like this that you have to eat from here [the mouth], there is no choice, whatever it is. [Laughter]

And if you try to choose things then, you see, then it happens that the food has to go through the nose. [Laughter]

Making choices also, you see, gives you such a waste of time. But this is ego trick, right-hand side. For example, only one advantage is there that if you use your right side properly, put your heart in it, then you create variety to create beauty. But you create, not choose, you see, there's a difference. If you start choosing, then your ego will develop. But if you create, then beauty will develop.

But they take about half an hour on a table to decide what they will eat. Instead of that, they should decide what they will not eat. That's simple. Means you have a wider choice, you can eat whatever is there. But the important things are what you don't do. But if you say that: "I like". Say, if I'm sitting down and I say: "I like Buckingham Palace". Then, do I get it? If I say that: "I don't like Buckingham Palace" then the rest is available. [Laughter] You can have whatever you like. [Inaudible] human beings, they have a brain of their own type. Animals are like that. Supposing they have some trouble, then they will not eat something that is not to be eaten by instinct and they will eat all that they can eat. But not that on the table you decide half an hour what you will have, whether you'll have some salmon fish or a trout fish or this fish or the tail of the fish or the eye of the fish.

Or they'll have an ox, which part of the tail? Horrible, such a waste of time. They sit together, enjoy each other to enjoy the food. And that's how the enjoyment is in minimum. For Sahaja Yogis, they should develop an attitude towards anything: "I like this, I like this, I like this." All the time the same. Not go saying: "I don't like it, I don't like it, I don't like it." Ultimately, they will like something which they cannot have. Like, you see, we had somebody French in India. So, he looked at Indian art, he said: "I don't

like it, it is too much, it is naive." I said: "How can you certify?" According to French, maybe it is naive, but maybe according to the whole world, the French are naive. So, how can you say it? It is- try to appreciate. He said: "We like art which is very little here and there." I said: "Supposing, God had made you with very few hairs here and there, would that look nice?" The head, you need a lot of hair, on the eyelids you need less, here you will need another kind. How can you condemn anyone like that? If you have a large heart you appreciate everything.

That's how you minimize the objects of joys. Every art gives a different type of joy. There must be a thousand types of joys according to Indians' standards, thousand names. There names, names. There are names. For example, the joy you get when you break your Sahasrara is called as "nirananda". You know, my name is Nira. I'm called by name "nira" [water] in my home, it's a short form of Nirmala. It means Maria also.

[Some big noise] [Laughter]

Shri Mataji: Next time I come, I try this. [Laughter]

Marie: It sounds like a sports car.

Shri Mataji: Is it? I don't know but [inaudible] it could be something better. [Laughter] It is French style. [Inaudible]

It has to be appealing to your vibrations that the point, appealing to your Spirit. That's only possible after Realization that you can have absolute joys. Before that it is so in the head. It has not absolute value. So, why waste time? All right? Let's have food.

END OF PART 1

PART 2

Shri Mataji: [Inaudible]

In the West, they have "lacquer" ornament.

Sahaja Yogi: Laqué?

Shri Mataji: They say it's from here "lacquer"

Marie: [Inaudible] They do rather ordinary classical plain things ...

Sahaja Yogi: It's for painting.

Shri Mataji: It's available for painting. Chinese lacquer.

They do it in France.

You have it here.

Sahaja Yogi: The shop downstairs sells only the-

Shri Mataji: They sell better lacquers or not?

Sahaja Yogi: Many yes. ... varnish

Shri Mataji: Lacquer.

Sahaja Yogi: [...]

Shri Mataji: How are you? It's very good.

Sahaja Yogi: It means nothing to You.

Shri Mataji: What's this?

Sahaja Yogi: [??]

Shri Mataji: This program here in the small hall that she had arranged was very successful.

There were lots of seekers. And you came from that program? [rue de Charonne]

Shri Mataji: What about you?

Marie: He's come before.

Shri Mataji: Which program you came first?

Marie: Rue de Charonne. It was in that hall that we had here.

Shri Mataji: That's the right type of people came in there.

Marie: Mother, can you put a bandhan because the administration that runs it, they did not want us to use it anymore. I think they get the idea that we are a sort of "sect".

Shri Mataji: Sect?

Sahaja Yogi: I think it is a problem we have because it's very hard to -

Marie: If you put a bandhan on it, I'll go tot talk to them and I'm sure we can rent the hall there again.

Shri Mataji: You should take [?]

Marie: So I have to go and talk to them.

Shri Mataji: Ah.

[...]

Shri Mataji: What about you sir, are you all right?

Sahaja Yogi: Yes.

Shri Mataji: We are trying to establish Djamel here. If Djamel is here, he may come to Paris, Djamel.

And I said that he should rent out a place like that, you see. All of us must contribute and then start a place. They do all kind of sort of place

Sahaja Yogi: A public place.

Shri Mataji: Hum. Where you all can live together ... Yes, you can take a place- like we have seminars, it's on hire, in London where you all live there as well as you have a hall and something else. So that for Sahaja Yoga, discipline can be worked out collectively. Otherwise, you don't grow in collectivity. That's the problem Alexander has, he says that, collectivity is a problem. At first there conflicts between Sahaja Yogis also. But, once you start living together, your vibrations intermingle and they talk to each other in a way such relationships fit into each other and the angularities drop out.

The problems come from your ego and superego and then you start seeing them clearly when you are with others because then, they are reflected. Then they manifest, you start seeing them.

Come along.

Only in collectivity you can recognize yourself better.

[Inaudible]

So the circulation of vibrations, you see, is possible if you establish better relationship with each other and that's only possible when you love each other. But if you don't love, there's a big problem. Then you start judging others.

Come along, come along, Olympia. Olympia.

[Shri Mataji is talking to a baby]

What happens, what happens, where did you sleep last night?

Olympia. What's happening?

So, I would suggest that you should live together and want to be with others. Unless and until you do that here, your- what you call – the collectivity won't exist. And unless and until there's circulation of vibrations, you cannot grow. The adaptability with others if you cannot improve, then you cannot grow. So, you have to sacrifice something so much that you think that it happens [unsure] to yourself and you have to accept yourself as part and parcel and then negativity will reduce. Negativity attacks people who are individualistic who have sort of- separated themselves from others and keep away from others. Allan, he has experienced that he says: "Yes, yes".

[unsure]

[Inaudible]

There is a mutual help of every flower like that, they are in variety. Explain.

But the whole thing makes a beautiful place. The whole must give a feeling of concord and a complete melody in construction. So, to strike a new note is not always all right. But to strike a new dimension in the note is all right. But to start a some sort of concept that makes a discord, it fails the very melody, it spoils the whole, you see? So one person can spoil the whole. And the whole cannot correct one. So the responsibility of one is more as you are part and parcel of the whole. So you have to find back yourself, you see.

But if you go on saying: "Oh, I'm right. I'm all right. I'll compete with you" so you create a problem for the whole. And you can create a disaster for the whole, for the collectivity, because the whole has to come up. It's like to the whole knit a sweater, you can say, if one stitch breaks, the whole sweater is out.

Once you have a hole, it can become a very big hole and it starts to cover the whole knitting. That's why you have to have improvement before and the consideration of others. If you do not understand your responsibility as an individual to the whole, you really create a big problem. Because now you have entered into the whole knitting. If you are outside of it, there's no problem. But when you are inside, you have to fight it out. Like, it is easy to tell Me that: "Mother, this is wrong with me and this goes wrong with me. I know." And that is not the way you can be all right. From the moment you see what's wrong with you, try to correct it. We have all the methods in Sahaja Yoga. You can establish all your centers.

or example, a catch, you can take a kind of a mantra which you can repeat hundred and eight times. Every day, you do it religiously, it will clear you chakras. I mean, you all are seekers of very high quality, no doubt. But you are not yet aware of your own Self, you see. That's why you get lost into anything but you have to be extremely positive as far as looking at yourself. Think that you have a diamond and that it has fallen in the filth. Then you don't say that: "This filth is covering me." You must screen the filth. Don't give any justifications. You try to save your diamond, isn't it? You go all out to save that. No need any explanations. That's how you run away from reality. It's a little struggle but you ended up all your conflicts.

Once you decide you are going to be all right, then you'll end up your conflicts. At any cost, we are going to improve, we should say. And as it is inside Sahaja Yoga, you don't sacrifice much, you don't have to sacrifice. Then we don't demand all your money, don't demand your comforts or demand all your time! But all these [false] gurus have demanded something. But, on the contrary, Sahaja Yoga gives you all these things. And you are blessed with this.

Despite that, you start taking it for granted. Only thing you have to sacrifice is your ego and superego. Because you are not that! This is only your conditioning that is disturbing you. But, you can say I'm conditioned like that. And you may explain because you don't want to articulate. You will not be able to adapt anything because you have that ego within you. So ego and superego: both are just the same.

Now, if you put that diamond in the filth, whatever type of filth it is, it is filth, isn't it? The only thing is that superego troubles you that why you run away from Me. Superego troubles you. But the ego, ego troubles others. Now, how to find out what you are? You 'll know when you stay with people. Like, you trouble others. You will demand all the time. "It should be like this, it should be like that. Why not like that, why not this, why this happened, that happened?" "I must have my own time, I must see this, I must see this". All this is ego. And the superego is that in which we suffer. You may be nice to others but inside you are suffering. And your heirs may be suffering.

Marie: Hum?

Shri Mataji: Heirs, [inaudible] children. So, this is how you discover it. So, you have to work it out both ways.

One thing about Sahaja Yogis that they should know that they are Realized souls. They are saints and they are much higher than all these popes and all of these pandits and all of these gurus, those who are in the market. They are higher than all the priests and all the preachers and all the writers and the philosophers.

22:39

1981-0625, The Ocean of Love

View [online](#).

25 June 1981

The Ocean Of Love

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

1981-06-25, The Ocean of Love (Public Program)

I told you about the three powers we have within ourselves: one is the power of desire that is on the left-hand side; and the another power of action which is on the right-hand side; and the central power which is the power of our [divinity OR evolution]. Also I told you about the centers that we have. The lowest center is below the Kundalini which is responsible for our innocence. When this center gets disturbed then our innocence is also disturbed. This is a very, very important center for Sahaja Yoga. It plays a very vital role in your evolution. Whatever you have done before or you have done now to spoil the awakening of the Kundalini or you can say to spoil the Sushumna, the central part, is all recorded in that Kundalini Itself. But the recording takes place because this center which is at the end, which is innocence, receives all the information from this conditioning line, the left side. It receives all the information and it records, just like a tape recorder. So the Kundalini is aware of the mistakes that are committed by you personally, by the society, by the conditioning of the, your seeking, by all sorts of things that you have done so far, by which you have tried to hamper the path of your Realization. So this is the path, the central path which is very important for your [ascent]. But that should not give you a guilt. One thing I must tell you, when I speak you should not take Me that seriously. Because that's the worst thing that happens to you, that you start developing a guilt, and then the Realization becomes very difficult. So please do not develop any guilt when I say something, or just start pondering, "Oh, I have done this mistake and that mistake." Because I'm talking of first and last time as I said it and today is the first time I would say again to begin with that I'm talking of Ocean of Love. If you were so perfect there was no need to have Sahaja Yoga. There was no need to do anything. Should have been the simplest job, you see. Anybody could have done it. Because there are complications and problems that somebody has to work it out. So there is nothing to feel guilty about it. First thing I have to request today is not to feel guilty about anything.

So the second center is the second center, is of your activity, as I told you. So through your activity also you create problems on the central line. Now how do you create that? It's like this. You can see the left and the right and the central. Central part is the Sushumna. Now these two start working. When they work very hard or they pull each other on the sides, then sometimes this may be dislocation completely by which you lose your complete connection with the whole. Or could be that it may narrow down, the path may narrow down, and sometimes it can be very much injured or sick. These centers could be very sick.

Before we discuss about the deities on these centers I would like to say that all these powers, these three powers get enlightened after your Realization. Before your Realization there is no enlightenment. For example, the left-hand side power is the power of desire. First of all, your priorities start changing. Say, a person wants to buy a very comfortable car, a car like Rolls Royce, for example. He dreams, "I must have a Rolls Royce. I must have a nice Rolls Royce to go out." But after Realization he doesn't like much these things. The reason is he starts feeling the comfort of Rolls Royce within himself. He forgets about all these things. His attention does not go to these things which look apparently very comfortable. They are not. If you see through the scrutinizing, say for example take the question of Rolls Royce. It's a headache to have such a so-called comfortable car. Because somebody [might, will] steal, and you have to have insurance. Insurance people might have loophole somewhere. You may lose the money. If something happens to the car you are so much worried. While you are driving you are so much worried somebody bumps into your car if you go in such a nice car. I mean, it's a headache to possess a Rolls Royce. It's better that somebody has it and you, you enjoy it. But if you own it and if you possess it, then you go to this registration office to register it there and this and that, and it's a big headache. And the worst of all is that people are jealous of you. They don't like you. They don't like you because you have got a, I mean, what is the advantage of having a Rolls Royce car? But then that it is so many

disadvantages. Plus, I mean, on the one side only you can say, I don't know which one, what should I say, what is the advantage? Maybe that I mean it's a good car, reliable car and all that could be there, a quality-wise all that there. But for that how much you have to sacrifice and how much you have to work so to possess something.

The idea of possession becomes different. Then you want to possess these cool vibrations, you see. You want to possess that, because you get really fed up of other possessions and you start seeing that this is what gives you the greatest comfort and [joy]. You start just changing your desires of all the things. The second desire is about, say, some people want to have a, say, a good family life and for that just try, even there are Romeos and Juliets and this and that, all kinds of things crying and weeping there. All thing goes on and the husband doesn't carry on with the wife and the wife doesn't carry on with the husband and then they feel very hurt and all those things happen, that they fail. That you feel that you can get happiness from your wife is absolutely wrong, I tell you. You can never get happiness from anybody else but from your Spirit. The joy comes from your Spirit, not from anybody else. Now supposing a Sahaja Yogi has married a person who is not a Sahaja Yogi. It's a wonderful [circumstance]. You can study a person so close who is not a Sahaja Yogi, how he is prankish, how he goes into tantrums and how he'll behave. You get a regular elegy, means sort of a role being played by someone. You start seeing the whole drama much better. Supposing he is a Sahaja Yogi, may be little insecure but they can't because there won't be any problem or a quarrel but you see then, you see the person how he behaves and how he is. Then you understand. You understand that why he'll behave like this and what we have to do, what are the, what are the problems and how to make the arrangements by which these people stop going into these holes and getting stuck-up into them.

You see, you start studying it. When you start studying like that, not getting angry and impatient with the person who is your partner, then you will start enjoying. But if you start getting impatient, in the beginning when the Sahaja Yogis do feel impatient with their partners because they are not Sahaja Yogis. They think that people are lost now, what will they do, then when are they going to get their Realization and all that. Instead of that, if you really develop properly, if you go properly you start seeing it in a different angle. "Oh, that's the way they are." You see, when you start generalizing all [these things], then you do not say, "This is my wife. She should have been like this. This is my wife." You know, some people think because somebody is your wife, she should be a perfect personality. And because she's your wife and what are you? Are you perfect? I mean, why do you expect your wife to be that perfect? If she has kept one thing you here or there or he, I mean, it can be any way, I mean he or she, does not matter. Whosoever has done so-called mistake you say actually it comes because you think you are absolutely perfect, on the top of the world, you see. And that's why you try to find faults with another person. But you see when you are Sahaja Yogi you realize that you have to grow; you have to mature. And how can you find faults with people like that? Only thing you can do is to study the whole thing because the whole thing becomes a drama. OK, you become. You start seeing the whole thing as a drama and it doesn't behave the way you want. He used to behave as if that these circumstances sometimes are engulfing, and you can become fanatical. I see here people, you see because the husband came late. So wife hits the husband and kills him or something like that. But see how funny it is. She, she was angry with him. He came late or whatever he did was because he did not love her. She felt that it was due that he should love. And to love should you kill the husband? Then who is going to love you? See this kind of thing, you see, you start thinking very, I should say, paradoxical behavior of people. They're so paradoxical, and the whole thing becomes so apparent and so vivid when you start seeing it through your Spirit because you are not within it. You are yourself. You are not now the husband or wife or anything, but you see yourself as a husband and another person as a wife, or you see yourself as a wife and another person as a husband. And it's a very different thing and then the whole thing becomes such a drama and such a beautiful poetry that you start seeing, you [see/can] feel that, oh, the old Shakespeare is coming before you or whatsoever. Most dramatic thing it's happening to you.

So this is another thing, that our desire has changed, that you see, "I want a peaceful life." You see, but the peace is within; peace is not outside. If you are not peaceful within [you / the] inside, you cannot be peaceful outside. Anybody who will see you will know that you are not at all peaceful within. You have to find your own peace, your own bliss and if you want, you want to have that it is you who has to receive. This is the thing, and it is you who have to enjoy it. So no use blaming anybody else by saying that, "Oh, I'm so unhappy and this was, she was not making much, much noise," or, "I get very disturbed." Then you don't feel this. Actually, after Realization you'll be surprised all this over-sensitivity used to harm you and to, noises and all that, that disappear. Because you enter into your silence within. Let the people shout, scream, you are in your silence [moment], start singing and sometimes you also think that they are shouting at somebody who just can't hear them.

The whole priorities of your desires start changing because you start enjoying something. For example, to a child who has never eaten ice-cream and has just taken, say, only milk all his life, if you give him ice-cream, then he shifts his attention to ice-cream much more than to milk. In the same way, once you taste or you get the nectar of your spiritual bliss pouring into you, these ideas that are built up about your desires all start collapsing and what you find a new sort of a personality comes in you and you start desiring something else. For example, a, an egg may be desiring something which a bird does not. Bird has different desires and an egg has different desires. In the same way it happens to us when we change our state, when we are in a different situation as far as our Spirit is concerned. Then all our desires take a different turn and we become differently made. Like our many habits that we have because of our conditionings and things and people have so many habits that sometimes I'm really surprised how people boast of their habits. Like a lady came to Me, she boasted with, by telling Me, "Oh, You know I can't take milk with any cream on it. If I see cream, I'll vomit." I said, "This is too much for Me and now. How far I will go? Mad." Then she came out with something else, "You know I'm so particular about [sleep] and in my bed if there's even one light I can't sleep." Then how does she exist [even]? Mad woman. Like that she just can't bear this; she just can't bear that. She's so very [queer and so funny. I said, "How people must be living with her?" Must be another problem, the way she lives on. And she really bored Me stiff and I didn't know what to tell her. But then I just said, "What about your husband? He is so normal. What's the matter with you?" So said, "He is different. I'm different." I said "You better become like him because is too much. I don't know how he bears you up, but it's too much." I think that the thing was her husband was a realized soul and she was not. And he just saw her, saw her like that she was. He must be laughing at her the way she was fussy about the wanting. "I can't bear this. I won't have this. I won't have this. I'm such and such. I'm such and such."

All these ideas about yourselves also come to you from your conditionings. For example, an Englishman thinks he's an Englishman, you see – something upper lip. Then, then if you take an American he thinks he's very rich and he may be very fast and he boasts of his fastness, you see. Sometimes they boast so much that it's amazing the way they go about their speediness, you see, the way they are speedy. Then a German will boast of his over-meticulous efficiency or something like that. An Indian will boast of his ritualism and all nonsense that they do around. All sorts of things like that you find people being proud of, you see, to belong to a certain nation. It's all right. It's very good. You should be proud of your nation, but of good things and not of bad things. Now all such a conditioning that, "I am an Englishman. I am an Indian. I am this and that," all fail, because these are demarcations created by human beings. I mean, God just created a beautiful [man/matter]. He had to put some rivers after all, you see. He had to put some mountains somewhere. He had to do all these things. He never asked you to get yourself divided. "I'm this. I'm that. I'm that." We ourselves have done all this nonsense. I mean, think from God's point of view. He must have wondering, "What's the matter with these people?" We have to have immigrations, we have to have things to go to some country, we have to get a pass, we have to have a visa, we have to have this. Why? Because we are ourselves like that. We are ourselves, are so greedy, so selfish, everything is together. And that's how all human beings are against God if you see, that He must be wondering, "What's the matter with these people? I've given them such a beautiful world to enjoy themselves. Why don't they enjoy?" Instead of that, every time they work on the energy of hatred, how to create hatred and all these different things [are/on] human conditionings are based.

We can say about art and everything, also about conditionings are based up according to what we have been seeing. If somebody has been seeing the white color more or a grey color more they will always like it. If they have, say, if they have seen red all the time they'll like red. It's the only question of conditioning. It's not question of your innate some sort of a spiritual feeling. Do not confuse Spirit with these material aspirations you have, or the material ideas you have; it's wrong. Spirit is beyond; it's that. It has nothing to do with what race, creed you are born into. It is not bothered about what things you think beautiful, what things you don't. Because it is absolute. There is not [nothing relative]. It's absolute. When you seek through your vibrations, you will be amazed that certain things, whether they are Indian, English or anything, you will not like [to see/say]. Certain things – they may be anything – you are going to enjoy. This absolute is a coefficient worked out by God's mathematics, not by any human mathematics. And if that works out, then only you are going to like it because you like these vibrations. Ultimately you like the vibrations. The things that do not give you good vibrations, you are not going to have.

I'll give you an example. Supposing there's a chair. It is being sat on by some negative personality. Any Sahaja Yogi will come

there. If he just touched the chair, get up and walk out, may sit on the other one, because he'll feel, immediately he'll feel the vibrations, and he is not going to sit there. Just now [unclear name] she told Me about her daughter that, "A one magician came, and my daughter who is a realized soul, she said that, 'He is a very funny man and I don't like him.' She started screaming." Even a child can feel. It's absolute. Everything becomes absolute, not because somebody has a blond hair or somebody has blue eyes or red lips or anything, but it is the whole, the whole of it. It is the coefficient of that personality that gives good vibrations which people are going to enjoy and are going to feel, and that is what that is going to appeal it, to appeal to them.

So the whole idea of our color skins, of our art, our esthetics, fails. Only God's esthetics are working out in us. We don't like anything that is not divine, that's not emitting vibrations. Even food, everybody will give vibrations to food, everything that they desire. For example, now I have people who are bad-livered, for example. Say in London it's a common disease of bad liver. It's absolutely liverish, surprisingly, and the worst is Europe. And Europe is the liver of the universe and where the liver is so bad. And the first questions they asked Me, "Mother, what is to be done about awareness and about liver?" I said, "Why? Why are you concerned?" "Because Europe, Europe is the liver of the universe and we are Europeans and we drink all through and what are we to do now?" I said, "Now you have a sick liver for the whole universe. You have a sick liver. So be careful about it. You have to work it out." And then they wrote it down what is to be done, these things. They got it. They got through it. They said it is important because they felt not that they should keep their livers all right but they should get the liver of all the Europeans all right, because if the Europeans have bad livers God Himself is going to have a bad liver problem.

See the whole idea changes because you start translating your ideas in relation to the whole. And when you start thinking of the whole that, "Oh, God, by me this is going to be caused and by this everybody is going to suffer," then naturally, not mentally so much as through vibrations, you start doing it. You start improving. I've seen people that when I told them that, "You should not eat this," then immediately they took it. I tell you, no doctor would have had such obedience as I have. But I don't even tell that religiously, and I don't tell them that frantically or in any way, but they just start doing it because they don't want to lose their vibrations. If you have a bad liver you get very hot vibrations. Are you getting now? Vibrations. So this is what happens. This is the liver that gives you heat, and this liver must be cured because if liver is bad you can get cirrhosis, you can get this, you can get that; lots of problems can come in and you will be in trouble. And you start understanding your own value, the value of your health, more than material things. Doesn't matter if you have one dress less or one house less; doesn't matter. First of all, this body should be all right. And that is how the desire that you have a healthy body [works] in a proper way that you should have a proper body that should be the temple of God. [You should get that.]

Same thing about your thoughts. You start cleaning them, you start seeing them and you start understanding why these thoughts are coming to me. From where are they coming? These thoughts are not good; they do not give you any nourishment. They are very exasperating and they tire you out. So you start working on that, you start making your mind, bringing down your mind and making your mind still and going into thoughtless awareness so that you have a tranquil feeling, which is so good, which is so nice. Everybody wants to have that [thoughtless/peace]. I mean, if you can achieve it through your spiritual growth, why not? Then the best part of it that you start seeing your ego and superego; that's the best part. When you start seeing your ego like a big balloon, you see, getting out like that, oh God! And then you'll say, "Mother, this is too much. I've never thought I have such a bad ego." "It's all right. Doesn't matter. Calm down." So they work on their ego and they start seeing it. And they say, "Oh Mother, this was my ego." Once you start seeing it, it goes down. You cannot enjoy life if you have ego. Ego is the thing that [fills/kills] you completely; it will make you a spoilsport. It's a spoil-sporting stuff, you see. It always gives you joy if it is pampered, and the pampering of it comes by spoiling the sport, the sport of the Divine. Such a person is an aggressor out and out and is a problem to everyone, and people do not know what to do with him. Everybody will know that he is too much aggressive but they'll ignore. But the aggressor, he is the same as the person who takes aggression, I feel. The one who takes aggression hurts himself. Why should you hurt yourself? God has made this body so beautiful, with such care, with such love. He's raised it from amoeba to this stage and have you decided to destroy it? This beautiful body, why do you want to destroy it? Why do you want to hurt it? So the superego also starts getting reduced. You start saying, "No, I don't want to do it. I don't want to play into the hands of negativity by which I become a useless temple."

Superego people sometimes, you see, have an idea, "Oh, that if we are very frightened of everyone, we are very good," because Christ has said, "Bless the downtrodden". That's something different, very different to be seen in a very different light which I'll

explain to you later on. But the way people have interpreted is that if you become very mild and non-aggressive then you are a very nice person. I mean, I don't say that you should be aggressive; I mean, again the other side should be clean. I talked of ego first so that you don't become aggressive, but the thing is to be even non-aggressive is all right but we can say that to take aggression upon you is also wrong, very wrong. One should never take any aggression. I would say Hitler would never have been successful if at that time from the very beginning you would have resisted. But they allowed, they allowed them to take advantage gradually; gradually it grew up. Anywhere there is an operation like that coming out, everybody must stand against it. This is a very dangerous; it's poison. Few people take aggression, then more people take aggression, you see, and those who go on backing up, "Oh, it's all right. It's all right". This is another [world/one]. It grows and grows and grows, and this poison then comes up like such a controlling force that the whole world could not control this Germany to save these people who were killed, so helplessly. But they first showed their helplessness in the very beginning, at the very [point, moment] when somebody tells that you should stand up and say, "No, it's not right." So both the things are responsible for this kind of a derail.

I would blame Jews the same way as I would blame Hitler and Germans because why should the Jews suffer so much to begin with? Now when they are free, they have got a land, they are behaving in a different manner. That time if they all would have stood up and said, "Nothing doing. We are not going to stand all this nonsense," they could have taken help from other countries and could have saved those people. That's what it is. You see, "We are sufferers." Go ahead with suffering then. "We all suffer." Why do you suffer? Christ has suffered for you, already suffered for you. You don't have to suffer at all. You are not here to suffer. You are all here to enjoy, to be happy, to be drenched in His love; not to suffer. Why do you want to suffer? I mean, this is crucifixion for nothing at all. You are not needed for any more for crucifixions. But these things can create a big problem, I must tell you. This kind of witnessing of [cruel] people, negative people, these aggressive people, this silent witnessing is very wrong. One should not allow this kind of a filth to come out. Hatred that is developing anywhere in any country, any place, is wrong. Like in our country, India, we think Indians are not like that. They are also quite horrible. In our country also we have a untouchables and touchables. But Mahatma Gandhi came and he just flouted them. He said, "What do you mean by touchables and untouchables?" And he saw to it that it was removed. He himself was not from the same community as untouchables but there was a fellow from untouchables also. He was a very great doctor, American, who fought it. He said, "Nothing doing. We don't believe in nonsense." In the same way we have to know whether we belong to the oppressed or to the oppressor group, so-called. We should stand by people who are oppressed and we should really flout all such ideas because it's very dangerous.

So it happens that you stand up against all kind of injuries, unfair play. You get the courage [unclear]. Like Christ. What has He got to do with Maria Magdalena? She was a prostitute. Prostitutes have nothing to do with the saints as such. But when He saw that she was stoned by these people, out of proportion she was punished for what? He was the One who maintained this truth before you. That courage comes to you, through your spiritual growth, and you stand by the right. You stand by the people who are oppressed. You just don't take anything in, like those ideas of bearing up and all that nonsense is gone. As it is, Christ has said that if somebody slaps you on one face you turn the other one. It was at the time of Romans. One had to say it. For egoistical people it is better practice, all those ego-oriented people. Most of the Christian nations, you can say, are that. For them is a good practice that if somebody slaps on one face, you turn the other one. But the people who are suppressed are, those say, we can say people who are living in the most [MISSING PART] They are great because they were realized souls, that greatness [you / should] get spontaneously because it is within you, to grow to that. You suddenly grow when the seed of your Spirit grows inward. And you are amazed at your great ideas and you will transcend all these [things], transcending attention and awareness. So this is what will happen to you.

Because you don't desire nonsense. That's what I said and we desire [ascent] and we get it. You just desire to have whatever you want. Just ask for it; you'll have it. But first we have to enlist ourselves into the kingdom of God. You have to become the kingdom. If I'm not the citizen of England I cannot get the benefit of English laws. If you are not the citizen of God's kingdom you do not get the benefit. He has got His own telecommunication; He has got everything you won't believe. And the way He works it out, it's so tremendous. It is so magnificent. It's so miraculous that then you start saying that, "All that we have known so far, it's falsehood and it's different." This is the truth which we should achieve. We should establish, mature ourselves and enjoy it. It's just for your enjoyment Sahaja Yoga has come on this earth and for nothing else.

Today I've talked to you on one side. Tomorrow and next time when I come I'll tell you on the other side.

I hope in this center Sahaja Yoga will work out and you should go into the [depth of this] living organization. This is a living organization which does not have any membership, no payments, nothing. It's a living thing, and the people will be attracted because of the love that they feel for each other and because of the love they feel for themselves. That's all. Vibrations, these pure vibrations of Divine love, once you get them you don't want to part with them. You just don't want to part with them. They are so beautiful. May God bless you.

Now have you any questions today? Are you better now, Brian?

Sahaja Yogi: Yes, Mother.

Shri Mataji: I'm working. Let's have some questions; will be good idea. All right, it will be good. Some questions, please. Rather difficult. Better ask Me questions. You can't ask. Trouble is, the Kundalini has risen about this, you see. Then you are in thoughtless awareness and don't want to then go into thoughts, think over. Just you can't think of a problem or a question. What happened? Yeah, people are coming. (Hindi)

Now today we have in our presence Mr. Pradhan, who is now seventy-six, and he came to Me about twelve years back or eleven years back. He belongs to the first batch of Sahaja Yogis. And I've worked on them, about twenty-five of them for two years and after two years only twelve of them got Realization. After two years, can you believe it? He is one of them. And he is now going to America because I'll be going to America so he wants to go and pave way for Me. He has come all the way from India. He is a lawyer, he's an advocate and he has [had/that], a very great understanding of Sahaja Yoga. He's helped Me a lot. Last time when I went to America also he came round. And he is our trustee. And we had to have a trust in India. You cannot even get a hall without a trust. Then we had a trust, and today there's a good news that somebody has given us donation of one acre of land in Powa Lake area which is a very beautiful area in addition to what that they had given us. So I don't know, maybe that people who want to now have places there, they could come and meditate and sit down. So it's little far away from Bombay, about, say, I think about eight miles or so. It's a very, very quiet area, very quiet area and there's, there are two lakes there. It's a very nice place. And today only I received [a / the] message saying that somebody has donated that. I was very happy that they have donated us because we could not buy any, any land, because I said that we'll not give any black money nor any bribery or anything, and the land has to be proper price. We'll not give extra money, [would be] public money but somehow or other now we got some land there. Now I would request one of the Sahaja Yogis to say few words about Mr. Pradhan, and then Mr. Pradhan will speak to you how Indian Sahaja Yogis have been to these people when they went to India and how they treated them and how they were kind and then Mr. Pradhan [unclear]. And Gavin will you, would you like to say few words or anyone who has been to India? Anyone.

Sahaja Yogi: Mr. Gavin.

Shri Mataji: About to see some places and Pradhan will say about his, because now he'll be able to tell you what experiences he had. He's an advocate and he'll tell you some miraculous experiences he had had after Sahaja Yoga. Let's see now. So what I said you, you'll be little bit certified.

Sahaja yogi: Mister Pradhan it's a, it's a great pleasure for us to receive you here and to be able to welcome you here.

Shri Mataji: And Mrs. Pradhan is also with him.

Sahaja yogi: Mrs. Pradhan is also here and, and we owe a great deal to Bombay Sahaja Yogis and especially to the senior ones who had looked after us on many visits now. Personally, I've been with my wife twice to India and both times we've been most generously and hospitably looked after. It's quite a different style from the kind of hospitality we offer here. It's a good deal more giving and more complete. Really, everything was seen to.

Mr. Pradhan is such a quiet, I must [GW: a most?] unassuming personality. One doesn't realize what a tremendous work he has done on the administrating side in establishing Sahaja Yoga in Bombay. I know he's had a number of really remarkable experiences in Sahaja Yoga and I hope he will speak about those afterwards.

We would just like to thank him for coming to our country and wish him every success [back / in] his trip to America which I'm sure it's going to be a very important stage in the spreading of Sahaja Yoga. And I know Mr. Pradhan will quietly and efficiently set the scene for Mataji going in September. And we have something to present on behalf of Sahaja Yogis.

Shri Mataji: [unclear] But let him speak first of all, then.

Sahaja Yogi: Maybe after.

Shri Mataji: He is My eldest [son now]. When he died he was ninety eight years old his [Hindi]. And this gentleman is no more now, this ninety years old gentleman but now he's the eldest one.

Mr. Pradhan: I am going, I have so many thanks for Gavin for speaking very good words about me. In the first place I had pleasure to meet our London Sahaja Yogis here because I've been to the Lotus Feet of Mataji for the last twelve years... And I would get practicing or I got a number of instances about experience, about my experience about the, how the Divine Mother's powers say we can achieve a great deal by [the] Self-realization at the feet of our Divine Mother.

You see, our Divine Mother Mataji had discovered this Sahaja Yoga to be the unique Sahaja Yoga, by which you have seen that thousands of people get Self-realization, irrespective of cast, creed or religion. As explained by Mataji I think already, Sahaja means born with you, pure and spontaneous. Now about my experience I tell you many people, Self-realized, they become pianists, they get songs [written] that is my experience and whatever work you do, you do it with great confidence and meditate a good manner. You see the power our Mataji, the Divine Mother, powers I have to tell you, are really tremendous... I, I must firstly say, I'm a lawyer practicing in Bombay High Court. You see, you'll be surprised to find the miracle about one matter in my business company. [Hindi] You see, I had an appeal in Bombay High Court. It was the second appeal from appellant. And the letter came up before his lordship Dashera's night. As usual my [matter] of appeal was on fifteen of August. That was Friday. I remember that, that was Friday. I thought generally only four or five matters are taken up by his lordship every day. And Saturday and Sunday being holidays I was quite sure that my appeal won't reach here at least before Tuesday. So I was on that particular day, I was very busy because I'm a trustee upon Mataji Life Eternal Trust.

Shri Mataji: He was with us, I remember.

Mr. Pradhan: And [that is/at this] reason I was doing some [work/program]. So I was quite sure that the matter won't be, and about the whole day I was at Mataji's residence. On that day, the Saturday and Sunday being holidays, I have called my client to see him in Bombay trying to attend the Court. But my client came very late. He came to my residence on Sunday and inquired as to what happened about my appeal. Then I told him, "Please wait. I'll let you know." I phoned the advocate for the other side that if he's gone to the Magistrate and enquired as to what has happened about the matter, that they got it on the list or he should explain me. He said, "What? Are you befooling me?" I said, "What happened?" He said, "Pradhan, the matter was argued by you. The matter was disposed of on Friday." I was surprised. I couldn't believe the whole thing. [unclear] at my table, at my agency something has happened. Then I kept quiet. I said, "Very well. I had some misunderstanding about the whole matter." Then I told my client, "Better see me on Monday in the High Court." Then on Monday I went to High Court. I enquired for the judicial clerk there as to what happened about this matter which you [were/are] [fitting on the board]. He said, "Mr. Pradhan, you were here. The matter was argued on that day." "On that day? What happened?" "Some four or five matters were adjourned. Two, three matters were compromised. So your matter [unclear] at about 4.30. And it is all sort out." Still I was not sure. Generally the judges, they, the stenograph write the judgments. They write the judgments and send it to be signed after two, three days. So when the judgment was issued by the office I went to the office in the High Court and I saw this judgment is signed [unclear] by lordship. And it that particularly their name, my name was mentioned thrice. Mr. Pradhan and [Hindi name] [unclear], Mr. Pradhan

and [unclear] and Mr. Pradhan thrice has entered, and also it was given, my name thrice. So you, you have seen from Mataji, this is what it is. This is Mataji's power. I was on holiday, I was not present there and You went there and argued the appeal. So in the evening, so I went to Mataji's residence and I told Mataji, "Mataji, this miracle has happened". [She was amazed?] Shri Mataji laughed to [unclear]. "Now Mr. Pradhan, you are dealing with our President. The Adi Shakti came there, argued the matter what was in your brain and it was arranged." I said, "These are the last powers used [unclear]."

Shri Mataji: [Hindi]

Mr. Pradhan: She, there is one fellow, one Sahaja Yogi, journalist [unclear]. He has also a wife from Baghora, is basically Indian. He had taken Self-realization at ninety-eight, and then Mataji has come to Baghora from Bombay as they had some centers there. This gentleman, ninety-eight years, he climbs two, two floors to visit Her. There was no lift. And he came there and Mataji was surprised to find [unclear]. You see, you'll be surprised to find...

Shri Mataji: He came on a stretcher, actually. He came on a stretcher. And just to come out, he couldn't walk up. It was nice and they were all surprised [unclear] when he got up and started walking.

Mr. Pradhan: And there was, some fragrance was coming, by coming you could see some fragrance it would go.

Shri Mataji: He said, "I got some fragrance. I got up and started walking."

Mr. Pradhan: He got up and started walking. You see, all of you should get Realization. Because I think that we have in Bombay near about thousand of Self-realized [unclear]. You are doing a good thing in Bombay. You have got a lot of centers. And our London Sahaja Yogis also they are coming to Bombay and they help us a lot. You see, according to me I had a little to assure you of the power of Mataji in Sahaja Yoga. Whatever I must have done, I must have done by the power of Mataji. One thing is certain: She made me guru and Self-realized, your [elder] guru. See, look at my age, but look at me. You'll be surprised to find that I am [running] seventy-seven. But still Mataji says, "Look at Mr. Pradhan. He's working [as a young] man." It's Mataji's grace. So I don't do anything.

Shri Mataji: And he is going to America – that's the best part of it – to help the Americans with the Sahaja Yoga. Let's see how many Indian young Sahaja Yogis are going to come out.

Mr. Pradhan: You see, whatever work I'll take, Mataji is going to [help me] so easily. Spontaneously it happens, spontaneously. Two, three years. I am one of the [so many at Mataji's feet] and a trustee also.

Shri Mataji: [Hindi]

Mr. Pradhan: We have several centers in Bombay.

Shri Mataji: [Hindi]

Mr. Pradhan: We have, we have completed a [unclear] and we have very great donations. We got very big donations for [we had to build our ashrams] at Bombay, Pune, Delhi. So in Pune also [I was] appealing people to help us and what is the good cause. And we have the Mataji's mission to [assert/extend]. You see, [the mercy/we meet] God gives us the same love and [unclear] of Mataji to help all the Sahaja Yogis to give them the Self-realization. To [unclear] we'll help, we'll all continue to give the Self-realization by [these]...

Shri Mataji: [Hindi] I'm just telling, he should...

Mr. Pradhan: Our Mataji [is so humble]. I've seen it that when we go to the seaside and when we are on the seashore I've seen it. See, among the ladies on the sea shore [You sleep] under the tree on sands. I've seen that. She is not particular about any place,

whether you have [unclear] bungalow or some [unclear] instead. [unclear]. She just [receives]. Mataji never cares to look at the account. She doesn't care [unclear].

Shri Mataji: I don't know that.

Mr. Pradhan: She doesn't care what money you have received, what money you have spend which is in human nature. And you'll be surprised to find a lot of issues also in Her work. But I've seen how that She's not taken lunch even till three, three thirty in the afternoon. She will [meet somebody] [unclear], Mataji, go for Her bath and change later and have Her lunch. And [shows up anything].

Shri Mataji: [Hindi]

Mr. Pradhan: Do you eat something?

Shri Mataji: [Hindi] I'm telling him to tell about the experiences of Sahaja Yoga, how he grew up. You see, this is the point, is that how one should grow. I think he has grown himself, you see, through vibrations.

Mr. Pradhan: You see, one thing is certain. Many become Self-realized. You must [do minimum a] meditation everyday. You must stick up to this Sahaja Yoga. You should not give it up. You must stick it and carry on.

Shri Mataji: [Hindi] You see how, you see negativity affects, how affected him and how you see, you should be, you should understand how to continue with Sahaja Yoga, despite all negativity, how to overcome it. [Hindi] You see, small, small things, you see, and when I tell people that don't do this they feel very hurt. But he has found out from his experience that whatever I say it comes out of a danger that I [could know].

Mr. Pradhan: You see, I'll tell you one experience, particular experience. You see, Mataji has beyond this power, healing power. By Self-realization you can cure any people. So what happened, in Kolhapur city, there's a big city, Kolhapur, Kolhapur, in Bombay province. So we had a very good program there. About one hundred people had assembled among the villages. At that time, you see, the hall was full, and it was our duty to see and go around and see that the all new people are doing well, they are just seated. So what happened there was only one door, entrance door and because at the entrance door there was [a/some] small crowd, an old lady was crying. Mataji was quite busy with the work, giving vibrations to hundreds of people. So that lady was crying. I said, "What is it?" "It is about my son, [unclear] so then he became unconscious. As soon as he entered the hall he became unconscious." Then I gave him [unclear]. I cured him, by doing the [unclear], by giving vibrations. Then he got up. That young man then got up. I've told his mother that, "Please now go and bow at the Feet of Mataji, that strong Lady here and go." That lady has listened to me. And then the meditation goes on a lower only when you are not at the Feet of Mataji.

Shri Mataji: Here is just the other way round. In India if you tell somebody you are not to touch My Feet, then they are very angry. Here if you tell somebody you have to touch My Feet that person will never jump here again. Is just the other way round. Because, you see, the power was most of the Feet, you see. So that's why those who know will jump there, but those who do not if you tell them then you had it. Better not tell. It's a very different thing. And if you tell in India that, "You, nobody has to touch My Feet today," because sometimes are thousands of people at My Feet; sometimes I get swollen of the way they go on touching My Feet. But if you tell them, then that's the worst thing. The one who tells then it's finished. They don't like such a mention. It's a very different situation.

Mr. Pradhan: But, Mataji, I get very good vibrations from You when I touch Your Feet. I get very cool vibrations. You see, I've, I think the best [of everything is to love] Mataji. They can take vibrations as if pumping the petrol in Her body you can [get/have the car]. So [unclear] that they were a bit proud. That lady went with her son at Mataji's Feet. As soon as he touched Mataji's Feet that fellow became unconscious again. So [I wondered the, and then I said] "Mataji, I've only seen this fellow became unconscious and I cured him." Then Mataji looked at me and said, "You are a man of advanced age. You have cured him? Oh, really? So strong is everything in your body. You are now affected." Then Mataji took fifteen minutes to cure me. I told Her my

liver became very hot.

Shri Mataji: He was about to faint himself.

Mr. Pradhan: Then She has warned me, "Mr. Pradhan you are a man of advanced age. Don't cure anybody. Because that negativity it, it [affects/attacks] you and you can catch it in your body."

Shri Mataji: There should be no sympathy, no sympathy. You should take it easy. You see, sympathy [to form] when you are very strong enough. Otherwise no need to have sympathies with these people. It can attack you so badly, you all will get affected. With one negative person coming in the hall now, supposing somebody comes like that, all will get attacked. You see, because dirt and filth can get always attached to you. But to cleanse it, it's difficult. To get attached, supposing somebody pours say some sort of a color, everybody will get the color. But to remove it it's difficult. That's what it is. So, one has to be very careful about this negativity. No doubt.

Mr. Pradhan: And these people, these persons with negativity, they always [distemper /disturb/ just trouble the guests] and first instance they should be removed from the crowd.

Shri Mataji: Now people have started understanding. Before they used to think it's not good. We should have everyone there. But you can't just bear. When they come out you don't know what happens to you people. But I find there are [thousands that are attacking you people].

Mr. Pradhan: So many people I advised [unclear] of Mataji. We hope of continuing to raise their Kundalini by Sahaja Yoga and transform this world full of crimes [unclear] into the kingdom of God. I thank you very much for this invitation and...

Shri Mataji: [Hindi] Mrs. Pradhan also has been very kind to Sahaja Yoga. Though she's not a, she's not a trustee but she's made lots of nice poems and she sings very well. Now she's an old lady. And she has looked after people very well. And first of all Mr. Gaan [took really good] care. This is Mrs. Pradhan. This is the typical Maharashtrian sari that they wear in India, you see. [Hindi] [To a child: Aha, Lucia.] The photograph. You see today because of his trusteeship here.

Mr. Pradhan: Thank you.

Shri Mataji: Photograph nahi hai? [Hindi] Where is he? Then he has gone to get him. [Hindi] I feel very proud of Mr. Pradhan. I wish you people all try to follow his example.

Mr. Pradhan: According to me I've done nothing on the ascending part for Sahaja Yoga. It was Mataji [who has done it]. It's a unique discovery. All of you without Realization [unclear].

Shri Mataji: [Hindi] Those people, now those people who are in charge of America Tour and all that can talk to Pradhan and discuss with him and take his addresses, suppose his address and all those people that are there and also get information as to other people's addresses, whatever you need and then about [the program]. Give him the address of also Tim's so that he can contact. Just tell him what is done so that he can contact. [Hindi] And Dr. Ladhu was also there No, that is additionally help. I think this is the address so you got it. [unclear]

Mr. Pradhan: Again I thank you, Mother, for Your [help].

Shri Mataji: When he came to Me first, Pradhan, he said, "Mother, I am of a very average intelligence, average income. I am nothing outstanding. And what can I help you? I mean, I'm of no good. Only think I'll be getting help out of You. And how will I be of an instrument to You, of any, any kind of a vehicle for Your powers, I think." But he has shown with his assiduity and understanding that he himself and whatever he could do he has done tremendously. And he really worked very hard and he seen to it that things are done properly. He is a very efficient, extremely efficient. He used to arrange all our programs and halls and

things and, I mean, lots of things, at his age, very efficient, always first to arrive, last to leave, organizing everything and looking after everything and [extremely humble]. Still, it's remarkable to have such people. It is nice to have somebody with average intelligence than have too much intelligence which would be headache, [because they never listen]. And they have a method of avoiding things and say, and something you see, and sometimes if it was not possible to forget something, do something, he would say, "Mother, please forgive me." But he would never argue out. He'll just say, "Please forgive me. I must have forgotten, or something might have happened," and all that. And it was such an easy thing to be with him because I'm so bad at organizing matters, I tell you. Even I am so bad at money, you know that, and I never know how to keep accounts, and these people have been organizing money, and I have nothing to do with their money. And it's true that I'm very bad at all that. And it is these people who are so sincere and honest that they have looked after this money and they have looked after everything. And that now they have been able to produce that land and that is very remarkable. But I would say this is Sahaja Yoga that has given them all these powers to [manage] all these things, and it has created really tremendous people out of Sahaja Yoga, no doubt. May God bless you all and I hope you all people will also see the blessings of Sahaja Yoga and will rise very much in estimation of God.

Mr. Pradhan: You see, one thing that I used to do is total surrender to the Divine Mother, total surrender. Not selfishness of mind, nothing. Then you will get a very cooling effect.

Shri Mataji: This is all right to say in India, not here. Here if you say total surrendered they'll think they have to surrender house or car or anything. It is your ego. And ego must be surrendered. What else? You see, to surrender, the ego it's not you. You have to surrender your ego so that you get rid of. That's what it means. But that is understood more in India than here. Because if you say "surrender" people start thinking [unclear]. This is something, you see, an Indian mind is different from a developed mind, and this is how things work out differently. But I must say there are great saints who are born here. You are all great saints to be born like this. And they are amazed sometimes, these people are amazed the way you are dedicated to Sahaja Yoga. I mean, you have taken to it; shows that you are spiritually very tremendous, no doubt about it. I mean, if we are so that from childhood we are told we must have control on our attention because if you have to attend to God, we must get to God. From childhood we are told this. We have to get to God and we have to achieve our Self-realization. I mean, My grandchild was born and the message that I got from an astrologer because we always have an astrologer as soon as a child is born. And he sent a telegram saying that it's the greatest thing that her guru is in the house, that her master, the teacher is in the house. And it was the biggest thing for whole family. "Oh, the teacher is in the house. That's great. Child doesn't have to go out to seek this." Of course, I mean, this is our traditional way life in India. But now, of course, we are getting also Westernized. That's different. But normally it is so. From childhood it is told that you have to take your attention to God. The attention has to go to God. But here to say something that [Divine asks for] total surrender, what is the gain? The gain is God. The gain is your Self, is your Spirit. But that is, once it is, is still in your mind, you think that is the simplest you can do because the highest you are going to get. So the difference is of understanding, but in any way quality-wise I [must/would] say you are much better than many Indians put together, no doubt, very high. Specially Indians here, I don't know what they are doing here. I don't know about them. So no more questions, that [he] can answer you, because he's going now for, it won't be any other time.

It ought to be simple. If it is complicated then it's difficult. This truth should be simple. All right. It's working. Please close your eyes. Now first what you will feel is that there is no thought within you and then you will start feeling the cool breeze in the hands. Close your eyes. Especially close your eyes. But this is just the beginning. This is just the germination. You have to go further with it and you have to grow into it. Better. All those who are getting cool breeze raise your hands. Now, all of you. Those who are getting cool breeze raise your hands, higher. All the Sahaja Yogis also raise your hands, those who are getting cool breeze. All the Sahaja Yogis also. [Hindi]. Now those who have come for the first time and are not getting cool breeze, raise your hands. [Hindi] It's good. He's got it. You felt a cool breeze? [You can see it on the hands]. [Hindi] All right? [Hindi] He is a realized soul. This is not getting? What's the matter?

Sahaja Yogini: [He enjoys it by concentrating].

Shri Mataji: Forget now. Come. Here. Feeling the cool breeze in the hands? Are you feeling cool breeze in the hands?

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29 June 1981

Conditioning

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The other day I talked to you about the left side power that we have by which we desire. In Sahaja Yoga language we call it as Mahakali power. And this power gives us the left side which is our subconscious. And the subconscious, it gives us the conditioning. Through our subconscious only we become conditioned.

Now how does our subconscious take the conditioning?

In between the thought there's a very little space which we can call as the silence, as the present. But the thought, that comes to you, rises and falls off, stops for a while, and again another thought starts and falls off. The first thought that rises, we can see the rising of the thought, not the falling of it, and when it falls it goes into the subconscious. Another one also rises, it rises and again it falls [and] it goes into the subconscious. That's how our subconscious starts building up.

How do the thoughts come into us?

Thought comes to us because human beings, when they look at a thing, they have a method of projecting their mind into it. If you have got a blackboard I can tell you how it happens. Can you wipe it off? I wanted to talk about this subject but it's rather complicated. But we have to somehow or other face it sometimes in life.

(Shri Mataji draws on a blackboard)

This is the brain of a human (laughter). Special type! It starts as a little thing like that, you see, then grows up into a flat surface, then grows on rising like that till it becomes this kind of a thing which is the area, you can say, of the brain this develops up.

Alright. So what happens? The energy that falls onto it, in the very childhood, one has a very long type of head, when the mother is pregnant, the child is in the foetus stage, in the foetus stage it happens that, second month or so. Then, the energy is coiled in three parts, one like that (Mother is drawing with chalk on the blackboard) one like that. This is one energy, that is Brahmashakti - one energy. Because there are three parts, it gets divided into three we can say, doesn't matter. So, just now we are not ?? we'll talk about this thing. This when it comes here, it passes through (drawing on the board for a while) two densities - because, you know, we have two matters, white matter and grey - into two densities and that's why, and inside is a hollow thing. So, because of it's different densities it goes into a refraction. Then this one also goes into a refraction.

Today my head is so heavy and I am going to tell you something! (laughter)

Now, this thing now, has to go into verdina abdomina (sic), means the spinal chord, alright? It is here. Something like that it is. So it has to divert itself. When it goes like that, here, I don't know if you know the principle of Parallelogram of Forces? (Newtonian physics theory) This is through, breaking through a component, and this goes like that. So you have one component going down like that and the one going like that. In the same way it happens to this one, also, at this point, you can say.

So we have the attention of the human beings are going out.

Now this one that is going down, is making up our sympathetic nervous system. And this one that is going out builds up our

attention which goes to things. Now [if] it falls, supposing, on to any matter [then] this reacts on it. You see, this attention does not know what to do - it goes and gets involved into it, carrying this. Like English going to India to dominate. That's how the heat (?) comes up and then it is stored in here, like that. This is how the two systems build up. This is the subconscious. This is supra-conscious. This is the superego, this is supra one.

Now, to take this attention inside is the problem.

This attention has to go to the Spirit. It's not going (?) there. This attention has to go to the Spirit. When the subconscious acts, for example, I put my attention onto this chair. Alright? So now, if I'm not attached to it, I see it just as a play, after realisation I can see it. But before realisation to me, this is a precious thing, this is my possession, this is my home and this one is a emblem of some sort of my greatness, whatever it is. All these ideas come to my head. Then I get involved into this one. Then this becomes a conditioning factor. Supposing something happens to this chair, then I'm finished! I may even become mad! I can go to lunatic asylum (laughter). That possible, people do. I mean, for something material they can go into madness. But it has nothing to do with you, see it's nothing, it's outside, is outside. It is not inside. Here we are.

So they devise methods. These are make-beliefs, specific make-beliefs. And the subconscious gives us a make-belief. Like, you must have heard, today I was just laughing at a joke, and saying that, "I believe! Of course I believe. I have faith!" "What? What is it?" "I believe in God." "So! Are you obliging God or yourself?" It's difficult for us to understand that by your believing or not believing God exists, whether you like it or not, He exists. But then the projection starts moving in such a way that we start even moulding Him according to our conditionings! For example to an Indian, God must have red ?, for an Englishman the God must have - I shouldn't say but - a cigar (loud laughter), for a Buddhist this God must have long ears hanging from them - imagine! Or say to a Greek, God must have moustaches! (loud laughter) So it's like that, it's always like that! So that God has to conform to all the ideas of human beings, alright? Now, He is to be born somewhere poor thing, He has to be born. So, "How could he be born there?" I mean, it is too much to say about God like that. He's the One who has created this Universe. In that huge thing we are not even a speck! And we are deciding about Him everything. It's rather mysterious, isn't it? How can an ant decide about Caxton Hall saying that, "Oh, this door should not have been there!"? This [comparison] is nothing relatively. It's much more, much, much, much more. But this is what happens to us because our attention is just splashing out.

This has also given us a freedom to be 'ourselves', in the sense ourselves, means 'I', 'I-ness', "I am so and so," comes to us because the rising of ego and superego is there, cuts you out, completely from the All-pervading Power and you become an eggshell, you become an egg. And the shell is one side the ego, another side is the superego.

Now pertaining to our seeking also, we use the same method: that "I think". First starts with "I think", you see. Whatever you think is not God, because if you could think, then He is not God. This is the absolute logic. He is too great that you could think about Him. You can only become one with It. It would be like a little bird trying to fathom the ocean.

Now when we start our seeking, we come here with our conditionings. And the subconscious - today I'm talking about subconscious, not so much of ego but of subconscious because I started talking on subconscious - is still there. And the worst part of the subconscious is, the worst of all is that if the personality is ego-oriented then for him the subconscious is the most important thing. Such a person becomes a very obstinate seeker, very obstinate. He will start judging a person according to one's subconscious, for example, "I don't like." And we become judgmental, you see. "I don't like such a person." "Now why?" "Oh, I just don't like them." Then the ego comes in, to explain it, saying, "Oh, must be something wrong with that person which I have felt through my Spirit!" I mean, Spirit you have not reached as yet. No, not yet. We must accept. Sahaja Yoga is not a make-believe. It is absolutely down-to-earth Truth. You cannot believe that, "Oh, I am spiritually alright. Yes, yes, I have got it. I felt very much better." "I felt very much better" is not the way to look at your seeking. And when the ego becomes in charge of that subconscious, then seeking is very difficult, because ego starts deciding everything, you start judging everything with ego, and the subconscious is such a dubious thing, very dubious.

Now, I would say Freud did work on the subconscious area. He did work on the subconscious area. It is a very dubious thing within us. Say, somebody's mother has got green eyes: the boy will be fascinated by green eyes. Supposing the mother is

modern and has got a bald head but uses a wig, alright? And if she doesn't change her wig much then he may like a particular type of a wig. But if she changes too much, he may like a bald-headed woman, you can't say [for definite]. So the subconscious works out with such transitory things that to get it fixed also is a difficult thing and, when it is fixed, to remove it is even more difficult.

Some people become routineous in their nature, absolutely routineous (sic). They walk like blind. They get up early in the morning, they take their tea. The newspaper has to be there. If newspaper is not there they cannot do anything the whole day. Newspaper they must read. I mean, it's good that we don't read newspapers. But he can't live without it. So he must have this newspaper before him. He takes his newspaper and the counted number of sips he'll take of the tea. Then he'll go into the bathroom with counted number of steps, will take the bath, the same way, absolutely the nail cutter here, this there, there, there. He just walks like this, moves on. Absolutely joyless, lifeless life he leads - it's a routine. Another person is a topsy-turvy! Both the extremes come from our subconscious. If a person is very routineous and meticulous he could be a very bad headache. He's a very unpopular person. He gives us a headache. Because he is used to a meticulous thing, he makes everybody meticulous, he wants everybody to be meticulous. If somebody is not meticulous then he gets after the life of that person. And I have seen some people if they see such a person coming in the morning they run away and have a bath, in India.

Miserliness also come from such habits. All such headaches come from subconscious. But to them, because they have their ego, they say, "No, I'm not miserly. I'm economical." Ego finds out words to make something ugly look very nice. And this is how we start off looking after our subconscious and nourishing it - nicely it's coming up.

We do not want to face ourselves. Even before realisation we can face ourselves, that, "Why are we so abnormal? Why everyone calls me a bore? No one likes my company. I have to assert myself too much to be in the company of others. There is no magnetism left in me. What's the matter? Why? Why that people do not want me? Why they want to get rid of me?"

But ego is something, "Oh, they are useless, they are good for nothing. I am such a higher personality. I am such and such. I am a person of taste, I am this. I am that." And such people can end up with dogs or maybe some cats, I don't know, they, some of them, end up with even snakes. Not with human beings.

The subconscious has so many problems which Freud has brought forward and said that, "This is the subconscious, subconscious." But he was such a limited man and a half-baked person that he himself suffered from all the patients who came to him and he got all their diseases and really, he became a case of complete 'Materia Medica'. So whatever he has said has definitely helped us to see how many varieties of subconscious attacks we can have but, at the same time, he has given us no solutions and he has made us very one-sided - that is - "Do not allow yourself to be conditioned. Do not allow yourself to be conditioned." Now, when we say like that, our subconscious may not be very much powerful but the other side is even worse! The other side is a terrible, absolutely terrorising thing called Mr. Ego. If that develops then there is no end to our nonsense. Then you become nothing but "I", like a stick, you know. Anybody comes there he knows, you are that.

So what to do? Is the problem. The dilemma before people is: what to do? If you get rid of your subconscious then you will get your supra-conscious in the sense that you start planning for the future. Then, "What's wrong? What's wrong?" The family system breaks up, the sinfulness is accepted, there's no righteousness in life, nobody can talk of righteousness, there's no worry about what you are doing to the society or to yourself. "What's wrong?" "If I am doing like that, what's wrong?" It goes on like that. So the other side develops.

Now the first side, subconscious, gives you the deadliest disease called cancer. Cancer comes from the subconscious area not from the supra-conscious. But from supra-conscious you develop diseases like heart, paralysis, diabetes. Cancer is developed because your subconscious is overloaded. It may work out through ego, doesn't matter - means you create an emergency within yourself. If you create an emergency within you - physical, mental, emotional, any kind of an emergency - [this] means you are loading your subconscious. For example, I go on rubbing this finger all my life - there are people funny, funny type we have. There are some called Jains, you know. I don't know if you have heard about them. In their religion you are not supposed to use any razor. I don't know why! They are specially against razors, absolutely. So you have to pluck your hair from all over, with your own

hand. They go on plucking their hair because they are not supposed to cut it. You cannot use razor. Can you imagine? That extreme!! It's the truth. So they go on plucking like this, all the time. And even if [they] all have lost all their hair, still they'll be going on like that. This can develop an emergency in the different muscles, into different hands. Anything can develop an emergency, like, as you suggested last time, that if you put a metal in the body it develops an emergency - just if you introduce the metal. As soon as an emergency is created the subconscious starts wriggling, pumping, expanding. When the subconscious starts expanding then we move to the left hand side. The movement to the left hand side gives us a very dangerous position because in the left hand side is the collective subconscious. All that is dead since your creation, since your creation - I'm again saying that - is all there. All the kinds of vegetables that have gone out of circulation of evolution, all the kinds of matter that have gone out of circulation, all the kinds of insects, animals and, the last, human beings. All that is dead exists in the [subconscious] within ourselves, within our being. Everything exists within us. We don't have to go outside. So we get exposed to that very dangerous area of subconscious when it expands. You may not be consciously conditioning yourself. For example, people thought it's too much conditioning to wear the grey suits or the tail coats. [They thought] it may be too much. So they said, "Alright. Let us take to another style of life." So they said, "Oh, this is all junk. Let's dress up in such a way that we look like nothing on Earth." This is an emergency, because you look so funny, you are to be attacked - simple thing is.

Say, London is a place where you must walk with an umbrella. Actually, you play your hockey and also football with an umbrella on! And a person who walks without an umbrella during rain, in London, has to get cold. He may say, "Oh, I don't care. You see, I am not formal!" That's how the dress develops. That's how the attitudes develop. Now, he says, "I'm not going to be conditioned. No, I'm not going to carry an umbrella. If it is raining, doesn't matter. I'm not going to have raincoat or anything, any appendages like that, you see. I'll just walk in my swim suit!" [Then] he'll really swim through, I tell you. You just can't do that. You are a human being. You are not a hippopotamus! But they want to be hippopotamus when they are human beings - because of ego. This is what it is. Either we want to be monkeys or we want to be tigers or we want to be lions, but we don't want to be human beings that we are, because of Mr. Ego, which teaches you that you should be something different. These things create an emergency, and these emergencies lead us into areas which are very dangerous.

Like, I would say, there's a fire, supposing, in the other room, is an emergency created. Alright? What happens that, when the fire is there we get so frightened [that] we enter into another place and, from fire to frying pan, we may land up into something else.

So to be normal, to be in the centre, as Buddha has said, to lead a normal life, and not to be unique and abnormal. Sometimes they do it just to create a nuisance value, that people should be able to see your faces. That's why some people walk with red hair. All sorts of things people do. Be normal! In the centre. And to do that you don't have to do anything. You are born a normal person - lead a normal life! I mean, if you are abnormally, handicapped or anything that's a different point. But even normal people behave like that. Like this, your Grand Prix and all those things that you do. I mean, you have got hands, feet, everything, thank God for that. After some time you'll find a person without one limb, "What [happened]?" "I was in Grand Prix," begging on the street with a violin in the hand.

All these subconscious problems come to us and stick to us because of our ego. If you do not identify ourselves with this subconscious and say, "No, no, nothing this. This is not important." It comes from a very small areas. Like I can tell you about Indians very well because I have seen it very clearly. They are very particular about washing their hands, having their baths. They must have a bath every day, can you believe it? Even in England - I am not guilty, so I can tell you - and then take a bath in the morning and then go to their work. They don't feel alright without that. They don't feel alright, you see, this is the point is. And they die of lung cancer in this country. Day in and day out, day in and day out, for years together. "Oh, I never catch cold. Nothing happens to me. I'm very happy." And suddenly you find they get a very galloping type of a cancer.

So we have to know that we live in a nature, in a country, in a place; we have to adjust our body to that. We must respect that. We must respect that nature and not to fight it. Like, we are modern people, accept that we live with these machines and things like that. What's the use of growing your hair like a primitive man? You cannot exist [here] as you exist in dense forest of Amazon, can you? We create such emergencies for ourselves by doing these extra special things that, that tells upon our subconscious and we become very much prone to cancer. I mean, I would say that people can develop cancer from a small thing like you have got those people who announce, "His excellency, such and such is coming". He may find after some times he becomes "his

excellency" in the throat. It is possible. Overdoing it, all the time doing the same thing. Shaking hands now: I mean sometimes really we shake hands with six hundred and seventy, eighty people. I do that. I think, "Now, what's going to happen?" Just going on shaking hands with people. But change it a little bit. Now it has been on from I don't know, George III, or whatever it was. It's still on. It's on in our country, same way, in England. And all these habit formations like that, that everybody must conform to that subconscious. I mean, sometimes for a change, let us say like this, sometimes shake hands, sometimes walk about. No! It's the same form on and on and on. But I am not against tradition by any chance. For that I must say that traditions which are real traditions are always helpful. But traditions which are just mechanical...For example, paying respect to elders, paying respect to a saint. Now these days, of course, you can get 'saints' by the dozens. If you pay five pounds you can get a 'saint', standing there to take some more money from you. So, you can get saints and saints and saints. But still, all such traditions which makes you sublime, a higher personality, they are helpful to life.

When I say that subconscious is not to be nourished and is to be looked after that I do not mean by any chance that you give up your good traditions. So there are some bad things and there are some good things that we need. And the good things we need are samaskaras, are called as good conditionings. There is no word in English like 'su' but 'su' means the one which is good for your Spirit - so the samaskaras or the conditionings that are good for you. Outright rejection of the complete subconscious is as stupid as outright cancellation of your supra-conscious. You have to balance. You have to keep a balanced life between the two.

Now when they break traditions they break it so much, so hard, that the whole society must crack down completely. Can't you do it little bit? Must you crack down everything? And that is how another kind of emergency settles in, in society.

Now, today which is the emergency which is the worst of all, for which you are not aware of? I think you people are not aware in the West. Which is the worst of all emergency that is settling in, in every human being, is a sense of insecurity. Your medias, they blast you every morning. You start feeling, "What's happening?" Shocks. Anywhere you go you find, "Oh, God, this disaster, that disaster." They never talk of anything that will give you peace, tranquility, that will console you, make you happy. You go home - your wife quarrels with you with such an emergency, "What happened?" "Oh, the tap is out of gear and you never did this. You didn't do that. You don't do that." It could be vice versa, I mean, 'wife' means 'husband', 'husband' means 'wife'. But the emergencies we create for others - do we understand that we are creating cancer for others? Do we?

A man marries a woman - just see, this is very subtle one has to understand - and then he says, "Oh, what's wrong? I'm just friendly with someone." Like that. He flirts with other women, he has a keep or something. The woman develops insecurity within herself, and she develops a horrible disease called as breast cancer.

The insecurities that develop within us, if they are carried too far by us, by people who think, "Oh, God, how insecure I am." And to overcome that they end up their lives in the pubs and things like that and think that they can get rid of their problems, are even worse, much more vulnerable - those who try to escape the truth and go into subconscious more. Like you see, here, if there's an emergency. If somebody runs into this room, there's safety, but supposing you run into Scotland Yard! What will happen? It's like that. Then emergency develops if you try to run. You might land up into very, very serious trouble. Face it! If your husband, husband is misbehaving you get after him. Tell him, "This won't work out. You have to be a faithful man. Nothing doing." And you see to that woman that she gets out. Give her two, three slaps doesn't matter. She deserves it. She has no business to meddle with your married life. If the wife behaves like that, slap her nicely. She has no business to be infidel to you. Solve the problem. But do not be a person, "Oh, I don't want to say anything. Let it be. Now he is in love." Blow off such loves and things which creates problems for you. Just go and finish off all these nonsensical things. This creates horrible emergencies for men and women [but] the worst of all for children.

We need peace. Human beings have to live in peace. They are beautifully made. They are made with such care. They are delicate beings. They are not to be hurt, they are not to be tortured, they are not to be troubled. Try to be kind to them. If the parents are not kind to the children, if a person does not have his parents in childhood, he is a volcanic personality. You have to be very, very kind to other people and nice to them. Do not create emergencies in their lives. If you create emergencies in their lives you are responsible for their troubles and their diseases. One must realise that human being is the most delicate thing that God has

created so far. When you really love human beings as a whole you will realise this. And you will be amazed how we handle each other: the way we shout, the way we scream at others. There's no delicacy of handling of other people. And that's why, as I said, that, if you are unpopular for your meticulous nature or for your over-asserting, or for your ego, you must know that you are creating an emergency for others. Ego might give you a satisfaction: "Oh, I have done her right, that's what." "I have done him right. It's good for him. Let him have it." But there is God above us who will judge us.

But when we talk of the subconscious, you see, we suddenly go into extremes of that also. It's something, human beings are always to be said, "Don't go too much this side". Supposing you fall, this side you fall or you go that side and fall, you fall, isn't it? Is it that when you come this side you do not fall and that side you fall? So both the sides if you move, go to extremes, you fall. So both the sides must be saved, and that's why I must warn you, before I stop this lecture, that when we go too much to the subconscious and we worry too much about the subconscious, then, what happens? "Oh, don't say anything. Let him do what he likes." "If he is doing anything. I shouldn't say anything. Why should we be harsh to them? And we should not hurt after all. Whatever he's doing, is alright. Do not hurt him." Even [if] a murderer comes before you, [if you say] "Oh, please, please, don't say anything to him. Now he's not a murderer." This, this is going to another side. This is called as kaivalya, in Sanskrit, in which people give up their weapons, like Arjuna did. Arjuna was a disciple of Shri Krishna, just like My disciples here, you know. He was also there. And when the war came...I mean, he was a great warrior till the war started. When the war started he said, "Oh, Krishna, what's the use of killing these? They are my brothers and my sisters, my teacher, my revered elders. How can I kill them just for a piece of land? I cannot kill them." He gets into that subconscious mode. And on this was based Krishna's philosophy. Those who can read through the lines can see that he tried to establish that this kind of a non-violence of a poor person, of a weak, is no non-violence. It is cowardice, it's kaivalya. Even the non-violence of Arjuna is cowardice. For He said, "Who is killed? Your Spirit is never killed." But for the religious establishment – religious doesn't mean, I mean the Wars of Roses and all that – I mean the religion within yourself. For standing up for the truth of any cause is the war of dharma, is the war of sustenance, that sustains the society. So you have to rise against all such things and you have to fight it, because if you fight for that, you get your moksha. And if you live, people will call you victorious. It is a very balancing factor.

Like, many people tell me, I mean they have told me many times also that, "Mother, why do you criticise the fake gurus?" What should I do? Should I garland them? These are horrible devils who were born before also and were killed by Goddess and today I see them so clearly and should I go and say, "Oh, you great people!"? What should I do? Krishna has said that, "Whenever there is fall of sustenance" "Yada yada hi dharmasya glanir bhavati Bharata" (,), [meaning] when it goes down, the righteousness falls off, then "vinashaya cha drushmitam" (,), to kill, to destroy these horrible negative forces, "Praritanaya Sadhunam," () "to save and to sustain the saints," "Sambhavami yuge yuge" () "I come in every age in human form." (Bhagavad Gita chapter 4, vs 7/8)

It was Christ who, on the cross, said that, "Forgive them, oh Father, for they do not know what they are doing." And the same one took a hunter and hit these people hard when they were making money in the name of God! We never see the balancing factor in life. That's typical of human beings! If they go on to one side they'll go on to one side. If they go on to another, either they become Hitlers or they'll become some sort of, I don't know what to call them, some sort of people who are, who have no backbone, nothing - cabbages. You are human beings and a human being has to be in the centre. And this is what, always, I try to tell you that, when I talk about subconscious, I want you to have the balancing thing. And this comes to you through wisdom of Sahaja Yoga. Because when you get your realisation you get the vibrations flowing in the hand and you can find out when you lose your vibrations, because that's the time you are losing your balance. This cool breeze that's flowing through you is manifesting the Holy Ghost within you, this is the Brahmashakti, and that suggests, "Oh, you are going into imbalance."

But Sahaja yogis, specially in England, are very intelligent people. Specially in London they are even extra-intelligent. They make a politics out of Sahaja Yoga also. "It's nice to be in politics." So that they claim, "Oh, we are communists. We are this. We are that." They say, "Alright, we are Sahaja yogis and we have to fight all such forces which are against us, against our Self-realisation, against our emancipation." But we carry on with all these weaknesses. We go on living with them. We do not work out simple methods of Sahaja Yoga to get rid of them. We are quite satisfied with ourselves as we are. We do not grow, because we have an ego which says, "Oh, you are alright. Oh, Mataji was very kind to you. She smiled at you." God knows what it meant! Or "the vibrations are alright. Yes, yes, perfect. I am very good. I am nothing. I am not doing anything wrong." That is how they live. Either

one has to change or one has to spare God forever! You cannot stand on two stools.

It has been My experience now because I worked in London itself for so many years that even now the Sahaja yogis of London every time require a reminder that you have to cleanse yourself, keep your mind clean, your heart clean. Because Mataji, perhaps, is a good speaker you just come here, listen to Her and forget about it. It's not going to help! My lectures are just useless, absolutely useless, if you cannot rise up to the point where you feel you are really clean. You all have to work it out. Do not justify it.

For human beings it is important to know that, after realisation, you are attacked, much more than you are attacked before, temptations are much more. The Satan himself came to tempt Christ, because he knew that Christ was so powerful. In the same way, when you are saints the temptations come to you. If you yield to them, then it can be very dangerous. We have to know that, as we are delicate, we have to be careful. But as we have the power to overgrow these things as Sahaja yogis we have to take arms into our hands and fight ourselves out.

We have to create such Sahaja yogis in London that they themselves become the advertisement.

As today we were discussing what to do about Sahaja Yoga, how to advertise, how to do this - nothing works out. What works out really is a pure Sahaja yogi, a good Sahaja yogi: [the] example is of one Mr. Dhumal (from Rahuri). He went to the Commissioner's Office in Pune and while dealing with the thing – maybe Indians are more sensitive to saints – they recognised that he was a saint and they said, "Sir, will you please tell us who is your Guru?" He said that, "I have a Mother." And all that office of that commissioner is today Sahaja yogis. One person just changed the whole thing, transformed it.

When we think of organising things for Sahaja Yoga and all that, we must know: are we ourselves organised to that extent? Alright, Mother works very hard, She cleanses you, She works for three, four hours. She'll cleanse your subconscious, She'll do this. But how are you yourself? What is your own picture about you, yourself? And this is important, very important for all of us. It's a very important time we are in. There are so many seekers who are getting just drowned. For no fault of theirs they can be lost.

Every Sahaja yogi has a duty towards his Spirit and towards God Almighty that he must try his level best to keep himself beautifully shining and shining others with joy, happiness and bliss.

May God bless you all.

We have to make one thing very clear to all the people, new people who come to Sahaja Yoga. Supposing somebody has a background of a terrible black magic training and all that, or somebody is a teacher, say, of say TM or a teacher, or a gururaj business or sort of a person. You see, if you have all this kind of background you have to be extra careful about yourself! You have to be extra careful because after realisations of people, even here in the hall, they are terrified within yourself and they would like to run away. But when you are alone they will try to tempt you, in the beginning. So, after realisation, you have to establish yourself with very great care. Otherwise, you can be lost, you can be in trouble. And then don't blame Sahaja Yoga for that.

Whatever is Sahaja Yoga, it is. You cannot mould it. It is the way it is.

Whatever background you have, your subconscious, wherever have you been, you please remember that, that you have to be very careful. At least for a month, you must be very, very careful and see to it that you do not expose yourself to these old environments. I would suggest that you better keep more to yourself at least for seven to ten days. Do not go out too much. Keep to yourself. You are precious things for God. He looks after you, no doubt. But as you have been through so many horrible things it's possible that you might be attacked. And then don't blame Sahaja Yoga for that. That can happen, has happened to so many people I know of. So be careful, after getting realisation. Like the seedling, when it is sprouted, how we are careful with the seedling for some time, till it becomes a tree. We not so careful with the seed. We are not! but with the seedling, it's so delicate.

That's how you must look after your realisation. That's how you must work it out.

Can I have questions from you?

(Shri Mataji's small granddaughter has a question - a complaint about another child!)

So this is a question coming!

Now, is there any question? Little loudly. Say it a little loudly for Me.

Sahaja yogi:

Shri Mataji: Gavin, you come here and just tell Me. I'm just....Today My ears are blown inside out, you see. I've been working on someone which has really killed me in action!

Just ask, what he's saying. Now, just whatever he says, repeat it. Ha.

Just ask the question please. Ha.

Seeker: Your Holiness, you spoke of being attacked, and picking things up from others. May I ask if one should try to avoid that or whether one should just accept it?

Shri Mataji: Alright. Sit. Good question. He says if you are attacked whether one should avoid it or one should accept it. It's a very simple answer. Now, any Sahaja yogi who can answer it? Let's see. Now, testing point!

(nobody offers an answer)

Ah, such simple things I tell you! What happens to the intellectuals? (laughing) Come along! No answer? Haa...

Sahaja yogi: Just stay in thoughtless awareness.

Shri Mataji: That's true, but you know, this question is very, very straight. If you are attacked should you run away from that or should you face it?

Sahaja Yogi: Face it. Endeavour to face it.

Shri Mataji: No, no, not necessarily. It's very simple, I tell you. It's very simple. It's this: that if you can face it, face it. Otherwise, you run away! (laughter) There's no need to face. Forget it! You are not responsible for all these mad people! No. With the speed of the five hundred miles per hour if it is coming to you. It's very simple. Again the wisdom. Do you see the balancing part? You need not. If I say, "face," it doesn't mean [for] anybody coming you face. Measure it up. Alright?

If you can, manage it otherwise, take the other course, makes no difference. In Sahaja Yoga you are not branded as anything like a man with a sword. You are a man with a sword and also a shield. If it comes to the shield, alright, have the shield on. And you can place the shield into his hand and run away, it's alright. We must learn; this is known as Krishnanithi. About this I will tell you a very simple example of Krishna's style. He's called as Ranchordas, the one who ran away from the fields [of battle]. Imagine, Krishna's name is Ranchordas! The one who ran away from the fields. You know, it's such a shameful thing to run away.

There was a horrible devil who was given certain boons by Brahmadeva, and he could not be killed by normal methods, and Krishna knew that He won't be able to kill him with His Sudarshan chakra. He didn't want His Sudarshan chakra to be spoiled, the thing, the discus [that] He used. So He knew about a big sage who was meditating in his sleep, in a cave, very near that

battlefield. And this sage had a boon that, "As soon as you will open your eyes from this meditation, the first person you will see will become into ashes." So Krishna started running away from the [battle]field. People said, "Oh, look at Him! Like a coward He's running." But this devil would not give in, he started running after Him and Krishna ran very fast you see, played all the tricks, illusions, and He ran. And He was covering Himself with a shawl, like this. And this sage was sleeping there. He went and very delicately He put His shawl on top of that sage, and he was still fast asleep. When this fellow followed Him into the cave, Krishna had hidden Himself. He went into the cave, you see. And he thought this was Krishna who was sleeping there. He started saying, "Hey, you Krishna, now You are sleeping here, You are tired, You've ran out of the field, but I am going to kill You." And as soon as he said that, this fellow got up and looked at him and the fellow became into ashes! (laughter)

It is tomfoolery to fight someone who is going to trouble us. Why should we? But if you can face up to someone you should. Then you become so very strong, like me I should say, that you don't run away. But sometimes I also run away, I must tell you! As I get fed up sometimes, the way things are. Not from demonic forces so much as from some of the Sahaja yogis. I see to it that they don't see me anymore because they never improve. They always become tools, instruments in the hands of Satanic forces and bring horrible things to me. Then I don't want to have mosquitoes around, isn't it? Then you want to put a mosquito net around you, in the same way. You don't ask mosquitoes, "You come and bite and I'll bite you."

So it could be on any level. We have to judge with our wisdom.

One must know that Sahaja yogis are the most important thing in the whole creation today. One should not become egoistical, of course - I must give the balance - but they are, no doubt. So we should know how to preserve ourselves and preserve for what? Not for pickling out yourself but for fighting. But first, preservation is important. If you are not there, what are you fighting with? So it's question of wisdom. It's very simple. Sahaja Yoga is so simple, no complication. Like this, you judge everything.

I mean, these norms of human acceptance is like, you see, you are a big hero, even if you cut your nose. That's not in Sahaja Yoga. You are not going to cut your nose, but you'll be a hero - that's how. I would not like any one of my children to be hurt even this much. And there are so many ways of avoiding it.

Now, any other question?

This lady is there. For her I have to tell her one thing, that you must understand what you have to have as a seeker. That's very important. Otherwise one would never see who is alright, who is not alright. Like TM, [the] less said the better! People may say, "What's wrong?" What's good? First of all, let's go on to that point. The minimum of minimum: what's good it has done? It has polished off your money? Are you flying? Anyone of you are flying? Face it! Everybody has become a poor person, has got epilepsy. So many of them have got epilepsy. Are you cured of your troubles? Are you physically helped? No, so it's nothing good. Why should you pay? Only good it has got is one, that it takes money from you. You see, makes you little lighter if you have too much. No? No income tax problem, bank problem. It's already gone! If that is the thing you want to have, then it's alright. Then go ahead of it. Has your life been helped? In any other way? Are you a recluse? Or are you a person who can articulate with others, very normal? The highest of highest, one should know that you are the Spirit. Are you manifesting your Spirit anywhere? Are collectively conscious? Are you actually collectively conscious or just it's a make-belief? Are you that awareness which is described? Just face it.

Sahaja Yoga is just the other way around, you know. You cannot please it by giving money to it - no! It doesn't consider anything about that. Also it cannot bother about how many efforts you have put in, how many times you have been and all that - no! it doesn't bother about this thing. On the contrary, if you are still attached to all such things it just recedes, it recedes. It's recession, all the time. It's very difficult. I go on pushing it [but] it recedes, you see. Either you have to change your attitude or it has to change. But it does not because it is eternal thing. It does not change, it is changeless. So you better change your attitude and accept it. Otherwise the Spirit is changeless. It recedes back. It recedes to such an extent that one may get a heart attack and die, because of its recession. So you have to really come with an attitude of reception otherwise it recedes.

Sahaja Yoga is such a beautiful thing but its qualities are not changeable. There's no compromise, no compromise. It does not

compromise. It stands in its own authority, in its own glory, in its own nature. It doesn't change. You can pay any amount of money or need not pay, you may put in effort, nothing, you bring to any colour, creed, anything, makes no difference to Sahaja Yoga - nothing! It's the acceptance. It's the readily acceptance of your Spirit and not of your ego.

While in other places they might pamper your ego, they might give you a mesmerism, hurting your superego. Here it is your Spirit, absolutely your Spirit which you have to achieve, to which you have to surrender to, to recognise that you are the Spirit. Alright? No flying, no jumping, nothing. It's the Spirit, the manifestation of the Spirit. It's as simple as that.

One has to have a humble attitude towards it otherwise the Spirit doesn't come. One has to be humble. It's a grace, it's a gift. It's a gift of God. It's your own, I agree, it's your own, but it's a gift. And for that we have to accept it with a humble heart otherwise it doesn't work out. It won't work out, my child. It won't work out. I am your Mother, alright, but Sahaja Yoga is not. Mother means many things. Sahaja Yoga is not, it judges you very much. I do not, but it does. So be careful. Mother is much larger than Sahaja Yoga. And so She forgives and She knows and She tells you and She says, "No, no, no, no. It's alright." But I must warn you that Sahaja Yoga recedes. That's why we have few Sahaja yogis. You have to accept it, for your own good, with understanding.

Seeker: As one grows, one becomes more connected, and more connected with other people and one wonders what happens in this cleansing process when one may lose a desire or one becomes cleansed in some way.

Shri Mataji: Desire for?

Seeker: No, but one wonders what happens to the desires that one loses, and whether the people one is connected with, have to bear that burden. Could You say anything about...

Shri Mataji: Have to bear what?

Seeker: Any burden that it's shed from us in the cleansing process.

Shri Mataji: Alright. Please be seated. You see, now if you, say, are a person who is a married man. Say, [for] example I am saying. You do not give up your marriage in Sahaja Yoga. On the contrary, you become a tougher person to bear it up if there's a problem. You become a sweeter person to enjoy it. And you become a master how to solve the problems of married life.

So actually what happens is that the situations that are created or the things that looks so impossible, start [to] become absolutely like a myth to you and you know how to solve them. So you do not have to secede from people but gradually you will start changing your priorities. You will start yourself automatically because you won't enjoy their company but you will have another company, the company of people with whom you should be identified. They are your type, your style, who think for the betterment of one's own Spirit and the Spirit of this Universe - such people.

Now all such people have to gather together, when they start clinging together, all of them. Alright? Maybe in the beginning you might find some of them may not join you. They may think, "Oh, he's gone. He's finished. He's no good." But we are normal people, we live like normal people. There's no dress, special dress, nothing. I mean you just behave like absolutely normal people. You do not sever your relations with anyone. There's no need to sever. With whom to sever relations if you are not connected with anyone? It's a question of inner detachment.

Only thing [that happens], you get concerned about people that they are not in Sahaja Yoga. Also you get concerned about people who try to go against God. And when you realise what is the truth, with your family, with everyone.

Now we have in Sahaja Yoga one person comes in, the family comes in. Now, Ray (Harris) is here, his parents are now Sahaja yogis in Sheffield. And I'm going to see them there, I'll be very happy to meet them.

So many people who gave up their parents, Kay is here, or so many like that have gone back to their parents. So it's a different

thing altogether. It's a living process of the manifestation of Divine Love. The whole thing changes. But one thing is sure: you cannot force Sahaja Yoga on anyone. My own daughters are not yet realised souls. What can I do? It's alright. When the time will come they will get it. I have never forced that on them. They may not be even knowing what is Kundalini perhaps, maybe. So my daughters, how many daughters I must have had and I have, how many wives you must have had in previous lives and how many husbands? God alone knows. So why worry? That way you are so lonely, isn't it? Only in collective consciousness you have common feeling, commonness. "Who are my brothers and who are my sisters?" asked Christ. Just have a very balanced attitude, neither of joy nor of, I mean, expression of some sort of a thing like that, or of any unhappiness. Just be watching, just be watching.

Mmmm, getting in?

It's very subtle. It's very subtle. But when it happens you start feeling it very much.

Put your hands straight, straight like this.

1981-0703, The Search for Truth

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3 July 1981

The Search For Truth

Public Program

Cambridge (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Cambridge (UK), 3 July 1981.

All the seekers of truth, I am very much thankful to you for giving Me this opportunity to meet you all over here .You are here because you are seeking and the seeking is so innately expressing itself that you cannot get over this feeling of seeking even if you want to. But perhaps I do not know if you know what you are seeking; why you are not happy; what is the expectation you have about your seeking. All of you must have had some background of seeking. Because seekers are a special category; every person on the street is not a seeker. Every person we come across is not a seeker. It's a special category. I have seen there are seekers who are real seekers and there are also fake as we have in everything, because it's a fashion to seek, because nice to talk of seeking.

In everything I can understand the fakeness but in seeking I cannot, because you are the gainer, you are the one who has to gain. So you should not fake it. Better try to awaken your sincerity and to get that which is real because human beings have reached such a stage of evolution that they cannot exist any more now, unless and until they find out the truth about themselves, unless and until they face the reality, unless and until they know why are they here for; they cannot go on like this, is an impossibility. All the shocks and all the horrible ideas people are giving you about the destruction of human race is because of this void that they feel, this distance they feel from reality. They feel that, "We haven't yet seen anything that is real. Everything we venture into, any enterprise, any movement towards progress, ends up into a nonsense." And the whole absurdity of this kind of a progress, when it comes face to face, you start feeling, "Now where are we? Are we on the right lines? Where are we moving?"

This seeking that has come to you is of course the outcome of this confusion, no doubt, that you can see intelligently, this confusion around you. One of the things is that with your rationality or with your logic I should say - rationality's rather... can be very funny. With your logic you must have reached a point where you see this confusion, and you must be wanting to find out after all what is the solution? You work very hard, create an atom bomb, then it becomes like a devil on your head, you cannot go further with it.

Any such movement of human beings towards understanding the meaning of their existence leads into a chaos. Then it is definite that we are in a cocoon and whatever we do it comes back to us. There must be way out, there must be a method by which we get out of it and see for ourselves, "What are we here for?" You cannot solve this problem through your intelligence or through your rationality, because human mind is limited and the limited mind cannot go to something that is unlimited. Like when I came to this hall, I had to leave my car behind. But it's very difficult to understand that with rationality you cannot reach some place and you reach that place spontaneously.

But we can derive at that conclusion, by seeing that we evolved spontaneously, we evolved automatically .We did not think about it. Say, from animal stage to this stage we have come; from amoeba stage to this stage we have come, without doing anything about it. Spontaneously it has happened. People, perhaps do not understand the word "spontaneous." Spontaneous means it's a happening through some living force and the living force acts on its own. It drives you up to a point, like a flower becomes a fruit. Now the flower cannot do anything about becoming a fruit. In the same way we cannot do anything about our evolution we should accept most humbly, because we have done nothing so far to become human beings. We have taken for granted our human life. But how we got it, we do not know. We did not pay any money for it. That way anything very vital to life you get it spontaneously. Like our breathing, nobody taught us breathing. We did not have to join Cambridge University to learn our

breathing, did we? It comes so spontaneously as soon as we are born we start breathing. All that is vital for the progress of life comes to us spontaneously.

So if evolution is the most vital climax of our existence then it has to come to us spontaneously, we cannot do anything about it. So first of all let us relax. It's going to work spontaneously, so why put our self up into a tension? Now, we have to see like a scientist with a very open mind, that we are not yet aware of ourselves. We do not know what are we. We know we are human beings, but are we really human beings alone? Or are we something more than that? And if we are, are we aware of that. Now we are moving only logically at this stage. Once we accept that still we are not that reality by which we can know every dimension of ourselves. If there is light we should be able to see everything in this room, isn't it? If we have light within ourselves we should be able to see ourselves within and without. The confusion is there because this light is not yet enlightened.

But now think that, you are made a human being, but why? Why? What was the need? Why so much trouble was taken by nature to make a human being? No scientist goes into the "whys," you see. They'll say, "It is so." It's a scientific way of looking at things. Now they say, "It's [UNCLEAR]parketted? All right, it is [UNCLEAR] parketted. They write down "This is [UNCLEAR] parketted." Finished. Whatever they see and know they write it down, "This is so." But they cannot say why? Why there is gravity in the Mother Earth? They cannot say that. But let us ask this question, "why." Why are we human beings? This is the beginning of your seeking.

Now when I put forward some sort of a hypothesis for you, some sort of a idea or a theory before you, you need not get disturbed by it. Keep yourself open and see for yourself if it works or not. But for this we really need people who are ardent seekers. Like we come into any university, I would say we keep ourselves open we just don't go and challenge every knowledge to begin with. But we try to find out for ourselves whether, whatever is said is true or not. In the same way we should keep ourselves very open about this method of the nature, which is spontaneous, and the Power that is placed within us, which is called as Kundalini - this is the name given by human beings; God has not given names to anything - that resides within us in the triangular bone.

Now it is too fantastic to believe those, "We have never heard about it." But even in the Bible it's said that, "I will appear before you like tongues of flames." Can they explain what are these "tongues of flames" are? As it is, they gave no chance for Christ to speak much and there were not any university students to understand about Kundalini, about this beautiful instrument that God has placed within us; they were ordinary fisherman. So whatever they saw, according to their own understanding they have put it down.

If they could have understood Christ, they would never have crucified Him. But they never understood Him and didn't want to understand Him. In the same way it should not happen today. We should try to understand. It's very important, imminent and crucial. If this point is missed, big danger I can see, for a complete disaster. We are already seeing the signs of that destruction taking place within ourselves.

I'm sure somebody must have told you about this chart, the Kundalini and the way it rises. Before doubting about its existence, I would request you to know that nature has taken all beautiful care to create you. And all these centers are placed within you, they exist. When the Kundalini rises, in so many people who have obstructions, you can see the pulsation in your triangular bone. In some people we have seen very violent movement. You can see the rising of the Kundalini also, you can see the breaking of the Kundalini here, the real baptism that John Baptist talked about. You can feel the "Cool Breeze of the Holy Ghost" emitting of your head, which is not possible. All kinds of things are floating now in the market. Of course Sahaj Yoga is not in the market. This you must have known, because you cannot pay for Sahaj Yoga. It's an insult even to think of money. This is your own right, you are made for it. Just like this instrument is made, you are made, specially, and you are to be put to the mains.

Now for an intellectual mind, the question comes in, the first, "Why You? Why Me?" Is very common. I said "Please have it My seat sir. A good idea." 'Cause I have to work twenty-four hours. I mean I am very happily married and quite all right. I have no problems of My own. But if you could do My work, I'll be very happy to retire. You are a professor, for example, that you are, one has to accept. In the same way if I am doing something then one should not feel so hurt about it. Gradually you will know that you can also do the same thing. As I am enlightened you will get enlightenment and you can do the same thing yourself. If one

candle is enlightened first, do other candles object to that? Will they object to that sort of a thing?

In the same way we should not have reservations in our mind. People have been very intelligent and have been asking Me such stupid questions, that I didn't know how their intelligence is going so blunt in My presence. Like, they will say that, "...then why You are an Indian?" Or say, "Why are You wearing a white sari?" It has nothing to do with all these outside things. It is something innate, inside you. It is eternal, it is not destructive. It resides in your heart, which is just to be brought into your conscious mind. You have to be just conscious of it, that's all. I can see that in you and you will start seeing too. It's your own. Only thing is that there has to be actualization, not a lecture or a brainwashing or some sort of a circus, but an actual thing that should happen within you, is the awakening of the Kundalini. This is very important, if you understand a simple thing, that if you are paying attention to Me, something falls down, something happens, your attention goes there. But if I say take your attention inside, you cannot. How can you push your attention inside, you cannot. So some happening has to take place, and this Kundalini rises.

Now what is this Kundalini? Again I say it's an hypothesis for you so far. Kundalini is the power of desire within us, which is not yet manifested, which is not yet awakened. That's why It creates the whole aura of a man, It creates the complete human form, complete human personality and still it has not yet manifested itself. It is still lying in a dormant state because It is still residual, It has not expressed Itself. When It is awakened, that desire is completed, then only this power of desire has manifested. Now within us there is a power of desire on the left hand side, as shown here. [I'm sorry I'm standing before this, but they must have told you. Can you put it there. Let us please show them now.] The left side, power of desire, is this one which we know as psyche, which Freud has described as psyche. But I must say Freud knew half the truth, not the full. He only knew about psyche. He didn't know about the other power that existed within us, is the second power, is the power of action. Perhaps Sartre knew about it, but he didn't know about psyche.

So when you say that "What's wrong?" When you say, "There should be no conditioning. We should not accept any conditioning." What you are doing is you are developing the other side. The first side of conditioning gives you a super ego and the other side, on the right hand side, gives you the ego. Both grow and form a calcified closure here in the head, in the fontanel bone area and that's how you develop your own personality: This gentleman is different; you are different; you are different. And this "I-ness" develops because you are cut off. Just like an egg we can say. Now the egg starts developing itself. Till it reaches a certain maturity and just a piercing of the top of the head, knocking off the ready egg, you get the bird coming out. The bird has nothing to do, I mean it is nowhere near the egg it's a very different thing and that is your second birth, that is how you are born again; this has to happen to you.

This happens only by Kundalini awakening, by nothing other- suggestions people give: by... say... they say you can stand on your head, Kundalini doesn't rise. Some people will say, "You pay so much money, come for a course." It won't rise. It's like a primule in a seed that has to sprout. Now what do you do to sprout a seed, do you stand on your heads? Just you have to put to the Mother earth; with Her warmth it comes out by itself. In the same way this Kundalini rises. We have to understand that you cannot pay for it. If you pay some money will the seed sprout? Or to the egg, will it become, will it become the bird? Nature's principles are so simple, so logical, so sensible that you don't have to read much to understand it. Actually with reading too much also we got complicated. Everybody else is in our head, we are nowhere, we are lost.

And the complexities of life become even worse when we start sorting out through this. The nature takes its own course and this Kundalini happening has to be today en masse. Thousands of people have to get Realization. That's why you are so many born on this earth as seekers because you know the time has come that you should get your Realization because you were seekers in many lives. And this life is to be bestowed with that blessing which you have been asking for.

This has to happen. If you do not accept, makes no difference to your Spirit. Because it is satisfied by itself; it is not bothered as to how you want to have it. But it is you who should be bothered about it. You have to get it into your attention. Just like a light is there, it is not bothered whether you put it off or put on. It has nothing to do with your liking it or not liking it, it is there.

But if you desire, if you really want it, there is a mechanism within us placed in this way that we have all together seven centers, the main seven centers which demarcate our evolutionary stages. For example the lowest one, which is called as Mooladhara

Chakra is the center of Mooladhara. It manifests in the - this is the subtle center - manifests in the gross our pelvic plexus. This is the center of our innocence. This innocence was created first of all, before the universe was created and this exists with in us - of course we might have lost it, that's a different point, but that is the first thing that was created within us also, is our innocence. Now if you have to talk to a doctor he won't understand that "What is this innocence." But you know there is something like innocence in you.

This first center is a very important center in Sahaj Yoga. Because, the deity of innocence expresses itself, manifests itself later on, at this point where you see the red mark in the center of the brain, where the optic chiasma is, where the pituitary and pineal are placed on both the sides, a very subtle center is there called as Agnya. You can see it crossing there. And this one, the deity incarnated on this earth as Jesus Christ, our Lord, Jesus Christ. Now, no one knows about His incarnations, I think. They only understand what He said about Himself that "I have a Father," and that "I am the only Son." Beyond that, people do not know what was the purpose of Christ' coming, what was the meaning of crucifixion? I think. We say that He came on this earth to forgive us our sins, you see, He takes up our sins. But how does it happen? How does it happen within us that He forgives our sins? It's only possible when He is awakened. He's still asleep within us. Then how can He forgive our sins? He is to be awakened first of all. If somebody can awaken Jesus within you, all these theories of karmas and all those things will be nothing but useless, old fashioned, old-dated things which has no meaning. But nobody understood this great importance of Christ' life. I mean people came to India. There was no proper rapport between the people of England; say for example they came down to India, as far as Christ was concerned. I wish they could tell them about Christ that He was the one who has come on this earth to take all our sins and to take all our karmas. Instead of that, the kind of Christianity they spread in India could not create any rapport between the people who were seers, who were sages, to get this great message of Christ' coming. Of course they respect Him very much, but still they do not know, they do not know. That's all right, but the people who are supposed to be following Him, also do not know that He is to be awakened within us.

Now, we know through Sahaj Yoga that He's the one who was called as Mahavishnu in the old ancient books of India. He's described so well how He will come, how He will be born; what will be His position; what is His relation with other deities like Shri Krishna and all that. It's so clear-cut. And why His name was Jesus. And why His name was Christ and everything can be clearly understood if there were some sages from this country had gone or from any country who knew Christ and had given the message to the sages in India; only the sages can talk to each other and not these people, like one pundit from India and one pastor from here; both of them are ignorant. They do not know. Christ has said that, "You do not know; you are blind. I am talking to blind people." Now what does that mean? That means you are not yet awakened, that you have to be born again, that there has to be a happening - in every religion. Moses has said that. Mohammed Sahib has said that. He said "You have to become a pir, without becoming a pir you'll not understand Me." All His Namaz is nothing but Kundalini awakening. But will the Muslims accept this?

If you want to understand fanaticism, if there is fanaticism within us or not. I was talking to a Muslim and I said, "You better go to Jews and ask them what they have to say about Muslims." That's the best way one can understand. I mean, fanatically they will prove that the other person is wrong. So is better to go and see them and know that what they think about us. Fanaticism is such a blind stuff that it can never give you any idea as to what is reality. Because whatever you believe into, you build up your own ideas and everything onto it and it's like a fake palace built on a fake idea. And then you go on fighting.

If God is one, if His love is one, then how can people who believe in God fight? I mean I- to My reasoning it does not. You cannot fight. If He is the primordial being, if you are the part and parcel of that, will this hand fight with this hand? Who is the other? But this should happen to us. When it happens then you jump into collective consciousness. You become, again I say it's actualization, it is not just telling, "We are all brothers and sisters, let us form a UN system." And it's only used for filling up some posts, that's all.

Actually it happens, that you start feeling others on your fingers, their centers on your fingers, it happens; your awareness gets that. It's not that one has to say, "Oh, I think I'm very happy, he is a nice man." What is the meaning, it's very vague. Maybe his eyes are like your mother's eyes, maybe, that's why you like him. Can be very superficial reason for which you like a person. But innately, what is his nature is to be found out and how will you find out? There's no way, but to make your awareness, your

instrument of awareness much sharper, much deeper, much subtler, and it just happens. When it happens you jump into another dimension of collective consciousness. Again I'll say you jump into it. It is an actualization. It is not a mental process by which you decide. You judge people on what? On their clothes? On their races? On their nationalities? On their education? On their labor? That's all superficial. You have to judge them on their centers, how the centers are.

When the Kundalini rises, actually She's such a blissful thing, She is your mother. Everyone has an individual mother, every one of you. And when she rises, She blesses you so much that you get your physical being corrected. We have, we have cured cancer with this. Cancer cannot be cured by anything else but Sahaj Yog. I've been saying this for 10 years, but the doctors come to Me, get cured, they tell others, they say, "Oh, we can't believe it." People don't want to believe into it. But cancer can only be cured through Sahaj Yog, there's no other way out. And if you can come to some other lectures of Mine, you will know that cancer is caused by over activity of these two powers which manifest your sympathetic nervous system. The sympathetic nervous system, the over activity of the sympathetic nervous system due to any emergency whatsoever. You put a metal in the body, you'll get it. Any emergency that arises because of the over activity of the sympathetic nervous system, which... which actually attacks the emergency, you develop cancer. And it can only be cured really by Sahaj Yog. There are so many diseases like diabetes, heart, innumerable innumerable, they can be cured by Sahaj Yog, physically. Paralysis- I mean I don't know, so many varieties, except for where, I mean some dead things have been put inside or then you cannot.

Because your physical being achieves that stage in which it is bathed all the time in the vital forces. This Kundalini opens you to the divine love of God, which is all pervading and this divine love is the energy of God which has all the energies of the world: Electromagnetic energies, all the energies that have created the elements, the emotional energy, the mental energies, of all the things is the spiritual energy. So mentally also you get all right. Now we have had people who were addicts, absolutely gone cases. They just got rid of their addiction, because if you somehow or other discover yourself, your reality, you just become a different person. You become so relaxed; you are not bored anymore; you enjoy yourself so much, because you are beautiful, the beauty resides within you. And that beauty when you discover, you find, "Oh God, I've been so superficial in my life. This beauty is there hidden within me." And you just give up automatically. I never tell people, "Don't do this, don't do that." No don'ts in Sahaj Yoga.

You just come, get your Realization you may become mentally so, so relaxed that all these problems drop out. There's nothing fantastic for Me, but maybe for you it is too much to believe. But it is better to see for yourself how it works, how it has worked out and how it can work out with you. You yourself can work it out, it will become your own knowledge, your own property, your own maneuvering, and you will be able to handle it. In this short time, it's not difficult to say broad lines of Sahaj Yoga, but to talk in details is going to be very difficult. Now I don't know how many lectures I must have given; only in Caxton hall must be at least three hundred or four hundred lectures and otherwise I don't know how many. So, this is just a broad line idea about Sahaj Yoga.

This must give you assurance in life first of all, that if somebody is saying so, lets try, worth trying. But it's very amazing, last time we had about hundred-and-fifty people in Cambridge and I think only one person stuck on to Sahaj Yoga. Everybody felt the vibrations no doubt, everybody felt the cool breeze. But what happened with them is that when they went out they started thinking about it, they lost it. It is like sprouting of the seed as I said, that the small gentle seeds, seedlings are to be looked after. When it sprouts, if you just throw them, they can be destroyed. So, one has to be careful for at least a month to preserve this sprouting. Once you have managed this one month then I am sure it will settle down. You don't require anything much to be done; few methods of cleansing yourself, sustaining yourself and keeping yourself afloat. If you could dedicate only a month to yourself you will definitely come up, no doubt and people have done it I mean in places like Brighton now I would say in France it has worked out, but Cambridge has been little disappointing. I hope this time you people will take it up little seriously. Because it's the most important thing that you have to have and this is the most vital thing.

If you do not get it and if you are not there, only thing I have to tell you that the last judgment has started and you are going to be judged by your Kundalini. You yourself you are going to judge your Kundalini and you are going to judge your own chakras; there's a big rope given and you yourself will know that "This is my defect and this is my defect," and you will also know the defects of others in the words of Sahaj Yoga.

For example, while coming here only, one gentleman said, "I have got an Agnya." This means ego. But he said it to Me; for him it does not matter because it's paining a little bit there. Apart from that, that the ego is paining, that he is away from ego, he can see his ego he doesn't want to have it. So he said, "Mother, my ego- my Agnya is catching," not ego, he says Agnya. But that's how you cleanse yourself. If you have to even repair your car, you have to get out of it. In the same way you get out of this shell and then you correct yourself.

I don't know what to say further but I would request you to ask me some questions, that would be a better idea to explain certain things to you and then we'll have our Realization. But please note that question answering is not going to give you Realization, it's a happening. The other day I had a lady from a newspaper, she's a very well known writer this that, and I found her to be a very difficult person to give Realization and she said, "Am I a hopeless case?"

I asked her, "What's the matter with you?"

She says, "I don't know, I, I am... I, I, I am a gone case." And she writes so well she's a very well known successful woman. Of course she got her Realization, but it took so much time for her to get her Realization. While some of you might get it just like that and lose it also just like that, so one has to understand the value of it. I do not know at what pace it is retained, but once you have achieved it, you have to pay attention to it. It is your own, it's your own property, that's the only thing you really possess. The other possessions are just myths. That's the only thing you carry with you; that's the only thing that is going to adore you and to give you that joy of belonging and happiness - belonging to the whole, to the primordial being, not to a small self, selfish, self centered mind, but to the Self, which is the part and parcel of the whole. That you are already, but you are not aware of it. What Sahaj Yoga does is that it brings into your consciousness the manifestation of the spirit which you can do consciously, means through your central nervous system you can feel it. When the Kundalini pierces through, you can feel the Cool Breeze flowing from your hand, "The Cool Breeze of the Holy Ghost," as they say.

I wish you could ask me some questions and that's how I can explain certain things which might be hovering in your mind .May God bless you all. Thank you.

Seeker: What is the meaning of nirvana, which is the essential point of Buddhist thought. Is it a kind of more a Buddhist mortal- I mean Indian [MORTALITY/MODALITY], as a Mohammed Iqbal, one of the Muslims...

Shri Mataji: Just come here, I just can't follow you. Come here, please. Yes. Again.

Seeker: ... ask you about a meaning of nirvana, which is the essential point in the Buddhist thought and because we could not find it in books in the Iraq saints and you know, as you know the, Mohammad Iqbal, one of the Muslims...a philosopher -

Shri Mataji: Of course! Mohammad plays a big part in Sahaj Yoga I mean, for us He's absolutely the primordial master. For us He's so great. I mean, for us He's not just a Muslim or anything, He- for us He is a universal being. For us He's very great, you see? So Mohammad is - where is Mohammad in you, just tell Me? Where is He? Where does He exist? You do not know. Where is Christ? No, that's the problem. You must know where is Mohammad, which part of ours that Mohammad has enshrined, which part of ours He has enlightened. Is very necessary for you young people to know it. Now see what's happening. Look at these Jews, look at these Christians, look at these Muslims and look at these Hindus. What are they doing about God? They are butchering Him every moment don't you think so? We have to understand all these great people in their right sense through Sahaj Yoga. How? Because once you get these vibrations in your hand now, see here like this, then you can ask a question about Mohammad Sahib. Ask a question, "Was Mohammad Sahib was born on this earth as the primordial master?" Ask the question and immediately you'll start getting Cool Breeze, tremendous Cool Breeze. Yes He was. A person, you will be surprised, a person who worships, say, Guru Nanak and denounces Mohammad sahib, if he gets a cancer, he will definitely get, if you denounce anybody you will get cancer. Then I have to ask that person that "You have to worship Mohammad Sahib in the same way. If you do not I cannot cure your cancer."

Christ has said very clearly, "Those who are not against Me, are with Me." Mohammed Sahib has clearly said that He was any, He-

END OF SIDEA

[missing audio in changeover between sides.]

SIDE B Begins

Any other questions please. Please ask Me questions because when I go away they will just come out and bother you.

(Can you come forward please,

[FV side 2 starts here:]

[unclear remark from a man.]

Shri Mataji: Yes please.

Man: You mentioned the path Mohammed and Christ and Buddha and so forth, is the lineage of prophets [UNCLEAR: write in stone], but most of these religions are expecting

Shri Mataji: Just... just come here. You see, English is not My mother tongue so, you see, any-

Man: Well you've mentioned lineage of religions, of Buddha and Mohammed, 'cause Janak was not in the other [lineage?] ...and quite rightly so involved as a very strong competition to [myth?]. But in the case of Christianity, which of course obviously You speak with great fervor, there is the second coming, a spiritual second coming of course, involved. How do You think what you're teaching will fit into that ultimate conception, when that absolute reality-

Shri Mataji: Not immaculate conce- Absolutely. Absolute reality, no doubt, absolute.

Man: I mean what contribution have You got to make-

Shri Mataji: -For that...

Man: ...to that when it comes along. How does what You teach fit in?

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

Now say, one simple thing that when Christ come before you how will you recognize? Will you recognize Him? You cannot. Any second coming comes. Actually when He comes He's not going to talk to anyone. He's just coming with the lashing thing in His hand. He's just going to sort out, all right? How will you recognize Him? The first contribution will be that you will recognize Him through vibrations. Second contribution, about Me also there is already mentioned: I have to give you the counsel. And other things also there; I do not want to say something that will really make you unhappy or maybe some of you may be shocked, but lots of things are written about Me also in the Bible. But the people were so gross, so very gross, that Christ could not say many things which He could have said openly, but He did say in a way. The whole Bible is like that, especially Christ's life. There's a book about Me, "Advent." Please go through that. in that there is a mention. But unless and until you are realized you can't get the book, see it's a secret. I do not want to get crucified this time again, all right? But He is going to come, no doubt, no doubt. But before He comes, better get to the Kingdom of God. Only Mother can do this work, isn't it? That's important, to know that Christ

is there. How will you know?

Man: Am I right in thinking, if I may just finalize what I have in mind, that Mohammed of course, looked upon Christ as the major Prophet and Islamic religion looks forward to the time when Christ returns to spread Islam throughout the world as the universal religion. But the definition of Islam is the total dedication, devotion to God, surren- total surrender to God. And do You still look upon Christianity as the - even though it's malpracticed, obviously - do You still look upon Christ as being the major prophet of the lineage, indeed the final prophet.

Shri Mataji: No it is not so.

Man: He's not a final prophet?

Shri Mataji: If it was, why is He, why is the second coming needed?

Man: Well yes, You're a quite- Yes, no, no You missed my point-

Shri Mataji: You see this is how they do it, you see. Supposing I say, with disgust I'll say, "I am the last time coming to Cambridge." But maybe I may again feel like coming.

Another man: But does what You mean in fact imply, does, does it imply that He's coming back to fulfill all the prophets, to finish the-

Shri Mataji: You see, we see some- we see Christ as a separate entity, that's why you think like that. For example when you enter in the room you enter the whole body, with your eyes, with nose, with ears, with all the aspects that you are. Supposing you are a professor or a lawyer, whatever is, all that is within you isn't it? All the aspects you enter in, so whatever you do you do the whole, that moment, that part.

Now I don't know how can you say that Christ- I cannot put Him as separate. Supposing this hand is eating the food all right and this is wiping the thing, now which is the ultimate? Like the whole evolution has to come up to this stage where you become human beings; you have to enter into the kingdom of God and those who deny it are to be destroyed by Christ. Will you call Him the last, the- you see it's... it's the whole play is like that. Nobody is more important or less important in this body. Even a pin pricks you, you feel the hurt, the whole body, it's the question of the whole, it's not the question of one person, you see. [ASIDE: You understand what's this? Thank you very much.] So, whether it is Mohammad or whether it is Christ, all of them are important to us, very important, you will be surprised how much important they are to us. We cannot neglect any one of them.

Any one of these centers if they are neglected we are in trouble. All the centers are to be corrected, are to be perfect and they also help. Like, will you say that this roof is more important or the foundation is more important? You see, the whole is important and every part of the whole is important and I cannot conceive of anything like a separate [thing?]. When Christ came He came with all His powers, when Mohammad Sahib came He came with all His powers, but that was the time when they had to come a particular type of work. For example today I have come, if I have come like them, I have come to give you awakening, that's My job. And that's what I'm doing. I am not going to tell "Don't," like Moses came out with Ten Commandments; of course I will establish that within you later on. But I am not going to tell you that. That's why some people don't understand why Christ didn't talk against alcoholism, because He came at this point, at the ego point, Mohammad sahib came at that point. All the primordial masters have denounced alcoholism because it goes against your awareness, which is sustained by your liver and the liver gets spoilt and that's why they were against it.

You see, at what place, at what position they arrive, what is there job: that's what they do. For example, see a train is moving, all right? Then it stops at a point. And whatever is the problem at that point is done by the person in charge. If the train doesn't move from there, how will it reach the station? Now will you say that the reaching the station is the last [word?]. Every step is important [ED DEL: for the station,] for the train to move. So everybody has played a very important role, equally important, there is nothing

like one person being important, that... we don't think like that. Or why human beings think like that? There's a reason for that, you see because by thinking like that they can form a cult, they can form a "ism," as you said, some sort of thing and then they can become important. But to be very frank none of them who have formed such cults have any idea as to what God is, even those who talk of Kundalini, you'll be amazed.

I am Myself amazed, people have written such big books; such big books they have written without knowing where the Kundalini is. Can you imagine such ignorance and such audacity? Hitler used to talk about God. I mean, anybody can talk about God, this is what it is. So we have to see the whole thing in entirety, not to prove anything higher, lower or anything, first of all let us get to our Self, let us get to our Spirit through which you are going to know all the truth about them. And then you will see their glory one after another.

What a beauty it is to see them in one unity, in one unison, in complete concord. We cannot understand how they are united, because human beings, even husband wife are not united among human beings, I mean, the nearest relationship they say, even there they are not united, so human beings can't understand how they are completely united, absolutely in unison. There's no discord at all, even not this much. They are perfect beings, they are ideals. We are imperfect that's why we see it that way. They are absolutely coordinated. They are not human beings.

But the beauty of human beings is that they can become divine. You see for a divine personality it's impossible to change, you cannot just change, you are changed forever a permanently fixed position. But they can change. You are human beings not divine people and that's your beauty. So understand them in such a way that they are all one. There's nothing like higher, lower - this is not existing. This is all right for academic career or sort of a, we can have a theology or something like that. But it is not theology, it is no philosophy or anything, it is absolutely the reality, which exists; you can see for yourself. Why not get Realization and see for yourself it is true or not? Why not see for yourself, that's the best isn't it, to become that and see for yourself if they are all one or not, because you can feel it.

What's[unclear, sounds like "Arr"] doing?.

Lady: When You say that all the religions say that you have to die, we can't even do that.

Shri Mataji: Nobody says that, who says that?

Lady: Well you have to die before you die to be born again.

Shri Mataji: Yes, very true. But that, that I agree. But that death doesn't mean that you die the way you are supposed to die, no. You see every flower has to die before it becomes a fruit, every egg has to die before it becomes the bird, isn't it? In the same way what dies within us is our Mr. Ego and superego; they are sucked in. So nothing to be frightened of.

Man: You die to live.

Shri Mataji: Die to live, that's the point is. Die to live, live a higher life.

Yes. Is there any...?

Man: Mother, we read about [UNCLEAR: You with an ???] Have You made [INDISTINGUISHABLE.] Is there any relationship between the ability to transform the easy yoga with which You are [fittex?] and our diet?

Shri Mataji: The?

Man: Our diet, what we eat.

Shri Mataji: No it has nothing to do, much. Is not so important. Is not very important. You see diet and all that we have paid too much importance to it, there's no need to bother about. It is even, I tell you, you'll be surprised, that I have seen people, Sahaja Yoga is such a grace these days, it's such a gracious thing, that a person came to Me, he got his Realization. Now he was the man who was really a very bad man from every angle, you see? He got Realization. I was amazed at the grace; it's so forgiving. Diet and all these things you just forget just now, because there's nothing important, it's nothing important. We pay too much attention to these things, you see. Now for example, vegetarianism, what's the use of such extreme vegetarianism, I just can't understand; are we going to give Realization to chickens, or to bugs. We are more worried about animals than about human beings, isn't it?

Man: But isn't human being an animal too.

Shri Mataji: Ah?

Man: Is an human being an animal, as well though?

Shri Mataji: What is it he said?

Man2: Is not a human being also an animal?

Shri Mataji: That's what you have to become divine now. The animal stage will be over very soon. Human being is at that stage where he is going to become divine, you see he's the most important thing. I cannot give Realization to any other animal, but if you call human beings them, that's all, they only the ones who are going to get Realization. But is nothing important, these things are not important, we should not divert attention from the main thing, like some people believe that if they do this thing they will achieve God. No it's not that. But later on, all your priorities change, all your ideas about these things change and you start understanding what is, what is the thing needed to sustain yourself. [ASIDE: all right]. Nobody has achieved anything by doing all these things so far, this we must accept; that we have not achieved anything by doing these things, so far. Have we felt the Cool Breeze which is described in all the scriptures? Of course I must say that Adi Shankracharya described it in a very big book "Chaitanya Lahari." Have we felt that? No, we have not. So accept it. So what's the use of doing the same things again, better get it in within yourself.

Among Hindus also, I would say that they denounced Krishna at the time when Jainism came in because they thought that He killed many demons and killing according to them was Samhara, was a violent thing. Well what do you do to the demons, you don't kill them? Are you to garland the demons? And the Goddess destroyed so many demons, what does She do? She has to worship them? This kind of kindness doesn't exist with the wrathful God.

In the car you have got an accelerator and also a brake. You have to have that, otherwise how are you going to control these horrible people? Passivity is to be denounced absolutely; neither aggression is to be accepted. Both things are just the same. Hitler started his work very slowly, that time the Jews if they were not so passive, this poison would not have accumulated and this horrible shame that came on humanity would not have occurred.

And the whole basis of Krishna's teachings are this; in the Geeta He says that, "What's the use, a weak man having non-violence? Is a cowardice." He's telling Arjuna that, "Raise your weapons against these horrible people."

And he got into kaivalya, he said, "I don't want to do it. I don't want to kill my own relations."

He said, "Who dies. You have to punish them."

So all these ideas also are very much with in us, specially now I find, in the West that, "We feel very guilty, we should not do this we should not do that." Of course one should not aggress. Aggression comes also through inferiority I think, through insecurities

also, can be cruel, can be very much egoistical. Both things are just the same. As you see here the ego and the superego; the ego is in yellow color and the deep blue color is the super ego. Both of them are to be given up. It's not only one side that is to be given, both the sides. When a person is Realized, he doesn't aggress nor does he take aggression. Like Christ we can say, now look at Christ, who took a hunter in his hand and started beating all the people who were making money near the church. We still have fetes and all that in the churches you see that goes on. He stood by a prostitute; what a prostitute had to do with Christ? He stood by her and He said, "Come along now, who wants to put the stone has to say that he has not committed any sin," Such valor and such glory. There's no place for cowardice. Mostly the aggression is due to cowardice. It's a very balanced personality you develop in which you are love, but love can punish, it punishes. It gives a very long rope and a very long rope and a very long rope, but it punishes.

Lady: Mother, would You please, would... that is, this yoga is an actual revolution and it typically says, I think, that's that one has to, to actually jump. I think You said something like that

Shri Mataji: Yes.

Lady: You have to make that jump. Do You say that? [Unclear]...

Shri Mataji: It is a breakthrough. You see, there's no word, proper word to express it, but I would say it's a breakthrough; your attention becomes that. In simple analogy you can understand: this room, if you put the lights it gets enlightened. In a simple way to understand it, it happens to you, you don't have to jump in a way that you don't have to push your awareness, nothing, it just happens to you. It just happens to you, you just get it. All right? You don't have to do anything.

Lady: I'm probably going to [UNCLEAR]

[Another lady makes an inaudible comment.]

Shri Mataji: What is it, in particular?

Lady: ...try the meditation.

Other lady: [inaudible] so you'll first get it from Her...

Shri Mataji: Now, you see you have to be in meditation, you cannot do meditation.

Lady: Okay.

Shri Mataji: All right?

Lady: ...do meditation...

Shri Mataji: You have to be in meditation and that's a stage you arrive at.

Lady: Yes. Yes...

Shri Mataji: Another analogy if I tell you: supposing you are standing in the water and you are afraid of the waves that are coming, this thought is coming then another thought is coming. But supposing by any chance you get into a boat. Then a state comes in, in which you see this, you become a witness. It's a state, it's a state of your awareness where you just become a witness; the whole becomes a drama, you are no more involved into it. But you become dynamic because you can see it, because dynamic powers start flowing through you. You are dynamic power. Only thing, you have to allow it to flow and the dynamic power of love. It is rather inconceivable with intelligence, you have to achieve it. Then you will start saying, "Oh God,

what is this?"

Lady: During that, one has to make an effort.

Shri Mataji: No effort at all. [Mother laughs]

Lady: I'm good at it...

Shri Mataji: No effort of any kind.

American lady with southern drawl: Can You explain the fasting, prayer chanting, mind expanding drugs being used to activate the Kundalini, the state of awareness You talking about?

Shri Mataji: I didn't follow her at all. Just come.

American: Can such things as prayer, fasting, chanting...

Shri Mataji: Nothing.

American: Can they be used?

Shri Mataji: No nothing, nothing.

American: Just like that?

Shri Mataji: Nothing that's all. Nothing.

I'll tell you about each one of them, is very interesting. Now say prayer, prayer is like telephoning without the connection being made. Chanting is really pestering. Because say, we have to now meet the queen of England, for example, and we go there and start shouting, "Elizabeth, Elizabeth." I shouldn't say that also, because you'll be arrested. There should be some protocol, some arrangement by which you are connected, and then only you can go to her. Even the queen of England, while I am talking of the queens of queens of queens, you see? So this is second: chanting. And which is the third thing you said, prayer, chanting...

American: Fasting.

Shri Mataji: Fasting. Now for heaven's sake don't fast. In Sahaj Yoga it's sinful to fast. I mean you should eat something, because God has made this beautiful earth, beautiful everything for you to fast... is it? I'll give you an example we had one gentleman who was a great worshiper of this deity of innocence, Ganesha, and he got a prostate gland trouble. He came to Me and he said, "Mother, how is it because this is the one which protects prostate gland and I have got prostate gland trouble and I worship this Ganesha and I'm a Sahaj yogi, I'm a realized soul and I understand its significance. How is it still it happens, this problem?"

So, this is the thing we give as My, what you call, prasad, to people, called as channa. And in fasting, Indian fasting they don't take any carbohydrates - you see these are all things they have devised. So I said, "All right, you have My prasad," I told him, "You'll be all right."

So he looked at it, he said, "Today I am fasting."

I said, "Fasting for what?"

He said, "Today is the birthday of Ganesha, that's why I'm fasting."

I said, "Supposing a child is born in your house, do you fast that day? If somebody dies you may fast? Why should you fast? What is there to feel so miserable that He's born in your family, born in this world and you are celebrating his birthday with a fast?"

You will be amazed. With that giving up fast he got all right. You have to please the deities isn't it? No fasting is allowed in Sahaj Yoga. Of course, if you want, for your health's sake is all right, but not for God; for God's sake do not fast. You can fast for yourself, if you want to, that nobody has any objection to. But for God, I mean why bring bad name to Him? And to a mother, the best way to punish mother is to fast. You see supposing the child is angry with mother he will not eat the food, finished, the mother is finished then, that's the last weapon. So you want to punish your mother then you can fast. It is all a way of regulating your diet and all that, is different. But it has nothing to do with God or divinity or anything.

And why suffer? Another thing is suffering, "We must suffer." Why? Christ has suffered for you, isn't it? Now you don't have to suffer any more. Again, for God's sake, do not suffer. The way they show Christ sometimes I'm amazed, you see, just bones and hanging like that, how can he be like that? Because they are miserable they want to make Christ look like that. How can He be a miserable, just a bone skeleton? Any one of you cannot carry the cross that He had carried; with those bones like that, will He be able to carry? In the Sistine Chapel, if you see the frescoes made by... who's done that? Who's the one?

Lady: Michelangelo.

Shri Mataji: Michelangelo, Michelangelo has done it. He has shown Christ just like a hefty person. And that's the right style, because he was a realized soul. While down below, you see they have placed a bony structure there... This is Christ. I mean if you see the difference between the two you'll be amazed. How can these people be miserable first of all. But we want to believe we are miserable, like French: les misérables, they are. I've made lot of fun out of their les misérables condition.

Do not delve in all this nonsensical ideas. If you have read Lord Byron, then you don't get Realization for the same reason; all these miserable creatures trying to make others miserable. If you have read Blake*, that's the person. Blake has talked of Sahaj Yoga, if you read Blake, "Milton" is the book, He has talked of Sahaj Yoga completely entirely about it, He's just also said where the ashram will be: Lambeth's Vale, there is the ashram we have got. You must read William Blake. What a poetry. What a prophet you've got and here you are reading this horrible, nonsensical man, this Lord Byron. He had no character and no morality, hopeless fellow, making everybody cry. I don't know how you call him a poet, by what chance. And there's a statue of his put there. Nobody has seen the statue of Blake, they don't like him I think. Oh you have lots of things you have inherited, Stonehenge, so many things you have got, you'll know about them, how great you are.

England is the heart of the universe. Do you know that? It is the heart of the universe and it is lethargic. It can be proved. You can ask the question, "Is London, is England heart of the universe?" You will get vibrations on this point. You'll start getting the cool breeze.

Any other question?

There are some very good people today, I can feel it.

Man at first inaudibly, then: How does Sahaj Yoga influence a man's, or a woman's, personal destiny, how would man or a woman who's got a question in his mind, sort-of, as he goes through life, you know, this was going to be in the bar, but who's going to... when you beating a headache. [UNCLEAR] He's [disconnected?]-

Shri Mataji: You see the thoughts-

Man: ...[unclear] next life and if so, so where I'm going to be, what am I going to do for...?

Shri Mataji: What am I going to do? Yes, these questions. These questions come to you either from the future or from the past. You think of the past or of the future, but not of the present. One thought comes and goes into the past. Another thought comes, goes into the past. Sometimes you get your thoughts even from your past and in between these thoughts there's a little space. Your attention cannot stay there, but after the Realization your attention is there in the present. When the Kundalini rises above this point, you become thoughtlessly aware, nirvichar samadhi, thoughtlessly aware. Aware but thoughtlessly, which is called as nirvichar, means thoughtless samadhi, "dhi" means awareness, samadhi: when it is balanced. And when it pierces through your fontanel bone area, then you become completely relaxed; the drama is over, and we start feeling the cool breeze. Just now many of you are in thoughtless awareness, try to see if you are thinking, watch My thing here and see if you are thinking.

Many would have liked to ask Me questions but because of that they are not asking, because no thought is coming. You are listening to Me, you are very aware, but no thought is coming. It's a very difficult state normally it's not possible, but your Kundalini does that.

Lady: Is it not possible to arouse the Kundalini prematurely. I've understood about the Kundalini all my life and have been taught that if the person is not spiritually advanced sufficiently, then the power when it is aroused prematurely, can burn up, sort of, the other chakras and insanity can even happen -

Shri Mataji: Yes

Lady: - if the person's not spiritually advanced enough when it is aroused.

Shri Mataji: All right, I'll tell you all about it.

Lady: Yes?

Shri Mataji: Please be seated. You see most of these people who talk of Kundalini, have no authority to raise Kundalini.

Lady: I'm talking about Madam Blavatsky Have You heard about -

Shri Mataji: Do you think she had authority?

Lady: Yes, I do.

Shri Mataji: I don't think so, I'm sorry. Because none of these things will happen to you if you're authorized by God. On the contrary, on the contrary, it is such a blissful experience. She wrote it many have written, I have already told you, but what they have done is unauthorized behavior. Like a villager supposing comes to city, who has never seen the lights, all right? And puts his fingers direct into the plugs and says, "Oh! I got a fright." Its like that only; they have no knowledge of Kundalini, nothing and no authority, you cannot put the authority upon yourself, it's something that is with you, you are born with it. They just say... you believe it, I don't know why you believe it, if she has -

Lady: Was something dangerous.

Shri Mataji: But what has she done? Has she given to anybody Realization?

Lady: I think so, yes.

Shri Mataji: Whom?

Lady: Quite a few people.

Shri Mataji: Whom?

Lady: I wouldn't like to name [unclear]-

Shri Mataji: Nobody! Not one person not a single soul. Realization is a very different thing: then you talk like Kabir, you talk like an authority. Not a single soul has been given Realization. I don't want to bring in people because no use having controversies. For Me she's also another seeker. But those who appropriate these properties within themselves, but show if they have given Realization to anyone. What do you expect out of Realization is collective consciousness, Jung has said it.

None of her disciples... I've yet to come across any disciple who has got collective consciousness. For example a gentleman came to me he said, "My Kundalini's awakened."

I said, "How do you know?"

He said, "I know I have got it."

So, "But how?" I said, "Can you tell me about this gentleman if he has got his Realization or not? What is the center catching in him, can you tell me?"

He said, "No how can I tell?" Then you haven't got Realization. As soon as you get your Realization immediately you can start feeling your centers and others' centers; even children can tell you. That's the sign of a realized soul; it's not self certification. All right? It should happen within you by which you can feel it. You can say by feeling that, "Yes, this gentleman is catching on this..."

One gentleman came and asked Me, "Mother, why everybody is asking about my father? Anybody who comes to me who are Sahaja Yogis, they come and ask me, 'What about your father?' What's the matter?"

I said, "Because there's a center for a father, which is catching."

You put ten children, if they are realized, and bind them and ask them to put hands towards one person. Ask them, "What's wrong with him?" He'll say this. That means the person feels guilty for nothing at all -this finger, means this left Vishuddhi, this. Every one will say the same, because truth is same. If you have reached the absolute, there should be no difference of opinion whatsoever, how can there be? Relativity comes only when there is no absolute.

I don't want to criticize anyone nor to bring any controversies, all right? You are all dear to Me, but I am just telling you that don't believe into things. Today I am before you. Forget all that. Have it. After Realization you will know who was realized and who was not realized, before that no use talking. I praise here William Blake and there I denounced Lord Byron: there must be some reason for it. But you can see in the language into everything, what an authority William Blake had. And this crying baby, crying for God, shows that they are in separation.

It is as simple as that. A lady who has met her husband, who is in love with him, you can see from her face. And the one whose husband is away, who is pining for him, you can see on her face. Very apparent. But for a realized soul it is very easy to know. I'll tell you Lord Mount Batten was a realized soul. You won't believe that.

Man: I would.

Shri Mataji: But his Lady Plevesky was not. Lord Mountbatten was a realized soul, I told some people about it, just by-the-way. And one day we were watching the TV and some of the Sahaj Yogis were sitting. Suddenly they got vibrations they said, "What?"

I said, "This is it."

I mean they may look to be very simple, ordinary people, mundane type, they might be realized souls. How will you know? That's what I'm saying. The gentleman who asked Me question has disappeared now, he must have come from some church, he doesn't want to give that up.

I said, "How will you know Christ? How will you know?" Forget about all that, makes no difference.

Mr. Phillip who's sitting here, when I asked him, "How many Gurus you have been and what books you have read," he gave me such a big, you see, papers, bundle of papers, which I didn't know how am I to read that, no! Thank God he read so many, so he was not identified with any one, thank God. So it can be anything, but so far we have not found it, so why accept anyone whatsoever. You have to just accept yourself that's all; Sahaj Yoga is as simple as that. You ask a simple question before Me, "Mother, am I the Spirit? Or am I my own teacher?" You are your own teacher, but you have to get Realization for that. Before that, the Mother is your teacher. But once you get your Realization, you are your own teacher.

Now let's see. Put your hands towards Me please. Just like this. Both the feet are to be on the ground. Just like this. And close also. Because when Kundalini rises above this Christ [UNCLEAR], this dilation of the pupils takes place and if the eyes are not closed...[microphone is bumped.] Don't push your attention anywhere, do not force yourself into anything, just keep your attention loose, don't think about anything, it will just work out, the Kundalini has to rise. Firstly you'll find you are thoughtlessly aware and then you will find a cool breeze flowing in your hand. It's very simple as that. Now what I do is to conceive you in My heart, and give you immaculate birth through your Sahasrara, through your fontanel bone area.

Do not feel guilty; one thing please do not do is to feel guilty. Actually all of you should say, "I am not guilty." Is a very common disease of the West. What are you guilty about? I mean what sins can you commit compared to the Ocean of Love of God. I am talking of the Ocean of Love. So be kind to yourself. If the light has to come in you, be kind to yourself. You are the shrine of the Spirit. Now please do not blame yourself for anything.

[Shri Mataji rubs Her hands together and blows on them while giving Realization.].

1981-0704, Finding the Truth

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4 July 1981

Finding The Truth

Public Program

Norwich (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Norwich (UK), 4 July 1981.

Shri Mataji : [disrupted recording] I have come to Norwich before also once and always I had a desire to come to Norwich though the response last time was rather disappointing for all the Sahaja yogis and they were not very anxious to come down here. But I know for definite that there are lots of seekers in this place. And they are involved into things which they will realize very soon are of no benefit.

There are seekers and seekers in this world. My experience I have seen that some seekers are true seekers and ultimately they come to the truth. They discard everything that is artificial, that is not the truth. They go on working it out as in Sanskrit it is said, "Neti, Neti," go on saying, "Not this, not this," rejecting, and then you come to the truth. It happens.

But there could be some who are fake in the sense that as you have got fake gurus, you have got also fake seekers. They just start seeking out of fashion. But in this Norwich of yours, I must say, whether people like it or not you have really very good seekers. And they have to come to the truth. It is rather difficult to make them understand that seeking is not a shopping. We cannot go on shopping. You see you have one guru, you go and see another one, you go and see another from Christianity to Islam, this and that. You go on moving and then ultimately you form a habit of seeking. You go on seeking. Like a momentum it goes on working. And the seeking goes on and on and on. And you reach a point where you find that you cannot change your habit of seeking.

Even when you have found the truth, it's like a rat race. Is a seeking race, I have seen in this world has set in. Now the seeking has started because the time has come. The time has come for fulfillment of that seeking. That's why the seeking has started. But we must logically understand what are we to seek and what are the ways and methods of discriminating between the real and the unreal. Even logically you can understand that

We have had great prophets and great incarnations like that of Christ on this earth and all their Advents have left us with great understanding of what to expect of a real person. The first thing is that you cannot pay for divine love. You cannot pay. Just you cannot pay for it. It has got nothing to do with money business nothing at all.

You cannot do any courses. Imagine people doing courses in spiritual life. I mean, you mean to say that those who cannot afford, those who are poor, they cannot get their realization? It is very simple as that. Money is your problem. You have created money, not God. God doesn't understand money. It is impossible. How to understand money? It is very difficult. God doesn't know what money is and what does he care for your money?

And this is one of the things which some of the Gurus have tried. It is to take money from you. Once you start paying the money, it's a human nature; you see if you have paid for something, you continue with it. Like you go to a show. The other day we went to see one drama, some play and both of us didn't like it at all. I mean my husband, Me, we didn't like the thing. But he said, "Now we've paid for it and the driver will be coming later. So, what's the use of getting out now?" So, we just continued with it till it finished.

It is like that. We've paid for it; so better go through it. But it is not so simple as seeing a play. It could be very, very dangerous. So,

first of all this payment, which is a negative thing, has been used with a double wedge. First of all you pay them and secondly they use you for them. It's a double wedge.

The second thing is that you cannot put in any effort for it. Because if it is a living force, it's an evolutionary force and it has to happen to you, then you cannot pay for it. How much did you pay for Christ? Christ coming, did you pay anything? Now, of course, people are paying for everything, but that time?

Payment is one thing, and effort should be another thing one should be away from. You pay nothing, you put in no effort for becoming a human being. No effort at all. But it is difficult to understand that you can put in. You cannot put in any effort for God. It is spontaneous. It is a living force like a flower becoming a fruit without any effort putting into it. Just it becomes. It is built in. It is spontaneous, Sahaja.

Effort is also double-edged thing. Supposing I tell you that you stand on your heads and you'll get God, you'll do it. I know you'll do it, and you'll do it day in and day out. You can. I have seen people chanting certain mantras which has no meaning, which is all nonsense, which is absolute nonsense, paying three thousand pound for it. And chanting that mantra day in and day out, becoming mad with that, without even thinking about it because you can do it. Whatever you can do, it is human, isn't it? God does something, which you cannot.

If somebody says you have to jump, take out your clothes, jump in the air, go on saying something, all that's it. That's sufficient. They can do it. Taking out your clothes or color them into something, make it into a uniform, people like it that way. The other day only a suggestion came to me that better make some uniforms for Sahaja yogis and I was amazed at that.

But people get very much impressed by uniforms, by the outside, by the gross. And this effort is such a ego pampering stuff that people do it. They just do it because they like it you see. They'll say also very proudly, "Oh, I am doing Hatha yoga," without even understanding that this, these asanas or these physical exercises is a wee bit, a very little wee bit of the whole of Patanjali Yoga Shastra. And that this little bit that you do is, also must relate to your Kundalini, to your chakras, to your state at which you are. You are taking the whole medicine box into your stomach, very indiscriminate. So this is also used by these people. You cannot put in any effort you. You cannot pay for it.

Then the third one is even subtle. That is, people think that they can intellectualize it, they can rationally reach it. So they listen to lectures. Oh, very good lectures. They think by reading something, reading books, you are going to get it. I mean, there are books and books and books. So far none of these great people have written, Christ has written no book. It is very difficult to write also. They wanted me to write. I said, "It's impossible. I just don't know how to start and how to end it. The truth and the knowledge is so great."

So they use this to satisfy your intellectual feats, you see. They will go on saying that you jump on to this and then jump onto that and jump onto that and jump onto that, jump into that and, you'll see, find you are back in the seat.

I have seen there are funny organizations also which teach like, let us imagine that we are in that new awareness, now imagine. Can you imagine? Now supposing that you imagine even that you are monkeys. Can you jump like that? I mean how can you imagine like that?

It's like a very nice story I read in my childhood. It impressed me very much. It is known as Punishment of [Unclear: Shahapez]. There was one gentleman called Shahapage and he was supposed to be an architect. He came, a hypocrite and an imposter. He came to a King and said, "I want to build a huge big palace for you, and I am such and such." He had all fake certificates with him. And the King believed him and he gave him lot of land to him and said, "Now go ahead. You spend this money - whatever you want you can have it - and make a big huge palace for me."

And he, after six months he said, "Now, the palace is ready". When the King went there, it was just the same. There was nothing done. He said, "Oh, you cannot see because you have gross eyes. It is there," he said. Really, he befooled him. First the King was

wondering, "What's the matter with this man?" but he was a clever intelligent man. He could understand that. He said, "Now see, this is a big palace. This is your darba. This is your big Court where you enter in and this is the place where you sit. This is the throne made of gold where you sit very comfortably and here are the people who will be sitting there and receiving you and all that."

The King smiled and he took him around a little bit and said, "Now I am very much satisfied with your work. You have done tremendously well. I could not imagine anyone working it out that good." He said, "Now may I request you that you sit on the throne as I would like to award you this special gift that you can sit on the throne not the King." Poor man, he had to go on sitting like that. He said, "You go on sitting. It's very comfortable. Enjoy yourself." He was tired, absolutely tired. He said, "Better be seated," and then he fell at the feet of the King and said that, "I am sorry for all that I have done."

So to imagine that you are this and imagine that and to be identified, to be befooled like that, is not the way seeking is going to be. We have to get it. We have to actualize it. It has to happen to us. Do we understand that we are going in a circle all the time? Any guru comes; you are with them. Another guru comes and you are with them. It's a shopping, as I said, going on, and it is very difficult to make them stop.

There is a fellow who has written a book about Me, and a big book, and he came to me. He said, "Mother, I know now I have found the truth. This is the truth I have found myself, no doubt. I have got that vibrations. I have got collective consciousness. I have seen the Kundalini rising. I have seen with my own eyes the pulsation of the Kundalini. You can see it yourself. Everything I have seen and I am giving realizations to others but still I think I have to still seek." I said, "Why?" "Because it has become a second nature with me to seek." I said, "Now will you stop that rat race of seeking?" And now he is all right. This is what it is. You cannot play games with yourselves. You cannot go on like this. We have to stop it at a point.

One has to know that Divine has nothing to gain from you. Truth has nothing to gain from you. Truth stands on its own glory, in its dignity. It doesn't need anything from you, does it? What can you do to adorn? What can you put on that? What can you give to that? How can you add to that? It's only you are adorned. It is only you gain it. If you get the truth it is you who has been enlightened. It's not the truth that is going to receive anything from you, is it? If that is your idea then you are sadly mistaken. You cannot pay for truth. Truth is there. It is there. Reality is there. How can you pay for it?

Just think of it that we are paying for something that exists, that is there. How can you pay for it? And what effort can we put in? Say this room is very beautiful; it is very beautifully done. To see this, it is there. You just see it. I mean someday somebody may put a ticket for it - that's a different point - but to see it you don't have to put any effort. If you have eyes you can see, but if you have no eyes, then? Then something has to be done.

But not you; you cannot do it. Like, as I last time told you, these candles who are not enlightened cannot do anything about their enlightenment. Some enlightened light has to enlighten them. So this is the fourth point, which they use. That you have to have a guru. Without a guru, how will you be saved? Even your evolution took place through some leader coming in. So somebody has to be there. So, they jump in. The market is created and they are imported here very nicely through Norwich. It's easier, perhaps, because of the port being there, perhaps. And because we do not know what to seek, we fall a prey to it.

I have told you already that whatever you can do is yours, is human, but whatever God can do, is His own. You cannot transform one flower into fruit, leave alone the billions and billions of them, and that is His job. He has to do it. And that power has to flow through someone to do it. So this is the fourth point they arrive at. "Oh, He is a Guru. You should be absolutely obedient to that person. You should not ask any questions. If you ask questions, you cannot get your realization."

Today's subject is like that. That's why I am moving in that line, you see. They said, "You talk on this, Mother." Like we had one lady coming from Norway. She stayed with me and she argued morning till evening; she just argued with me. I asked her, "Where have you been?" She said, "I have been to many Gurus". I said, "Did you argue with them?" She said, "No." "Which one was your last?" She said the last one was the Lama who came from Tibet. All right, everybody come from Tibet is a Lama now! And whether those Lamas have anything to do with God, nobody knows, but as long as they come in those tattered clothes, oh, they

are great.

If they come like so-called detached people, people accept them. It's a circus. But the worst was when he came, this special gentleman. He told the people who called that, "If you want to have me there you'll have to make a house with marble floor." Imagine! In Norway to have marble! In India, it is all right; it's cheaper there." So poor things starved themselves for one year, lived on potatoes perhaps - after all young people don't have so much money even in Norway. I don't know how they must have managed, and they made one floor of marble for these parasites to come in.

And this fellow came down and he would sit on a thing like that and she said, "We had to enter from a door and bow to that fellow one thousand and one times." One boy finished. "What about arguments?" I said. She said, "Arguments? We were so fagged out and tired, we walked off." One thousand and one time to bow. They had to take to very loose clothing because with tight clothes they couldn't do it. "Oh, terrible it was!" she said. "What did he teach?" She said, "Oh, if you cannot do it, you cannot reach even one step forward."

Yesterday I heard of another organization, where they have some steps. You have to go up the steps and stand there and bang your head with some thing, coconut or something. Then you drop down, make some circus there, and then you have reached the fifth step. All this is nonsense. Don't believe in all these nonsensical things. This is absolute nonsense.

You have got Christ before you to understand. Did he do all this nonsensical things? He lived a very normal life and a person who is a realized soul is the most normal person. He doesn't have any eccentricities. He doesn't go into tantrums. He doesn't bother about comfort. He doesn't bother about food or anything. He is Lord of himself.

You cannot capture that person. You cannot. And such a personality you can develop because you are a seeker. This is one point which they have caught up is that you do not achieve anything with these people, nothing at all. Like, they'll say, "Oh, I have raised your Kundalini." "How?" "Because you are jumping like a frog." Can you imagine? Jumping like a frog! Is that you are seeking? It is so superficial. You see, people are so superficially built up. They are so superficial that they believe in such nonsensical things. They are not seekers. They just go to a lecture, just to hear some lecture, and they'll think, "Oh, I am jumping like a frog." Now, are we going to become frogs or worms? We are going to become higher personalities, higher people. Then it comes to us what higher things we have achieved from these people. Have we achieved anything? Nothing whatsoever. Nothing whatsoever.

What are we to achieve? As Christ has said, you are to be born again. Something very important, you are to be born again. Now what is that? That means some sort of an artificial baptism done by somebody. Putting some water on your head, do you get born again? Do you get? Like an egg you put in and you just put in some water. Now you are a bird. Does it become a bird? Imagine it is a bird, can you, will it become? Even if you give a nice dress to a child and the child goes in before the thing and you have a nice champagne party but will the egg become the bird?

Put yourself to that then. It's time now for us to face it. Like the other day we had somebody in Cambridge. He came forward with a great gusto. He said, "I can understand all other people like Buddha" - according to him they are all wasted - "Buddha, Mohammed. But Christ, he said. I said, "What do you think of Christ?" He said, "Christ is something special." I said, "Yes, it is so. Then what? What have you done about him?" He said, "I believe in Christ." I said, "Really? And what have you achieved out of that?"

You believe as if you see it is like adorning Christ by saying, "I believe in Christ." What have we achieved? Have you awakened Him within yourself? Has He given you any powers of your spirit? This is the last thing one should know that we have to achieve the powers of our spirit.

Everything that is said into all the scriptures has to be proved. Everything must have a meaning. Otherwise we are living in a fool's paradise. You must accept it. You have to see that it is [unclear] you have to see that, not rationally but by experiencing it.

So, just now as he must have told you, how the Kundalini rises and it pierces through the fontanel bone area and you get the cool

breeze in your hand. This is what is described as the cool breeze of the Holy Ghost.

Everywhere, I mean Mohammed Sahab has described it as Ruh - R-U-H - Ruh. It's cool breeze, in every scripture. Of course, I mean in Indian scriptures, because you see that country didn't have problems as you have here. Our nature is very good and kind to us. People could live in the forests and could manage. They had time to concentrate on their spirits and to find out the truths about life and they have found out. In the sixth century we had a great saint born in that country called as Adi Shankaracharya who has very elaborately talked about Kundalini, about realization, what to expect, what are the centers, how it works.

After that we had Kabir, very lately about 200 years back. Then we had Nanak. Nanaka compiled all the great works of all the realized souls and put them in a book called as Granth Sahab, which these horrible Sikhs are reading morning till evening. You see, it called as Akhanda Path. They do it for two and a half days. Can you imagine? Madness. They go on reading. And the last point they reach, one person reads say for about two hours. He puts his finger there. Then another one joins in. There should be no gap left, go on reading like mad. By reading are you going to reach to God? And they are reading that, written there, that by reading that you don't go to God.

[Unclear, they are saying] why don't you look into your self? You have to find it within yourself. They are reading, singing also. Who is going to look into? Like if I say that you have to take this medicine, say a particular medicine Anacin for your headache, you go on reading the prescription, "You have to take Anacin. You have to take Anacin." You'll have a greater headache. You can never get cured.

I mean, anything they try to do, human beings know how to make a mess out of it. Now at least you realize that I am here to tell you that don't make a confusion of everything. This is a very confused times. This is all described also. This is a time of confusion. But keep yourselves alert and try to understand that if it is the truth, you have to actualize it. It cannot be brain-washing. You have to really actualize; you have to feel it within yourself.

Like anybody who comes and says, "I have got realization. Really? My Kundalini is up there, Mother. I am all right. My Guru has done it. He jumps like a frog, actually." So, asked him, "How do you know that you are realized? Why do you believe your Guru?" He said, "Why I am jumping like a frog?" I don't know what to say!

I feel quite peaceful. If you go to a pub also you might feel peaceful for the time being. Is that the way to look at it? Your awareness has to get to some new dimension. What is the new dimension you have reached in your awareness? You have to become collectively conscious. You have to become, again I'll say become, become is the point. While you see, do you feel your centers on your fingers? Do you feel the centers of other people? Do you feel? If not, you have not achieved anything. You are just the same what you were, perhaps worst if not better.

And this is what I feel that this place, Norwich, is really invaded by such people. Last time a lady was there who told me about somebody who is now found out to be hoax. I told her, "What have you got from him?" "Oh! I am in love with him." I mean, how many women in love with one man? I don't understand this nonsense. Such a confusion, such a confusion."

And the negative forces, the satanic forces are taking advantage of it because you are seekers. They are going to attack you; they are going to attack this Norwich again and again because there are seekers here. They always attack. They know. Moreover, we do not know that even when a child is born of a very high quality, in the childhood only they work out something.

But what impresses us most is the way they act. They create an act. Actually they study it very well and the second is the way they mesmerize, the way they hypnotize you completely. You don't know where you are going.

We have here somebody who has been a head of a TM in Scotland. And he ended up with the epilepsy of his wife, his own epilepsy and the child getting epilepsy. It's a fact.

In the beginning of Sahaja Yoga in India we would not allow any TM person to come in because we could not handle it. They are

so badly hypnotized, we could not. But now in England I have managed it.

But with the experiences that these people have now, we find that after getting realization also, if you are not careful, you'll be attacked. You'll be attacked. It's a very difficult thing to do Sahaja yoga in a way for Me, not so much for you. Because I have to really look after all of you. Because you do not know, it's like a small little chicks coming out of the eggs. And then anything can jump.

One has to do with great patience, understanding and love. Because you do not know what you are facing, because Mr. Ego is there or superego is there, something is there. You are not there all the time. Even with realization the Kundalini drops down.

Like a small seedling, I am told that people are farmers here. They will understand. It's very essential to look after them to give them water again and again. With the heat they may dry off, with too much water they may become rotten. With anything trampling on that they can be ruined. It's a very risky game. And one has to work out with Me today.

Now in London I must say that we have lots of Sahaja yogis. They are Sahaja yogis because they are realized souls. They are, and you will be too. But just getting the realization one feels also great. "Oh, I felt very fine Mother." "All right, then?" "I felt extremely relaxed. I am enjoying it," and after one year they come back. "Oh, Mother, I have lost everything."

Because this is a very crucial time of a month, which must be looked after, at least a month. And you get it so easily that you do not recognize it and you do not know how to maintain it. That is the problem. Even if you recognize it, you get so drenched with it that you forget that you have to maintain it.

In Indian villages it's a different story. They are not touched by this. They are not interested. They are all interested in the West where the money is. You see, it's like, where the sugar is, all the flies will fly.

Luckily my husband got elected to this job by so many countries, and I came to England. Actually I just came by chance, I should say all by Divine plan. That's how I am here. Of course, I mean, there are many coming to India but somehow the Indian Sahaja yogis found it very difficult to adjust the Western people. For many reasons because people who are Indians in India are very different from Indians who come here. They are not so materialistic, simple people in the villages. They are simple and they are not attacked. Main thing they think they are not attacked. Nobody is interested, these gurus and all that, not interested in the villages. I work in the villages of India.

And this is what we have to know that we are attacked more because of our affluence. And one more point because you are saints. You are seekers. Seekers are born in these western countries. Perhaps I feel that they are to be comfortable. That was the design that they should have no problem financially. That's why you get doles here; nowhere in the world you people can get doles. They don't understand. This was providence, for you now to meditate, to achieve that, for you were born for this purpose only. This time is the judgment time. The Last judgment has started. The first important people are the saints are the seekers. I am not interested in non-seekers at all. I am not interested. I am not bothered about them. At the time being, I'd say now I am not bothered. Maybe later on. Just now I am only bothered about giving realization to people who are seeking and establishing that. That's all is my problem.

And that's what you must face. You must know that you are seekers. You have to get it and establish within yourselves. This is the truth that you are made as an instrument of God's power and now you'll be connected to the mains by His powers only, by his Divine love, and that the power will start flowing through you. You'll be manifesting that power through your spirit and you'll see for yourself and enjoy that.

Thank God, in Cambridge now we have many Sahaja yogis. But My first experience in Cambridge was horrifying, second was even worse. Then the, I think the fourth attempt, one great Sahaja yogi from London went down. He is not here today. He has gone to Spain now to work it out there, to Cambridge. And he got lots of people there and the center has started and a good center has started, people are working it out very well. It is so enjoyable, you see their faces, you can make out, so relaxed just

like flowers. They are not abnormal people.

That's how you have to also have it because you are seekers. Today whatever they are, you are going to be the same. You deserve it. It's your own. This is what you are seeking. This is what you should have.

But we couldn't find even one person in Norwich last time who was up to the mark to run a center. The reason - I would not say that there are not people of quality here, they are - but the reason is they are very much attacked, very much attacked of which they are not aware. And this time again when I said, "Why not Norwich?" Everybody said, "Oh, Mother!" I said, "No I am going to go."

And I hope this time you'll do some justice to yourself and your place. It has a special significance which I will tell later on, not now. Sometime I'll tell you why Norwich.

May God bless you.

Have any questions please?

One may say, "Why me?" This one question could be, "Why Me?" I mean, I'd say that you better be in My place. I'll be very happy. I don't need anything in life except that I see that reaching you, I want you to give your own, that's all.

This light is there. It is giving you light. Do we say, "Why do you give the light? Why not these walls?" I mean, that's the purpose. What is there to feel hurt about it? Even I don't know many things that you know, really I tell you I'm so [unclear: backdated?] in so many things that you can't imagine, I can't even sign a cheque. Till today I have to ask somebody, "Where do I sign?" I'm so hopeless. I mean, I have so many defects you can't imagine, as far as the human norms are concerned. But I mean, if I know something I know that. So what is there to feel bad? And I want you to know. I want you to get it.

People can't understand that if somebody really loves, really, then we can't help it. And She can't help it. She has to love. It emits, just flows. You can't help it.

Any other questions?

Oh! he didn't tell you? All right. Sahaja, Saha means with you, ja means born. It's born with you. Yoga means union with God. The right you get to God, right to know your spirit is born with you, is spontaneous. It is spontaneous like a seed; it sprouts spontaneously, automatically. You cannot explain the mystery of spontaneity, can you?

That is what Sahaja is. Sahaja means born with you. Also another derivated meaning means simple. Sahaja means simple, easy. But Sahaja, saha means "with" and "ja" is born with you, spontaneous, innate. Like we breathe spontaneously. You don't have to read books or pay for it, do we? In the same way your realization is a evolutionary process. And it has to be; it has to work out. The Divine has to work it out. Otherwise God, will lose his name. He'll lose his reputation. He'll lose the meaning for which he has created this Earth. He has to do it. It is He who is gracious.

You'll be amazed, people who are getting realization. I'm Myself amazed at Myself or I should say I'm amazed at this graciousness of Divine. Even people who are punished by all laws of the world get realization. Even in the jail, in the lunatic asylum. Can you believe it? A lady came to see me from lunatic asylum. She got her realization and they wouldn't take her back. They said, "You are normal now."

Its tremendous, the way the grace has come on this Earth. [unclear: really] it has descended.

No, no, no. I must tell you about this one. It's very important. In India, you see, every married woman has to wear it. It's a sign of a married lady, you see. It's something like your ring or something outwardly, but inwardly it's very deep. It is placed at a point

where this is the window of the center of Christ. And you can say this is the symbol of his blood. Looking at this point you can get thoughtlessly aware.

Looking at this point you can get thoughtlessly aware because Christ in you can be awakened. When you look at this point, Christ is awakened in you. And Christ came on this Earth to suck in our ego and super ego, means the sin, so-called sin. He is the one who has sucked, who has the power to suck our sins, if He is awakened. But He has to be awakened. Just not by saying that we're Christians. He said, "You will be calling Me Christ, and Christ I won't recognize."

He is to be awakened within us. Now if I say that you watch here, there has to be a mark, isn't it? And when you watch that, you'll see, as Christ is awakened within Me, he'll be awakened within you also and you'll become thoughtlessly aware. There won't be any thought. It's very helpful. This is not a caste mark or anything which people think. It's written in the Bible that those who will be saved will be known in John's Gospel revelation that a mark they wear. This is that mark. I don't want Sahaja yogis to wear that mark, you know, because in England they'll start some sort of a ruling against it. It is not necessary. It is there. It exists.

But Indians who have come from India, they don't wear it. I was amazed. I mean, every married woman, see, for her this is a very big thing. She has to wear it. I asked them, "Why don't you wear?" They said, "Everybody laughs so we don't want to wear it." I said, "Why do they laugh?" They said, "They never appreciate anything, never appreciate. They'll just laugh at you." I said, "But you can say we can laugh at your lipstick. Why should they laugh at you?" They said, "That's why we stopped it." But it's a sign of a widow. Just imagine! I mean, they said, "If you have to survive you have to remove it." I said, "Let them laugh. Why to worry? When you understand the significance, you don't want to declare that you are a widow, so why, this is also another sign of a married life."

In India a married life and a married woman is the most respected thing, is the most respected, and she has to wear nine marks because she is so respected. She is like a Goddess. I mean, she is regarded as the Goddess of the family. That is how we maintain our family system. It is so important. Now you realize it that the house wife is a deity. There is a center for it within us. That doesn't mean that men are in any way less. I mean, the men are the kinetic energy and the women are the potential energy. I mean we have no fight with them.

It's question of understanding our rules in life. It's completely equal but not similar. It gives you more peace, and happiness and joy, isn't it? Now supposing my nose is placed here and my eyes are placed here. Will I be able to manage life? In the same way everybody has a rule and a place.

And these things help. In no ways you can see that our Prime Minister is a woman. And so many ministers are women in India. We have to maintain certain decency and decorum and the dignity of a lady. It's there but there are many bad things in it. So many that I can't count. So it's better not to accept everything that is Indian as something great. Now they are becoming, they are developing, you see, so they are acquiring lots of plastics and acrylics. I have to carry nylons to India, can you imagine? When we have silks, they don't like it. They want nylons as presents and a nylon sari is regarded as the greatest present for an Indian lady who must be having 150 silk saris.

We have to learn from you quite a lot. What to do? They came here to make money. They have become materialistic, absolutely materialistic. They go on counting pennies just like you do. I mean, absolutely it's horrible thing. And to make up for them all the gurus have also come here. That's what you are importing. And I am ashamed of them.

But they cannot be fool Indians that much as they can be fool you because you are naïve. A fellow whom I knew very well went to Germany and he made a lot of money. When he came back, I asked him, "How did you manage?" And he was a vagabond, absolutely a horrible fellow. And he said, "It's very easy. I wore a saffron clothes and things like that and I took another fellow with me and we sat in one of the big squares. And he said that this is a guru, has come from Himalayas and this and that. All the money started coming in.

They don't know any mantras. They don't know any Sanskrit. They don't know anything and the whole thing worked out. Now this

is a realized soul. Now do you know that he/she is a realized soul? How will you know if she is a realized soul? Unless and until you are realized you won't know, she is a born realized. There are many born realized in this country. How are we to know? You have no knowledge.

And all that is unknown is not Divine. You must try to understand through logic and then it will work out. Rationally, you cannot understand because rationality can go anywhere. I have seen people who have robbed banks, taken away other people's money, can also rationally explain it but logic is very different. Logic is based on wisdom and on sustaining.

Any other question?

Question [not clear]

It's correct. What you say is correct that Indian music has come through the seers. Indian music has not come through experimentation. It has come through the sages and they have used this Om. You see the Kundalini rising. When she rises, you see these seven chakras. She creates the seven notes and they, whatever they have been keeping up, is the melodies which are pleasing to your spirit. And that's why if you are spiritually endowed, I mean we had now a very big program of one realized soul who came, is Pandit Jasraj in London. You will be amazed there was not a single Indian who attended it, not a single Indian. All were westerners. Can you believe it?

Indian people and India are two different things, I think, sometimes especially those who are here. Not one person attended his programs, while he was fantastic. You see, the whole thing, even the natya shastras what you call the Drama, is based, the whole science is based on Spirit. If you read the Natya shastra, it's completely what words to be used, what is to be said to create a certain mood. Even the romance is based on Dharma, is based on sustenance.

I agree with you there, absolutely true, but everything we have lost. That heritage we have lost! We are all English now. Artificially English, not really. I mean if you meet an English man, maybe he may speak little cockneyed but you might find an Indian speaking perfect Cambridge English you see. Super! And you won't be able to make it out whether he is an Indian or an English man but for his color. With the tailcoats the same. They have copied you very well, no doubt. But it's a copy, in aesthetics, in understanding. Now the other day we had a very good program in that Mermaid thing. I was the only single Indian there enjoying that, only single Indian.

They don't grow with [unclear :it and you have]. You are the people who are going to appreciate them more than they can appreciate their own heritage now. Here, these boys, they go to buy Indian music and there are Indian boys who are buying jazz or some cheap music. And when they are asked, "Why do you buy them?" they say, "There's lot of speed in it, you see. We want speed now because we are very lethargic. So, we want some speed."

Indian music builds up, you see. Slowly, slowly it rises and then it gets [unclear: raised]. It can be very speedy. It doesn't start from the very beginning like a shock, "Dha-dha-dha-dha." But they don't understand.

It's very surprising that Indian Music is now surviving because of you people, not because of Indians, because you are spiritually endowed. I am very happy to know that you have seen that beauty. It is because of your spiritual advancement, that's all. But Indian people in the villages are still very Indian. You see, we are westernized, westernized, are copying, aren't they?

Many people in India believe that Christ was born in England. Do you know that? Especially the converted Christians. For them an English man is at least a second cousin of Christ. What to do? This is the situation. And the other day I addressed a conference of Asian Women, the way they were fighting, our rights and this and that. I was amazed. I was amazed at them. I mean any Indian Conference like that I cannot imagine Indian women fighting like hooligans. "Oh God!" I just said, "What has happened to them? How could they behave like that? They have forgotten all the decency, the decorum, the grace that an Indian woman has to represent." I was amazed. Then I told them, very frankly, that, "You are becoming horribly materialist and you'll even have the culture which is worst than the labour class, even worst and worst of that, the way you are moving!"

You'll be amazed, to earn money people have come from India who belong to very good families, and they working in Heathrow cleaning, sweeping. They have become sweepers. They wear gold bangles up to this much. They are not ashamed. In India let them go and even clean their own bathrooms, they won't do. It's shameful. It's a fact. I feel ashamed of them. No wonder you people don't like them. I mean, I can see that because they are not really Indian.

And when I told them, "No, don't copy them. You should know about your own culture." Do they know anything? They won't even know the names of ragas and the melodies. They won't even know the names of great artists we have in our country. Nothing! Such shallow people. I don't know what has impressed them so much but you will find it out.

Especially the English have done some good to us. I must say that they are very scholarly people. They have done some good to bring forth the beauty of our architecture, beauty of our creativity all those things. They are connoisseurs. We are artists, no doubt.

You won't believe how we have deteriorated. We are developed, you see. We are getting plastics in our families. For a very elite family where they have silver in the house, all right, it's more important to have stainless steel. If you give them a glass, say of crystal, they won't like it, but this glass is the best. If it is plastic, it's even better.

Went to somebody's house, a very rich man. "Oh," he said, "I have a wonderful thing. Would like to see that? Oh, wonderful! You'll be amazed. It's such a beautiful thing I have got." I said, "What is it?" Took me to his room. You won't believe that he showed me one of these bloated plastics, you see, which makes a sofa-like thing. He said, "See now, you can fold it. You can again blow in." He had removed all his [unclear: cart] furniture. "This is so beautiful and it has colors." He was in America for at least eleven years and this is what he picked up! To admire plastics. But this is what is happening.

You see when people contaminate others they just leave whatever is wrong. You should never copy anyone. We should be what we are. Why should we copy? What is the need? God has created this Universe with different varieties, so beautiful to see, isn't it?

All these cultures, different things, are so beautiful. Imagine, every tree looking alike like a military system standing there, all uniformed. How would you feel? So there is goodness about both the things but the best thing is that we understand the values that are Divine.

For example, Stone Hedge in this country, it's a temple. But how will you know? How will you know what it is? Unless and until you have vibrations how will you know? As you have been so scholarly, you should be deeper into I, and achieve that awareness within you by which you can feel it. Unless and until you have that awareness, it's all blindness, isn't it? How are we to know?

I don't see world as different. I don't see India and England because England is the Heart according to me of the Universe. And India has the Kundalini. Now the whole body of the Universe is one to me then how can I see it separate? I cannot see eyes separate and nose separate. I can't see Christ and Mohammed separate. I cannot see. I cannot understand, you see, in my concept. I cannot understand. They are in complete unison with each other. Absolute melody. Because they are absolute, they are ideal. We cannot think of something so perfect.

England has to improve because it is the heart and India has to awaken. The heart is lethargic and they are sleeping. What am I to do? And Europe is the liver. Imagine, they are all drinking. God save the liver of the Universe. This is how I look at it. Because it is. Everything circulates through here. Laws, everything. You do not understand your importance; that's the main point. Everything circulates from here. If you could understand, you would reach some ideal conditions. It's the shape of a heart, too. Such a little thing compared to the Universe.

They went up to China in a different way. That way they should not have gone, you see. But they did. Everything can circulate through here. But you must have proper blood, isn't it? Purified blood you must have.

But India is the Kundalini. That's also very important. But I don't know if the seekers in England realize that. They are wiser than Americans. Americans are very shifty people. I am going to America. Keep your fingers crossed. I hope I'll come back in one. But I must say Americans are great seekers. Very great seekers, they are. But the guru shopping is too much there, too much Guru shopping. You ask any American, he'll give you a list of at least thirty to forty people he has been to.

I have been to Russia. I have been all over. Somehow I have been. And I know the problems that exist everywhere. And there are many who are going to get realization. The young especially, they are going to get.

Like Algeria. Algeria had a problem. Fundamentalists were taking over absolutely. The Government is still afraid of the fundamentalists. But when this Iran thing came up, of course, the Divine is also working it out. And when the Iran thing came up they started seeing the young people. Oh, God! This is fundamentalism. All this brutality. So they thought what to do now. They said, "If this is God, better run away from such a God." So, they were about to jump into communism, when one of them came. I mean, they had formed an organization. One of them came to London, got his realization. He gave realization to five hundred people, all engineers, doctors, young.

The way we have found out because it's not a democratic country, but in Paris we have lots of them. That's how it is going to work out. It's a very subtle plan of the Divine. But let's see what all Norwich has to do in this big plan. All right. And to understand India, you must go to villages, not in the cities. Mostly take you to these horrible tourist places which are no more.

You must see everything in its proper way. Whatever it is I am not here to make you Indians, nor am I there to make them English. I am criticized in England that, "She is trying to make them Hindus," and in India I am criticized that I am going to make them Christians. Can you believe it?

To understand fanaticism, it is better to see all of them together, and you are amazed how they are fighting for what there isn't any truth in it. It's very funny, like I said that Christ's Mother was the Holy Ghost and the fifteen percent of the Sahaja yogis at that time resigned from Sahaja yoga. They couldn't believe that that could be so. They said, "She is the woman who was just crying all the time. How can she be a Holy Ghost? You see, the Holy Ghost in India is known as Adi Shakti. So, how can She be?"

And Christ did not say She was the Holy Ghost because he didn't want people to attack Her; otherwise he would never have forgiven them. He said that whatever is done against him is all right but anything against the Holy Ghost will not be forgiven. And they just resigned. They said, "Oh, this lady is preaching Christianity. Beware of her."

Now I have to wear a sari because I was born in India. I had to be born somewhere. If I had been born in Norwich I would be wearing dresses like you. But I was born in India, all right. It won't look nice for me to wear your dresses, isn't it? It will be copying. So you have to be born somewhere.

This is very difficult thing for any Universal being to be born on this Earth and make people understand that you are Universal too. Only your Universality has not been awakened. Once you become, you forget all, you transcend all, and you just see the variety and enjoy it.

Now should we have our realization? At the very outset I have to say that most of you will get realization, I am sure. But after that you have to keep the contact. And you have to continue with it; otherwise, you will lose it. I am sorry, that's the only thing one has to remember. You don't have to pay nothing, but you have to pay attention to yourself and respect your realization. That is the most important. That you are as a seeker and that if you have found it, you have to work it out and maintain it. Only connection is given but you have to maintain the connection, you see, because sometimes it could be loose. So we have to establish.

With love and understanding and respect, put your hands like this. Both the feet on the ground and just hands like this. Here are the centers. These are the centers of the sympathetic right and left. If you can find out from the book that these are the ones

which are seven centers - 1,2,3,4,5,6,7 - and this is the center. Here is the fontanel bone area. So when it opens out, you start getting the cool breeze in the hand but before that when it crosses this center of Christ, then you get thoughtlessly aware. Nirvichar Samadhi. And when it crosses that you get your self-realization. It's that simple as that.

It has to happen to you. It will happen to you but if it does not, you should not feel bad about it. We'll work it out again and it can happen. Like a person who knows swimming can save another person and then you learn swimming so you can save others. So those who are realized soul know how to raise your Kundalini. And if they have to raise your Kundalini, you should not mind. Now put your hands like this, just like this and close your eyes. Just close your eyes.

Keep your eyes shut. The only thing is you have to ask for it. If you have no desire, nobody is going to force it. As Christ has said, you have to knock. You have to ask, ask for your realization. It's a very big thing you are asking. Just you have to ask that, "Mother, give me my realization" Just ask thrice you have to ask.

Are you feeling the cool breeze in the hand? Are you feeling? Good. Are you? Not yet? Keep your eyes shut. It's better. Put your hands straight, straight like that. You have to forgive, forgive people. It's a big load. Just say, "I forgive. I forgive everyone." Just say that. It's a very big load because after all, if you do not forgive, who is suffering? You, not others.

Just you have to say, "I forgive." Thrice you have to say, "I forgive. Mother I forgive everyone." Just say that; just say. You'll feel very much better. Much lighter. It's all right? All right. When you say, "I forgive," then only you can say, "Forgive me also if I have not paid full attention to my spirit." You can say that. That also to be said thrice.

You can ask a question saying that, "Mother, am I the Spirit"? Ask a question. Very simple. You ask a question, "Mother am I the spirit?" See, it's working, answer coming. These are all the answers, you see, now your computer starts working. You ask the answers to the truth. "Am I the spirit, Mother?" You Are. You are the spirit. You'll feel very much lighter and blissful. Put your right hand on your heart and ask the question, "Mother, am I the Spirit?" The spirit resides in the heart. Put the right hand on the heart. Just ask the question, "Mother, am I the spirit?" All right?

You have to make a statement that you are the seekers of truth. You are. You don't want anything else but truth, isn't it? I'll come down and see.

1981-0705, Guru Puja: Detachment And Sharing

View [online](#).

5 July 1981

Detachment And Sharing

Guru Puja

Cambridge (England)

Talk Language: English | Transcript (English) – Draft

Puja. Cambridge (UK), 5 July 1981.

Many now, many of us are there and we are increasing in number. And we are going to increase more and more, no doubt about it. You have to realize that you have become something. Not that an organization is developing but every person inside this has got something, something very great that has a transformation power. And hence it is necessary for us to know that we have entered into the kingdom of God. And the laws of kingdom of God are very different from what we know of. They operate in a different way. Unless and until you really understand the operation of these laws, you cannot grow properly, you have to grow. All of you have to grow. If you cannot grow in sahaja yoga, you will be wasted.

So it is very important that we should try to understand the divine laws, how they operate. And whatever we have been doing so far has been responsible for our non-growth. So we have to give up so many things which have been detrimental to our progress. A small thing like comfort and sharing. In sahaja yoga I have found people they worry too much about comfort even after realization. They want to find their own comforts. They want to have their own individualities and they want to show that they are different. They are not the same as others are.

If comfort becomes more important for some people you can never grow, never grow in sahaja yoga. On the contrary, you may become a medium of all the negativity and will torture sahaja yoga by your lethargy. So try to understand that comfort actually is something that matter gives you. Comfort is the slavery of the matter. You have seen your Mother, She can sleep anywhere, She can eat anything, She can live the way you all live. I have no problems, I have no demands and you can do the same.

Because this matter is all the time trying to overpower you, all the time trying to overpower you through comfort giving. If you get used to sitting on a chair then you have to carry chair along with you. You cannot sit on the ground, a simple example I am saying. It's a certain thing that your body get used to. And then you want to maintain your own, I must have my own separate flat or my own this thing because I must have comfort. This is one of the things that we have to understand that we have to learn without comfort, so called. To Me comfort has no meaning at all. It creeps on Me.

Try to teach your body how to live with uncomfortable things. Sometimes, sleep on the ground, see how it works out. Try to sit on the ground. Try to use minimum of material things because they have overpowered you and you can't live without them. I have known people who have to carry folded chair at least to the sea shore because they can't sit. They will get attached to a chair I think after sometime and like a tail the chair will be moving with them. The way the things are, you see. So one thing we must understand that materialism adds to comfort. That's why we should try to keep these dead things at our own command. If you want we can have a chair, if you don't want we will have no chair. They are not our masters. We are their masters. We have made them.

Then the second thing is about time. That maintenance of time that we should be very punctual, we should be this and that. And that we should abuse others for that, I mean. That doesn't mean that you should never be punctual. It doesn't mean that. But what we do, we are slaves of the watch. That should not be so. We have to get to certain timing because the whole world is moving with that timing. But you should not scold anybody for being late or for being not in time. Of course for puja it's alright because that's divine work, for other things. And whenever it comes to that we should think of others. You see how to overcome time is to think of others. For example, that we should be in time in a place where others are not troubled by that. But we should

not ask others, why are you not in time.

In everything, for example even in comfort we should see to the comforts of others you will overcome your idea of comfort. Because it will be such a headache looking after other's comforts that you will overcome. In the same way you should try to share. People don't know how to share their things with others, share their house with others. They always want to have their privacy. They want to have their own life. They want to have their own style. It's very, very wrong and these things can act really against sahaja yoga.

Sharing, sharing everything that you have. Try to share. All such people who try to preserve themselves are not going to grow. They have to get lost, completely lost. Because what you are preserving is nothing but your ego, your material being, your material things. It doesn't mean that you break all your things that you have, it does not mean that. But you preserve it for others. You decorate your house for others to enjoy. You create comfort for others and not for yourself. This is how, if you work it out you will be amazed the joy will be maximum. And you will really rise and you will grow.

Now, when we think of others, the joy is so much so much greater, that it is surpassing all the other joys of comfort and possession. Possession is a headache, absolute headache. If you do not possess anything you will be not depriving yourself of anything. You will never feel a feeling that I am deprived of this. Because you don't possess anything. You are the monarch of the whole world. And how can anybody deprive anything out of your name? So we must understand the laws that govern us.

Now after realization the more you try to be comfortable, the more you try to be exclusive, you get out of the grace of God. The more you try to have your own plans, the worse it is. You have to act according to the plans of God almighty. And then you will be blessed. You will be blessed so much. But you will not know how to use your blessings, it will be so much. But do not have anything exclusive to yourself. Your comfort your material things your time, whatever gives you feeling of your "my, my" - just get over it. For example, even the subtlest of subtle is "my mother", "my father", "my brother", "my sister", "my children", "my". Who are the others? Everything is your own. Then you will realize the joy of collectivity.

Now people talk of socialism, communism this that, it's all artificial. They can never enjoy that sharing because it is forced. And these things can be of great joy to you if they are shared. The same things can be headaches. I will give you a simple example. We had a lady from England, she married an Indian. And the Indian people in that area were very funny type, very narrow minded. They wouldn't accept her. She was not given any love. She came back to London. Now she came back to Bombay first to see Me and naturally I was very nice to her and I didn't know what to give her. So I had a pearl necklace. Most of the things are in the bank so I had only one pearl necklace left with Me. So I said, "Alright, you have this one just as a symbol of My love" - gave it to her.

Years passed, many years passed you see, and after about ten years or so, I met her in London. And she told Me that she would like to come and see Me. And she brought that necklace with her. She swears that, "This had sustained me throughout to believe that there is love." This necklace, I would, I have so many of them in My house. When I would, could have some more also. But this has given sustenance to someone for years together to believe that there is somebody who loves you. And that necklace is so precious to her. To Me it was not so precious. It was a headache. The value of that is the subtle value of that material thing. It is beyond aesthetics, it is love, which is expressed through material thing.

You know that whatever I touch vibrates. This love is only enjoyed if it is given. If I love My children only, if I love My grand children only I would not be here. And gradually they also understand that this sharing is so important. So the laws of divine are such that they operate in a very blissful way on the people who obey them, is one, as I said of sharing, one of giving your comfort to others.

You should be a comfortable person to another, not an uncomfortable person. You should not be a difficult person to others. Your tongue should be such that should give great solace to others. Your eyes should be such that should give a very great benediction to others. When you look at people, people should feel that, "Here is my security." Not to enjoy others but give enjoy out of you, enjoyment out of you, is the way you should act. And then the laws of the divine work better. It is easy to criticize

others. In sahaja yoga also people do it. It's a habit of people to criticize others. But if you can love others then the criticism won't be there. You won't see all these points.

Now some people may take advantage of your love I know they do. But in sahaja yoga they go out. Such people go out very fast. Those who try to take advantage of sahaja yoga, they go out of it. So you don't have to worry. There the divine laws will work it out that such people will get out. But you try to love, you try to love. You bring down your ego. You try to love others. And try to be one with God and His blessings. As He loves you, you have to love the whole world. And those who try to trouble you will be punished, I tell you, they will be punished. But you have to be one with the divine laws. And this, once you realize your own problems, will neutralize completely. Like your family problem, house problem, property problem, this problem, they will all neutralize.

Only sometimes I find a conflict between family people. Your priority should be sahaja yoga, sahaja yoga, sahaja yoga. Say a husband may not be equally interested in sahaja yoga and the wife is pulled down. She should show that her interest is sahaja yoga nothing else and he will come. She should not give way to him. And if he is so that he wants to get into sahaja yoga and she objects. She has no business to do that under any divine law she has no business to do that. If she tries that, husband need not listen to her at all he should go full ahead. Because ultimately he is an important part of sahaja yoga. And he should not in any way make the importance less. So she should go ahead with what she wants. If he is a sahaja yogi he should not bother about anything. His family will be blessed, everybody will be blessed, if he is there.

So any excuses, that takes you away from sahaja yoga are not helpful to the family. Because if the deities are angry your family will be harmed. If say, a woman is a sahaja-yogini and her family people object to it they will be harmed and she will be harmed as well. But if she is in sahaja yoga all the family will be saved. So, you are doing a greater, you are doing a greater service to your family by becoming a sahaja yogi and a true sahaja yogi and a dedicated and devoted sahaja yogi.

But no individualistic efforts, no individualistic attitude is helpful to Me or to sahaja yoga, is very detrimental under any name under any banner under any excuse. Try to find out ways and methods of becoming one with others. If you want to find out faults with others there can be any, I mean I should not be here. I can say that. Then I should not be on this earth. I could have said that. But I see that spirit in you, and I see that beauty in you. I don't see other things. If I had not seen that spirit I would not have worked like this.

So, all such people who try to take any on their own thing will land up into difficulties. It's malignancy of Sahaja yoga, is the cancer. People are so much used to see certain ways of doing things like you see we take a bath everyday. It's true with us. I mean one example I am giving. Like English are very particular about say, may be, say, using a napkin at the time of food. Take a small thing like that. I mean they are very, that's for them is religion. Same way the Indians are. Now, I didn't take My bath yesterday because there were so many people. I shouldn't take. If I use all the water what will happen? And any time I am with you people I don't take bath till I have to have a puja. I mean it's difficult for Indians to do that. But you can get over your habits when you say you are sharing that with others. But those who are inconsiderate will not understand this.

It is not necessary to come to puja also so much cleaned up by sharing every body's things yourself, by having everything yourself. It's more important that you should come here with a heart which has shared the joy with everyone. Even if you have not cleaned yourself, doesn't matter. You are alright for God. But sharing is very important and that is what I find is lacking. People will take interest in their own children, not interest in other children. They will take interest in their own family, their homes, houses but not in another person's houses.

Try to share your labor with others also. And you will be surprised how rewarding it is, how rewarding. And little children don't understand the difference sometimes, they don't understand who is the other. Like we went to Delhi once, and we shifted and I cleaned the house. It was very dirty and all that cleaned it and decorated it and all that. So My daughter said that why don't You go and decorate the other houses also and clean them. They are very dirty houses. They didn't understand that it is too much for their Mother. You better do it, they can't do it alright, you better do it. It's that simple for them. And this materialistic attitude, you know what's happening to us with that.

I mean thank God you are not like the Indians who have come here. They are very materialistic. You have got out of it. But still in a very subtle way it sticks on to your comfort, your idea of taking a holiday and going out for a holiday alone, you see, with your family. This is your family. Your family is large. Your Mother has so many children, what to do. She has so many sons and daughters. Everything is to be shared. You will never enjoy your holiday alone. You can only enjoy with sahaja yogis. This is what it is. Once you start enjoying that you'll be amazed how beautiful it is.

This is what I want to tell you today in Cambridge, because from Cambridge people have gone all over the world. They were educated here. They went round the whole world. They are everywhere. It has circulated so much and, but Cambridge people are very snooty, as they say. They don't want to share with anyone. Just imagine! Cambridge is a place which is meant for sharing. That's the place where they don't want to share. Knowledge is one thing is to be only enjoyed after sharing. Otherwise you cannot enjoy your knowledge.

So share your joys and share your happiness. And you will be amazed that all your pathos, and all your unhappiness will vanish, completely vanish. These are all the old things of the past life, forget it. You have to all forget that you belong to this community or that community. Just learn to share. The highest thing, the highest material thing that is created in this world, even above flowers and everything are human beings. Just share them, just enjoy them. They are the best thing God has produced. Just enjoy them. This is what is necessary if you really want to obey the laws of God.

Today, I hope with this puja, your heart will enlarge. And that you will learn to share with that big heart. Just try to share your things. Share your time. Share your comforts. Share every moment of your life with others. Think of good things of other people, you'll enjoy them. If you start thinking of the thorns instead of the roses, will you enjoy roses? If you have to enjoy the roses you have to forget the thorns and enjoy the roses. Those who are wise are like that. But stupid can take the thorns and just go on pricking themselves and saying that "Oh! There are thorns."

The sign of wisdom is to enjoy the beauty of roses, they are the most beautiful things. They are all roses. I see you all roses here. And I forget the thorns and the day will come they will not need even the thorns because they will be so powerful. And there should be no groupism of any kind, of Intellectuals coming together, non-intellectuals coming together, alcoholics on one side. In sahaja yoga also we have caste system, just imagine. Then some Indians are separate, then English are separate. Then Cambridge people are separate. There should be no separation. We are all one. We are all born through our Sahasrara.

We are a different community and different thing. We cannot form into groups, cannot form into cults, and cannot form into any caste. We are all twice born people. We are the people who are born again. We are different. We have lost all that. Everything is lost, you see. They say there is no caste for a sanyasi, for an ascetic, means the one who is a realized soul, there is no caste. Don't belong to any caste. Forget your problems of your country, of your nation, of your, so called your people. Forget it, you are different and try to pull them up to that where they also become one with Whole. The whole world has to unite like this. Give up your small, small differences and angularities.

My God Bless You All. Now who are the people who have not come from London?

1981-0706, Where does the Truth lie?

View [online](#).

6 July 1981

Where Does The Truth Lie?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

“Where does the truth lie?” Caxton Hall, London (UK), 6 July 1981.

How many are new today? I am sure somebody must have spoken before, no?

All right.

You all have been seeking, and seeking the truth about yourself. Where does the truth lie?

When are we the most truthful people? Where, at what point, we cannot deceive, whatever we may try? When it is heartfelt. When it is our heart's desire, then we always try to go ahead with it. But it has to be heart's desire not the rationality, not the brain's desire. Because you can make your brain understand. Your intelligence can be compromised. Whatever is heartfelt you want to do it. You cannot be satisfied without doing it.

So, in the heart lies the truth.

That is the Spirit that lies in your heart. But that is not in our conscious mind. We do not know how it manifests. We have heard that it is eternal, indestructible, is the source of joy and is the attention of God. That's what we have heard.

All such things which are preached may be regarded as hearsays. People might say, “What's the proof that there is a Spirit in our heart?” Thank God, people have discovered the heart at least there, if not the Spirit!

How are we to believe that there is Spirit - that we have a dimension which is beyond this human dimension, which is the dimension of the Spirit, the Spiritual dimension - by which we can feel the All-pervading Power of Divine love? It's all being told to us by all the priests of all the religions.

Now where is that Spirit? Whether it resides in the heart or where? How are we to know? How are we to believe? Or are we to deny all those people? Did they tell us lies about it? They may say, “You imagine, now, [that] your awareness is that of the Spirit.” By imagination you are not there! It's just an imagination. Suddenly you find it was just a bubble and whole thing has burst off.

So today the questioning mind comes to a point, to inquire: is there something called Spirit that we have to identify with? This inquiry itself is a seeking, because you also do not know what is the meaning of your life? You also do not know why you were made a human being? What was the need for the nature to create human beings on this Earth? Why they took so much time to create it, evolve us to this stage where we are called as human beings?

Nobody asked the question why: the scientists do not. Also the people who are so called religious do not ask the question why, they just believed in it, “Have faith! Have faith! Faith is the only way you can go to God.” Blind faith! That's a good consolation, just a consolation for the heart, “Oh, I have faith in this and this.” But tomorrow our children will ask us, I mean, they are already asking: “What is all this going about? Why you are wasting your time and our time in all this useless things?” And they are going to ask: “Is there any truth in, what you are saying? Is there God?”

So, a long time back people decided: "Forget God! Turn your back. That question is a mystery. Forget it. Let's start something else." So they started science, this that. Science is nothing but whatever is there you just say, with these gross eyes human eyes you see, now a hall like this, and a carpet and all that you see whatever you see you just say, "This is it, this is it." The laws of science are also whatever they see, experimented, whatever is discovered because it exists. So whatever they have discovered it is the science. But there may be something they have not been able to discover, something beyond; and could be always, because every theory they put up is challenged, every new thought they put in is challenged, even whatever are accepted as Newton's Law, and all that, are challenged today.

So everything is challenged and human beings are just confused. They can't understand, whether there is some truth in it or not. In this era of confusion seekers are born, these are the seekers of the truth. It's a rare category, used to be very rare before, not in this age of course. In this age there are many, they are really seekers.

Of course, some could be, just out of the fashion, seekers; because, "Everybody is a seeker all right, everybody is a hippy I become a hippy." "They are all going on those skates; let me also buy some skates!" It's like that. But some are really seekers. They may do some guru shopping they may go wrong. They may have a little fun here and there. They may try to go to places where their ego is pampered and they may like to spend some money if they have some extra money inherited or something; like putting it on a horse (gambling) they may put it for their Spiritual life. Anything is possible.

But one has to understand: why are we seeking? Again the 'why'. Of course, because we do not know the meaning of our life. But maybe that we have evolved to this state and we have to evolve to some higher state. Like the fishes who were in the sea were quite happy, but one or two of them started seeking something else, so they came out of the sea and started seeking. And they became turtles or reptiles and the evolution started moving further.

We have not yet reached the epitome, or we can say the climax, of our evolution because we do not know our meaning. For example now, this instrument as it is you see: to a lay person like me it will be difficult to guess what it is for and even to a person who knows what it is it will be difficult to play it if he does not know and a person, who also knows how to play, it will be difficult to play if it is not connected to the mains.

So we can say there are people of four types in this world. Out of them, the seekers are the one who are just ready to be connected to the mains. They are a type. As soon as they are connected to the mains they start manifesting themselves very well. Immediately they start understanding Sahaj Yog.

'Sahaja': 'saha' means 'with', 'ja' means 'born' - is born with you. This right to be in union with God, that is yoga, is born with you. And this Sahaja, this spontaneous happening, takes place more in a seeker than in a non-seeker. And the one who knows how to play this instrument is the one who can connect.

The second one is the one who wants to know how to play it, will be the first to know how to play it. But those who do not want who are not interested, those who just come to show off, those who are not seekers, they may be some big people, may be kings and queens and may be anything, they might be priests, they might be anything but those who do not want to know about their Spirit are difficult, are extremely difficult. It's a headache. Sometimes they feel they are going to oblige Sahaj Yoga, by coming to Sahaj Yog. It's just the other way round: Sahaj Yoga is a very receding force - it judges you very much.

This evolution takes place in people who want to know, who want to get into it. Imagine of the fishes who came out of the water, they can't live without water. To come out of water and to find their new ways of life, new understanding of the soil, was very difficult. Though Sahaj Yoga is not difficult at all.

Once you get your Realisation, once the Kundalini rises, when she pierces your fontanel bone, when you get your baptism, when it passes through various chakras and enlightens your different centres, you get all the blessings of this power within you which is resting, sleeping; which you can awaken and use it.

When this power rises, She cools you down completely. She's so blissful. She's compassion. She forgives. There are people who think, "Oh Mother, we have committed so many sins!" It's nothing! She just forgives. Forgiving is her nature. She has to forgive.

She finds her own way. She enlightens all the chakras by itself. It's your own mother! Sleeping for days together, years together, ages together, lives together. And She rises, She rises and She pierces this area. And you become a different person all together, like an egg becoming a bird, you become a bird. Your awareness is different. A bird has a different awareness from an egg's awareness. And that is the real second birth, is not that you just certify yourself, "Oh, I am born again!" There are people who are going around [saying], "We are born again!" I said, "Who says so?" "Yes we are!" "But how? What is the proof that you are born again?"

If you are going to live with myths, if you are going to live with untruth, you can go ahead. Nobody can stop you, you have freedom. You have freedom to do what you like; whatever things you want to do you can do it and learn from your mistakes, errors. Nobody can stop you. That's your freedom: once granted is granted forever. I mean if somebody wants to take two running jumps and go to hell how can you stop it? You cannot stop it. Its only you, when you get your Realisation, then you know that, where is the Spirit. You know that you are the Spirit. You know it within yourself, not just the rational mind tells you, "Oh I am the Spirit," just to believe, "I am the Spirit." It's not that, but you start manifesting your Spirit and manifestation of the Spirit gives you complete enlightenment within because you can feel your centres on your fingers. Normally you don't feel, you don't know what centres you have. Even a child can feel the centres on the fingers. Even the person who cannot speak, who is deaf, can feel these centres. All these seven felt centres you can feel: not only of your own but of others. As you grow in your knowledge [of] how to use this new power then you can cure others of their various problems of the chakras and you can give them Realisation too! You can do it. It's your own Spirit that is going to work out: is the manifestation of your own Spirit. Then you know the knowledge, you know the truth.

Embodying all the truths is one truth is that you are instrument of God and the power of Divine love start flowing through you and you can know what is that power through feeling it in your conscious mind, not only that but you can manoeuvre it, you can master it.

This is what one has to expect of Self-realisation. Not a certificate, not just a book, not just a receipt that: "I have paid so many pounds to someone." It's the certificate that you have to give yourself very truthfully. Your own truthfulness is challenged in Sahaj Yoga. You cannot lie.

When you get your Realisation you do feel it, and if you do not get it you just do not get it. Nobody can force Realisation on you. One can help. For example now there are so many Sahaj Yogis today here, sitting, very beautiful people. They are outwardly just like you, but from their hand this power is flowing and they know how to manoeuvre, how to give power to your aura, to your Kundalini to invite her, because they are enlightened ones and the enlighten ones can enlighten the unenlightened ones. And once the unenlightened are also enlightened they can do the same thing to others after learning the method how to do it. But before that, you are naïve; you do not know anything about it.

So far whatever you have known, if it was of any value you would have been there. But you do not know and one should not feel bad about it. Because we are born like that: we are to be born again. There's nothing wrong in being born as human beings and then to be born again. Only human beings can be born again, not animals. So there's nothing to feel bad about it. Some people get hurt when they find other Sahaj Yogis are working on them. But tomorrow the same Sahaj Yogis, you will be amazed, will be helping you very much to sustain your Realisation and then you will become a Sahaj Yogi and you will start doing it. And then the whole priorities will change because the joy of your Spirit is so great, is so tremendous, that you would not like to lose it and it flows through your fingers like cool breeze and that's the indication that you are all right and Spirit is manifesting. But when you displease the Spirit you will immediately know that the vibrations have stopped. Any question, any fundamental question like, "Is there God?" If you ask, immediately the vibrations will start coming with great power, showing that, "Yes, there is God." Your computer starts working.

It is so amazing, it is so amazing, because you do not know that you are a computer. It would be like a television set, suddenly brought to some villagers and you start it, they say, "What, it looked like a box, ordinary box and what has started? There's some pictures have started coming into it?" In the same way you are made that way specially, by God Almighty - if you want I will call it Nature - and now you have become that.

So becoming is the main point in the Sahaj Yoga and not just lecturing and talking about it. You may hear all my lectures there are - I don't know how many, hundreds - you may do anything you like [but] nothing will go into your head or into your heart unless and until you have Realisation. It can only mean to you that, yes there is way of doing it and all that, but unless and until you have actualised it, it is useless, everything is useless for you. So it is the actualisation it's the real happening one should ask for. And if it happens to you, you should know that God has blessed you specially. There are very few people in this world - I found when I was born - who were realised-souls. And today there are so many: they speak the same language, they talk the same language and they understand it, what it is, because now they are exposed to the new laws of divinity. The Divine laws, the laws of God's Kingdom, they are very different from what we know. Unless and until you evolve into that new state, you cannot understand God. You have to know yourself to know the God.

It's like the eyes that have to open to see the colour. In the same way your Spirit has to come into your conscious mind so that you know God in your conscious mind.

I would like you people to ask me some questions, the new people who have come and old people. If there are some questions I would like to answer. But you see it's such a big subject and every time I have to go with the introduction. I thought somebody must have given you introduction to you, but doesn't matter there's book which you can read and find out yourself. But it's best to know, is to have it.

Seeker: (inaudible)

Shri Mataji: What can one do? Good idea. You got Realisation last time. The problem is, it's a collective happening. Many people have to get Realisation and it's not individualistic. We are all part and parcel of the whole, so if one finger is enlightened, that finger should try to enlighten another finger. That is the best way, best way because once this finger tries that it gets its power more.

Why should God give power to anyone who just wants to keep it to himself? The power increases as you start giving it to others. Like when you open one door no air will come in, but if you open the other door the circulation starts. In the same way when you start giving it to others - start raising the Kundalini; right now you can start. Just don't be afraid, you can do it - you will find immediately inside you will be coming up. Those who try to be exclusive and try to be something great by doing everything at home and, "Especially for myself!" They are nowhere. I find such people have horrible drawbacks. Mix up with the other people: share it, share it all the time and give Realisation to others.

Those who have given Realisation to others have come up very much. Those who think of others being realised, come up much faster than the people who sit at home and meditate for five hours. There's no need to meditate like that. At the most just to cleanse yourself you can spend about ten, fifteen minutes. But there are many people whose attention is only on themselves: "I must cleanse, I must cleanse I must do this," such people do not get very far in Sahaj Yog. Those people who try to do it for others, talk to other people, work out much better.

I would say Australians have done much better than English have done. Maybe because of their temperaments, maybe. And they are not such closed people you see. For example they have their friends and there's no taboo on discussing religion with friends as it is in England. I think in England nobody discusses religion. They'll discuss the pubs and all nonsense and all filth, but not the religion. They are not supposed to: in etiquettes it is prohibited I think. So naturally this taboo leads you nowhere, because you can't talk of Sahaj Yoga to your friends, who are there. If they come to your house, you can ask them what are the new wines in

the market or, something, such an 'important' thing they will talk about. But you can't talk about religion or your experiences of Sahaj Yoga that's the problem - it's regarded as bad manners.

Now the question is that, these things are to be shared and that's why the Sahaj Yoga you can only talk among Sahaj Yogis so it [only] circulates among Sahaj Yogis. Nobody wants to hear about it. Even if you try to tell them they'll say, "Oh don't tell us that we are not interested!" It's a very funny thing. The other day I met a gentleman who had divorced his wife, and she got her Realisation somewhere and he got Realisation somewhere and both of them met in a group. She said, "How are you here?" He said, "How are you here?" She said, "We both got Realisation." She said, "But you never told me about this!" He said, "I didn't want to discuss religion." So she said, "I also got Realisation I didn't want to discuss religion." Ultimately they discussed their divorce and had a divorce, you see! And if they had just told them that both of them are realised and they would have never divorced, because he thought this lady is not a seeker so he divorced her, and she thought he was not. Even if they had felt each other's vibrations they would have been all right to know. But she got her Realisation in another place and he got Realisation in another place, and they never knew that both are realised people on the same plane. He thought she was very materialistic and she thought that he was very materialistic. And then there was misunderstanding about it. And they are not to discuss, one should not say these things. Naturally everything ended up in a divorce and now they want to marry again!

This is the one of the reasons why, in this country, I think Sahaj Yoga doesn't work out because you are not supposed to tell anyone. At the most you may tell it to your children, maybe, I don't know, to your mother, father sometimes. And all such people who have tried have been able to bring their relations here. But it's only relations, not in friends. With friends you are not supposed to say anything. It's a funny thing, isn't it? This is the society! What to do now? I hope gradually it will change, when people will know about these things.

And in Australia what they do is to have programmes for seven days. It is very interesting I have got this from there. In the ashram they have seven days programme and out of this one day they have a public programme. On this day every Sahaj Yogi is supposed to bring four more. He's not allowed to come unless and until brings four more that day. And you have to bring four more you cannot just come to Mothers programme and they can't listen to my tapes or anything unless and until they bring four more. But it is possible in Australia because I found the people much more open you see and they are. I mean here, because of the climate may be or we are frightened of others whatever it is, there are certain taboos. Like etiquettes, I think they don't believe much in etiquettes perhaps. Like here there was an announcement that: now you need not to do courtesy because of tight clothes so you can just bow. Something like that may turn up now that you can discuss about seeking, if not about religion, I hope so. And this may be one of the reason people just can't talk about it.

But still whomsoever, whom you know, you should try to tell them that: "I have an experience. I met such and such person and this and that." Immediately you will surprised your vibrations will go up. It is like this, that bigger the room, the bigger is the light provided for. If it is a smaller room then we don't put a big light, isn't it? In the same way if you have a wider thing. There's a one gentleman in India I told you that he gave Realisation to ten thousand people.

I must say that in Cambridge, Hillary and Jim and Dawn have given Realisation to so many people, so many people. It's interesting because there are Chilean people, and the Chileans don't believe in such etiquettes so it has worked with them. Maybe one day this may work out here when we'll talk to others. So this is the only way you can really grow.

Seeker: (Inaudible)

Shri Mataji: Oh of course it is very important. No that's true you have to cleanse yourself also. There's a way and method. I must circulate that, it's a beautiful thing they have written down these Australian: how they cleanse themselves, how they clear out there chakras. That is very important. Of course you have to clean, [but] say supposing you clean your car every day and you don't move out. After sometime it will become a junk. It's like that.

You are cleaning yourself for what? What is the purpose? Every day we are cleaning, say the house and everything and not even a rat comes in then what's the use of such a house? If we clean all the lamps it should give light otherwise what's the use of

cleaning? It must have a purpose. You must have a purpose. Otherwise some people are just meditating, meditating for what, I just don't understand, why are they meditating? For what?

In all these gurus, they just say, "Oh you go home and meditate." But do what? "Next time bring all the money to me and again you go home and meditate." Then if money is finished, "Now sell your house bring all the money to me and meditate." Then that is done then, "Sell your car, sell everything, you stand on the streets and meditate." This is not the way! (Laughing)

It has become a sort of a pass time for people instead of going to pubs, maybe it is expensive, better meditate. It's something like that you know. It has no meaning to this meditation. Meditation is that you have to be in meditation when you see that these centres are in problem, you cleanse them understandingly, purify them and then use it for a purpose of giving it to others. And once you start doing it, it works better, your instrument works much, much better. It's a dual way of doing things. All right?

Seeker: Can the realised people recognise other people who are realised?

Shri Mataji: Of course, minimum of minimum.

Same Seeker: (Inaudible)

Shri Mataji: No I wouldn't say that. You see, Realisation is that, first it's a linear movement of the Kundalini, so it depends on what chakras are catching. Supposing somebody has a Nabhi problem. So you can't say it's a different stage but he has a Nabhi problem, a particular problem. Somebody has some other problem, like that.

But the other stage comes in when we would say that once the first stage is called as Nirvichar Samadhi that you achieve even before Realisation, I mean you achieve but you do not retain it. When the Kundalini crosses over this centre (of Agnya) then this Nirvichar Samadhi -means thoughtless awareness - settles in. But with this you can cure people but cannot raise Kundalini. But when it pierces through then you can raise the Kundalini of other people. But when it is settled down nicely, and when you are absolutely without any doubts, it's a state, it's a state of mind that comes into you where you are absolutely doubtlessly aware. When that happens then only we expose you to new experiences, before that we do not. That's a thing we have a little, we should say, a little group of people where you have to go up to Nirvikalpa Samadhi. Unless and until you go to that stage you cannot be exposed to new experiences because you may shun it. Because the truth can be quite difficult for you. So that's the second stage we can say, where you are exposed to those new experiences.

But first stage is to become thoughtlessly aware with the vibrations. But you can give Realisation to others, you can give. But Nirvikalpa is a different thing that: whatever may happen you know that this is the truth, whatever may happen. That stage is to be achieved. It's a stage. It's a very high stage I would say where you are so sensitive to things that immediately you know what is negativity, from where it is coming, how the attack is coming, how others are affected. We have a quite a lot of them among here also people and then you are exposed to new experiences better, and then you rise in there - that's the Nirvikalpa Samadhi.

Then the complete Self-realisation comes in, in a person, where he's not bothered about catching from anyone or getting any catches or anything and he goes on with a very confident attitude towards Sahaj Yoga. I mean he is not bothered whether, "I am catching or something is happening. I will not see that person." That sort of stage. And we have some people on that stage who are, I can say, self-realised fully. They can control even elements. There are people, we have got such people.

Beyond that is the stage of God's-realisation. That's again in three stages works out. But just now let's start from the very beginning and it will work out I am sure now.

Now I've been working here for seven years and actually some of these people who are at Nirvikalpa have not been here even for a year. So it can work very fast.

As the people grow in number, these stages also grow in maturity very fast. You mature much faster as the people are more.

When there were few people you should know that I had six people I was struggling with them for four years in England. Even in India the first disciples who got Realisation were with me for two years continuously and then they got Realisation, the first twelve. It's like that. Now you know, everybody, all of you, are giving Realisation.

Seeker: (Unclear)

Shri Mataji: Oh dynamic, absolutely dynamic. Efficiency is too simple a word. You just become dynamic. Because a dynamic starts flowing through. You don't know how things work out. It's amazing! It's amazing how things work out. Then all the forces which are dynamic, Divine start their play in every way, material way also, I must say. Like London Sahaj Yogis wanted to have some houses. They said, "All right." Now they have so many houses they don't know what to do them! (Laughter) This is the condition: they don't know what to do, from where to get people to house them. This is the condition. While nobody can get a house like that for one year absolutely free or two years absolutely free, a house that is just to be painted or something. And many houses like that. They are getting one after so many houses [that] they don't know what to do with that! I mean, a person will have to live in three houses if we have to divide them! (Laughter)

And a lady came to me she said I am told that houses are only given to Sahaj Yogis so I want to join Sahaj Yoga. I said, "Very good idea! But first you must get your Realisation, otherwise the Sahaj Yogis won't have you anywhere near. They don't want people with bad vibrations. So you have to get your Realisation."

I mean, it's just a one of the small instances but there are a thousand and one because it becomes dynamic. Your desire get enlightened. First of all your desires become sensible, you have wise desires and they get enlightened: means you desire and you get it. You are amazed!

Lady Seeker: (Unclear)

Shri Mataji: It is fantastic!

Can you stand up please? I can't hear you. You please stand up here.

Australian Seeker: It's described how the Holy Spirit came on the Apostles in the Acts of The Apostles, is that the same thing that you are talking about?

Shri Mataji: I don't think that was Holy Ghost. These apostles were also, the less said the better! You will know about them. They were not realised, they never believed in Christ till He got His resurrection which they saw with their eyes they never believed in Him. You will know more about them. I don't want to go into any controversies but that's not the way. You see, there are many people you have seen now. The other day I saw in BBC a man who is painting like Van Gogh. And he can say that, "I have got Holy Ghost on me!" That's not the way, it's a [dead] spirit. Why God should make him paint like him? If God has to give you something, He has to give you something that you cannot do.

If you start speaking many languages, may be so many dead spirits must have entered into people. There are many people who do that way. They just start talking so many languages, there are spirits in them. What is there to speak many languages? What is so great? We have in India one gentleman who can speak twenty-eight languages, so what? He's not a realised-soul by any chance.

But how to talk [to them]? They were just ordinary fishermen and they would not listen. You see, they were thinking they were obliging Christ. Every day there were list of relations who were sick, who were brought to Christ, and [it was] a big problem you know, a very tragic thing, horrible.

People are much wiser now. It's very different now. How could you talk to these people about Kundalini, could you? This is what happened with everyone who came on this Earth. Even Mohammad Sahib. They know how to butcher. You see, these people are

not seekers and they came to Christ. They were not seekers. If they were...I must say John was the best among [them]. Even Mathew, he argued so much about the Immaculate Conception. You see, you don't know what was all that. Forget it! You'll know about them later on. It is better you see now, to yourself. Now I am before you, all right, forget about them. Let's have it out. It's not that same thing. You won't be speaking many languages I can assure you! (Laughing)

But cold wind is the thing, that's the thing. That's very true. We had one experience of that: one gentleman who was doing black magic, when, you say, he was 'archbishop' of black magic, he came to Sahaj Yoga and he got his Realisation he got the cold wind. And after that all the cups and saucers in his house started flying around and everything happening. I mean it has happen very recently, about I think fifteen, twenty days back. And at about twelve o'clock in the night, people from Brighton rang me at twelve o'clock in the night, "Mother horrible things happening!" I said, "What happened?" "We gave Realisation to one man and the whole house is in a whirlwind! Everything is moving around and we don't know what to do and everything cracking!" "Oh God!" I said, "who is this gentleman whom you gave Realisation?" He said, "He is very great in black magic this and that." I said, "Why did you give him Realisation?"

It's a thing you know, they try to tempt, because these spirits were around and they wanted to tempt him. They want to frighten also. Because he has been so much with them, they don't want to give them up. And these things happen. But that's not the thing that we should expect.

There was a lady whom I gave Realisation. I told her that, "Because you are been indulging into nonsensical things, your guru was a very big tantrik and he used to do all such tricks, you may start doing that after Realisation also." So she said, "No, no, no, Mother I don't want all that, I want param, I want the reality, I don't want that." I said, "But still it will happen. Somebody may try to tempt you so. Because they do not want you to be realised." And it happened to her! Rice started falling from her hand, and then she took another turn. Ultimately she became a mad woman. So it is so. It can happen, but rarely, not so much if you have not been a professional black magician or something, it will not happen.

We have misunderstood many things and that's why it is necessary to know it and then understand. Because if I tell you something there would be blockade and barrier in your mind. As it is people are brainwashed by so many things. Like those who are Muslims don't want to look at Christ, they don't want to hear. Those who are Christians don't want to hear about anybody else. Those who are Hindus, they don't want to know about anybody else. But Sahaj Yoga gives meaning to all of them. All them, are important. All of them. Every one is important for Sahaj Yoga and they reside within us in those different chakras. It's a very different thing. One has to first see and then judge. Not to judge about anything without seeing it. But without seeing, whatever we judge may not be correct.

All right? Should we have the vibrations now? Let's.

Please put your hand like this.

Just be relaxed. You have to ask for your Realisation, otherwise it doesn't work out, I must tell you. Douglas [Fry] please open these windows. There should be some cross-ventilation I think. Let it be, that's sufficient. It's all right. It's like a little brahmarandhra hole blowing some [air].

Put your hands like this and close your eyes

Please keep the eyes closed, don't keep them open, because the Kundalini won't rise above the Agnya if you keep your eyes open.

Please keep them closed.

You will start feeling cool breeze in the hand that's the only thing that happens. But nobody can certify. It is you who has to feel. Also from your fontanel bone area, if you put your left hand you can see cool breeze coming in.

Who are the new people? I would like to see them.

1981-0710, The System Within

View [online](#).

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I must thank Kingsley [Flint] for giving such a nice introduction.

When I went to Australia, people asked me, are your disciples all scholars?

I said, they come from all walks of life, there are very few who could really be called scholars but I think after getting realisation, you being the complete knowledge, new venues open within you. You start knowing so many things, like when you enter in this room and it is absolutely dark, you can't see anything. You don't know much about it, you don't know how to walk, where to walk, you may just stumble down, but if there is light, you know so many things suddenly and you are amazed at yourself that you have come to know so many things.

Now this knowledge that you have, is not the knowledge that we read in the books. If I put my finger to this flame here, it will burn. Anybody who puts the finger to the flame, it will burn. Now this knowledge that the finger has to burn has come to us through our experience and is built within us. Everybody gets it without paying for it, without making any effort for it, it is built in within us.

In the same way, we are so organised within ourselves, we are made within ourselves so well that if this happening which he told you about, the awakening of the Kundalini, if it takes place, it is just like this instrument being connected to the mains and it starts working. I mean you are wonderfully made, no doubt about it and thousands of years, thousands and thousands and thousands of years have passed till you become a human being.

This human being, the body, the mind is all made this way, organised this way for one purpose, and the one purpose is to become one with your spirit.

Now, why? why should we become one with our spirit? Because the spirit is the universal being within us, is the reflection of God Almighty, is God reflected within us, in our heart. That spirit is eternal, it is not destructible, it is unattached and it is the witness of our lives. It witnesses what we are doing, it knows all the fields in which we move but it is not in our conscious mind. We cannot feel it, we cannot manoeuvre it, we cannot understand it's powers.

So the whole being is created, through a power of desire. The desire which is very strong, that you have to become the spirit is still unmanifested. It is residual and resides in the triangular bone called sacrum. Sacrum means sacred. Today on the radio, they asked me a question, that "Here the people are so complicated. Do you find it easy to convince people about God, about Kundalini? They are very sceptical, is it easy for you to do that?"

It's a very nice question because she could see my problem. Now I have to tell you one thing, that this power that resides within us has been there and many people have talked about it. It has been there, no doubt about it, but in modern times we want to know whether it is there or not. Now there are many people here who have seen the pulsation of this power in the triangular bone. They have seen it and you can also see it, for your conviction, to see for yourself. But I would suggest that there is no shop, nothing is selling here. This kind of sceptical attitude is alright for people who are going to buy something. That they want to

know whether it is right or not. Suppose you are entering into a university and you are there to discover some scientific knowledge, then do you go with a sceptical mind? You go with an open mind. You need not be sceptical and you need not be closed. You need not be also following anything blindly that I say. There is no need to have blind faith in Sahaja Yoga, no need at all. It is for you to see for yourself if it works out or not. One should not come with an attitude that if it does not work out then there is something wrong about it, maybe there is something wrong with you, because there is nothing selling here, it is a gift. It's a gift of God, it's the grace of God because he is anxious to save this creation. That's why he is giving it to you, to masses, it has never happened before.

This is something so unique that is happening, I myself am surprised at the way it is working out. So when all this is happening, why not benefit by that? It is you who is going to benefit not me, not at all. When you understand this, your attitude will be much more positive towards taking realisation here.

Now human beings are not going to be happy without their self being discovered, whatever you may try. You give them money, they become affluent then they will become hippies as they become fed up of it. You give them power, they will fight among themselves or they give up politics. They will never be satisfied with all these things because they know it is not satisfying, why? Because satisfaction can only be enjoyed by the spirit. Only the spirit can enjoy. Rest of the enjoyments are temporary, transitory and they vanish into thin air.

All complexities of life, all problems of life that faces you, is because without knowing the absolute you have gone into relative dimensions. If you do not know where Brighton is and you have to go to Brighton, you move about all over the places and never reach the point. You will be complicated, no doubt.

First of all you must discover that absolute, and that has to be, if you don't do it, you are going to fail, in life, in satisfaction, in happiness. But, it's not only that, it's much more because the spirit has all the dynamism of God's Divine power which is all pervading, which is everywhere, you cannot feel it, it is everywhere. I'll say it is everywhere, there is music, drama, you won't believe me until I put a television down here. In the same way unless and until you become one with yourself, you are not going to feel that all pervading power, that blissful power of God because you are not yet there.

You have to enter into the kingdom of God. Now there is another objection that always comes in because people are very much Christian minded and they want to ask me one question which I have been wanting to answer many a time. They said that we can only reach God through Christ. Yes, that's true but how? Where is Christ? Where is he? Do they know where does he exist? Are we going to pierce through his body? Where is his body? Where do you find him?

He was crucified a long time back, he is no more. He is not in the churches, of this be assured and he is not with the priests at all, then where is he?

He is within us, now where is he within us? No one knows about it, he exists within us. I say he exists where? You see this red mark? Behind that is a centre called agnya chakra, he resides there. You have to enter through that door of Christ, you have to awaken them. Unless and until you awaken Christ, you cannot enter the kingdom of God.

(Mother asks a yogi if they have the chart so she could have shown the exact location of the kingdom of God)

The kingdom of God is the limbic area and to enter into it, you have to pass through this very subtle centre which is placed in the centre of the optic chiasma, the centre governs the pituitary and the pineal body.

You have to cross through that. What is it to cross? What are you? You are your attention. Your attention has to pass through that and awaken that centre. When you awaken that centre, Christ is awakened within you and your ego and superego, your karmas, so called, your sins, so called, all are sucked.

You come into that area called the limbic area, your attention goes there by which you become collectively conscious, or you can

say first you become just thoughtlessly aware. You are aware and you are thoughtlessly aware. There is no thought because both the ego and superego are sucked in.

When the Kundalini pierces through this area, the fontanel bone area, I mean it's a happening. It's actualisation, it is not just talking, giving your brain a washing, that you are all born realised and carry a banner on your head

'born again, born again' as you see many people. I'm quite amazed at them, the way they talk. It's surprising they go around saying, oh we are already realised souls. I said how? How do you know? The Kundalini is frozen down there, you can see it so clearly. They say we are born again...self certified..

You cannot get this certificate in any of these colleges, you cannot have a course in this. It's like sprouting of the seed, now what course does sprouting of the seed have to do, poor thing. You just put it in the Mother Earth and it sprouts, Mother Earth knows how to do it.

Now this has to happen within us. Another hurdle in all these western countries I've seen is this..why me? It's a very common question they ask, why you Mother, I say why not you? Better have it (Mother's sweet laughter)

Better do it yourself, it would be a good idea, you see I would like to retire, it's a very good idea that you do it for me, and you take my seat. As it is, I'm working very hard and sometimes my husband also gets very upset with it. He said it's too much you have to work very hard and one day he put a question to some of the Sahaj Yogis, he said, now I don't understand that when She has given you realisation, why are you troubling her again and again? What's the matter with you? He is a man who has to deal with shipping and this girl said, Sir if there are second hand ships you have to repair them again and again, but we are fifth hand ships, so what to do?

So, what I said was that this kind of foolish attitude and stupid attitude is not going to help us. For example, this flame is burning, do we ask the flame why do you burn and not these flowers? I mean, it's somebody's quality, somebody's nature, somebody's gift or somebody's speciality you can call it.

You could be doing this, I would be very happy if you were doing this, really I tell you, I would have been very happy, but it is not so. Now you know so many things, for example, you know driving. I don't know, I don't even know how to sign a cheque, I'm so hopelessly bad in banks. I don't know how to manage money, I'm hopelessly bad in so many things, but I don't feel bad about it in any way because supposing I don't know that, I know this. I can't open the switch of an ordinary tape recorder, but I can open the Kundalini, it's alright. It's a different thing altogether so why should you feel hurt? You cannot do each and every thing in the world can you?

This kind of an attitude will make you unnecessarily put a barrier for yourself, because this is your own, this is within you. I'm a gardener, I'm doing nothing. I'm just like any enlightened light which is going to enlighten you so you should quieten on this point. Please tell your mind to keep quiet on this point.

(some communication from the hall re false prophets)

Nobody talks about them, I'm the only one talking about them. Beware of them. False prophets are there but false prophets can be known, can be understood but people don't you see people go head long towards false prophets. For example if somebody says that you are going to fly in the air and pay £3000 for that. Are you going to become birds? You use no brains and you just go straight forward into it. There are people sitting here who have become insolvent because they tried to fly with this guru, but the guru never flew.

Now, how to make out a false prophet? The thing is, you cannot pay for God I'm a happily married woman, quite well off, I mean I'm really very happily married, but if I'm doing this work, I'm not taking any money from you, nothing, you can't pay for it. It's something heavenly, this is the second point.

Thirdly...the third sign of a false prophet is, what has he given you? Have you got your own powers? Can you feel your own powers? That's one of the greatest tests. If somebody says that oh my guru is great, he's really halfway to the lunatic asylum. A recluse and abnormal person. My guru has given me this lunacy and I've paid so much money for that. So you ask a question to him, what has he given you really? Can you feel the Kundalini of this lady or this gentleman? Can you give them realisation? Can you cure them? Can you understand where the problem is? Do you understand where the problem is within you? Minimum of minimum!

Supposing somebody says I've got my eyes and he bumps into everything, will you call that person a person with eyes? You will definitely say that he doesn't want to believe that he is blind. It is exactly like this, you must know that if it's a true person, he will give you your own powers.

(somebody speaking from the public) Mother's response:

I wish you could meet somebody who is here from Scotland, Peter [Pearce]. is he here? You must meet him and you will know, it's not only money, it's much worse. I mean, you have to decide. The other day, I had from Norwich, three people who came to see me, and they could not put their hands towards me! They kept going like this and like that (shaking). I was amazed! And I asked them, "Where have you been?" They said, "We are coming from a lunatic asylum." I said, "Really?" "We are certified mad people." And where have they been? To your 'great' Maharshi (TM)!

There is a lady in London (Mother asks yogis if she has come...she was not there so Mother mentions all can meet. There is further sound from the public to which Mother said 'do not put me into controversy, better not discuss these horrible people, that's all I will say, forget them) Further comments from public..

There are people who are suffering from epilepsy and they come to me. They are falling, they have lost all their wealth, their children are on the street, they come to me and they want to be saved. I wish before talking about this, you better talk to those people who have come to me and I have saved them. Not only saved them, but made something out of them. On the contrary, this man has made them horrible. Many people who have been there have become mad. This Mr Ben is suffering from a mysterious disease, from where did he get it? There is one Dr Fenwick, you better go and meet him, he is finding out about this fellow, the way he is giving epilepsy to many and I've cured the epilepsy of so many patients that he is coming to me to know how I've cured them.

Do you know what dangers you stand with these people? You have no idea, you are so naïve. Did you ask him any questions? Please listen, you have not come here to give lectures, please sit down, listen now. You have not come here to ask questions, you are here to listen to me. Nobody asks questions to this dirty man, never, they just pay him straight forward. Did they ask any questions to him? Ask this gentleman or anyone. You just pray in silence, you are not even supposed to see this horrible fellow, he is sitting in a dais somewhere. The way he has led his life, how dare you compare me with him? You better go and stay with him. No! I'm just saying you have no business to take advantage. You see, this is not proper, this is taking advantage of my goodness, you dare not do these things. I don't like it. It's alright once in a while, but not all the time. I have to talk something, you have come here to listen to something, alright? Be sensible. (more noise from public) No, no you are not everything, you are just thinking about yourself not others. You are not the only person sitting down here, if you want to see me, come and see me privately alright? You have to be fair to others isn't it? They have come all the way to see me, some people have come from Torquay, you should be more just and fair, I think you have not been fair to them. It's alright once in a while one question I answer but you are on and on and on, you must forget it. Listen to me, it's not you who is talking, I know who is talking behind it, it's alright.

Now the people do not say there are false prophets, they never say and when Christ was asked, why do you criticise them? He said, Satan is not going to speak against itself. They are not going to tell, they help each other. They are the people who help each other, and you are so mesmerised by them that you cannot see what wrong they are doing to you, until you reach that point

where it's all finished.

Now we have here (he has not come but will be coming, you should meet him) a gentleman who has been with this man for the last sixteen years. He has lost all his money, he has nothing, he was a diamond merchant his wife is a granddaughter of a Duke, they are on the street. The wife used to get such horrible epilepsy, I cured her. The child was screaming, you were not there, it's easy to take a stand for somebody who is satanic, at least don't do that. You don't know how people are harmed, everyday I'm facing it, everyday I'm curing people. There are three people I know of who got cancer out of this and tomorrow if anybody gets out of you, I'll have to cure. He has taken all the money, that's all. I have every right to criticise them and say they are wrong, because I'm the one who's curing people, who are harmed by them, tortured by them. I'm not saying just for fun sake, people have no courage to say also. How many have courage to say that they are wrong and they have harmed? Very few people, they are cowards, I would like to know how many people can say that openly that they are wrong, they have harmed?

There are some people sitting here, who have been harmed who came to me and I have cured them. You need a lot of courage and understanding, not only that but I am really angry with them because these are seekers of truth. These are people seeking the truth and these people are not to be harmed by anyone. They are to be given their realisation, they have to enter into the kingdom of God.

God is anxiously waiting to give them what they deserve. They are such great people, while these people (false gurus) wanted to make money! They could have smuggled, they could have done other things, money is not the only point but the way they have ruined the possibilities of their realisation! I know of three others who are still in the lunatic asylum and I cannot save them. They are all lost and the government doesn't want to know anything about it. They went and saw the police and the police said, what are we to do if you are fool and stupid people who go ahead and spend your money and get these devils upon yourself?

You must open your eyes and see for yourself and see what is happening to your brothers and sisters. Where are they going? I'm sorry I have to use strong words but I really strongly feel about all these things. Actually I had no idea that they have really done all these things to you. The more I see, the more I'm surprised. One by one, they are all getting exposed. They are all getting exposed because whatever is false will come to the light, no doubt, I'm sure of it, it will have to come to light but one more thing is there which makes me unhappy, sad and sometimes really restless that these are good innocent people that are harmed so much, beyond repair. I cannot repair them, they are finished, lost and gone.

You are not in this business, I am and I know what it is, how bad it is, how dangerous it is and so unfair to human beings who have been created so beautifully from the amoeba stage to this stage, and these people should come and hit them because they are seekers?! Because they are simple? All ego oriented. Most of these organisations are ego oriented. They pamper your ego, like having a world organisation. They believe in it! Can you imagine, they believe in it.

A person is asked to wear special clothes and are given chairs gilded with gold and they feel they have become ministers and prime ministers. If you want to go on believing myths, go ahead.

I'm here to tell you the truth, whether you like it or not, I have to tell you the truth, and the truth is the thing. Why should I criticise anyone? That's not my job, but I see the way people are being harmed and tortured, you want me to garland them and say they are very nice people? Should I? Would you do the same if you were in my place? If you were a Mother who feels for her children, would you do that? Any Mother who says that she can do it, I would like to know such a person.

I know how to be charitable and how to be generous, but not to those who deliberately try to hamper your progress in life. They do not criticise anybody, naturally, why will they? No thief will criticise another thief, do they? They are all in one line and work it out.

One has to understand, that a true prophet or a true person, will give you the truth and nothing else. And the truth is that you are the spirit. You have to become that, nothing else. You have to become the spirit. Unless and until you become the spirit, all these other ideas of giving you relaxation or giving you some sort of a patchy thing is not going to happen.

Now the trouble is, in the west, people are extremely naïve, absolutely naïve. They have no knowledge of the internal life, they know about science as we are naïve about science you can say. We are naïve about the lights and things in the banks maybe, but for the internal life you are absolutely naïve and you do not know how many stratas there are within you. The first thing you must know is that you live in the past and the future, not in the present.

The past is the subconscious and the future is the supraconscious. These two areas exist within us, within our body, one on the left hand side and the other on the right hand side. When somebody contracts a disease like say cancer, the attacks are from these areas. These areas are built within us from our creation. They are within us since we were created. These attacks come to us, for example even a virus infection, even a possession that comes upon us, cancer, all these attacks come to us, not because of our present, but because of our past. From somewhere, it attacks us.

If you have to understand yourself, then you must understand yourself in full perspective, not that somebody gives you a mantra and you take the mantra for £300 and the meaning of the mantra is 'I'm coming' or some sort of nonsense, which is not even Sanskrit. You don't know any Sanskrit. So these things are put through in your subconscious and they work on you, and you feel a little bit relieved, like with alcohol you may feel relieved for the time being. For the time being, you may feel very elated and your ego will come up and you become a great person demanding this. Like a man who was walking on the street, was drunk and the king was going on a horse. He asked the king, I want to but this horse now get down from there. So the king said, now you really want it? Alright, tomorrow. He went away. The king was a wise man. The next day he called the fellow and said now do you want to buy the horse? He said 'sir, the one who was going to buy, is finished, he's no more'. It's like that.

Suddenly, you see these subconscious spirits or things that they possess you with, give you a very heightened ego, and the whole thing fizzles out, but you do not know from where they come and where they go, you cannot understand them and you cannot manoeuvre them. When you become yourself, you know each and every thing. For example, this gentleman who was asking me questions, he does not know anything about himself, neither about others. You ask any Sahaja yogi who is here, even a little child will say what chakras are catching in him and what chakras are catching in you. It has to be your own knowledge, in your own awareness, understand you are intelligent people, you are not fools. I'm not talking to fools, I'm talking to intelligent people, who understand things. If something has to happen to you, it has to happen in your awareness, like a dog has a different awareness and you have a different awareness. You take any dog, even if it is a pedigree dog, through any dirt or filth, it doesn't smell, it doesn't feel bad, it doesn't understand beauty, while you do.

In the same way, something has to happen in your awareness and that's how you have to make it out. Unless and until that happens, what's the use? What's the use of coming here? Just arguing with me, no use, you have to get it. You have to get that within yourself. If that can happen within you, then only you will be entitled as a self realised person, otherwise you will not.

There is no organisation for them outside because you are already organised by God. It's all in there. Once it works out, you start feeling it within you.

Now, why people are false gurus? Let's see that point, then you will understand. First you must see the background of these people. For example, the gentleman about whom he is saying, he was a clerk, railway clerk. There are many other things about him which Indians know. They don't mind because he brings lots of foreign exchange. Then there could be any thug or anybody in jail in India, who comes out of the jail and has no place in society and comes to London and sits down with funny dresses, with little horns around and all the British will be at his feet. Very good idea!

There should be no pretensions, if you are true, there should be no pretensions about anything whatsoever. You should be straightforward and normal, because you don't want anything from anyone. I would say if I asked you to stay with me without paying any amount or any money, you would not accept such a situation. You would feel hurt. But these people are parasites, of the worst type. They live on your money.

Christ was the son of a carpenter, he didn't ask for money from anyone, did he? He did the carpenters job. You can't understand it because it's the ego, it's a very subtle ego that you have purchased your guru. You cannot purchase Me. You cannot purchase your realisation, God doesn't understand money, he doesn't understand banks, that's your headache. So to understand a real Guru, one should know what you have to expect yourself. Now we have got so many people like you, I mean you are so well read, I see all of you reading all the time, even in the bathrooms when you go, you read. On the trains, you are reading, all the time you are reading and I think nothing is registered there. Otherwise, it is written very clearly, by a very great scientist like (unclear) that there is a collective consciousness within us. That there is some sort of power within us which gives us symbols which are universal in our dreams. He has proved it. If so, then that collective unconscious within us has to become conscious within us.

This is what any true Prophet will tell you. He will not give you a thing that you have to jump all the time or that you have to take out your clothes or stand on your head, because it is very simple to understand that by doing any effort you are not going to go to God. By doing anything you are not going to do. What did you do to become human beings? If it is evolutionary, what did you do? Did you cut your tails as monkeys? You got it without doing anything. In the same way, if evolution has to take place, it will be done without any effort, because it is so vital, it is so important. You do not understand the importance of that, you want to play about with all nonsensical things. The most vital thing today is to evolve and this evolution must take place, and this takes place within us because a system has been built within us already, it exists within us and you can see with your naked eyes the rising of the Kundalini, the breaking of the Sahasrara, the breaking of the fontanel bone area which is the real actual Baptism. It's not artificially done, you can feel the cool breeze of the Holy Ghost coming out of you and the Holy Ghost is the power of God which is reflected within us as Kundalini. She rises and She gives you this realisation, though the heart has the spirit in itself, the seat of the spirit, she is here (Shri Mataji must be pointing at the area) and that's how first the Kundalini rises and you get enlightenment in your brain. First the enlightenment comes to your brain in England. In India it comes to the heart.

Here we analyse, we think too much, we try to analyse everything, what can you analyse? This flower becomes a fruit tomorrow, can you analyse it? Can you do it? Thousands and thousands, billions and billions are being transformed, how can you analyse your transformation? You cannot. With this little brain of yours, with this little rationality, you try to analyse, you cannot. It has to be logical, and if it is not logical then it has no meaning, but it will become logical when it happens, let it happen to you. If it does not happen to you, it's not going to work out.

These are typical type of people that come and disturb always my programmes, I've seen it, for nothing at all, but these are the people who pay lots of money without asking any questions, do not get anything, get horrible diseases into themselves and then they come to me for realisation. I can't understand what's happening to you, I don't know how to make you understand that you have no value of your own, you have no esteem of your own. How can you appreciate such people who are openly befooling you? Who are stupefying you? They do not criticise others according to you, they are very nice people, you mean to say I should not even criticise Hitler? This is not the best way of looking at things. You have to face things as they are, you should know bad is bad and good is good.

Tomorrow you will say, don't even criticise if people get cancers, don't even look after it, let them die...praise cancer should I? praise epilepsy should I?

We must understand, God has given us discrimination. We must have our discrimination and understand, what are we doing? What is our life for? Why have we come on this earth? Because I open your eyes to these things, you have to know that I am not false. That's one thing, I want you to face the truth. I do not want you to live with myths. I could have said that I'll make you fly, I'll make something out of this, why should I? That's not my job, that's not the way I am. I'm a different type, absolutely different and this is the type always has been denied, not today, always. Why Christ was denied? For what? All of them were denied and all the false were accepted. They even forgave a robber and crucified Christ. Same type of people are again on this earth I find, they do not want to accept the truth.

Now, the society is such, no one can crucify me. They could not have crucified Christ if he did not want to be crucified, he was such a powerful man. He is going to come back with his powers again and he is going to neutralise all these horrible powers in

them to cut them out. No doubt about it, but before that time, you have to be counselled, you have to be told how to enter into the kingdom of God. You have to become what you are because the last judgement has started, this is the last judgement. How God is going to judge you? Just think of it, is He going to judge you the way you are educated? The way you are dressed? No. Through your inner happening, through your inner understanding and light that is within you. That's how he is going to judge you. I'm here to give you light that is your own, just an enlightened light enlightens you. I don't want to pamper your ego or to run you down but I want to tell you that you should become yourself. I see the beauty within you, I see that diamond within you, that's why I'm doing all this work. You do not see it, I just want you to feel it and have it, it's a very simple thing. What is there to be so much worried about? To talk about other people who have done nothing, there are 90,000 people doing TM and what are they? They are recluses, you show them garlic and they will faint. There was a gentleman, I don't know if he has come, who just on the phone he talked to a Sahaj Yogi, Douglas, who is sitting here and he was shaking. He said 'I am shaking, what's the matter with me?' Douglas told him that you are very hot? He said yes I'm perspiring, I don't know what's happening to me. He knew what was happening, he accepted it. Then Douglas asked him, are you doing some meditation? He said yes how do you know? Douglas said, we know, we know all that. He is saved today and he is a big man in Brighton. He is working as Managing Director, otherwise he would have ended up in a lunatic asylum and this is what it is. People do not question such people, they have got their circuses, they have got big (unclear) all things to announce themselves and people think they must be great people.

Christ was a simple man, wasn't he? He was so simple. He didn't have any advertisement and all that. He didn't have all these things to impress you. What should impress you is your own transformation and nothing else. That should impress you. You should ask for your own transformation, for your own happiness, for what you are going to gain. If you even go to a shop, don't you see how much you get out of it? In the same way, in spirit also you should not see what you give but what you get. It's not material that you get, you get something so substantial that it transcends all material and all sorts of problems.

We have one gentleman sitting here who you can talk to later, who came last time. He was a drunkard, an alcoholic, he couldn't talk to me and he was horrid, he behaved about the same way as this gentleman has behaved, because he was so drunk. I forgave him, alright. He went away. He was so lost to life, there was no hope for him. About a month back, again he came to know about my coming, so he came to the centre. These people worked on him. He is a first class man now, he has joined a college, studying there. I couldn't recognise him, he was so changed, he was looking so much younger, so much better. You must know that the task is so great, the task of saving this humanity. It's not a simple task and you all should get it for your good, for your meditation, it's your own. I have not seen anyone, any animal, if you do good to him he barks at you, he does not, but only among human beings who try to deprive you, who try to deceive you, you are happy with them because they have a camouflage. They say things which are very sweet and nice, don't depend on them, you have to face the fact as it is. These are horrid people, not only horrid, they are satanic, they are extremely evil and they are doing all kinds of evil and I'm not afraid of them.

I've said it openly in 1970, against them, each one of them by taking their names. They have not taken me to courts because they know I know about them. They have never taken me to anything, why don't they file a suit against me? Because, they are cowards, they know what wrong they are doing to you. I can prove it to them.

One should understand that there is somebody who is talking so bravely, that's a lady also. There must be something about me that I'm concerned, that my concern is so deep that I'm not worried about them, I'm not afraid of them. When I first spoke in 1970, so many people were my disciples, well placed in life, they came and told me, don't do these things, don't talk against them, they may come and murder you. I said, let me see who's going to murder me, none of them. On the contrary, I was amazed the other day, a girl told me that one of them was saying I was his sister. I was amazed. Imagine and another was saying that I was his disciple, this was another news to me. I said, really? I've been criticising him right from 1970 and he is saying that I'm his sister.

You will know all about them, first of all get your realisation. Get your eyes, get your spirit get yourself into that which is the glorious, the beauty and the knowledge. Then you will know what I'm talking about. You will yourself know about it. I don't have to tell you, I don't really start such a topic except when somebody stands up, he must have come to represent this man, no doubt, but he doesn't know that he's representing a Satan. He is innocent, simple and naïve, one has to forgive, you all should forgive him.

May God bless you all.

I would like you to ask me questions but sensible questions not pleading someone because if you want I can say that also. I'm not afraid, I can say but why? Why discuss these horrible people here? I've already headaches from them, lots of them, really. For example, these TM people in India, I could never give realisation. We never wanted them near, I could never give them realisation, only after coming to London I started doing it. Amazingly. I could not give them realisation, the Sahaj Yogis never wanted them, they said that whenever anybody came from TM they used to ask, are you from TM? There is no programme. They used to turn them away. They were so difficult, so heavy, impossible. It's a fact. I mean, we don't like people to come and trouble us, but what to do? The door is open, anybody can come, you don't have to pay any money, just walk in. Do what you like. It's alright, but still, I must say Sahaja Yoga has done tremendous work even in England, where I found it was very difficult. In the beginning, I was working only with six people for four years, you won't believe it. My husband has been elected to this job and we have been here for seven years, and four years I was struggling with six of them, can you imagine. Only last three years we have been able to do something. I've seen it's rather difficult to break people here, but once they understand, they go very deep down, they are very scholarly and wonderful people, no doubt, and it has worked out.

You can ask me some questions if you want to, but ask sensible questions and not unnecessarily wasting everybody's time and it's not only you who is listening to me, others are also listening, so you should not take all my time, isn't it?

There are many children who are born realised, many children in this country who are born realised and there are very young people I met about three of them today, who are realised souls. Great people, but you would never understand them and they would never understand you, there would be a conflict. I don't know what's going to happen if you don't listen to me. You have to be realised to understand them, because even after realisation there are problems and you start seeing your problems and you have to cure them. You have to get well.

Ask some questions now.

(Question from public...Mother's joyous laughter while saying that's the best question)

They have asked for realisation and Shri Mataji proceeds to ask everybody to take off their shoes and sit with hands on laps facing up.

Close your eyes, just close your eyes.

Now what do you feel actually, you see first you feel thoughtlessly aware, means there is no thought within your mind.

If you see your mind, there is no thought, you feel like that, first thing that should happen to you. It's your own, you shouldn't believe me, you shouldn't believe anybody else but see for yourself if there is no thought, but don't deny anything. If it not so, it goes further. When the Kundalini rises about Agnya, it shoots off, in many people it shoots off. First experiences have been very great with many people and then when it passes through the last centre or pierces through this fontanelle area then you start feeling the cool breeze in your hands. Some people who smoke too much do not feel it in the hands so much as they feel it in their heads because this centre is spoilt.

Now close your eyes, you have to close your eyes because when the Kundalini rises, if your eyes are not closed, it won't rise above Agnya. It's just the opposite of mesmerism. Close your eyes...place both your hands straight like this because these are the centres of the sympathetic within us, these are seven centres...five, six and seven (Shri Mataji must be referring to a chart). Just close your eyes. Let it go, don't force your attention to be fixed anywhere, just let it go. Now the first problem I feel that is collectively within you is that you have to forgive others. You better forgive, forgive everyone, just say I forgive, that's very important, it will unload your mind. Say it thrice, Mother I forgive, it's very good for you to say that I forgive. Please forgive.

Now after saying that, you have to also say that if I've not paid full attention to my spirit or if I've been negligent about it, forgive me. But don't build guilt at all, just say forgive me and it is finished. Don't build guilt because this is another fashion to feel guilty for nothing at all. There's nothing to feel guilty.

Say thrice please forgive me if I've not paid attention to my spirit. Immediately I think you should say I'm not guilty, thrice, because this may build a kind of guilt.

Immediately after saying please forgive me, say that I'm not guilty, thrice, please say.

Now you can ask a question, Mother am I the spirit? Thrice. Put your right hand on your heart and ask the question, with all sincerity and truthfulness, because Sahaja Yoga judges your truthfulness. Just ask Mother am I the spirit?

Just ask a simple question and you will get vibrations in your hands as proof of it. Ask it, most of you will get it, cool breeze in the hand, cool breeze of the holy ghost. Don't think about it, it's a happening. If you think about it, it will never work out. It is beyond thinking. It will just work out. If you start thinking about it, it's going to be another useless wandering that's all. You will be wasting your time as you have wasted so far, you will be wasting more. Don't think about it.

Now if you're feeling on the left hand then put your right hand towards me, both hands. If it is not working on the right hand, then put left hand on your stomach, maybe something wrong with your stomach. If it's not working on the right hand, put it on the stomach asking a question, Mother am I my own guru? Am I my own teacher? Ask a question to me.

If you are getting in both hands, don't think about it, it's there. You got it. Ask the question, if it works then you will find a cool breeze coming out of your head. It's a mass happening, it's happening to thousands, so it should happen just see if it is coming out of your head.

Now put both your hands towards me and close your eyes and don't think, just don't think, please close your eyes. Don't watch others, just close your eyes.

Shri Mataji Blows.....

Those who are feeling the cool breeze, please raise your hands. Those who are not feeling the cool breeze raise your hands because we will have to just work it out, alright. I'll have to ask some of the Sahaj Yogis to come and see what's the problem, you shouldn't mind because tomorrow when you get it, you will be able to do it yourself. I will also come and see, because it means there is some sort of obstruction and we have to remove it. Now it's flowing from the hands of these Sahaj Yogis and they are giving thing to their aura because they don't want to be caught up with your auras, but then when they raise your Kundalini, you will see yourself how they work it out. They are just like you people, they have learnt and you are going to learn from them, then you are going to do the same, alright.

1981-0710, Radio Interview

View [online](#).

10 July 1981

Interview

Brighton (England)

Talk Language: English | Transcript (English) – Draft

Radio Interview, Brighton (UK), 10 July 1981.

Broadcaster: Now, a little while ago with John Gribbin, we were being conducted on a whistle-stop tour of the external universe, but now we hope to probe a little deeper. A spiritual leader, who believes that every country in the world is linked to a particular part of the body, but who scorns religious gurus, who preaches that the essence of life lies within the [??SOUNDS LIKE evidual/Ovidual. Does he mean 'individual'?] awakening yet [not sure here if the 'comma' comes before the "yet" or after, as meaning not clear] is extremely rich and married to a United Nations official. Well, I dare say I am about to be told that these apparent contradictions are of my own making, but I am very pleased to welcome to the sounding studio The Mataji Nirmala Devi, together with a local practitioner of Sahaja Yoga She espouses – Ray Harris. Now, he's a Brighton geologist so we've got both sides of the spectrum and we're very pleased to welcome you both to the studio.

Now, perhaps I could start with You, Mother Mataji. You're an Indian, now what kind of following do You have at home?

Shri Mataji: There are lots of people in the villages of India. I work in the villages of India, not so much in the cities, and the villages are not yet touched by the superficialities and the pretensions of life so much. People are very simple and it's easy to get them Realized. I mean, the Self-Realization – the Spirit. They can feel it much faster than others can; it works much faster there and it has improved their lives to a very great extent, because of this happening within yourself. You get cured and there was a possibility of starting even a national health scheme on those grounds, because you don't have to pay anything for it, and also you give up all your bad habits like drinking, smoking, and there are other blessings that also follow with it. So it's a very great thing, because you don't have to pay anything for the countries which are developing now.

Broadcaster: I think a lot of people can understand that, within the context of your own country. It seems to make sense in a very simple world where people don't have the problems of the developed world that we have. But Ray Harris, does this have a lot of meaning in life over here, because things are so different, aren't they?

Ray Harris: Yes, but you see, nowadays we've got so many people who are really trying to return to the simpler, more natural values. I mean, we spend most of our time trying to compete with each other and see who's going to be better and all sorts of things like bad results in families. You know, we see this and we feel that things are not going right, in spite of our affluence, in spite of our intelligence, in spite of our facility in the scientific world. We see all around us emotional despair, rioting as of late, even in Britain, which is traditionally a good country for people generally, even here things are starting to get very strange. And those who have any awareness or intelligence can't fail to notice something's wrong, and people are seeking. They're looking for the return to calmness and peace of mind and serenity.

Broadcaster: Well of course there are many fringe religions in Britain and indeed, in these troubled times, they're growing. There are more people who are turning to religious experiences of one kind or another, but what is so special about Yours? Is it another established church?

Shri Mataji: No, it is not. It is not an established one, it is neither an organized one. It is something very natural within us; spontaneous. It is the breakthrough of our evolutionary process, the last one. We have a meaning. We human beings are created for a meaning, for a certain purpose. We are not purposeless, and the evolution has taken place, has brought us to this level of human awareness and we have to break through; to become the awareness of the Spirit. It has been said by all the Scriptures. I

am not here to deny any Scripture or any religion that was established, but by this you understand that they all are belonging to one Universal Power. While we are fighting because of our ignorance, it is the very integrating thing it transcends all the races, all the nations and all these barriers which human beings in their ignorance have created.

Broadcaster: Now, You're the Spiritual head of this movement, now how can You spread the word and the Gospel of Your Message when You have no organized Church? It must be rather difficult.

Shri Mataji: Not at all, because there are seekers, as you said that the people here are very complicated, and sometimes this confusion gives them a greater seeking than that is in India, because people in the developing countries are seeking now material wealth. But the people, where they are affluent, they are seeking the spiritual wealth, so lots of seekers are born in these places, and it's easy, very easy to talk to them and this can work out.

Broadcaster: So how do you actually practice this, Ray? What do you actually have to do to try and bring in some of these ideas into your lives?

Ray Harris: Well, it's not really a case of practising anything in particular. You see, once you've met Mataji, something happens inside you. Normally speaking, if you've led a life which isn't too, I don't know, messed up in some way, emotionally or perhaps with drugs and things, you can feel this process inside you. Perhaps many people have felt shivers up their backs or tingling or blissful feelings when they're listening to good music or seeing something – a beautiful scene or something, or even a beautiful lady. And this kind of joy that you feel, it's the only way that we have to feel joy, you can recognise. I mean, this is the only way I recognised Mataji, is when She raised my Kundalini and I suddenly felt this tingling up my back and this joy and peace. I thought, "Ha, that's it!" It's simple. There's no church or organization so the only thing we have to actually do is to keep ourselves cleansed. The Kundalini does it Herself inside you and essentially, all you have to do is lead a normal life, without excesses, balanced ideas, confidence, responsibility to yourself and to your Kundalini and also to other people – to your brothers and sisters and other people who have also had Kundalini raised, you have a common language.

Broadcaster: I think a lot of people would agree with a lot that you say, but nevertheless, you're really pinning it on to one person, the lady we have here. Now, I mean, how can you say that it comes from just this one person?

Ray Harris: The vibrations come from this one person. If you put your hands out towards Her, you may be able to feel a sensation in the palms of your hands, you may feel yourself getting slightly more relaxed. You may feel yourself just feeling a little more joy inside, I don't know. I mean, when I put my hands towards Her, I mean if people are listening – even people who are listening to the radio can put their hands out towards the radio – and some people will feel a tingling or some sensation in the palms of their hands, or even on their heads. And this is the judge of it; it's something which happens internally. It's to do with the Para-sympathetic nervous system.

Broadcaster: See, Mother Mataji, You're said to have these gifts; I mean how do You react to that? Don't You think it's a little dangerous, that a lot of people should just look to You, as an individual? It's quite a responsibility, isn't it?

Shri Mataji: It's like the Sun. The Sun doesn't feel anything is dangerous, you see. And it just emits, what can I do about it? I mean, if you could do it, I would be very happy, but it's not so, I have to do it, what to do?

Broadcaster: So, are You saying that it is something special with You or could any of us, could I develop these gifts?

Shri Mataji: No, you can get it also.

Broadcaster: I could pass this on to other people?

Shri Mataji: Yes, of course, of course, of course.

Ray Harris: This is what we're doing, it's all we do.

Shri Mataji: You see, one light can enlighten another person. Nowadays, these boys are curing others and they are doing all this work. I can't go everywhere. It's done like that. You see, you become that, you become collectively conscious yourself.

Broadcaster: Well, I'm not sure what everybody's going to make of this. I think there's something in it but, well I don't know!

Ray Harris: Come and see.

Shri Mataji: Why not try? Why not try?

Broadcaster: Well, thanks, I think perhaps we will.

Ray Harris: We're having programs tonight at the [SOUNDS LIKE Silas Benny] Hall which is at the Art College on Grand Parade, Brighton where Mother Herself will be appearing and proving to you that this has validity. Tonight at 7.30 and tomorrow at 7.30 also.

Broadcaster: Well, there you are, you've got the invitation, why not try it?

1981-0711, The Four Dimensions Within

View [online](#).

11 July 1981

The Four Dimensions Within

Public Program

Brighton (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Brighton (UK), 11 July 1981.

Yesterday I told you about the organized way we are inside ourselves. How God has it organized within us our system by which we get our realization spontaneously, automatically. Today I'm going to describe the mechanism that lies within us. As I told you before, you should not have blind faith about it, but you should not also be people with closed minds. That's not being scientific. If you're scientific people, then you must keep your mind open. Because whatever is known to human being, is all limited, because their brain is limited, intelligence is limited. And I'm talking of something unlimited. And that is why one has to understand that there must be something lacking in human awareness that we have not been able to feel, to understand, to be. To be is the main point - that awareness by which we could know something of beyond.

Now, as I told you, whatever is of beyond is not divine. We have within us at least four clear-cut dimensions. On the left hand side of the human being is the subconscious, and beyond it is the collective subconscious. On the right hand side we have our supra conscious, is our future. And beyond it, is collective supra-conscious. Below us is the dead, we can say, or the hell as they call it. Above it is the super-consciousness which is boundless, unlimited.

So when you get any experience from anyone of these dimensions, you do not know which one is the true one. This is the big problem. And that's why people are mislead very much. For example, a person who is a very, very sad person, who has had very sad experiences within his own being, who has suffered a lot, works through his sub-conscious. He lives in his past. And then he may get affectation from his past. In Sahaja Yoga, we have cured many cancer patients. And in my experience, I have seen that the disease of cancer comes from this collective sub-conscious. It's most surprising that it comes from collective sub-conscious. All that is dead since our creation is also within us. And we get attacked by those subconscious areas, and we develop this cancer. That's why Buddha has said that we should not go to any extreme behavior. We being limited, we either move to the left or to the right, and slotted down below to the hell. If you are a extremely sad person and believe in suffering and all kinds of such things, you develop an institution within yourself. It's a superego which comes to people who are very mild, passive, who bear the brunt, who always think that they have to suffer a lot, who cry, weep - emotionally always disturbed.

Another one is the type, which is aggressive, which thinks of the future, very aggressive, who aggresses others, who dominates. When they also go to the extremes, they enter into another area called as collective supra conscious. And when you enter into that, you suffer from the agony of that in the sense that you may get possessed by someone who is more aggressive than you are. That's what happened in Germany. Then you forget who you are, start behaving in a very funny manner. Sometimes you think that you have become dynamic, but you have not because you have lost your sense of proportion.

The experiences you get from both these areas can be very, very misleading. For example, a person is sitting, and suddenly he starts jumping in his seat. This can come from both the sides. Maybe people might think that this is something special he has got. But it is not. Because we must understand what is the interest of God or Divine? To make us jump? Supposing a person comes and shows you a trick that you see this flowerpot moves from here to there, you get impressed by that, because for you it's something new. But it's not Divine. What is the interest of the Divine in removing this pot from there to this side? God has no interest in showing all such tricks. He has no interest in making you dance like mad or get into any sort of extreme behavior. He wants you to be normal people, first of all. You have to be normalized.

People have experiences. Suddenly they say, "Oh, I felt very happy one day, and I felt my body went up and started looking at the people. This experience is also that of spirits, is not of your Spirit, of your Atma, of your Divine. Because these spirits, about which we do not know at all, we are naive. We do not know how they act upon us; can take away your interest. And we can go with them and can feel that everything is left behind. You may also feel little better with that, because the responsibility you feel is no more. I was amazed how people are seeking such horrible experiences without knowing what it is. For example, there were three scientists from America came to see Me specially, to learn how to do that, to leave the body and go somewhere.

I was amazed. I asked them, "Why do you want to know? You are such great scientists. You are already going to moon, everywhere. Why do you want to do that?"

They said, "Because Russians are doing these ESP experiments, so we want to do."

I said, "If Russians are cutting their throats, do you want to cut your throats also?"

They said, "No, we want to do it because we want to know when people go to the moon."

I said, "Don't try to befool Me. You are doing it only because you think it gives you more power. It does not. After some time you'll find you'll be enslaved by the spirits who are helping you to do all these things."

Christ has very clearly said that we have nothing to do with the dead nor with the spirits. He took out the spirits and put them in the pig. The pigs ran into the sea. But perhaps Christians never realized that we have nothing to do with the dead, and Christ has forbidden us. When the people live, we are not bothered. When the parents are sick, we are not bothered. When they die, we have a big huge thing. We pay for a funeral. We go there, wear a proper dress. And if it's a black dress, we want to have black diamonds and all that properly done. We pay for it, and we will make big social event out of it. We go to the cemeteries. Even in the churches, we have all the dead put there. We little realize that there these people are lying, and some of them are still there. They are not dead. He has talked of spirits very clearly. Many people who came to Him were possessed. But somehow we don't want to think of Christ now, perhaps because we think He was too mysterious. I don't know why. In India, people perhaps know about the dead. That much at least is there, that they try to keep away all that.

A simple thing if you start an experience, you can do it. It's very simple. If you want to go into the dead and finish off yourself, is just to start jumping, every day, hundred times. You'll get possessed. Now when you get possessed, you get certain so-called powers because you get in contact with the dead. When you get in contact with the dead, they start helping you, and you feel that you have got these powers and that powers. One example I would like to give because it's very important. I find in Brighton it is very, very prevalent. Even the children are suffering. I see many people who have these problems because they do not know how to behave towards the dead. There was one Dr. Lang in England who died. And his spirit attacked a soldier in Vietnam or something. This soldier ran away from there and hid himself. And the spirit told that I am such and such. You better go and see my son, and you start a clinic there. Imagine. And this ordinary man - he was an ordinary soldier, he didn't have any education about medical or anything, he did not know what it was, nothing, just an ordinary soldier - he came to England, saw the son.

And the son said, "I can't believe the story."

But then he started telling him about certain very secret things that he had talked to his son, and then believed him. And they started that clinic. And this Dr. Lang, Late Dr. Lang's International Curative Centre, and this curative centre started sending letters to people who wanted to get cured. And they would say that at such and such time we'll come into you and work it out. But there was some honesty about it that they said it, "These are the spirits we are working with." But the people who were so called cured by this late Dr. Lang, came to Me, and I found they were absolutely finished. They had gone bananas as they say. Their nerves were completely finished, and they didn't know what to do with themselves, absolutely finished. They did feel cured of one particular disease, but they had so many other possessions within them that they didn't know what they were doing. Now it's a fact to be explored after Realization.

Now what is the experience of the super-consciousness? The experience of the super-consciousness is that that your consciousness, your awareness becomes more aware, gets enlightened. It becomes. It's not just lecturing that you have to become something superior or anything, but it becomes. Means you become collectively conscious, you become, again. If that happens to you, then you start feeling another person, and you start feeling yourself. If you are a truthful seeker, absolutely a truthful seeker, then I have to request you as a Mother to be kind to yourself because you have been seeking for ages now, many lives. And today you have again come to seek. Do not get into any camouflage or any falsehood but ask for the real. And the real is when your attention becomes enlightened, when your awareness becomes enlightened.

For example, yesterday you saw a gentleman who had come here. He has never seen this Maharishi Yogi or whosoever it is. He must have paid lots of money to this man. I know the kind of people they could become. I've seen them. He has no collective consciousness, he cannot raise the Kundalini of anyone, he has no powers of himself to express, and he is just fighting for a guru who has been doing nothing for him whatsoever? "I feel very nice with him" and all these are mental, just mental satisfactions because you want to satisfy yourself. Because you do not want to feel that you have been befooled. All those people who want to have the real thing, really real thing, should face it up absolutely in complete truthfulness to yourself. Why do you want to cheat yourself? Because you are seekers. All such false people will go down into hell, no doubt, and they'll carry you also with them. So, be careful when I say that. I have openly told about them in 1970 by names, what these people are doing, and how they are attacking you. But nobody is willing to listen to Me. They want to be attacked, they want to be hypnotized, they want to do absurd things, which has no meaning.

Everything that Divine does is absolutely logical but maybe not rational. For example, you will see a flower becomes a fruit. You see it with your own eyes. Then you know that the flower has become a fruit, isn't it? It's a living process, which has done this. But you cannot explain how it has happened. Neither you rationalize it that because of this, it has happened, because of this, this has happened. But it's logical that you see it yourself. If you are really truthful, then you have to give certificate to yourself. Nobody is going to give you certificate nor somebody is going to say, "Oh, you are the epitome of everything," nor somebody is going to say that you are condemned forever because as I said yesterday, the last judgment has started. Believe Me, it has started.

And the judgment is going to take through the Kundalini awakening, through this residual force which exists within the triangular bone there. You can see with your naked eyes in some people, pulsating. It rises, and it pierces through the fontanel bone area where you can feel the cool breeze coming out. You can feel it, again I say, the cool breeze coming out of your being. You can feel the cool breeze coming towards you if I'm sitting here, or you can see it flowing out. Not only that, but after that, you can feel the different centers on your hands, on your fingers. You can feel the another person's centers, and you can feel your own centers. You can raise the Kundalini. You can see the Kundalini raising under your hand. You can give realization to people. You can cure them physically and emotionally.

One may say, "Mother, how is it so easy? We have read about Kundalini. It's a very difficult thing."

Or there are people who say like that. "And it's not possible. We know so much about Kundalini. How can that be so simple?"

But supposing it is, then? There is some mystery about Me. Take it that way. Supposing you see a flower blooming into a - say fruit. Then it has happened. Then you are not going to deny that there is no living force? There must be something about Me that it is happening. I'm not willing to tell you now maybe that it is postponed for the time being.

But one must understand that there is something that has happened. It has happened to so many. It must happen to me also. And if it happens, there is something about it. We have to squarely face this fact and not to be deluded by what I say, what I talk, what anybody has talked so far. As I said, you need not have blind faith for Me. But you should not also put a barrier for yourself. If this has to happen to you, let it happen. This is what is your second birth. It is like 'born again' as they say, as Christ has said.

Human beings know how to make mess of things very well. They have messed up with everything, Christ, Mohammed, everyone. With Me also they tried.

I went to America in 1970. Of course, you know that for truthful things there are very few people. At least they have not crucified Me so far, or they have not yet sort of come out of it, their all filth. But you know they like such places where there is a circus on. So there were some horrible gurus who were there, and they were doing all kinds of tricks. And people were running to them, and this, and that. And I was also there.

And the gentlemen who arranged My program he said that, "Mother, people are coming with tape recorders, this, that. They are taping your speech, and you should really be careful about it."

I said, "Why? It's all right. If they play My tape recorder, then message will be round that the time has started, the blossoming time has come. What is there to be afraid of?"

They said, "No, but they will misuse. They'll write books."

I said, "Let them write books. Let them do what they like. But the Kundalini has to be awakened according to Me. So that will come after all to reality. You may write anything. Ultimately you have to face the facts."

And they said, "No, Mother, it's more than that."

I said, "What is it?"

They said, "They might use it for some other purposes. They'll make money out of it."

I said, "Let them make money. Let them do what they like. I'm not bothered."

But you know what happened? I went to Australia, and I met some people who called themselves 'born again'. I was surprised. And the one who is their leader has been attending my program, I know him too well. They have certified themselves 'we are born again', finished. And this one becomes the leader. There's another one I met in Japan who got his Realization. He started another organization of his own. It's all right. I don't mind as long as you give Realization. But his daughter never gave Realization, and so many people got trapped into that. I asked these people, If you are born again, what is so special about you? If you are born again, why do you not treat other people? Let me see. Do you raise the Kundalini? Can you give them Self-realization? Can you give them another birth? An egg cannot say he's a bird, can he say? Like eggs saying, "I'm the bird, I'm the bird," they are saying "born again, born again." The proof of the pudding is that they are not born again at all.

All such false certificates are for whom? For whose conviction? You are your own judge. You have to judge yourself. And you have to be fair to yourself and to nobody else. You have to be kind to yourself that you are born on this earth to be born again and that you should get it. There is nothing else I ask you. Because within us all these things have been nicely planted without your awareness. All these seven centers you see are very nicely planted. They are there. And all the Deities of different characters, like innocence is the first deity, are there. When the Kundalini is awakened, She awakens the different deities. By awakening those deities, you get the reward of those deities. As I told you yesterday when It crosses this, you get Christ awakened. Of course, not this, it is inside on the crossroads of optic chiasma, you can say, which there is a center called as Agnya Chakra. And this center looks after your pituitary and pineal body. When the Kundalini rises, She enlightens all these centers. Christ is enlightened. And the ego and superego which create the idea of sin and the idea of karmas is sucked in - through Christ. It is said that He died for us, for our sins. It's a fact.

But there was another gentleman yesterday here. He told Me that, "My guru says that I'm suffering because of my karmas."

I said: "Then why do you have this guru? Why do you pay him? Better pickle him out. Let him suffer for his karmas also."

He's suffering.

Then I said, "Your guru has had three attacks. I know very well. And all his disciples get heart attacks. Or the children are crippled. I'm treating them, I know. I'm treating them. "

And he says, "We are suffering our own karmas, but he takes a little. That's why he gets heart attack."

I said, "How much?"

He said, "One twentieth."

I said, "Really very measured quantity?" Now his own child, I did not know, the wife was crying.

She said, "Mother, give me Realization." And she said, "Mother can You come to my house for a short time?"

I didn't understand why she was saying so.

Then she said, "Because my child is suffering. She is crippled. And if You come to my house, You can cure."

I said, "I have to go to somewhere now."

She said, "All right. I'll come tomorrow."

But I knew her husband won't bring her. He is so possessed.

She said, "You promise you'll cure my child?"

I said, "I promise. You bring."

"Will You take her karmas upon yourself?"

I said, "I'll take the karmas of all the world upon Myself. Come along."

With all these assurances she was sure, I will do it. He did not allow her to come. She never came.

How would you get possessed? Now why are you identified with anyone so much? You have to identify yourself with yourself.. And with no one else who has not done anything from you - only he has taken from you, asked from you to do this, and do that, and do this, and do that. They are forming cults, and groups, and things. By this you cannot get Realization. You cannot organize God. There cannot be an organization of God. Is there an organization of trees and leaves? Anything living is to be organized by God and not by human beings. Let us face it. Our ego does not allow us to understand that. And this is a living process. This is the evolutionary process within us, which works it out. And when it happens, the last, the epitome or your evolution you achieve.

I would give you an analogy to understand it, which is a gross analogy. So don't take it too far as the thing is. You just try to understand. Like in a car, you have got a brake, and you have got an accelerator. In the same way within us say there are two powers. One is the left sided one, the brake, and the right sided one, which is the accelerator. He'll show you there. - And the other one. Now these two manifest outside, the sympathetic nervous system, the left and the right sympathetic nervous system within us. Now the third power is the power that evolves us. Like we can see that we are trying to learn driving. And there is a

master sitting behind who is guiding us and teaching us how to drive the car, so by using these two powers, balancing it, understanding it, keeping the car in the centre. We don't drive car on one wheel, do we? We sit on four legs of a chair. Do we sit on two legs? We ourselves don't stand on one leg. We have two legs. We always go in a way that our gravity is in the center. But in our lifestyle we are extremist. If we start drinking, we'll become alcoholic. If you start anything what so ever, if you are a working person who is working, you become workaholic. Any sort of thing one starts, they go into extremes.

So, one has to learn the handling of these two powers. Now the master is sitting and guiding you, up to a point, till you become human beings. The evolution comes up to that. Then the master gives you freedom to handle the car. He sits at the back, in the heart as the Spirit. All right, you drive the car. You start again, left and right, start using it, making mistakes, whatever it is. There is nothing important as long as you learn how to drive. Then you master your driving. Then you become the master. You become the Spirit. This is how it works out.

Now somebody will say, "How much time will it take for me to learn the car?" The answer is, "As much as it will take." Can you say that exactly after three hours, three minutes, two seconds you'll become expert in car driving? Much more than that is the living process. You cannot say how much time it will take for a flower to become a fruit. And you cannot say how much time will it take for you to get your Realization. But the action is only of split of a second's duration, believe Me, not more than that. But there are obstructions on the way. And because of these obstructions it takes time. One has to guide it. Once you get it, and settle down with it, when you become the master of the car, you can handle other cars also very well. And you know how to do it. That's how a realized soul can give Realizations to others. One enlightened light can enlighten other people. It is as simple, straight forward, matter of fact, down to earth.

In Sahaja Yoga, we deny nothing but untruth. All the saints, and all the prophets, and all the great advents are within us, placed on different centers. Not only that we have to respect them, but we have to know where are they placed, we have to know how to enlighten them. They are the milestones of our evolution. And whatever I say can be seen. For example, as I told you Christ is placed here. And if this center is caught up, you raise the Kundalini, you bring up to that point, and it won't rise. Then you have to say Lord's Prayer in the presence of a Sahaja Yogi, in the presence of a realized soul. Kundalini will rise. You will see that. We have done that. But Lord's Prayer is an expanded, I should say, is the statement of the bija mantra, is the seed mantra. The seed mantra of this charka is ham ksham, is the seed mantra in Sanskrit language. Because this whole system of Kundalini, which was a secret till the sixth century till Adi Shankaracharya came in, was told to people, and people know about it. Even Kabira has clearly written about the Ida, Pingala, Sushumna. Nanaka has written, all these people have written about it. In the Bible also, it is described that, "I will appear before you like tongues of flames". What are these 'tongues of flames'? Are nothing but centers.

Then Christ has said, "Those who are not against Me are with Me." Who are those? He was born in such a horrible place that He had only four years of preach - hardly. Otherwise, there was struggle, struggle, struggle. And twelve fishermen who did not know how to write - you can imagine. I had six very well educated Englishmen for four years, and I was breaking My neck and theirs too to get their Kundalini up there. So you can imagine [laughing] the plight of Christ struggling with these twelve people for four years.

Now, when He is no more, then everybody has become a Christian. To Me it's a surprise to see this, really. When He lived, when He was crucified, it's a different story altogether. You denied Him. Everybody denied Him. But the false are always accepted. But no more now. If you try to accept false people, you will suffer. You will even suffer physically. Mentally, you'll suffer no doubt. You feel very restless. But also physically you will suffer, and you'll have to come to the truth because God is anxious that you should get your Realization. You should enter into the Kingdom of God because you are the greatest creation of God. And if you don't enter into the Kingdom of God, He's not going to be happy. His creation will lose its meaning. You have to find your meaning which you will find. But be open-minded, and get it within yourself.

As you will know the subject matter of Sahaja Yoga is very vast. And I must have given at least 400 lectures by now in Caxton Hall alone apart from everywhere that I have been traveling. And in this short time I can only cover few points here and there. There is a French man who has written a book about Sahaja Yog, but we do not release it to people who are not yet realized because the first state is of thoughtless awareness where you become thoughtlessly aware, but you can cure with that

condition. Kundalini has to pierce. Of course, you start feeling it, nicely, but still you have to reach the state of doubtless awareness, which is called as Nirvikalpa Samadhi. Unless and until you reach that state, it's dangerous. So there are certain secrets of your own being are not to be divulged.

Like Christ said, "I'm the path, I'm the light," or something, people crucified him. They could not bear that a human being could be like that. They could not bear it, too much for them, a carpenter's son? Till He got resurrected, His own disciples would not believe Him. So, certain things are told to you when you really master this art of Kundalini awakening, and then you will know much more. Still there are many lectures, which are taped and are there. But listening to them is not going to help you. By reading, it's not going to help you. You have to become, you have to become Realized.

There is no organization of Sahaja Yoga. You cannot pay for it. You cannot become members, and think I'm a Sahaja Yogi. You cannot certify yourself. You cannot wear a particular dress and say that I belong to Mataji, nothing of the kind. I do not recognize anyone of them. Neither God will recognize those who just say that "I'm this and that." God does not recognize your clothes. He recognizes your being. And that's what is to be recognized by you also that you become that. Rise in your own glory, rise in your own reality and enjoy it. That's the most enjoyable thing for which God has made us an instrument. And let this instrument be put in connection with the mains. That's what has to happen. Is the easiest thing can happen, and has happened to so many, and should happen to you in this beautiful place Brighton.

May God bless you!

Yesterday I saw some people asked questions, and they're quite good and sensible but one was a foolish man, doesn't matter, forgive him. But if you have any questions you can ask Me. But not too many but sensible questions that will help others. And you must know that you are not the only person who has come here. There are so many who have come here from all over the places, and if you have any questions, you should know that it should help others, and not to disturb them, and trouble them. Just ask the question if you have any.

[One seeker asks something]

Shri Mataji: How do you proceed with...?

[seeker says something]

Shri Mataji: What did he say?

Shri Mataji: Eternal hell? Now, why you are interested in hell, Mister? You said "hell" or what?

[seeker says something]

Shri Mataji: Ah...

[seeker says something]

Shri Mataji: Why do you want to talk of ugly things My child? You read William Blake. He is the best. Ah, So great. He has described complete Sahaja Yoga in His book Milton, complete. Even up to a point where we'll have our ashram Lambeth Vale, up to a point where I will come first and live Surrey Hills. Such details He has described. He's also described hell and the future of the people who are supposed to be very clever. It's tremendous. You read Him. In us it is there. It exists. But you are seekers. You should think of eternal life and not of hell. That you can get very easily. You can take two running jumps and go there. [laughing]

[seeker says something]

Shri Mataji: Who are...?

[seeker says something]

Shri Mataji: No. You cannot force. You have been given your own freedom. So far in evolution there was no freedom given to you. If you do not want, nobody can force it [unclear], very difficult. Even if there is a subtle denial, it's very difficult. Today I had a bad time with someone like that, I was trying to push someone up and the thing was falling on Me back again [laughing]. Oh. Of course, I'm your Mother. And as a Mother, I have tremendous patience, and love, and understanding, too much. In that love, I try to convince. I'm trying to persuade, to counsel in every way possible. Sometimes I go to a very great extent to make people understand. But ultimately you have to ask for it. They will all come. These are mediocres. Once they see you have crossed the ocean, they'll come. They want others to have it first. They are not the ones who will jump first to do it. They are mediocres. Don't you worry, lot's of them will be coming. Like one fish came out of the ocean then maybe about twelve followed, then many but later on shoals and shoals of them. In the same way it will happen.

First of all you establish yourself within yourself. You become a good Sahaja Yogini. Your own life will transform others. Now we have somebody here who is a Jew. His life was completely transformed. He was a rebellion, he was this, that. He would not talk to people, sort of thing, a very nice honest man, very dynamic. And when he got transformed, his sisters, and his mother, and father who was very well versed in all Jew, this thing, literature - got Realization. They came to Sahaja Yoga, and this gentleman is now willing to write, I mean he wants to write something about Kabala, the relationship between Kabala and Kundalini, and we were discussing it. There is a gentleman from Algeria here whose story I told you yesterday, and there are so many Muslims. His own family, his father came to see Me, mother came to see Me. Actually his mother wanted to go to Mecca.

So he said, "Why do you go to Mecca? Now Mecca is in London. Mataji is not in Mecca."

England will be a Jerusalem. Remember that. I've come all the way from India to do that. Let's see how the English are going to behave towards it. The river Thames has to become the Ganges. This is the heart of the universe. England is the heart. But the English - very difficult. Six people, can you imagine, for four years? Once they get it, they are beautiful. They are the best young people in the whole world, no doubt, rather difficult to begin with. They're very sweet. Beautiful they are. Actually they are overgrown, I think. But when they find somebody much overgrown than them, then they are all right, over-read, scholarly, nice people. Takes time for intellectuals to understand this. This doesn't matter, it works out.

They asked Me a question in your radio, "Which country you find the most difficult?"

I didn't want what to say it. [laughing]. But the difficult ones are the best. Like I would say the diamond is the hardest stone, isn't it? But it's the most valuable. It's like that. Believe Me. I mean, since the last seven years, I've spent most of My time in England. Of course, I go to India, I've been to Australia. Australia has been very fast, very fast. They are simpler people. Americans are shifty. I'm going to America also. But it will circulate through you people, I can tell you, because still people think, British are wise, wise people. Let's see how it works out. But still I cannot force. Again, I will tell you whether you are British or anything. I cannot force you to get Realization [laughing]. That's one thing cannot be forced. Actually, you have to ask for it. This doesn't break. Sahasrara doesn't break, if you have not asked. This goes down, it doesn't break. You have to ask for it in all humility. That's very true. You don't have to pay anything, but you have to ask for it. You have to knock at the door. Door is the Christ. You have to pass through Him. But you have to knock at His door. He won't open the door unless until you knock. This is the door of entrance.

Is all right? Is there any question? One more, if somebody have, please. Yes My child?

[seeker says something]

Shri Mataji [speaking aside]: What does he say?

[Sahaja Yogi repeating the question of the seeker]

Shri Mataji: Is a very good question because you are a seeker. There are no practices as I said. It's spontaneous. You see, now see this light is not enlightened, all right, but is ready. What practice do you do to enlighten this, nothing. Bring that light near, and it gets enlightened. It's like that. You'll get your Realization here just now. I tell you how to do it. Because these fingers that you have, have all these centers left and right, seven of them - five, six and seven. I mean you place your hands towards Me now because I'm here. Just like this. And close your eyes just close your eyes. And the Kundalini spontaneously rises. You don't have to do anything. But when you become realized, when this power start flowing through you, then you have to know how to maneuver it, how to raise it, how to keep it there. Like this one, we buy from the shop - all right? And then you put it to the mains, it starts working. But you have to know how to maintain it, how to manage it. That's the knowledge you have to know later on which is called as Kundalini Yoga, is a knowledge about Kundalini. But otherwise it is spontaneous, "sahaja," means "born with you."

It's just like sprouting a seed when you put it into the mother earth. It is absolutely spontaneous. Everything that is living is spontaneous. So there are no practices as such before Realization. After Realization, you have to know how to maintain it. And we have a nice center here. You can find out. It is 31 College Road [speaking aside: Is it she staying there?] And also they have now started a little shop for people because that was a very good way of contacting people. I don't know the address of the shop or any of these places. There are many places here in Brighton. We have got Sahaja Yogis who are very good. They know all about Kundalini they are just like you to look at. They are very normal people. But they know about your chakras, they know about themselves, and they can tell you how to preserve this Realization. All the knowledge will be yours. Because now the light is within you, you can see also for yourself. And by practising it, you'll get it, you don't have to pay for it, nothing.

So just know you have to just put your hands like this. But later on you must know that it is to be maintained, and that's a very, very important thing which people miss. Now put your hands like this, just like this. - And close your eyes. - As I said, you have to ask for it. You have to ask for your Realization. You have to ask for your Spirit. Let your Spirit come into your conscious mind. "Mother, give me my Self-Realization." You have to ask for it. You have to humble down. You should not be obstinate. One thing in Sahaja Yoga, those people who are obstinate or identified with something that is obstinate, it won't work out. The Kundalini will not stay there. You are obstinate with yourself. It's not going to help you. Don't be obstinate. After all you want your Self-Realization, isn't it. That's the most important thing. So don't be obstinate about anything. Just let it happen within you. Just let it happen within you. If you have been obstinate, how can the Kundalini rise? Put both the feet on the ground properly and sit absolutely relaxed.

Now the first thing you feel is a thoughtless awareness within yourself. If you have anything in your neck, please take it out. I think it stops here. Anything in your neck, please take it out, doesn't help. These material things always catch, better take it out. It's better. It's better take it out, because your Self-Realization is more important than anything else, isn't it? Better take out anything that you have in your necks. Any jewellery or anything you have, please put it in your pockets. You see it has attachments, it has problem. Put it in your purse or put it somewhere. It helps you. If there is any girdle or anything round your neck, some people have girdles here? Make it loose a little. Because that way, Kundalini rises by itself no doubt, but if there is pressure on the spinal cord, physical pressure then it [Unclear] sometimes. Hah, now see, much better, much lighter on the Vishuddhi. It's very relaxing. First thing that will happen is relaxation.

Now you have to ask for your Realization. It has reached the point, but it's not breaking through. Just ask for your Realization. Can you take the baby out? You see, people get diverted. Better now. Let your attention be loose. Don't put it concentrated on to any particular point, please. Keep it absolutely loose, please. Put both the hands like this, like this. You have to forgive, forgive others. Say it thrice from your heart, "I forgive anyone." Don't say it is difficult. Just say. "Mother, I forgive everyone." Even your horrible gurus just forgive them. It's all right. Forgive yourself first of all. Don't feel guilty. Forgive yourself. And forgive everyone, please. Say, "I forgive." Then, without feeling guilty, again I say without feeling guilty say that, "If I have done any mistakes, please forgive me." You have to... This is Lord's Prayer. Imagine Christian nations will catch the center of Agnya much more than

anywhere else. Just imagine. Ask for forgiveness rise. That immediately say that, "Mother, I'm not guilty." Because this builds up. It's a very big fashion in the West to feel guilty for nothing at all. Say Mother, "I'm not guilty." Please say it again. Say it thrice.

Just go on saying "I'm not guilty." Heat is coming out of you. So much guilt you have built. That's why the gentlemen was talking about eternal hell I believe. You are here to enjoy the heavens and not to go to hell. So don't feel guilty. Now you can put your right hand on your heart and left hand towards Me, and ask a question, please, "Mother, am I the Spirit?" Ask the question, "Mother, am I the Spirit?" Ask the question. Again, ask the question. Ask thrice, "Mother, am I the spirit?" Going on asking you'll find the cool breeze will flow into you, left hand, when you ask the question. Now put your right hand towards Me, and left hand on your stomach, and ask a question, "Mother, am I my own guru? Am I my own master?" This is to neutralize all gurus. Just say, "Am I my own master, Mother?" Ultimately, you are your own master. You are your own guru. Now put both the hands towards Me. Close your eyes and ask for realization, "Mother, give me my realization, and establish it. Say it thrice.

Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini.

Aham Sakshat Nirmalam, Sakshat Nirmalam, Shakshat Nirmalam.

Aham Sakshat Adi Shakti, Aham Sakshat Adi Shakti, Aham Sakshat Adi Shakti, Aham Sakshat Adi Shakti.

Aham Sakshat Kalki, Aham Sakshat Kalki, Aham Sakshat Kalki, Aham Sakshat Kalki.

Aham Sakshat Mahakali, Mahalakshmi, Mahasaraswati. Sakshat Mahakali, Mahasaraswati, Mahalakshmi, Sakshat Mahakali, Mahasaraswati, Mahalakshmi.

Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini, Aham Sakshat Moksha Dayini.

Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Virata, Aham Sakshat Atma, Aham Sakshat Paramatma, Aham Sakshat Atma, Aham Sakshat Paramatma, Aham Sakshat Atma, Om Sakshat Paramatma, Aham Sakshat Atma, Aham Sakshat Paramatma.

Aham Sakshat Brahma Shakti, Aham Sakshat Brahma Shakti, Aham Sakshat Brahma Shakti, Aham Sakshat Brahma Shakti, Aham Sakshat Brahma Shakti, Aham Sakshat Brahma Shakti.

Ask any absolute question if you have not [felt?] vibrations. Like you can ask question, "Is there God?" Ask thrice. Hmm, it's there. Are you feeling? Good. Those who are feeling the cool breeze please raise your hands, those who are feeling it. Those who are not feeling need not. Those who are really feeling please raise your, now, those who are feeling, Sahaja yogis also, please raise your hands. All of you. Good. All the Sahaja yogis should raise. Yeah.

Who is she? Are you a Sahaja yogini? Are you taping Me there? You can't. I'm sorry. No, please. They are not allowed. Is she with you? Ah?

[Someone speaking from the audience]

Shri Mataji: Ah? It's all right. Is it? You see because these people now in the, in India have started a new thing that nobody else but a Sahaja yogi can tape, all right?

[Someone speaking from the audience]

Shri Mataji: It's... so she can't. You can have the tape. You have taped it?

[Someone speaking from the audience]

Shri Mataji: All right. I'm sorry you'll have to give the tape because under law we cannot. You see there is a sort of a thing they have passed, and they have told Me, "Mother we'll not allow anybody to tape." So, I have agreed. I'm sorry. Because there is a certain protocol about these tapes, and if it is not used with tapes, people suffer. So we would like only Sahaja yogis to tape it. We found out such things happening, and we don't want people to suffer for nothing at all. There is a protocol.

Those who are not feeling cool breeze raise your hands. Raise your hands. Please.

1981-0712, Shri Krishna Puja: Increasing Collectivity

View [online](#).

12 July 1981

Increasing Collectivity

Krishna Puja

Gillian's House, Brighton (England)

Talk Language: English | Transcript (English) – VERIFIED

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For attention, two centers, which is very important for Sahaja yogis and also as the situation is, one is of left Vishuddhi and one of heart itself. Just now when I was coming, I knew there were lots of left Vishuddhis everywhere and in the car also I felt the same thing. I did not know what to do. Because there were people who were thinking, "I wish we had done this and that," and I was just waiting for a chance to break it, you see. And then suddenly I got a chance and I made a fun of the whole thing.

The combination between left Vishuddhi and joy is quite a lot. Left Vishuddhi is also of two types. One is where people do not feel guilty. Indians will never feel guilty. Seldom will you find an Indian feeling guilty. Seldom, that's not in their character. I mean they are adamantly not feeling guilty. Can you believe it! Even if they have done wrong, they will go on shamelessly. You'll tell them, then they will take another course. Then you tell them something, they will go in another course, but they will never change. They are very adamant, extremely adamant people. Only thing is if, somehow or other, you manage to break their adamant nature, then they will come around. Otherwise they go on.

The another thing is the western left Vishuddhi. Whatever you may try, they will get into guilt. You make them laugh, you tickle them, you joke with them, make them feel nice, [but still] for small, small things they will start feeling guilty. I mean that's also another adamant! That, try to understand that what guilt can we have.

Firstly as Indians are, they never commit mistakes. I mean, if you tell them anything, they would say, "Why do you blame me?" I mean, they'll never take a blame of anything upon themselves. Somehow or the other it is, maybe, because they have been slaves for three hundred years, this kind of a thing they have developed within themselves that, if you take the blame, you are punished. So best thing is never take the blame and never fall into that trap you see. It is a kind of a egotistical left Vishuddhi you can say, a type of. But the another one is incurable, because the first one cures itself.

Anybody who is like that you say, now supposing you say that "you should not do this!" then the person will say, "All right I'll do something else." Then I will recede. I will do this. I will go away. I will do this. But they will never give up their habits. That's one type. Some of you have that kind. Very few but have. Now as we are here to improve ourselves and grow more, we have to understand how we do it. Not to find excuses. It's very easy to say, to say, "Oh my health is not good, I am not good for this, I am a bad person," All sorts of things. It's just finding faults with yourself. For what, I mean, the second type of left Vishuddhis are, just because that's only the way you can escape yourself. I mean, the net results of both the Vishuddhis is that you do not achieve anything. Isn't it?

One person can say that "No I have done nothing wrong, you see I will go on like this," and that person will keep quiet, reserved, won't say anything, but will be fast there. Will not smile, laugh you see, lose collectivity. But what is the gain? I mean, you are not going to carry on with these frivolous things all your lives, are you? You have to go further, and where have you to go in the witness state? You must go to the witness state. Unless and until you witness the whole thing, you do not gain and how do you witness? By seeing the futility of these kinds of angularities you have got. Just witness the drama. Just witness yourself just as an actor. Just see these things are happening. All right.

So, why should you worry about these things? You should love the other person. You should be in a loving mood and a happy and

joyous mood. You should not worry as to what is going to happen to yourself or to others. Witness the whole play as a detached person. You go on witnessing it and the way it develops, you will be a very lovable person having collectively. Of course this witness state can be also hampered by some people who are egoistical. We have in Sahaja yoga some 3-4 people who will remain egoistical whatever I may try, I think now. See, they are very difficult people. They are unpopular. No one likes them, sort of people. They don't understand that collectivity is important. They'll find faults with everybody but not with themselves. They go on like that. Sometimes they improve a little, again they go down. But, we have to witness all of them. It never justifies your behavior. Supposing somebody is like that, take an X Y Z is like that, is difficult, he doesn't have collectivity. Say, the position is like that, you see. So now what should be your attitude? Should you get affected by that. Not at all. If you are a witness. Should you get enamoured by that or caught by that or become like that? Not at all, because you are a collective being. What is the third thing you can do? Can you tell me? With such a difficult person, what will you do with such a person? What should we do with such a person? If there is a difficult person with us, there are some people who hate. They hate such a person if he is there, we cannot perfect, we are not supposed to perfect. Are we perfect? Then what should we do?

Sahaja Yogi: We should love him even more.

Shri Mataji: Yes, that's true we should love, but sometimes he may misunderstand your love. Not only that but he might become more sort of aggressive because he takes your love for granted. What should the Sahaja yogis do?

Sahaja Yogis: Shoe beat.

Shri Mataji - Yes that's one of them. It's very simple, very close to you, which you forget.

Sahaja Yogis : Work on him.

Shri Mataji: What..... Alright. But still simpler. What is it?

Sahaja Yogi: Put him in bandhan.

Shri Mataji: That's it, but even simpler than that.

Sahaja Yogi: Ignore him.

Shri Mataji: That's your human style, not Sahaja yogi style ...

Ray Harris: Tell him your not going to stand for his nonsense.

Shri Mataji: That's again human, everybody does that ... What is the speciality of Sahaja yogis? Now, Gavin is using his brain.

Shri Mataji laughs and says... "Use your heart."

Linda: "Pray to You that everything will be all right."

Shri Mataji: "That's it, that's it," she said it. "Leave it to Me," she said it. That's how Linda has achieved, so much. Leave it to Me. If you believe in Me, then don't worry, leave it to Me what ever I say, whatever I say, how to treat that person, just listen to Me. Leave to Me. If I am available you can tell Me, but leave to Me . I know everything, just leave it to Me, and it can be worked out. As simple as that. Sahaja yoga is very simple made easy, absolutely made easy, but still we trust ourselves more, isn't it, than the Divine. That's what everybody else does, but for Sahaja yogis it is important that [they] leave it to Me. I know how to manage. I know how to punish and also I know how to save and I know how to love. So leave it to Me. You may write a letter to Me also which I may never read. Doesn't matter, you may pray, that's the best way. Things work out better. Where is Peter (Pearce)? Has he come?"

Linda Pearce: "I am afraid, Mother, I forgot betel leaves; he has gone to get them from Pam's house."

Shri Mataji: "He's gone to Pam's house (Pamela Bromley), alright, it's alright. Forget it! If there are no betel leaves it doesn't matter. There are so many other leaves here which can be used. In India it's all right, betel leaves. Why in England? Maple are the best. I love the Maple. You have Maple here? This here. You get these are beautiful ones. Aren't they? I love them. Your Maple trees are beautiful."

So, now, how do we make ourselves all right with this guilt business? Feeling guilt. First of all, let us see the people that's the main problem, I think is of feeling guilty. When you start witnessing yourself, you'll start seeing how your mind becomes subtler and subtler, as far as the guilt is concerned. First it will start guilt. "Oh I should have not said this to someone," or all that starts. By that actually the another person does not know also, that you have said something harsh. But you just think that, "Oh, I should not have said this or said that," and you create a barrier. So if you witness that this is my mind which is playing a trick on me and just trying to cut me off from that person. Many relations break only because of feeling guilty about things. If you could get over this understanding that never keep anything in the mind about a person, no reservations then you will be surprised there won't be any guilt in your mind. All the time your mind is pouring these ideas into your head. You [should] go on denying them. They'll become subtler and subtler. It will work to this limit like, "Oh I should not have done this to Mother." It comes to that point. The other way of the thing, you see, praying to Mother and feeling guilty about it. "Ah I should not have put my feet towards Her. Oh God! I have taken Her shawl, I should not have done this, I should have done that," these things are not child like. You have to be child like, innocent. Nothing is important. Nothing is [more] important than your love. I mean, you are not doing it deliberately. If something is done by mistake, you should not feel bad.

For example, I told Pamela [Bromley] at a very subtler level, that she can use my bed after 3 days. I mean, she had been using the next day. All these years, nothing happened. But I am supposed to tell her this because there are Ganas who are waiting there and they may harm you. But Indians, if they do this, then they are really harmed immediately. Like Mrs. Pradhan she was thrown out of her bed thrice. She did not know what was happening. She was fast asleep she was thrown out. Then she got up and got onto the bed. Again she was thrown out. Then third time she was again on the ground. I said, "What is happening here?" She said, "I don't know. Somebody is throwing me out." I said, "Oh God, that was My bed, you slept in My bed. I am sorry." I said, "Now you come and sleep here. Then she said now I am not going to sleep on that bed Mother, because you have slept on that so I am going to sleep on the ground. But they know. Indians know these things. They understand the auspiciousness and when they cross it, they are more punished than you people are. Very badly punished. Because you are innocent. You do not know about it. But I have to tell you that you do it like this.

Now if something has happened, then If I say, "Oh you should have done it," then immediately the guilt falls on you. So normally I take proper care to tell you before it starts. So that at least it doesn't have the after effects because I don't want that you should unnecessarily bother about useless things. These things become important when you have the knowledge of it. This is what is so great about Divine. You see supposing you put hand in the flame, you will burn, isn't it? But after getting realization it's just the other way round. If you commit mistakes and you do not know about it, then you are not harmed. But knowingly if you do something, if you know and you forget then you may be harmed. Thus you will realize that there is a Divine hand which is guiding you and looking after you. Unless and until you learn how to witness the thing, you can never enjoy life. So your witness state must be improved.

Now what goes against witness state, in the west? We'll see the western point of view. The first of them is that we have not heard of Krishna very much before. I mean many people never must have known about Him. So we are more identified with Christ. There cannot be like that. In Sahaja Yoga you have to be identified equally with everything. You cannot be identified with your eyes more than your nose. Can we? I mean we need both of them, we can't do away with any one of them. It's like that. So, everybody is equally important and harmonizing and they are just one. They are a unity. We cannot understand that unity because we are not perfect ourselves and we have never seen such unity in life. I mean no two persons in this world, that I have seen so far, who are that united as all these persons are united within themselves. So, if such a unity is existing between them, if

you try to dis-unite them, they themselves get angry. They don't like it. It's like if you try to pull your hair the head doesn't like it, the body doesn't like it, no one likes it. In the same way they don't like it at all, and both of them get angry. You must understand them in their right perspective.

In the West people have not realized much about Krishna, nor do they respect Him as much as they respect Christ . But Christ doesn't like it. That's why you catch on Angya. The combination fits in, and also Vishuddhi is catching .Vishuddhi/Angya catch is the worse thing I feel sometimes, because in between these two lies the Heart. You can imagine what a granthi it would be in the heart. So you have to develop that love for Krishna, and understanding about Him. Anybody, anything says against Krishna, they are saying against me. I know for definite, it is Me only. But anything anybody says anything against Mohammad, I will stand up and I will really be angry and furious . If they say against me, as I am today I may not so much because they don't know about the other person. So you have to understand that you have to be united. Now those who have been Hare Krishna people, they don't want to hear about Christ. Their Guru has told them, "Don't worry about Christ." So they don't want to hear about Christ.

There's another type who do not want to hear about Mohammad, but Sahaja Yogis must know that we must develop the proper understanding of Krishna, if you have to have this. Now you must know that He is the Primordial being. He's the one who is the whole. You have to become one with Him. He is the complete awareness, the Chitta, complete. Now we have to become one with Him.

So first of all collectivity has to be developed. Another reason why Christian nations are ego oriented, is because they have no sense of collectivity within themselves. They are very individualistic, you see. They must have their own bathrooms, their rooms painted. I am told that the Warwick road people are very busy painting their rooms and things. I mean, "This is my daughter, this is my sister, this is my wife, this is my husband, my my my my my my," goes on morning till evening. There's no sharing at all. Collectivity is very poor. They can't understand that we can share everything with each other. And when it comes to sharing with such people it happens that they spoil. For example, you call people or you give them something that belongs to another person - they will spoil it. On the contrary those who are people who are collective, when they go to somebody's house, or if they have somebody else's things, they'll be more careful about them than their own.

Like Patricia has been asking that, "Mother, you come and stay in my house because you want to shift from Your house, will be a good idea." When my grandchildren were here, we didn't want to go there, because they may spoil her house. Then I will now, you see, sort of, there's a hesitation, thinking that we should not spoil her house. I mean if we are living in this house, we are spoiling it already. But we don't want to spoil that house. You see this kind of a feeling should be with you that, by going to somebody's house you should not spoil [it]. But if you go there, for example, now we are in say Pamela's house. Do we understand how should we live in that house? I've already seen 3-4 things broken there. Why? Because you have no collectivity, the understanding that we should not look after our things. You see, we look after our things more and then we don't look after other's things. I tell you if you start giving up looking after your own things, you will start looking after other's things.

If you have to grow in, grow in Sahaja yoga, first thing is we must grow in collectivity. We are worried more about our feelings. If somebody says something to us, we will go and beat that person, but we don't mind about the feelings of others, then collectivity is less. And this is one of the drawbacks. I think the ego developed in this country more, much more because there was no existence of Krishna felt at that time. If people had felt his existence, they would never have gone that far, because they should know that we are part and parcel of the whole and we have our own limitations. We cannot go beyond that. He is there, we have to achieve that. Why because Indians were not conscious of Christ. They went on with their Karma theories, that those who are suffering have to suffer and those who have to do this like that, they said that, 'Yes, those who are born Brahmins,' they thought that 'Oh we are higher people and these people have to suffer.' In any way both are monster ego.

So we have to understand we are Sahaja yogis. We are people responsible for changing the whole world, transforming the whole world into a beautiful place. So we have to change ourselves. We should not find any excuses. We should decide that whatever may happen, we are going to change ourselves, ourselves and not others. Even if that person is your brother, sister, wife, husband - you should change, not the other person. If you start changing, you will set in motion this thing. While many people just don't want to change, just don't want to change, they go about with it. Every time you talk to them, they are like that. What are you

doing about it? You have to work it out.

So for Vishuddhi, I would say that you should see the collectivity of Shri Krishna. He married 16,000 women. Now people might say "Oh God that's too much!" And He had 5 queens, you see. Actually these 16,000 women are nothing but his 16,000 powers. Now he could not have Sahaja Yogis as His children you see. He was very young, so He thought of this trick that let His powers be born as women and He will have them as wives and it was all a big drama. And the 5 queens are the 5 elements who incarnated. Just to use these 5 elements, He had them as His queens. It's a story, a very secretive story and one has to understand in that line.

So His collectivity was so great. Narada was the one who used to create problems you see. He went and he told, he went and told, one of the wives that, "Oh this Krishna, He does not love you, He only loves Radha. You are under wrong ideas, that He loves you. He just loves Radha. He does not love anyone. She's the one He really cares for." So they got jealous, and they went and told Shri Krishna that see we think that you only love Radha and your just be befooling us. And we are not going to be your wives anymore the way You are. In your heart of hearts You love Radha." So He said, "Who told you that?" They said Narada. He said "Alright. I know this Narada!". So Narada came to see Shri Krishna and Narada, then heard a great scream from Shri Krishna. Narada said, "What has happened." He said, "Oh a terrible pain in my stomach, oh no terrible pain. I just can't get over it." So Narada got a fright and he said, "Now what should we do? You better tell us the medicine." He said if you can give the dust of your feet for Me to drink, I'll be all right. See the tricks of the witness. So he said, "Oh God!" Narada said, "I can't give because I know He's the Primordial being. I can't give the dust of my feet for Him to drink, that would be such a bad thing to do and I will have all the sins of the world upon myself. I am not going to do." He said, "I am not doing!"

He said anybody, anybody who thinks is my bhakta can do it, and you can ask my wives, that's a better idea. So Narada went round. He said "Oh He is in terrible pain, why don't you give the dust of your feet?" She said, "No, Nothing doing. You see as it is He doesn't love us, in His heart is only Radha and He wants us to give the dust of our feet, we are not mad. We will have no punyas, we will have no good deeds for us and what's going to happen"? So, Shri Krishna said, "If you cannot give me, then what am I to do now? I have got terrible pain. And somebody has to do it." So Narada said, "What do you suggest yourself?" He said "You go and ask Radha, she's the only person left now." So he went to Gokul, and Vrindaban, that area has got the dust of yellow color like pollen, the color of a pollen. And he went and told that "He's got a pain in the stomach, and now what to do?" She said "What did he say?" He said "If give the dust of your feet, He will all right." She said "Take it, take it, take it. Just now you take it!" He said "Aren't you worried?" She said "About what? He's the Primordial being! You give Him your dust. What will happen?" She didn't feel guilty. She just said "It's all right take it out." And he scraped some of the dust. He said, "Aren't you worried, you'll be losing completely in your punyas and all that." She said, "Oh, don't you worry." And she said, "He is the One who makes me do all the sins and He's the One who makes me love others, and He does everything. I'm not bothered it is his lookout. If He has asked for it, better take it."

So he went to Krishna. The beauty of the story is here. He went to Sri Krishna and told him that she has given the thing. He said "Bring it bring it!" and He drank. And he said But I was surprised at her answer that it is You who do all kinds of sins and this and that. And you are the One who makes her to love others and what ever He does is [UNCLEAR], She's not bothered about it. She's not worried about paapas and punyas, she's not worried about sin and good deeds. She said its He who does everything , I have nothing to bother, let Him do what He likes. If He wants it I'll give. I'm surprised she is not bothered.

So Sri Krishna said, "All right, you just watch just now. Watch my heart. And Sri Krishna opened His heart and in the heart was Radha sitting. It was a lotus and the lotus had the pollen and Her feet were touching that pollen. If Her feet are touching that pollen there then what is the punyas and what are the apunyas? If Her feet are in His heart then what is to decide. See the beauty. The poetry of the divine is so beautiful, it's so beautiful, if you understand the poetry, then you will never feel guilty. You are unnecessarily taking out thorns out of flowers. The beauty is so much, it's so beautiful it is, the whole thing is so poetic that, to understand that poetry, you have to cut down all these ideas of cursing yourself and saying bad things to yourself. Leave everything to the Divine, in full understanding and in full love. You don't need much imagination for that. Its just when you go to your heart, and see for yourself how much you have got. Just think.

When you think of your guilt, you should think: where were you? What was your condition? Did you ever expect that you will get self-realization sitting down in London watching Thames Television? And you got it, just think of the blessing and the grace, and forget about feeling guilty, just be joyous and happy, and smile at yourself. There should be a giggle all the time behind the lips. When these things will happen to you, then you start feeling the joy within you. And that joy should be felt, it's just a play of the Divine which is to be seen as a play and not as something serious and a horrible thing which makes you guilty.

Now, no more you are going to feel guilty, but if you are doing something wrong, against Sahaja Yoga, by which you are bringing bad name to Sahaja Yoga, then you must immediately correct. Such people will be definitely punished whether they feel guilty or not. There's no doubt about it. But if you are losing in collectivity, you better improve. There are many people like that. First thing they'll say, "I was never told, I did not know. He should tell me." Some people will never tell, you see this is the same style of people. Why not be open? Just open. You see flowers, they are only always on top of the tree. Do they hide themselves under the some roots and things? Only the creepers, horrible ones, like snakes and worms and all these things, they hide. Why do they hide? Because they can't face the beauty of sun. They can't face the beauty of collectivity. So they hide and these scorpions they hide. Why should you hide anything from each other? Be open. Talk to each other openly, without any reservations.

I mean small things like people used to first grudge, "Mother she has taken away my soap!" And I would used to say, "Oh God look at these people!" "Oh I can't use that soap!" You see. Perhaps you have not noticed, I have been using your common soap there throughout. I deliberately did not use My soap. I left My soap down there so that you can use it for a different purpose. I play like this all the time with you. But you have to also start playing with Me, otherwise you will not be in the game. You will be left out, you will never enjoy, and not only that you'll be misfits, but like the way the other fellow has asked Me that "How do you go to eternal hell?" I answered him very simply, I said "You can take two running jumps and go there!" Imagine the fellow doing that! It's like that. So this is how we create our heavens and our hell.

Sahaja Yoga is not for people who want to go to hell. It's very easy. But to deny Sahaja Yoga and to defy it after coming to it, and not to accept the verdict of Sahaja Yoga and to displease the deities is the worst thing one can do. Either you don't come, if you come, you have to obey and understand that these are the laws which are eternal and you cannot surpass them. You accept them, then you enjoy. What's the use of denying them? If you do not accept them you cannot enjoy yourself and you will create a hell for yourself and for others.

So today I say that let us open our heart. Just like the flowers, we have to come up the tree. Let us compete in giving more, being nice to others instead of criticizing. And sometimes people come and tell me, "Oh he did like this." I don't like it much. Unless and until it's fundamentally something wrong, you should not, and I know how many people can carry on with others. That's very important. So the collectivity must be brought in but your character itself should be such that people should say "oh she is very sweet" or "He's very nice and is nice to everyone." Then also they should say not only that but "They are ideal, the way they behave". Especially husband and wives, I have seen that some of them are very much appreciated, some of them are neutral type and some of them are condemned.

When you are married before Me, it's your moral responsibility to see that you really create a good relationship and do not hate each other. One should not judge by other norms like you see, "He didn't bring me a sari" or "He didn't bring me a frock" or something like that. But we have to be ideals. I have seen either they are dominated or they do not want to get dominated or they dominate. There are only three categories. Wise are those who get over this category and make a beautiful thing out of it. That's a challenging point. And all such people who can take up the challenge have been married. If they fail, I don't think anybody will marry again, most of them may remain bachelors or spinsters or what you call them. So it's not good. Those who are married have a great responsibility to be sensible, not dominating at all by any chance. Nobody has business to say "Don't do that!" Nobody! After Sahaja Yoga. Before Sahaja Yoga it's all right, after you're not to say, "Don't". And you don't have to be also off-handed by doing everything that you want to do yourself. Both things are wrong. There should be combination and understanding. I think the married people have much greater responsibility than the unmarried in Sahaja Yoga. Then the mothers and the parents are also very responsible people. They have to guide others how they have to live with each other. The norms have to change; it's not how much you are educated, and what you know and efficiency. That's not important in Sahaja Yoga at

all. How much you earn, all this is not important.

What is important is how you deal with each other and enjoy each other. How much capacity you have got to enjoy each other. And that's the way you really transform yourself into a beautiful joyous personality and others too. I hope the rain would stop and we'll have our Puja now.

So May God bless you, enjoy every bit of it, enjoy every bit of it.

1981-0716, A Great Change

View [online](#).

16 July 1981

A Great Change

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

From amoeba to this stage and today the time has come to become aware of Him, of His powers with your spirit flowing in. You have to become your spirit now at this juncture. You must first decide, and as soon as you become that you are going to give up caterpillar state. That has to be decided. So many have been realized, in this country and in so many other countries.

I wonder how many of them have understood that you are the flowers and how the flower has to be fragrant. Are you that fragrant towards others? Unless and until such a decision is been made, of course I must say the Grace of God is so great that despite everything people are getting their realization. Imagine the Arch Bishop of black magic, who must have heard thousands of people is also getting realization. Can you imagine! Tremendous things are happening I am amazed. How these things are working out, The Grace is working so quickly.

So many people are getting realization. But I don't know really if it is going to give you the wisdom or not, but you should mature into the beauty of your realization. You are still the same, then what's the use of getting realization if you don't want to change. After all you wanted your realization, just because you wanted to change. And it is the change of transmutation so that some of you has to die so that the beauty comes up. And if that is not achieved, that we have not achieved, the goal of self realization. I feel that for all these years whatever I have seen is such a tremendous Grace flowing.

Thousands of people getting realization in Indian villages. It's amazing, how things are working. It's fantastic, I could not believe my own self, when I saw all these things happening, but it's happening, believe Me it's happening. First we had horrible skeptical people all right, they were questioning, doubting, this that, that subsided. But now this a new race of this egoistical people is coming up which has become so subtle that they also don't realize that still that caterpillar is hanging on to them.

To grow in Sahaj Yoga you have to understand that the age has come. About this star, when I read I was surprised, that it appeared the time when I was born, really surprising, and it is a star that gives you this power of transmutation. So maybe through this star, the Grace is working it out that you can achieve the transmutation, your evolution, your breakthrough and become that beautiful being which can adorn the kingdom of God. May God Bless you.

Should we have a experience with the determination, all the Sahaj Yogis also must determine. That for anything on the world we are not going to hurt other people. Nothing is more important than human beings. What Christ has said that you turn your another cheek if somebody slaps you in the one, it is for the Sahaj Yogis. All these things, He has said for the Sahaj Yogis and not for other people. So we have to remember that we have to show others by our real transmutation and a quick one. It is so slow that the movement of the earth may be seen, but not, sometimes the movement of the Sahaj Yogis. It is that slow. The pace is so slow.

You haven't got any place, you come down here, come here, there is a place here for you to sit down, come along, here there is place. Of course those who can sit on the ground, come sit down. Mark, come along come here. You can sit here. Mark, you come here, I mean in the door you see, they are coming in here and sitting, you better sit here, be comfortable. Hari you come this side. Where is Regis? Ask him also to come down, come along, come here. Regis, just come forward. Gavin, would you like to come, there is a lot of room. Its all right. Now anybody can give Gavin a seat because the lady won't allow you to sit here. That's cool.

I am sorry there is no chart, otherwise I would have explained to you how this works out within us, how God has made us absolutely ready for our evolution, how it works spontaneously, I am sorry for that but I hope next time we will be able to put the chart and I will be able to explain to you. In any case you should get from these people, there are charts and things to read and to understand, how we are made, so beautifully and delicately within ourselves and how we jump into a new awareness. It's so simple, so spontaneous and so beautiful.

Will you please put your hands like this towards me, close your eyes, its cool breeze is coming, no window is open. It is all right so that's from Me. Still on the...

It's going to work out with everyone. Just the hands like this. Now again I would request you to say that, "I forgive everyone who might have hurt me." Just say because even when I was saying this, most of you have been thinking about how people have hurt you and not about how I have hurt others.

Now just say that I forgive all those who have hurt me. Thrice. Now without feeling guilty, without feeling guilty, this is very important, thrice I say, because guilty, feeling guilty, feeling guilty is an escape just you have to say ask God, to forgive you if you have hurt others.

Sahaj Yoga works on the power of love and all angularities and all the thorns that make this force, weak, has to be discarded. Unless and until you have got this force flowing fully within you, you cannot achieve any heights in your evolution. So please ask for forgiveness, say thrice at least. If it is said about ten times it will be better but at least thrice. Sahaj Yogis should say 12 times, I think.

Now you ask for your Self Realization with humility, paying attention to your heart, ask for your realization. You are entitled to it. But humility is important because you are asking for something so great, that there should be some emptiness within you in which you receive it. If one is filled with vanity, nothing is going to help.

You should not feel guilty as I have said, or you can say thrice that, "I am not guilty", its better not to feel guilty about anything. Don't count all the so called guilts. Please don't do that because after all you are made the temple of God.

You become first thoughtlessly aware. Means if you watch yourself there is no thought. Just watch within yourself there is no thought. You feel you have become blank and when the Kundalini pierces through your fontanel bone area, when you get your realization, then you feel the cool breeze in the hand. Long pause

How are you feeling? Good. Enjoy yourself. She's got it already. How are you feeling? In the hand, a little cool breeze? All rightjust watch me here, just watch me a little, without thinking, just watch me, put your hands straight, little bit straight like this, you see all these centers must be exposed, like this. Close your eyes, stretch your hands a little. You got it, cool breeze in your hands, have you? Very subtle. It is very subtle. Keep your eyes shut.

Start working out, it's a happening. It has to. It's good (Mother laughs). All those who have got cool breeze raise your hands. Yes great! It's all right. You are feeling guilty is it? Or just say, "Mother I am not guilty". That's all. Just say that. What is there to feel guilty, you see? God is so great. He is ocean of forgiveness. What guilt can we have, what mistakes can we commit, we are nothing compared to Him, His love is so great. Better close your eyes. It will work out. Just say. 'I am not guilty'. It helps many people if they say. Will you say that too, "I am not guilty." It helps many people.

People next to you ...what about you? Are you feeling hot? And what about you? And she's got it. Are you feeling anything in the hand? How do you feel? This lady. No? Watch me. You have to forgive yourself completely. Now little bit close your eyes. Raise your Kundalini. Now, we didn't have... watch me Don't feel guilty, got it? Not yet.

Have you been to some spiritualist, some spiritualist? Horrible people, you know. They don't know what they are playing with. They are playing with fire, they have no idea. Horrible, it is very dangerous. It works for seven generations if they try these tricks.

You will be all right. Don't you worry? Put your right hand on the heart and ask for forgiveness that you went to these spiritualists, it will work out, keep your eyes open. Left hand like that, left hand like that, right here.

She has got it, Shinwah? Hmm, what about you? Are you all right? Still! Somebody can go and see. These people now, you are all right? Good. Just here. Are you all right? Anna please work on this lady. Are you all right, are you feeling any cool breeze? Little bit, just put her right to the left. What's the matter, put the right hand, it is all beautiful. She is enjoying. She is a born realized child. Rosy, how are you? You must always come and see me, all right, see me, I have so many children like you. Have you seen them? Have you seen all of them playing that side. Must go and talk to them. She is the only child you have? You came to me before also sometime? Yes last week. Yes I saw you, I remember. Is there some new person at the back? There is lady there. Where? Let her come. Jamal, have you brought that Pluto thing with you? I wanted Gavin to publish it, its interesting to see.

The caterpillars, all the caterpillars will have to go through metamorphosis, and how do you do that you know? You have to hang them by their legs and pull it out. Mother laughs. Try, will be good idea. Come for the first time? You've been before? Got your realization? Great, then come down, sit down. What's your name? Kasturi sit down, sit down there. Are you an Indian? Is it? You all look so alike to me I don't know.

From the name is a beautiful Kasturi you know. The meaning of the word is ah There is a deer in the Himalayas, which has got a navel, which has got an incense in it, the most precious incense is that kasturi, and the deer is not aware of the thing, that it is in the navel of mine and it gets the fragrance, it runs all over the places to find out where the fragrances is coming from, where is it coming from, and it is the navel. The same way we do run all over the places, it is in our heart, the spirit is there, the fragrant instead of seeing within ourselves we run all over. Yes, all right good raise it, raise her, raise her.

Good Malcolm, raise it, raise it, go on doing it, put it down and raise it. You see sympathetic, you put it down then you will work on, that's it. Hmm, What about you, how do you find? We must meet one day quietly before I go to Brisk[I am not sure about this word] and discuss about this project because there is one Dr. Mutalique in WHO, who has admit to look into the thing, to see, how the things are. I don't know how to experiment with this things and what to do so. Let us work it out. He is the Head of the WHO in India. I gave him realization in the plane and went back and some sahaj yogis met him. He is quiet is...[inaudible].....because he has got the reports,... ...[inaudible]..... He was quiet anxious to do research in this ...[inaudible]..... but now I am here ...[inaudible].....We have to find out a way and a method to bring it on the experimental level so that we can talk to these intellectuals and these great scientists.

1981-0719, Guru Purnima

View [online](#).

19 July 1981

Guru Puja

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Guru Purnima, (Guru Puja), Chelsham Road Ashram, London (UK), 19 July 1981.

Put your heart into it [Sahaja Yogis were singing Jerusalem]. And then you must say "Amen" after that. You see, it shows how William Blake thought of you people; and he represents that hope for England in this poem that I had about you people. As I had told you that: England is the heart; and the heart has to be first of all established, otherwise Sahaja Yoga is not going to be established.

Now the people who live in this country are least believing, I think, in William Blake as you all do. (Inaudible) [This poem shows] Very clearly what hopes William Blake had. He could see the vision very clearly and he said that England has to become the Jerusalem. In Sanskrit language it's called as "tirtha". Tirtha means a pilgrimage place, a place where pilgrims come in. And this indication here, of this poem, which is so beautifully written by William Blake, shows that he saw the vision of Sahaja Yoga prospering in England in this beautiful manner.

But, as it is, this heart is so materially bound. There's so much of materialism that has come into our veins even. And we have to realize that we have to get it out of our mind, out of our body. It has gone into us so much, the materialistic approach towards life, that we have to really take a strong action against it. It's so much that anybody who comes to this country also becomes materialistic. Imagine [the] heart becoming a matter. Think of [the] heart becoming a stone. And today on a day when you are here to worship Me as a Guru. My desire is only one and that is that you all should become gurus yourself. Now I have struggled for seven years here to build you up and all the struggle that is described has been done single-handed to begin with and then so many of you joined.

But when you join Me you have to realize that you have to really transform yourself. You have to know that you are, first of all, realized souls. Which, also, very few people really realize and are aware, I think, that they are realized souls. They are not the other, mundane, type of people, ordinary people. They are Realized souls. So as it is they have to get out off this shell in which they have been living. The ideas of securities, that you have had so far, come to you all from materialism if you study yourself correctly. Everything is trickling down to you that is materialism. How many people read William Blake? How many understand him and how many believe in him? And then how many follow him? He is a lost poet of this country. After getting realization, unless and until the people of England understand that they have to completely transform themselves into a new awareness of understanding that: you are now realized souls, you are part and parcel of the whole and you are aware of it.

Firstly, materialism crawls into you in so many ways. Because there has been industrial revolution. People have created many things. Matter has been comforting you and you got used to matter. You just can't do without it. A small thing say for example - you must have a paper napkin, or you must have a glove. This is the minimum of minimum. But see, how many countries use these things? How many people in the world use these things? It is not needed for the body. By this over preservation of yourself and by this domination of matter upon yourself, you have really become delicate darlings, absolutely delicate darlings. Like if you go to Himalayas take it. I went to Bhowali and other places like Nainita. They are, all the time, colder than London, and there are peaks which are, all the time, covered with snow and the people there never use shoes or socks, never. They take their baths everyday with cold water, every day! You'll be amazed every one of them, they have rosy cheeks, they are not pale, they are healthy people. Their women folk carry all the wood, all the way up the hill. God has made your body in such a way that it can bear up lots of things. Of course now, suddenly, an Englishman cannot become a Pahadi, means a man living on the hills, that I understand. You cannot suddenly become that. But gradually try to give up certain things that you think so important in life. Try!

One day it may pain, second day it may pain. Because unless and until you make really great effort to get rid of materialistic body and mind, you cannot be alright. And this is the biggest stumbling block for the western seekers.

You have to get out of that cocoon, as I said. The whole transmutation has to take place. Every time you ask anyone, he's catching still. How can you become Gurus? I mean your Guru can live in whatever conditions, as I told you the other day. Now there are some Indians here, ask them if they can wash their hands in washbasins with the water in it. Ask any Indian. They just can't do it. They can't use paper only, they just can't live with the paper only. They just can't live like that. Impossible.

I can't think of one Indian who can do that. Even in the poorest conditions in England they cannot do it. They might have lived here for twenty-five years I can assure you, they just can't do it. They can't live without baths. You may tell them a hundred times that "you take your bath once a week," it's impossible. Two weeks is out of question, they will die. Even if they have got lung cancer they will take.

But you have seen Me, how much I can adjust. Though all my life I've lived in India. I can live under any circumstances, I can live in Indian villages. In any circumstances I can live.

So the other day also I told you, and again I tell you, first of all get out you this mala, this filth of materialism. Indians also become materialistic when they come to England. For them money is important, nothing else. They have no time for anything else but for money. It's a fact. Anybody who touches this land becomes money possessed. If you tell them that money's not everything they can't understand, they go mad. Morning till evening they are also running in the rat race.

Now you have to change, you have to come out of it. You have to stand out and see for yourself that you are no more one of these mad people who run after matter. And you leave each and every thing, every particle of it here and die; again you are born, again you are doing the same thing. You have to run away from comfort. You must learn how to overcome your comforts. You must train your body. Little noise here and there. Englishman, I am saying Englishman because we are in England. Americans are much worse. Any noise fifty percent would die with any blasting they hear. Just by hearing. They are so sensitive. I mean they have made their bodies, their everything, so sensitive that they are really dainty darlings.

And can you imagine, read the second part of it loudly. Second part of it you just read it. Where is the second part now? Gavin - just read it. Read it out loudly and see for yourself with these dainty darlings how am I going to do this.

Gavin: "Bring me my Bow of burning gold. Bring me my arrows of desire."

Shri Mataji: What is going to happen? You have no answer.

Gavin: "Bring me my spear Oh, clouds unfold. Bring me my chariot of fire."

Shri Mataji: Of fire? You can't sit even on a chariot. (Laughter) Really! Because it shakes and you have to hold it tight and you have to stand erect with it.

Gavin: "I will not cease from mental fight nor shall my sword sleep in my hand. Till we have built Jerusalem in England's green and pleasant land."

Shri Mataji: I think better give swords into everybody's hand. Let's see how many can hold it straight.

You see Sahaja Yoga is not a simple thing like dish washing. It's a very serious thing and on certain things you are very well equipped, but on certain things where you are not equipped, that must be sustained. Your strong points are your strong points so forget about them. Whatever are your weak points, hit them there. I mean mentally you are very well equipped. If I have to argue with you I will give up. I really can't because you are very knowledgeable people. You have read all the books of the world, you are over read. You are too great. But, as far as your body is concerned, your body is a slave of matter. In a way your mind is also a slave of matter.

So to understand that we have to be great gurus, first of all a guru has to go through a great discipline of self-emancipation, self-emancipation. Great discipline is needed. And the great discipline of self-emancipation is, first of all, we must get rid of the idea of comfort. You can't sit on the chair? Alright. You can't sit on a particular chair? Sit on that chair everyday till that chair breaks completely. You cannot sit on the ground? Sit on the ground, everyday. You can't live without one thing? Try to do that. That's how you make your body alright. Make your body your slave and not you the slave of the body. Because if you have to become the guru your body should be such that it should just adjust to everything that you want to do, otherwise what's the use? Imagine you have a car which you cannot handle, will you sit in such a car? You will bash yourself and bash others also and that's what you are doing.

One has to realize that: to overcome this material drag upon yourself, you have to work it out on yourself. Then, once you have controlled this, minimum of minimum, that you can sleep anywhere you feel like. Try to sleep on the ground for a while. That you may do for sun tanning, and people cannot resist all this nonsense because these are ideas put into you. They have exploited you. They have told you that: this should be done, that should be done, this is necessary, that is necessary. They have to sell their goods.

Try to sometimes fast. I have prohibited Indians from fasting, because what they do is to fast. At the slightest pretext they fast. I mean, as it is, there is a dearth of food in India - so they fast. What is the need for them to fast? But here it is necessary that people should learn to fast and should not get attracted towards food so much. I mean the attraction towards food, also, is a sign that your senses are just driving you mad, isn't it? Think of it. Now separate yourself from your senses and see how it drives you mad. First of all the body, then the senses we should attack.

The biggest enemy we have is our own tongue. It acts in two ways. One is the taste. The food - taste. And the second way it attacks is the way we talk. Either we don't talk or when we talk we just hit. We cannot be kind. We cannot be compassionate. We cannot communicate our heart to anyone. Control your tongue. First of all try to control your tongue on those two things. You want to eat a cake then don't eat cake for a year. This is the only way you can train your tongue, I really tell you. Now if you say something harsh all the time, say you have a way of speaking some sort of an abuse,[then] try to change it. Try to change. Try to make your speech a sweet one. Make it a beautiful one, attractive.

You cannot be a guru in Sahaja Yoga, I can tell you, with a sharp tongue. Those gurus are finished. We had gurus before, they used to just sit with a big stick in the hand. To anybody coming, first they would give twenty-five nice ones. Still if the fellow would stick on, then they would say, "Alright now come closer to me." Then they may slap him twice. If he could bear that, I mean they could go to any limit of torturing their disciples, they would put the disciple upside down, in a well and pull him up and again dip him down, pull him and dip him down - eleven times. And still if he survived then he would help.

They used to take physical test. I mean their disciples had to be really wrestlers, very healthy people, having a lot of resistance and stamina, otherwise they would not take. And they said "Erya gabaliyatze karma no ahe" - "it's not the job for any Dick, Tom and Harry." Thus they would only select one person. They would make him sit on the thorns or on the nails. Actually there were seats of nails. These people were made to sit on the seats like that. I mean I'm not telling you lies, you can find out. And they used to treat them as if they are on a suicide squad, absolutely like that. The determination had to be like that. Then they would accept them as a disciple, not as a guru still. Then beating them nicely morning till evening.

You have heard of Mr. Ravi Shankar, a great sitarist. I remember My father was a political adviser to the king where his guru, Allaudin Khan Sahib, used to live. And I remember that day when I was in college and he was also young, might be slightly younger to Me in age, or maybe, I don't know what was his age that time. But he was studying with this fellow, this guru of his and we went there. So My father was a great connoisseur of music and his guru used to respect My father. So he asked, that, "Why don't you play?" My father asked, to Ravi Shankar. He said, "Sir please," his eyes came out, He pleaded. He was so frightened! Then his guru played. You see, he used to play on Mridangam (actually Pakhawaj) that's a kind of double tabla, a double percussion. He was a great genius, then he went away for something. So Ravi Shankar crawled up to My father. He said,

"Sir never ask me, before my guru, to play. You see?" Then he lifted his hair and showed a big bulge was there. "You see, this I got yesterday for playing one note [wrong]. My sitar was broken and this (bump) I've got instead of the sitar! This is my guru's Prasad. So please for heaven's sake". Still he stuck on to him. And you can see the results today he's Ravi Shankar.

But you have a Guru who is a Mother. I never hit you, I don't think I have hit anyone. You got your Realization. In all my compassion I looked after you. I have given you compassion. I've never asked for anything nor have I complained for anything or grudged for anything. I have been extremely, extremely, extremely patient with you. So, you have to be My prototype.

You are a guru in Sahaja Yoga in this Maha Yoga. You are not a guru of this type who can only create one disciple in twenty-one thousand years, sort of a thing. You have got the knowledge of Kundalini much more than any one of these gurus have got. You have the powers much more than any one of these gurus have. Indiscriminately, this power has been given to you.

Now only those who will come up and grow as proper trees will be called as gurus. And that is why one has to know how to grow properly as a guru.

First of all, you must give up all materialistic attitude towards Sahaja Yoga. Many, many Sahaja Yogis even have an idea that it should be used for certain purposes, you see, that it should house us. It should give us some place to live in. Some people have an absurd idea that it should also provide us food, free. That it should not touch, at all, our married life. We can have our plans with our married life the way we like. We can lead absolutely, a very selfish, self-centred married life.

Also, some people have an idea that we are not to spend a single pie for Sahaja Yoga but take all the advantages out of it. Such people should never hope to become gurus. They may try to show off but they'll go down.

You have to learn humility. First of all, you have to be humble people. Unless and until you have a large heart, you can never humble down. You have to be an extremely humble person. Humility doesn't mean that you bow to a person who is dominating, it never means that. But it means a strength within you. The person who is weak can never be humble. He can never bear the load like this Mother Earth bears our load so well, because she's so great.

You have to be strong enough within yourself to bear the load of your disciples, of people who try to follow you. Humility should be that: "I was like them, absolutely like them. I was nothing. Without Sahaja Yoga what was I?" I mean you may be the governor of some place, all right, so what? Before God's eyes, what are you? Nothing, nobody knows who you are. You may be having cars and anything. You might be a very educated anything. What does it matter in the name ["eyes"?] of God? You have known that saints have not been so educated. Christ never went to any university, did he? All these ideas that we have got of our greatness must be absolutely made zero. The greatness is in humility and sweetness.

Speak something that will be dear to others, that would be appealing to them in a proper discriminating diplomatic manner. Some people in the name of honesty just are sadistic, or useless. You can talk to people nicely, say something, in such a way that they feel attracted towards you. That they feel that there is complete humility, that you accept them as they are because you want to give them.

All kinds of subtler arrogance also develops in people, I have seen. I can't understand how people develop this kind of arrogance. Like, supposing somebody knows how to do the puja, take an XYZ. He becomes so arrogant. If somebody knows some Sanskrit he becomes arrogant. If, say, somebody comes to see Me more often than others, she becomes arrogant. Somebody manages a hall, he becomes arrogant. Or somebody programs something, he becomes arrogant. Anything you do, first thing that happens is, in your tongue, you develop a big ego like that. You become a sharp tongued person.

Cut your tongue many a times. Punish it. It has no business to be like that because it is not going to serve the purpose for which it is there. A guru's vani [eloquence] is so great that every word he speaks is a mantra. Every sentence he says opens a complete universe. It should be that powerful and that beautiful not to close down anybody's heart. You speak to someone, the other person says, "Oh, God never see his face."

Sahaja Yoga depends on you more than it depends on Me. You have to change. You have to change yourself very much more. Just by taking up some sort of a role or assuming something great you are not going to progress at all.

Supposing a little bush says, "I am a tree." Will it become a tree? Supposing it behaves like a tree will it become a tree? It has to become the tree then there is no need to behave, you are a tree. A woman walks like a woman and a man walks like a man. If you behave like a woman will you become a woman? It has to be innate. It has to be within us. If you are a guru you are a guru anybody can see and say, "Ah that's a guru." Then you can do lots of things. We are not willing to give up these things, that's why we go on catching on the same point, catching on the same point. At least those who are here should decide today that we are going to change ourselves completely. Let us start on the changing first.

We meet others, we greet others, talk to them. We should be able to talk. There are some people who just don't know how to talk. They just don't talk, they are all the time - never heard their voice. If they telephone I can't even recognize because I've never heard their voices before. You must talk. Open out. What is there to have fear? Humility doesn't mean fear, it means complete love. You must talk, open out, be interesting.

Try to do something for others. I have been saying this again and again. You have to all become gurus. I am just a Mother. And Mother is the first and the last guru for everyone. That's how I'm your Guru and I'm the Guru of all the Gurus. But you have to become your own guru. And for that you have to think that you have to hold swords in your hand. Not only to hold swords in your hand, you have teach others to hold the swords. What should be the character of that man who has to guide others? He himself cannot hold the sword in his hand. What is he going to teach to others? You just tell Me that - a simple question. At least you should have that personality that can hold the sword in the hand.

So the first thing one has to know is to absolutely enslave your body and enslave your senses. You can give justification. I know people know how to give justification. "I said this because he said that." It's not that. It is you who do not know that you are harming yourself. Try to get out of it. You are asking but now you have to face, you have to give. This asking is over now, finished. You've got everything. You are not aware you have got everything now within yourself. Just reverse the position and you can give to others. But if you're hankering still, worried about these nonsensical things then nobody is going to respect you.

I would suggest one thing, that: take to detachment. In a way a sanyasa absolutely a sanyasa. You know I am a sanyasi. Though I live in a household and all that, I am not bothered about things. I am a sanyasi, but the day I will announce that I have taken a sanyasa people will be much more impressed by Me than they are today.

If a person is over attached to things, attached to money, attached to this, that, and all those things, such a person is not going to impress others in spiritual matters. You can be a nice prime minister of England, but you have no place in Sahaja Yoga if you do not have a way of detachment. That doesn't mean that you become hippies by any chance- not at all. But it means that you become detached. Specially it is very important for you to develop that - a detachment. Detach yourself from things that you are supposed to be possessing. I can tell you, you cannot take anything with you. Can you? We know that we are not going to take. Now you are aware of it, that you're not going to take, also. It's not that you are not aware. Then why are you attached? All kinds of disgraceful behavior ensues when you are attached. Become a sanyasi. It doesn't mean you wear that yellow or red and all kinds of horrible dresses. But from inside you become a sanyasi. That's the best way you conquer your void.

The void question first comes because of wrong guru. Of course, no doubt about it. If you have been to a wrong guru then the void will be very, very bad no doubt. Because you have followed a wrong guru you will always have to remember that you have to follow the right Guru, out and out. Absolute full surrendering otherwise it will never go down. And if you start sort of "Yes I know, Mother is alright," this kind of thing will not work out. You have to go all out to accept the right Guru if you have a void problem. And this void problem is so deep, is so deep that, first of all, it indicates Ekadasha Rudra. Ekadasha Rudra is a very dangerous thing because it can give you from left to right all kinds of funny things, even cancer, epilepsy, all kinds of diseases.

So those who have been to other gurus have to go all out to neutralize it on the void part. And for them it is necessary to really decide to become a sanyasi. In the sense that - don't get attached to material things too much. Because from these gurus all kinds of things have come to you. Some people might have picked up bad things like telling lies. You see, even I've seen people who go to these gurus can pick up some sort of a horrible intrigue; intriguing nature. Anything they can pick up.

I have seen people who have been to gurus. They have such horrible spirits in them that, when they come to Sahaja Yoga also, they intrigue with Sahaja Yogis. They intrigue! You see [whether] their bhoots intrigue or they intrigue - God alone knows, but go on intriguing against Sahaja Yoga. They talk to people against Sahaja Yoga they do this, they are not aware. And their void goes out again and again.

So for anyone who has followed any such things, any practices of this kind or even self-meditation or anything like, must get to it and see to it that you really surrender fully to the right Guru. Fully, hundred percent. Complete obedience. Not to judge or not to even ask questions. That would help very much in the void. But I can tell you spirituality is such great thing that, if you accept that kind of obedience, it fills you up with such powers, tremendous powers. Obedience is the key of becoming the best guru. If you do not know how to respect, nobody is going to respect you. If you have not been under any command you cannot command anyone.

Surrendering is the best way for void people especially. First of all you must surrender completely, blindly you can say. Just jump into it. Do not reason it out. Complete surrendering. Once you have done that you will be surprised how you'll be so blessed with the powers of a guru that you'll rise to heights and you will do all that William Blake has said. Because it is like a drop submerging into the ocean and becoming the ocean. And you know the ocean is the Guru, not a drop. It's the ocean and the ocean has everything in it. So we have to learn from the ocean to be the ocean by becoming the ocean yourself.

I have told you in many ways how it is important that we have to have many gurus of Sahaja Yoga. But if Sahaja fails it fails because of Sahaja Yogis not because of Me, always. What I hear, "Mother we went there, there were two Sahaja Yogis they were very rude to us so we would like to talk to you and not to them." It's very common. Or a fight between the two Sahaja Yogis or a misunderstanding or all sorts of things between sahaja yogis. You are the reflection of Sahaja Yoga. You are the mirrors, not Me. You have to reflect Sahaja Yoga. So first of all you have to become good reflectors – the good gurus.

Now look at these gurus who move about. They have millions and millions of disciples except that they are crooks of the first order. They have no other qualifications to be gurus. They have no idea of Kundalini they cannot raise Kundalini. They are not even holy people leave alone anything else. They don't deserve to enter into any temple of God leave alone His Kingdom. They are from hell and they have mesmerized people and they have got their disciples.

You can also [raise the Kundalini], just through your character and through your abilities as Sahaja Yogis, which are tremendous. Even those who are great gurus in India cannot raise the Kundalini the way you can raise. Under their finger? They can't believe it. It's Shri Ganesha's powers you have got. Look at the surrendering of Shri Ganesha. Look at His surrendering. Completely surrendered to his Mother. Who is wiser than Him? And in His wisdom He has chosen complete surrender to His Mother. To Him His Mother is Guru, She is Brahma, Vishnu, Mahesha everything, even SadaShiva is Her, - His Mother; nothing else. And his power of Kundalini raising is within you. You've got it. You are made after his power. He is holiness, he's auspicious, he's innocence. A guru has to be innocent, has to be an innocent person. His innocence can be crafty. But innocence should be crafty, he should not be crafty. Innocence is the power which works the craftiness. It's the Krishna shakti. It does. It works out. Suddenly you face it. You try anything it will be there. And he depends on his powers and not on his own methods of maneuvering things.

But how many of you are religiously working it out morning, evening, every moment of life? How many of you are thinking that we are on the path of becoming full fledged gurus of Sahaja Yoga and nothing else. You are nothing else but that. How many of you decide like that? Every moment.

It's very easy just to say, "Oh it's alright I don't believe in it." Then what are you going to do? What are you without Sahaja Yoga? Think of it. You can say, "I don't want to do it." You'll have to do it. You are in it now. You better do it. You have to do it fast. For heavens sake better do it fast. Achieve it! You have all the powers believe Me, you have all the powers. Believe Me, you are better than all these gurus put together.

But be humble, do not talk big. And do not become silent bores also. I mean some of them are real silent bores. They cannot be gurus I can tell you this much. That's another quality. They're absolutely boring people. Nobody wants to stay with them. I mean, you have to have people around to be a guru, you can't be a guru of yourself! (laughter).

If everybody says, "Oh, he's such a boring person," nobody will be there. You have to be interesting. You have to be interesting. You have to be dynamic. You should know some stories here and there. You have to make them laugh. They should enjoy you. This is Sahaja Yoga guruship. You see for such boring gurus one or two would stick on if they are equally boring or more boring. But such gurus are not going to help us in Sahaja Yoga. They are not. You have to be joyous, cheerful, helpful, understanding, concerned. You have to be concerned about others. You have to behave in a way that they feel that you are the security for them. But that doesn't mean that you get after one person. You see, everything you tell them goes into some sort of a mad mould, I don't know how it happens - whatever I say.

For example, I say you should be concerned. Here I find that people start then, "Alright I am concerned." So they start working on a person. And then they'll come, "Mother my left hand is finished. Why? I was working on such a person." Why? What was the need? You need not. That's not your job. Let them also work. You must know how to make them work also. Otherwise, you see these lazy lumps will use you all the time.

Let them also, tell them to get up and work, arise. Why can't they work it out? They can work it out themselves. But then don't tell them, "Now you work it out." Not like that. Then another extreme can start. You should say, "Now see, you have a left side problem and I don't think that you should make me work it out. I think you can work it out, let's see. I too had the same time type, let's work it out. You better put your left hand towards the photograph, put right hand outside. Do this way that way. Beat yourself. Left side is Adi Shakti's this thing. You can ask for Mahakali's powers it can be worked out." Give him all the knowledge say, "Now try, try yourself." Because if you're obliging too much also, then you make them dwarfs, you see.

You have to be a tree which makes others grow into trees and not to make them dwarfs under it. You see, no grass can even grow under such trees, leave alone trees. Even the grass can't grow if the trees are of this type. So you should be actually the tree of brilliance, of sun, sun's rays. From you the sun's rays should flow and they should grow. Not to obstruct every growth of your disciples. What sort of a guru could he be, whose disciples are all toddlers or still sucking their thumbs? So you should be a guru of a caliber that makes others grow too.

I have hopes that my disciples will grow more than I am. I have hopes we'll see that. That's my desire, that's what I want, that my disciples should grow. I mean, that will be my pride. Like Ganesha grew more than His own Mother, who created Him. That's what is My desire. And that's what I want you to realize that you are the hope of the world.

Either you should not have taken birth in England. If you have taken, you have more responsibility not to be English and to be universal, because you have taken birth in the heart of the universe. You cannot be small-minded. You cannot be chicken-hearted. Either you are frightened or you are aggressive - this is an impossible situation. You have to be so strong that nothing should make you frightened, and such a person is the most benevolent personality. He's not frightened of anyone, why should he harm anyone?

Today, I hope you people really don't listen to my lecture but put it in your heart, and understand that you have to become very dignified majestic gurus of this universe. I would like to ask William Blake what is he doing. When is he going to take his birth on this earth? When people of his caliber are going to be born in this country, or they are all running away again to some other place to be born?

Marriage system of England is wretched. You cannot adopt those methods that these people are having. You want to have the great people to be born to you and every time you are running towards the divorce cases. How can they be born in this country? You have to give up all these wretched systems of this country. The good of this country should be taken, whatever is good in it, and transform this country into a beautiful thing. I mean if you really love this country then create it into a lovable place, isn't it?

You must try to destroy all that is retarding the progress, the spiritual progress of this country if you are a real Englishman. Real is the word. You should not be proud of all the weaknesses that have crawled up in all these hills and dales. All unholy thoughts, all inauspicious behaviors, all must be discarded. We are not that.

1981-0720, Spreading Sahaja Yoga

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20 July 1981

Spreading Sahaja Yoga

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Public Program. Caxton Hall, London (UK), 20 July 1981.

There are some guests from Hong Kong now let them sit down.

Sahaja Yoga is such a fantastic thing that, when people get their realisation, they can't even believe that they have got it, first of all.

The other day I had a minister from one of the countries, and his wife, and he's suffering from some mental trouble. And when we raised his Kundalini he started feeling a tremendous cool breeze in the hand and cool breeze coming out of his head. He just couldn't believe his eyes! He couldn't believe it. He said, "What's all this?" I said, "How are you feeling?" He said, "I am so relaxed that I can't think of anything! Just I can't think. I have never been like this. This is a new thing that has happened to me!"

Now we have to understand also, logically, certain things about Sahaja Yog - this I am explaining for people, those who will be now going out, and speaking about Sahaja Yoga to other people - and how to deal with people who are intellectuals. It's important to understand what are the hurdles they have, by which they do not want to receive the message of Sahaja Yoga and what are the barriers that really create a problem for them before and after.

Now we'll deal with people who are Western people, we can say. They can be also Indians, they can be Asians, they can be anybody - but who are more of a Western mind than of the Eastern mind. So the first thing that we'll confront is that you'll have a mixture of people who will come to you. There'll be people who will be seekers, ardent seekers, and there will be people who have been hurt and mesmerised by some 'gurus' or something, some sort of a spiritualist and this and that. We will get fanatics also, who might be seekers themselves. And there could be some people who could be absolutely fake also, because it's a fashion these days. In a party, [if] you go: I mean, I live with people who are supposed to be very elite, and mix up with them, and whenever they talk I find they talk of seeking. It's surprising! They'll be taking wines and alcohols, this and that, and [when] it comes to politics then they will say, "Oh, but there has to be some sort of a self-realisation about it!" Or they will say, "We have to understand it rather deeply from a divine point of view." Or some sort of a thing they will hint at.

So they are thinking of some breakthrough that has to take place. I mean, it is coming to them, maybe, through their unconscious, maybe through their logic. They are arriving at a conclusion that something has to happen and we are still confused because we haven't found the Absolute.

But despite that, among them I find, as it is the topic of the day, sort of a thing among people, luckily it is the topic. I mean, even if they talk of economics it comes to that. Then, among them, how many of them are really the seekers or they are just doing it because everybody is talking of fashions and things. Like, I have never been to a racecourse, for example, and then everybody is talking about racecourse, so you feel so out of place and backward. You look so backward in that society so you just go and read something about it and discuss with others and say, "Oh alright, this I know. I know one jockey. I know this, that," just to impress others. That, also, kind of people are existing.

Of course, these people live day to day. They are not going to come to Sahaja Yoga so easily. They live on day to day basis. "Today we had this party, went to that party, came out and enjoyed this, met this gentleman." "I know this man, that man..." all

sorts of things goes on. And I think they finish their lives in this day to day basis. Wages that they get out of life, they finish. They don't think of the beyond. They don't think that there's something else, more, to their lives and that thinking is not there but, just as a fashion, they may talk about these things.

Of course among them there are seekers, no doubt. [Among] them also there are seekers. But seekers are mostly not very successful people, because they do not find success so alluring, so tempting, so magnetic. To them it's quite vivid and quite clear-cut that those who are supposed to be very successful - in life, in any field, say in money matters or say in politics or anywhere - they find that they are rather eccentric; if not eccentric, [that] they are a bit dominating. Or sometimes they find that they are very ambitious and that they little bit try to put down others by their eminence or whatever success they have got.

So all these things come into the mind of a seeker who doesn't try much for his material success or doesn't talk much for his, also, intellectual success. He may read a lot just to find out what is the Truth. That's a different sort of a seeking. That's not material seeking. But that's what so many Sahaja yogis who have been here have done also, that they have read too much. So you confront such people, a mixture of such people together. But you have to be prepared for every type. Because God has made this World with very [great] care. But lots of variations, permutations and combinations are there. As I told you last time, there are three permutations and combinations.

The first is the power of desire which is on the left-hand side. Second is the power of action or willpower you can say, which is on the right-hand side. And the central one is the evolutionary one, third one. So we have these powers and these three create three moods. The first one is called as Tamoguna, right one is Rajoguna and the middle one as the Satvoguna. So the combinations and permutations of these three gunas create different human beings and accordingly their styles are and their seekings are, and accordingly they fall a trap to people who try to seduce them.

Now the people on the left-hand side are more addicted to habits.

Like, if they take to alcohol, they'll become alcoholics. If they take to smoking, they'll become chimneys, sort of thing, and they go to the extremes of the left. And their willpower, which is a right side [power], the will, starts going down very much and they cannot overpower their desires, these habits. The habits become desires, you see.

Then, to add to that also, when they see that, by doing action, people have brought forth wars - this is super-intellectual way of looking at life, you see - that, "What have we done? We have created atom bomb by thinking. We have killed so many people. We have done this, we have done that. All wrong things we have done by taking action. So it's better to go into inaction, absolutely inaction." So when they think of these things and why this materialistic world and all this creation and all that we have done - because of that we have aggressed other countries - so better go into inaction.

Such people become prone to the left-hand side more than they take to drugs and things. And also alcohol goes hand in hand with too much use of willpower because if you use too much of willpower you get so frightened of your ego and your action, that you want to relax on to the left-hand side. Now the habit formation takes place, maybe from very childhood, and then the willpower is diminishing gradually when that habit becomes sort of a part and parcel of your being.

Like, you see, in the Western modern society, to flirt is a habit. Flirting is definitely a habit. It's not an innate need of a person, it is just a habit that is formed. And in a society when it is accepted that, "Oh, it's nice to impress men and nice to impress women," it becomes a pastime for many people and, even when they are grown up, they cannot get rid of it, even if they are old, up to the grave time, they go about with it. They just can't get out of it because it becomes such a habit and obsession and the society also supports it. So the whole thing starts becoming a habit and you become so weak with it that you just cannot do it with your willpower even if you try, you justify it, "Oh, I enjoy it!"

Like a lady who had cancer. I was treating her and I said, "You may have to give up your alcohol." She said, "But I like my sherry, at least." I said, "Now what to do?" She likes means everything is justified. "I enjoy my whisky," she said. So I said, "Now what am I to do?" I mean, she'll have to enjoy her cancer also!

But we enjoy the thing that brings you disease, but not the disease. And if we understand it clearly that these habits give us problems which are most agonising, most troublesome, they give you such bad effects in later lives that you rather have no habits and enjoy your life than to have these so-called enjoyable habits.

Now people might say, "What happens with flirting?" You might say. It's a very simple question, you see. You'll be surprised - those people who flirt too much lose their memory very fast. Their memory will be lost. Because your attention is moving all the time, your eyes are moving, you know the Swadishthana Chakra works so much. Your memory will be very weak. Apart from that, your attention will be very weak, too, your concentration will be very weak and you will age very fast because when you are using your eyes for a habit...your eyes for the habit, imagine! I mean, nobody could think of that but Christ must have seen it. That's why He said, "Thou shall not have adulterous eyes." He must have seen that part.

So when you start using your eyes, you see, for something that is desire, to that extent, I mean, I don't know if any desire is fulfilled or not, because I don't know what it gives you, or gives anyone. It's not easy to understand. But whatever it is, if it is used for a purpose which is not going to fail. For example, supposing I use this glass for something like making a light out of it or something, it will break. It is not supposed to do that.

So if you start using something for a purpose for which it is not meant, your attention can become very weak because your eyes are meant to see. And after your realisation, your eyes are to witness. They give you the witness state. After realisation, with your eyes you just witness, the complete witnessing. Like now I witness you people. Just I am witnessing you, nothing [else]. I don't want anything from you, only I am witnessing as you are, all of you. And what I am witnessing is the beauty that you have, is what you are created as, I am just seeing that. And the complete joy that is you, which the Creator had in creating you, is absolutely one with me. I'm just witnessing that, seeing you. Nothing more or nothing less.

Now when, supposing, I use My eyes for looking at a person with the idea of possessing it, possessing a person, which I cannot. I cannot possess anything, you know. I mean for all, for all rational people must understand you cannot possess anything. Now I want to possess a person, and you look at a person with the idea of possessing. By looking at a person I don't know how you can possess when even binding a person, you cannot possess - when you die you have to leave everyone here.

So this kind of a game when it goes on, your attention becomes very, very low. And I have seen people have such horrible memories that one person rang me up, talked to me for half an hour and asked me, "What should I do for the memory?" So I said, "Alright, you put your right side on the left-hand side, try to control it, do this and do that." He lost his memory not because of that but because of hatha yoga that he did (laughing). I mean there are so many ways by which you can really lose your memory but one of them is definitely this. So I told him, "You put your right to the left all the time and try to balance it." When we put right to the left what we do? We put our willpower on our habits. So again he rang me up. So I asked - somebody was there - I said now, "Please, I talked to him for half an hour and I am really tired now, can you ask him what is it, what does he want." So he said, "No I, because I forgot everything whatever Mataji told me." I said, "Again half an hour more?" (laughing) I said, "Next time you put a tape recorder when I talk to you, will be a better idea." So this is what happens.

And at a very early age also people can start. One of the reasons I am saying. It doesn't mean that everybody who loses memory, loses because of this. But one of the most important things is that, to keep yourself normal, try to avoid any habits that are forming, by denying something - it's the best way. There is a very good poet, very well known poet in India who has written a nice couplet which I liked. He says that, "Whatever this heart wants to see, you better not see." You see, better deny it. Because if it does again and again that means there is some sort of a spirit or some sort of a nonsense that is pulling you out.

So, any habit, any habit or any addiction, say you are addicted to anything. Supposing you are addicted, say, to a piece of jewellery you have - never wear it. Still you feel like wearing it too much - donate it, give it to somebody. Because there is nothing so important than your Self. But you will be surprised when you start denying it, playing with your mind, playing with your desires, whatever you want to have, you say, "Alright, we'll have it," and just don't have it. For example you are going to a restaurant. You

want to eat something. I don't know what you people like. But say you want to eat something special, anything, I don't know the names so much, there you go and you just end up with a bread, finished! You have to play with yourself after realisation. And it breaks then the link of that addiction that is one of the very subtle conditions we have within ourselves.

So today, as I am talking to you about the seekers who come to you, they have habits. They have habits. Say, we had six people who were drug addicts. I used to call them 'druggists and chemists', you see. First they could not even see me, they said they just see light coming out of me because their Agnya was spoiled so they couldn't see anything. And all sorts of things happened with them. Then some of them felt that their soul is coming out, and the body is left there, they are seeing me from there. And all sorts of things, all experiences they have had with all kinds of drugs they had taken. They had taken the left-sided, the right-sided - oh, everything they had tried, you see. Now to talk about drug was really blasphemous! I just couldn't talk to them in the beginning. If I had said anything they would have really shut me out.

So the person who has to tell to them should never directly come on that point that, "Don't take drugs!" That's one thing one has to remember that, when such people approach you, you should never start talking against that. I mean you'll be boxed for nothing at all and all Sahaja Yoga will go down. So for a druggist, supposing he comes to you, what should we do? What should we do to help? So we should start talking like this, that, "I was also a druggist," even if you are not, you may say that - there is no harm in telling them - because if you do that way you smooth the way. There is no harm in telling little lies just to bring them up to the truth, you see. You have to stoop down, is to say that, "I was a druggist." Or you can say, "My father was a druggist," or somebody nearest to you, whom you know, so that they do not get angry with you, you see. Because they are seekers, the trouble is, they are seekers. These habits have come to them because they were seeking and they went deep down into that seeking. In that seeking they took to drugs and that's how they have become drug addicts. So now they are not normal people and if you just talk to them in a normal way, as you would talk to a normal person, you can never save them. Now you are here out to save them. So the best thing is to talk to them in such a manner, that they try to understand you. First you identify yourself with them, you stoop down to their style of life, and then talk to them. That's a very good way of really bringing them nearer you and a very compassionate way of approaching. Or you can say a Mother has to give the castor oil then she gives it in a chocolate. So approach that way. You'll be amazed, you can overcome their habits. Because Kundalini when She rises, She herself corrects them. They start feeling terrible pain and left side and then they feel completely their left side, no vibrations coming out and all sorts of things they feel. And they start understanding it also, and Kundalini herself goes and clears them out, makes them happy, so that they do not take to these things. Because a person when he's bored, when he has more time to think about other things, he takes to these things. So there is no time because you become timeless, you go beyond time with realisation.

That's how you can overcome the left side. Also you can raise your right side and put it to the left side. By raising the right side is, you are raising your willpower and give it to them. But if you tell somebody, who is a drunkard, "You must have your willpower. You must have your willpower." He said, "Yes, yes, I promise, I promise, I promise." Next day he comes there. "Eaaah", "How are you?" then again finished! All promises are broken in five minutes as soon as he sees a bottle. That means all these promises are not supported by his willpower. So no use taking promises from him. Instead of that, try to raise his right side. If you raise his right side and put it to the left side, so the willpower takes over and can help that person to overpower his desire. Because he is a seeker and he deserves all that attention, all that care, all that minute method of helping him out, even if he does not get realisation.

You know so many people who have been alcoholics have been completely cured by Sahaja Yoga. So for all such people you have to have patience and no anger for them at all because they themselves are in a pitiable state. Imagine of a person, who is alcoholic on the street. Just think of such a person who is just on the street thrown by all his people outside. With these people, if you try to be harsh with them, they'll never give up. But do not sympathise with them that, "Whatever you are doing, alright, alright, go ahead with it." But in your own Sahaja Yoga method, if you can raise the right to the left, the superego goes down and the ego comes up. When it comes to the centre, raise the Kundalini, and the Kundalini will come up and I am sure he can overcome that.

But for this you have to have patience, you have to do it again and again. Now this we have been confronting many a times. But the whole approach should be of tremendous patience, as I said, of tremendous concern about them. These people have gone to

that extreme also because nobody has any concern. After a certain limit, people just give them up. That's how they are lost.

Now the people who are from lunatic asylum, say: for example we get people directly from lunatic asylum, certified mad. Imagine! To our programs we get. And what do we do with these mad people? We can get angry and ask them to get out, but they are seekers. This is your duty to see that they get realisation. It's very important that they should get realisation, they should not be lost. It's very simple to cure them, is to put their willpower over their desires or over their left side. It's the left side drag that has taken them to this lunatic state.

Maybe a person who is emotionally very disturbed from childhood, he has a left side problem. Like he had no mother, or the mother was very severe or a step-mother. And all the left side problems as you understand are there. Or he has had a very bad time with his wife. Or he had an emotional problems, he suffered a lot. All such people you see, sort of, resign in life and they become that kind and they become mad. When they cannot bear it more, they become mad, because it's an escape, it's an arrangement made by nature itself, so that you do not face it. When you are mad, you don't know what's happening, you are not aware of it. Imagine to be mad and to be aware, what a problem it will be. That's why nature does for them. And our only duty is to raise their right side and put it to the left side and raise their Kundalini, which gives them the realisation by which the vital energy start flowing into him and he can feel alright. This is a very, very important thing which can be done.

Now a person who is more ego oriented - we should find out what sort we are - you can help such people much more than a person who himself is a left-handed, because two crying babies will sit down and cry. But an ego-oriented person has a system built in within himself that he dominates. So he has to learn how to put his right [side] down and his left up. So the left side should be raised of a person who is ego-oriented.

Now let us see the ego-oriented person, what happens to an ego-oriented man. Ego-oriented man develops this habit, supposing from the childhood he is intelligent, he's sharp, born like that. Then the people put them up, "You have to run the race. You have to run the race. You have to compete in the race. Stand up, stand first, stand first. You must out-beat that. You must out-beat that." All this competitive life starts. Then he gets into that mad rat race, as you call it. Then he becomes successful, so-called successful. Because of his action also ego develops. Action itself gives a by-product that, "I have done this. I have done this. I have decorated this. I have built this Caxton Hall." All sorts of things can come into his head.

Once it starts building up, "I, I, I, I," this 'I' becomes a big balloon on the head and it covers the whole head. I don't mind if it covers only the head part of it. But it also covers the heart. And it makes a person absolutely, can make, absolutely emotionless, the example is Hitler. Absolutely emotionless. There's no feeling left in such a person, if he goes too far with it. Then he can kill, he can say...he can live by hurting others all the time. Such people all the time hurt. They cannot enjoy other people. They cannot be fond of them. They cannot love, in short.

This ego business makes you extremely dry. And everything becomes either money, power, this, that, I mean it's so dry, everything is dry, you see. "I'll marry a girl who is a Princess," supposing somebody says, then you know that ego orientation is there. With this kind of ego orientation, we have had all kinds of wars and all kinds of problems. And ego is added up in a society which is very competitive. I mean there is competition about how you look, how you appear. There are advertisements that, if you smoke a cigar, you see, then you can impress others. Imagine! Madness! I don't know if you smoke a cigar how it impresses. But this is all built in, you know, the whole society has put this into your heads that if you have a cigar in the mouth, you are going in a Mercedes car or you are going in a big this thing, Rolls Royce, then there is prestige. But rationally, let's see, logically, supposing somebody has a Rolls Royce. What does it matter? He is not going to give us. Why should we be impressed? If he is going to give us then naturally we'll be impressed, alright. But nobody shares anything, you see. They try to impress us by what, for what. Why should we be impressed? After all we are not going to get anything out of it. I mean, he is nicely going Rolls Royce, you are walking down, so why should we feel impressed by it? I just don't understand. But an ego-oriented person always gets impressed by such things. Because they have that slight ego in them and sort of, they see themselves sitting in the same place or whatever it is. I don't know how it works out. I have not experienced that kind of a thing. But it impresses people.

Like I remember once, you see, we had a governor in a place where we were living, when I was a small child, you see. So we were

going to see the governor because he was a great friend of my father and all that and he always used to walk across and they used to go for a walk. Otherwise also I know him very well. But some people said to my father, some friends of mine, "We want to see the Governor". He said, "Alright." He said, "We want to invite him," "So alright," he said, "we'll take them." My father was describing, you know my father was a great realised soul and he described them, he said, "They were so self-conscious that I couldn't help laughing, you see. They were young people and they were so self-conscious. They were going to the Governor. All the time they were putting their ties alright, their coats alright and all the time they were walking like something. They were never like that, you see." And he said, "I was, I didn't know what to do and I was just feeling that I should tell them that there is nothing, it is to be very much relaxed." And all of them actually started stammering before and they were such hooligans, I tell you, normally, and it was surprising that they just, for nothing at all, and he was such a simple man. This Governor was such a simple man and they all started stammering and shaking and all sorts of things happened.

So my father came and described it to me and we both laughed a lot. And he said, "I don't know what made them think about because he was in a simple dress, he was meet...he met them very informally and he wanted to be friendly but they were so nervous that he didn't know what to do with them. Except that they were conscious that they were meeting such and such person, there was nothing to remind them of that. So it happens if you are ego-oriented, if you see somebody who is ego-oriented, you get impressed - is a character.

As the person who is superego oriented [when] he meets another superego, they just combine and they cry together, "Oh, the world is miserable. And we are the two most miserable people crucified by this world," you see. And the others, they get impressed by each other, you see. This one will praise that and that one will like these people, because he can impress, you see. And there is some mutual admiration society there, they start a mutual admiration society. And that's how the ego starts bloating more and more and more and more. These are all the thing's attributes which are extremely artificial, I tell you, they are all man created. Human beings created, so artificial just like plastic we can say.

A dog, if he wins a race, he doesn't walk with a special snooty nose, does he? If he wins the race, he is not even aware why he is made such ado. He just walks like a simple doggy as he is. If he sees another dog, he'll bark at the dog (laughter). He doesn't have all this special etiquette at that time that, "I have won the race. I am 1st class 1st," or something. He doesn't feel [like that]. It's very unnatural but we have made it, because you see, it has come to us because of these three permutations and combinations within us which makes us like that.

But the people who are in the centre are not so much impressed also by these things, not to that extent. Neither they are very much impressed by this, nor they are, they are little indifferent type. Neither they go into people who are crying too much. They just don't understand what is there so much to cry for a small thing like that. Like a gentleman was transferred once. And I went to his house - very unlucky - that day. I mean, I didn't know how I went there, for I didn't know that he was transferred, and his wife was telling me about the transfer, as if her hundred relations must have died, the way she was crying about her transfer! I got such a fright! And by that time, I was much younger to her at that time, but by that time my husband and I must have had at least fourteen transfers, and they had, at the end of their life, one transfer and they were so much crying! I was amazed at that woman! That, what is there? Changing your house? I mean you meet somebody before changing the house, you'll die, they'll bore you stiff about the changing of the house. You'll feel like changing yourself completely the way they will talk about it. Because, you see, little things, they make such an ado and a drama out of it and you feel, "Oh God! What is it?" And what do you find out? Nothing.

These people are very fussy, they show off. It's very embarrassing to take them to any doctor also. If you take them to a doctor, be careful, keep out! Because they can do anything I mean. I had a very funny, embarrassing experience. I took once, one of my relations to a doctor. And she was this type. And he was just taking her blood pressure, you see, and she started screaming at the top of her voice, you know, so much that I didn't know, I told her that it doesn't pain, I know its. "Oh, you don't know what's happening to me!" she was screaming at the top [of her voice], with fear you know, they live with fear all the time. The slightest thing upsets them.

So both the things are unnatural. There are many people nowadays are talking of insecurities, which is very common with the psychologists coming in with their new vocabularies and new ideas that they are putting on us. As it is we are unnatural. Now

with these people coming on us, I don't know what we're going to become! Like she should have this security, she should have that security, she should have mental security. That's why she does it. For example, I asked why people, women, are not looking after their chastity - that's very important. That is the security of a woman. Why the men are not looking after their virtues? Because that is the security of man. I mean that's the natural security you have. "Oh, maybe she has a mental insecurity, so she is going into unchaste life," I mean, who told you that? What is the mental insecurity? You have got financial security. Even poor people, who are morally advanced, they would not give up their chastity for anything. Never! At any cost. They'll kill themselves but never give up their, they'll never give up their virtues at any cost. They may be poor. And this is what happens to us. That the ideas come to us, we start compromising and having new values and new things. The innate and absolute values will remain the same, remain the same. And we have to achieve that and attain to that. We have to re-establish ourselves to that.

After coming to Sahaja Yoga, people tell me, "Mother, if you want money we'll give you. Take two thousands pounds from us." Many Indians told me that, "But we have no time, we are busy working," you see. Alright, they have no time. They'll give me two thousand pounds. What will I do with two thousand pounds? What am I to do? You go to another class of people, they'll say, "See, we can join Sahaja Yoga alright, but we cannot give up women, we cannot give up drinking. We cannot give up anything. If you want to have us in Sahaja Yoga, then we are willing to join." What do I do with them? It's very common. You have to transform. It's a transmutation that has to take place. Sahaja Yoga is not for sale, nor for having people just come along, come along, come along, come along, to have a big grand people here, all drunkards and all addicts and this and that? We have to create beautiful people, something so special that who can enter into the Kingdom of God. There's no compromise with God! There is no compromise with Divine! You cannot compromise! How can I say that you can do this? You cannot compromise!

At the most, He forgives us. Because we have been ignorant, we have been innocent, we did not know that, this was sinful, we did something, He forgives us. He forgives our sins, alright. Christ had died for us. When He is awakened, he sucks our sins. But we go on with it, we want to continue with it, despite the fact God has given us strength now. His Spirit is emitting through us. Despite the fact we are realised souls, we are giving realisation to others. How can we continue? We have to fight it! Like William Blake has said that, "You have to do this and you have to do that." I mean, he must have thought of such people, but he does not know how much people have gone down either to the left or to the right.

So this is what Sahaja Yoga is and that's why to come to Sahaja Yoga is a simple thing, to get realisation is even simpler - because Mother loves you very much - but to maintain it and to progress in it is rather difficult because I am not asking you to go to Himalayas after realisation, settle down there, don't meet anybody, don't talk to anyone. You have to live in this world with all its defects and with all its problems and to pull it out, out of its satanic forces, out of its doom. You are not to run away from it.

So you have to equip yourself with that wisdom, with that courage. Without courage, you cannot do Sahaja Yoga. Those who have no courage, cannot do Sahaja Yoga - it's a waste of time, sometimes I feel. It's a very big flaw with me that I really want to give realisation to everyone and they falter after some time.

So many people have been helped in Sahaja Yoga. It is for your help. First you are enlightened, a light is created. But light is not created to put under the table. You have to show light to others. A day will come when you will be the lighthouses, saving ships after ships and loads and loads of people. That should happen to you. Why should it not? Because innately you are that beautiful store of energy, innately you are that great creation of God which is above all the creations. So it should happen to all of us. And this is the hope I have. And I hope I will have this hope all through and you are not going to fail me in this.

The Nature is working it out, your Kundalini is working it out but you have to also work it out. Have patience with yourself. Work it out. Put yourself in proper places. Adorn your seats, we can say, or as they say, the throne of your Spirit. Adorn it. And that would definitely help you so that you can help the Divine and fulfil whatever is required of you.

May God bless you.

Have you got that poem of William Blake? I think we all should remember it by heart. Have you got, anyone of you? Anyone who knows by heart, can recite it. Have you got Gavin? Come here. They know by heart? Alright, let's do that. But all of you should

know. Come along.

(Yogis sing 'Jerusalem' by William Blake)

And this we have to do in that time, time is very short. Now put your hands towards me and close your eyes.

So, today I have said three words, if you remember, is patience, or you can say compassion. That I said that you must have patience with yourself and patience with others. Then the courage. Courage is very important, without courage, you cannot do Sahaja Yoga. And the third is wisdom, which gives you discrimination, discreet behaviour. These three things. You have to ask for these three things from the Divine so that you are helped.

Put your both the hands straight towards me, straight like this, just like this. And loose, little loose, no pressure. Put both the feet like this. That's good.

Yes, and open the windows that side. It's alright. Good.

Now those who have come for the first time, you have to see if you feel any cool breeze in the hand. Just see, if you are feeling any cool breeze in the hand. Now you cannot think about it. You cannot make it come. It has to work out. So if you start feeling any cool breeze in the hand, just watch. It is a happening. It's an actualisation of your baptism. You cannot just say it is so, it has to work out. It will suddenly shoot off.

First, you will feel there is no thought in the mind. She's got it. Give her into bandhan. Can you just see this.

Sahaja yogis who are sitting next to behind a new person, put your hands and see if they are, there's vibrations or not. All of you should take a bandhan, will help, first of all. All of you should religiously take a bandhan.

1981-0721, Talk to Sahaja Yogis

View [online](#).

21 July 1981

Talk to Sahaja Yogis

Warwick Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Transcript of advice to Warwick Road Ashram 1981-07-21

Shri Mataji: [UNCLEAR]. Can you bring the baby to Me? I think the church is to [UNCLEAR].

So, now, also you have to baptise this one. All right?

The child is baptised already because she is born-realised. But the problem is she has been baptised by these unauthorised people. And so she has a problem in the Sahasrara. And the Sahasra is to be brought [UNCLEAR]. You all say the mantras.

Sahaja Yogis: Om Twameva Sakshat Shri Mahalaxmi, Mahasaraswati, Mahakali, Trigunatmika Kundalini Sakshat Shri Adishakti Mataji Sakshat Shri Bhagwati Sakshat Shri Nirmala Devi Namoh Namah,

Om Twameva Sakshat Shri Kalki Sakshat Shri Adishakti Sakshat Shri Bhagwati Sakshat Mataji Shri Nirmala Devi Namoh Namah,

Om Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Mokshapradayini Mataji Shri Nirmala Devi Namoh Namah.

Shri Mataji: They put all the bhoots into the children. Horrible people.

She is a realised soul. She should be good. All right. All right. All right.

[UNCLEAR/Shri Mataji is soothing the baby which is crying/giving instructions].

I am sorry, I am sorry, I am sorry. There is no need for the child to cry. That means there is some trouble. Always.

See the attack comes on this as soon as the child is born and [UNCLEAR/it] become active. There is an attack on the [UNCLEAR] and they really do not know. People are so vulnerable; you can't help it?

[UNCLEAR for 10-15 seconds]. They don't understand anything. It is a child. [UNCLEAR]. It has no "pada" (station). Especially the Agnya left and right is caught up so much. The child can suffer. And it happens. And she is a born realised. Imagine. Did she baptise the child?

[UNCLEAR response from Sahaja Yogini].

Shri Mataji: Thank God. Annie? What's that, the box? Your [UNCLEAR]?

Sahaja Yogini: [UNCLEAR/People are wasting/using money. Wasting money?].

Shri Mataji: [UNCLEAR]. People [UNCLEAR] very fast. [UNCLEAR] some problem. In some way.

Hello, come. Are you better now? Are you better.

You write it down. [UNCLEAR]. Those people who have been to Narakasura, the first problem is that their faces [UNCLEAR]. [UNCLEAR/ those who have been to Narakasura's house]. [UNCLEAR].

First of all, we must say the mantra of Narakasura that Twameva Sakshat Narakasuramardini, all right?

Now, this must be [UNCLEAR], you change your bath [UNCLEAR].

Left hand up. All right. Begin.

Then you put your right hand on left Vishuddhi.

Now you must go on saying the mantra. Now say Twameva Sakshat Narakasuramardini. Now say that.

Sahaja Yogis: Om Twameva Sakshat Narakasuramardini Sakshat Shri Adishakti Sakshat Shri Bhagwati Sakshat Shri Mataji Nirmala Devi Namah.

Shri Mataji: Now this mantra should be said by those who have been practising TM or had anything to do with TM at any time, about at least twenty-one times.

Go on till you get to twenty-one times. Then you increase. This mantra is a siddha mantra. Siddha means that you get the power. One of the thousand powers of the Goddess. With that She killed Narakasura. So by that, all these things will disappear, all the [UNCLEAR/influences] of Narakasura. Start with twenty-one.

Now all those who suffer from any guru problem in the Void. [Break]. It should be recorded, with all respect, "You are my guru". With all respect. Say that. "Mother, Thou Art My Guru". You can say it in English. Does not matter. But you see, with respect. And the Guru is a thing where no questioning. No question.

[UNCLEAR].

So put your right hand on the stomach and left hand like this. And go on say, moving right hand like this – "Mother you are my guru. Thou Art my Guru".

[Sahaja Yogis repeat several times, "Mother, Thou Art my Guru"].

Shri Mataji: See all the vibrations.

Now, emotionally you should feel that. [UNCLEAR]. I am your guru speaking to you.

I am the Mother of all the Gurus. So it is a double...See, understand, I mean, any other person who is supposed to be a great guru [UNCLEAR], this, that. But not the [UNCLEAR]. See Markandeya. Markandeya is one of them. He was a great guru. And a very great saint.

[UNCLEAR for a few seconds]. See, this is all the projection, still [UNCLEAR]. Firstly, that you had a guru who is in complete [UNCLEAR] and complete integrity. Can you understand? That you are so perfect [UNCLEAR]. And this will start [UNCLEAR]. This is the first.

And the second thing is that when you think that you are so fortunate, all the [UNCLEAR] will go away. "Oh, I am no good, this I have done, that"; forget it. Forget it, forget, forget, forget. When you are sitting in front of your guru, forget that I [UNCLEAR]. Because if your guru [UNCLEAR]. For that, it has [UNCLEAR]. So surrendering before your guru, [UNCLEAR/surrender].

All your conditioning. Everything is conditioning. Whatever you say, "Mother, if I have to die" – like that attitude drops off. And you will be amazed at how you will be the strongest person. That is how [UNCLEAR].

When you said, "Mother, you are my guru", actually what you have to feel is you are your guru. Is that. [UNCLEAR/you should flower into that]. Because your Mother wants you to be your guru. That is [UNCLEAR/so sweet?]. But in the beginning, you have to say, "Mother, you are my guru", because that helps you overpower your guru. But actually, you are becoming your guru, because you are already your own guru.

Because when you can feel, "Oh God, I am catching Agyna". Who is telling? It is your own guru, in your stomach. Is telling, "You, Mister XYZ, better look after your Agyna because you are catching on that". Like yesterday [UNCLEAR/Cooly] was [UNCLEAR] and he was catching on Heart. Started smiling and when I found [UNCLEAR/you better handle your heart] and it was piercing him. So whatever one does, is reflected back and you start correcting because you can't bear it. Your body only teaches.

To improve yourself is easy. You have to, first of all, cleanse your Void, is it not? Ekadasha Rudra is only because of Void. If your Void is clear, then Ekadasha does not come. Ekadasha is a lack of understanding of how [UNCLEAR].

You know that cancer sets in. So be careful. How much you have been subservient to a false guru. And to overcome that, how much more you should be. Of the real being, isn't it? Absolutely. Once you work it out that way, mentally understanding how much you should be in awe that you know God. [UNCLEAR/ Because I am with you there all the time]. I am very easily accessible for all practical purposes. I am a very, very, very loving Mother.

But don't take liberties with Me. Never take this attitude because you cannot cope with it. Even if I am [UNCLEAR] this way, don't take liberties in any way with Me. [UNCLEAR for several seconds/be serious]. But still, whenever it is possible you should think that [UNCLEAR/about surrender]. I have to [UNCLEAR/serve?/save] you. I am your Guru, I have to [UNCLEAR/serve?/save] you.

But whatever is possible, whenever is possible, some service to your guru, "seva". Service is a horrible word, but seva. [UNCLEAR]. Even cleaning the [UNCLEAR], washing the home of your guru. Anything you see, of your guru, is precious and has to be [UNCLEAR]. Any such opportunity you get, jump into it, feel happy that you can be of some service. The reward is that you become [UNCLEAR]. On the material level I would say, this happens.

On a spiritual level, your spirituality is raised. This is the foundation to be spiritual. See, the Mother Earth. The more you ingrain into Her, the better is the foundation. And the building. In the same way, the more you ingrain yourself into your Mother, all your [UNCLEAR/wishes?] can be fulfilled. Wishes fulfilled. But practice must be done every day.

Every weekend or so, you must gather – to go out somewhere to the sea or the river – talk of Sahaja Yoga; nothing else. Sit in a group, try to cure yourselves and practice your gurudom there. See how you talk to others. How you behave. You see deception or in any way bossing – any such nonsensical thing is not going to help you. And a proper personality, proper understanding [UNCLEAR].

Very serious people can pull you down and very frightened people can also pull you down. So you have to be in the centre – be cheerful, confident, kind but still, dignified. Everything must have a relevance to a spiritual [UNCLEAR/level]. [UNCLEAR for some seconds]. Get rid of your guru problems. Let us see – the load is unbalanced. Now, most of you who suffer from guru are left-sided. Take it from it.

Take Narakasura for example. For example. He was killed by the Goddess. So is the left-side. On the left side is the Devi. One thousand names of the Devi; try to remember at least seven to eight by heart. [UNCLEAR]. 108 [UNCLEAR]. Not sufficient. Say those names. Not like a mechanical thing but with understanding.

Lemon and all these things will help. Try them out. The vacuum that is there can only be filled by spirituality. And that can only fill if you understand that you have to have tremendous faith in your guru. Tremendous faith. And complete [UNCLEAR/reverence/innocence?]. Then only it will work out.

Now the other day I don't know if you understood the mantras or not. But at least, twenty-five per cent, I should say fifty per cent were for your [UNCLEAR], what you sacrifice. Mostly the people sacrifice their intelligence, [UNCLEAR], most of them. What you sacrifice is the most important. What you should sacrifice are all material comforts and material things. You must learn to be spartan.

And you will be amazed that Maharashtrians are the most spartan; most spartan. They will finish their bath quickly, they will go, arrange their routine, come out clean, they are really very speedy. In a room like that, ten people were living with one bathroom. So that is what one has to become - spartan. I mean, it is a very good way of making your body less [UNCLEAR/lazy].

Whatever you try with your body, only so many times tell your body.

[Recording probably breaks and resumes].

Everyone has that depth. A proper way of talking to one another. Like French style. Always complaining. Always sarcastic. French can talk to French; they are all one. One says one thing, another says another thing. It is not a good thing. For Sahaja Yogis. You should be pleasant and never, grumpy types, grumbling all the time, miserable people. Talking about your misery, "That is not good, this is not good", or about the others also.

You see about [UNCLEAR/others], "Did he tell you this? Did he do this? This is not good, that is not good". It is not a good style of life. You can never enjoy yourself and nobody can enjoy you. Do not complain about anything. Avoid all the complaints. I mean you see Me, "I have never complained of anything whatsoever". Even if I find out there is anything wrong.

In fact, I never complain. About puja, you did not have certain things yesterday, I said, "Don't worry. You did not do this. All right". Did I shout at you? Or complain? Or do something? But some people do it with a very [UNCLEAR]. But there is no complaint.

Complaining nature is the worst thing which is given and I must tell you, the French also - their tongue. And English people, they are [UNCLEAR/obstinate]. Their [UNCLEAR/obstinacy?] makes the Indians too because they find some [UNCLEAR] lunatic effects.

[UNCLEAR for forty seconds]. And the complaining, irritated temperament is the worst of all. Some people are so irritated that you don't know how to talk to them. Impossible. If you are irritated, the best thing is to have a nice massage, you see. Take a nice massage of say, oil or something, [UNCLEAR]. There is also Vitamin B complex, for people who are irritated. Take Vitamin B complex, [UNCLEAR/you will feel all right]. Else you can have a steam bath. A steam bath is very good for irritated people, you see. It will soothe them.

Using oil for the hair is also very good for the hair. Little oil should be there. You see, that also takes out irritation. Putting oil into the ear, I mean it is just like putting oil in your being. You oil your being - then the frictional irritation is less.

This irritable nature also comes by ego-oriented temperament. That you are something special. "What am I?", ask yourself some time. "What am I? What do I think of myself? What is so great about me?". People should think like this, "What was I before Sahaja Yoga? I was [UNCLEAR]? What was I? Nobody". God does not recognise. Any one of them, be it a king or [UNCLEAR/pope], God is not going to recognise. He is only going to recognise the Sahaja Yogis, that is all.

You may be anything - God is not going to recognise. You walk in with anything - God is not going to do so. So in, [UNCLEAR] good points of [UNCLEAR]. For example, I was to say [UNCLEAR]. Now take their good points. Not their bad points. Now what are

the good points of French, let us see. French have one good point, very good point. That whatever they do, they do it properly. They try. Even if they have to arrange some puja or [UNCLEAR], they are not haphazard. That is the good thing about them. They are not haphazard. They systematically work it out and they do it properly.

But English can be haphazard. Can be haphazard. When they do something, can be haphazard. So you have to learn from them not to be haphazard. But French should not think any end of themselves because they are not haphazard. So what they should think is that what defects we have got and what good things others have got. If you start seeing good in others and bad in yourself I tell you; you will become [UNCLEAR]. To begin with. This is for ego-oriented people.

Good in others and bad in yourself. Because by seeing bad in yourself you can correct - can you correct the bad in others? I mean, take, let us just take an absolutely practical example. Supposing I see another house is dirty. What is the use of My seeing the other house is dirty? My house is dirty; I better clean it. I have all the right on My house and I can do of My house. I cannot do up the other house. So what is the use of seeing the bad of others? If I see in My house [UNCLEAR/what is dirty] and if I can see the good of others, I can bring that in My house. It is as simple as that; it is practical also.

To see the good of others and bad to yourself. If you can bend yourself and without getting jealous of others - without those two things, if you can work it out on those lines, it will help you a lot.

And for the English, I would say that they are good at admitting their faults. Very good at admitting their faults. That is something about the English. But that also sometimes can work as a [UNCLEAR/guilt] - "All right, I am sorry". Murder somebody and say, "I am sorry". Does not work out, you see. "All right. I murdered him. So I am sorry". But other things [UNCLEAR] come round and so what? You better come to the court.

So just by saying sorry you can't get out of it. But they will admit their faults. That is one thing good about them, they admit. But they must [UNCLEAR/correct] also. If you admit your faults and you do not correct, you continue with it because it is a very good sort of [UNCLEAR/freedom?] - go on saying, "All right, I did this, I did this" without [UNCLEAR], "I am sorry for this".

But you should be the judge of yourself. And punish yourself. Like, if you have been harsh to someone or said something bad, or in some toxic way you have behaved - then do not eat your food. I tell you, that is the best punishment. For two days. Just be on water. For two days; then see what happens. You will behave yourself, I tell you. Just punish yourself.

If your eyes are still hovering, [UNCLEAR/blindly], close your eyes and walk like a blind man. On the road also. [UNCLEAR]. Close your eyes. Just don't see anything. For two days you are not allowed to see anything. Sit before the television with closed eyes. Your eyes will be cured.

Punishment. Because you are the judge and you are the punisher. Judge yourself and punish yourself. Say that, "[UNCLEAR], this is what you have done. Now let us take punishment". And then start punching yourself. And you will be amazed, this body becomes absolutely first-class.

You know, that somebody is sitting in front of you, somebody watches - you cannot cheat that person. We say that [UNCLEAR], somebody who is the knower of the king. And once you start judging yourself, you become the Spirit. Your attention becomes the Spirit. You become detached. You start saying, "Oh this Nirmala is [UNCLEAR/ this". You start talking in the third person. I mean I, many a time, do that. This Adishakti does that. [UNCLEAR].

Even if I am tired, I am very tired, This Body says that "I am tired" - I say, "[UNCLEAR/Listen], this Adishakti won't listen. She will go. Whether you like it or not". So poor Body has to assemble itself and all that. So Adishakti is the ruling Deity of This Body, so This Body has to accept whatever the Adishakti says.

So establish your Spirit because you are the Spirit. And you should say, "Oh this Spirit is not going to listen, better listen to it because it is a dominating Spirit". Whatever it is. And then the body reacts - you get energy, you get [UNCLEAR], you benefit. All

your identification finishes once and for all. Misidentification. So this one has to achieve and understand. And that is how gurudom and all [UNCLEAR] will get rid of you.

All the mantras of the left side are very good for the people who have got problems of the left side.

You can start it off from the left side, as you know, the first one is "Shri Nirmala Vidya".

The sign of the left side is the person who suffers from the left side - when I am talking he will go off to sleep. If you feel sleepy when I am talking, know that you are suffering from the left side. All right. At that time, what you have to do is to say; first is "Nirmala Vidya". By Nirmala Vidya you [UNCLEAR].

Because once you finish off with Nirmala Vidya, the basis of all this left side comes upon [UNCLEAR/Nirmala Devi].

Then you turn to right. Now, for right, you have to awaken yourself to raise your right side.

Now, for raising the right side, start with the Mahasaraswati - prana shakti. Then, you have got Hanumana. Then Rama. Then, on the right-hand side [UNCLEAR]. Like that, you can go on taking the names of all the chakras. Actually [UNCLEAR]. Ultimately, you can say, after coming to [UNCLEAR], Mataji.

So for the right side, when you have to go to the right side - then you start all the right-sided things. Brahmadeva. Brahmadeva is prana shakti. Vedas, Gayatri, Savitri, these are all right-sided things. All these you say, your sleep will go away and you will become Surya. This is Surya. This is Surya Nadi. Surya is the Nadi. Surya is Saraswati. Prana shakti. All these are right-sided. And Panchmahabhuta. Is the five elements.

All these things are on the right-hand side. If you can evoke the right side, then your left side can become very [UNCLEAR]. You need more of the right side. If you are suffering from the left side, you can start from the left side, the basis and Swadishthana chakra. Or Ganesha, Mooladhara chakra and Swadishthana. And then it shifts all to the right and put the right to the left. All right? Correct? Did you follow this point? If you are suffering from the left side. If you are very sleepy type - in your sleep you get tired.

Now, right-sided people who have right-sided thing should start the other way round. Right-sided people should start the other way that they first say the right-sided basic thing that [UNCLEAR/catches]. Now can you tell Me which is the basis for the right side? Tell Me. Please tell Me.

Sahaja Yogi: Swadishthana.

Shri Mataji: For the right-sided people. You see, what [UNCLEAR] is less, if you are a right-sided person? [UNCLEAR]. Basic?

Sahaja Yogi: Swadishthana.

Shri Mataji: Na. See, the first affectation is here, if you are a right-sided person. Where is the first affectation?

Sahaja Yogini: Swadishthana.

Shri Mataji: Na.

Sahaja Yogini: No?

Shri Mataji: Affectation. Which portion is affected the most by right-sided people?

Sahaja Yogini: Ego?

Shri Mataji: You see, at the left side is Ganesha, at the right is Kartikeya. But deeper than that, his real affectation starts on the Heart chakra.

Before anything was created, it was God Almighty. The Spirit. Isn't it? Even before Ganesha came into being. [UNCLEAR]. So first of all God, that He exists. That is there in our heart. That "I am the Spirit". For a right-sided person, that "I am the Spirit". That He is God Almighty. And "I am just His reflection. And let Him bless me. And I have to surrender to Him". All that.

Ask Him for [UNCLEAR] at that time. At the Heart. You have to awaken your heart if you have a right-sided problem because the heart is like that. If you are right-sided. So affectation is really to the Heart and not so much to your Swadishthana if you are right-sided. Swadishthana is the cause. But the affected portion is the heart.

So try to develop your heart. Try to make your heart more giving, more forgiving, more serene than [UNCLEAR]. Heart. It is very difficult. I tell you, left-sided people are very easy to control than the right-sided. Left-sided people are in a problem, they will themselves [UNCLEAR/feel the ache, the pain], the trouble and [UNCLEAR]. But the right-sided people are very harsh to others. They can be very aggressive or even hot-tempered, but they never see that they are.

So the heart must be opened out. You should be affectionate, you should be compassionate, you should be kind. So the heart must be absolutely beautiful. [UNCLEAR]. Subtle. For the right-sided people. And the right-sided people always dominate and the left-sided people receive that. Sometimes they give also, complaining and all that.

But open your heart. Open your heart. Not just talking of heart but really, really something of the heart. Just do it. Love. That is the only way right-sided people can work it out. [UNCLEAR] just how harsh you have been to others.

If you understand the whole and you understand that you are part and parcel of the whole, then it is easy to understand how you are against the whole.

The other day I was talking to a gentleman, an MP - about immigration we were talking. And he said that if you count the people who have immigrated from this country - and he said those who have gone to Eurasia, fifty million. The whole of Australia, North America, South America everywhere - see how the English have gone. It comes out to exactly eighty million people.

They have been immigrating since long, you see. And not immigrating; they have been rulers. They wiped out people completely. You cannot get one Chilean for medicine in South America. I have seen for Myself. You can't get one real Argentinian. I mean, they are Spanish only. Everywhere.

He said that only from England, eight million people have emigrated outside. If they all have to come back, [UNCLEAR/we could tell them] what you have done to other people. You have killed them, finished them. [UNCLEAR/greed/selfish?]. Then they [UNCLEAR]. Naturally.

Then you don't talk of immigration. I mean, what are you doing? You have allowed some people to immigrate. They are not rulers. They are not viceroys. You keep them at the substandard level. I mean, it is cruelty. Absolute cruelty. I mean, I don't know what to call - not only cruelty to these people but also a kind of a high-handed attitude that "we can emigrate everywhere we feel like but nobody can dare come into our...

[END OF RECORDING].

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Talk to Sahaja Yogis

Mill Ln Yetminster, Dorset (England)

Talk Language: English | Transcript (English) – VERIFIED

1981-0802 Seminar, Open Your Heart, Mill Farm, Yetminster, Dorset (United Kingdom)

What a beautiful place we are all in.

It's a real blessing of Sahaja Yoga for all of you to relax, relax well. Because in relaxation only you realize that, we are now Realized souls. That we have entered into the kingdom of heaven. That we can see the beauty what God has created around us. That we have become sensitive to His grace and to His kindness and to His love. It's a seminar that you have arranged and I'm very happy. I always wanted you to arrange seminars and that you all should meet together and live together, and understand each other. The seminars on the gross level they work out many things no doubt. But on subtler levels, seminars of the Sahaja yogis, means a lot. It means that a strong nucleus is being consolidated in various places in a country. And these strongholds or we can say the strong nucleus which is created like this, can form a mechanism by which beams of strong vibrations could flow or could be thrown all over the places. It's a very great task to build up these mechanisms, these divine mechanisms in different parts of your country.

For example, Mother Earth has done Her job. Wherever it was possible for Her, She has created living deities to show that God exists. That you can now test their vibrations and see for yourself how She has worked very hard. She has created all this beautiful universe. She has created you also. She has created the kundalini within you. She represents the beautiful nature we can say. In Her company, in Her bounties when you are drenched and you all meet each other, you see for yourself that how She blesses all of you just the same. There is no difference between you and any other person for Her. But those who are sensitive, are subtler people, enjoy Her much more than you people do.

Now the problem that exists in every country has its own style I have seen. And as in this country also we have a style of problems which comes. Gradually it's changing its form. In the beginning I found that people were overaggressive, sceptical and also could be rude also sometimes. It's all right. Makes no difference to Me. Now gradually they started changing over. Now they are becoming aware of what they have got, what role they are playing, how important it is to be an Englishman. And when I say English I mean all the English people, not Wales or anything different, and how they have to become part and parcel of the heart of the universe. I wondered how many of you really realize how important it is to be an Englishman. That everything that happens in this country circulates. For example if this royal wedding had taken place in any other royal family it would not have circulated so much. Everything circulates from this country. Maybe you may not think much of yourself. You may think that what is so great after all this England is like any other country. But you see why people accept so many things from you? Like even a monarchy, I mean most of the countries have thrown away their monarchies. And in this country it exists and it has a respectable position. And the symbol of a monarchy is still lingering here in a very proud way.

Then the marriage itself, the marriages of royal families are always detested and protested and nobody is interested. And such a auspicious thing should take place here and that everybody should see it. So many countries should watch it and appreciate it and enjoy it of all the things. It's something surprising. It transcends all rationality, all understanding of even logic we can say that what is the logic behind it? But if you are enjoying it you just enjoy. You don't want to think about it why you are enjoying.

So, one has to understand that you are part and parcel of the heart of the universe. One thing is essential that you have to be very flexible people. You have to have the flexibility of the heart cells we can say. Now heart has to pump. It has to be strong. And surprisingly lion is your emblem. So you have to have a lion's heart. And lion's heart means he is not afraid. He is the king. He knows he's the king and he lives like a king. Like a lion and Leo as in astrology or if you say is a man who is extremely generous,

lion hearted, not afraid of anyone. There should be no fear. But English language if you read anyone or if you listen to anyone, every third sentence he'll come with the word, "I'm afraid. I'm afraid to say, I'm afraid this is so"... This word must be dropped out from the vocabulary of Sahaja yogis. What is there to be afraid of? Some people say that this is said because we do not want to hurt other people. There are so many other ways of saying things without hurting others. But what is there to be afraid of?

A man who is weak cannot love. Only a strong person can love. If you talk of love first of all see whether you are strong enough to love or not. Loving is not a easy thing, even carnal love, even loving your beloved of in the ordinary sense. It's not a easy thing. You have to have a very strong moral concept, otherwise every third minute people start changing their loves. That kind of a love has no meaning. You have to have a very firm ideas. Not only ideas in your brain but built within you. Very few people can really have a love as Romeo had, I can tell you this. It's easy to think that you are a Romeo, it's different. You can think you are you are the King of England, it's all right. But you don't become that way. So to be Romeo itself you have to have a tremendous character. A tremendous sense of sacrifice and love and understanding of what you want. You want to love, that's all nothing beyond or before. I mean a man when he falls in love he falls in love forever and ever and ever. If he falls in love many a times it cannot be love. So that experience also is sort of is a forbidden fruit for most of them.

So, to love God is even more difficult, without seeing Him, without knowing Him, without knowing His bounties, without getting Realization. It is very difficult. But today that is not the case. But still you have to have no fear in your mind, trust, you trust yourself and trust others. First of all, try to trust yourself. If you have made mistakes, you have to say, "Yes, I have made mistakes, all right so what?" Trust yourself that you can correct yourself also. Trusting doesn't mean blind ego trip. It does not mean that. Trust means that "Yes I can correct myself. I can improve. I can do better." Some people think that if you trust yourself then you should never confess anything that you have done wrong. That you should never say that, "It was wrong and I can correct". This is a wrong idea. You have to trust yourself by saying that, "Yes I have done mistakes. I have been doing wrong. I have been faltering but I can correct. I have that strength within me. I can rise above all these things. I have that thing within me which I can use to my advantage". Trust yourself. Trust that you are realized souls. Trust that God loves you. That He has chosen you to be His instrument. Love yourself. You are unique no doubt. As it is, human beings, every individual is an unique person. But after Realization, you are definitely unique person. It never means ego trip.

One has to use discretion about understanding. It never means ego trip. If you cannot correct yourself, you are not master of yourself. Yes you are not perfect. You are unique but you are not perfect. You have to perfect yourself. These words can be very confusing. When I say you are unique immediately, you think you are perfect. These are two words, unique and perfect. Somebody can be unique but he can have imperfections. So you have to perfect yourself. And trust in yourself that you can perfect yourself, through your kundalini awakening, clearing your charkas. By understanding yourself, you can perfect yourself. You have to perfect. I have so many ways I tell you; directly, sometimes indirectly, through friends, somehow point out that this is the problem with you. You should think that I am within you. I am that part within you which is discretion. When you do not understand your own discretion, I try to give you the direction by this way or that way. But people feel hurt. People feel bad or, some of them accept it.

If you are seekers and if you are ascending, you are definitely unique, one specially blessed. And you have to pay special attention to yourself. You can't afford to play with yourself. So you have to discriminate between ego or ego trips as they call it and ascent. Ego trips bring you back with the worst hurting. It would be something like throwing you in the air and again you come back with a bump and break one of your necks or something like that. That's what ego trip is. But ascent is where you really rise above. Not only that you rise but with you, you make others rise. In your ascent, you develop tremendous powers. The higher you ascend the better it is. But not by understanding that I am perfect you can ascend, never so.

There's a story of a teacher and a student. The teacher was very kind to the student and he would come and show him his creations. He was very kind to him.

And every time he would say that, "I have done this good and this is the thing that I have not been able to do so will you please tell me how to correct it?"

And the teacher would say, "Yes, good, you better correct this part, then do this."

And one day the student came and said, "Now this is perfect".

He said, "You are no more student now." So he said, "No more. You are not to come to me anymore."

There was another student who was coming every day and correcting himself.

And he told to his teacher that, "Today I think I can teach others but not yet perfect".

He said, "All right you go and teach."

The third one was a student who came and he was always trying to see what was the mistake and how he has to correct and how he worked very hard, very assiduous, very hard working and he came to his teacher one day and he said, "Sir, I will not trouble you anymore now".

He said, "True. Now you take my seat."

That is what one has to understand. You ascend. You will become humbler. It is just the other way around people understand. You see when they ascend they think we have achieved some special powers. I don't know. Suddenly self-certification starts you see. I am very good in spirituality. I am very high up and all that, this self-certificate starts. And then it can reach such a point that suddenly you found you are on the earth again. This kind of thing is not the way it works out. Actually the people who ascend there are certain qualities that show on them. The first thing is your collectivity. How collective you are. With how many people you can carry on. At how many things you can laugh. That is one of the biggest qualities. The second quality is that how much you accept another's domination who, cuts down your collectivity. You must have your personality separate from everyone. If you allow others to cut your personality, say for example, there is a boss and you are the, you are the employee. And the boss is not realized soul and you are an realized soul. Or maybe both are realized souls. Take it like that. And one of them is ascending. Then he becomes humbler, he becomes better, there are congenial relationship, but to a point. He will never compromise with his boss when it comes to his ascent, to his collectivity, to his giving, to his doing things for others.

On that point he'll never have any domination because how much you feel responsible about yourself is the second point. How much you are responsible to be there, to be a cell in the heart. Any cell that fails, fails the heart. Every cell in the heart has to be extremely sensitive and extremely obedient to the Self, to the Spirit. It has to activate, work harder when there is need, there emergency. That it enjoys the most. And no impurity should be allowed, the third point now. As I told you first is collectivity, secondly your responsibility and third point is purity. Purity of your own heart first of all, of your own heart, about sincerity, cunningness. As I am saying this you will be realizing that all Englishmen believe in the contrary, nowadays, not olden times, but nowadays. Clean heart, transparent, open heart. Trust others. Talk to everyone with an open heart. Trust others. Why do you doubt? If you do not doubt yourself, you'll not doubt others. What are they going to take away from you? What have you got?

Nobody can take away your nose, eyes, nothing. It's all quite intact. It's all nicely glued down. So nothing is going to disappear. What are they going to hurt to a person who is a realized soul? If your heart is clean, you can see the other person clearly through and through. Innocence is such a powerful thing, such a powerful thing that even a glance is sufficient to kill a Satan. Purity of heart, actually when the heart becomes impure the impurity flows down to other places. It is not the other way round, is from the heart. Many people believe that it's the body that becomes impure. I think it is the heart, which becomes really impure, and then it starts trickling down to the body and then it is residual there. It settles down there. So have a clean open heart like a child's heart. Open heart.

What is there to be afraid of anyone? What is there not to trust anyone? What is there to be angry with anyone? Talk to everyone, shake hands with everyone, be nice to everyone. On the way you find somebody's difficulty, give him a hand. If somebody cannot

sit properly or has a problem you try to remove the problem. If the person cannot stand, give the place. Try to give from your clean heart. If your heart is not clean, it can never give.

Now how do you clean the heart is the subject which Felicity wanted me to discuss, is how to clean the heart. There is no broom available for that in the supermarket. There are no Fairy liquids or anything to wash it down. But there is a way. Allow your heart to be drenched in your Mother's love. Just allow. See how much She loves you. I trust you. People laugh at Me sometimes. Some of these saints who are supposed to be very great people, they can't understand how I trust you. They'd say that oh these are all lost races? These are horrible people how do you trust them. They are not sanyasis, they are not sadhus, they are nothing. They are ordinary people.

For them I mean your value is nothing. They'll if you go to them they will make you stand on your head for three months. For three years, they may hang you on a well. I don't know what they will do to test you. But I trusted you the day I saw you. The day you came to me I trusted you. And I worked on you from the very first day, knowing what you are but I trust your Spirit that it would shine, in the same way, trust. We laugh at others. I have seen Sahaja Yogis laugh at others; make fun of them when they come to Me. Trust them. When you will trust them, you will respect them also. So you have to believe in yourself and enjoy the way gently you are sweeping into the current of your Mother's love. Just enjoy that. Like a flower that falls into the current and flows and enjoys all the beauties of that current. In the same way, you should enjoy. When that enjoyment comes into you, you will start trusting. And trust your Mother.

I try many things to correct you. But trust in one thing, that whatever I try for you or do anything, anything I may do for you it is just to clean you. That's My job. May sometimes you might feel I am publicly saying things for you. May be your images are being ruined by that or whatever you may think. That's not the way, is for your hitha, is for the well-being of your Spirit. And that is the most difficult job. With all this, trust in your heart. First trust yourself, trust others, other Sahaja Yogis. Love thy neighbour as thyself. Who is your neighbour? He is a Sahaja Yogi. Stand by him. And trust your Mother. As I have trusted you, you have to trust Me, and it will work out. Open your heart to this trust. You should not worry whether it would be protocolish all right or not, whether it would be absolutely respectable or not, because heart knows. Whatever your heart will do in its genuine form will be respectable, because there resides your Spirit, which manifests. That will look after you. By outer forms, whatever you try is not going to work out. It is that trust in your loving heart that is going to work. It doesn't matter.

You see today she brought some flowers. There were some supposed to be weeds according to her. She went to the station and there she was taking some flowers out. And the station master and his wife were very sweet and they said, "Oh go ahead. They are only weeds you can have them."

And they are so fragrant. One of the most fragrant flowers I have ever seen. They are just weeds. They do not conform to any formal flowers, but just few flowers attached to other flowers were most fragrant. Love gives all the sophistication and the fragrance and all the breeding that is required. Not talking of love but really loving is the way, is most enjoyable.

Today I wanted to tell you something good about Greece before we start off with the Puja for about ten minutes. Very interesting things have happened. When I went to Greece, I knew that I had to go to Greece. And they told me that they believed in the beginning in one Mother, in one Primordial Mother. But after sometime there were some Indo-Aryan people, Indo-Aryan who came down to them.

And they said, "Yes there is one Mother but She has many aspects and these aspects are expressed as different Gods."

And then they told about all the Gods, which you know of. But they, they later on made them absolutely human type of Gods and they spoilt it. But still there are certain things so amazing it was. Like Athena is the name of the Goddess, the Primordial Mother. But Athena Atha, Atha in Sanskrit means the primordial. And they got the word from Athena. And to the water they call Neeru, Nero. And in Sanskrit it is Nira. My name is at home is I am called as Nira, means from water. It's very surprising how many words there are, like I said - told them about the canthers.

They said, "Kendro," in Sanskrit it is Kendra. But the best was in Delphi when I went, we were surprised at something they said, "That it is the navel of the universe". I said, "Europe is the liver and Greece is the navel." They showed a point that is the navel it was vibrating. And not only that but they showed the most remarkable thing was that this is the mound, which is actually the expression of the navel is the mound which is actually has come out the Mother Earth is the one this one. And this is actually Athena according to them. This is that has come out of the Mother Earth. I saw the vibrations were tremendous. And next to that there were lot of vibrations coming so I turned round and what I find? Is a Ganesha, absolute Ganesha there sitting down with a beautiful trunk, the face and the ears and the eyes, and the stomach! Can you believe it? Sitting next to Her and absolutely the vibrations coming. I mean I didn't have a photograph I mean camera or anything otherwise I would have taken a photograph but now if you go and you can see.

Another thing is they showed the egg, just imagine, and the eternal egg from where the other eggs come out you see! And the eggs are shown divided the same way into spindles as they do which doctors know they have seen under microscope. But how did they see, those Greeks? God only knows. But there's another side to it. First they use to get Amruta. Is the one that was meant for the Gods by which they were given eternal life in the sense they were appointed as permanent features you see. But then the same thing they wanted everybody to have so they started using some that was called as ambrosia. They converted into something else and they started calling it Ambrosia and some sort of a LSD business. So also, they went into trance so the rest of it is all supra-conscious. And that supra-conscious also side by side exists. Now discretion has to be used how around reality always supra-conscious or collective subconscious works out, one way or the other. And you have to go to the point where the reality exists. But what happens you get lost into the supra-conscious or you get lost into the superego or we can say the, the collective subconscious area. So you see both things are to be found out.

Like an Indian temple, you go, you'll find all surrounded by collective subconscious. Too much ritualism, ritualistic, ritualism takes them to the left side. With that they go to the problem of getting all these women who get spirits, they go on, "hoohooohoo" before the deities, and then they tell the name of the horse and all those things. In Mahalakshmi's temple, which is a real temple, where all the three deities have come out in Bombay where I used to live very close to that place, just imagine, and this is very common. So to understand how human beings reacted to that is very well shown in Delphi. It's a beautiful thing is so done. But I was amazed at the Temple of Athena when we went there. It's so much so near to the thing that the Mooladhara is shown there where the Kundalini exists. Now She is the one who has snakes around Her, see? And She has little, little snakes as Her children. Can you imagine? And She is one, and She has a daughter, which is the Kundalini in you and a God who is a child God. And when She stands She has a Kundalini in her hand, the snake coming out of Her hand. With all the charkas, she is made. It's so beautifully shown. The best was Her Sanctum Sanctorum where nobody is allowed to go inside where She resides, is the Adi Kundalini.

But they say that She came out of the head of Zeus, the Primordial Kundalini. And Her place nobody can go inside, nobody can reach except for Her son, the child son. But Her steps are very large also are roundish. She curved. Can you imagine? They're curved as if part of the Kundalas they are. And they are 3 ½ in height, you can see that, in height and in width also. Like every place is made of big, I mean the three are made of big stones and the last one is made of the small, three and a half, and they go in a curve. And that is Sanctum Sanctorum nobody can go inside. Now what an expression it was. This was the early Expression and Athens is after Her name Athena. If you see the face also you will find your Mother very much there. I've got the photographs and all that which I will show you later on. But what I'm saying the Mother Earth has done Her job. People have done their job. Christ or we can say Mohammed or Buddha, Kabira, anyone of them; they have done their jobs, alright. They have worked for you. They have created places within you. They have done their job. Now it is you who are on the stage, not Me. Sahasrara has to work it out. And Sahasrara always surrounds the heart. You are enlightened by your Spirit, which resides in your heart. And the whole Sahasrara's mandalas are around the heart. So as you are now the temple of that Spirit, you are the heart. You have to be very, very assiduous.

This is the fourth point, which is again against all Englishmen. They are holidaying permanently. The whole attention is in holidays. At the slightest pretext, they are on a holiday. The word holiday comes from the word holy day, is to do something holy on that day. God took his leave from the whole world for one day to cleanse Himself and to be in a holy condition. Because you

see when you clear other people, when you create something, then you want to have some time to yourself and to enjoy yourself. That's why He got this holiday. Here it is permanent holiday not holy day, holly means hollow. It's hollow day. And this madness of holiday is of course I am working out on my level to cut it down.

This is the time one has to really get into Sahaja Yoga, work hard, is the time to give up all your lethargies. You have to get out of your sleep. I have seen people – I've told, she asked Me that, "Mother we would like to have your puja". I said, "I know why you want to have puja is good because puja means flooding."

The floods come in, ah everybody feels fine. Some feel fine for a month, some for a week, some for a day, some for an hour. Again, as it is. Because with flooding you feel the water has come inside. But it should be needed; there should be some depth. That is not done. Every Sahaja Yogi must do it every day, is a part of his life. Cleansing is a part of his life. Is just like brushing his teeth. Even if he does not brush his teeth does not matter. I do not brush My teeth every night. You might have noticed it. I need not brush. My teeth are still solid and I was asking My husband, "When do the human beings lose their teeth?"

He said, "You have already passed that age."

I said, "That means I will never lose My teeth?"

He said, "May not."

But I never brush My teeth in the night before sleeping as you people religiously do.

The most important thing is cleansing yourself every night. Whether you cleanse it with water or rub it yourself with salt or with butter or you do the tratrika, with the flame, do what you like but you have to pay attention to your cleansing every night. And morning time you have to surrender before doing anything else. You have to get up early all right get up early. Do what you like but you have to work hard. And you have to think every day what have I done for Sahaja Yoga today? It's not the same cycle we are going to start you see. Once you have denied materialism you became hippies, now after coming out of that we are not going to start the same cycle of materialism.

This is a new way where we have to go, where we understand our detachments from things. It's all right. We are not going to run away from matter but we are going to master it. If we get it well and good if we don't get it well and good, it's just the same, makes no difference. And hard work is needed now, real hard work I tell you because now I'm going to America. When I am there, there is so much of lethargy; when I don't allow you to sleep after 6 o'clock even if you try. I've done that if you notice, rather difficult for people to sleep after six. But, still, when I go away you have to really work very hard and keep yourself clean every day and write it down on a piece of paper. By the time I come back again I find all my horses. That's not going to be this time. Today you have to promise Me that, that all of you are going to work very hard, cleanse yourself completely. Go all out.

After all, this country is not so big to travel. It makes a big impressive. You have seen Australian Times. I had only one Sahaja Yogi with me thank God, that was Mr. Regis. I was only controlling him. Only one horse I had to control and he was all right. He behaved very well, otherwise he could have gone off you know. Anything is possible under the sun. But he behaved very well. He was quite under control and they were impressed by his presence there and they called him serene. Imagine Regis very serene. And he was very sweet I must say and he explained to them very well because he is well educated, he is a doctor. Today I played a trick on him though, I'm sorry for that. It was too much, whatever it is, but he, it worked out and he's done it well. In the same way it is you people I have seen it and said it again and again, that you are the people who are going to bring Sahaja Yoga. You are the people who are going to do it. I am nothing.

You see now when there is waterfall, what energy do you see? Nothing, it's just a waterfall. But when you put it to turbines and take out that electricity from the turbines and then you see them here then you say yes there is electricity. Whatever is potential has no meaning. Whatever is kinetic, whatever is showing has a meaning. And so it is for you to be the showpieces of Sahaja Yoga, not Me.

Because some will say that, "Oh you may be, so what, you are a different clan altogether."

Some may say that, "Oh we can't believe you."

But they will believe you much more they will believe Me. They will not believe Me at all. They'll say I'm fantastic. I, I cannot be understood, you see? So they won't believe Me, they will believe you. They will not trust Me, but they will trust you. They would not trust Christ but they will trust you because you are one of them. That is why it is important that you should improve in all sincerity, in all truthfulness to yourself. Become a perfect mechanism of God. No reservations, should be no reservation.

You see thinking, "All right, if I do this much then it's all right, then I come back." This is not all out effort. It seems to be very common you see, 'cutting corners' as they say. "Oh this much, all right, should I do this much or should I do this much?" I've seen very much discretion is used for all these things. It's typical you see, "How many people so how many sandwiches? They will eat at the most two or three what's the use of making more? So but everybody will not eat three so make it say two is all right, somebody will eat one."

These calculations, see? Who will eat one? The one who is calculating should not eat at all, then that's the best way. But it's all this calculations starts in the mind you see and these calculations ruin you. It's a very tricky path. I know it's very tricky. But you have beacons before you. Really I tell you, 'lit'. Nobody had that. And you have got the torches in your hand. And you have a balancing way automatically in built. Just trust in all those things, and if you walk straight forward, straight forward, forget all that is past, all that is nonsensical. Forget it, you are a different person. I'm sure you'll rise very fast. And you will be really a living, organized being. All of you put together. Living, organized. These two are not complimentary ever. Because living is always disorganized, according to human concept like they will say that this flower comes out this way that should come out that way. That human being's thinking but God thinks that this is the way it is organized.

So, living organized means organized in the will of God. That's how Sahaja Yogi are going to form that nucleus, that great nucleus, that powerful nucleus, that tremendous source which is going to overthrow all that is nonsensical. It is tremendous, believe Me.

May God bless you

(So now, you want to have My puja? Mm, come along)

1981-0803, Public Program

View [online](#).

3 August 1981

Public Program

Victoria Methodist Church, Bristol (England) | Transcript (English) – NEEDED

Media missing

1981-0809, Talk to Sahaja Yogis: Establishing your Marriage

View [online](#).

9 August 1981

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Talk to yogis. Chelsham ashram, London (UK), 9 August 1981.

God is so kind, Who is bliss, Who is joy, Who has created this whole universe so beautifully. They miss completely because they do not know what is auspiciousness is. Auspiciousness comes from pure heart. With your pure heart, then it works faster that's why I asked for these children forward. You can sit with them along. Then auspiciousness also comes from surrendering, who are surrendered. Those who are surrendered to the power of Sahaja Yoga, Sahaja Yoga is a system by which you really suck in God's grace. That you know for definite. So for the people who are surrendered absolutely, through their body, their mind and their intellect, they are the people who bring in the auspiciousness, those who try to stand out with their illusions - the so called - are [obstructed ?].

If you realize the importance of auspiciousness in married life - in Sahaja Yoga, you would have respect for that married life, praise for that married life – in relation to Sahaja Yoga, of course, no doubt.

So after marriage one has to know that you have been married in My place. It's something so [great ?] - very [great ?], I mean, out of question for you anyone who has done no punyas [– good deeds – ed.], a special place, I think so that it could happen that such a marriage could happen. All right.

But with all that understanding, we have to understand our background. Unless and until you understand your background, you can never build a real Sahaja Yoga marriage. This is your only other job. Background must be understood - both backgrounds [must come in ?] and get married. You are all western, all of you are mostly western. And the western people have, I don't know what sort of ideas - but surrounding the atmosphere I am sure there are entities, bhoots [–spirits – ed] who are anti-marriage. Of that I am very sure [so to say ?]. I mean - anybody who comes to this place can break his marriage; I mean anybody can come from anywhere, even from Timbuktu. So, it is the bhoots that give ideas about marriage. There are anti-marriage bhoots here, so you have to be careful. Absolutely anti marriage. And under these circumstances marriages cannot work out. Unless and until you have your own opinion about it, you have your own personality about it and the way you want to work it out. So, Sahaja yogis, who are getting married have a special responsibility to behave in such a way that they stabilize marriages in this country. Where it is absolutely taken out of the [crook ?], I told you. For example you tell anybody here that I'm arranging your marriage, immediately the brain goes like - just like [match ?] – go mad. It is really, I tell you, it's so bizarre, they go mad. I don't know, for them marriage is some sort of a [ritual ??] or I don't know what sort of an idea they have... And they do not understand that they are getting married now. I must tell myself that I have to behave Myself to make the marriage successful. And some of them get possessed. And sensible people get possessed and they start behaving in such a manner that marriage can never come.

I give you a case of someone whose marriage was this year. As soon as the marriage was declared, the person became so possessed that in this person lost all his sweetness, everything, all the beauty and started misbehaving. [Altogether ?]. I mean, see, the person sees those who are [attacking ?]. Can happen. Because of this horrible atmosphere in which we live we have to understand that you must learn to be sweet before marriage. If you are not sweet in the beginning if the marriage is spoiled, is very difficult to establish it. It's like the [mood ?] getting stopped. In the beginning only you have to be very careful, to be [experts to do that ?] that's the conclusion. But in the beginning only the brains becomes absolutely like a type of mad person.

Now a simple example is that when I fix the marriage I have to fix one [wing ?] because I am not a church. Which is a dead thing you can go any time, the priest is there, that's a lamp post upon you. Priest is nothing but a lamp post. Say a lamp post can marry

you whenever you like, but not Me. There's a living God which has to marry you a living [wing ?] and whatever time suits you that's the time you are going to get married, that's all. You are not going to marry according to your choice, but this ego is so subtle, that, "Oh! No choice was given."

And marriages are living things in Sahaja Yoga. So, they will take place within a second. Just now I can give a marriage - within a second. You could be happy about it, you could be unhappy about it, whatever you may be. That's your own choice. But you must know that this is Sahaja Yoga marriage - in a second the marriage has to be settled. "I was not given time, I should have had six months." What do you do six months? Only last day you run about. Six months you brood and last day you run about. Just see yourself what do you do six months?

You don't do anything; this must be a reality. I mean that's why Gregoire had to hurry the last minutes for a wedding - always. What do you do for six months - see? If you have no problem of security as the Queen had (Laughter) nothing is to be done. It's only the last two three days you have to arrange everything, you see? It is something nearer, that the marriage party does not do anything, the husband and wife don't need much arranging. It's like the flower that grows. It doesn't prepare - it's ready. So, one has to understand that marriage must take place in a living way in Sahaja Yoga and this match thing, as I told them must be brought right.

Now in selecting women you have to understand that - all men. You select the person - choice is the curse of ego. Ego plays because of choice. I mean, you can have choice of everything otherwise, you can have another kind of a chandelier, you can have that, that, that. Material things you can have. Then you will say I will have a...I must have a nose of an [Arab ?]. There's no choice. And that's why the choice part of a wife which you have too much, you see - where you do the choicing [thing ?] out of thousands of experience say, this, that and then you will choose someone - very grateful. And this style you get married and that style you go and divorce. In the countries where there is no choice people don't divorce, must be something different - [futuristic ?].

The system is different, that's [such ?]. And is more successful when there is no choice at all. I mean, you know in India people don't even see the brides before - at all. At all. They marry, they are married for ages, the photographs are there, their children see, their grand children see, their great grand children see, no divorce. And here all you made the choice - this thing, that thing - and you're out for a divorce. Divorce is the first thing that comes before marriage. (Laughter) It is stupidity. Complete stupidity of the brain, you must understand and that's why you people have ruined your families, ruined your houses, ruined every relationship.

Is a thing to be enjoyed and understood. After marriage you must know that you must share other Sahaja yogis in your marriage. It is not a marriage of the old times. That's why I would like all the old Johnnies, who are married, to marry again. It's better. So they change their ideas. There is no sort of a life left for a Sahaja yogi, because it's hardly four five years when you have to work hard on your own. There isn't much time. Like we have our own private life, we go for a honeymoon and this - nonsense. Or we are sort of such, "Oh, we should have our private lives, this.... We are husband and wife." That's not allowed in Sahaja Yoga.

That I like the way Catherine says - I mean, it was really good for her to face in the way that she meets her husband. She said, "Mother, no - Gregoire is going with You to America, I mean, I take [humans ?] different, but - (Laughter) Her bravery and her generosity and understanding of the importance of Sahaja Yoga really made Me feel very happy. So, this self-centeredness must be given up completely. Today by those who were married before or are marrying today. That we are going to dedicate our lives in every way to Sahaja Yoga. You must learn to share everything of Sahaja Yoga. It's the greatest estate people have in Sahaja Yog is to say, now we are married so let's have some nice [INAUDIBLE].

I would say [Kuli ?], when he got married - where is he? He's not here. It's just difficult. When he got married, he was very sensible and he said that, "What is after all honeymoon for me, Mother is going, so I am going with Her to [accept Her plan for buying a school ?]." But the wife didn't understand that time and that's how the marriage... He is too much of a Sahaja yogi and she didn't understand and he's just to think that way - it's correct, the way he moves was correct, I would say. What can you do? But now, if the wife realizes that Sahaja Yoga comes first and Sahaja yogis come first, then only such marriages will be successful. This

marriage is for Sahaja, not for personal life. Anybody has such ideas should know it is not for personal life. It is for consolidating Sahaja Yoga, from the first day to the last. If you are not of that mind, you are just marrying here because it's cheaper than in the church – it's better you do it yourself. There's no different mission of such marriage. This is not to be used for Sahaja Yoga, [???]. Such people got [a deeper decline ?]. Only you will enjoy your marriages in Sahaja Yoga when you will dedicate more for Sahaja Yoga. And absolutely.

Otherwise people do wrong, so clear out your ideas - absolutely. I would say Maureen and husband are [self independent ?]. And Gregoire and his wife are sensible. And all of you who are being married in Sahaja Yoga, all of you should come to make a beautiful life. [Regina ?] and Pat are beautiful. Beautiful. By working for Sahaja Yoga, otherwise you are not going to enjoy. I am telling you, you'll have problems, you'll have problems, and I will never be able to solve.

And there's no divorce in Sahaja Yoga. If you don't want to live with your wife, you can get out. There's nothing like divorce for us. It's nonsense. By divorcing you create orphanages of ten old men and ten old women who sit somewhere, and the children somewhere else. So, after Sahaja Yoga marriage there is no question of divorce. You go out of the [SUBTLE?]. No question. Try to improve, try to improve. As you improve your Kundalini improves your marriage. Work on it. Give up your self centered ideas also, keeping to your self – We must tell you, you cannot. Now you are in Sahaja Yoga, you have to dedicate yourself. I should have asked you to take Sanyasa [–give up everything - ed]. Then what about marriage? Take sanyasa! Only eat once. Oh, one can do that job. But this normal life, you have to take to it and you should bow for it, otherwise you can never be useful.

Now, one must understand that you can be attacked. Both can be attacked or a wife can be attacked, or a husband can be attacked by negativity. And you will have these ideas: Oh, we must reserve ourselves. Nothing like reservation any more now. You will be blessed very much. Even moneywise in every way, Gruha Lakshmi [–wife- ed] will be there. But you should be a Gruha Lakshmi also. As like in olden days in India women used to tell their husbands to go to war. And don't come back. If you have not won the war I don't want to see your face.

They used to cut their fingers and the blood of their fingers is there to give a mark on [the killer ?]. Like that, the [war ?] on and these cannot [oppose ?] to have such people who have come here to enjoy only re-married life, they can go to Nagpur. (Laughter) Stay forever. Lamp posts are they. These are all lamp posts you see – registration office - or we can call it the [INAUDIBLE ?].

So, only with this vow you should enjoy the special place that Mother has given us. It's special occasion. That we are all [expressing ?] these great marriage [in celibacy ?]. So we have now I think 17 couples now. (Laughter)

This is the [pang ?] of the [pang ?]. [UNCLEAR] So first of all I want to give presents to the brides, who are here. I gave it to some brides the other day. Where are they? I gave it to some brides.

Yogi: [??]

Shri Mataji: All right.

So, you should give saris to her, is very personal now. So, I would request the boys to go out or to better I give you the [girls ?] and you go out and mix it up with water and you prepare it in a big glass. All right? And where are the bridegrooms? Let them be seated on different chairs. All the bridegrooms...ha, ha...the [?] is wearing ordinary dresses - something very ordinary - and you can just have a towel or something 'round. No, no, no. Your face gets spoiled very badly, you see. You have [redumptions ?]. (Laughter)

I would say that if you want to keep it as a mark of your marriage [?]. All right. It's all right. So, now you all sit down outside and just meditate. Now it's better.

(Shri Mataji speaks and gives indications to the yogis.)

So, there is a... give us a sari... white sari.

I will prepare something to wear this much [UNCLEAR] you can [UNCLEAR]. (Laughter)

You can take this now. That. You can take it. No, no, no. Any oil or... [? in the hair ?]. Or what oil?

1981-0809, Marriages

View [online](#).

9 August 1981

Wedding

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Marriages - Chelsham Road Ashram, London (United Kingdom), September 8th, 1981

(INAUDIBLE) Hopefully Gregore?!

G: "Yes Mother", you better announce (INAUDIBLE)

G: Yes,

G: "The brides come in to wash the boys, and every body who is not..." Stand the brides, stand facing. G: "Each bride, if she can recognize her future husband...(INAUDIBLE) please try to make no mistake..."

Please move in, move in the circle, all the brides... All right? And now, just place them, and now, you see and now say that, 'Would you like to marry them?' Everybody should say, 'Yes', come along. Rub it here in a way that you can collect it. G: "Rub it in such a way that you can collect it to keep it afterwards."

Oh Ruth, this dress is going inside that. Don't put it out with fingers. No no, not that. See, it is not that in India. Now anybody who does not want to have marriage after this can decide then. That's the chance. You could have brought the children. I think we should have two, two rows. can't just fit there. Can we have two rows of boys? Can you take their photograph? It is called as 'Jaimaal' (garland). Alright, now the second one. Lift her, lift her veil. You have to lift her veil! Now lift her veil, not that, that's alright. You put it back and lift her veil, no, let it be in (INAUDIBLE), Let it be. Good, very good. Now, which is (INAUDIBLE) Good. Now kiss her. Now those who are married should go at the back. I mean those who have been garlanded. Garland, garland, go,go. You go for a new honeymoon now. They are really surrendered, both of them. In a second they accept. So well surrendered both of them, in a second. See now, surrenderence is the only way you get your vibrations. You see the, I think the girls have to sit in front first and then the boys. I think this you can move down to another end. May God bless you.

Come along. (INAUDIBLE) I don't know where you put (INAUDIBLE) Alright, alright, bring her here. All right, you see this thing Put your hands under My feet. Both the hands. Now through you America should be awakened. Sit down Don't cry! Don't cry or weep, alright? You're alright. It's alright, very good. May God bless you all! Beautiful. Happy? Very good. Excellent. May God bless you. Very good. Everybody clearing out so much. Now say Ganesha mantra. Now one by one you can wash My feet with the same water. Just put your hands in this and wash My feet, one by one. Good now? Are you all right? Not to feel guilty, not to feel guilty, not to feel guilty. Keep on saying: 'I am not guilty'. Good. Done. Now see? Good now? (INAUDIBLE) May God bless you!

Come along. Look up. Good? Good,good! First the boy has to put the ring to the hand of the girl. (INAUDIBLE) Now this is the right side what we call is the material side of love. Purify. And for that, fire is, as we always use fire and you know Deepa (oil Lamp) and all that we use it in the same way it is going to be purified. Use this fire and the water as we use as you know that, to use water also, and the flowers. They represent the fragrance of these. Flowers are the highest (INAUDIBLE) In the same way you are the highest, those who are realized. What he is saying, that this is to be purified then the matter should be purified because married life is the epitome of materialism. If you cannot have a good married life, all your materials have no meaning. No, zero! That's why your material side is to be purified, sanctified, is auspicious. And that's why we are trying to purify the elements, elements which have created our chakras, and you know that. So elements must be purified, and they have to be worshiped and to be in such a way that all the deities which are of these elements, can be also awakend. Alright? So this is the

purification of these elements, within us and without. Both things. (INAUDIBLE) Vedas did that. How it is related to Sahaja Yoga you can see clearly. This is the bride's place. You have to keep it in such a way that you should take it thrice. (INAUDIBLE) Take it in three gulps, take it. What you have to do, it should not be forgotten. (INAUDIBLE) And not feel bitter at any point. Just try to be sweet. In the beginning especially when you... And don't go on demanding. Sometimes we feel we have a wife or a husband who is a office of demand. It's not giving. Alright? Must learn to give and give and give, all the time. Enjoy the giving part. Now , where is the knife? Can we get the knife? Sixteen is a very auspicious number, you know. Sixteen plexuses. Is for the Virata, for the collective. Now I hope, collectively all of you who are married today, will try to make your married life extremely successful and an example for others. Try to be sweet, nice people. Be kind. Actually you should enjoy. That's the thing you do not know. Must learn to enjoy. Everybody is looking so beautiful, only thing, you must learn to enjoy. And put your ego on one side first of all. All the egos and the things that stop your enjoyment, absolutely. It's the ego that stops your enjoyment. Finish it off. Tell him not to come in between because he will just spoil everything. He tells you, "Don't do this, otherwise you see she should take advantage of you. or she, if she is (INAUDINBLE), she'll take advantage." No reservations in marriage between husband and wife, no secrets, nothing. Just be kind. And you should not say something that is not to be said, for example one of the keys(?) aspects, about your past life never talk. Forget it, it's over now. That's something very wrong, talk of the past life and to be very confessing, There's no need. Talk of something nice: What you are going to do, what you are going to achieve and what you are going to have. And enjoy. Not of your past life, over, forget it. Alright? Be kind to each other. Be nice to each other. Enjoy is the point. Those who enjoy the most their married life are nearest to my heart. But they should be in Sahaja Yoga. Those who enjoy married life without Sahaja Yoga are stupid. Alright, so here I have to (INAUDIBLE) All of you (..?) down here, alright?

May God bless you all.

May God bless you all.

1981-0814, The Scientific Viewpoint

View [online](#).

14 August 1981

The Scientific Viewpoint

Public Program

Birmingham (England)

Talk Language: English | Transcript (English) – VERIFIED

Public Program. Birmingham (UK), 14 August 1981.

Bala is a scientist and like him there are people who are charmed by science. The whole modern world seems to be very much influenced by science. But a scientific attitude has to be a very, very open minded attitude as he has told you.

We have to reach certain conclusions first of all within ourselves. Secondly you have to understand that if there is a hypothesis put before you it has to be first seen, experimented with, and then is to be accepted as a law.

Now from ancient times, whether in India, England, America, Jerusalem, anyplace we have been hearing about the all-pervading power, about getting a second birth or self-realisation, Atma sakshatkar, baptism as they call it.

All these things that we have heard are to be proved or they should be discarded as untruth. We cannot go with truth and untruth together.

So either we have to find out whether it is the truth or not what these people taught us, or whether it was completely a falsehood and there is nothing like that, that existed.

It's a simple way some people have just discarded saying there is no God, there is no divine power. It's all useless things; we are not going to waste, turning their back to it. That's very simple to do.

The others have followed it blindly.

Both are wrong. To follow it blindly is as wrong as not to follow it. The best thing is to watch and see.

To say that: "So far we do not know whether it is true or not", this is the right attitude with which you should approach Sahaja Yoga.

Now we must realise that in this world there are people who are seekers.

No doubt about it. They are not interested so much in money, so much in rituals of religions, so much in the power game, ego trips, but they think there must be something beyond. And there are many like this everywhere, thousands of them, and thousands of them, and thousands of them. No doubt about it.

But those who are at the helm of affairs naturally, because they are seeking to be at the helm of affairs, they are not bothered about this part, and they think that these people who are seeking are mad, either they are lost people or they are mad people, or they don't know what to do with themselves. But one has to accept that there is a category of special people who are seekers.

I must say William Blake has talked about it very clearly. He called them 'the Men of God'. In simple sentence 'Men of God'.

These are the people who are not satisfied with what they have but they think there has to be something beyond.

Of course they might have made mistakes in their seeking, they might have gone wrong in their ignorance, they might have lost their way. They have been naïve to know what they should find out.

All said and done one has to accept the fact that in this world there are many, many seekers and people have to cater to that, even the people at the helm of affairs, even the media people.

All kinds of people have to cater to them, and find out what's happening to that group of people, which are the most important people in the eyes of God. If He is at the helm of affairs, for Him seekers are the most important.

Now we have to realise scientifically that we have evolved to be human beings.

All right; but why? Why did we evolve as human beings? What's the use of creating human beings which took billions of years? What did God achieve, or nature achieve by creating human beings who are running amuck actually?

They have out of science produced things like atom bomb, hydrogen bomb, all destructive forces. I mean, this was not expected.

That means they have missed the point somewhere in using the powers of science. There is a big confusion.

If you have a way of going above the human level and see, you can see that they are confused. They do not know what to do, whatever they try to do it goes in the wrong way.

They try to plan something, it ends up into atom bomb. They try to plan peaceful missions, it ends up into war. Anything they try, say, democracy or, you say, communism, everything they try, it ends up into fear. So what's the thing? What's the matter? Why is it happening?

We have to think about it.

After all we as human beings, who have taken so many years to be like this, must be something special. Must be some reason behind it, must be some purpose to this life, which has been created so beautifully.

But scientists are short-sighted people.

They just see the symptoms and not the disease. They just see what is available there and not beyond, and never they ask a question why it is there. That question they never ask, because they cannot answer it. They are honest because they have limitations. They do not expand anything beyond it, because they think it is imaginary.

But I am here to tell you that God is the reality, all-pervading power is the reality, and its action and powers is the reality, the rest of it is a falsehood.

Now this statement of mine I have to prove it, under all scientific laws I must prove it, otherwise you may crucify me. And it can be proved. It can be proved scientifically.

God has created you in such a way that in you he has laid the milestones of your evolution. You can see all these chakras that are put there, the centres; there are seven centres within you, of which you are not aware.

You do not know that there are seven subtle centres, which are the main centres - there are many more - which are placed within you, which are the milestones of your growth in the evolution.

Now there is another thing one has to understand, that if we have to become our Selves, if we have to know our purpose, there must be some arrangement within us for our germination.

If the seed has to become a tree, there is a primule in it, it's placed there, just imagine in a little seed there is the map of all the trees it is going to become. Can you think of that?

In the same way within us, this human body, who we do not think much of, we take it for granted, there is a complete map of what we are going to become.

Within us is placed a power which is called as "Kundalini" in Sanskrit language. If it is Sanskrit it doesn't mean that it is Indian or anything. In India the climate being very good, people tried to find out about oneself. And they went very deep and they located this power within themselves.

It has nothing to do with India. And if you ask any Indian man now, anywhere on the street, you'll be amazed they will say they have never heard the name 'Kundalini'.

But you'll be amazed that this bone is called as sacrum bone where it is placed. And in Latin language, sacrum means sacred, that means people knew that this bone has something very sacred within us, in Norway where this language started. And they must be also having a word for this Kundalini, because when I went to Greece I found that they had a great knowledge of Kundalini.

This Athena itself is the primordial Kundalini. Athena - Atha means primal, primordial. They don't know, Greeks don't know, because they don't know Sanskrit. But Atha means primal, primordial, and Athens comes from that Athena.

And She has that snake in Her hand, She is the primordial Kundalini and She came out of the head of Zeus who is a Vishnu.

So you can imagine how it was all connected in the ancient times and how the whole thing got dislocated. But this also does not give us any scientific proof whether it is there or not.

But I am just giving you the idea that it is not only in India people knew about it, but all over the places people knew about this power that existed within us.

And this power is the power that we can call is the power of desire to be one, to be united with the Self, with the Divine. And this power is not yet manifested and that's why it's called it is sleeping. Because this desire is not yet manifested, that's why people say that this is a sleeping power within us.

Now scientifically you can see. Scientifically you can see that this bone pulsates when the Kundalini awakens. You can see with your naked eye. Not in all people, in some people where the path is all right it just shoots off.

But in people there's obstructions you can see very clearly, very clearly, thousands of them we have seen and people have seen, this Kundalini pulsates.

And if you have a stethoscope you can feel the throbbing in that bone. And if you follow it up how it rises, you can feel the throbbing coming up to the head. And when it comes to the head it breaks that bone in the sense that it becomes a soft bone and you get your baptism. That is the real baptism.

Whatever was unreal was accepted so much everywhere that naturally it is now challenged.

I do not want to defend all that. People talked of baptism, they used to have baptism, regular baptism. But that's all artificial you